

SEPTEMBER 2024

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SEPTEMBER 28

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WORD OF THE MONTH

Thaumaturgy: noun
(thaw-muh-tur-jee)

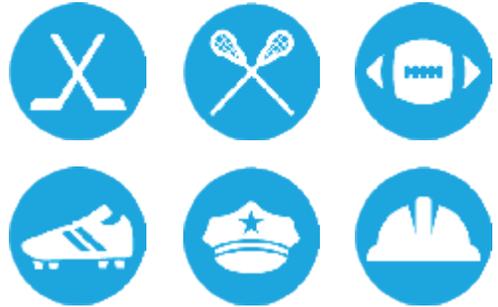
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Controller ext. 225	Amy Kettenbach	accounting@hsca.ca
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	fleamarket@hsca.ca
Community Programs Coordinator ext. 248	Giselle Gilliard	giselle.g@hsca.ca
Community Connections Coordinator ext. 247	Shaye Radford	shaye.r@hsca.ca

Harvest Fest Farmers' Market

Join us for a special Harvest Fest Farmers' Market on Wednesday, September 25. Stay tuned for details. Visit <https://farmersmarket.hsca.ca/> and follow us on Facebook and Instagram.

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	Giselle Gilliard 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	Shaye 403-283-0554 ext. 247



Super Sale

Samaritan Club of Calgary's Fall Super Thrift Sale will be held Saturday, September 28, 2024, from 9:00 am to 1:00 pm at the Hillhurst-Sunnyside Community Centre (1320 - 5 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, jewellery, linens, household goods, and more. All proceeds go to Calgarians in need.

Samaritan Club of Calgary

Fall Super Thrift Sale

Saturday, September 28
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue 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.

For More Information:
samaritanclub.ca

All proceeds will benefit Calgarians in need

Checkmate!

On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!



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Thor and Loki, Shawnessy



Tiger and Lily, Evanston

To have your pet featured, email news@mycalgary.com

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

Please read about the important changes to our Sustainable Food Program in this month's issue of the *Voice*.

Fresh Routes affordable mobile grocery store is onsite every Monday (Except stat holidays). Everyone is welcome to shop at Fresh Routes.

Tuesdays

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

Returns September 3, 2024

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

Drop by anytime between 2:00 and 4:00 pm. We welcome all community members to enjoy a coffee or snack together. Everyone is welcome. Stop by 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 Hearth Room.

HSCA's Farmers' Market

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

Be sure to check out our upcoming special event markets, including:

- Harvest Fest, September 25

Thursdays

Chair Yoga, 10:00 to 11:00 am

Returns September 3, 2024

Neighbour Night, First and Third Thursday of the Month, 5:30 to 7:30 pm

Please check our program and recreation calendar for updates and information on Neighbour Nights at www.hsca.ca/programsrecreationcalendar.

Sundays

The Sunday Flea Market runs 7:00 am to 3:00 pm - Concession On-site!

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

Get your cookies! Stop by the Sunday Flea Market and support the Calgary Area Girl Guides on September 15, October 6, and October 20.

Flea Market Partnership with Cerebral Palsy Alberta- Donation Drop Off

Shop and donate! The HSCA Flea Market has partnered with Cerebral Palsy Alberta and is now a charitable drop off location. Important: Drop off donations can only be made Sunday during the Flea Market hours in HSCA's Tyler Room (there is signage on the door). Donations cannot be left outside the building. HSCA will not be accepting donations any other time during the week. Donation items Cerebral Palsy Alberta is accepting include: quality used clothing, accessories, and small household items.

Other Programming

HSPC Meetings

Thursday, September 5

Location: Zoom - Register at hsca.ca/meetings.

Time: 7:00 to 9:00 pm

Tuesday, September 10

Anthem Properties Open House

Location: Hearth Room - 1320 5 Ave NW (HSCA)

Time: 7:00 pm

Anthem Properties will be providing an update on their 1706 Westmount (the old CBC Site) Land use Redesignation Application.

Call Out for Photos: Show Us Your Community!

We know there are many of you out there capturing the beauty of our community through photography and we want to hear from you! If you'd like to share your photos around our neighbourhood, please email stephanie.c@hsca.ca. Pictures tell a story and we're looking to include photos from community members in our newsletters and other communication channels.

Recreation at HSCA

HSCA Tennis Courts - 2024

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 29 to October 31, weather permitting. Visit www.hsca.ca/tennis.

Drop-in Badminton

Most Mondays and Thursdays from 10:30 am to 1:00 pm. Visit www.hsca.ca/badminton for full schedule and blackout dates. No registration is required, \$4 per session.

National Day for Truth and Reconciliation 2024

Monday, September 30 marks the fourth annual National Day for Truth and Reconciliation and an important day for all of us. This day provides an opportunity to recognize and commemorate the harmful legacy of residential schools. We encourage you to make time for discussion, for learning, or participation in local events to bring further awareness and relationship building with Indigenous community members. Please visit <https://www.hsca.ca/truth-and-reconciliation> for a list of resources and 2024 community events around the city. Please reach out to stephanie.c@hsca.ca if you know of a community event or resource we can share and promote.



FARMERS' MARKET AT HSCA
 Wednesday's from 3 pm - 7 pm
 1320 5 Ave NW

Upcoming Special Markets:
 • Harvest Fest - September 25

<https://farmersmarket.hsca.ca>

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

BRAIN GAMES SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



Changes to HSCA's Sustainable Food Program

Starting in September, HSCA will be implementing some important changes to the Sustainable Food Program. The free food portion of the program will be ending, and the focus will shift to be on low-cost produce. After extensive research, HSCA has chosen to strategically invest our resources into community connections, and low-cost food partnerships.

This decision has not been made lightly. We have spent a great deal of time looking at all options, and HSCA believes we can best serve the community through strengthening our relationship with Fresh Routes and using our resources to build connections and relationships through community programs. We recognize that this change will be significant, and we are committed to working with you as we take this step toward providing a deeper impact within our areas of strength as an organization.

HSCA has an extensive online resource tool that showcases the organizations that have direct mandates for offering free food, that are better resourced to serve this need, and that can provide greater impact in this area. These organizations are listed on HSCA's website: www.hsc.ca/resources-1 and in the printed handouts provided at the Sustainable Food Program.

Monday, August 26 will be the last day that free food will be offered as part of the program. There will be no changes to HSCA's partnership with Fresh Routes. Fresh Routes will be available every Monday (except statutory holidays) from 4:00 to 6:00 pm to offer produce. HSCA will continue to provide a discount of 25% for anyone living in Hillhurst or Sunnyside who is interested in that support.

The next steps will include using our capacity to seek stable funding for the low-cost grocery discount and building connections and relationships for participants through community programs.

We, the team at HSCA, feel confident that this change in direction will increase our impact by focusing our programs and services to align with our strengths and our mission. We are grateful that you are part of this community and hope to continue serving you. We feel our impact will be even greater as we look towards this shift to align with our strengths.

For more details, please visit the Community Food Programs page on HSCA's website at hsc.ca/community-food-program.

VISIT HSCA'S COMMUNITY FOOD PROGRAM PAGE TO SEE OUR FAQ PAGE

SCAN



WWW.HSCA.CA/COMMUNITY-FOOD-PROGRAM

GAMES & PUZZLES

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



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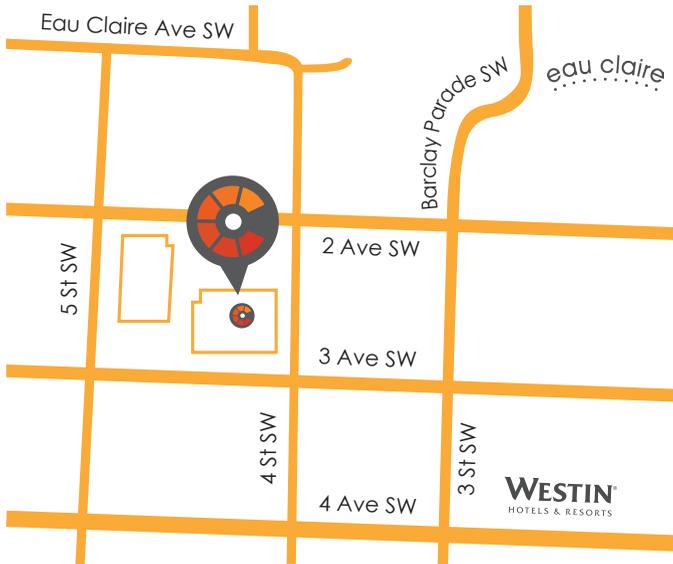


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Groundbreaking Ceremony: The Sunnyside Flood Barrier Project and Community Advocacy

On July 18, the City of Calgary held an official groundbreaking ceremony for the Sunnyside Flood Barrier project at Poppy Plaza. The event was attended by members of the Hillhurst Sunnyside Community Association's (HSCA) Emergency Preparedness and Response Committee (EPARC), HSCA's Executive Director Kate Stenson, Mayor Gondek, Councillor Wong, city administration officials, project team members, and media representatives.

The ceremony marked the beginning of construction of the flood barrier but represents eleven years of dedication and advocacy efforts of residents for flood mitigation infrastructure through HSCA's Emergency Preparedness and Response Committee (EPARC). The Sunnyside Flood Barrier project is a powerful example of how community involvement and advocacy can influence City projects and lead to meaningful change. This project underscores the importance of a shared vision and a collective determination to find solutions that accommodate the diverse needs of the community. The commitment shown by EPARC over the past eleven years illustrates that achieving such a goal requires substantial effort, patience, and unwavering focus. This project did not come without its challenges and required significant collaboration with the City and across HSCA's own committees (EPARC, Sunnyside Brightening Committee, and the Mobility Committee). Although residents and HSCA committees wanted this outcome sooner, eleven years later, the outcome has addressed three important areas: better flood protection, mobility improvements, and enhancements to the public realm.

EPARC Chair, Charlie Lund, explains that there were many challenges along the way, including "sticking with the task for eleven long years". Other key challenges included: convincing the City to increase the protection level from 1:20 to 1:100; challenging the City's engineering consultants' assessments; and advocating for public realm improvements. Despite these challenges, EPARC's persistence led to significant achievements, including securing a higher level of flood protection and incorporating important public space enhancements.

Looking forward, as EPARC's role in the Sunnyside Flood Barrier project concludes, the baton is passed to other HSCA committees: the Sunnyside Brightening Committee (SBC) and the HSCA Mobility Committee. These groups will continue to advocate for improvements in their areas of focus, ensuring that the community's voice remains a driving force in shaping the neighbourhood's future.

This experience emphasizes the crucial role of community involvement in public projects and the importance of advocating for your community. It also serves as a reminder that significant achievements often require a long-term commitment and a willingness to engage in constructive dialogue with decision-makers.

HSCA's Sunnyside Brightening Committee and Mobility

To learn more about HSCA's sub-committees and the important work they are doing, visit <https://www.hsca.ca/subcommittees>.

Sunnyside Brightening Committee (SBC) – Focused on the public realm and ensuring there was art incorporated into the designs. Successes include the mural painted on the lift station, as well as design elements that will be incorporated into the flood barrier itself. Learn more at [hsca.ca/subcommittees](https://www.hsca.ca/subcommittees).

Mobility – Ensuring the active pathways are designed to a high-standard, limiting impacts to those sharing them. The current pathways have challenging areas due to bike paths and walking paths converging, but with their advocacy they were able to highlight these pressure points and ensure that the current challenges are negated or lessened with the new design. Learn more at [hsca.ca/subcommittees](https://www.hsca.ca/subcommittees).

For more information about the Sunnyside Flood Barrier Project, visit [calgary.ca/sunnysidefloodbarrier](https://www.calgary.ca/sunnysidefloodbarrier).





Tui enjoys reading our monthly Voice!

This month thank you to community member Sara D. for submitting this photo of their cat, Tui, reading our community newsletter!



Peace Bridge in winter

Thanks to Randy B. for submitting their photo of the Peace Bridge. Randy is a longtime Sunnyside resident and has submitted some amazing photos over the years while walking their dog, Amigo. Stay tuned for more.

Do you want your photos to be featured in our Voice? Email your photos to Stephanie.c@hsca.ca.

Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Resources



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WWW.HSCA.CA/RESOURCES-1

*World
Coconut
Day*



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

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@hsca.ca. We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information and for program Zoom links at www.hsca.ca/seniors.

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

Rebuilding the Seniors Connections Network is well underway. This volunteer network is about developing connections with seniors in our community, in a variety of ways. If you are interested in being a part of this network, please reach out to Debbie to arrange some time to connect and explore the possibilities.

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

There are currently no scheduled sessions 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. If you are a caregiver or want to explore ways to support someone you know someone who is caregiving for a family member, please connect with Debbie directly to talk or learn more about available resources and support in our city.

Chair Yoga - Online and In-person

Returns September 3, 2024 and runs until December 2024.

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, 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.

Other Updates

Website updates on www.hsca.ca/seniors page will continue in the months ahead. Please connect with Debbie directly for information about supports and programs.

If there is something you would like to see added to the website related to Seniors, Caregivers and/or Volunteering or Volunteers, please connect with Debbie.

Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!

That's a Wrap!

The Bowview Outdoor Pool's last day of the season will be Monday, September 2. Thank you to our incredible staff, volunteers, and community for making it a wonderful and safe season! Looking forward to the 2025 season!



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