

SEPTEMBER 2023

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that all pets be on a leash or in a carrier for the
comfort of everyone.

St. Barnabas is located at
1407 7th Ave NW across from Riley Park.

Learn more at www.stbarnabas.ca



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COMMUNITY ASSOCIATION FOR TWO
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SUNDAY
SEPTEMBER 17, 2023
OCTOBER 15, 2023
7:00 AM - 3:00 PM
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CELEBRATING 75 YEARS

EST



1948

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MARKET FESTIVAL
CONCERT & PARTY



**SEPTEMBER 14TH & 16TH, 2023
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STAFF LISTING

Executive Director ext. 221	Kate Stenson	kate.s@hsca.ca
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OOSC Program Manager	Camie Chanasyk	camie.c@hsca.ca
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Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	fleamarket@hsca.ca
Community Programs Coordinator ext. 248	Alex Walz	alex.w@hsca.ca
Community Connections Coordinator ext. 247	Reiko Yamagishi	reiko.y@hsca.ca
Planning Coordinator	Becky Poschmann	planning@hsca.ca

Recreation at HSCA

Bowview Pool - 2023 Season

The Bowview Outdoor Swimming Pool's last day of operation for the 2023 season will be Monday, September 4.

HSCA Tennis Courts

Registration for use of the HSCA tennis courts is now open. All registrants must have a valid HSCA membership. Tennis courts will be open from April 28 to October 31, weather permitting. Visit www.hsca.ca/tennis.

Drop-In Badminton

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



Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Alex Walz 403-617-6094
Flea Market	Angel 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night	Reiko 403-283-0554 ext. 247



The Good Food Box (GFB)

Important Notice from Community Kitchen Program of Calgary: Effective immediately, Community Kitchen's Good Food Box Program will increase by an additional \$5 per box. See the updated prices below. For more information on this price increase, we encourage you to read the Community Kitchen's notice posted on our website: hsca.ca/community-food-program.

The Good Food Box is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out.

Large Box: Includes approximately 40 pounds of produce. Cost: \$40

Medium Box: Includes approximately 30 pounds of produce. Cost: \$35

Small Box: Includes approximately 20 pounds of produce. Cost: \$30

Orders Accepted:

Online at the HSCA Web Store:
www.hsca.ca/community-food-program.

Orders may be placed during the pick-up times – cash orders only.

New 2023 Order and Delivery Dates (Area B)

Order by 2:00 pm	New Pick-Up Time 2:00 pm to 6:00 pm
September 19	September 28
October 17	October 26
November 14	November 23

Samaritan Club of Calgary Fall Super Sale

The sale will be held Saturday, September 23, 2023, from 9:00 am to 1:00 pm at the Hillhurst-Sunnyside Community Centre (1320 5 Ave NW). Items for sale will include collectibles, clothing for all, books, toys, art, shoes, tools, jewelry, household items, and much more. All proceeds go to Calgarians in need.



Flea Market

Concession NOW Open

Every Sunday
7 A.M. - 3 P.M.
1320 5 Ave. NW
FREE ADMISSION

Crafts, vinyl records, antiques,
books, household items, & more!

For vendor inquiries:
403-283-0554, ext 231
fleamarket@hsca.ca



Visit www.hsca.ca/flea-market

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans', which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR CODE FOR THE ANSWERS!



BRAIN GAMES

SUDOKU

	7			2			4	6
	6					8	9	
2			8		3	7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3		5	8			7	

SCAN THE QR CODE FOR THE SOLUTION



ONGOING PROGRAMMING AT HSCA

Mondays (Except Stat Holidays)

Senior Connections Group, 10:00 to 11:00 am

Returns September 11

Sustainable Food Programming, 4:00 to 6:00 pm

Fresh Routes affordable mobile grocery store is onsite every Monday (Except stat holidays).

HSCA offers residents of Hillhurst Sunnyside experiencing food insecurity resources and assistance, including access to the free table. Questions? Connect with one of our team members at the Sustainable Food Program (SFP) for more information.

Tuesdays

Chair Yoga (Online and In-Person), 10:00 to 11:00 am

Returns September 5

If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.

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

Weekly drop-in time for all community members to enjoy a coffee or snack together. All ages welcome. In the Hearth Room at HSCA.

Wednesdays

Cribbage, 12:30 to 3:00 pm

Join a lively game of cribbage with community members and area seniors.

HSCA Outdoor Farmers' Market, 3:00 to 7:00 pm

May 31 to October 18

Thursdays

Chair Yoga (Online), 10:00 to 11:00 am

If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.

Neighbour Night, 5:30 to 7:30 pm

Free

Children welcome to attend with their caregivers. First and third Thursdays of every month. Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

- Thursday, September 7 Watercolour Painting!
- Thursday, September 21 – TBA (There will be no dining on this day, but we may do an outdoor activity)

Sundays

The Sunday Flea Market, 7:00 am to 3:00 pm

Concession now open! Check out the crafts, furniture, vinyl records, antiques, books, treasures, and community building every Sunday at HSCA.

Other Programming

HSPC Meetings are the First Thursday of Each Month from 7:00 to 9:00 pm (Online)

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

Caregiver Connections (Online), 7:00 to 9:00 pm on the Third Thursday of Each Month

Volunteer Opportunities at HSCA

Interested in volunteering at HSCA? Check out our easy volunteer sign-up system for various rewarding volunteer opportunities! www.hsc.ca/volunteer.

We are especially looking for volunteer opportunities in:

- Writing/Photography
- Community Connector
- Neighbour Night Cook
- Outdoor Season Farmers' Market Crew

HSCA appreciates all volunteers for all reasons. Looking to build connections with community? Great! Looking for work experience and a reference letter? Fantastic! We can't wait to connect! www.hsc.ca/volunteer.



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

HILLHURST



SUNNYSIDE



SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554, ext. 224 (and leave a message) or email debbie.o@hsca.ca. We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information and updated Zoom links at www.hsca.ca/seniors.

Grandparent Reading Program

Sunnyside School is seeking community members to join the Grandparent Reading Program at Sunnyside School! Volunteers will be trained by a teacher on strategies to use when reading with children.

Commitment: One or two mornings per week for 1.5 hours

To apply: Call the school office at 403-777-6390 to apply and receive instruction on a CBE Police Check (no cost)

Monday Connections: Senior Support (Online) 10:00 to 11:00 am

Our Monday Connections group will return Monday, September 11. Call or Email Debbie for the link.

A message from Debbie, Seniors' Connections Coordinator (Monday Connections):

"I will send the link out to the seniors in our community for whom I have an email address so that you have a connection if needed already in your email.

If you would like to volunteer with seniors, are looking for information, have questions or would like to explore more about how we can have a positive connection and/or impact on seniors in our community, you can also connect with me on Mondays using the same link."

Caregiver Connections

The Third Thursday of the Month, 7:00 to 9:00 pm

Our Caregiver Connections group returns online from 7:00 to 9:00 pm on the third Thursday of the month from September 21, 2023, until June 20, 2024, but please connect with Debbie at any time.

Connecting with someone outside of family and friends can help when we are feeling overwhelmed or just need someone to talk to. Just send Debbie an email or call and she will be more than happy to set up a different time to connect with you. There are other connections that you may be interested in, so don't hesitate to explore the possibilities. If you don't have a computer or internet access, give Debbie a call at 403-283-0554, ext. 224.

Chair Yoga

Tuesdays and Thursdays from 10:00 to 11:00 am

A gentle exercise class led by an experienced instructor, Sharon! Anyone is welcome.

Returns September 5, every Tuesday and Thursday until December 21 from 10:00 to 11:00 am.

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class.

New! Cribbage Group

Wednesday Afternoons from 12:30 to 3:00 pm in the Hearth Room

Join this established and well-organized group in their new location at HSCA! They play four games, break for coffee, tea, and snacks, and then play again until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

Each game is \$.25, which goes to the winner, then the winners move to the next table and there is an extra \$.10 for a skunk. Anyone who wishes to play is welcome.

HSCA
HILLHURST SUNNYSIDE
COMMUNITY ASSOCIATION
1320 5 Ave NW

DROP-IN BADMINTON

Mondays and Thursdays
10:30 am to 1:30 pm

May 1 - August 31
(see programs and recreation calendar
for blackout dates)

\$4 pay-to-play

punch-cards available at
hsca.ca/badminton

*The schedule will be posted to the HSCA Program & Recreation Calendar as it is determined. Blackout dates may occur on which there will NOT be badminton. Please see hsca.ca/programsrecreationcalendar for details. Please provide your own racket and birdies.

HSCA's Farmers Market – The Ultimate Neighbourhood Nexus

by Ozair Khan



Want to learn how to prepare the perfect filling for a Ukrainian pierogi, Italian gnocchi, or an Indian samosa? Or what happens to a coffee bean cultivated in the Peruvian highlands before it ends up in our morning cuppa? Or perhaps what prevents creamed honey from solidifying? Every Wednesday from 3:00 to 7:00 pm, we can buy and learn directly from food growers and producers at the HSCA Farmers Market.

Removing the wholesaler from the food supply chain, we get fresher, more natural food, and more variety, directly from local producers and distributors who are passionate about what they do. Growers, producers, distributors, artists, authors, artisans, community workers, onsite fresh snack sellers, and local community non-food vendors sell and barter in Canadian dollars weekly here. The public strolls through the 25+ stalls with their loved ones to soak up the experience, conversation, and entertainment.



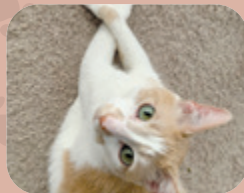
To officially be called a “Farmers Market”, at least 80% of the products need to be sourced locally. Unlike other Calgary Farmers Markets, the HSCA Farmers Market has 97% local products, making it a unique promoter of Calgary businesses.

Visitors to the HSCA Farmers Market get a chance to try selling at the market. The HSCA provides a platform and promotes new vendors through its Incubator program – whether they have ambition to earn, want to find new markets, introduce products, vent entrepreneurial passions, or simply want to pursue a hobby while socializing with their community.

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HSCA Celebrated 75 Years!



July marked the Hillhurst Sunnyside Community Association's 75th Anniversary! On Wednesday, July 12 we celebrated during our weekly Farmers' Market and enjoyed some cake with our community and incredible vendors!

HSCA has been serving our community since 1948! Thank you to all who joined us! We would also like to thank our community members, volunteers, community partners, and staff for their incredible work and dedication over the years.

Here are a few snapshots from the celebration. A special thanks to C. Tahum for capturing these photos and to Abir from Little Red Hen for the beautiful card!

To learn more about the history of Hillhurst Sunnyside, check out these two great resources available on our website:

- The Hillhurst Sunnyside Historical Context Paper
- Margaret Tanko's *Hillhurst Sunnyside Remembers*

Do you want to continue the celebration of our community? We invite you to share your memories, photos, and/or stories in the *Voice* and our blog.

That's a Wrap!

The Bowview Outdoor Pool's last day of the season will be Monday, September 4. Thank you to our incredible staff, volunteers, and community for making it a wonderful and safe season! Looking forward to the 2024 season!



Pre-War Urban Development in Hillhurst Sunnyside – Heritage Moment

This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'Urban Development: Pre-war boom and First World War development (1904-1918)' section (pp.40-63). For more on the history of our neighbourhood, check out the full paper: <https://www.hsca.ca/historical-context-paper>.

From 1904, the year the Hillhurst subdivision was registered, until just prior to the outbreak of war in 1914, Calgary and her communities experienced a significant construction boom. Calgary had been advancing as a city, and Alberta had been established as a province in 1905. The boom was reflected early on in land costs: in 1905, lot prices were \$25, but in 1906, the year before the major annexation, lot prices soared to between \$200 and \$400. By 1911, both Sunnyside and Hillhurst were over fifty percent built out on average, although some streets in both neighbourhoods developed more quickly than others, typically due to lot location - especially those with river view - and price. The southwest part of Sunnyside, in particular, was almost fully developed by that time.

Construction peaked in 1912 and by the end of the boom Hillhurst-Sunnyside was almost fully developed east of 14 Street, with build-out well underway between 14 and 16 streets.

Although some realtors attempted to market the area as exclusive, the reality was that much of the land in the two communities was a slough, reclaimed slough or subject to regular flooding. As a result, residential lots were affordable, which in turn was reflected in the main buyers, working-class residents, and in their choice of housing types. The most popular housing types by far during the boom were one-storey and one and one-half storey cottages, with twice as many one-storey homes being built. This is not surprising since cottages were affordable and especially appealed to first-time working-class and lower middle-class buyers. Approximately one third of the one and one-half storey houses (houses where the entire upper storey is contained within the roofline) were constructed with undeveloped upper storeys. This further reduced the initial cost of the home, while permitting owners to develop the attic space in the future to accommodate their growing families.



Charles Hay's residence is an example of the one-storey variation of the Foursquare Style [Copyright: Hillhurst-Sunnyside Community Assn]

Two-storey homes were less common, especially in Sunnyside where a relatively small number were built⁶⁴; their first owners had a wide variety of occupations. Most buildings were wooden frame with bevelled wood siding with notable exceptions in Sunnyside. By 1911, a little over one percent of houses in Alberta were brick, and by 1921 just over two percent were brick. The use of stone as a building material was even more uncommon; Hillhurst School, constructed with rough-cut yellow Paskapoo sandstone⁶⁵, is a rare instance.

The overwhelming majority of Hillhurst-Sunnyside's working-class and lower middle-class new homeowners were tradespersons employed in the construction industry, reflecting the demands of the boom for a complete range of services: carpenters (by far the most common occupation in the community), builders, stone masons and cutters, bricklayers, steamfitters, tinsmiths and blacksmiths, steel and iron workers, millwrights, plasterers, painters, and electricians. There were also many labourers, many of whom would have been employed in the construction sector. Transportation was also a sector where many early residents worked, their roles identified as teamsters, drivers, warehousemen, shippers, and liverymen. Most residents did not identify an employer, and there were no employers who employed more than five percent of the residents, but three employers appeared more frequently than others and represented these two sectors: the railway, most commonly the CPR, the streetcar, and Riverside Lumber.

Sources:

- 64. Housing typologies 1908-1918 listed in Green (1996); note that this study does not cover buildings west of 11 Street.
- 65. From the Oliver Quarry.

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SAY PRUNES!



It's common to be told to "say cheese" when posing for a photo as it helps you smile. Interestingly, smiling in photos wasn't always customary. In the 19th century, smiling was considered childish. People were instead told to "say prunes" as it helped to keep their mouths taut.



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at the HSCA

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WEDNESDAYS OUTDOORS

3PM-7PM

May 31st- October 18th

FARMERSMARKET@HSCA.CA | FARMERSMARKET.HSCA.CA

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2023 Event Schedule

Spring Fling - April 8	Local Food Week - August 16
Pollinator Party - May 6	Salsa Fest - September 6
Outdoor Season Opener - May 31	Harvest Fair - October 11
Teddy Bear Picnic - June 21	Indoor Season Opener - October 25
Anniversary Market - July 5	Fall Fundraiser - November 22
	Very Local Holiday - December 13 & 20



HSCA
Sip 'n' Chat

TUESDAYS 2 - 4 PM
IN THE HEARTH ROOM AT HSCA



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Be Heard

The most important principle in any democracy is the idea that the government is responsible to its people. This means that governments should pass legislation based on the wants and needs of its citizens. However, for a government to implement the will of its people, citizens need to be regularly consulted on their wants and needs. This takes place every time you vote. However, there are many options between elections to have your voice heard. One of the most significant ways to do this is to participate in public consultations.

Public consultations, which are regularly used by all levels of government, allow Canadians to comment in detail on government plans, laws, and regulations. It fosters open dialogue between the government and the public, promoting transparency and accountability in decision-making. It provides a platform for citizens to actively participate in shaping policies that affect their lives.

This process is particularly useful for those with interest or expertise in certain fields, especially for those that feel their perspective is not being considered. It also allows stakeholders, academics, and industry experts the opportunity to have their say. The greater the number and diversity of participants, the better these plans will reflect the needs and circumstances of individuals from across the country. This consultation process also allows the government to take unique circumstances into consideration that might not have been considered otherwise.

The Government of Canada regularly asks for feedback from stakeholders, industry experts, and everyday Canadians through the public consultation process. It is the responsibility of each of us to ensure that we are staying informed about these opportunities to participate in our democracy. Currently, there are over 900 public consultations underway across all departments of the Government of Canada. You can find these consultations at www.canada.ca/en/government/system/consultations/consultingcanadians.

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HEART & HANDS FOR SENIORS: A trustworthy company with a big heart providing companionship services. Someone to lift spirits, provide friendship, help around the house, and with errands. Heart & Hands provides comfort and peace of mind so that we can assist you or your loved one to stay home. www.heartandhands.ca or 368-999-4447.

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.

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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

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