

NOVEMBER 2020

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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



THE FIELD OF CROSSES WILL BE DISPLAYED THIS YEAR

SEE INSIDE FOR DETAILS ABOUT IMPORTANT CHANGES AND THE VIRTUAL REMEMBRANCE DAY
CEREMONY ON NOVEMBER 11

THE HSCA FARMER'S MARKET CONTINUES INDOORS

ON SATURDAYS, 12 TO 4:00 PM

Get TELUS PureFibre Gigabit Internet for just \$99/mo. for 2 years¹, with unlimited home internet data.

(Regular price, currently \$160/mo. and unlimited data \$15/mo. applies thereafter).

Experience quality video calls, when it matters most.

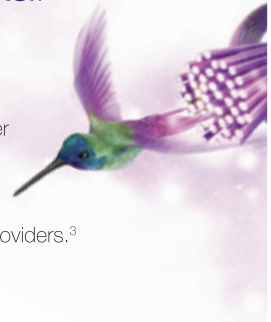
Feel confident in your video connection with upload speeds that are more than 9x faster than our competition.²

Experience the best gaming quality.

TELUS ranks #1 for lowest combined latency and jitter amongst other major internet providers.³

Experience internet data that's endless.

Get peace of mind with unlimited home internet.⁴



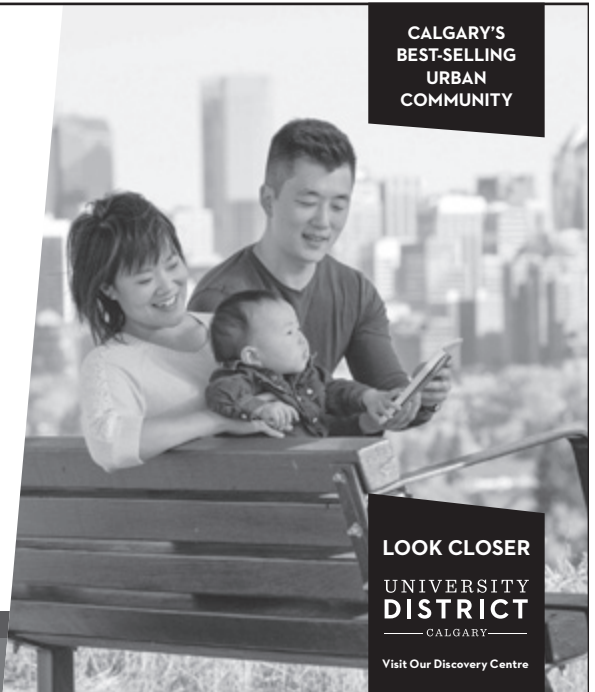
Learn more or sign-up now at telus.com/gigabit

1. Offers subject to change without notice. Available to residential customers who have not subscribed to TELUS Internet in the past 90 days. Cannot be combined with other promotional offers. Offer includes Gigabit Internet. From month 1-24, a \$61/mo discount applies. Regular price, currently \$160/mo, applies after the 24-month term. Regular price is subject to change. All prices do not include applicable taxes. SO unlimited data offer is only available to customers signing up on a 2 year internet service agreement. Regular pricing for Unlimited Data add-on applies at month 25, regular price is currently \$15 per month and is subject to change without notice. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. A cancellation fee applies to the early termination of your internet service agreement, which will be the sum of \$360, declining by \$15 for every month of internet service and reducing to \$0 at the end of your 2 year term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. Maximum speeds require optimal network conditions on a wired connection. Internet access speeds may vary depending on location, usage within the home network, internet traffic, applicable network management or server configurations. Concurrent data streams, including combinations of uploads and downloads, may be required to access maximum speeds. Maximum speeds may not be achievable using a single device. 2. TELUS offers symmetrical speeds with the fastest upload speed of 940 mbps in comparison to our major competitor's fastest upload speed of 100 mbps. Traditional copper wire or copper wire hybrid networks are subject to capacity constraints and environmental stresses that do not affect TELUS fibre optic technology, which is based on light signals. Not available in all areas. 3. As ranked by PCMag Gaming Quality Index based on comparison of major Canadian ISPs using over 37,000 tests conducted between December 1, 2018 and December 6, 2019. Reproduced with permission. © 2020 Ziff Davis, LLC. All Rights Reserved. 4. SO Unlimited data offer is only available to customers signing up on a 2 year internet service agreement. Regular pricing for Unlimited Data add-on applies at month 25, regular price is currently \$15 per month and is subject to change without notice. © 2020 TELUS. 20-0873

UNPARALLELED connection to city and nature make it the ideal LOCATION

Love living close to everything you love. New retailers now open.
Find your new home in the NW at myuniversitydistrict.ca

CALGARY'S
BEST-SELLING
URBAN
COMMUNITY



LOOK CLOSER
UNIVERSITY
DISTRICT
— CALGARY —

Visit Our Discovery Centre

CONDOS

TOWNHOMES

RENTAL APARTMENTS

SENIORS LIVING

Homes by **AMI**

 **TRUMAN**

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Residential

 **GRACORP**
Residential

 **Brendo
Stratford
Foundation**



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

Kate Stenson	Executive Director Ext. 221	kate.s@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)	
Heather Ramshaw	Community Programs Coordinator Ext. 248	heather.r@hsca.ca
Shaye Radford	Community Connections Coordinator Ext. 247	shaye.r@hsca.ca

CRIME STATISTICS



Hillhurst Crime Activity was Down in September 2020

The Hillhurst community experienced 27 crimes in September 2020, in comparison to 46 crimes the previous month, and 43 crimes in September one year ago. Hillhurst experiences an average of 30.0 crimes per month. On an annual basis, Hillhurst experienced a total of 360 crimes as of September 2020, which is down 21% in comparison to 455 crimes as of September 2019. To review the full Hillhurst Crime report visit hill.mycalgary.com

Sunnyside Crime Activity was Down in September 2020

The Sunnyside community experienced 27 crimes in September 2020, in comparison to 34 crimes the previous

month, and 29 crimes in September one year ago. Sunnyside experiences an average of 19.3 crimes per month. On an annual basis, Sunnyside experienced a total of 231 crimes as of September 2020, which is down 6% in comparison to 247 crimes as of September 2019. To review the full Sunnyside Crime report visit sunn.mycalgary.com

How To Report Crime In Hillhurst | Sunnyside: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

Stop and Smell the Trees



by Elisabeth Fayt

Last March, I was on the chairlift at Panorama Ski Resort, and as I stared out at the majestic snow-peaked mountain, I reflected on my fast-paced life. Despite many attempts to “slow down”, I realized it was going to take a change, so I made an internal cry for help.

The next day on the hill, I experienced a full-body collision with another skier, resulting in a fractured rib. It wasn't long before I remembered my divine plea. Even through the pain with every breath, I couldn't help but smile at the irony. A week later, Covid hit Calgary.

I think the Universe hit me twice, to make sure I wouldn't resort back to my old ways. This is what happens when we don't listen. We're forced with the opportunity to

make a change. Although it may be uncomfortable, it's always a good thing in the end.

Perhaps the whole world has been given the same lesson; to stop and smell the coffee, to stop and listen to your child, to stop and tell your spouse you love him or her, to stop and tell your Creator “thank you”.

I'm sure each one of us has a Covid story to tell, about how it changed our lives. I have a few. So here is one of mine: every day during Covid, I would see droves of people outside my window walking their dogs. I thought to myself, “what a wonderful way to slow down”. A pet gets you out for a walk. A pet requests your undivided attention. A pet shows you unconditional love.

So my family agreed to my request for a puppy, which took 6 months to arrive. And as of two weeks ago, I now have a West Highland Terrier puppy at home. He is teaching me patience (through potty training), but best of all, he is teaching me to slow down. With slow walks around the block (versus my usual power walk), where together, we stop and smell the trees.

Thank you, Universe, for the greatest gift I could have ever asked for.

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:

			<p>To Advertise Call 403 720 0762 Email sales@greatnewsmedia.ca GREAT NEWS MEDIA LEADERS IN COMMUNITY FOCUSED MARKETING</p>			



The Future of 16 Avenue NW – We Want to Hear from You

The City of Calgary is conducting a study to determine the future transportation vision for 16 Avenue NW between Crowchild Trail and Sarcee Trail, as well as the Main Street Streetscape Plan for Montgomery between Home Road to 43 Street NW.

Over the past year, we have worked with communities to identify and understand what's important to Calgarians and generate ideas for possible changes to the study area. In Phase 1: Discovery, we invited Calgarians to join us at an open house and participate in an online survey to garner feedback on opportunities, challenges, priorities, and success criteria to consider when developing preliminary concepts. We collated all the feedback we received, conducted a technical review, and developed preliminary concepts that best met the study's objectives and what we heard from Calgarians.

This October, as part of Phase 2: Explore, we are asking Calgarians to evaluate the preliminary concepts against the study's objectives in Phase 1. We will then use the evaluation, along with additional technical review, to identify a set of recommendations for Calgarians to provide feedback on in Phase 3: Reveal in Spring 2021.

To learn more about how you can participate and provide input, please visit calgary.ca/16avenuenw.

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	Heather	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)
Karate	Richard	403-203-8710
Karma Yoga*	Lisa K.	403-270-0995 (no texting please)
*Neighbour Night	Shaye	403-283-0554 ext 247
*Seniors' Knitting/Morning & *Seniors' Drop In	Debbie	403-283-0554 ext. 224
Spanish Lessons	Guilliana	403-835-2650
Sportball		403-700-7994

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!**

KARATE HILLHURST

Classes start September 8, 2020

LDK FOUNDATION

Leadership Development through Karate

Ages 5 & Up

Beginners Welcome!

Leadership Development through Karate classes for:

- Little Dragons (5-7 years)
- Children, Youth & Adult
- StrengthFit Karate

Karate Hillhurst

Hillhurst Sunnyside

Community Association

1320 5th Avenue NW, Calgary, AB

Visit ldkfoundation.com for COVID-19 protocols during in-person classes.

LDKFOUNDATION.COM

403-203-8710 | info@ldkfoundation.com



SUNNYSIDE SHARED GARDEN

THANK YOU GARDENERS!

Your garden bounty was directed back to your community through Fresh



we meet every other
THURSDAY 6:30 PM
at the garden.



Hillhurst Sunnyside Community Association
Email heather.r@hsc.ca to get on the gardeners e-mail list



FARMERS' MARKET

HILLHURST SUNNYSIDE

NEW DATE AND TIME
Starting October 24th

GROWING A *GOOD FOOD* COMMUNITY

saturdays • year round • 12-4pm

1320 5th Ave NW

  farmersmarket.hsc.ca



Hillhurst Sunnyside Community Association

A Call to Join the Sunnyside Brightening Committee



Time-limited opportunity to join your fellow Sunnysiders and “brighten” upcoming infrastructure. Let’s improve the Bow River Pathway, our interaction with the Bow River, and create art projects throughout our community.

With flood mitigation infrastructure projects now confirmed by the City of Calgary, the new Sunnyside Brightening Committee (SBC) has organized within HSCA to advocate for community-oriented customizations. The SBC feels these infrastructures could be customized to help create a better sense of place through art, aesthetic, and recreation initiatives. Importantly our initiatives would not compromise the infrastructure projects’ technical aspects nor incur significant cost increases. The three priority areas are:

Connecting to the Bow – With the construction of a higher 1:100 flood barrier, SBC will (A) engage with Parks on the design of the planned boat launch at 3 St NW to better serve the community; (B) advocate for accessibility to the wooded riverside area between 7 St NW and 4a St NW.

Brightening the Barrier – Municipal plans currently show the construction of new floodwall and pathway as part of the 1:100 barrier. SBC will advocate for this infrastructure be brightened through concrete texturing, murals, mosaic, and seating or other features.

Stormwater Lift Station Art – Station #1 plans will have wall space for community art. SBC will engage with the municipality to secure and develop community-led art projects.

Call to action: If you would like to contribute or have questions, please contact the SBC group chair, Preston Welker, at preston.welker@ucalgary.ca. Stay tuned for future updates!

SENIORS CONNECTION PROGRAMS AT HSCA



The Seniors Connections Program is slowly moving on-line!

If you are interested in joining any of the current or future online connections, please contact Debbie at 403-285-0554 ext. 224, or Debbie.o@hsc.ca. You do need to have a computer, laptop, tablet, or phone with internet access. Connect with Debbie and get started!

Chair Yoga Classes

The Chair Yoga Class is being held on Thursday at 1:00 pm for the month of October. In November, it will move back to a morning class and we will post the new time before the end of the month. Sharon will continue as the Instructor.

Senior Connections: Online

Every second Monday, seniors connect online to talk and connect with others. Volunteers continue to connect with seniors in the community for various supports. If this is something you are interested in doing, please connect with Debbie.

Snow Removal

There may be a need for support around snow removal for some seniors this winter. You can help out formally, but you may connect with Debbie to see if there are specific seniors you would like to support, or you can watch for seniors on your block who may need some help and just show up and clear their walks after the snow fall. Snow Angels are important individuals who can help make sure that seniors and other members of the community can get out and walk safely on cleared sidewalks if needed during the winter.

Watch for more opportunities to be connected or provide support in the coming months.

Now Available: 2021 Memberships

While the HSCA's facility is closed, memberships can still be purchased online at <https://www.hsca.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 pre-need 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
- 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.hsca.ca for news and updates about this program.



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



Commit to 3 simple acts of kindness

Neighbours helping Neighbours

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

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

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

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

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



Hello neighbour!

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

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

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

My name: _____

My address: _____

My phone number: _____

My email address: _____

If you:

- Have a medical emergency, call 9-1-1
- are in distress, call the Distress Centre (403) 266-1601
- 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.



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!

Shovel a neighbours walk	Wear something flannell	Plan a household winter-themed movie night	Call a neighbour	Decorate a window for winter
Go for a hike	Place an order at a local business	Learn the constellations	Make paper snowflakes	Try a new workout on YouTube
Attend the Saturday HSCA Farmers' Market	Borrow something from the Calgary Public Library	FREE	Visit or order from one of our Membership Partners	Bake some cookies
Do a jigsaw puzzle	Snap a pic of November sunrise/sunset	Buy a gift card from a local business	Go ice skating!	Video chat with an old friend
Make a hearty soup	Follow HSCA on Instagram	Make a snow angel	Learn to knit or crochet	Make a chili

How many did you check off?

Tag us with your photos on social media at #hscayyc



The Good Food Box (GFB)

Place your November orders by 2:00 pm on Tuesday, November 17 for pickup on Thursday, November 21 from noon to 2:00 pm. Visit: <https://www.hasca.ca/community-food-program>.

The Good Food Box may include: Potatoes, onions, carrots, tomatoes, oranges, celery, Bananas, cauliflower, apples, melon, cabbage, Cucumber, grapes, lettuce, green peppers, etc.

Jumbo Box: Includes approximately 40 pounds of produce. Cost: \$ 35.00

Family Box: Includes approximately 30 pounds of produce. Cost: \$ 30.00

Senior/Single Box: Includes approximately 20 pounds of produce. Cost: \$25.00

Order date: November 17
Pick-up date: November 26

*Please note, the GFB will not be available in December.

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Councillor, Ward 7
Druh Farrell

✉ ward07@calgary.ca

🌐 druhfarrell.ca

📱 @DruhFarrell 📺 Druh Farrell

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

It's hard to believe we've been living with COVID-19 for more than half a year now. Do you remember earlier this year in the spring, when we saw Calgarians band together at the beginning of the pandemic? It was as if we were running on adrenaline to support one another in such bizarre and uncertain times.

We responded with kindness, positivity, and remarkable creativity. We banged pots, cheered frontline workers, had Zoom parties, and curbside concerts. We learned how to bake bread, took advice from an Instagram dog, and let our hair down.

Summer was a short reprieve from the lockdown. Warm weather meant we could find escape outdoors. Today, the return of cold weather has forced us to spend more time indoors, the amount of sunlight gets shorter every day, and there is no immediate end to these strange times in sight. Our "mental health buckets" are depleted, yet we have a long way to go.

The exhaustion many of us feel is a normal part of a crisis response. It will get better. We will get through this if we respond with kindness. Get back to checking-in on your neighbours, your family members, and friends. If you're able, shovel a stranger's sidewalk or help buy groceries for someone on your block. If you are looking for a fun winter activity, consider taking up cross-country skiing. It is one of my favourite winter sports and there are many places both in Calgary and outside of the city to ski.

Be kind to yourself. Recognize that life is different right now. Expect less from yourself. Recognize grief. Focus on important relationships. Be gentle with each other. Find joy in the small things. Lastly, we can and must build back better.

Be kind. Be kind. Be kind.

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.

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 & LANDSCAPING: Snow removal starting at \$130. Christmas light installation, window cleaning, or gutter cleaning, \$99. Pressure washing starting at \$99. Conditions apply. BBB member. 4.2 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

LOCAL HANDYMAN IN MARDA LOOP – RELIABLE HOME SOLUTIONS: Repairs/replacements and odd jobs. Plumbing (leaky/running faucet or toilet, garburator), electrical (wall switch, light fixture, exhaust fan), install new window hardware/coverings, fix sticky doors, drywall repairs, painting, fence/gate repairs. Call/text Tom, 403-970-4466, or email tomh5566@gmail.com.

THE GUTTER AND SNOW DOCTOR! Eavestrough cleaning, repairs, and replacements. Fascia, soffit, cladding, roofs, siding, and snow removal. For over 17 years and 40,000 projects, we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Top award winner. www.gutterdoctor.ca, 403-714-0711.

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.

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





News from the Friends of Nose Hill

by Anne Burke

The Steering Committee for the Nose Hill Master Plan Review was a group of volunteers who invested substantial personal time and effort. They discussed, listened, debated, convinced, and compromised on a wide range of issues which were part of the Plan and the preservation of Nose Hill Park. They believed in the long-term future of the Park as an invaluable resource for all residents of Calgary. However, to ensure their legacy, it depends on the continued strong interest of citizens, like those who participated on the Committee.

Habitat restoration uses native vegetation such as vetch, blue flax, and a variety of grasses. Planting of native shrubs and seeding (wildflowers and grasses) reduces maintenance costs to help support plants, animals, and insects. This increases the beauty, diversity, and access to nature. Restoration takes time. A project can take 3+ years and more to reach the full benefits of the restored area. Please obey any temporary closures, fencing, and signs while the work is done to improve our wild areas. As a key biodiversity target, Calgary aims to restore 20% of open space by 2025. Native plants were added along the banks of Nose Creek, with invasive plants removed and controlled. Mowing was stopped in some areas so woody plants grow as a natural buffer to prevent erosion and help improve Creek health.

The Nature Conservancy of Canada (NCC) protects and cares for our country's most vulnerable natural areas and the species they sustain. It is the only national organization dedicated to preserving Canadian biodiversity through the conservation of land. By donations and conservation agreements, the Canada's Ecological Gifts Program provides a way for Canadians with ecologically sensitive land to protect nature and leave a legacy for the future.

This semester, most university and college students in Alberta are studying from home due to COVID-19. With campus life much changed, long-standing issues in the post-secondary field have become less visible to the wider public. Yet students and staff continue to face major challenges related to government funding, accessibility, and competing visions for higher education.

The UCP government has significantly cut post-secondary institution budgets during the past year, resulting in over 3,600 layoffs. NDP Advanced Education Critic David Eggen said in May that "students are paying more in tuition but getting less. Cuts to programs and staffing means less choices and time with educators." This remains true when instruction is delivered virtually. Tuition hikes also make college programs less accessible to marginalized community members.

In September 2020, Education Minister Doug Schweitzer announced grant funding for three trades-focused institutions. This funding was part of an already-established program, the Research Capacity Grant. The grant represents less than 1% of the cuts already made to Alberta's institutions over the previous two years – hardly a cause for relief!

The value of post-secondary education to Alberta's economic diversification and cultural life cannot be overstated. The contemporary world requires citizens who can think critically, offer a variety of perspectives on complex problems, and test and implement solutions. Universities, colleges, technical institutes, and trade schools develop these skills, and individuals should not be held back from any of these options regardless of one's background, learning needs, or financial situation.

Job training can be an important aspect of a program of study, but certainly, many other aspects are just as valid. I believe Alberta can continue to be a leader in advanced education if we see public funding as investment into the strong, inclusive, sustainable society the future demands.

As always, I'm happy to hear from you. Please keep in touch through my constituency office: Calgary.MountainView@assembly.ab.ca or 403-216-5445.

The Who, Why, and What of Seeking Therapy

by Nancy Bergeron, RPsych

While mental health is in the forefront of media these days, many do not seek help. Some may feel their 'problems' may not be big enough, important enough, or perhaps unsolvable. Others may think therapy is just for those suffering from a mental illness. Hopefully this article will shine a light on who seeks therapy, why people go to therapy and what therapy can be like.

Who goes to therapy:

- People wanting to learn why they self-sabotage (what's the story behind the behaviour)
- People wanting to work through relationship issues
- People making life transitions like divorce, having a baby, empty nesting, or retirement
- People who want to vent about life events
- People who are determining if they are ready to make a change
- People who need support when making difficult changes
- People who experience anxiety, depression or other mental/emotional issues
- People who are struggling with global events
- People dealing with a loss or trauma
- Therapists, coaches and leaders
- People of all types

Why go to therapy:

- To cry without being prompted to stop or cheer up
- To have someone to hold space for your difficult emotions
- To learn more about yourself
- To talk about people in your life who need therapy but won't go
- To have someone sit with you through difficult times
- To hear yourself talk without having to listen to another

- person talk about themselves
- To process your life events
- To share things that other people don't have time to or want to hear about
- To have manage physical pain
- To get a new viewpoint or unbiased perspective

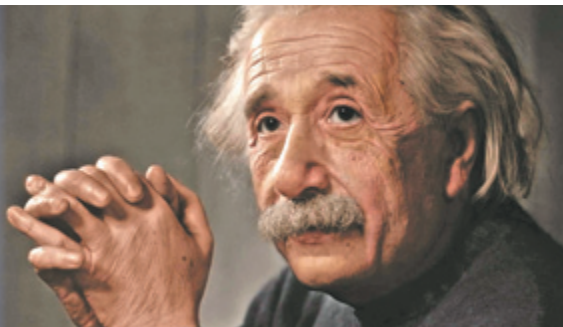
What therapy might be like:

- You won't hear things like "it's going to be okay" "I know how you feel" or "you'll get over it"
- Your feelings will be validated
- You will feel empathized with instead of pitied or judged
- You get an entire hour to talk about whatever you want guilt-free
- You get to 'think' out loud as this helps you understand thoughts in a different way
- A therapist helps you develop insight and coping skills
- There is no competition in dialogue, a therapist won't talk about their problems or make their problems bigger than yours
- You will feel like you are not alone in your challenges
- The only normal is that we are all abnormal

As you can see, anyone can go to therapy. Many people have a therapist just as they have a doctor and a dentist. The sooner you can seek some extra perspective on things that may be troubling you, the better you will have the skills to cope with other things that come along. Sometimes just a few sessions can do a world of good. Please consider your mental health as important as your physical health. Just an FYI, you do not need a doctor's referral to see a therapist. Wishing you all good mental health and wellbeing.

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"





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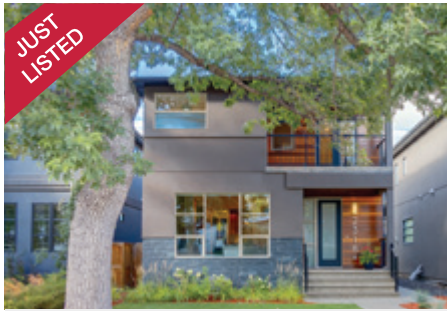




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