

JANUARY 2021

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE

VOICE

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



**FIND OUT HOW A LOCAL ARTIST IS BRIGHTENING UP A
SUNNYSIDE ALLEY THIS WINTER, DETAILS INSIDE**

**OUR INDOOR FARMERS' MARKET REOPENS SATURDAY,
JANUARY 9, 12:00 TO 4:00 PM**



On the Cover - Garage Mural Caption

Carole Bondaroff and Stan Phelps have been Hillhurst residents for over 42 years and enjoy living in this unique neighbourhood. Stan Phelps is an artist and recently painted their garage door to 'cheer up the back alley'. A bit of sunshine and colour to cheer up what promises to be a bleak winter.

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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

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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
Sophie Bandula	Daycare Program Manager	403-270-9703, sophie.b@hsca.ca
Taiya Daybell	OOSC Program Manager	taiya.d@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



Great News About PHONE SYSTEMS

In today's business climate, you need to stand apart from your competition. You must cut through all the noise, and get your customers attention, and provide excellent service at the same time, in order to grow your business.

How you communicate will make a big difference and using an outdated phone system can really hold you back.

Alexander Graham Bell developed the first working telephone in 1876, after doing much of his research and experimentation at his family home in Brantford, Ontario. He knew that effective communication would change the way people ran their businesses.


And today a modern communications system will change the way you do business!


It will support working from home for you and your staff, while allowing you to make, answer, and transfer calls from anywhere, with built in video meetings.

The system will empower your field staff and contractors with the same features as your office, and your customers will see your business number, not someone's cell phone number, keeping you in the drivers' seat.

It can allow customers to contact you directly from your own website, using either chat or voice calling. Imagine how quickly your prospective customers could ask for more details on your latest offering.

In addition to all these features, you will save on your monthly bill, while keeping your current phone numbers.




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HEAVY CONFETTI!

Ever thought of celebrating New Year's Eve with a moose in Times Square? How about just its weight? Every year, over 2,000 pounds of confetti is released in Times Square, New York, at the ring of the bell on New Year's Eve. That is heavier than a full-grown moose!





Photo Corner



Program Phone Numbers

*Art Classes

Capoeira 403-827-7917

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

*Drop In ESL Classes Norman
esl@hsca.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)*

Karma Yoga* Lisa K.
403-270-0995 (no texting please)

*Neighbour Night Shaye
403-283-0554 ext 247

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

*Seniors' Drop In

Spanish Lessons Guilliania
403-835-2650

Sportball 403-700-7994



A common, but shy, and therefore rarely-seen, Northern Saw-whet owl visits a Hillhurst backyard. Photo submitted by Helen C.

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

Caregiver Support Gathering Online

If you provide paid or unpaid emotional, physical, or practical support, such as grocery shopping, transportation to appointments, medicine reminders, paying bills, etc., then you are a caregiver. It doesn't matter if the person you are supporting is living with you, living in their own home, or even living in a congregate setting such as, supported living or long-term care, if you are the primary contact, and provide any type of support, then you are a caregiver.

Before the onset of COVID-19, a group of senior caregivers were meeting once a month to talk, share, and explore. COVID 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.

In January 2021, we would like to bring back the Caregiver Support Gathering online, once a month. The current plan is for an evening gathering, the last Tuesday or Thursday of the month, but it is possible that caregivers might like to meet more than once a month, or even have the chance to meet during the day. To access this group, you will need to have a computer, laptop, or tablet, and internet access.

If you would like to join but have other ideas as to a time that will work better for you, let us know and based on feedback, we will come up with a meeting plan. Send Debbie your thoughts by email at Debbie.o@hsc.ca or call 403-283-0554, Ext 224 and leave a message. Debbie will return your call or email to talk about options, explore your thoughts, ideas, or questions, or just to talk. You will need to connect with me to receive an invite to join the gathering.

Keep an eye out for a new section on the website aimed at Caregiving and Caregivers. We hope to have this started in January and will build it section by section as the year progresses. If there is something specific you would like to see on the website on this topic, let me know and we will do our best to create that section of information sooner.

We look forward to connecting with you and exploring the possibilities.

Happy New Year!

by Lisa Kelly

2020 was a tough year for us all, but we made it through together, supporting and caring for everyone in our community. At Preschool, we begin 2021 with our new topics including, 'Construction', 'Fairy Tales', 'Winter', and 'the World'. The teachers have been busy planning fun activities, and we can't wait to get started!

December was as busy as ever. The children worked hard making a range of different crafts and decorations, which I'm sure will be displayed in your homes for many years. Our holiday parties looked a little different this year, but it didn't mean we didn't have as much fun! The children and teachers enjoyed coming to Preschool in their pyjamas, watching their favourite movie with a hot chocolate, and receiving a special message from Santa! The children were amazed that he knew all their names! Thank you to everyone who helped make this exciting and memorable for all the children.

We are also getting ready for registration for the 2021-2022 school year, where we will once again offer morning and afternoon classes for three and four year olds. Open registration for the 2021-2022 Preschool year begins on March 8. Please refer to our website for priority registration dates.

While we are unlikely to host an Open House in the traditional form, we will be updating our website with information about our program and classroom. Please check out our website at www.westhillhurstpreschool.com if you would like to find out additional registration details or information on our programs.

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.

Expectations or Premeditated Resentments

by Nancy Bergeron, RPsych | Nancy@viewpointcalgary.ca

Maybe you have heard the saying, "Expectations are premeditated resentments." Apparently, this statement originated in 12-step programs (possibly from the AA Big Book). This statement contains some sage and practical information for us about the power of our expectations.

We humans have a tendency to place our thoughts of happiness on the fulfillment of our expectations. There is nothing wrong with this, as long as we have good reasons to believe that fulfilling an expectation will make us happy, and we take the necessary steps toward fulfilling those expectations. These reasons might include knowing from past experience that certain things make us happy. As an example, I know from experience that a warm beverage first thing in the morning will almost always give me a sense of happiness or contentment. Therefore, I expect this experience each morning after I finish walking my dog, to reliably give me that happiness.

The problem of expectation occurs when I expect something to happen without good reasons for that expectation. If I believe that my expectations alone will bring me what I want, I am using magical thinking, and possibly setting myself up for disappointment. This is really obvious when we are talking about my morning beverage. I can't just think it into existence, I have to take the necessary steps to make it happen. I have to grind the beans, put the coffee and water in my coffee maker, and push the button. Or boil water in the kettle and put dry tea in my cup. Just expecting my beverage of choice to just appear is pretty crazy.

What is even less obvious, is when our expectations involve other human beings. Most of us are sane enough to realize that expecting a beverage to materialize from our thoughts is unrealistic. Yet many of us at some point, have mistakenly believed that expecting other people to behave the way we want, will actually make them behave that way. One member of a couple might expect the other to make the beverage. This is fine and good if the other person is happy to do so. But what happens if the other person has no interest in living up to that expectation?

We feel hurt, possibly indignant, and certainly resentful. Expectations are premeditated resentments.

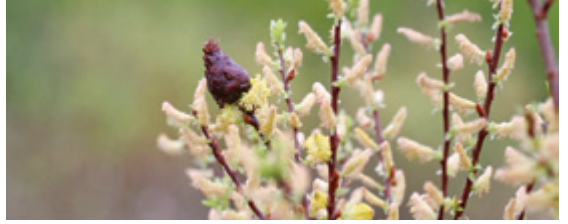
I'm sure you can think of many examples that apply to your own relationships with others. Here is one from Dawn Sinnott, "I'm sitting at the party. I planned it so perfectly. I would throw a surprise party for my best friend on my birthday. She'll be so surprised! She walks in the door. She looks surprised. She greets everyone and thanks them for coming. She seems to be happy, yet ... I know her better than anyone. I don't feel that she's as excited as I expected her to be. I don't sense the appreciation that I had expected. I start to feel upset. I start to feel annoyed. What is this other feeling that's gnawing at me? I start to feel resentment. All the planning, all the work, giving up my birthday celebration. I quietly acknowledge what I'm feeling and remind myself: Expectations are premeditated resentments."

Expecting life to always turn out the way we want is guaranteed to lead to disappointment because life is messy. When those unfulfilled expectations involve the failure of other people to behave the way we expect them to, the disappointment also involves resentment.

Why is it that we don't get upset when a beverage doesn't make itself, but we get upset if someone else doesn't make us that beverage? Where do we get the sense of entitlement to think that merely expecting others to behave the way we want them to, will make them behave that way? And what gives us license to get angry at other people when they fail to meet our expectations?

When we don't verbalize expectations about the give and take in our relationships, we tend to construct stories in our minds about legitimate expectations of each other. In theory, in a relationship we have a "deal", in which the specifics of the deal are never really talked about. It's hard for someone to live up to our expectations when they don't know what they are, but we still might see this failure as a violation of our social contract. A colleague shared an example about how she listened to a friend's problems for years, even though it was very difficult, because she expected her friend to do the same for her when she wanted to talk about her problems. When this did not happen, the friendship ended.

Unspoken expectations are pretty much guaranteed to go unfulfilled. Talking openly about what we expect from other people could improve our chances of



News from the Friends of Nose Hill

by Anne Burke

Would you support a bylaw that prohibits feeding and/or teasing wildlife on private property?

It is prohibited to feed or tease wildlife in Calgary Parks. There are no bylaws against doing this on private property. "Teasing" means to annoy the animals by irritating them or causing them harm. It also means to disturb them by interfering with their normal function or causing the animals anxiety. If such a bylaw is passed, there may be some exceptions.

1. Feeding birds benefits them since food sources can be scarce in colder months. It brings joy to people. Feeding squirrels should also be exempt, with use of proper feeders.
2. There should not be exceptions to the bylaw due to concerns for the welfare of wildlife when they rely on humans for food. It jeopardizes the animal's life and wellbeing, with the potential to draw more dangerous wildlife to residential areas.
3. Allow property owners to feed wildlife for rescue purposes. Sometimes interventions are required to rescue animals in distress on private property. It should involve wildlife officials or rescue organizations.
4. Having different rules and consequences in the bylaw means that teasing can be animal cruelty. Behaviours, such as "shooing" an animal off the property, should not be considered teasing.

The City is exploring a voluntary dog "early warning" system (DEWS), in on-leash areas and off-leash parks. A bandana colour program uses one (or more) of the colours of traffic lights. It is intended to give owners the opportunity to indicate to others how (or if) their dogs should be approached.

The Responsible Pet Ownership Bylaw: Phase 2 is at www.calgary.ca/petbylaw. Public input will help the City make recommendations to Council, in spring/summer 2021.

fulfillment. Dawn Sinnott again shared that, "By learning to not expect people to know what I want and need, I've learned to be much clearer in my communication. I don't expect my husband to know why I'm pouting; I try to tell him why I'm upset."

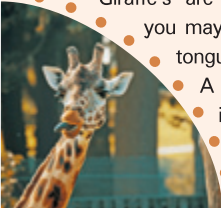
There is a caveat, that it is unrealistic to think that by merely communicating our expectations clearly, it is going to get people to behave the way we want them to. Once again, Dawn Sinnott shared that, "I don't expect my children to know the house rules all the time. I am very clear when I remind them (even if it's the 200th time)." Did we follow our parents' expectations all the time? Has any child? Thinking that this will happen is unrealistic. The question is what to do when our children don't follow the rules we have designed to help them keep safe, stay healthy, and grow into their potential. If we think that the answer is to get resentful and angry, and to yell and threaten, we might want to consider other alternatives.

Finally, there is a distinction between realistic and unrealistic expectations. That distinction is definitely important. According to Steve Lynch, believing that a non-verbalized expectation will bring you what you want is magical thinking and is unrealistic. Expecting that doing what in the past has reliably brought about a result you want is realistic. Expecting others to do what is in your interest, but not their interest, is unrealistic. Expecting others to do what is in both of your interests can be realistic. Hang in there and remember if you can be anything...be kind.

Here's to a 2021, filled with hopes and wishes of good mental and physical health! Stay Safe.

Tongue in Cheek

- Giraffe's are known for their long necks, but you may be surprised to find out that their tongues are actually just as shocking!
- A giraffe's tongue can be over 17 inches long. Say goodbye to straws, everything is easy access for these gorgeous animals.





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	Pick-Up
January 5	January 14
January 26	February 4
February 23	March 4
March 16	March 25
April 20	April 29
May 11	May 20
June 8	June 17
September 14	September 23
October 12	October 21
November 16	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.hsca.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!

Become a snow angel	Do a winter hike (bundle up!)	Plan a virtual gathering with games!	Make a fondue	Build an epic snow fort
Make a big stack of pancakes	Support a local business	Learn the constellations	Do a jigsaw puzzle	Start some seedlings
Try to knit something	Read a trilogy or series. Hot tip: borrow from the Calgary Public Library	FREE	Place an online order from one of our Membership Partners	Make a winter veggie stew!
Run an errand for someone who can't	Eat dinner by candlelight (or flashlight)	Make a bird feeder out of pinecones!	Go ice skating	Donate to a local food bank
Join a virtual book club!	(Re) start a gratitude journal	Put an inspiring note in your window	Set some New Year's Resolution	Create a new winter song playlist & dance to it!

How many did you check off?
Tag us with your photos on social media

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: jblairosteopathy.ca or by phone: 587-225-9734.

LOTUS LANDSCAPING: is an independently owned and operated landscape and handyman company. At Lotus, we provide competitively low rates for high quality services specializing in snow removal, junk removal, irrigation, lawn maintenance, masonry, fence and decks and all other home and yard needs. 403-483-2162, lotus-landscaping@outlook.com.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Let us put a little TLC into your home! Free estimates, please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

PHYSIOTHERAPY, IN-HOME OR ONLINE: Top-quality care with an experienced, licensed, insured physiotherapist. Pain relief, joint rehab, soft tissue therapy, exercises. IMS- and acupuncture-certified. Overcome limitations; move and feel better. Exceeding professional safety standards. Email your neighbour, Caroline Trajan, MPT, BSc, CGIMS, trajan.physio@gmail.com, or visit trajanphysiotherapy.com.

Upcoming Dates

January 5: Order deadline for The Good Food Box. Visit <https://www.hsca.ca/community-food-program> for details and to place your order.

January 15: Deadline for AEP Flood Study Engagement and Feedback

The provincial government has released draft flood maps meant to improve public safety, support emergency management, and help build safer and more resilient communities over the long term. Share your thoughts on the draft flood maps by going to <https://www.alberta.ca/bow-elbow-river-flood-study-engagement.aspx> by January 15, 2021.

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

INDUSTRIAL AREAS
FOUNDATION

CALGARY ALLIANCE





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 – 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 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) 266-1601
- 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.

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

Calgary House Calls



Healthcare in your home
For all your medical needs

NEW! Mobile Dermatology Services  FREEZPEN

Weekend and evening appointments available!
Visit our website: www.calgaryhousecalls.com
Or call **403-999-5286**



free house[®] dance plus

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403-282-0555
freehousedance.com

Classes start September 12
Protocols in place for your safety.
IN PERSON • ONLINE • PRIVATE LESSONS

A Direction Pilates

✉ adirection@icloud.com

☎ 403.708.1933 / 403.918.1533

📍 #103, 2120 Kensington Rd NW

🌐 www.adirection.ca @adirection.ca

PILATES IS GOOD FOR ALL AGES AND FITNESS LEVELS.
CHECK OUR WEBSITE FOR CLASS LISTS AND DESCRIPTIONS.

We offer:

- Private/semi-private sessions
- 4 people group classes
- Online Mat Pilates



🍁 WE ARE A FAMILY/LOCAL BUSINESS.
COVID-19 PROTOCOLS IN PLACE.

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

GOOD FOOD
STOPS FOR YOU

REMIT TRIAL

Remission Evaluation of a Metabolic Intervention in Type 2 Diabetes



This study has been approved by the University of Calgary Conjoint Health Research Ethics Board

Contact

Brittany Rossiter for more information:
T: +1 403 955 8115
E: brittany.rossiter@ucalgary.ca

Seeking Participants

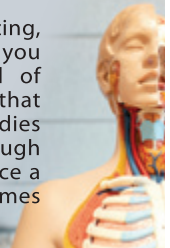
30-60 years of age, diagnosed with Type 2 Diabetes within 8 years, A1C level between 6.5 - 9.5%, and not currently taking insulin.

Clinical Trial

Researching the effectiveness of a new approach to diabetes treatment involving physical activity, dietary guidance, & medication regime.

WE NAILED IT!

We know that our bodies are amazing, intricate, works of art. However, you may not know that amongst all of the wonders and complexities that work together to keep our bodies functioning, there is actually enough iron inside a human body to produce a small nail, and most of this iron comes from our blood.



CARDINAL

BY TREVOR RAMAGE



RE/MAX®

REAL ESTATE (CENTRAL)

📞 403.850.2560



Happy New Year! Be well and stay safe.



1801, 1234 5 Avenue NW

List Price: \$2,799,900

The perfect penthouse with breathtaking city views seamlessly integrating 2900 sq ft of fully furnished indoor & outdoor living.



2318 3 Avenue NW

List Price: \$1,099,000

Ensuring to meet client' needs through a personal & comfortable process under these extraordinary circumstances is essential. Congratulations to my sellers.



2046 7 Avenue NW

List Price: \$1,049,900

Socially distanced real estate is achievable. Congratulations to my clients who have adapted to the current normal.



2218 5 Avenue NW

List Price: \$589,900

Combining effective pricing & a well-informed client generated a successful sale. Congratulations!

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

CARDINALBYRAMAGE.COM



#1 OFFICE
WORLDWIDE
21 YEARS