

NOVEMBER 2023

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Hillhurst Sunnyside Community Association

Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

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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
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

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.

Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!





Flea Market

Concession NOW Open

Every Sunday
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FREE ADMISSION

Crafts, vinyl records, antiques,
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For vendor inquiries:
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fleamarket@hsc.ca



Visit www.hsc.ca/flea-market

Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.



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
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November 14

November 23

There will be no Good Food Boxes for the month of December

Sunnyside Art Crawl

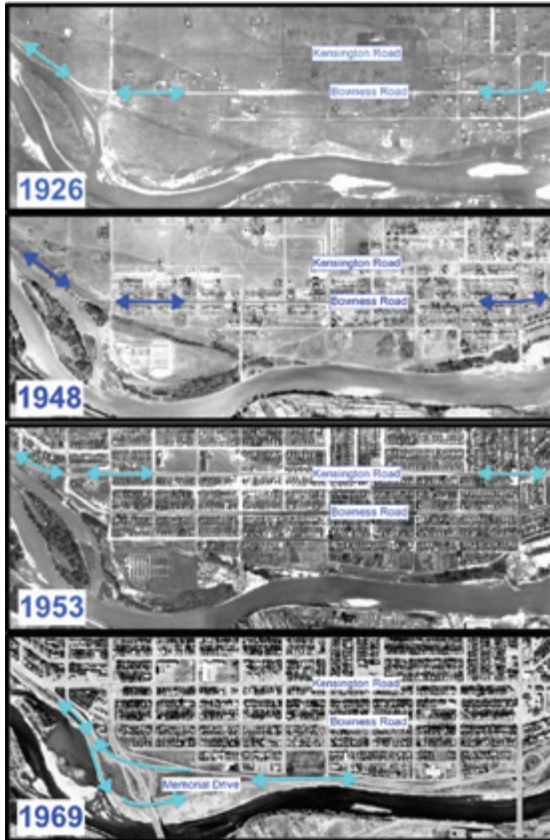
Did you know there's an outdoor gallery of amazing art throughout Sunnyside? Get out (and bundle up), explore the community and take your own art crawl!



Kensington Road Explained Through Aerial Photos

by Tim Schaefer

Have you ever wondered why Kensington Road, between Crowchild and 14 St NW, became a wide four lane street? The City of Calgary's online aerial photo archive helps answer this question. It also sheds light on why narrowing it to make it a safer, more comfortable street for locals makes a lot of sense. Let's walk through the photos below.



In 1926, the main east-west street in the area is Bowness Road. Kensington Road is not much more than a dusty trail, but it is beginning to form around 16 St NW. Calgary's population was 65,000 and there really wasn't much west of Hillhurst. The only bridge crossing in the area is the Louise Bridge at 10 St NW, so people used Bowness Road to make their way to that bridge.

In 1948, Bowness Road looks more prominent, but Kensington Road is very busy moving people on the

Calgary Municipal Railway's trolley service. There are two routes operating on Kensington Road. One that goes out to the community of Bowness, the other known as the Grand Trunk that did a loop around West Hillhurst. Calgary's population is just over 100,000 and Hillhurst area residents would rely on Kensington Road's trolley service to commute to work and travel within the city.

In 1953, you can really see the post-World War II expansion. West Hillhurst has really filled in! The baby-boom is underway and so is the age of the automobile. With these events, the 1953 photo shows a change to Bowness Road. It has been disconnected from Parkdale Boulevard. Kensington Road is now handling both the vehicle and trolley traffic flowing from Parkdale Boulevard. This change is likely due to Kensington Road providing better flow with its connection with 10 St NW, whereas Bowness Road did not.

Calgary has grown to 150,000 people and with many now driving their own vehicles, the trolley tracks are soon removed from Kensington Road making way for more vehicle lanes. This is how Kensington Road came to have four lanes for cars.

In 1966, with a population of over 330,000 people, Calgary begins acting on some major road projects. Only 14 years after connecting Parkdale Boulevard to a widened Kensington Road, the routing of Parkdale Boulevard has changed again! It is now connected to a brand-new Memorial Drive.

Kensington Road has been dethroned, and the highway-style Memorial Drive now serves as the main flow of east-west traffic. A major interchange is also under construction that once opened, as shown in the 1969 photo, has 24 St NW turned into Crowchild Trail and a new multi-lane bridge over the Bow River.

At this point, it would seem Kensington Road should be turned back into a quieter two-lane street like all the other streets in the neighbourhood. Cars took over the trolley track space in the 1950s when the capacity was needed, but surely that was no longer required. But that didn't happen, despite the aerial photos showing Memorial and Crowchild are obvious highway bypasses. One can presume it was easier politically to keep Kensington Road the way it had been built up rather than tear out lanes.

In August 2023, the City finally reduced Kensington Road to two lanes albeit through temporary measures. So, are four lanes needed on this 1.6 km stretch? People driving east-west through the area should be using Memorial instead, and interestingly the data suggests they are.

The City's CalTRACS system has Kensington Road's daily volume in June 2023, prior to the temporary changes, at 8,700 per day, an amount that doesn't really warrant four lanes. Memorial Drive on the other hand handles 40,000 per day on its four lanes.

Calgary seemingly chose to keep Kensington Road a fast four lane artery for over 50 years, when arguably it wasn't needed. That's why it's so great to see the City finally give Kensington Road back to the locals. Having a two lane street with a lower speed limit and several marked crosswalks with flashing beacons are excellent improvements. These enhancements provide seniors, moms, dads and most importantly kids (of all ages) who live in the area the ability to walk in the neighbourhood, they call home, safely and comfortably.

If you support the changes the City has made, or have suggestions on how it could be improved, its important you let them know through 311.

Project site: calgary.ca/roads/kensington-rd-safety-improvements.html.

Aerial Photo Archive: maps.calgary.ca/CalgaryImagery/.

CalTRACS visit: trafficcunts.calgary.ca.

Photos taken from City of Calgary's Aerial Photo Archive.

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Holiday Matching Family Program

Once again, we are matching Hillhurst and Sunnyside families this holiday season!

We welcome community members who would like to give a little extra, Hillhurst Sunnyside residents, and active HSCA volunteers who wish to receive a little something.

Registration opens November 1 and closes November 15.

For more details and sign-up information, visit www.hsc.ca/holiday-matching.

*Please note that only the matched-up families will be contacted by the end of November.

HSCA

**HOLIDAY
MATCHING PROGRAM**

Receive **OR** Give
a little extra for your family a little extra to a neighbour

We are matching Hillhurst Sunnyside residents and active HSCA volunteers who wish to **receive** a little something extra with neighbours able to **give** a little extra this Holiday Season
Sign up at hsc.ca/matching-families

Complete sign up form by November 15th

hsc.ca/matching-families

ONGOING PROGRAMMING AT HSCA

Mondays (Except Stat Holidays)

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

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

If you would like to join or would like more information, contact Debbie.o@hsca.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 Farmers' Market, 3:00 to 7:00 pm

Indoor season begins on October 25.

Thursdays

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

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

Neighbour Night, 5:30 to 7:30 pm on the first and third Thursday of Each Month

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

Free. Everybody is welcome. Child friendly. Please RSVP by emailing reiko.y@hsca.ca or call 403-283-0554, ext 247.

- Thursday, November 2 - Smudging and Medicine Wheel Teachings with Chantal (Cree 8)
- Thursday, November 16 - Traditional Indigenous Drumming, Songs, and Storytelling with Chantal (Cree 8)

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@hsca.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.hsca.ca/volunteer.

We are especially looking for volunteer opportunities in:

- Writing/Photography
- Community Connector
- Neighbour Night Cook
- Donation Pick-up Driver
- Farmers' Market Crew
- Volunteers for Seniors

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 email reiko.y@hsca.ca.



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 has returned for the fall/winter. 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 returned 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.

Next meeting: Thursday, November 16

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.

Returned 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.





*Calgary families need your help.
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Snow Removal for Seniors

Living in Calgary you know that we have some winters with little snow and some where the snow just doesn't seem to stop and every variation in between.

Shovelling snow can be hazardous for many. The heavy snow can be difficult to lift and move; the colder weather means our blood vessels constrict, making the blood flow more restricted, which can drive up our blood pressure and lead to a heart attack. The heart attack does not always happen while removing the snow. It can come later in the day. Even the most active and healthy individual can be at risk.

For seniors, this can be an even more hazardous challenge. If you can help a senior neighbour with their snow removal or see that someone's snow hasn't been removed from the city sidewalk especially, please lend a hand. If not cleared within 24 hours, there is a hefty fine that can be charged to the homeowner as snow covered sidewalks are hazardous to everyone.

Having sidewalks cleared up to the door means that the mail will be delivered, individuals can get out of their house more safely, and for the city sidewalks, we can navigate our community on foot without fear of falling.

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 at 403-283-0554 ext. 224 (and leave a message) or by emailing debbie.o@hsca.ca.

If you would like to help a senior in the community remove their snow this winter, please connect with Debbie at 403-283-0554 ext. 224 (and leave a message) or by emailing debbie.o@hsca.ca. This will help improve the safety of all community residents during the winter snowfalls.



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**Share your thoughts
from October 24 –
November 13, 2023:**

- Tell us what you think at calgary.ca/Riley.
- Fill out the engagement booklet that was delivered to mailboxes in the Riley Communities starting Oct 24. You can also pick a booklet up at a My Idea Station (see location map online). Each engagement booklet includes a comment form that can be mailed in with pre-paid postage.
- Join an engagement session – check out the schedule and register at calgary.ca/Riley.

Riley Communities Local Area Planning

Your input **today** will help shape how your community evolves over the **next 30 years**.

We want to hear from you

We are continuing to work together to refine the Riley Communities Local Area Plan and encourage you to participate in this important phase of engagement.

Phase 3: REFINE of the Riley Communities Local Area Planning project is taking place October 24 – November 13. In this phase, we are looking to further discuss and refine how redevelopment and revitalization could happen in the Riley Communities (Hillhurst, Hounsfield Heights/Briar Hill, Sunnyside and West Hillhurst).

As part of Phase 3, you can provide your input on:

1. Small-scale homes in the Riley Communities
2. Refinements to the draft Urban Form and Building Scale Maps
3. Community improvement ideas that would benefit the Riley Communities

Learn more at calgary.ca/Riley



23-0029044-23410



Heritage Moment: Performing Arts in Hillhurst Sunnyside

This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'Building Social and Community Life: Performing Arts' (pp. 76 to 92). For more on the history of our neighborhood, check out the full paper: www.hsca.ca/historical-context-paper.



One of the earliest examples of the performing arts, and an important example of intangible heritage in Hillhurst-Sunnyside, is the bandstand in Riley Park, which was planned for at least by 1913. Funding was made available for a new bandstand as a commemorative project in 1980, but it was not constructed until the late 1980s. This bandstand was in turn replaced in 2018.

The youngest daughter of pioneers Felix and Florence McHugh, Florence McHugh Piercy (1901 to 1984), was a talented artist who achieved renown for her roles - many of them leading roles - in plays, light opera and musical comedy in live theatre and film. She was still a student in the field when she moved in 1921 to London to finish her training. After establishing a successful career in London, she made it her permanent home. With the introduction of the Plaza Theatre, a small theatre house created by adapting and renewing the façade of a 1929 garage, to the community in 1935, a wide variety of affordable films aimed at diverse age groups were accessible to residents.

The Southern Alberta Jubilee Auditorium, a 2 700-seat concert hall and theatre was built between 1955 and 1957 as a venue for both local and international performing artists. From 1982 to 2004 the basement was reconfigured to add a second more intimate 250-seat auditorium, the Dr Betty Mitchell Theatre, named for Betty Mitchell who

founded several Calgary theatrical groups in the 1930s-40s (another theatre that opened in the Allied Arts Centre, non-extant, in 1962 was also named in her honour).



Residents have been attracted to the neighbourhood by the thriving local arts centres and in turn have shaped and fostered the local culture in the community. This was no more evident than during the counter-culture movement of the 1960s and 1970s. For a few years Riley Park became a magnet for free-spirited, anti-establishment youth. It began in July 1967, when an estimated 5,000 hippies and spectators participated in a Love-In, a full year before San Francisco's 1968 'summer of love'. The Love-In was promoted by Luvinc, a free society for the promotion of arts and artisanry in Calgary. In her community newsletter article 'Confessions of a Hippie', long-time resident Patti Dawkins, explains that these gatherings were her introduction to Riley Park and the wider community of like-minded individuals and disillusioned youth. Another sign of the times in the community was the Garnet Block which became the Headquarters head shop which advertised with psychedelic posters by artist Bruce Pearson.

Another long-time resident Brian Smith, who was born at Grace Hospital eight decades ago and was raised in the community, began his fine arts studies at AUARTS in 1960. At that time, he connected with musicians and to form a band. The Sunnyside property he rented in the late 1960s was a gathering place for both artists and musicians. At that time, he also was involved with the 'Diggers' a counter-culture movement of social activists and street performers that originated in Haight Ashbury, San Francisco that promoted the idea that everything should be free. Smith helped others in need find free accommodation.

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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.

Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.

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

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BLUE WAGON LANDSCAPING: A local student-owned business now offering snow removal services! Ensure safe and clear paths for the holiday season. 700+ homes served. Limited spots are available so book now to keep your property snow-free. Contact Michael at 403-585-6128, team@bluwagon.ca, or visit www.bluwagon.ca to get a free instant quote!

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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.

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.

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