

NOVEMBER 2021

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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



LEST WE FORGET

SEE DETAILS ON THIS YEAR'S 'FIELD OF CROSSES'
CEREMONIES AND FIND OUT HOW YOU CAN SUPPORT
(SEE PAGE 8)

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Hillhurst Sunnyside Community Association

Community Centre

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BOARD OF DIRECTORS

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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

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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



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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

Repair Café!

Are you looking for ways to build community spirit?

Would you like to volunteer some time to divert items from the landfill?

HSCA needs Fixers for our first Repair Cafe! If you have skills to share, please contact Shaye at shaye.r@hsc.ca or 403-238-0554, ext. 247.

While these events are typically held in person, we are planning a physically distanced process to adhere to COVID protocols.



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

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Seniors Connection Programs at HSCA

For all the programs listed below, or for any further information, ideas, concerns, or referrals, please contact Debbie by email at Debbie.o@hsc.ca or call 403-283-0554 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. Learn more about all our programs by visiting www.hsc.ca/seniors.

New- Caregiver Connections, Online

Caregiver Connections will happen on the third Thursday of each month from 7:00 to 9:00 pm. This month's meeting will take place on Thursday, November 18. During this session we will focus on self-care and discuss strategies for taking care of yourself while caring for others. Visit our Caregiver Connections page for more details and resources. Please take a moment and fill-out our Caregiver Survey. Doing so will help to inform our future online sessions, topics, and info for the caregiver site on the HSCA website. If there are other days and times that will work better for the support group, there are some choices there as well.

Chair Yoga, Online

Chair Yoga continues online Tuesdays at 11:00 am and Thursdays 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. Visit www.hsc.ca/senior-online-programming.

Monday Connections, Online

Monday Connections will continue every Monday (except Statutory Holidays), for anyone who would like to connect for any reason until the end of October. Connect whether you're a senior yourself, or looking to support a senior in your life, are considering volunteering, or would like more resources and information. Contact Debbie.o@hsc.ca or call 403-283-0554 ext. 224 and leave a message. To join our Monday Connections Zoom Meeting, connect with Debbie for the link.

Snow Removal

As much as we might wish otherwise, winter is coming and that means the need to clear sidewalks of snow. Volunteer opportunities will be posted on Timecounts so stay tuned.

If you are able to help a senior in the community with snow removal this year, please connect with Debbie, Debbie.o@hsc.ca or call 403-283-0554 ext. 224, directly 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, contact Debbie.

Winter Cycling in Hillhurst Sunnyside

Submitted by Sunnyside Resident, Tim Schaefer

"You can't cycle in the winter! Or so I'm told, repeatedly, by people who have never tried it!"

"Winter is a lazy excuse used by ignorant people to make the discussion of safe road infrastructure go away!"

These punchy lines are from the Not Just Bikes (NJB) YouTube video called "Why Canadians Can't Bike in the Winter (but Finnish people can)". The video explores the real reasons why people in Canada are so averse to biking in winter conditions, whereas people in Finland are not.

Have you ever tried cycling in the winter? Have you ever told someone that they can't or shouldn't do it without having tried it yourself? Why do Canadian's view riding a bike in the winter as hard-core? Is it the cold temperatures?

As it turns out, the Finnish study cited in the NJB video report finds that cold temperatures are not the reason people stop biking once winter sets in. Instead, there are two main reasons people choose not to bike in winter conditions:

- Lack of a safe path/network with minimal vehicle interactions, and
- Slow or poor removal of accumulated snow.
- Cold is not a reason!

Cold is not a reason because when people actually try it, wearing regular winter clothing, they find they warm up quickly and aren't cold at all. Fun fact: In Oulu Finland, 50% of kids ride their bikes to school year-round, and they only see slight ridership drop when the temperatures dip below -20°C.



Winter biking in Calgary; photo credit @ThisMomBikes

When you stop and think about "Safe Path/Network" (reason 1), it is the main barrier that prevents most people from cycling no matter the season. It's also why physically separated bike lanes (lanes protected from vehicle traffic) are considered the gold standard for inclusiveness across all ages, genders, and other demographic factors.

The accumulation of snow (reason 2) and not the presence of snow makes sense too. Just as you may drive a vehicle in the snow, there comes a point when if there is too much accumulation, it's no longer safe. This is

especially true when dealing with hardened deep snow, windrows, or slush; it becomes treacherous.

Interestingly when it comes to winter maintenance of bike paths in Oulu, Finland, they prefer to pack the snow instead of clearing it. Sunnyside Hillhurst residents will be familiar with this as it's the identical strategy used on Calgary's residential streets.

With those two main factors in mind, what's it really like riding a bike in the winter in Hillhurst Sunnyside? To answer that question let's check in with a couple people who regularly ride their bikes in the winter.

For years, Aaron Stayner has been commuting in all seasons from Sunnyside to his work in North-East Calgary. When winter weather sets in, Aaron follows the Bow River Pathway East and then heads North on the Nose Creek pathway before taking the bridge across Deerfoot into Vista heights. This route has entirely separated pathways until entering Vista Heights. From there it's a short road ride with vehicle traffic.

Aaron's path is almost entirely free of vehicle traffic, so he has a safe path. That aligns with the findings reported in the NJB video. The City of Calgary has also done better the past few winters prioritizing the clearing of snow from these pathways; another bonus.

Next, let's check in with Heather Feil who lives outside the Hillhurst Sunnyside area but cycles to Kensington often to enjoy it's restaurants. She finds the neighbourhood's quick access to the Bow River pathway an excellent safe connection for winter cycling. That said, when snow piles up on the streets in Kensington, with no protected lane from vehicle traffic, she finds it's really not a safe space for cycling.

Clearly some room for improvement to be made in our neighbourhood to make riding a bike safer in the winter.

The good news for year-round biking is the City continues to build out the network of separated bike pathways. The Kensington Area Streetscape and Public Realm Improvement initiative is a great opportunity on this front. As more protected bike lanes are built there will be more safe connections for residents and with that, we will see more people riding their bikes and scooters year round.

Interested in learning more about riding a bike in the winter? Calgarian Tom Babin's book "FrostBike" is an excellent read with both a local and a worldly perspective. Tom also has an excellent set of winter riding YouTube videos on his Shifter channel and of course there is the NJB video mentioned above. Here's a QR code to view it:



HSCA Spotlight: Introducing HSCA's New Community Programs Coordinator



The HSCA 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!

HSCA is thrilled to announce that Toluwanimi Okunola has joined our team as our Community Programs Coordinator. An award-winning Social Work graduate from Mount Royal University, Tolu's main responsibilities will be overseeing the Farmers' Market, sustainable food programming, and being a liaison with community stakeholders like our two community gardens, the English as an additional language group, and local food producers.

This is not the first time Tolu has been at HSCA, as a part of the 2018 Serving Communities Internship Program Tolu interned for our Fresh Food Basket programming. We are thrilled Tolu has joined our team, and we look forward to seeing our programs evolve and better-meet community needs.

Learn a bit more about Tolu (in five questions or less):

What is your favourite part of HSCA?

So far, the Farmers' Market.

Tell us a fun fact about yourself

I like dancing, and I enjoy cooking. Sometimes, I do both together.

Best series/movie/or activity you enjoyed during quarantine

I thoroughly enjoyed watching "Crash Landing on You" during quarantine.

What does Community mean to you?

Community is where I can own my place and be myself.

What keeps you busy outside of your role at HSCA?

At the moment, watching Downton Abbey. I also sing in a choir, Harmony through Harmony, to raise awareness about sexual exploitation and sex trafficking.

HSCA Volunteer Spotlight



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!

As part of the HSCA Spotlight Series, allow us to introduce you to Eugene!

Volunteer: Eugene Saunders

How long have you lived in Hillhurst-Sunnyside?

What do you like about living here?

I lived here for 10 years, and I've lived in Bankview now for 10 years.

How did you get involved in volunteering in our community?

I had the time and interest.

What kind of volunteer activities have you done?

I have helped out with many events, hosted an open stage at the container site, and help with the fresh food basket program.

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

Volunteer work can be rewarding! I like to be of service to folk!

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

Gerald Wheatley! (Maybe not so hidden!)



You Can Be The Change You Want To See In Your Neighbourhood

When we talk about great neighbourhoods many things come to mind. The environment: what amenities does the neighbourhood have? Trees? Parks? Beauty and design? Is it clean? Does it appear loved or is it full of litter and graffiti? The livability component; how walkable is it? How accessible? Are there public spaces?

But in my opinion, the most critical component of great neighbourhoods is community. Is the neighbourhood friendly and inclusive? Do people care? Are there great programs for neighbours to meet each other and things to do? Do I feel a part of where I live?

We all want a strong community – but how does that occur?

Many of the great activities and placemaking changes that happen in Hillhurst-Sunnyside are due to the volunteer efforts of a handful of people.

I used to live in Saskatchewan on a farm. Even though people lived miles away from each other, we were a very close-knit community. If someone needed help delivering a calf, a neighbour would be there. If someone's family was going through hard times, other neighbours would pitch in and harvest their crops for them. The community maintained a small community hall, with only the resources of a few hundred people. They held dances and weekly coffee times, yoga classes and cooked for family reunions all on volunteer efforts. The small rural community of only a few hundred people rolled up their sleeves, fundraised and built a huge hockey arena and two rugby pitches. Everyone knew each other and looked out for each other. Together they accomplished great things.

Fast forward to city living...although you can see into your neighbour's kitchen window – or share an apartment wall, some people don't know their neighbours. Isolation in urban environments is increasingly becoming a topic in the media. Even with the advent of social media and more people than ever connecting with ease, some don't feel authentically connected. COVID has certainly not helped this! Are people attached to the place they live or just their own insular world? But it is possible to feel a sense of community and connectedness, even in the midst of a big city... and its through getting involved!

For me, building community means connecting with the place I live. Community work is rewarding for me because I enjoy the social connections it brings. I can see the fruits of my efforts in tangible community improvements and meet neighbours doing it! It builds pride in my community and makes me feel a part of things.

Here are some quick ways you can get involved this fall to help grow our community spirit...

Volunteer to help some of our community programs such as the Farmer's Market or Sustainable Food Program. Opportunities are listed on the [hsca.ca](https://timecounts.org/hillhurst-sunnyside/opportunities/assignments) website here, <https://timecounts.org/hillhurst-sunnyside/opportunities/assignments>.

Participate in Planning Committee. Monthly meetings are on the first Wednesday of each month – contact planning@hsca.ca for more info – or check out the planning links on our website!

Offer to take pictures or write an article for the newsletter highlighting something interesting in the community. Email stephanie.c@hsca.ca if you can help or check out our resident submissions page for ideas: <https://www.hsca.ca/resident-submissions>.

Take your own initiative to beautify a corner of the neighbourhood – pick up litter, paint a rock and put it out, make a windchime and hang it in a neat spot – get creative, have fun!

Take on a resident-led initiative – for example the Sunnyside Art Walk and Garage Murals, Water for Riley, Bow to Bluff, Neighbour Day, and so many more were all started by residents! If you have an idea how to make the community better contact ali.m@hsca.ca and we will share our resident-led resources with you! Visit <https://www.hsca.ca/resident-led> to look at our digital Resident-Led Initiatives Handbook!

Lest We Forget

Field of Crosses – To support and learn more details about this year's ceremonies, visit www.fieldofcrosses.com.

Sunrise and Sunset ceremonies are held each day from November 1 to November 10.

A Remembrance Day Ceremony is held at the field each November 11.

200 Memorial Dr. NW



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

Community Planning

HSPC Meetings – First Wednesday of Each Month!

The next HSPC meeting is Wednesday, November 3 from 7:00 to 9:00 pm. Due to COVID-19, our committee will be meeting online (via Microsoft Teams) for the foreseeable future. Please contact Ali McMillan, Community Planning, Engagement and Volunteer Coordinator at ali.m@hsca.ca if you would like to join an upcoming meeting and she can send you the Teams link.



growing a **GOOD FOOD** community

New Date and Time,
Starting **October 30**

SATURDAYS

10am - 2pm

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.

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 or call 403-283-0554 ext. 224 and leave a message.

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 for details.

Tuesdays

Chair Yoga (Online) at 11:00 am

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

Thursdays

Chair Yoga (Online) at 11:00 am

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



Volunteering
is good for the soul

HSCA 2022 Casino Update

We have a casino tentatively scheduled for the first quarter of 2022. These dates are tentative and may change based on current COVID-19 restrictions. The casino dates are not yet confirmed, and we will share information as soon as it's available. We need to fill 6 positions, 2 shifts (day and evening), and 7 positions for the count room at night, each day as well as have a couple of back-ups in case of a last-minute change. We will be sending out an email to all volunteers who

have connected in the past about the casino and new volunteers in Timecounts who indicated casino and/or special events in their general signup.

A posting will be available on Timecounts for sign up and you can reply/send Debbie an email at Debbie.o@hsca.ca or call the office phone and leave a message 403-283-0554 ext. 224.

If you have any questions about the positions and what the volunteering entails, connect with Debbie and she can provide you with that information.

Burnout: Anyone Feeling the Burn?

Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca



The term “burnout” was coined in the 1970s by psychologist Herbert Freudenberger. He used it to describe the consequences of severe stress and high ideals in “helping” professions. Doctors and nurses, for example, who sacrifice themselves for others, would often end up being “burned out” – exhausted, listless, and unable to cope. Today, the term is not only used for helping professions. It can affect anyone, from career-driven people and celebrities to overworked employees and parents.

Burnout is not simply a result of working long hours or juggling too many tasks, though those both play a role. The depression, cynicism, and exhaustion that are characteristic of burnout most often occur when we are not in control of how a job is carried out, at work or at home, or are asked to complete tasks that conflict with our sense of self. Some other examples are working toward a goal that doesn’t resonate for us, or when we feel a lack of support. If we don’t tailor responsibilities to match our true calling, or at least take a break once in a while, we could face burnout, as well as the mental and physical health problems that often come along with it. These can include headaches, anxiety, depression, fatigue, and gastrointestinal symptoms, as well as increased potential for drug, alcohol, shopping, gambling, food, (and the list goes on) abuse or addiction.

Some key signs of burnout are physical and mental exhaustion, a sense of dread of work or social interactions, and frequent feelings of cynicism, irritability, or anger. Those of us in helping professions (such as doctors/nurses/therapists) may notice dwindling compassion toward those in our care. Feeling like we can no longer do our job effectively may also signal burnout.

By definition, burnout is an extended period of stress that feels as though it cannot be alleviated. If stress is short-lived or tied to a specific goal, it is generally not harmful. If the stress feels never-ending and comes with feelings of emptiness, apathy, and hopelessness, it may be an indication that we have burned out.

Compassion fatigue, (a close relative to burnout), is the condition when we become numb to the suffering of others, we feel less able to display empathy toward others, or we lose hope in our ability to be helpful. This most often affects healthcare professionals, military persons, or any of us who are regularly exposed to human suffering. Caring for a child with special needs and/or an aging parent may trigger burnout or compassion fatigue. Some of the signs include persistent fatigue, frequent crying spells, and feelings of frustration, anger, and hopelessness toward the person in our care.

How Do We Circumvent Burnout?

When we have too many conflicting responsibilities, we need to simply and without explanation, say “no” to new tasks. We need to ensure that we schedule regular breaks, set start and stop times for tasks/work, and minimize multi-tasking in order to help maintain boundaries and reduce our feelings of burnout.

Write a list of warning signs that you are heading towards burnout. This is an example of my creeping into burnout list:

- I start eating more prepared foods instead of homemade
- The arthritis in my hands is flaring due to too much typing
- I forget to schedule or reschedule my monthly massage appointments
- I put off writing case notes until end of day or tomorrow
- I start having trouble fall asleep
- Now write a list of what you’re going to do if you notice the signs you’ve identified above. This is an example of my personal care list:
- I start reading fiction instead of non-fiction/psychology books
- I sleep more
- I take a break from courses and continuing education training
- I schedule chill-out time or social time where I don’t have to be ‘on’
- I see less clients per day
- I cook and bake for pleasure

If you are already past the recognition stage and fully in burnout, seek out support to help you navigate your way back to yourself. Great professional helpers have their own therapists to help keep us mentally strong, healthy, and hold us accountable in caring for ourselves to prevent burnout.

Calgary families need your help. Create a holiday miracle today!

MadebyMomma.org/Christmas

In times of crisis, Made by Momma knows that sometimes mothers are the ones who need to be taken care of. Help make sure no family has to face crisis alone this holiday season by donating non-perishables, new unwrapped gifts, or family essentials today. Made by Momma - Volunteer-Run. Donation-Driven.

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✦ **12 CANs till Christmas food drive**

✦ **Donating a gift to Santa's Workshop**



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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, 403-269-2707.

SNOW REMOVAL, CHRISTMAS LIGHTS AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, 4.2 Google Stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE: Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

PRIVATE PUPPY AND DOG CLASSES: Do you have a pesky dog behavior you want to get rid of and/or just want a well behaved dog? Call 403-667-0652. Website: tailsofsuccess.ca. We coach the people and train the dogs.

STAY FIT, SHOVEL SNOW: Looking for people to help with snow removal Sunnyside | Bridgeland. Hourly. When it snows we go! Ride along or work independently. Call or text us at 403-398-4809.

SNONOMO - SNOW REMOVAL: Commercial/Residential-Great rates, local business. Call or Text SnoNoMo 403-286-4435.

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

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See You in Court

by **Joni Righthand**

To get in touch with Joni, please email punctassoc@hotmail.com



SUSTAINABLE *FOOD PROGRAMMING* AT THE HSCA

CURRENTLY SEEKING VOLUNTEERS

Volunteer opportunities

- Fresh Food Basket Prep
- Check out support



Register to volunteer at

<https://timecounts.org/hillhurst-sunnyside>



Hillhurst Sunnyside Community Association

Fresh routes

Mobile Grocery Store

MARKET GREENS

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 HSCA operations and Safety Protocols, please visit www.hsca.ca/covid19.

Every Monday (except holidays): 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 for details.

Every Wednesday: Our Farmers' Market will then move to Saturdays, 10:00 am to 2:00 pm beginning Saturday, October 23.

Sunday: The Sunday Flea Market runs 7:00 am to 3:00 pm indoors and on the front pad at HSCA.

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.hsc.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.

2021 Good Food Box Order and Delivery Dates

Order By 2:00 pm **Pick Up Between 1:00 and 3:00 pm**
November 16 November 25

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