HILLHURST SUNNYSIDE

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



- JUNE IS NATIONAL INDIGENOUS HISTORY MONTH
- NEIGHBOUR DAY IS SATURDAY, JUNE 19
- THE HSCA OUTDOOR FARMERS' MARKET CONTINUES WEDNESDAYS, 3:00 TO 7:00 PM





New Menn Features:

Salads Power Bowls Soups

Fresh Juices & Smoothies Hot Beverages Paninis, Pizzas, Burgers Breakfast Sandwiches Keto, Vegan & Gluten Free Options

10th Ave Market & Café 1304 10th Ave SW

communitynaturalfoods.com







www.riverviewcustomhomes.ca





We're reinventing downtown for the new economy

Downtown is central to Calgary's economic recovery. We need a strong core to grow our economy, create jobs and help fund the City services we rely on every day. When our downtown thrives, Calgary thrives. We all benefit.

The heart of our city needs to evolve. Changes in the energy industry and in the way we work demand a new path forward.

Calgary's Greater Downtown Plan is our vision, roadmap and commitment to rebuild a thriving city centre. Our future success relies on downtown being a place people want to live, visit and set up businesses.

Calgarians have shown incredible community spirit throughout many difficult years and this persistent pandemic. Together, we'll shift downtown from vacancy to vibrancy.

Learn more about how we're reinventing downtown at calgary.ca/respond





Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

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

BOARD OF DIRECTORS	
Chair, Executive Committee	Laila Adam
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Director at Large	Kathleen Kenny
Director at Large	VACANT

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

STAFF LISTING		
Executive Director Ext. 221	Matt Youens	matt.y@hsca.ca
Community Planning Ext. 229	Lisa Chong	lisa.c@hsca.ca
Communications Coordinator Ext. 226	Stephanie Corbett	stephanie.c@hsca.ca
Childhood Director/Daycare Program Manager	Shannon Martel	shannon.m@hsca.ca 403-270-9703
OOSC Program Manager	Genevieve Fisher	genevieve.f@hsca.ca
Facility Services Manager Ext. 223	Karl Kingsley	karl.k@hsca.ca
Seniors' Connection Coordinator Ext. 224	Debbie Olson	debbie.o@hsca.ca
Controller Ext. 225	Amy Kettenbach	accounting@hsca.ca
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave		
a message - calls returned on Wednesdays and Sundays only)	Bonnie Constable	
Community Programs Coordinator Ext. 248	Emily Jones	emily.j@hsca.ca
Community Connections Coordinator Ext. 247	Shaye Radford	shaye.r@hsca.ca



GROWING A GOOD FOOD COMMUNITY

Wednesdays • outdoors • 3-7pm 1320 5th Ave NW











Program Phone Numbers

Chair Yoga

Debbie

403-283-0554 ext. 224

Farmers' Market

Fresh Food Basket Emily

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)

Neighbour Night

Shaye

403-283-0554 ext 247 Debbie

Seniors' Knitting/ Morning &

403-283-0554 ext. 224



1st mursuay -- Activity

2nd Thursday -- Zoom Movie Viewing

3rd Thursday -- Cooking Class 4th Thursday -- Discord Online Chat

All supplies are included for free and can be picked up at HSCA on Mondays during Stock Pouter from 4 flore.



fcss family & commun

Contact Shaye for more information and event links: (403) 283-0554 ext 247, shave rightsca.ca

It's in the Cards



Cards are popular for any holiday. You get a present, and with it, you get a card. This is a common tradition, and Father's Day is no exception. It is actually the fourth most popular card-sending holiday in the U.S., coming in after Christmas, Valentine's Day, and Mother's Day.

VOLUNTEER WITH HSCA



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

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

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

FEEDING YOUR COMMUNITY



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

Market Greens

Are you managing a chronic dietary illness?
Do you have difficulty accessing fresh food?
You may be eligible for the
Market Greens Program at HSCA
Contact us today: email or call Emily.
Emily.i@hsca.ca | 403-283-0554, ext 248

SENIORS CONNECTION PROGRAMS AT HSCA

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

NEW - Caregiver Connections

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

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

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

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

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

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

Chair Yoga Online

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

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

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

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

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

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

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

Monday Connections Group

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

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

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

Volunteers

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

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

Other Senior Programs

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

SUSTAINABLE FOOD PROGRAMMING AT THE HSCA

MONDAYS 4-6PM.

except holidays

A joint approach to increase access to good food in our community.



FRESH ROUTES

EVERYONE is welcome! Shop affordable groceries in your community.



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



MARKET GREENS

Grocery prescriptions for folks managing chronic dietary health conditions and struggling to access good food.

fresh routes

Mobile Grocery Store

MARKET GREENS

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

Ongoing Programming at HSCA

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

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

Closures

Please note, our Sunday Flea Market has been temporarily suspended. Please visit www.hsca.ca/covid-19 for updates.



June is National Indigenous History Month

by Lisa Chong and Stephanie Corbett

Oki (oh-kee) is the Blackfoot word for "hello".

In June, Canadians celebrate National Indigenous History Month to honour the history, heritage, and diversity of Indigenous peoples in Canada. It is also an opportunity to recognize the strength of present-day Indigenous communities. National Indigenous History Month is a time for learning about, appreciating, and acknowledging the contributions First Nations, Inuit, and Métis people have made in shaping Canada -Government of Canada.

We respectfully acknowledge the traditional territory of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Stoney Nakoda, and Tsuut'ina nation families and ancestors. We acknowledge the Metis community, specifically the Métis Nation Region Three. We acknowledge the many First Nations, Métis, and Inuit who have been stewards of these lands since time immemorial. Hillhurst Sunnyside is in Treaty 7 territory, and we invite you to recognize the traditional lands on which we all reside.

"At the confluence of two rivers, the lifeblood of our city, our culture converged, and our story began"-Mayor's Proclamation of Reconciliation (2014).

Since time immemorial, people have walked these shared paths and stewarded the land, all while building relationships and community. Gladstone Road/ 4th Avenue NW was a part of an Indigenous trail and crosses our community diagonally. This unique roadway breaks from the gridiron (rectangular) street layout of Calgary's inner-city communities. We share this journey as we learn together, acknowledging our past prior to European settler history.



We acknowledge the First Peoples of the land and acknowledge that the truths presented on the following page represents the narratives of previous generations who made their homes in Hillhurst

Sunnyside. Residents recall memories and traces of the presettler history of our community. Read more in Margaret Tanko's 1978 Hillhurst Sunnyside Remembers book.

"During his first spring in Sunnyside, Mr. Pemberton remembers playing on the north hill below S.A.I.T. The hill was completely covered with buffalo skulls and bones, bleached white by the sun. In those days, according to Mr. Pemberton, everyone in Hillhurst-Sunnyside had a skull on their fence.

""We used to play up on the hill and there were so many bones you couldn't walk without stepping on one," he explains. "The Indians used to slaughter the buffalo on the hillside – it was their killing ground. When the war began in 1914, the government came and gathered them all up. I think they made bone meal for chicken feed out of them. That must have been the first time anything was recycled in Canada.""

Other than verbal accounts, as documented in Hillhurst Sunnyside Remembers, little is known of our pre-contact history. Developers and developments prior to the Alberta Heritage Resources Act in 1973 were not required to undergo archaeological assessments. Our communities precede the Act and were subdivided and built out from the 1910s onward.

Through the Bow to Bluff public parks project in Sunnyside, City of Calgary Parks will be embarking on Indigenous engagement to inform the interpretive markers that will help tell our shared histories of those who came before. HSCA remains committed to working with our community partners on shared programming, journeys, and resources about our Indigenous and Metis communities, who continue to contribute to the strength and diversity of our communities.

Resources

- Check out the #IndigenousReads reading list on the Government of Canada website.
- Visit the Glenbow Museum's website (https://www.glenbow.org) for online resources and information on virtual exhibits.
- Visit the Calgary Foundation's website to view and download the Indigenous Ally Toolkit (https:// calgaryfoundation.org/about-us/reconciliation/ indigenous-ally-toolkit/).
- June 21 is National Indigenous Peoples Day (#NIPD2021). Stay tuned for more information about the day's activities, you can visit Canada.ca/nationalindigenouspeoples-day.
- Check out Fort Calgary's website (https://www. fortcalgary.com) for some great virtual exhibits, podcasts, blogs, and resources.
- We will post more details, events, and resources on the HSCA blog. If you'd like to share an online event, story, or resource with our community about Indigenous History Month, email Stephanie.c@hsca.ca to tell us about it or tag us on Instagram (@hillhurst_sunnyside), and Facebook (@hillhurstsunnyside).

Community Planning and Engagement

by Lisa Chong

The Hillhurst Sunnyside Planning Committee (HSPC) is recruiting volunteers to bolster our diverse team. Our next e-meeting will be on Wednesday, June 9, 2021, from 7:00 to 9:00 pm. All meetings are open to the public. Please help us welcome Elicia, Lorna, and Ben as our new executive team as we navigate change, redevelopment, and as we cultivate positive relationships together. Please email lisa.c@hsca.ca for more information.

Our website tends to be the best place for up-to-date information due to the lag time between article submission and publication. Join for free on our website/ Mighty Networks app at hsca-community-planning.mn.co.

Local Area Planning

The City of Calgary's Guide for Local Area Planning is a new "best practices" document to guide the creation of new Local Area Plans in Calgary. Read more at calgary.ca/guidebook. The Hillhurst Sunnyside Area Redevelopment Plan (ARP) will be going through changes to align with current City of Calgary policy. Our communities of Sunnyside, Hillhurst, West Hillhurst, and Briar Hill-Hounsfield Heights will be going through the process of developing a Local Area Plan for the entire area. Read more at engage.calgary.ca/Riley.

Community-Led Initiatives

From individual outdoor art projects to larger scale/ multiyear projects like Bow to Bluff, HSCA is your friendly conduit to the City of Calgary and other stakeholders. HSCA is currently in the process of creating resources for communityled initiatives. Please be sure to connect with lisa.c@hsca. ca if you have an inquiry on how HSCA can help steward your idea or connect you with like-minded people for your neighbourhood project.

Neightbour Day 2021

Hillhurst and Sunnyside are welcoming, engaged neighbourhoods with a strong volunteer and community spirit. Calgary's annual Neighbour Day event started right here after the community rallied and set up a Crisis Café to coordinate services and provide critical support for residents impacted by the 2013 flood. In 2014, Mayor Nenshi proclaimed the third Saturday of June as Neighbour Day.

To quote our 2013 Annual Report, "the Calgary Flood redefined volunteerism and what it means to be a community hero". While we are not able to gather for in-person events this June 19 for Neighbour Day, we look forward to hearing some of your ideas for socially distanced celebrations of community. Remember to tag us online at #HSCAyyc!



Photo from 2013 via HSCA Flood Task Force 4A Street thanks flood volunteers

Riley Park Loop

City Parks will be completing the paved pathway within Riley Park this summer. A full ~1 km loop will circle the park and will be a welcome, accessible addition for wheelchair users, stroller-pushers, joggers, and anyone else who needs more secure footing. This was a resident-initiated project that was supported by HSCA/ City Parks and funded through the Province's Municipal Sustainability Initiative. While construction dates have not been confirmed, pleased be advised that the playground will not be accessible from the 12th Street NW side during construction.

Sunnyside Pump Station #1

As the Pump Station near the Curling Club is nearing completion, we are happy to announce that the new drinking water fountain/ bottle filling station is now in operation! In addition to providing critical stormwater infrastructure for Sunnyside and through engagement with the community and partners, PS#1 will include a few outdoor benches, pathway widening and realignment, a prepped based for the future addition of a fitness park, two public washrooms (which will be opened in due course), and two panels for community art. The HSCA Sunnyside Brightening Committee is now exploring funding options to commission the murals.

Hillhurst Sunnyside Streetscape and Public Realm Engagement

You may have noticed a few changes to the plaza space on Kensington Road NW last month. The City removed the old benches, introduced new furniture and planters, and installed a parklette. As COVID cases drop and restrictions ease, they will plan some activities for the space. The aim of these improvements is to accommodate a wider variety of users and uses in the plaza, so it can better serve as an active hub of the community.

Over the summer and fall, the City will gather information about how the space is being used to help guide a redesign of the space, scheduled for 2022. Provide your feedback on the furniture and the activities in the plaza at the City's project website, engage.calgary.ca/kensingtonarea/kensingtonTOD.



Riley Park Village | NorthWest HealthCare Properties

by Lisa Chong for Bob, Decker, Eliot, Mark, Peter, Tara, and HSPC

At 7.28 acres, the Riley Park Village project is the largest redevelopment site in Hillhurst Sunnyside and the immediate area. This will be a phased village-style medical campus located at the base of the escarpment at the northeast corner of 14 Street and 8 Avenue NW.

The former Grace Hospital site is a multi-year development project that has seen significant engagement and collaboration between the Applicant as a long-time neighbour, the City of Calgary, Hillhurst School, Agape, St. Barnabas Church, and the community at large. Formal public consultation has included several community open houses, three City-hosted workshops in fall 2018, and ongoing public meetings with HSPC and other stakeholders.

Until recently, the proposed policy amendments have been in draft form. This application received unanimous approval at the Calgary Planning Commission (CPC) hearing on April 22, 2020. Citizens can review the video, proposed policy, and supporting documents (CPC2021-0130) at agendaminutes.calgary.ca by scrolling to 'Other Meetings', then 'Past Meetings', and then 'Calgary Planning Commission'.

- •The existing Grace Hospital building, the smaller buildings, and the vacant Sunset Lodge apartment building will be demolished, while the Agape Hospice (owned and operated by the Salvation Army) will remain on the site.
- The vision for the western portion of the site closer to 14 St NW includes a six storey (35 metres), up to 40,000m² medical office with structured and underground parking at the base of the hill *
- •To implement the "village" feel and vision, green space and intergenerational residential development is

planned on the eastern portion of the site. The built form can include a variety of housing types, from rowhouses to midrise condo towers (up to 45 metres or 15-storeys) for a maximum of 75,000m² of residential buildable space. *

• The entire site has a Floor Area Ratio of 4.0: buildable space can be up to four times the total area of the site - this could take shape in a variety of ways: from shorter buildings with larger floorplates, to taller skinny towers with smaller building footprints (and thus more room for landscaping and a "park" feel), or a combination of both.

*For context, 40,000m² = 4.9 Canadian Football League fields including the end zones and 75,000m² = the size of 9 CFL fields).

At the time of writing, the Land Use and Area Redevelopment Plan (ARP) amendments are slated to go to City Council on Monday May 31, 2021, for final decision. These parameters set the overall policy and expresses stakeholders' aspirations and objectives. While preliminary designs for the medical building have been contemplated, no building designs and plans have been formally submitted. Each future Development Permit ("DP" or plans for each new building) requires a concept plan for the entire site to ensure that new building(s) will fit with the "Village" vision for the site.

Mobility and traffic safety were identified as the top concern for the community. Medical uses tend to drive additional vehicular traffic. Improvements for the area will be triggered as new DPs for new proposed buildings and development phases are reviewed through the City Development Authority. Under the first phase medical office development between 100,000 sq. ft. (as currently) and up to 150,000 sq. ft., the developer may provide the following:

- i. Left turn signal southbound on 14 St and 5 Ave.
- ii. Temp curb extensions at the intersection of 12 St and 7 Ave.
- iii. Temp curb extensions at the intersection of 12 St and 8 Ave.
- iv. Wayfinding signage on 12 St.
- v. When warranted, according to the City's warrant system for new traffic signals, signalization of the intersection on 5 Ave and 12 St.
- vi. Aligning and removal of driveways impacted by this phase of development.
- vii. Public realm improvements along the frontage of the first phase of development at 14 St and 8 Ave.

Read Attachments 1 and 10 for the future mobility improvements as determined by the next phases of residential development, in review with the City in the CPC report.

The HSPC subcommittee team, made up of diverse, knowledgeable community members, generally supported with broader "Village" vision as a place of healing and the general themes that came out of the 2018 community workshops (see CPC Report Attachment 6).

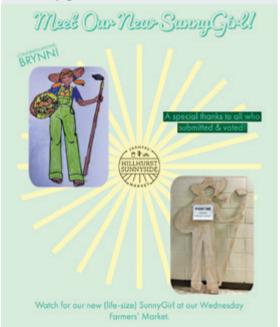
- HSPC provided additional commentary on the overall 4.0 Floor Area Ratio and residential building heights, with a preference for shorter midrise buildings as appropriate for a "village" feel for the community.
- HSPC stressed the Hillhurst Sunnyside ARP vision for non-market housing and intergenerational living on the site.
- HSPC highlighted the important need to create an accessible connection to the SAIT/ AUArts/ Jubilee C-Train station as a true Transit Oriented Development. This station is also the closer of two LRT stations and would help reduce increased mobility demands on the community as more jobs, visitors, and residents are added to the area.

HSCA would like to thank community members and volunteers for their time engaging with the City and Applicant on this development in the community. The community was first engaged on the future of the Grace Hospital site from ~1999-2001, resulting in the addition of Section 9 of the current ARP and again from 2014-2021. The current vision represents a true intergenerational aspiration for the future of this important site.

Interesting Fact: This area of Hillhurst was originally a homestead with the Riley farmhouse situated near the present-day Agape Hospice. You can find a photo of the former Ezra Riley home at hsca.ca/blog.



Sunnygirl Submission Winner!



Thank you for your submissions and votes! Check out these great entries!

We were thrilled to receive so many entries for our 'Paint Our SunnyGirl' Contest! We've got so many talented community members. Thank you to everyone who took the time to vote on the entries, we recognize it was hard to select only one! Congratulations to our winner, Brynn! Brynn's entry was selected to paint our woodcut life-size SunnyGirl! Stay tuned for details on the finished project!

Who is SunnyGirl? In the 90s, the SunnyGirl logo was developed by Alberta Agriculture as the official logo of Alberta Approved Farmers' markets!





HSCA THE GOOD FOOD BOX (GFB)

The Good Food Box (GFB) 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

2021 Good Food Box Order and Delivery Dates

Order by 2:00 pm

Pick Up between 1:00 and 3:00 pm

Order Pick-Up
June 8 June 17
September 14 September 23
October 12 October 21
November 16 November 25

Large Box: Includes approximately 40 pounds

of produce. Cost: \$35.00

Medium Box: Includes approximately 30 pounds of produce. Cost: \$30.00

Small Box: Includes approximately 20 pounds

of produce. Cost: \$25.00

Orders accepted:

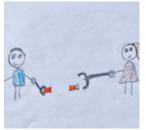
Online at the HSCA Web Store at www.hsca.ca/community-food-program

HSCA Farmers' Market at the welcome table (cash orders only)

Orders may be placed during the pick-up times (cash orders only)

Cigarette Butts A Message from Hillhurst School

by Ms. Hamilton's Grade 1 Class





You might not even notice the number one littered thing anymore. It's something tiny that you see everywhere. We've seen hundreds of them on our community walks, in Riley Park, on the sidewalks and roads, and even on the playgrounds. Can you guess what it is? Cigarette butts! They are gross and littered way too much!

Cigarette butts have tons of chemicals in them that are poisonous to our water and creatures. They can easily get swept into our water system through the storm drains and even eaten by animals.

You might think cigarette butts have filters made out of cotton, but they are actually made out of a type of plastic made from cellulose. It takes a very long time to break down.

Cigarette butts are also the cause of many fires in and around our city. They seem small enough that they might not be such a danger, but they are.

If you look down, chances are, you will see a cigarette butt. You can decide what to do with it: leave it, pick it up and throw in the trash, or collect a bunch of them and send them away to be recycled. Cigarette butts are not as innocent as you might think.





BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@ outlook.com; www.official-plumbing-heating.ca.

HILLHURST | SUNNYSIDE MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

${\bf HILLHURST/SUNNYSIDE\,CARPENTER/CONTRACTOR:}$

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, 403-269-2707.

LANDSCAPING, WINDOW CLEANING, AND YARD CARE: Weekly yard care starting at \$36. Mulch, rock, and sod installation. Window and gutter cleaning starting at \$99; interior/exterior/screens. Garden beds, stone patios, walkways, raised beds, rock walls, deck and fence builds, small concrete jobs, and pressure washing. A+ Member of BBB, 4.1 Google stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

HERITAGE POINTE GOLF COURSE DREAM HOME FOR SALE: See this executive custom-built & recently renovated bungalow with fully developed walk up basement backs onto Heritage Pointe Signature 9th Hole with views of the large pond. Visit https://calgaryluxuryhomesearch.com/, or call Len @ 403-606-8888 (Greater Property Group) for more information.

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.

THE GUTTER DOCTOR! Eavestrough cleaning, repairs, and installation. Fascia, soffit, cladding, roofs, siding, heat cables. For over 18 years and 50,000 projects we have done the job right – and it's always guaranteed! Fully Insured, Licensed, WCB coverage. A+ rated BBB member. Top award winner. 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.

MEDICAL INTUITIVE READINGS BY DONATION: I am a new practitioner needing to practice and develop my skills. Email me, Robin, at rvinge@telus.net for more information.



Neighbour Day 2021: Saturday June 19!



Neighbour Day Pledge Card

Tell us **THREE** ways you plan to celebrate Neighbour Day. Visit calgary.ca/HelpingOthers for inspiration on simple acts of kindness.

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Take a photo of your pledge card and share with us using #yycNeighbourDay.

To find this card and other printable challenges, visit calgary.ca/NeighbourDay.

This year, Neighbour Day falls on Saturday, June 19, 2021, and as many Hillhurst Sunnyside residents know, Neighbour Day is an important event in our community. After demonstrating resiliency and community strength after the 2013 floods, Neighbour Day has evolved into a celebration of community and neighbourly fun, with residents hosting block parties, BBQs, potlucks, yard sales, and more.

This year, our 2021 Neighbour Day will look different than years before, but we're confident our community can find ways to celebrate safely! For a full list of resources and ideas visit the city's website at https://

www.calgary.ca/csps/cns/neighbourhood-services/neighbour-day.html.

Here are just some of the ways we can celebrate safely (please ensure to follow provincial health guidelines):

- Fill out the City of Calgary's 'Neighbour Day Pledge Card' and tell us three ways you plan to celebrate Neighbour Day this year. Take a picture, post to social media using the hashtag #yycNeighbourDay, and tag us on Facebook (@hillhurstsunnyside) or Instagram (@hillhurst_sunnyside) to share your ideas with the community.
- Decorate! Display signs/ art/ or words on your window/ door/ balcony/ yard for your neighbours to see.
- · Host a virtual meal or BBQ.
- Grab some sidewalk chalk and share some art or kind words with neighbours and passersby.

Throughout the pandemic, we've heard incredible stories reflecting acts of kindness and support taking place in our community. The Hillhurst Sunnyside community has continued to showcase our strength, creativity, and resiliency, and we can't wait to hear and see your ideas for Neighbour Day! We encourage you to share your ideas with our community this year. Share photos, post a blog, share an idea! Email stephanie.c@ hsca.ca or connect with us on social media, we have Facebook (@hillhurstsunnyside) and Instagram (@hillhurst_sunnyside).

YOUR CITY OF CALGARY

Green Calgary Community Waste Explorations

Are you looking to be more eco-friendly this spring? Practicing sustainability should not be rocket science, and you can easily

incorporate green actions starting from your home. Green Calgary is here to help! Join us for our free Community Waste Explorations Webinar to learn more about the ins and outs of waste, recycling, and organics in Calgary. Through our interactive program, you will learn more about:

- What goes where for all of your waste carts
- How you can lower your waste production
- · How to do an at home waste audit

- · Creating a unique action plan for your household
- Planning how to track your progress
- · How to continue your plan into the future

You will receive tips and support from your Green Calgary educator and a free 'Waste Journal' to help you on your waste journey. This program is completely funded and offered at no cost. Maximum participants per session is 30 people. This program will be delivered through MS Teams, but Green Calgary is willing to facilitate through other platforms if necessary. This program is offer in non-ESL and ESL versions.

To register your community association for this program, or to inquire, please email Breanna at breanna@ greencalgary.org!



OUR YOUTH ARE CALGARY'S FUTURE - AND THEY'RE LEAVING.

Despite being one of the fastest growing cities in Canada, it's also quickly becoming one of the oldest. The population of young people in the city has failed to match the growth seen with older demographics—with the number of Calgarians aged 20-24 actually shrinking over the past decade. But why?

You don't have to search hard to find the answer. Ask any young person in Calgary and they'll tell you; the world is changing and Calgary can't seem to keep up.

THAT MEANS YOUNG PEOPLE DON'T SEE A FUTURE FOR THEMSELVES IN CALGARY.

Despite its potential to be a magnet for residents from across North America, the current trajectory Calgary is on makes it tough for people trying to find footing in life to settle down and grow roots.

We continue to rely heavily on fossil fuels to drive our economy, our employers are complacent and are failing to win the talent war, and the lack of support for our arts scene makes us unable to compete with other cities in the country.

With precarious uninteresting work being the only thing on offer and nothing exciting to do in your downtime, can we really blame young people for seeking greener pastures?

Add to that, leaders who continue to make regressive short-sighted decisions at both the provincial and municipal levels. Poor choices

on public transit, reliance on fossil fuels alone, and a lack of affordable housing only accelerate youth flight. There's no lack of good ideas among young Calgarians—those ideas are just falling on deaf ears.

BUT YOUNG PEOPLE CAN AND SHOULD BE SHAPING WHAT'S NEXT FOR CALGARY.

We believe that change starts at the local level. Young Calgarians shouldn't have to move across the country to find a city that serves their needs. They should be making an impact and building a future for a hometown that they can actually see themselves in.

That's why we're getting Calgary's youth involved this October—so that they're electing candidates that not only hear them but are willing to work with them to build a brighter future for our city.

Are you or do you know a young person that wants better for Calgary? Join us at our Youth Summit later this month. This event is held by young Calgarians, for young Calgarians. We'll talk about what matters to us and get the ball rolling with having those needs met.

Calgary's youth deserve to be represented in their community. We can make that happen.

Deborah WongCommunity Organizer





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Stay safe and be well.

Not intended to solicit buyers or sellers currently under contract with a broker.

