

FEBRUARY 2022

DELIVERED MONTHLY TO 6,850 HOUSEHOLDS

HILLHURST SUNNYSIDE

VOICE

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



**FEBRUARY IS BLACK HISTORY
MONTH IN CANADA. FIND
OUT HOW YOU CAN ENGAGE,
LEARN, AND PARTICIPATE!**

**READ ABOUT OUR WINTER
POP UPS AND FROST FEST
EVENTS AROUND OUR
COMMUNITY**



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FALL
2022
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SUITE TODAY



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Located in the exciting Mission/4th St. district, Riverwalk Retirement Residence is the central location active seniors have been wishing for. Steps away from parks & river pathways and seconds from unique dining and shopping experiences. Our 5-Star amenities - fine dining and concierge service, lobby lounge & bistro, recreation & lifestyle programming, theater, gymnasium, spa & salon, and multiple indoor

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Director at Large	Ryan Morstad	
Director at Large	Sandra Walker	

STAFF LISTING

Executive Director Ext. 221	Kate Stenson	kate.s@hsca.ca
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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)	Bonnie Constable	
Community Programs Coordinator Ext. 248	Tolu Okunola	tolu.o@hsca.ca
Community Connections Coordinator Ext. 247	Shaye Radford	shaye.r@hsca.ca

Pinocchio

Released in February 1940, Pinocchio was the first animated feature to win a competitive Academy Award, but did you know that it was initially a box office flop? It eventually made a profit after its rerelease in 1945 and is considered to be one of the greatest animated films of all time. Figaro the cat was also Walt Disney's favourite character despite being a relatively minor character in the movie!





Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Tolu Okunola 403-283-0554 ext. 248
Flea Market	Bonnie 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night	Shaye 403-283-0554 ext. 247
Seniors' Knitting	Debbie 403-283-0554 ext. 224

HSCA
Hillhurst-Sunnyside Community Association

Flea Market

SUNDAYS 7:00 AM- 3:00 PM

403 283 0554 ext. 231
1320 5 ave NW

A community program since 1982

OPEN WEEKLY | YEAR ROUND | FREE ADMISSION

110+ vendor tables

The HSCA Flea Market is participating in the provincial Restrictions Exemption Program (REP). Visit www.hscs.ca Flea market

Volunteering

is good for the soul

FARMERS' MARKET
HILLHURST SUNNYSIDE MARKET

The Indoor Season is Upon Us!

Farmers' Market @ HSCA

Every Saturday | 10:00 am - 2:00 pm
1320, 5 ave NW, Calgary

Community Food Centres

HSCA
Hillhurst-Sunnyside Community Association

Market Greens

Market Greens is a CFCC program that increases affordable access to nutritious fresh fruits and vegetables.

Are you eligible?
This program is targeted to people in the community who are living on a **low income**, are **currently managing a chronic diet-related health condition** and are **more likely to experience gaps in their ability to access healthy foods**.

This program provides subsidies based on household size to participants to shop at our affordable Fresh Routes market. A 15-week voucher is provided to be spent at the market over a period of 20 weeks.

Period 1: December 6-May 6
Period 2: March 7-August 8

Every Monday, from 4:00pm to 6:00pm
@ Hillhurst-Sunnyside Community Association

For more information, please call or email Tolu: tolu.o@hscs.ca 403 283 0554 ext 248.

30 for Hillhurst Sunnyside

by Tim Schaefer, resident of Sunnyside

In May 2013, a campaign named “30 for Sunnyside” was launched with the mission to lower the speed limit in Sunnyside to 30 km/h. A blog and social media accounts were activated, poster boards went up on light-posts and there was even coverage by local media. The goal was simple: make the neighbourhood safer for people through a lower speed limit. Then on June 21, the most significant event to hit the neighbourhood in a generation happened: The Flood of 2013.



Photo of posters from the 2013 “30 for Sunnyside” campaign.

The water’s impact on the Bow river’s left bank neighbourhood was too much and in 2013 the speed limit campaign just couldn’t gain the mindshare of its residents. Everyone was focused on rebuilding and lobbying for more infrastructure to prevent future disasters.

Fast forward to 2021, a much larger 30 km/h speed limit initiative is now underway in another city, perhaps better known for its left bank (Rive Gauche). On August 30, 2021, Paris, France with a metro-population of 12 million, lowered its speed limit to 30 km/h! Backed by the positive firsthand experience that COVID measures provided to the streetscape, Paris is aiming to reduce injury and fatalities as well as lower noise and pollution that are all caused by people when they drive vehicles above 30 km/h.

Anyone following this topic will know other cities have also made this change and in Calgary we too have lowered the speed limit for vehicles in 2021. The City’s so-called “unposted speed limit”, meaning any street that doesn’t otherwise have a speed limit sign posted, was lowered from 50 km/h down to 40 km/h. FYI, the unposted speed limit primarily covers residential streets that don’t have a middle yellow line.

The City council debate that led to the 40 km/h decision included consideration of a 30 km/h speed limit just

like Paris. In the end, it was decided based on City administration’s recommendation in a 32-page technical report, that because the majority of Calgary streets within scope were designed and built for higher speeds that people’s compliance to 30 km/h would be low. The ensuing mixed speeds of complying drivers and those driving the higher design speed would be a dangerous mix.

While the outcome of the 2021 Council’s decision was 40, it wasn’t a “No to 30” but rather a “Let’s prepare for 30”. The reason being it was also decided by Council that going forward all new and retrofitted residential streets will be designed and built for 30 km/h. This will then set the stage for a future lowering of the unposted speed limit to 30 km/h.

Looking at the City’s general argument that Calgary streets aren’t yet designed for 30, it doesn’t really apply to our 100-year-old neighbourhood. Even the City’s technical report acknowledges some neighbourhoods will be ready earlier. Hillhurst Sunnyside streets are generally not built to the car-age standard, most are already narrow enough that their design speed is low. Gladstone and 7 St NW are good examples that come to mind. Others like the streets like 11 St NW, 1 Ave NW and others are not far off, and simple traffic calming measures could bring them in line. That said, we do have excessively wide streets like 2 Ave and 7 Ave NW that will require more significant work such as those proposed in the Kensington Improvement Area streetscape engagement.

So, the question bears asking, if Calgary is eventually going to implement a 30 km/h limit and if the design speed of our neighbourhood’s streets are very close to being ready:

Are we ready to lead Calgary into the future with a 30 km/h limit in our community in 2022?

We could reap all the benefits this change has to offer years before Calgary applies it to the city as a whole. Our kids (and adults) could realize the safety benefits 30 km/h brings not just in front of their schools but anywhere and anytime they walk in the neighbourhood. Our streets would become less prone to cut through traffic and the delivery vans that now frequent our streets would be less dangerous operating at lower speeds.

The only conceivable negative is the additional time it would take to drive in the neighbourhood, but would it really be so bad? The longest distance between two points in Hillhurst Sunnyside is about 2 km. Driving this distance at 30 instead of 40 km/h would only take an extra minute on top of the current three. Hardly a sacrifice at all!

If you'd like to see the 2013 idea of "30 for Sunnyside" finally implemented for all of Hillhurst Sunnyside, you can help by voicing your support in upcoming City of Calgary traffic calming engagement opportunities. You can also let our City Councillor know that you are ready for safer 30 km/h streets today. For more information about neighbourhood speed limits refer to the City of Calgary site through the following QR code.



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Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!

HSCA Volunteer Spotlight: Meet Ben van den Berg



The HSCA Volunteer Spotlight will introduce (or reintroduce) our community to HSCA staff, volunteers, and members of the Hillhurst Sunnyside Community. If you know of a resident interested in participating in the HSCA Spotlight Series, email Stephanie.c@hsc.ca with subject line: HSCA Spotlight. We know our community is full of awesome residents and captivating stories and we're hoping to share that with everyone!

How long have you lived in Hillhurst-Sunnyside? What do you like about living here?

My wife Christine and I have lived in the community for 17 years. I fell in love with the neighbourhood the first time I visited and said to myself "if I were to live in Calgary, this is exactly the neighbourhood I would want to live in".

How did you get involved in volunteering in our community?

I started volunteering through the HSCA, and through Hillhurst School.

What kind of volunteer activities have you done?

Neighbourhoods, Sunnyside-Hillhurst Planning Committee, and spontaneous litter cleanup with my family.

What would you tell others in the community about volunteering? What do you like most about volunteering in the community?

Volunteering improves the lives of everyone in the community, as well as for those who work and visit here. Even the smallest gesture (a smile, saying hello, picking up a piece of litter) makes a difference.

What is a hidden gem in the community you have discovered and would like to share?

I love the mature trees, especially the elms, that line many of our streets. I love looking up at the canopy or stopping to spend enough time to marvel at their size.

SENIORS CONNECTIONS

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.

Caregiver Connections

Caregiver Connections will be held on the third Thursday of the month, from 7:00 to 9:00 pm. If you are not able to join the upcoming sessions listed below, but you would like to connect, please send Debbie an email, leave a phone message, or connect with us during Monday Connections (link below) online. The link below is for the third Thursday of the month from January to June:

Resources

Alberta Caregivers is an excellent source of supports for Caregivers. Reach out.

Their Mission: To empower caregivers and promote their well-being.

Their Vision: An Alberta where caregivers are valued, respected, and supported.

Feel free to connect with them in one of the following ways:

- **Support Line:** Listens and offers help through information, referrals, navigating the health system and resources specific to your needs.
- **Caregiver Coach:** Works with caregivers one-on-one to share strategies and tools for managing stress as a caregiver.
- **Education Sessions:** Explore topics relevant to caregivers. Multiple virtual sessions offered every month.
- **Caregiver Support Community:** Aims to empower caregivers well-being by providing a supportive group to connect with others. Meets Weekly: Mondays at 10:00 am, Tuesdays at 6:00 pm, Thursday at 1:00 pm.
- **COMPASS:** Helps caregivers "take care of themselves". 4-week workshop dealing with guilt and grief, managing stress, improving communication, navigating the system, and planning for the journey ahead.

If you know someone who you think could use the help, you can make a referral to <https://bit.ly/CaregiversReferral>.

You can also check out their site at: www.caregiversalberta.ca.

Phone: 780-453-5088 or 1-877-453-5088 (toll-free)

Email: support@caregiversalberta.ca.

Chair Yoga Online

Chair Yoga Online will return on February 1, 2022 and run until June 30, 2022. There are two classes that participants can join:

Tuesday at 10:00 am

Thursday at 10:00 am

Please note this is a change in time to 10:00 am from the previous 11:00 am classes.

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

If you would like to join the class, contact Debbie to receive the link. Please be sure you join the class at least 5 minutes before the class start time.

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

This is a gentle exercise class that will help you to move and stay limber, especially during the winter when you may not be walking as much. Come join us.

Monday Connections

Monday Connections will continue every Monday (except Statutory Holidays), for anyone who would like to connect for any reason from January 10, 2022 until March 28, 2022.

Finding senior support for yourself or another senior in the community.

Looking for information around senior supports or other programs or connections.

Volunteering to provide support for a senior in the community.

Learning about the programming for seniors in the community.

Connecting to learn more about the Senior's Connections Program.

Anything you would like to learn more about, explore, etc.

If you just want to talk to someone.

Snow Removal

If you are able to help a senior in the community with snow removal this year, please connect with Debbie or sign up in Timecounts. If you are already in Timecounts and would like to help, check the assignments to sign up.

If you are a senior or a community resident who is not able to clear your snow this winter, please let us know and we will do our best to find a volunteer to help. Call the office and leave Debbie a message or send me an email.

Ongoing Programming at HSCA

The HSCA is committed to providing a safe environment for all and continues to make every effort to mitigate health risks associated with COVID-19. For the most up-to-date information on our programming (online and in-person), check out our calendar online at www.hsc.ca/programsrecreationcalendar.

Mondays (except holidays)

Seniors Connections Group (Online) at 10:00 am.

This Monday Connections group is about providing an opportunity to connect with the Seniors Coordinator to talk about possibilities, programming, supports or any topic related to seniors. You could be a senior, a senior's family member or a volunteer. If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message. Monday connections will continue every Monday (except statutory Holidays), beginning January 10.

Sustainable Food Programming at HSCA, 4:00 to 6:00 pm

HSCA's Sustainable Food Programming has something for everyone and features: Fresh Routes, Fresh Food Basket, and Market Greens. Visit www.hsc.ca/community-food-program for details. The Sustainable Food Programming (SFP) will resume Monday, January 3, 2022.

Tuesdays

Chair Yoga (Online) at 11:00 am

If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554 ext. 224 and leave a message. There are no scheduled classes for January. Classes will resume in February.

Thursdays

Chair Yoga (Online) at 11:00 am

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

Neighbour Night 6:00 to 8:00 pm

HSCA hosts an assortment of free monthly activities every Thursday. For more information, contact Shaye.r@hsc.ca at 403-283-0554, ext. 247.

Saturdays

The HSCA Farmers' Market Indoor Season runs Saturdays, 10:00 am to 2:00 pm.

Sundays

The Sunday Flea Market runs 7:00 am to 3:00 pm. Check out the crafts, furniture, antiques, books, treasures, and community building every Sunday at HSCA.

Other Programming

HSPC Meetings are the first Wednesday of each month from 7:00 to 9:00 pm online. Please contact Ali McMillan, Community Planning, Engagement and Volunteer Coordinator at ali.m@hsc.ca if you would like to join an upcoming meeting and she can send you the Teams link.

Caregiver Connections Group (Online) will happen on the third Thursday of each month from 7:00 to 9:00 pm. During this session, we will focus on self-care and discuss strategies for taking care of yourself while caring for others. If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.



The Queen of Comedy

Born on January 17, 1922, Betty White worked longer in television than anyone else, with her career spanning 82 years from 1939 to 2021. She was one of the first women producers in Hollywood, writing and producing her first television series, *Life with Elizabeth* together with George Tibbles. Her co-stars throughout her acting career knew her to love junk food, specifically, licorice, hot dogs, and diet coke.

Purchase Your HSCA Membership!

By purchasing an HSCA membership, you are supporting the Hillhurst Sunnyside Community Association in a variety of ways, but also, you are making a statement that you care about our community and that you want to play an active part in the community movement. Purchase your membership online at www.hsca.ca/membership.

HSCA Membership Benefits

In addition to making a difference in the community, purchasing a membership now earns you perks and/or discounts at local businesses!

Memberships are valid for one year from the date of purchase, you can use your HSCA membership card to receive discounts with the following local businesses:

- **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.
- **OXBOW:** 10% discount on breakfast/brunch or dinner.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation.
- **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. For first visit clients only. Also 15% off on all other services at Rejuve.
- **Beagle 14 (formerly Regal Beagle):** 10% off your order (excludes daily specials).
- **MYo Lab Sports Therapy + Personal Training:** 10% discount to all members who show their card for all services (indefinitely) Chiropractic, Massage Therapy, and Personal Training.
- **Pho HouZ Vietnamese:** 10% off regular 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.
- **Free House YYC:** Enjoy 15% off pickup orders through our website, just click Order Online and use the promo code HSCA15, when you arrive to pickup your order show our lovely staff your card and enjoy.
- **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 prearranged 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.
- **Cadence Chiropractic, Sport and Health:** 20% off your first 60- or 90-minute massage.
- **Sunny Cider:** 10% off to all HSCA Members.
- **Canary Refillery and Zero Waste Market:** 10% off purchases.
- **Wheels Training Centre:** HSCA Members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Good Trade Coffee Company:** 10% off all beverages with a valid HSCA Membership Card.
- **PB and J YYC:** Show your valid HSCA Membership card and receive 10% off your order.
- **Gummi Boutique:** HSCA members will receive 10% off on regular bulk items.
- **D'Orient Spa:** Receive 15% off spa services and 5% off products when you show your valid HSCA Membership card.
- **Indie counterculture:** 10% off your purchase with a valid HSCA Membership card.
- **Villages Calgary:** *New* 10% off purchase (excludes rugs and clearance items).
- **Coco Bath and Soap:** *New* 10% off your purchase.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



The Good Food Box (GFB)

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: \$35

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

Small Box: Includes approximately 20 pounds of produce. Cost: \$25

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.

2022 Good Food Box Order and Delivery Dates (Area B)

Order By 2:00 pm New Pick-up Time 2:00 and 4:00pm

February 22	March 3
March 15	March 24
April 19	April 28
May 10	May 19
June 7	June 16
July 5	July 14
September 13	September 22
October 11	October 20
November 15	November 24

FAMILY DAY



Family Day is celebrated on the third Monday in February and each province that recognizes the holiday celebrates for a different reason! In Alberta, Family Day emphasizes the importance of family values and was introduced in 1990 by the Lieutenant Governor of Alberta, Helen Hunley, as a day for Albertans to spend time with their loved ones.

Frost Fest Events and Winter Pop Ups

Hillhurst Sunnyside Community Association was grateful to receive a Warm Up to Winter grant from Parks Foundation Calgary and the City of Calgary. We have two groups of residents working to create winter events as part of this project. In Sunnyside, neighbours are co-designing some improvements to New Edinborough Park – adding some more seating, shareable firepits, and lighting along with the ongoing skating amenities. In Hillhurst, neighbours are working on a pop-up pilot at Gladstone West Park – with a red theme, inspired by Le Grande Terrasse Rouge in Montreal! We hope these enhanced spaces encourage you to get outside this winter! Additionally, we will continue to host a series of events as part of “Frost Fest” (so far, we’ve hosted Boxing Day light parade, to a storytelling/ carolling pop up). We look forward to events like skating parties and some winter Olympics events—keep connected to HSCA social media feeds, as well as signage in the parks about upcoming events.

If you would like to join our co-design groups or help out with pop up events – please email ali.m@hsc.ca! Together we can continue to add vibrancy to our community!



Thanks to volunteers Gerald, Sarah, Cheryl, Daniel, Mike, Jane, Kevin, Bill, Heather, Lorna, Tom, Ellen for igniting our neighbourhood spirit!

Love Yourself!

by Community Health Promotion Services (CHPS)

Self-care, or taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Self-care helps your body and brain be in harmony. When body and brain are working together, we see improvements in all areas of our lives, including relationships.

In an airplane emergency, passengers are told to put their own oxygen masks on first, because without oxygen we are unable to help to others. As in life, we increase our ability to help others when we first take care of ourselves.

When is the last time you focused on yourself? Take moments throughout your day to shift your mindset and think about your own “oxygen mask”. What do you need to do to take care of your whole self today?

Self-care looks different for everyone. That which you hold most dear and is most important to you will also be what relaxes, energizes, and strengthens you. Examples of self-care include the following.

Body:

- **Eat:** Bake some cookies, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite.
- **Make Space:** Especially if you work from home, have a space to go where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart:

- **Heart Health:** Take a deep breath and let it out slowly. Think about how you are feeling today. Breathing exercises power our nervous systems. They help us push away distractions and make decisions with a clear mind.
- **Connect:** Surround yourself with people who support and uplift you. Limit your time with people who make you feel otherwise.

Mind:

- **Unplug:** Take a break from social media. Give your mind and spirit time to reset away from a screen.
- **Put Away Your To-Do List:** Focus on what you have already achieved. See and celebrate small successes. Turn away from the pressure to always do more.

Take a minute and try a type of self-care that makes sense for you. Your “oxygen mask” should be as important as making meals or doing laundry. Bring your brain and body into harmony and enjoy the benefits.

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THE MYSTERY OF Valentine's Day

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. The day as we have come to know it, contains traces of both Christian and ancient Roman traditions but the saint behind the legend remains to be an unknown figure with a sympathetic, heroic, and most importantly, romantic reputation. Who do you think the real Saint Valentine is?



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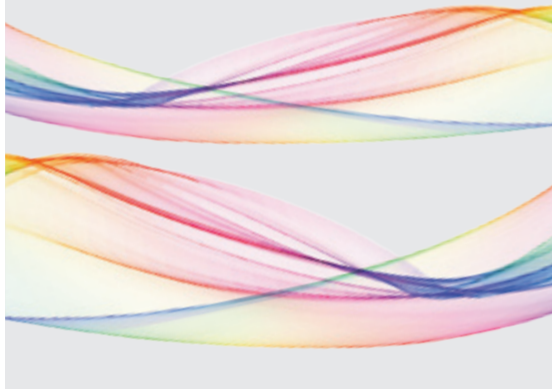
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Recognizing Black History Month in Canada

“Black History Month is a time to learn more about these Canadian stories and the many other important contributions of Black Canadians to the settlement, growth and development of Canada, and about the diversity of Black communities in Canada and their importance to the history of this country” (Canada, 2022).

Read

- Be sure to check out our HSCA blog from 2020 by resident Lorna Cordeiro. This article highlights Violet King, the first black woman to practice law in Canada and her former heritage home in Sunnyside.
- Check out the Calgary Public Library’s Black History Reading List and other programming.

Watch

- The National Film Board (NFB) has a selection of films exploring Black History and culture available for free.
- The Canadian Heritage website encourages Canadians to participate in Black History Month festivities and events that honour the legacy of Black Canadians and their communities. The 2021 theme for Black History Month is: “The Future is Now”, #TheFuturesNow.
- Visit UCalgary’s Office of Equity, Diversity, and Inclusion page and read “Black Albertans You Should Know”, written and curated by Malinda S. Smith, PhD, Vice Provost (EDI), UCalgary.

Participate

- Check out UCalgary’s Community Engagement page for a list of Community Events during Black History Month!

Share

- If you’d like to share an online event, story, or resource with our community about Black History Month, tag us on Instagram @hillhurst_sunnyside, and Facebook @hillhurstsunnyside or email Stephanie.c@hsc.ca to tell us about it.



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