

JANUARY 2022

DELIVERED MONTHLY TO 6,850 HOUSEHOLDS

# HILLHURST SUNNYSIDE VOICE

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

**VOLUNTEER SPOTLIGHT:**  
GET TO KNOW SOME OF HSCA'S AMAZING VOLUNTEERS





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FALL  
**2022**  
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**Spa Services**

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**Expires February 28, 2022**  
Valid towards any service of \$25 or more.

## BOARD OF DIRECTORS

|   |                     |
|---|---------------------|
| Chair, Executive Committee                      | Laila Adam          |
| Vice-Chair, Executive Committee                 | Mary Marson-Troicuk |
| Treasurer, Executive Committee                  | David Fanstone      |
| Secretary, Executive Committee                  | Bekah Callaghan     |
| Planning Committee Chair                        | Elicia Cantafio     |
| Emergency Planning and Response Committee Chair | VACANT              |
| Director at Large                               | Kathleen Kenny      |
| Director at Large                               | Jesse Bajnok        |
| Director at Large                               | Joanne Grower       |
| Director at Large                               | Andrew Rogan        |
| Director at Large                               | Miranda Johnson     |
| Director at Large                               | Ryan Morstad        |
| Director at Large                               | Sandra Walker       |

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

|   |                             |                                   |
|---|-----------------------------|-----------------------------------|
| Executive Director Ext. 221   | Kate Stenson                | kate.s@hsca.ca                    |
| Community Planning Ext. 229   | Ali McMillian               | ali.m@hsca.ca                     |
| Communications Coordinator Ext. 226   | Stephanie Corbett           | stephanie.c@hsca.ca               |
| Childhood Director/Daycare Program Manager  | Shannon Martel              | shannon.m@hsca.ca<br>403-270-9703 |
| OOSC Program Manager  | Genevieve Fisher            | genevieve.f@hsca.ca               |
| Facility Services Manager Ext. 223  | Karl Kingsley               | karl.k@hsca.ca                    |
| Seniors' Connection Coordinator Ext. 224  | Debbie Olson                | debbie.o@hsca.ca                  |
| Controller Ext. 225   | Amy Kettenbach              | accounting@hsca.ca                |
| Sunshine and Rainbow Rooms  | Hillhurst Sunnyside Daycare | 403-270-9703                      |
| Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only) | Bonnie Constable            |                                   |
| Community Programs Coordinator Ext. 248   | Tolu Okunola                | tolu.o@hsca.ca                    |
| Community Connections Coordinator Ext. 247  | Shaye Radford               | shaye.r@hsca.ca                   |

## Capricornus

One of the Zodiac signs for January babies is the Capricorn. The word 'Capricornus' means goat in Latin, which may be why the symbol for the Capricorn is the sea goat. This blend of animals represents these individuals' ability to climb from the farthest depths to the highest heights.





## Program Phone Numbers

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

## Volunteer Spotlight Sima Chowdhury



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@hsca.ca](mailto:Stephanie.c@hsca.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!

As part of the HSCA Spotlight Series, allow us to introduce you to HSCA volunteer, Sima! Sima has played an important role in our Neighbour Night evenings, by screening and leading discussions for our Movie Nights. Sima (along with Abir featured in our other Volunteer Spotlight), has made elaborate activity kits for program participants out of recycled and donated materials! COVID has not stopped Sima from sharing her talents with the community safely, and we are so grateful to have their support and ability to connect! Outside her volunteer work at HSCA, Sima is also promoting her new book 'Mindful Meditation'.

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

I actually live in Ranchlands but have been embraced by Hillhurst-Sunnyside :) It's a great community with a lot of social justice initiatives.

### 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?

My friend Abir and I do crafty activities, though with COVID-19, I have done documentary film screenings over the past year, mostly short films from CBC GEM. Sometimes we do more interactive games.

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

The people at HSCA are excellent, always friendly, and open. The event participants always give great feedback, especially when they have learned something new.

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

I have always loved Senator Burn's Park, just north of Riley Park, with all the flowers during the summer.



**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

## SENIORS CONNECTIONS

For all the programs listed below, or for any further information, ideas, concerns, or referrals, please HSCA's Seniors' Coordinator, Debbie by email at [Debbie.o@hsc.ca](mailto:Debbie.o@hsc.ca) or call 403-283-554 ext. 224 and leave a message. Debbie 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 Thursday, January 20, 2022 from 7:00 to 9:00 pm. If you are not able to join on this date and you would like to connect, please send Debbie an email, leave a phone message, or connect on the Monday Connections online. I will be glad to connect anytime. To join the connection, please connect with Debbie.

Please remember that if you support someone with a disability, illness, who is aging, has mental health challenges, or provide support such as driving them to appointment or bringing them groceries, helping with house chores, etc. then you are a caregiver. This can happen slowly and be easy at first but depending on the situation the amount of support provided, can increase, and even become more intense. We often dismiss an increasing amount of support and the stress and impact that it can have on us using a lot of excuses, when we should be looking at ways to share the load by asking for help, find alternatives or even just have someone to talk with. It is okay to say "no," and there are times when we need to do that. You are not the only one who can provide care. Share the burden when possible or you may risk personal impact on your health and personal situation.

### 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, and Thursday at 1:00 pm.
- **Compass:** Helps caregivers "take care of themselves". A four-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](http://www.caregiversalberta.ca).

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

Email: [support@caregiversalberta.ca](mailto:support@caregiversalberta.ca).

### Chair Yoga Online

There are no scheduled Chair Yoga Classes for the month of January. Classes will resume in February.

There are two classes that participants can join:

#### Tuesday at 11:00 am or Thursday at 11:00 am.

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 me so that I can send you 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, 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 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.

### Monday Seniors Connections

Monday Connections will continue every Monday (except Statutory Holidays), beginning January 10 and is for anyone who would like to connect for any reason.

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

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

## Snow Removal

If you are able to help a senior in the community with snow removal this year, please connect with me and let me know or sign up in Timecounts and I will get that information. 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 me know and I will do my best to find a volunteer to help. Call the office and leave Debbie a message or send an email.

There hasn't been a lot of requests for support with snow removal this year and sometimes seniors start out the season doing their own snow removal and then something happens, and they need help, so we could be looking for volunteers later in the season as well.



## The Snowbanks of Hillhurst Sunnyside.

Have pictures around our community you'd like to share? Submit them to [stephanie.c@hsca.ca](mailto:stephanie.c@hsca.ca) to be featured in the Voice.



**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  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 Taha:  
[taha@hsca.ca](mailto:taha@hsca.ca) 403 283 0334 ext 248.

# Continuous Sidewalks

by Tim Schaefer, Sunnyside Resident

Every so often, a great innovation in design emerges that is so simple and effective you wonder why it wasn't thought of before! For those of us who have begun to travel again, the roller-bag is a great example that comes to mind. For years we lugged heavy suitcases on our travels and then in the 1990s, luggage design changed to a more upright design with wheels underneath and a handle to pull on top; and we've never looked back!

The same could be said with the innovative urban design concept of "Continuous Sidewalks". This idea effectively takes the existing idea of a crosswalk and innovatively combines it with a speed bump. The result is a table-top style traffic-calming obstacle that slows vehicles down where people who are walking are most vulnerable, where they cross the street!

Some may call this type of infrastructure "Raised Crosswalks", but the use of the Continuous Sidewalk term is preferred because it sets a different tone; Continuous Sidewalk implies that it's the sidewalk that continues (not the road) and instead it's the vehicle traffic that is crossing over the pedestrian's space.

The use of Continuous Sidewalks is widespread on residential streets in the Netherlands; they are found everywhere! Before you catch yourself saying "Yes, that's nice but we don't live in Europe..."; did you know Continuous Sidewalks have begun to appear in North America in the last decade? Several can even be found in Calgary!



*Photo of Continuous Sidewalk with bump outs on 3 Ave SE in Chinatown, Calgary.*

The Calgary Airport Authority was one of the first to employ this urban design feature. Continuous Sidewalks can be found on numerous streets on the authority's land and at the airport terminal. Just like

elsewhere in Calgary, these streets are maintained in the winter and even Calgary Transit operates busses on them. Snow and busses are often cited as excuses as to why Continuous Sidewalks or other speed bumps can't be done; clearly it is possible!

Closer to home, Hillhurst Sunnyside residents who walk up to the top of McHugh Bluff will have noticed Continuous Sidewalks along Crescent Road NW. This road has had problems in recent years with people driving too fast and Continuous Sidewalks made of asphalt can be found at numerous points along this street.

Further into Rosedale, students attending Rosedale School will know there is a Continuous Sidewalk located at the intersection of 13 Ave and 8 St NW, directly in front of their school (Use the QR code to view it in action). This particular example has some other great safety features including curb bump-outs with bollards. These additional safety features protect people from curb defying impatient drivers of trucks and SUVs who may attempt to cut corners.



Moving across the Bow River into downtown, a Continuous Sidewalk was installed on 3 Ave SE in the fall of 2021 (see photo). This one has concrete on the entire walking portion with asphalt ramps on either side. This Continuous Sidewalk is found mid-block and provides residents and patrons a faster and safer passage to the shops on the other side of the street.

At the moment there aren't any examples of Continuous Sidewalks in Hillhurst Sunnyside, but the concept was listed in the recent City of Calgary Kensington Improvement Area streetscape engagement. Wouldn't it be great to see this same safe infrastructure for key pedestrian crossing spots in our neighbourhood? The crossing points to Hillhurst School and Sunnyside School certainly come to mind as a high priority.

Hopefully this innovative infrastructure design, just like our roller-bags, will become more commonplace and we'll see them throughout our neighbourhood in the years to come. You can help make this happen by voicing your support for this infrastructure to our city councillors and to the City during formal engagement opportunities on traffic calming and streetscape initiatives.



## 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.hsca.ca/programsrecreationcalendar](http://www.hsca.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@hsca.ca](mailto:Debbie.o@hsca.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.hsca.ca/community-food-program](http://www.hsca.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@hsca.ca](mailto:Debbie.o@hsca.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@hsca.ca](mailto:Debbie.o@hsca.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@hsca.ca](mailto:Shaye.r@hsca.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@hsca.ca](mailto:ali.m@hsca.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@hsca.ca](mailto:Debbie.o@hsca.ca) or call 403-283-0554, ext. 224 and leave a message.

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

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**BLAST**  
*That Music*

We have all heard the name "Alicia Keys". She is an incredible singer and performer born in New York, USA, and her birthday is actually in January! I can't think of a better way to celebrate than blasting your favourite Keys album this month!

## 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](http://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:** 15% 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.

## Movie Nights!

Submitted by HSCA Volunteer and Make Mindfully's Sima Chowdhury

**About Sima:** When Sima's not hanging out at HSCA, she is busy promoting her new book *Mindful Meditation*.

Over the last year, COVID-19 has changed the types of activities available at Hillhurst Sunnyside Community Association. When activities went online, I stepped up to offer my expertise in documentary film to curate movie nights. Because I like variety, I tend to choose short films around a theme. In October, I had just come back from Churchill, Manitoba, so I screened *Know I'm Here*, which was about an artist who arranged to have murals painted in the town to lift spirits. Then we watched an episode of *Arctic Vets* as two of the researchers on the show gave talks at the research centre where I stayed.

Other than my vacations, I share short documentaries with social messages. Most of the content comes from CBC Gem, though we have screened movies from the National Film Board and from YouTube. To change things up for mental health week in May, we watched *Animal Behavior*, *Blind Vaysha* and *Uncle Thomas* from the National Film Board. We also went through the Emotional Literacy module from Alberta Health Services as a group doing the quizzes and navigating through the information. AHS has a Trauma Informed Care web application with six modules available to the public.

Indigenous People's Day was June 21, but tragically, mass graves were discovered in parts of Canada. Before we started the AHS module on Grief and Loss, we watched the land acknowledgement from the Calgary Foundation YouTube channel. I enjoy this version, as it shows the land and the Indigenous people representing the different tribes that call Southern Alberta home. The other short film, *The Headdress*, talked about an urban Indigenous woman replicating a photo of her grandfather and her journey of self-discovery. We always have enough time to talk about the films or current events.

As the weather gets cooler, staying indoors becomes more and more appealing. I invite you to join us at HSCA for a screening and discussion. Shaye keeps an email list for anyone who is interested in staying up to date. You can contact her at [Shaye.r@hsca.ca](mailto:Shaye.r@hsca.ca).

## 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](http://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

|              |              |
|--------------|--------------|
| January 4    | January 13   |
| January 25   | February 3   |
| 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  |



## The First Store

Have you ever seen the white and green logo? Do you know the popular mermaid that serves millions of people coffee a day? That's right – We're talking Starbucks! Did you know that the first ever Starbucks store was in Seattle, Washington? Thank God they expanded to share the joy with us!

## Volunteer Spotlight Abir Bachir

As part of the HSCA Spotlight Series, allow us to introduce you to HSCA volunteer, Abir. Abir has played an important role in our Neighbour Night events! Abir has been involved with HSCA for over three years and shares her creativity and resourcefulness



by creating elaborate activity kits out of recycled and donated materials for our weekly Neighbour Nights. Some recent activities include holiday cards and making Zoom Movie Nights. Abir is also involved with Calgary Dollars, working to build local/barter economies. Our community is incredibly fortunate to have Abir share her talents and engagement with the Hillhurst Sunnyside community!

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

I have lived in West Hillhurst for three years. It is walkable, I am close to the river and the bow trail pathway, four bus stops and bus routes to work, loc”.

### **How did you get involved in volunteering in our community?**

My business partner Sima introduced me to HSCA; their monthly themed activities provide me with a chance to network within my neighboring communities.

### **What kind of volunteer activities have you done?**

Being resourceful by collecting excess crafting supplies from local people or organizations, then upcycling them into a variety of low-cost crafting activity kits.

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

Make your own personal connections happen by volunteering and talking to people in your community, find people who offer or seek the same supplies, products, or services as you; there is the potential seed for collaboration, working together, finding and making personal opportunities happen.

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

Fresh Routes Market happening at HSCA on Mondays gives me access to fresh produce that is close to my house, accepts Calgary Dollars, and provides an opportunity to meet and run into people in my community. Making friends takes time which is hard to do these days in our busy lives and suburban sprawled communities, but by frequenting the same community center for my shopping, activities, and facilitating gives me the opportunity to meet people and grow those relationships within my community.

## 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!

### The Pangram

A pangram, also known as a holoalphabetic sentence, includes every letter of the alphabet in one sentence. The most popular and well-known example of this is, “the quick brown fox jumps over the lazy dog”. It’s harder to say the word than the sentence itself!

# BUSINESS CLASSIFIEDS

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

**PERSONAL LIFE ORGANIZER:** Feeling overwhelmed by an upcoming task or just don't have the time? I can assist or do it for you! Estate clear outs, Downsizing/Home Organization, Selling and distributing items, Errands (grocery shopping, dry cleaning, gift purchasing...), Minor home improvements/renovations. Contact Deanne at [deanne\\_mudd2000@yahoo.com](mailto:deanne_mudd2000@yahoo.com) call or text 403-542-8448.

**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](mailto: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](http://www.jblairosteopathy.ca) or by phone: 587-225-9734.

**PRIVATE PUPPY AND DOG CLASSES:** Having pesky dog behaviors you want gone? Getting ready to call it quits? Don't! Aggression. Barking. Jumping. Digging. We can help! [tailsofsuccess.ca](http://tailsofsuccess.ca) or 403-383-2954.

**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](mailto:tlc.cleaning@shaw.ca).

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### It's a New Year!

*Nancy Bergeron, RPsych | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)*

How about making some resolutions that you can keep and that are great for your mental well-being? You can achieve this in three ways:

First, pick up a copy of Daniel Goleman's *Emotional Intelligence: Why it Can Matter More Than IQ*. Emotional intelligence is a set of skills, including impulse control, self-motivation, empathy, and social competence in interpersonal relationships. It's a good time to become aware of our emotional intelligence after a possibly stressful holiday season. This is our opportunity to make some changes in ourselves in order to create better family gatherings in the future.

Second, clear clutter. Research has found that chaotic surroundings make it harder to focus than an organized, tidy setting. Clutter causes our senses to work overtime on stimuli that aren't necessary or important. It also makes us feel like there's always work to do and creates feelings of guilt. If it's something you use frequently, find a spot for it. If you haven't used it or worn it in the past year, box it up and take it to a local thrift shop

so someone else can enjoy it. Try Marie Kondo's best-selling book *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* to get you started.

Third, practice gratitude every day. Studies show that gratitude can make you 25% happier. Think about that for a second... you can be 25% happier simply by taking the time to count your blessings and think of all the good things in your life! Being grateful will also help you to overcome adversity, improve the quality of your sleep, and allow you to get along better with others. For next year, resolve to be more grateful.

Research shows that the best way to accomplish your goals is to start by clearing the clutter: mentally, physically, spiritually, and emotionally. To make a lasting change in our life, we must find the energy that is causing us to be stuck in the unwanted pattern/situation in the first place and release it. We shower to wash daily dirt and grime off the outside of our bodies, but no one teaches us how to clean up on the inside. If we clear out our spiritual grime, we can create a new pathway to positive change in our mental and physical daily life.

## Sunnyside Brightening Committee

The Sunnyside Brightening Committee (SBC) is an active group of neighbours seeking to “brighten” Sunnyside via recreational, artistic, and environmental improvements.

Originally established to focus on aesthetic aspects of flood mitigation projects, their scope has expanded to include essentially all recreational, artistic, and environmental opportunities in Sunnyside. However, the extensive berm project to prevent flooding in Sunnyside is still a main focus. The Brightening Group is concerned about tree loss on the berm, estimated at hundreds of trees needing removal during the project. The group’s main goal is to ensure that there is a plan for tree replacement, river access, and placemaking projects so that not only is the berm built and does its job of protecting residents from floods, but also that it has good aesthetic appeal and urban design.

Currently the SBC functions as a subcommittee of the HSCA Planning Committee. Residents meet monthly and are working on several current projects: Sunnyside Bike Track, a sculptural sign for Sunnyside, murals in the community, etc. More fun winter projects to come so stay tuned!

Beautification and activation of community spaces makes a huge difference to a sense of community and identity. Many residents have led projects to improve the community in the past such as community gardens and adopt-a-rink outdoor rinks. These projects contribute to the liveability of the neighbourhood and allow many neighbours to connect with each other.

We are always looking for new Sunnyside residents who have ideas and want to make something happen in the community. If you live in Sunnyside and want to step up and lead a project, we are here to support. If you want to help out on a project someone else has already started feel free to join us! We do not solicit other’s ideas to implement, we are a working committee that makes hands on improvements. We are looking for residents to lead their own projects and be willing to contribute the time and effort to bring them to life. To connect with us, email [ali.m@hsc.ca](mailto:ali.m@hsc.ca).

If you live in Hillhurst – by all means get a group of neighbours together and start a beautification group! Projects residents have led in the past are highlighted here along with more ideas and resources for people who want to start a project, [www.hsc.ca/resident-led](http://www.hsc.ca/resident-led).

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