

FEBRUARY 2021

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE

VOICE

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



EVERY MONDAY

HSCA'S SUSTAINABLE FOOD PROGRAMMING, 4:00 TO 6:00 PM

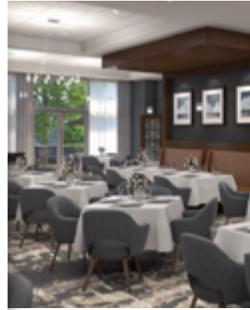
EVERY SATURDAY

HSCA FARMERS MARKET, 12:00 - 4:00 PM

OPENING
FALL

2022

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CAMPION



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Move, move, move to internet + TV + smart security from \$95/month.*

*On 2 and 3-year terms.



*Offer subject to change without notice, and may not be combined with other offers. Available to new and existing TELUS customers who have not subscribed to Internet, Optik TV, and SmartHome Security in the past 90 days. \$16/mo. for the Smart Automation Plus, available to customers who have not subscribed to TELUS SmartHome Security services in the past 90 days and are signing up for Internet and Optik TV services on a new 2-year term, and SmartHome Security on a 3-year term (\$540 savings over three years). Offer includes Optik TV Essential, Internet 20, and SmartHome Smart Automation Plus. From months 1-24, a \$15/mo. discount applies to Optik TV, and a \$20/mo. discount applies to Internet. Mobility customers will have an extra \$10/month discount applied to the home services bill for 24 months or as long as they continue to have eligible home services products. Eligible home services products include TELUS Home Internet 15 and higher, Optik TV, Home Phone or a combination thereof. This is a total discount of \$20/mo. (\$1,200 savings over two years). Current regular price of Internet 20 is \$20/mo. and Optik TV Essential is \$40/mo. For customers signing up on a 24-month term, the SmartHome Security rate plan is guaranteed to remain the same for the duration of the 24-month term. Prices of features and add-ons such as unlimited internet data, a 4K satellite TV channel, Home Pack and premium TV content are not guaranteed during the 24-month term and subject to change anytime. For customers signing up on a 36-month term, the SmartHome Security rate plan is guaranteed to remain the same for the duration of the 36-month term. All prices do not include applicable taxes. 30 unlisted data offer is only available to customers signing up on a 2-year Internet service agreement. Regular pricing (currently \$10 for Unlimited Data add-on) applies at month 25. Minimum system requirements apply. TELUS reserves the right to modify channel line-up and packaging without notice. 4K TV must equipped (receiver required to view 4K). Final eligibility for the services will be determined by a TELUS representative. Downgrading to a lower tier according to a promotional offer will trigger the cancellation fee associated with the early termination of your Internet and Optik TV service agreement, which will be the sum of \$720, declining by \$30, for every month of Internet and Optik TV service agreement, and ending at \$30 at the end of your commitment term. If you cancel a single service (Optik TV or Internet), the service cancellation fee is \$200 (declining by \$10 per month and reducing to \$0 at the end of your commitment term). Rental equipment must be returned in good condition. Otherwise the replacement cost will be charged to the account. Maximum speeds require optimal network conditions on a wired connection. Internet access speeds may vary depending on location, usage within the home network, Internet traffic, applicable network management or server configurations. Equipment may not be as shown. Regular price for Smart Automation Plus plan applies after the end of the 1st or 2-year service agreement, and is currently \$20/mo. Regular price is subject to change without notice. A cancellation fee applies to early termination of the 3-year or 5-year Security service agreement equal to \$10/mo., multiplied by the number of months remaining in the service agreement (with a partial month counting as a full month), plus applicable taxes. TELUS SmartHome Security installation fee applies and is \$100 for customers subscribed to one or more of the following services: TELUS poppad mobility, SmartHub or High Speed Internet. The installation fee for all other customers is \$400. TELUS and the TELUS logo (friendly) are trademarks of TELUS Corporation, used under license. All copyrights for images, artwork and trademarks are the property of their respective owners. All rights reserved. © 2020 TELUS.



Hillhurst Sunnyside Community Association

Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

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

BOARD OF DIRECTORS

Ryan Morstad	Chairperson
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Kristin Chow	Director at Large
Cynthia Mazereeuw	Director at Large
David Fanstone	Director at Large
Hayley Richards	Director at Large

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

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

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.

FRESH FOOD BASKET

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.



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





Program Phone Numbers

*Art Classes

Capoeira 403-827-7917

*Chair Yoga Debbie
403-283-0554 ext. 224

*Drop In ESL Classes Norman
esl@hsc.ca

*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

*Seniors' Knitting/
Morning & Debbie
403-283-0554 ext. 224

Volunteering
is good for the soul

Ongoing Programming at HSCA

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

- Every Saturday: The HSCA Farmers' Market runs indoors, 12:00 to 4:00 pm.
- Good Food Box: Order your Good Food Box by February 23.

Closures

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

Fickle February

February is the most unique month in our entire calendar. Along with being the shortest month out of all twelve, it is also the most difficult to spell. In all of the English language, February repeatedly makes it to the top of the list for misspelled words. Its a tricky one!

Lions Park
denture clinic

Dhiren Bhargadia, Denturist

Tel: 403-284-1803
Fax: 403-220-0486
info@accufit.ca

Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2

**Your
Message
Here**



Have you ever noticed the sign outside of Framed on Fifth and the Remax office on 5th Avenue? The sign is currently on-loan to the community during this time of physical distancing so that we can still have a connection point to share some words with each other. If you have something to say to the community, perhaps it's a message of hope, a joke or a thank-you to everyone on the front lines, now is your chance! Please email your short message (approximately 40 characters) to hannah@framedonfifth.com for your chance to be featured. Messages will be updated frequently to allow all to be featured. **All ages welcome!**

Now Available: 2021 Memberships

While the HSCA's facility is closed, memberships can still be purchased online at <https://www.hsc.ca/membership> (please follow the step-by-step renewal instructions).

HSCA MEMBERSHIP BENEFITS:

- 10% discount on HSCA facility rentals with a family membership
- Reduced rates for some HSCA programs, drop-in sports, some special event admissions
- \$5 discount per swimming lesson set; discounted monthly pass at Bowview Pool for members only (open during the summer only)
- Free use of the tennis court
- **You can also use your HSCA membership card to receive discounts with the following local businesses:**
- **NEW- Good Trade Coffee Co:** HSCA Members receive 10% off all beverages
- **NEW- Bailey Nelson- Kensington:** HSCA Members will receive a Free Blue Light Filter (\$50 Value)
- **Canary Refillery and Zero Waste Market - NEW:** 10% off purchases
- **Sunnyside Natural Market:** Save 5% with your HSCA Card (case discounts not included)
- **Vine Styles Kensington:** 10% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Flippn' Burgers:** 10% discount on all purchases
- **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
- **Cadence Chiropractic Sport and Health:** 20% off your first 60- or 90-minute massage. 20% off your initial Acupuncture Assessment and Treatment
- **Kensington Auto Pro:** 10% off on parts and labour
- **Framed on Fifth:** 10% discount on all framing
- **Rejuve your Body:** Get a 30-minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.
- **Beagle 14 (formerly the Regal Beagle):** 10% off your order (excludes daily specials)
- **MYo Lab Sports Therapy + Personal Training:** 20% off all retail supplies + supplements (for as long as you hold an active HSCA membership).
- **Pho HouZ Vietnamese:** 10% off regular priced orders (excludes alcohol)
- **Tania MediSpa:** Family and Individual members receive 20% off facials and body wraps, 10% off massages, Botox, fillers, permanent makeup, and fillers. Senior Members receive 20% off facials, nails, and massages, 10% off product
- **Dignity Memorial Funeral Services:** 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services* [*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of the two discounts.] National Transferability on pre-arranged services at no additional charge, Thirteen (13) months of unlimited access to the 24-Hour Compassion Helpline®, Access to the Dignity Memorial Bereavement Travel Program
- **The Mat's Diner:** 10% off your meal
- **Macleod Optometry and Tamas Eyecare:** - \$125 off prescription glasses or sunglasses. Must have a valid prescription.
- **Sunny Cider:** 10% off to all HSCA Members
- **Wheels Training Centre:** HSCA Members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation
- **OXBOW:** 10% discount on breakfast/brunch or dinner.
- Visit our website www.hsc.ca for news and updates about this program
- **Free House YYC – NEW** – Enjoy 15% off pickup orders through our website, just click Order Online and use the promo code HSCA15. When you arrive to pick up your order, show our lovely staff your card and enjoy
- **PB and J YYC – NEW** – Show your Valid HSCA Membership card and receive 10% off your order
- **Gummi Boutique – NEW** – HSCA members will receive 10% off on regular bulk items
- **D'Orient Spa – NEW** – 15% off spa services and 5% off products
- **Indie counterculture - NEW-** 10% off your purchase with a valid HSCA Membership card



HSCA Staff Spotlight: Heather

As we continue to move through 2021, we wanted to take the opportunity to spotlight the staff and volunteers at HSCA. While our commitment to the safety of our staff and community remains our top priority, our health and safety protocols have drastically changed how staff and volunteers interact and connect with each other and the Hillhurst Sunnyside community. These spotlights are intended to give a snapshot of some of the stories behind our hardworking team and the programs and initiatives being offered at HSCA.

At the end of 2020, we saw some staff changes when our Community Programs Coordinator and Farmers' Market Manager, Heather, moved on to another opportunity. We caught up with Heather on her way out (she was an especially busy bee at the end of the year), and she'll kick off our first ever HSCA Staff Spotlight!

While we're thrilled for Heather to venture out on her next journey, she made an important impact during her 3.5 years here at HSCA with some fantastic initiatives, events, and programming that will continue for years to come (be sure to watch for next month's spotlight where we'll introduce you to our new Community Programs Coordinator and Farmers' Market Manager, Emily (spoiler: she's also fantastic and brings a ton of passion to her new role).

If you frequent our HSCA Farmers' Market (now running Saturday's from 12:00 to 4:00 pm), then chances are you've seen Heather in action: moving signage, organizing with vendors and volunteers, snapping photos, and everything in between. At the Market, Heather embodied the Sunnygirl values (the Alberta Approved Farmers' Market mascot), usually donning blue overalls, a red scarf, and a broadbrimmed farmer's hat, and ensuring nutritious, local, and fresh offerings every week. Heather herself is an avid baker (she generously shared these creations with staff many times, namely her sourdough!) and a gardener, and has posted a lot of her creations and recipes on the @hsca.farmersmarket Instagram page using products from the HSCA Farmers' Market.

One of Heather's exciting projects in 2020 was her work on Sunnygirl's Field Notes. Markets displaying the Sunnygirl logo informs consumers that at least "80% of all products are made, baked, or grown in Alberta" (HSFM Sunnygirl's

Field Notes, 2020). Through the eyes of Sunnygirl, Heather visited some of the farmers from the HSCA Farmers' Market in an effort to share vendor stories and profiles, and help our community better understand our food system. These field notes are an effort to show, rather than tell, consumers what it means to be an Alberta Approved Farmers' Market and what methods these growers and farmers are using. "We're the real deal and our farmers are growing what they say they're growing," Heather says. Be sure to visit our Farmers' Market website and read through Sunnygirl's Field Notes. This project is funded in part by the Government of Canada and the Government of Alberta through the Canadian Agricultural Partnership, and by the Hillhurst Sunnyside Community Association, and will continue in the new year, so keep checking back for the newest vendor profiles and interviews.

WEST HILLHURST PRESCHOOL NEWS

by Lisa Kelly

The West Hillhurst Community Preschool is a place where kids play, grow, and learn. We offer morning and afternoon classes for three- and four-year-old children, in both English and Spanish, in our bright and inviting classroom on the second floor of the West Hillhurst Community Centre. This location allows us access to other WHCA amenities including the ice rink, outdoor space, and baseball/soccer fields. Using a play-based curriculum, our exceptional teaching staff help children develop the social, emotional, and intellectual skills to lay a strong foundation as they move forward through more formal schooling.

We value community, and as a parent-run preschool, we depend on parent involvement for various volunteer opportunities, from positions on the Executive Committee to making playdough. A large component of this was our in-class parent helpers, however, in the current COVID-19 environment, we are not permitted to offer this opportunity at this time. We look forward to reintroducing this role when it is safe to do so.

Important dates for the upcoming 2021–22 term are:

- March 1: Registration is open to Alumni families
- March 8: Registration open to the General Public

While it is unlikely that we will be hosting a public Open House, we invite you to visit our website to learn more about our program. We will continue to update our website and Facebook page with all of the information you need.

Registrants must have an annual WHCA Membership and can register online through our website: www.westhillhurstpreschool.com.

If you have any questions, please reach out to us at registrar@westhillhurstpreschool.com.

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 Support Gathering Online

Caregivers provide an important support to those who need support. 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.

Beginning in January, the Caregiver Support group (which was held once a month before COVID-19) is moving online. The first meeting took place on Thursday, January 21, 2021 from 7:00 to 9:00 pm. If you would like to join our next meeting, even if you just want to listen, contact Debbie by phone or email (contact info above) and she will send the invite to join the group. Please take a moment and fill-out our Caregiver Survey on our website. Doing so will help to inform our future online sessions, topics, and info for the caregiver site on the HSCA website. If there are other days and times that will work better for the support group, there are some choices there as well.

COVID-19 has created additional challenges for anyone who is providing any type of support for another individual. It can grow more stressful, challenging, and make us feel alone. This day and time might not work for you, or you might not feel comfortable talking in a group. You can contact Debbie directly.

Keep an eye out for new sections and updates on our website aimed at caregiving and caregivers. We will be building this page section by section as the year progresses. If there is something specific you would like to see on the website on this topic, let Debbie know and we will do our best to make this information available sooner. The surveys will also help provide me with some direction based on your needs or desires.

Chair Yoga Online

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.

Chair Yoga has returned in January. There are two classes that participants can join:

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

Both classes will be accessible for a half 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 Debbie to register. Please be sure you join the class at least five minutes before the class start time.

To join either of these 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.

Monday Support 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 and thoughts. If you would like to join us for any, or all, of the upcoming sessions, please contact Debbie by email at Debbie.o@hsca.ca or at the centre at 403-283-0554, Ext 224 and leave a message. Debbie will return your call as soon as possible.

Support During the Winter

With winter, comes snow fall. As in past years, we are requesting the community help provide some support for their neighbours if possible. If you can be a Snow Angel and clear your neighbour's city sidewalk when you are doing your own, that would be a wonderful help. Not everyone is able to get out and clear their walk, and this can make it difficult for everyone who walks on the sidewalks in our community. Build-up of snow, and then ice, creates a falling hazard for everyone. Please help if you can and make our community a safe place to walk or navigate the sidewalks with walkers, wheelchairs, and/or scooters during the winter months.

A couple of things to remember if you are doing shoveling this winter to stay safe:

- Be prepared for the weather. Have a hat, gloves, and a scarf if the weather is cold. You should dress in layers. Do not leave any of your skin uncovered if the wind is blowing or it is below -15. If you start to feel cold, then take a break and go inside and warm up.
- You push the snow as you shovel. Pushing the snow

will be easier on your back than lifting the snow. If you need to lift the snow out of the way, then lift the shovel using your entire body. Lift with your legs and not your back. If the snow is deep, take small loads. Do not heap the snow on the shovel. If the snow on your shovel is too heavy, then do not lift so much snow next time. If you lift something that is too heavy, you will hurt your stomach and back. You can also hurt your heart if you lift too much.

- Be careful on the sidewalk, driveway, or road. There may be ice underneath the snow.
- Use a shovel that is comfortable for you. Do not use a shovel that is too heavy for you.
- Do not work to exhaustion, where you cannot work anymore. Cold and exhaustion are hard on your heart.
- Do try to shovel fresh snow. If the snow is fresh, it is powdery and is easier to shovel than wet packed-down snow.
- City by-laws indicate that snow needs to be cleared within 24 hours of when the snow stopped falling, but of course if it snows for more than one day in a row, it is simpler to clear the snow daily to make it easier to shovel.

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 don't 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 remain 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 don't hesitate to share them with Debbie.

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.



BAG-HALF-FULL

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STUDENTS ARE OFFERING

Free Grocery Delivery Services

1. Place an order online at a grocery store, we will pick up and deliver to your home
2. Give us your grocery list, we will shop for you, and deliver to your home

Call: 587-982-3804 to place an order

Visit: baghalffull.com/calgary

Email: baghalffullyyc@gmail.com



Are you looking for Adventure?

Then, Scouting is the place for you!



We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations. We are an inclusive organization and financial assistance is available.

Help desk toll free number: 1-888-855-3336

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

February 23
March 16
April 20
May 11
June 8
September 14
October 12
November 16

Pick-Up

March 4
March 25
April 29
May 20
June 17
September 23
October 21
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.hasca.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)



COMMUNITY BINGO

RULES: Only mark off a square once you have completed the task, each square has to be a separate activity.

PRIZE: BRAGGING RIGHTS!

Learn about Black History Month	Have a pyjama day!	Read a comic book!	Find a new podcast	Make some Valentines Day Cards
Do a random act of kindness	Check out #Glenbow FromHome for some virtual tours!	Set some 2021 intentions	Have a virtual game night with friends and family	Send a care package to a friend, neighbour, or family member
Stop by the HSCA Farmers' Market on a Saturday!	Start reading a new book series. Borrow from the Calgary Public Library		Follow our Membership Partners on social media	Plan a virtual recipe exchange
Bake something vegan	Visit Calgary arts development for online offerings	Find a science experiment on Youtube to participate in	Make an ice fort or sculpture	Video chat with a friend or family member
Make a stew or soup and tag us on Instagram	Submit something to the HSCA blog or Voice	Find a virtual wildlife livestream	Decorate a window for passerbys and neighbours	Create a 2021 playlist

**How many did you check off?
Tag us with your photos on Instagram
@hillhurst_sunnyside**

fresh routes

Mobile Grocery Store

Mondays, 4:00pm - 6:00pm

Hillhurst Sunnyside Community Association

Outdoors in the back parking lot

1320 5th Ave NW, Calgary

Weather permitting, check our website & social media for changes

Fresh Routes is a mobile grocery store. We bring healthy, affordable, food right to you—veggies, fruit, eggs, bread, and other healthy non-perishables that are awesome for humans & for our planet.

Accepting cash, credit, or debit. Bring your own bags and help us reduce waste. Everyone is welcome!

Operations have been modified to follow physical distancing practices and health and safety protocol from Alberta Health Services.

Made possible through the support received from the Calgary Foundation and its partner, RBC Foundation.

@freshroutes



www.freshroutes.ca



In this time of social distancing...

...we are here to help keep your community connected.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Calgary



Thriving communities support a successful Calgary

The success of Calgary as a whole relies on thriving communities:

Communities as places where people can live now, regardless of income or stage of life. Communities that appeal to growing youth and provide the right amenities for a mature and aging population. Communities that attract new people and investments to our city.

Our great communities are growing more inclusive, with more housing options. They are growing more environmentally responsible, as more people live closer to amenities and services.

Calgarians needs are changing - that should be reflected in the community we live in now and the one we want to live in years from now.

See how we're working to achieve this:

- Share your community stories: Engage.calgary.ca/guidebook
- Learn about the future of our communities: Calgary.ca/guidebook
- Read about how we're doing it: Calgary.ca/lap



OPEN JANUARY 9TH!

Saturdays



30+ local vendors every Saturday 12-4pm inside the
Hillhurst Sunnyside Community Association
from October to May

more details at farmersmarket.hsca.ca

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: Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

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.

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.

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.

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Abundant Communities



Calgary Neighborhood Block Project

What is it?



- An initiative focused on building community resilience, capacity & advocacy in Calgary neighbourhoods.



- Neighbours caring for neighbours and building community where they live.



- An opportunity to build blocks and neighbourhoods where we look out for one another, share our skills and resources within one another and collectively build the neighborhood we dream of.

Benefits of Neighbouring

- Disaster Preparedness
- Resident Retention
- Mental Health
- Social Connection
- Neighborhood Engagement
- Participation in Civic Engagement
- Safer, more liveable communities



Get Involved if:

- You already know or are interested in getting to know your neighbours.
- You can commit to a once weekly check in meeting, connecting 2x a month with a network of neighbourhood connectors and connecting on an ongoing basis with your block or neighbourhood.



For more information check out:
https://www.calgarycommongood.org/neighbourhood_block

To get involved email or call:
Jodi Lammiman at:
info@calgarycommongood.org
403.875-5718



Commit to 3 simple acts of kindness

Neighbours helping Neighbours

In light of the COVID-19 pandemic, social connectivity, mental health and community wellness are more important than ever. The City of Calgary is encouraging citizens to commit to three simple acts of kindness to support their neighbours, their community and the city.

Calgarians are renowned for our spirit of generosity, especially during times of crisis but, sometimes, it can be difficult to know exactly *how* to help. That's why we're launching [Calgary.ca/HelpingOthers](https://calgary.ca/HelpingOthers) – an online collection of resources, ideas and inspiration on how you can help others during the pandemic.

Once you've chosen your three simple acts of kindness, share them on social media and join these community-led movements that are gaining popularity for their messages of positivity: #3Things4Neighbours, #AlbertaCares, #SupportLocalYYC and #yycHubs.

Visit [Calgary.ca/HelpingOthers](https://calgary.ca/HelpingOthers) for:

- Tip sheets on how to connect with your neighbours, community and the city
- Printable tools and resources, like Neighbour Bingo and Connection Cards (example adjacent)
- Toolkit on how to start your own Neighbourhood Pod
- YYC volunteer opportunities
- Other ways to give



Hello neighbour!

Connecting to each other is more important than ever during the **COVID-19** pandemic.

Turn this card over for more information about a neighbour that is willing to extend a helping hand.

Please **give me a call** if you want to talk or need support:

My name: _____

My address: _____

My phone number: _____

My email address: _____

If you:

- have a medical emergency, call 9-1-1
- are in distress, call the Distress Centre (403) 266-1501
- need to access resources, call 2-1-1
- have health questions, call 8-1-1

To find a printable version of this card, or for information about The City of Calgary's response to COVID-19, visit calgary.ca/covid19.

To learn more about The City's response to COVID-19, visit calgary.ca/covid19.

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Stay safe and be well.



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5443 Bannerman Drive NW

List Price: \$799,900

After an encouraging conversation on pricing & marketing, we SOLD the first day on the market for 98% of the list price. Thank you for your trust. Congratulations to my clients!



3430 Parkdale Boulevard NW

List Price: \$1,799,900

Proud to represent a longtime client through a challenging market & achieve one of the highest infill sales of all time in Calgary. Congratulations.



107 Leighton Lane (Elbow Valley West)

List Price: \$1,499,000

Good to see motivation & continued activity in the market. Congratulations to my clients.

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

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