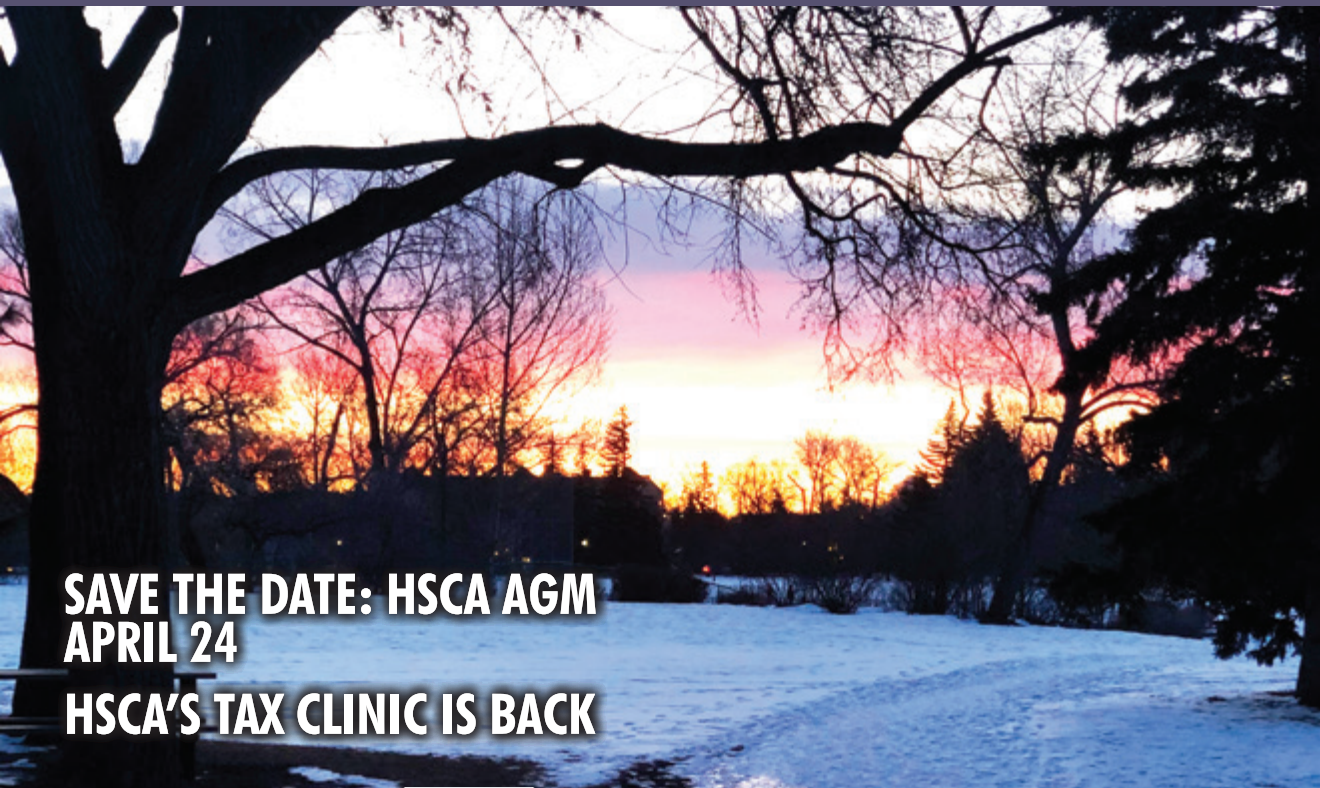


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Correction: January Voice

On page 11 of our *January Voice*, 'Connecting Community Through Sports, Clubs, Recreation and Leisure' (HSCA's Historical Context Paper), we would like to correct the spelling of Calgary's longest serving mayor, Andrew Davison. In the article, we incorrectly spelled his name as Davidson.

Samaritan Club of Calgary Spring Super Thrift Sale

The Samaritan Club of Calgary Spring Super Thrift Sale will be held Saturday, April 27, 2024, from 9:00 am to 1:00 pm at the Hillhurst-Sunnyside Community Centre (1320 – 5th Ave NW). The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods, and more. All proceeds go to Calgarians in need. Check www.samaritanclub.ca for details.

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STAFF LISTING

| | | |
|--|-----------------------------|--|
| Executive Director ext. 221 | Kate Stenson | kate.s@hsca.ca |
| Communications Coordinator ext. 226 | Stephanie Corbett | stephanie.c@hsca.ca |
| Activities and Rental Coordinator ext. 250 | Hannah Garcia | hannah.g@hsca.ca |
| Daycare Program Manager | Kerin Brice | dcmanager@hsca.ca 403-270-9703 |
| OOSC Program Manager | Chelsea Wroblewski | chelsea.w@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) | 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

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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.

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

HILLHURST



SUNNYSIDE





Program Phone Numbers

| | |
|---|---------------------------------|
| Chair Yoga | Debbie 403-283-0554 ext. 224 |
| Farmers' Market Sustainable Food Programs | 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 Sip 'n' Chat | Reiko 403-283-0554 ext. 247 |



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



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 2024 Order and Delivery Dates (Area B)

| Order by 2:00 pm | New Pick-Up Time 2:00 to 6:00 pm |
|------------------|----------------------------------|
| March 12 | March 21 |
| April 16 | Apr 25 |
| May 7 | May 16 |
| June 4 | June 13 |
| August 6 | August 15 |
| September 3 | September 12 |
| September 24 | October 3 |
| October 22 | October 31 |
| November 19 | November 28 |

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ONGOING PROGRAMMING AT HSCA

For the most-up-to-date information, visit our program and recreation calendar for more information at www.hsca.ca/programsrecreationcalendar.

Mondays (Except Stat Holidays)

Senior Connections Group, 10:00 to 11:00 am (Online)

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

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

Weekly drop-in time for all community members to enjoy a coffee or snack together. Everyone is 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 in the North Social Hall.

HSCA's Farmers' Market

The HSFM runs every Wednesday 3:00 to 7:00 pm, year-round.

Thursdays

Chair Yoga

10:00 to 11:00 am

(Connect with Debbie for more information)

Neighbour Night, 5:30 to 7:30 pm (First and third Thursdays of every month) - RSVP is mandatory for this event!

See details for our March Neighbour Nights below.

Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

Free | Everybody is Welcome | Child Friendly. You must RSVP by emailing reiko.y@hsca.ca or calling 403-283-0554, ext 247.

Neighbour Night: Thursday, March 7 - Composting and Saving Food with Green Calgary

Did you know that more than 60% of food in Canada goes to waste? Discover practical solutions to curb food waste, save money on groceries, and combat global warming. Dive into easy meal planning strategies and uncover secrets to sourcing affordable and local produce. We will also briefly discuss about home backyard composting and how to use vermicomposting worms. Yes! Worms are coming to Neighbour Night!

Neighbour Night: Thursday, March 21 - Art as Therapy by Susan

Art therapy has been shown to be effective for people experiencing depression or anxiety. According to researchers, the process of creating art helps with emotion regulation, which in turn can help lower anxiety. You don't have to know how to do art in these art exercises. Art is an inherently enjoyable experience, which can be a powerful tool. It can give you the opportunity to express your inner.

Sundays

The Sunday Flea Market runs 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.

New! Art Sale- Monthly at the Sunday Flea Market!

We will host an art sale monthly from 10:00 am to 3:00 pm during our Sunday Flea Market. The sale will feature artwork made by residents of The Sharp Foundation including paintings, greeting cards, mosaics and more! Stop by: March 24, April 28, May 26, and June 30.

Other Programming

HSPC meetings are the first Thursday of each month from 7:00 to 9:00 pm online

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

continued on next page

ONGOING PROGRAMMING AT HSCA

Caregiver Connections (Online), 7:00 to 9:00 pm on the third Thursday of each month.

Volunteer Opportunities at HSCA

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.hsca.ca/volunteer.

You can also drop an email to reiko.y@hsca.ca.

HSCA's Tax Clinic is Back!

Tuesdays and Thursdays from March 5 to April 11

To reserve your spot, and for more information, contact Dorraine at 403-283-0554 Ext:233 or taxclinic@hsca.ca.

If you meet the following requirements, the CPA will do your taxes for free:

Have a household income that does not exceed:

- \$35,000 or less with no dependents
- \$52,500 or less with dependents
- Not have interest or investment income:
- Beyond the \$35,000/\$52,000 threshold

Not have earnings from:

Self-employment income, rental income, or real estate holdings (land and/or buildings, including a house or condo that provides income).

Income Tax Clinic

If you meet the following requirements, the CPA will do your taxes for free:

Have a household income that does not exceed:

- \$35,000 or less with no dependents
- \$52,500 or less with dependents

Not have interest or investment income:

- beyond the \$35,000/\$52,000 threshold

Not have earnings from:

- self-employment income, rental income, or real estate holdings (land and/or buildings, including a house or condo that provides income)

By filing your taxes, you could be eligible to RECEIVE money!

- monthly Canada Child Benefit payments
- quarterly Goods and Services Tax (GST) payments
- quarterly Alberta Child Benefit payments
- semi-annual Alberta Family Employment Tax Credit payments

Many free and low-cost programs and initiatives also require information from your filed taxes.

In-person file drop off dates (after registration):
Tuesdays & Thursdays from March 5 to April 11

To reserve your spot, contact Dorraine:
403-283-0554 Ext: 233 | taxclinic@hsca.ca



At the Hillhurst Sunnyside Community Association
1320 5 Ave NW

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HSCA's Community Service Award: Nominations Open until March 31!

Do you know someone in our community making a meaningful difference? Consider nominating them for HSCA's Community Service Award (CSA) so we can celebrate their achievements! HSCA's Community Service Award recognizes and honours individuals whose volunteer achievements or community service efforts have contributed to the wellbeing of the Hillhurst Sunnyside community and its community members. For more information or to submit a nomination form visit www.hsca.ca/agm. You can also reach out to Stephanie.c@hsca.ca or call 403-283-0554 ext 226.





Board Nomination Form

Please be sure to complete ALL of the fields below. This form must be printed and signed and submitted by email, mail, or in-person at HSCA at:

1320 5th Ave NW

Calgary AB, T2N 0S2

Kate.s@hsc.ca

Date _____

Name of Nominee _____

Address _____

Phone _____ Email _____

I wish to stand for election to the HSCA Board of Directors at the **April 24th, 2024** Annual General Meeting. I understand that this form is required to be completed and returned in-person or emailed (as above) **7 days in advance of the Annual General Meeting**, and this nomination form is required to be signed by two (2) Full Members of the Association. A **Full Member is defined as an individual 18 years of age or older, who is a resident of Hillhurst Sunnyside and whose membership has been purchased at least 30 days prior to the Annual General Meeting.** Board nominees shall be full members at the time of nomination. Board nominations may also be made at the AGM but the nominee must be a member of the association as stated above.

I would like to stand for election as a member of the Board

I am a Full Member of HSCA

Date _____

Signature of Nominee _____

FULL MEMBERS NOMINATION

1.
Name of Full Member _____

Signature of Full Member _____

2.
Name of Full Member _____

Signature of Full Member _____

SENIOR CONNECTIONS

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

Snow Removal

If you are a senior and cannot clear your sidewalk, or if you know a senior who needs some help with this, please connect with Debbie.

This will help improve the safety of all community residents during the winter snowfalls.

Monday Connections: Neighbour Connections Network (Online), 10:00 to 11:00 am

We are working on a revamp to the Neighbour Connections Network for seniors in our community. Keep an eye out for more information moving forward.

If you are a senior and would like to connect about anything related to seniors, join us online Mondays from 10:00 to 11:00 am. Connect with Debbie for more information and to get the Zoom 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 (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, leave Debbie a phone call (403-283-0554 ext 224) or email (Debbie.o@hsc.ca).

Chair Yoga- Online and in-person

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

When: Every Tuesday and Thursday 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.

Cribbage Group

When: Wednesday afternoons from 12:30 to 3:00 pm in the North Social Hall.

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.





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HSCA Spotlight



New Team Member!



Meet Hannah
Rentals & Activities Coordinator
and Pool Manager

Meet Hannah! Hannah is HSCA's new Activities and Rental Coordinator and Bowview Outdoor Pool Manager during the pool season! You may have seen Hannah around HSCA already or at the pool last year. Hannah brings great energy and we're so excited to have her join our team. Please say hello to Hannah if you see her around HSCA! Let's get to know Hannah in five questions or less!

Q. Ask me more about ...

A. Theatre, Movies, Airplanes, Cars, and Food

Q. What is your favourite part about HSCA?

A. Meeting new people every day and learning about their experiences in life.

Q. What does community mean to you?

A. Having a group of people to share common experiences with.

Q. What is your favourite part of the Hillhurst Sunnyside community?

A. Going for a walk up Grasshopper Hill and looking over the city skyline. Driving through Kensington on a warm summer's night and seeing everyone enjoying the ambience and nightlife.

Q. Finish this sentence: "On Saturday mornings, you can usually find me..."

A. Listening to calming music and talking with my fiancé or dad.

HSCA Spotlight



New Team Member!



Meet Dorraine
HSCA Community Programs Intern

We're thrilled to introduce you to HSCA's intern, Dorraine! Dorraine is a first year MSW student and is doing her practicum at HSCA from January to April 2024. Dorraine will be working closely with HSCA's Community Connections Coordinator, Reiko, and leading our yearly Tax Clinic. If you see Dorraine at HSCA, please say hello and welcome her! Let's get to know Dorraine in five questions or less!

Q: What interested you in doing your practicum at HSCA?

A: Seeing the connection HSCA has with its community

Q: What keeps you busy outside of your role at HSCA?

A: Grad school, work, making time for family/friends, going to the movies, and visiting different coffee shops

Q: Ask me more about...

A: Movies, hiking, food, and cats!

Q: What inspires you?

A: Connecting with others and hearing their stories.

Q: Finish this sentence: "On Saturday mornings, you can usually find me..."

A: Relaxing with my cat Nova and watching movies from the 80s/90s.



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Sunnyside's Cut-Through Traffic Dilemma

by Tim Schaefer, Sunnyside Resident



Sunnyside is on the cusp of a major cut-through traffic problem. This time it will be bigger than anything we've ever seen before.

In 2023, Memorial Drive in Sunnyside saw upwards of 35,000 vehicles each day, with 17,000 vehicles heading east, and 18,000 heading west. This data is according to the City of Calgary's Traffic Counts System that is available on Calgary.ca. These are record high volumes, demonstrating that Memorial Drive has fully returned to pre-pandemic traffic levels and then some.

As any Sunnyside resident will know, everything is fine on Memorial Drive, until it's not. As soon as there's a backup, drivers who are stuck idling beside one of the six streets that intersect Memorial Drive consider cutting through Sunnyside. When they do, Sunnyside's residential streets, like 2 Ave NW which typically only sees 2,000 vehicles a day, fall into a combination of gridlock and dangerously fast-moving vehicles.

So, what's about to change?

The Construction of the New Sunnyside Flood Barrier.

Sunnyside residents have been patiently waiting for eleven years to see a new and better flood barrier constructed and it is finally going to happen! But when construction starts, Memorial Drive will be reduced to one lane in either direction. This lane reduction is estimated to last between 18 and 24 months.

Without any measures taken to dissuade drivers from cutting through Sunnyside, residents can expect to see commuters congesting and speeding on our streets for up to two years.

What Can Be Done?

Cut-through traffic is not a new concern for Sunnyside, so there are lots of ideas that have been implemented or considered in the past. There are also new ideas that we haven't tried before, and this may be the opportunity to pilot them during the flood barrier construction. Here are some examples:

Closing off access. You can't cut through what you can't access. In 1980, access to Memorial on 7 St NW was closed. More of the remaining six streets that access Memorial could be closed as well. But Sunnyside residents also like their access to Memorial Drive resulting in past considerations of this measure being dismissed. Maybe now is the time to pilot this idea with temporary barriers. For example, at the east end of Sunnyside, all but one of the streets connecting to Memorial could be blocked off with the remaining street having a temporary traffic light to ensure access is possible.

Closing access could also happen at the other end. You can't cut through Sunnyside if it's a dead end. Closing the neighbourhood's west-bound vehicle access to 10 St NW from 2 Ave NW and 4 Ave NW during the evening rush hour, would make Sunnyside only exitable by vehicle from Memorial for a couple hours each afternoon. Having signs at the east end entry points explaining no through access would deter drivers from trying.

Lowering the Speed Limit. Drivers who choose to cut through are looking for a fast route to escape congestion. Maybe Sunnyside should pilot a 30 km/h neighbourhood speed limit, that way the neighbourhood isn't offering a "fast" alternative. The speed limit on Memorial Drive could also be lowered. It is a major east-west corridor for vehicle traffic and people view it as a quick way to get across this part of the city. Lowering the speed limit on Memorial keeps that corridor open but makes it less attractive. For example, the speed limit on Memorial between Edmonton Trail and 14 Street NW could be lowered down to 40 km/h or even 30 km/h during the construction phase.

Closing Centre Street Lower Deck. The City has in recent years closed the lower deck to vehicle traffic. First during the pandemic and then later to accommodate flood mitigation construction. Closing the lower deck during construction of the flood barrier would eliminate a source of the traffic created on Memorial Drive that ultimately will cut-through Sunnyside. If closing the lower deck is a "bridge too far" (pun intended), maybe eliminating alternating lanes during the evening rush hour to lessen the volume of vehicles on Memorial is worth considering.

What ideas do you like? Do you have other ideas you'd like the city to pilot during the flood barrier construction?

The HSCA Mobility Committee would like to know your thoughts and ideas. You can let us know using the survey accessed in the following QR Code. You can also share your thoughts or concerns directly with the City by making a 3-1-1 request online or by phone. You can also contact the Ward 7 office and let them know you'd like to see proactive measures taken.

Cut-Through
Traffic Survey:



Notice of HSCA's 2024 AGM

HSCA's Annual General Meeting will take place on Wednesday, April 24, 2024, at 6:30 pm. Registration details will be included in our April *Voice* and posted on the HSCA website in early April. This year's AGM will be virtual. If you wish to vote or run for Board positions, please ensure you renew or purchase your HSCA Membership 30 days prior to the AGM (by March 25, 2024).

Join The HSCA Board of Directors

Resident participation in the Board of Directors voting and nomination process is highly encouraged. Our Board of Directors at HSCA have an active involvement with numerous programs, events, and activities in the facility and the community. The Board also operates critical task forces and committees. Hillhurst Sunnyside residents with 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.



The poster features the HSCA logo at the top, which includes a stylized house icon and the text "HSCA Hillhurst Sunnyside Community Association". Below the logo, the text "2023 ANNUAL GENERAL MEETING" is displayed in a white rounded rectangle. The date and time "APRIL 24, 2024, 6:30PM" are written in large, bold, white letters. Further down, it states "FORMAT: ONLINE VIA ZOOM" and "REGISTRATION IS REQUIRED AND WILL BE POSTED TO OUR WEBSITE IN EARLY APRIL". At the bottom, it says "YOUR HSCA MEMBERSHIP MUST BE PURCHASED OR RENEWED BY MARCH 25TH, 2024 TO VOTE & RUN FOR BOARD POSITIONS" and provides the website "WWW.HSCA.CA/AGM" in a white rounded rectangle.

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2216B 3 Avenue NW

List Price: \$1,650,000

MLS #A2104099

A meticulously designed three-storey including site-finished custom millwork, designer lighting and a rooftop patio retreat, is waiting to be explored.



JUST LISTED



1757 8 Avenue NW

List Price: \$989,900

MLS #A2103246

Luxurious and tranquil living located in the heart of convenience, close to parks, schools and shopping. Features include a renovated kitchen, a secluded front patio, and a south-facing backyard.



JUST LISTED



1112, 222 Riverfront Avenue SW

List Price: \$499,900

MLS #A2101414

Experience unmatched comfort, steps from Eau Claire, Prince's Island and downtown. Features include in-suite laundry, a gas fireplace and views of the Bow River valley.



JUST LISTED



113 Aspen Meadows Hill SW

List Price: \$999,900

MLS #TBD

An abundantly natural-lit Manhattan loft-style home infused with industrial-inspired elements and an elevator connecting all floors to the double garage.

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

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