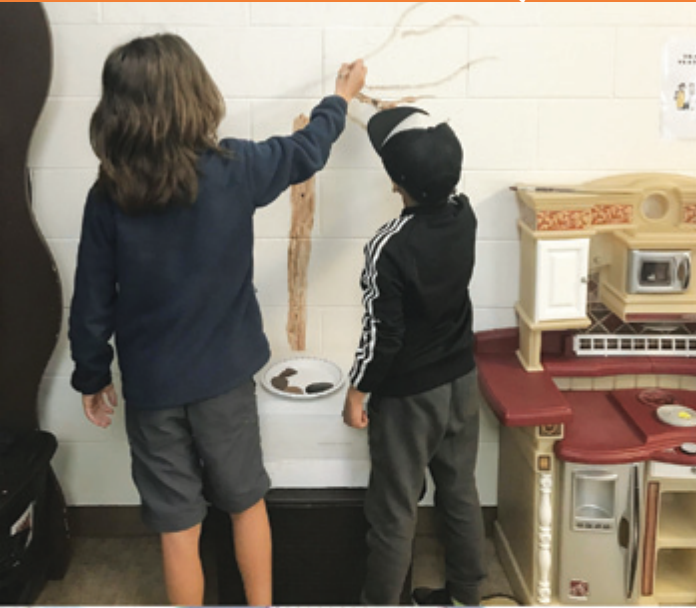


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Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the Hillhurst-Sunnyside Community Association (HSCA). The information contained 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.



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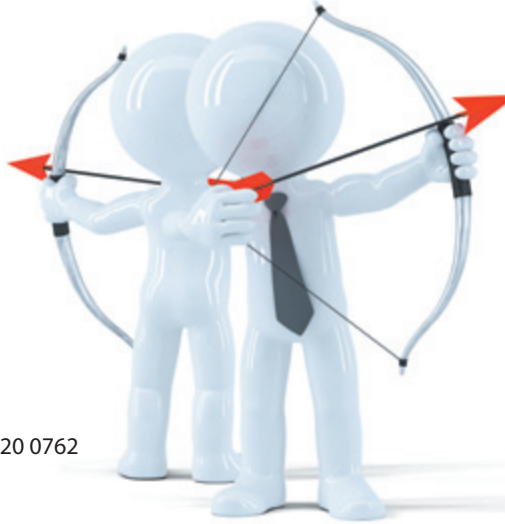
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Hillhurst Sunnyside Community Association

Community Centre

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

BOARD OF DIRECTORS

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Ryan Morstad	Director-At-Large
VACANT	Director-At-Large

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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Taiya Colonel	OOSC Program Manager	taiya.c@hsca.ca
Karl Kingsley	Facility Services Manager Ext 223	karl.k@hsca.ca
Debbie Olson	Seniors' Connection Coordinator Ext. 224	debbie.o@hsca.ca
Bianca Zhou	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



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Save the Date!

HSCA's Annual General Meeting

Monday, April 27, 2020

7-9pm

Renew your HSCA Membership to vote

To be eligible to vote in the AGM, residents must purchase or renew membership on or before March 27, 2020.

Renewals can be done online: <https://www.hsca.ca/membership> (please follow the step-by-step renewal instructions) OR in person at the HSCA front office from Monday-Friday, 9:30am-3:30pm.

All residents of Hillhurst Sunnyside are invited and encouraged to attend. Come spend an evening with the staff and volunteers of HSCA. Meet the Board of Directors and our various committees to learn more about the initiatives and planning that took place throughout 2019 and discover our goals for 2020 and beyond.

HSCA Board of Directors Voting & Nominations

Resident participation in the Board of Directors voting and nomination process is highly encouraged. Our HSCA Board of Directors are actively involved with numerous programs, events and activities within our 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.

If you are interested in finding out more about joining the Board or nominating someone for the Board, contact or Executive Director, Kate Stenson at 403-283-0554 ext. 221 or email kate.s@hsca.ca

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@hsca.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.

PROGRAMS CALENDAR

Sunday

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

Monday

***Badminton**
10am-1pm
***Fresh Food Basket**
4 pm to 6 pm
***Knitting/Seniors Morning Group**
9am-noon
***Seniors' Drop-in Group** 1-4pm

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

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

March 3

Skillz 'n Stuff: A Zero Waste Evening at HSCA, 6:30pm

March 5

Caregiving Support Gathering, 6pm-8pm (HSCA Boardroom)

March 7

Antique at Collectible Market at HSCA, 10am-4pm

March 8

Daylight Saving Time Starts

March 10

HS Planning Committee Meeting, 7-9pm

March 15

Last day to register for soccer

March 18

Calgary Dollars Community Market, 3-7pm



COMMUNITY PROGRAMS AT HSCA

All Community Programs are hosted at HSCA (1320 – 5th Avenue 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@hsca.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@hsca.ca.

Zero Waste Evening: Presented by HSCA's 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 Hillhurst Sunnyside Community Association on the evening of March 3rd at 6:30pm for an evening of information and inspiration and fun 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.
- Fun activities for the whole family!
- 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.

~cont'd next page~

Lions Park
denture clinic

Dhiren Bhargava, Denturist

Tel: 403-284-1803
Fax: 403-220-0486
info@accufit.ca

Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2

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.

Make Summer Awesome!
Dance Camps

Half Day/Full Day • Ages 3-12
July & August

freehouse dance plus

403-282-0555 • 2020 12 Ave NW freehousedance.com

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!



From the company that brought you *Waiting for Godot*, Black Radish Theatre presents

MESA
An intergenerational road trip with moxie!

March 19 through April 5, 2020
@ Calgary's historic GRAND Theatre
MESA - written by Doug Curtis
Directed by Andy Curtis
Featuring Duval Lang, Tyrell Crews, Christopher Hunt & Chantal Vitalis

Tickets: blackradishtheatre.ca

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

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

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



Hillhurst Sunnyside Community Association

RECYCLE RIGHT

& reduce waste

presentations by The City of Calgary
Waste and Recycling Division and BluPlanet
Recycling

skillz 'n'
stuff

ZERO WASTE EVENING

TUESDAY MARCH 3RD AT 6:30 PM
HSCA | 1320 5TH AVE NW



Bring your own
containers

Fill them with household
essentials from our free
pop-up refillery.

Or? Trade them in our
container swap

**Sponsored by
Sunnyside Natural
Market**

- Waste reduction ideas for busy families.
- Learn about local businesses supporting plastic-free shopping!
- Refreshments will be provided, zero waste style!
- Zero waste activities for the entire family.

Skillz N' Stuff is FREE and family friendly

Contact Sarah for more information: sarah.h@hsc.ca or 403-283-0554 ext. 247

The Hillhurst Sunnyside Planning Committee meets on the second Tuesday of every month to discuss planning matters in our community, guided by the Hillhurst Sunnyside Area Redevelopment Plan (ARP). Our next meeting is on **March 10, 2020 from 7-9pm** at the HSCA.

Interested in learning more about what's happening your neighbourhood? All residents, guests and students are welcome to join us in-person or online. Stay informed of new information and for new engagement opportunities at <https://hsca-community-planning.mn.co>.

211-221 14th Street NW | Mixed Use Development

Ocgrow's Land Use Redesignation and ARP amendment application was approved at the December 16, 2019 City Council hearing. A key component of this application included height and density above and beyond the ARP (20 metres & 4.0 Floor Area Ratio). The application was approved for a 30m total & 5.0 FAR building (*26m for the residential portion with the extra 4m to accommodate an indoor top-level amenity space*).

Since the 2009 ARP, redevelopment uptake on 10th Street has far outpaced any development on the 14th Street corridor. Given the City and CPC's stance to approve the application for increased height and density, HSPC provided its own recommendation: for Council to go through the land use in principle but withhold final Land Use approval until (1) the finalization of community amenities/public realm improvements and that (2) "exemplary building design" (as stipulated in the ARP) is demonstrated. Councillor Farrell and Mayor Nenshi agreed with HSPC; however, our recommendation was voted down and the application was approved by full Council at 30m & 5.0 FAR.

Now that the Land Use application has been approved, the developer will be moving to the next stage. Once the Development Permit is submitted, the community has the ability to provide comment on the design of the building and on the site layout.

Have your say on the future of 14th Street NW

How would you like 14th Street to evolve? As a more urbanized and pedestrianized street? Or would you like to see lower speeds with traffic calming? Many Calgarians recall when 10th Street was more of a traffic thoroughfare than the walkable shopping high street it is today.

The Ocgrow 14th Street project, as the "first in" on the street provides a unique opportunity to set the feel and

tone of development and how streetscape enhancements will look like in the future.

Share your vision with the developer and neighbours at the Ocgrow/Riddell Kurczaba Architecture-hosted engagement session. We will provide details on the time closer to the date – contact Lisa to get on the email list at lisa.c@hsca.ca.

Any comments on both the proposed development and 14th Street public realm enhancements can be sent to the City of Calgary File Manager at matt.rockley@calgary.ca and cc: HSCA Planning at lisa.c@hsca.ca and cc: Councillor Farrell's office at caward7@calgary.ca.

Kensington Manor – an update from The City

You have probably noticed that the asbestos abatement of Kensington Manor began in December. The abatement process takes about 3.5 months, wrapping up in early March. For this period of time, you will see a tarp-like material around the building as hazard abatement is ongoing. Items such as carpets, cabinets and drywall are being cleaned and/or removed and disposed of in compliance with provincial regulations.

The demolition of the building will commence in March and should take 4 months to complete. For more information, please contact lisa.c@hsca.ca as the community association has a direct contact with the project team at The City and can get your questions answered quickly. If you have a concern about anything on the construction site, please see the orange sign posted on the site for information on how to contact the contractor immediately. If there is an emergency, call 911.

Jane's Walk 2020

Mark your calendars for Calgary's annual Jane's Walk festival on the weekend of May 1, 2, and 3. HSCA in collaboration with neighbourhood volunteers are excited a few walking tours right here in our community on the topics of art, flood mitigation and sustainability. Stay tuned to HSCA media over the next few months for details!

Check out the Calgary Foundation's Jane's Walk resources at <https://calgaryfoundation.org/initiatives/janes-walk>. If you are planning a walk in our area, please consider sending us any posters or promotional materials to stephanie.c@hsca.ca and we can help with promotion on our media channels.

Sustainability & Heritage

Our community members and Calgary Heritage Initiative have launched a new Facebook Salvage and Exchange group to promote the reuse and recycling of architectural elements and fixtures. You can join the conversation at <https://www.facebook.com/groups/696194017503096>.

Sunnyside Flood Barrier | Barrier Height Recommendation

An Update from the City of Calgary

After exploring different flood barrier options and gathering feedback from the community, The City will be sharing the results of the analysis along with the recommended flood barrier height during a community open house on Tuesday, March 31.

The project team will be bringing forward this recommendation to the Utilities and Corporate Services Committee for approval on April 15, 2020. The community can provide feedback to Council at this meeting.

For more details, including the open house location and time, please check your mailbox for a postcard invitation or visit calgary.ca/sunnysidebarrier.



A Rose Narcissus by Any Other Name

In classical Persian, Urdu, Ottoman Turkish, Azerbaijani, and Chagatai poetry, the phrase *narges-e šahlâ*, meaning “a reddish-blue narcissus” is a common euphemism for the “eyes of a mistress.” In those cultures, the narcissus flower’s centre is associated with eyes.

Calgary



Collection days are changing in April



Check **your collection schedule**, and sign up for reminders so you never miss your pickup days.

calgary.ca/collection

Multi Community Planning (MCP)

Last month's article provided an overview of major city-wide policy changes in 2020 in small sized text. Please see www.hsca.ca/blog/planning-changes-in-2020 for the full article. We've provided a few updates on Multi Community Planning for the March edition.

The City of Calgary currently curates over 200 Local Area Plans of varying ages across the city. These plans are often inconsistent with current City Council direction and are difficult to update. The City is now going through a Multi Community Planning approach. 42 districts in Calgary will be captured in the MCP process over the next ten years.

Hillhurst Sunnyside and our neighbouring communities of West Hillhurst (east of Crowchild Trail) and Hounsfield Heights/Briar Hill will be transitioning to the City of Calgary's new Multi Community Planning model, launching this April. Three other districts in Calgary are also currently going through the MCP process: the North Hill, Westbrook and Heritage [Drive] communities.

It is important to understand that the Hillhurst Sunnyside ARP will be superseded by the new MCP. Hillhurst Sunnyside was the first community to go through Transit Oriented Development (TOD) to add population density around C-Train stations in Calgary. The TOD ARP amendment took 3 years of public engagement from 2006-2009 and we have welcomed ~1,800 new neighbours to our community since.

For comparison, the pilot North Hill Local Growth Planning initiative includes 9 communities north of Hillhurst Sunnyside (see engage.calgary.ca/northhill). The North Hill MCP, as the first to go through the new process, was started in fall 2018. The draft plan was completed in November 2019 and is expected to go to City Council for decision in April 2020.

Public engagement on Multi Community Planning will take place through online and in-person engagements. At the time of writing and based on the North Hill MCP process, engagement will happen through several phases over the next 1-2 years:

1. **Discover** (the City will provide information about why communities need to evolve and how growth/redevelopment is managed),
2. **Discuss** (the City will host open houses and online engagement for people to share and discuss what residents like about where they live),
3. **Envision** (residents can brainstorm ideas on future growth and opportunities within our communities),
4. **Evaluate** (the City will share the City will share the draft plan with the public) and
5. **Realize** (the City will share the final proposed plan, which will go to City Council for decision).

Through this process, a working group committee will be struck consisting of community association members, community residents, local business and development industry representatives. Stay tuned to HSCA media as we navigate these important changes in our communities; we are trying our best to keep up with the various policy shifts at the City. Please contact us if you would like to get involved; email Lisa Chong, Community Planning and Engagement Coordinator at lisa.c@hsca.ca.



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



We have started our registrations for our Sun Fun 9-week program and for the 2020/2021 school year and we still have spaces available! To register, please see the contact information below!

HSCA-Out of School Care is a program for children in kindergarten up until grade 6. We work closely with Hillhurst School and provide transportation to from and from this location. Our primary approach to childcare is a belief that each child is an individual. We strive to provide a wide range of activities in order to meet the physical, social, emotional, intellectual, creative and developmental needs of each child in our care. We love to see children grow and flourish and strive to build their self-esteem in a caring and supportive environment. We are firm believers in the Emergent Curriculum method of program planning, and always include and plan around children's interests. We would love to have your child join our program, please email Taiya for more information.

Contact:
Program Manager Email: Taiya.c@hsc.ca
Number: 403-270-9705
Hours of Operation: 7:00am-6:00pm

Soccer 2020

HSCA Community Soccer Registration is open! Soccer is a team sport that promotes fair play and confidence while building social skills and making new friends! The season runs from mid-April (weather-dependent) to the end of June. Fees are \$85. There are leagues available for U4, U6 and U8.

Looking to volunteer? We have many different positions for you to help out in! Please email us at soccer@hsc.ca. We are specifically looking for coaches for our Soccer Season! We offer a free coach manuals—so there is no need to worry about 'not knowing' about soccer! Volunteer sign up at www.timecounts.org/hillhurst-sunnyside. Please contact Taiya, soccer@hsc.ca for more details.

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.



Hillhurst Grade 3/4 Class, Action Challenge Winners

Calgary – Hillhurst Grade 3/4 class has just won \$300 in the CPAWS Southern Alberta, Action Challenge!

Breanna Coupland's Room 4 class at Hillhurst School won second place, a certificate, and a spot in the ranks of Action Challenge winners this past January for their participation in the nation-wide challenge.

What is the CPAWS SAB Action Challenge you ask? It is a competition among Canadian youth groups, encouraging them to take environmental actions. Teams can be schools, classrooms, clubs and even families or individuals. Upon registering, Teams submit actions online. These actions earn them points. The Teams with the highest points receive cash prizes! It's a piece of cake.

Upon hearing about the Action Challenge, Ms. Coupland and her students registered right away. Pushing themselves to explore whatever environmental actions inspired them between October and January. Over the last four months, students continuously brainstormed ways they could reduce their impact in the classroom, in their school, and at home.

At the end of the challenge, the Grade 3/4's were able to complete 18 actions! From applying for the City of Calgary's Eco Leader program, attending CPAWS SAB climate literacy programs, conducting morning eco-announcements, organizing waste free lunches, completing a letter writing campaign, and creating school yard action posters, the kids never stopped! Not only did these actions establish them as local eco-leaders, but many connected to the English, Art, Social Studies and Science curriculum. Not a bad day at school.

But what did all these actions add up to? A total of 215 points. Earning those Grade 3/4's \$300 toward their classroom education.

Within the current fiscal climate, CPAWS SAB is proud to support our Action Teams. Especially teachers and schools, like Ms. Coupland and Hillhurst School, who go above and beyond for their students and our Earth.

"This Action Challenge inspired my students to think deeper about their impacts on the environment with their actions. It wasn't just about little changes. They noticed the rubrics gave more points for actions that had long term effects and impact more people, and that ultimately mimics real life. The actions that have long term effects on the most people are the ones that will have the greatest positive impact." – Breanna Coupland, Grade 3/4 Teacher, Hillhurst School.

These actions also add up to building a culture of environmental stewardship. The Hillhurst Grade 3/4's performance is a great example of local youth being role models. Youth involvement with environmental action has been shown to increase when peers' role model similar behavior (Arnold et al., 2009; De Vreede et al., 2014). Research shows that seeing people similar to oneself succeed raises an observer's belief in their own capabilities to have an impact (Bandura, 1977). As such CPAWS Southern Alberta created the Action Challenge to raise awareness and foster environmental stewardship among local children.

To learn more and register for the CPAWS SAB Action Challenge please visit actionchallenge.ca or email actionchallenge@cpaws.org.

References

- Arnold et al. (2009) Youth and Environmental Action: Perspective of Young Environmental Leaders on Their Formative Influences. *The Journal of Environmental Education*, 40(3), 27-36. DOI: 10.3200/JOEE.40.3.27-36
- De Vreede et al. (2014) Facilitating Youth to Take Sustainability Actions: The Potential of Peer Education. *The Journal of Environmental Education*. 45(1), 37-56. DOI: 10.1080/00958964.2013.805710



**HOST YOUR
EVENT,
WORKSHOP OR
GROUP AT HSCA**



**SPACE AVAILABLE
IN OUR HALLS,
GYM & EVEN
PARKING LOT!**

**CONTACT FOR
AVAILABILITY**

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



The Guidebook for Great Communities- planning communities for everyone

The City of Calgary is planning communities in Calgary so they offer more housing, shops, and service choices for the people who live, work and visit them. The Guidebook for Great Communities provides the foundation on which our communities can grow and develop to be vibrant and resilient, for generations to come.

For a community to be a great place to live, it requires housing options; access to a variety of goods and services close by; and offer its residents and visitors areas to recreate and gather. When a community provides more opportunities, people can live in their neighbourhood regardless of age, income or stage in life.

You can find more information on the Guidebook for Great Communities at calgary.ca/guidebook





Hillhurst Sunnyside Community Association

CAREGIVING SUPPORT GATHERING

ALL CAREGIVERS WELCOME!



THURSDAY, MARCH 5TH,
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



Saturday,
March 7, 2020
10:00AM - 4:00PM

ANTIQUE

ANTIQUE & COLLECTIBLE MARKET

Over 200 tables of Antiques,
Collectibles, Vintage Jewelry & More
Concession on site
Admission \$2
Children under 12 free
Free parking onsite

www.hsca.ca



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403-827-7917



Karate Hillhurst



Hillhurst Sunnyside
Community Association
1320 5th Avenue NW

Ages 8 & Up – Beginners
welcome!

**Leadership Development
through Karate classes for:**

- Spring Sparring Session
 - StrengthFit Karate
- Classes start May 5, 2020

Call or email for info NOW!
403-203-8710 | info@ldkfoundation.com

The LDK Foundation is a registered non-profit organization under the direction of Richard Fossey, 7th Degree Black Belt.

March is Community Association Awareness Month: How to Get More Involved at HSCA!

by Stephanie Corbett

A few weeks ago, I was helping a friend of mine move into her new place. We were standing in her kitchen, unpacking her dried goods when she started telling me about her memories of her grandmother's kitchen. Growing up in a rural community on the east coast, she explained, her grandmother's house served as a sort of unofficial community hub. People from 'up' and 'down the road' would pop in—unannounced—have a cup of coffee and cookie and socialize. At the centre of her grandmother's house, she explained, was a cast iron stove with a perimeter of endless seating: a rocking chair, a loveseat, and a few mismatched kitchen chairs. The hum of conversation, kids playing, stories being told, plans being made, and a place to warm your toes.

"Anyone could stop in—the door was *always* open. That's what made it so special," she said as she consolidated two jars of dried kidney beans. For my friend, these moments around the cast iron stove in her grandmother's house were a place of community. Sure, cookies, coffee, and a roaring fire are all very nice but what makes a community space is the people that fill it: the energy they bring to the space, whether it's making plans to mobilize or just socialize.

For me, HSCA provides this same sense of community. A space to gather, pull up a chair, engage with each other and stay informed about our neighbourhood. But HSCA is only a building without its people and the possibilities they bring. It's truly the members within this community that define the space, what it means, and how it can best serve and support the needs of Hillhurst Sunnyside residents.

This March is Community Association Awareness Month and we encourage you to take a closer look at HSCA and see how you can become more involved. Whether it's checking out some of our Community programs, popping by our Wednesday Farmers' Market, attending the monthly Community Planning meeting, trying our new Karma Yoga class, or shopping the Sunday Flea Market—HSCA is truly a space for everyone.

How can I get more involved with HSCA? Here are just some ways you can get more involved this Month:

- Sign up for our e-newsletter for monthly updates and community events (this month you won't want to miss our new Skillz 'N Stuff: Zero-Waste Evening at HSCA)
- Purchase an HSCA Membership (a win-win because you'll be supporting HSCA programming and getting great Membership perks! Visit www.hsca.ca/membership)
- Volunteer! There's so many roles and opportunities available with various commitment levels at HSCA (visit www.hsca.ca/volunteers)
- Follow us on Instagram and Facebook to stay up to date
- Submit content to the Voice or our blog. We welcome residents to share their unique perspectives and voices relevant to our community! (Have an idea, content or questions? Email: stephanie.c@hsca.ca)
- Visit our website for a full list of events (www.hsca.ca/events), including next month's Jane's Walk, the annual Neighbour Day events in June, and other awesome resident-led initiatives in our community



SPORTBALL

HILLHURST SUNNYSIDE C.A.

1320 - 5 AVE. N.W.

WINTER

MULTI-SPORT 2 YRS - 5 YRS

OUR TRAINED AND CERTIFIED COACHES INTRODUCE PRESCHOOL AND ELEMENTARY CHILDREN TO THE FUNDAMENTAL SKILLS BEHIND 7 POPULAR SPORTS.

PARENT & CHILD

TODDLERS AND PARENTS FOCUS ON PHYSICAL MOVEMENT AND SOCIAL EXPLORATION THROUGH CREATIVE MOTOR GAMES, BUBBLE TIME AND MORE.

DROP OFF

KIDS AGES 3 AND UP HAVE A BLAST DEVELOPING THEIR MOTOR SKILLS AND COORDINATION BY ATTENDING "ALL BY THEMSELVES."

BIRTHDAY PARTIES

EVERYBODY WINS WHEN THE COACH THROWS A PARTY! ACTIVE FUN CONCLUDES WITH BIRTHDAY CELEBRATION EXCITEMENT! ALL EQUIPMENT AND INVITATIONS ARE INCLUDED. FOR BOOKING INQUIRIES PLEASE CALL 403-700-7994.



PROGRAM DETAILS

PARENT & CHILD #
DATES: JANUARY 17 - MARCH 13 = 7 CLASSES
10:00 - 10:45 AM AGES: 2-3

MULTI-SPORT DROP-OFF
DATES: JANUARY 17 - MARCH 13 = 7 CLASSES
10:50 - 11:50 AM AGES: 3 YRS - 5 YRS

PRICE: \$122

BOOK NOW

VISIT SPORTBALL.CA

403-700-7994 | CALGARYADMIN@SPORTBALL.CA

Art Class

Beginner Acrylic Painting Class

Thursday April 23rd to June 4th, 2020
9 am to Noon

\$119.00

Instructor – Joy Kaitman

Run at the Hillhurst Sunnyside Community Centre

This art class will introduce the Beginner to the wonderful world of painting with Acrylics as it is a very versatile medium. Acrylic paints can be painted in a style that resembles watercolours or oils and provide for artistic creativity with their own wide range of textural applications. Acrylics come in beautiful vibrant colours and can be applied with vibrancy or subdued. This 7-week instructional class will use guided demonstrations to cover the basics of painting techniques, colour explorations, drawing and the elements of design. A supply list will be provided upon registration. Start your journey of seeing the world through your own artist's eyes with a class full of colour and discovery.



GROWING A GOOD FOOD COMMUNITY

wednesdays • year round • 3-7pm

1320 5th Ave NW

[farmersmarket.hsca.ca](https://www.farmersmarket.hsca.ca)





Spirit of the Community

by Lisa Jordan, Yoga Instructor and Hillhurst Sunnyside Resident

There is an adage, “we are spiritual beings having a human experience.” Our collective human experience is a beautiful privilege and a heavy responsibility to ourselves, our loved ones, our community and our environment. In today’s technologically advanced and organically deflated society, it might be more appropriate to say, we are human beings too distracted to feel the present moment.

“Spirituality” may be defined as a portal that connects us to something larger than ourselves and in reciprocity offers us inspiration. Life, seen as a verb, is the art of being. A journey out of habitual “human doing” and into the intimacy of being and the transcendental landscape of endless becoming.

Deepak Chopra defines 4 specific questions as the landmark for the spiritual journey:

1. Who am I?
2. What do I truly want?
3. Why am I here? What is my purpose? What am I doing?
4. What am I grateful for?

It is these questions and their interconnections that lends our sense of “I” to include the universe as “I”.

As we age, and the once entertaining amusement park of life presents itself as a somewhat nauseating roller-coaster of unpredictable shifts and challenges: the inner calling to slow down, pause, re-evaluate, and indeed find stillness grows louder. The call may not be gentle but an overwhelming HALT, STOP, HELP. For what, I do not know.

This is one of several reasons why the yoga practice has become a commercial industry.

Yoga works. Absolutely. It is magic. Yoga is one of several mind-body practices allowing one to have an experience of something profound that is body-based. The yoga practice enables the practitioner to dial into a network of energy beyond the limits of our egocentric awareness.

Yoga enhances our sense of well being, increases mobility of mind and body, reduces stress, stimulates vital body organs, enhances the creativity of the soul. It is a system of self healing, inner alchemy.

Yet its reduction to a bunch of shapes, with the monotonous “inhale and exhale” as the only guideline from your “teacher”, or YouTube video, maybe a mantra thrown in for show, is not only a mis-translation, but an insult to Indian culture and the history of Vedanta.

Yoga and meditative disciplines are not a vacation from life, nor a quick fix for life. Yoga is not an all-inclusive luxury trip for sale on Instagram. Yoga is a commitment to be a better you for you, and for those around you. Yoga, from the Sanskrit root “yuj”—to join or to yoke, is an inner offering. It is an offering to the self no matter where one is at in the dance of life. Yoga is an unwavering effort to cultivate peace in the chamber of our heart. Yoga practice is a moving meditation; an art of movement and a detailed science of stillness. It is a surrender and an empowerment, an inward stability and an outward curiosity that offers more space for life to teach us how to live.

“Yoga is an art of the body, not an art of display, but an art of seeing inwardly.” ~Dr. Norman Sjoman

This is WHY we come to the mat. To harness a place of safety, to celebrate, to dance. It is an act of surrender to the impermanent knowledge of self.

Please see the HSCA blog for the FULL article (www.hsc.ca/blog)

What drew me, Lisa, to yoga? Another story. Stay tuned!

*Please note that submissions and articles reflect the opinions and ideas of the author and should **not be considered to reflect the opinions of HSCA or the publisher, Great News Media.** The HSCA supports and invites content from all residents and we aim to provide a platform for the diverse and unique perspectives of our community members in our monthly newsletter.*



Walking in the Neighbourhood

by L. Hall

At one time I was an avid runner, but since I retired a few years ago, I've taken up walking in Hillhurst (where we live), West Hillhurst, Sunnyside, Rosedale, Crescent Heights and Briar Hill. It's been interesting to watch the changes in all these areas—new housing of many types—townhouses, single family, attached homes and apartments. And all these changes bring new people and some new businesses.

One of my favourite walks is going up the stairs off 10th Street and up to Crescent Road. And if you're really energetic, a great exercise is walking (or running) up and down the stairs (just east of the Curling Club). That will get your heart pumping for sure. And walking along the ridge after a snowfall is so beautiful—the shrubs and trees below are covered with snow.

It's been fun to discover all the Little Free Libraries popping up. Take a book or leave a book. A great way to de-clutter your bookshelves and have someone find a great read.

To return home I take different routes often along Memorial Drive to Kensington Road or across to Prince's Island and along the river to the Peace Bridge and then home, or along the river further west into West Hillhurst to Crowchild and then back again to get home. Getting outside for fresh air lightens my mood every day.

Coalitions Collaborating for Impact

Five Things to Do Every Day to Build Your Family's Brains!

Adapted from Calgary Reads

Science confirms that **serve and return interactions** help build and develop a young child's brain. Imagine a tennis match between you as a caregiver and your child, but instead of smashing a ball back and forth over a tennis net, you're passing various forms of communication between you! From eye contact, touch, singing, to simple games like 'peek-a-boo'... these interactions, when repeated through a young person's early life, are the bricks that lay a solid and healthy foundation for all future development.

So, what are some ways you can build that foundation?

- **Read** every day to your children, for at least fifteen minutes, and make it as joyful an experience as you can! Books are one of the most powerful ways to make serve-and-return interactions.
- **Talk** all day and have as many conversations as you can with your child. The back-and-forth of conversation is what helps our children grow as learners.
- **Sing** and encourage chanting, rhyming, and movement to help strengthen brain connections. Music lights up so many different parts of the brain at the same time!
- **Play** together in any moment and every moment that you can. Play is our brains' favourite way to learn and helps knowledge stick in our memories.
- **Love** your child and express that bond in every way you can. Your relationship with your child is one of the best resources they have as learners.

Coalitions Collaborating for Impact (CCI) consists of parents, community members, organizations and professionals who are all working together to better the lives of young children and their families.



Water for Riley

Help W4R plan a fun, family-friendly party to celebrate the new community water fountain!

Water for Riley (W4R) was a 5-year multi-stakeholder and interdisciplinary fundraising project to install a work of art, accessible drinking fountain at the southwest corner of Riley Park near the children's playground. This is a call for volunteers in a variety of tasks and roles (whether that is on the day of the celebration or during the planning) to ensure the Water for Riley (W4R) celebration and grand opening is a successful one.

W4R is looking for volunteers in the following roles:

- Lead Event Planner/Coordinator
- Social Media & Marketing Coordinator
- Day of Planning

If you can lend a hand in **any of these or other areas**, please **contact Deborah at 403-862-1923**. For more information and updates on this project, visit <http://www.waterforriley.org>.



Order by 3:30pm on Tuesday. Pick Up between 1:00pm and 4:00pm on Thursday:

Order By	Pick Up
March 17th	March 26th
April 21st	April 30th
May 19th	May 28th
June 9th	June 18th
September 15th	September 24th
October 13th	October 22st
November 17th	November 26th

GOOD FOOD BOXES ARE NOT AVAILABLE IN JULY, AUGUST, and DECEMBER.

The Good Food Box may include:

Potatoes, onions, carrots, tomatoes, oranges, celery, bananas, cauliflower, apples, melon, cabbage, cucumber, grapes, lettuce, green peppers, etc.

- Jumbo Box: Includes approximately 40 pounds of produce. Cost: \$ 35.00
- Family Box: Includes approximately 30 pounds of produce. Cost: \$ 30.00
- Senior/Single Box: Includes approximately 20 pounds of produce. Cost: \$ 25.00

PAYMENT BY CASH ONLY AT THE FRONT OFFICE

For more information, please contact: Allison Harrison, Front Office & Rentals Coordinator
allison.h@hsca.ca | (403) 283-0554 ext. 232

KIDNEY DONOR NEEDED

NEEDKIDNEY.CA

Kidney Health Awareness

A gracious request for a kidney donation, tips on kidney health, and items to fight kidney disease. Email info@needkidney.ca if you wish to donate.

Website NEEDKIDNEY.CA

Extinction Rebellion Calgary presents: Heading for Extinction! (and What to Do About It)

WHEN:

March 24th, 6:30 pm

WHERE:

Hearth room

For decades, scientists have warned governments about the dire consequences of climate change, and concerned groups, NGOs and citizens have long-advocated for change. Despite these warnings and efforts, emissions have been allowed to rise exponentially, and they continue to rise. Forests are burning and being clear cut, temperatures continue to soar, ecosystems are dying.

This isn't something only future generations will have to worry about. We now see evidence of climate change and its consequences all around the globe: from a stark uptake in heat waves, droughts, and wildfires; to severe storms, flooding, and acidified oceans, as well as air pollution, food scarcity and mass migration. Change is happening even faster than scientific consensus could predict. Researchers now estimate we could reach 1.5 degrees of global warming in just 9 years. While the full consequences might take decades more to play out, the catastrophic changes to the natural world we live in might soon be irreversible due to positive feedback loops and tipping points.

Time is running out. The government has failed to protect us and continues to ignore conventional forms of protest. It's time to do something more. It's time to rebel.

Extinction Rebellion Calgary is a group of concerned and hopeful citizens of the earth who aim to use civil disobedience and non-violent direct action to protest the insufficient action taken by our governments and industries in light of the present climate breakdown, loss of biodiversity, and the imminent threat of social and ecological collapse. Our efforts are rooted in the idea of a regenerative culture, which is resilient and inclusive, welcoming of every part of everyone, breaks down toxic power structures so everyone's voice may be heard, and avoids blaming and shaming. We aim to foster this culture within our movement and the wider community, so we may work together to build a better, sustainable world.

Join us for a talk about the reality of the climate, and wider ecological, crisis. We will discuss some of the latest scientific facts and figures and explain what these mean for the planet, its inhabitants, and Canada. We will also present our view of the best way to take meaningful action in the face of these challenges, based on history and social science.

The science is clear: we are facing an unprecedented global emergency! Come and learn what you can do to save our future.

For more information, contact XR_outreachYYC@protonmail.com or visit www.xrcalgary.com

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SCHOOL SHOUT-OUTS

Sunnyside School

by April (Grade 3) and Finley (Grade 4)

Hello once again, here's what happened at Sunnyside School in January. First, we had ELEV8 Lacrosse, thank you for coming to Sunnyside, we really enjoyed learning how to play this game! Thank you, Role Model Academy for teaching us to be leaders in our community. Go Noodle Club was also this month. We are sorry to say Wally Drew, a senior who read with the children of Sunnyside School for about a decade, passed away in January. Last of all we had Twin Day where we dressed like each other, like twins, (hence the name!) on January 29th. Goodbye for now!



JOIN US AND SHOP LOCAL TO SUPPORT COMMUNITY
BUSINESSES!



Community Market

Wednesday March 18th

3-7PM

Hillhurst Sunnyside Community Association



Hillhurst Sunnyside Community Association

FLEA MARKET

SUNDAYS 7:00 AM- 3:00 PM

403-283-0554, ext. 231

1320 5 Ave NW

A community
program
since 1985!



OPEN WEEKLY | YEAR ROUND | FREE ADMISSION

**Concession on-site, serving hot, home-cooked style
meals, fresh coffee & snacks**

140+ vendor tables



Parkdale Nifty Fifties Seniors Association

We provide a place where Calgary seniors 50+ can enjoy social events, art classes, bridge, floor curling, yoga, book club, and much more!

3512 5 Avenue NW • 403-283-0620 • www.pdnf.org

So, You're Saying There's a Chance?

The **March Madness** basketball tournament begins this month. Many people complete brackets that predict the victor in each game throughout the tournament; however, the odds of filling out a perfect bracket are very slim. How slim? 1/9,223,372,036,854,775,808. May the odds be ever in your favour!



COMMUNITY ANNOUNCEMENTS

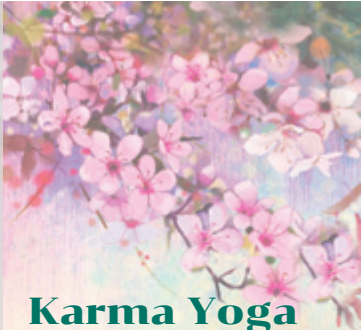

Deadline – 1st of each month for the next month's publication

Contact news@greatnewsmedia.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

SAMARITAN CLUB OF CALGARY SPRING SUPER SALE: Saturday, April 25th from 9AM to 1PM. Hillhurst-Sunnyside Community Centre (1320 - 5th Ave NW). Includes collectables, clothing, books, toys, art, tools, jewelry, furniture, linens, household and sporting goods, and more. Proceeds to Calgarians in need.

EARTH SCIENCE FOR SOCIETY (ESFS) EXHIBITION: March 15-17, 2020 – Visit Earth Science for Society (ESFS) at the Big Four Building, Stampede Park for a hands-on, family-friendly geoscience exhibition. Free admission. esfscanada.com





Karma Yoga & Functional Fitness


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

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

Athletic Yoga Flow
Wednesdays, 10-11am in the Gymnasium

Mindful Yin
Fridays, 6:15-7:15pm in the Hearth Room
Bolster, pillow, and blanket recommended



 Also accepting Calgary Dollars!



Thinking of Separation or Divorce?
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These Are Difficult Times. We Can Help.

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503, 922 - 5TH Avenue SW
Tel (587) 353-2632
Fax (587) 353-2634
www.mcleanlegallyyc.com



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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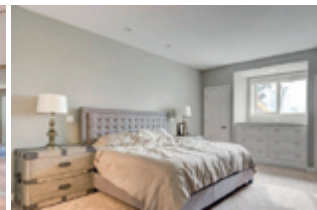
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Spring is in the air...

by Lisa Kelly

It is hard to believe that we are nearly halfway through the school year. Time really does fly when you are having fun! February was a busy month. We continued to learn about winter, and we celebrated friendship with Valentines Day. We learned that being a good friend means developing skills such as cooperation, sharing, giving and accepting compliments and apologies.

We all enjoyed reading a range of stories about different characters (dinosaurs, aliens, pirates and monsters) that love underpants! In class, we talked about our favourite designs and the children had fun designing their own underpants. Our skating lessons continued with Ms. Donella, and the teachers were so impressed with the progress that the children made over a short period of time. Music lessons started up again with Ms. Melissa, which we all enjoy so much!

March brings us many wonderful projects. We will continue to learn about animals, moving our focus to new life and spring animals as we get ready for the first day of spring. We will also celebrate St. Patrick's Day and discuss the customs and traditions around this celebration.

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. **For more information about registration please visit our website: www.westhillhurstpreschool.com.**

Queen Elizabeth High School

Happy spring, everyone! As usual, there is "much a do" in the halls and classrooms of Queen Elizabeth High School!

Last month, we participated in the Winter Walk Day on February 5. Our students joined staff in a walk around the neighbourhood to promote activity even in the winter months. Ms. Cole took her Grade 8 and 9 students to see *Old Stock* (a Canadian refugee story), at Alberta Theatre Projects, on February 12th. Ms. Cole was also busy with the Junior High Provincial Debate Regionals. We are so proud of all of our debaters! As well, February had Band and Environmental and Outdoor Education students out and about in various locations.

This month, our Grade 7 GATE students will be in their annual Open Minds sessions.

Our annual West Coast sailing trip will cast off on March 16 – 20. This is always a memorable trip for staff and students alike.

High School Spring Sports are starting up for Boys Soccer, Field Hockey and Badminton. Our basketball seasons will be finishing, and Queen Elizabeth will host the division finals in our Senior Gym on Friday March 13.

Parent-Teacher Conferences for both Junior and Senior High students will happen on the evening of Thursday March 19 and the morning of Friday March 20. The Spanish and Art Students will be selling tapas at the interviews as part of our fundraising for their Spanish adventure in October 2020. A reminder to all parents that your student's progress is accessible at any point via PowerSchool.

Grade 12 students and families; please check the Queen Elizabeth website for information on your upcoming Graduation Ceremonies and Reception. Please find this information under the Teaching and Learning tab on our home page.



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Hillhurst Crime Activity was Down in December 2019

The Hillhurst community experienced 24 crimes in December 2019, in comparison to 25 crimes the previous month, and 23 crimes in December one year ago. Hillhurst experiences an average of 34.8 crimes per month. On an annual basis, Hillhurst experienced a total of 418 crimes as of December 2019, which is up 43% in comparison to 292 crimes as of December 2018. To review the full Hillhurst Crime report visit hill.mycalgary.com

Sunnyside Crime Activity was Unchanged in December 2019


The Sunnyside community experienced 14 crimes in December 2019, in comparison to 14 crimes the previous month, and 11 crimes in December one year ago. Sunnyside experiences an average of 18.2 crimes per month. On an annual basis, Sunnyside experienced a total of 218 crimes as of December 2019, which is up 48% in comparison to 147 crimes as of December 2018. To review the full Sunnyside Crime report visit sunn.mycalgary.com

How To Report Crime In Hillhurst | Sunnyside: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

Neighbour Night

Thursdays 6-8pm

Come get to know your neighbours and learn something new! Join us every week for an interesting activity or discussion, childminding, and a free vegetarian meal.

Call Sarah for more information: (403) 283-0554 ext.247, sarahh@hscsa.ca

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE: Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garbage disposal), 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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**Calgary Confederation
Len Webber, MP**
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 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Do you have a secondary suite? Did you know it must be approved by the City of Calgary if you are going to rent it out? If you have not legalized your suite yet, there is no better time than right now! Register your suite before May 31st and save up to \$900.

In 2018, Council finally allowed secondary suites in residential properties across Calgary, following years of debate and dead ends on this issue. Last year, we also made it possible to have secondary suites in semi-detached buildings. Calgarians no longer have to face City Council when asking for a suite. Thankfully, they can now follow a simple process with City staff.

These long overdue changes help property owners earn extra income, offer ageing in place opportunities for loved ones, and provide more affordable housing options for Calgarians. While suites are now allowed everywhere, you still need to obtain the proper development approvals to operate a suite.

As of June 1st, the City will no longer waive development fees associated with legalizing secondary suites. Fees will increase at that time. This fee amnesty period substantially boosted the number of Calgarians legalizing their suites, from 458 registered suites in 2015, to over 2,300 today. The City hopes even more Calgarians will take advantage of these final months of the fee amnesty. If your suite is not registered as of June 1st, but available for rent, you could face substantial fines.

Do the right thing. Make sure your suite meets safety regulations, obtain the proper approvals, and save some money. Doing so helps protect you, your tenants, and your neighbours.

For more details, visit: <https://www.calgary.ca/suites>.



Filing Your Taxes Pays

Most Canadians get a tax refund and so it pays to file your taxes. Last year, the average refund was \$1,740 (down from \$1,765 the year before).

Low-income Canadians must file a tax return to access certain income support programs. Free tax preparation software is available at www.cra.gc.ca/netfile. Last year, 88% of returns were filed electronically. The number of people filing a paper return has dropped from 36% in 2012 to just 12% (13.1% last year).

In the majority of cases, Canadians file their tax returns and pay their owed taxes. In fact, 93% of individual tax files are filed and 98% of taxes are paid on time. Direct deposit is the preferred method for receiving a refund with 72% (up from 70% last year) opting for the more convenient option.

Sadly, Canada also has an underground economy that continues to grow and exceeds \$50 billion per year. Conservatives have been calling on the government to take a harder line with those who cheat the system to ensure tax fairness. When an individual or business does not fully comply with tax legislation, an unfair burden is placed on law-abiding taxpayers and businesses, and the integrity of Canada's tax base is jeopardized. If you are aware of a case of tax evasion/avoidance, you can report this anonymously to the CRA at 1-886-809-6841.

If you need help, the Canada Revenue Agency provides service in both official languages as well as via TTY service. Their website at www.canada.ca/en/revenue-agency.html is a valuable source of information for Canada's 29.8 million tax filers.

The Community Volunteer Income Tax Program (CVITP) hosts free tax preparation clinics and arranges for qualified and security-cleared volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation. To find the clinics in Calgary, please call 1-800-267-6999.

For a full list of contact numbers for the various departments at the CRA, please visit <http://www.lenwebbermp.ca/free-tax-clinics/>.



KIDS MENTAL HEALTH

United Way of Calgary and Area works to create more inclusive communities and ensure those impacted by mental health issues can easily access the supports they need before the issues become deep-rooted.

NURTURING HEALTHY MINDS

From the moment children are born, we start thinking about ways to keep them safe, to protect their little bodies from all of life's sharp edges and rough landings. We pad and cushion, bandage and brace, prevent and protect.

But taking care of their mental health is just as important as keeping their bodies safe from harm. A child's mental health affects the way they think, feel, and act. It also affects the way they grow, develop, and move into adulthood. With a reported **70 per cent of mental health issues having their onset in childhood or adolescence**, it's crucial that we understand how we can play a role in addressing them.

Like all good relationships, a foundation of trust is key. To support children with mental health concerns, here are some tips to help you create a safe space for children to open up about what might be troubling them:



1. RECOGNIZING CONCERNS

This requires attention to detail and small signs over a period of time. Children aren't always verbally expressive, so we need to be aware of behavioural changes. Try keeping a written record or journal of any signs that concern you and when they occur.



2. APPROACHING CONCERNS

It's important to be open-minded and ask questions that are fair and don't place blame on the child. For instance, if they are normally a whiz at science and have just received a failing grade on a test, try to ask curious questions that invite conversation such as, "How do you feel about the grade you received?"



3. MANAGING EMOTIONS

Remember to manage your own emotions, biases, and values when talking with the child. Do you feel angry, sad, or worried? Consider what you can do to help control or express these feelings appropriately.



For resources to support kids with their mental health, visit calgaryunitedway.org/kids-mh



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