

JUNE 2023

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## STAFF LISTING

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Controller ext. 225	Amy Kettenbach	<a href="mailto:accounting@hsca.ca">accounting@hsca.ca</a>
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	<a href="mailto:fleamarket@hsca.ca">fleamarket@hsca.ca</a>
Community Programs Coordinator ext. 248	Alex Walz	<a href="mailto:alex.w@hsca.ca">alex.w@hsca.ca</a>
Community Connections Coordinator ext. 247	Reiko Yamagishi	<a href="mailto:reiko.y@hsca.ca">reiko.y@hsca.ca</a>
Planning Coordinator	Becky Poschmann	<a href="mailto:planning@hsca.ca">planning@hsca.ca</a>



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**  
**140+ vendor tables**





## 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	Shaye 403-283-0554 ext. 247



## The Good Food Box (GFB)

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: \$35

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

**Small Box:** Includes approximately 20 pounds of produce. Cost: \$25

### Orders Accepted:

Online at the HSCA Web Store:

[www.hsca.ca/community-food-program](http://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
June 20	June 29
August 22	August 31
September 19	September 28
October 17	October 26
November 14	November 23



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

HILLHURST



SUNNYSIDE



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## SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554, ext. 224 (and leave a message) or email [debbie.o@hsca.ca](mailto:debbie.o@hsca.ca). We appreciate any opportunity to connect with you!

### **Seniors' Week: June 5 to 11**

June is a time to celebrate Seniors in Alberta, with special events and discounts at many venues. The Theme this year is: "Aging Is More..."

### **Grandparent Reading Program**

Sunnyside School is seeking community members to join their Grandparent Reading Program! 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**

**When: Every Monday (except statutory holidays) from 10:00 to 11:00 am**

This is a new variation of our Monday Connections. The Zoom link (connect with Debbie for the link) will continue until the end of June (except statutory holidays) for any senior who would like to connect for any reason, including programming and support, or for anyone who knows a senior who would benefit from some extra support.

### **Resources**

Check out the HSCA website under 'Senior Community Connections,' 'Online Programming,' and 'Caregiver Connections Online' for more links and information or call Debbie.

### **Caregiver Connections**

**When: Third Thursday of each month from 7:00 to 9:00 pm over Zoom. Contact Debbie for the private link.**

If you are a caregiver for another person, this online drop-in opportunity lets you connect with someone outside of family and friends who can empathize.

If the idea of a caregiver chat appeals to you but this time doesn't work, just send an email, or call and we can discuss other options. If you don't have a computer or internet access, feel free to connect with me over the phone.

### **Chair Yoga**

**When: Every Tuesday and Thursday (until the end of July) from 10:00 to 11:00 am. In-person and online options available!**

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

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class or come by HSCA and join from the Hearth Room to watch the class live on a projector.

### **New! Cribbage Group**

**When: 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 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.

### **Connect with Us**

We want to hear from you. Whether you are a senior, are looking to help a senior you know, are concerned about a senior, are a potential volunteer, or if you have ideas that you would like to explore around seniors, please reach out. Mondays don't work? Contact Debbie and we will try to find a time that works better for you.

Connect with us if you are interested in the following:

- Looking for information around senior supports or other programs and connections.
- Volunteering to provide support for a senior in the community.
- Learning about the programming for seniors in the community.
- Connecting to learn more about the Seniors' Connections program and anything else you would like to learn more about, explore, etc.
- You just want to talk to someone.

## Unique Volunteering Opportunity! 2023 Casino Fundraiser

**Dates: Saturday, August 19 and Sunday, August 20**

Looking to spend a unique day volunteering for the community? HSCA's next casino is in August at ACE Casino Airport located at 40 Aero Crescent NE (Formerly Cash Casino).

No experience needed! Join neighbours for the next casino that provides a large donation of funds to HSCA! Duties include cashing out casino chips and counting casino earnings, but don't worry, there is a paid advisor there to lead the volunteers!

Shifts are available from 11:00 am to 7:00 pm, 7:00 pm to 3:30 am, and 11:00 pm to 3:45 am. Yes, you read those shifts correctly, so drink all the free casino coffee you want to pull off an important night shift for community!

Sign up on [www.hsc.ca/volunteering](http://www.hsc.ca/volunteering) through our volunteer portal and note your interest in 'Casino Volunteer'. For more information, contact Debbie.

### Help Us Build a Seniors Support Network

The new Monday Connections is meant to build a seniors' support network of volunteers who would like to help provide support to seniors in our community. Building a network would give us the opportunity to respond more quickly when a need arises and make connections with seniors on a regular basis to check on how they are doing and explore any support they might be needing. If you would like to explore the possibilities and help to build this program, contact Debbie (contact information above). Or feel free to connect with Debbie online during our Monday Connections group at 10:00 am (email Debbie for the Zoom link).



### Want to Homeschool?

Phoenix Foundation offers BlendEd, Online, Kindergarten and Home Education programs for grades K-9. Amazing classes, events and field trips.

**403-265-7701**

**[www.phoenixfoundation.ca](http://www.phoenixfoundation.ca)**

**GOT KIDS?**  
We've got them too.



### FUN AT THE DENTIST!

Balloon animals, toys, and cartoons are just a few of the attractions waiting to entertain kids on their adventure to the dental office!

We aim to make every visit as enjoyable as possible to build a strong foundation for a lifetime of good oral health.



**BOOK YOUR LITTLE MUNCHKINS IN TODAY!**

**403-289-9185**

515 - 10 STREET N.W. | [WWW.BRIARHILLDENTAL.CA](http://WWW.BRIARHILLDENTAL.CA)



# U/D SUMMER EVENTS

Join us for some fun,  
family activities!

UNIVERSITY  
DISTRICT  
— CALGARY —



The U/D Night Market is back with more vendors on the last Wednesday of each month. Join us for an evening filled with live music, entertainment and a diverse collection of local artisans. In partnership with Marketspot.

MAY–SEPT, 5–9 PM  
(last Wednesday of each month)

## Tails & TREASURES

Our popular pooch-friendly event is back. Bring out Fido and your friends for an afternoon of fun in the park. With music, entertainment and activities the whole family can enjoy.

JUNE 18, 1-5 PM

Visit the events page at [myuniversitdistrict.ca](http://myuniversitdistrict.ca) for more details.

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## ONGOING PROGRAMMING AT HSCA

### Community Connections Coordinator Staffing Update

Our current Coordinator, Shaye Radford, will be stepping away to take maternity and parental leave.

We are excited to welcome our new Coordinator, Reiko Yamagishi, who will be taking over and can be reached at reiko.y@hsc.ca or 403-283-0554, ext. 247.

Check out the HSCA e-newsletter to learn more about Reiko!

### Mondays

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

Contact Debbie at 403-283-0554 for the Zoom link.

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

Something for everyone! Fresh Routes affordable mobile grocery store is onsite for all to shop, and grocery credits and free food are available for folks in need.

### Tuesdays

#### 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.

#### 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.

### Wednesdays

#### Cribbage, 12:30 to 3:00 pm

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

#### HSCA Outdoor Farmers' Market runs from 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, June 1 – Celebrating Indigenous Culture – Short film night
- Thursday, June 15 – Activity to be confirmed

Check the HSCA e-newsletter for details on the activities planned for each date.

### Sundays

#### The Sunday Flea Market runs 7:00 am to 3:00 pm.

Check out the crafts, furniture, 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.

Providing a safe and welcoming space for all caregivers to share their journeys and connect with others in similar situations. Contact Debbie for the Zoom link.

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  
hsc.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 hsc.ca/programsrecreationcalendar for details.

Please provide your own racket and birdies.

# Bike Parking Gets an Upgrade at the HSCA

by Tim Schaefer, Sunnyside Resident

Hillhurst Sunnyside is a great neighbourhood to get around on your bicycle. To make the experience of parking your bicycle just a bit easier and a whole lot more secure, the HSCA has recently upgraded the bike racks at the community centre (1320 5 Ave NW).

The two racks at the HSCA were the old wheel-bender style that are sadly still very common in Calgary. This style of rack is intended to hold the bike upright from one of the bike's wheels, usually the front wheel. Unfortunately, using this type of rack brings the risk of bending the wheel, hence the name "wheel bender."



More importantly the HSCA racks simply didn't fit bikes anymore. Bicycles have evolved over the years and most of the bikes that people ride these days, like mountain bikes and e-bikes, simply didn't fit in the old racks because the openings between uprights were too narrow or not high enough.

To remedy the situation, the bike racks were modified by having all the uprights removed and replaced with metal hoops spaced further apart to fit today's bikes. Using a hoop instead of an upright provides a locking point that is close to the bike frame, thus making bike parking more secure.

At the time of publishing, only the first rack had been converted, but you can see in the photo that the openings are much wider to fit today's bikes and the hoops provide a secure locking point.



Next time you are visiting the HSCA come check out the updated bike racks yourself.

A big thank you to the HSCA for supporting active mobility in the community!

## SAFE & SOUND

### Backyard Play Safety

from Alberta Health Services

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

#### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



# Neighbour Day 2023

## Saturday, June 17

Saturday, June 17 marks the 10th annual Neighbour Day in our city. Neighbour Day is an important event in our community because it marks the tremendous support and community spirit that occurred following the 2013 floods.

Visit our website ([www.hsca.ca/neighbour-day](http://www.hsca.ca/neighbour-day)) for the most up-to-date details on resident-led Neighbour Day events and activities across our community.



## Bow to Bluff Activities, Parade, and Party

Come together for Neighbour Day and the 10th Anniversary of the flood with a parade, Bow to Bluff grand opening activities, and a party at the ContainR site. If you are interested in getting involved and supporting this great event, please reach out to Gerald at [gerald.wheatley@gmail.com](mailto:gerald.wheatley@gmail.com).

## Hillhurst's Annual Area-Wide Parade of Yard-Sales Saturday, June 17 from 9:00 am to 2:00 pm

Where: Numerous houses spanning 10a to 13 streets NW (~100 to 500 blocks)



Neighbour Day  
2023

Join the fun, build  
community!

Visit our website for the most  
up-to-date information on  
resident-led Neighbour Day  
activities and events!



[www.hsca.ca/neighbour-day](http://www.hsca.ca/neighbour-day)

## Why Shop at the Hillhurst Sunnyside Farmers' Market?

Calgary has plenty of options for farmers' markets, and new ones are popping up all the time. So, what makes HSCA's farmers' market special?

### Hyper Local

Approved Alberta Farmers Markets must maintain a "Made, Baked, or Grown" ratio of 80%. That means four of every five vendors must sell Albertan products that they, their staff, or their family members have created. For the past five years, the HSCA Farmers' Market has had an MBG ratio of at least 90%, and this number has improved every year. In 2022, 97% of vendors were selling locally produced goods!

### Meet the Maker

Compared to other Calgary markets, the vast majority of vendors at the HSCA Farmers' Market were directly responsible for creating the goods they sell, rather than hiring staff members to do it for them. This means they literally stand behind their products and can answer any questions about how they're made!

### Save the Environment and Support the Local Economy

Because the HSCA Farmers' Market is truly local, you can be certain that your dollars are going back into the local economy. Shopping from local producers also reduces your ecological footprint, because goods don't have to be shipped huge distances before arriving on the shelf, as they often are in big-box grocery stores.

Although times are difficult right now for most of us, the benefits of shopping local have never been more important!

The Hillhurst Sunnyside Farmers' Market outdoor season begins on Wednesday, May 31.

### Summer Farmers' Market Special Event Schedule:

- June 21: Teddy Bear Picnic
- July 5: Anniversary Market
- August 16: Local Food Week
- September 6: Salsa Fest

## Recreation at HSCA

### 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](http://www.hsca.ca/tennis).

### Drop-in Badminton

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



# HILLHURST-SUNNYSIDE FARMERS' MARKET



1320-5th Ave NW  
at the HSCA

**FRESH LOCAL FOOD**

**SUPPORT YOUR LOCAL PRODUCERS YEAR-ROUND!**

**WEDNESDAYS OUTDOORS**

**3PM-7PM**

May 31st- October 18th

[FARMERSMARKET@HSCA.CA](mailto:FARMERSMARKET@HSCA.CA) | [FARMERSMARKET.HSCA.CA](http://FARMERSMARKET.HSCA.CA)

587-700-9387 | 1320 - 5TH AVE NW | FOLLOW US!  




## 2023 Event Schedule

<p><b>Spring Fling</b> - April 8</p> <p><b>Pollinator Party</b> - May 6</p> <p><b>Outdoor Season Opener</b> - May 31</p> <p><b>Teddy Bear Picnic</b> - June 21</p> <p><b>Anniversary Market</b> - July 5</p>	<p><b>Local Food Week</b> - August 16</p> <p><b>Salsa Fest</b> - September 6</p> <p><b>Harvest Fair</b> - October 11</p> <p><b>Indoor Season Opener</b> - October 25</p> <p><b>Fall Fundraiser</b> - November 22</p> <p><b>Very Local Holiday</b> - December 13 &amp; 20</p>
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HSCA  
*Sip 'n' Chat*

**TUESDAYS 2 - 4 PM**  
IN THE HEARTH ROOM AT HSCA





Hillhurst Sunnyside Community Association  
**2022 ANNUAL GENERAL MEETING**

**THANK YOU!**

THANK YOU FOR ATTENDING OUR 2022  
AGM. BE SURE TO CHECK OUT OUR 2022  
ANNUAL REPORT TO SEE THE YEAR IN  
REVIEW

**[WWW.HSCA.CA/ANNUAL-GENERAL-MEETING](http://WWW.HSCA.CA/ANNUAL-GENERAL-MEETING)**

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**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**HILLHURST / SUNNYSIDE CARPENTER / CONTRACTOR:** Licensed carpenter for home or office renos or repairs. Small fixes to full renos. Whatever you need - framing, drywall and taping, painting, bathrooms and basements. Clean, safe work. Prompt service. 403-286-1788.

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

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

**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](http://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](http://www.gutterdoctor.ca), 403-714-0711.

**TLC CLEANING:** Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email [tlc.cleaning@shaw.ca](mailto:tlc.cleaning@shaw.ca).

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Friday, June 30  
2pm – 6pm

In collaboration with:

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A catch of a home featuring subtle garden screening, a set for summer front porch and private yard with exposed concrete sidewalks and patio. Within walking distance of Kensington, the Bow River Pathway, and downtown.



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Warmest congratulations to my sellers on another successful over list sale.



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