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*A Nail Story*

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Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	<a href="mailto:fleamarket@hsca.ca">fleamarket@hsca.ca</a>
Community Programs Coordinator ext. 248	Alex Walz	<a href="mailto:alex.w@hsca.ca">alex.w@hsca.ca</a>
Community Connections Coordinator ext. 247	Reiko Yamagishi	<a href="mailto:reiko.y@hsca.ca">reiko.y@hsca.ca</a>
Planning Coordinator	Becky Poschmann	<a href="mailto:planning@hsca.ca">planning@hsca.ca</a>

## Recreation at HSCA

### Drop-In Badminton

Most Mondays and Thursdays from 10:30 am to 1:30 pm. Visit [www.hsca.ca/badminton](http://www.hsca.ca/badminton) for full schedule and blackout dates. No registration is required. \$4 per session.

## Sunnyside Art Crawl

Did you know there's an outdoor gallery of amazing art throughout Sunnyside? Get out (and bundle up), explore the community and take your own art crawl!





## Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Alex Walz 403-617-6094
Flea Market	Angel 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night	Reiko 403-283-0554 ext. 247



## The Good Food Box (GFB)

**Important Notice from Community Kitchen Program of Calgary:** Effective immediately, Community Kitchen's Good Food Box Program will increase by an additional \$5 per box. See the updated prices below. For more information on this price increase, we encourage you to read the Community Kitchen's notice posted on our website: [hsc.ca/community-food-program](https://hsc.ca/community-food-program).

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: \$40

**Medium Box:** Includes approximately 30 pounds of produce. Cost: \$35

**Small Box:** Includes approximately 20 pounds of produce. Cost: \$30

**Orders Accepted:**

Online at the HSCA Web Store:  
[www.hsc.ca/community-food-program](https://www.hsc.ca/community-food-program).

Orders may be placed during the pick-up times – cash orders only.

**New 2023 Order and Delivery Dates (Area B)**

<b>Order by 2:00 pm</b>	<b>New Pick-Up Time 2:00 pm to 6:00 pm</b>
-------------------------	------------------------------------------------

There will be no Good Food Boxes for the month of December



**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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**HILLHURST**



**SUNNYSIDE**



## Remember Winter

Title: Remember Winter

Artist: Christie Page

Medium: Acrylic on wood

Completed: October 2023

"Instead of painting the neighbourhood, I got inspired by it," Sunnyside resident and artist Christie Page said.



HSCA

# THANK YOU!

Our 2023 Holiday Matching Program was a success! Thank you for making a difference in our community. We wish you a wonderful holiday season and we look forward to seeing you in 2024!

## JOKE OF THE MONTH

What did the gingerbread man put on his bed?  
A cookie sheet!

## mybabysitterlist

**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.

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☎ Call : 403- 271-9274 or 403-397-9645

## SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554, ext. 224 (and leave a message) or email [debbie.o@hsca.ca](mailto:debbie.o@hsca.ca). We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information and updated Zoom links at [www.hsca.ca/seniors](http://www.hsca.ca/seniors).

### **Snow Removal**

If you are clearing your own sidewalks or helping a neighbour in the community, please remember to take care and keep the following in mind.

The heavy snow can be difficult to lift and move; the colder weather means our blood vessels constrict, making the blood flow more restricted, which can drive up our blood pressure and lead to a heart attack. The heart attack does not always happen while removing the snow. It can come later in the day. Even the most active and healthy individual can be at risk.

Instead of lifting the snow shovel, try to push the snow out of the way, or put less snow on the shovel if you must lift it. This will take longer, but it is a safer way of clearing the snow. Take a break, especially if you are finding yourself getting out of breath. It doesn't hurt to take a break.

Dress appropriately for the weather. Use layers, mittens (better than gloves or wear gloves under your mittens) to keep your hands warm. Take a break to warm up if needed.

If you are a senior and cannot clear your sidewalk, or if you know a senior who needs some help with this, please connect with Debbie.

If you would like to help a senior in the community remove their snow this winter, please connect with Debbie. This will help improve the safety of all community residents during the winter snowfalls.

### **Monday Connections: Senior Support (Online) 10:00 to 11:00 am**

If you are a senior and would like to connect about anything related to seniors join us online. Connect with Debbie for more information and to get the Zoom link.

A message from Debbie, Seniors' Connections Coordinator (Monday Connections):

"I will send the link out to the seniors in our community for whom I have an email address so that you have a connection if needed already in your email.

If you would like to volunteer with seniors, are looking for information, have questions or would like to explore more about how we can have a positive connection and/or impact on seniors in our community, you can also connect with me on Mondays using the same link."

### **Caregiver Connections**

#### **The Third Thursday of the Month, 7:00 to 9:00 pm**

Our Caregiver Connections group returned online from 7:00 to 9:00 pm on the third Thursday of the month from September 21, 2023, until June 20, 2024, but please connect with Debbie at any time.

#### **Next meeting: Thursday, December 21**

Connecting with someone outside of family and friends can help when we are feeling overwhelmed or just need someone to talk to. Just send Debbie an email or call and she will be more than happy to set up a different time to connect with you. There are other connections that you may be interested in, so don't hesitate to explore the possibilities. If you don't have a computer or internet access, give Debbie a call at 403-283-0554, ext. 224.

### **Chair Yoga**

#### **Tuesdays and Thursdays from 10:00 to 11:00 am**

A gentle exercise class led by an experienced instructor, Sharon! Anyone is welcome.

Every Tuesday and Thursday until December 21 from 10:00 to 11:00 am. After the December 21 class we will be taking a break until February.

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class.

### **New! Cribbage Group**

#### **Wednesday Afternoons from 12:30 to 3:00 pm in the Hearth Room**

Join this established and well-organized group in their new location at HSCA! They play four games, break for coffee, tea, and snacks, and then play again until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

Each game is \$.25, which goes to the winner, then the winners move to the next table and there is an extra \$.10 for a skunk. Anyone who wishes to play is welcome.



HILLHURST SUNNYSIDE  
FARMERS' MARKET PRESENTS

# A <sup>very</sup> local holiday

MARKET & FOOD DRIVE

WEDNESDAY  
**DECEMBER 20**  
3:00-7:00 PM

HOLIDAY FUN FOR ALL!

**LOCAL ARTISANS - HOLIDAY TREATS AND FEAST  
INGREDIENTS - KID'S ACTIVITY\* - WINTER  
PHOTOBOOTH - FIRE PIT SOCIAL  
FT SPECIAL MUSICAL GUESTS!**



\*BRING A DONATION FOR OUR COMMUNITY FOOD DRIVE  
FOR MORE INFORMATION: [FARMERSMARKET.HSCA.CA](http://FARMERSMARKET.HSCA.CA)





## ONGOING PROGRAMMING AT HSCA

Please note HSCA's Holiday closures dates: HSCA will be closed December 24 to January 1. Please visit our program and recreation calendar for more information: [www.hsca.ca/programsrecreationcalendar](http://www.hsca.ca/programsrecreationcalendar). We wish you a safe and happy holiday season!

### Mondays (Except Stat Holidays)

#### Senior Connections Group, 10:00 to 11:00 am

#### Sustainable Food Programming, 4:00 to 6:00 pm

Fresh Routes affordable mobile grocery store is onsite every Monday (Except stat holidays).

HSCA offers residents of Hillhurst Sunnyside experiencing food insecurity resources and assistance, including access to the free table. Questions? Connect with one of our team members at the Sustainable Food Program (SFP) for more information.

### Tuesdays

#### Chair Yoga (Online and In-Person), 10:00 to 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.

#### Sip 'n' Chat, 2:00 to 4:00 pm

Weekly drop-in time for all community members to enjoy a coffee or snack together. All ages welcome. In the Hearth Room at HSCA.

### Wednesdays

#### Cribbage, 12:30 to 3:00 pm

Join a lively game of cribbage with community members and area seniors.

#### HSCA's Farmers' Market runs every Wednesday from 3:00 to 7:00 pm, year-round

Join us for the HSFM "Very Local Holiday Market" and Food Drive on Wednesday, December 20. Holiday fun for all! Plus bring a donation for our community food drive!

### Thursdays

#### Chair Yoga (Online), 10:00 to 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. Please note, chair yoga will be paused after our December 21 session until February 2024.

#### Neighbour Night, 5:30 to 7:30 pm (1st and 3rd Thursdays of every month)

RSVP is mandatory for this event! Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

Free. Everybody is Welcome. Child Friendly. You must RSVP by emailing [reiko.y@hsca.ca](mailto:reiko.y@hsca.ca) or calling 403-283-0554, ext. 247.

- Thursday, December 7 - Holiday Card Making with Abir and Melisa
- Thursday, December 21 - Come celebrate the December Solstice with a fantastic meal!

### Sundays

#### The Sunday Flea Market, 7:00 am to 3:00 pm

Concession now open. Check out the crafts, furniture, vinyl records, antiques, books, treasures, and community building every Sunday at HSCA. The HSCA Flea Market will not be running December 24 and December 31.

### Other Programming

#### HSPC Meetings are the First Thursday of Each Month from 7:00 to 9:00 pm (Online)

Please contact [planning@hsca.ca](mailto:planning@hsca.ca) to participate in a meeting.

#### Caregiver Connections (Online), 7:00 to 9:00 pm on the Third Thursday of Each Month

#### Volunteer Opportunities at HSCA

Interested in volunteering at HSCA? Check out our easy volunteer sign-up system for various rewarding volunteer opportunities! [www.hsca.ca/volunteer](http://www.hsca.ca/volunteer).

We are especially looking for volunteer opportunities in:

- Snow Removal Volunteer (contact Debbie directly for this role at 403-283-0554 ext. 224 or [Debbie.O@hsca.ca](mailto:Debbie.O@hsca.ca))
- Writing/Photography
- Community Connector
- Neighbour Night Cook
- Farmers' Market Crew
- Volunteers for Seniors

HSCA appreciates all volunteers for all reasons. Looking to build connections with community? Great! Looking for work experience and a reference letter? Fantastic! We can't wait to connect! [www.hsca.ca/volunteer](http://www.hsca.ca/volunteer).

You can also email [reiko.y@hsca.ca](mailto:reiko.y@hsca.ca).

## Reduce Your Waste During the Gift-Giving Season

by the City of Calgary



Repurpose, reuse, and get creative to reduce your waste this holiday season. Here are some ideas for gift giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift in the form of a donation to a favourite charity.
- Give the gift of time. Lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts – try knitting a hat, painting a canvas, or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, a T-shirt, or simply avoid wrapping completely.

Find more tips at [calgary.ca/recyclerright](http://calgary.ca/recyclerright).

### Safely Dispose of Household Batteries



Don't put any kind of battery in your blue, green, or black carts. Batteries contain metals like lead, lithium, cadmium, and mercury that can be dangerous to human health and the environment. If they end up in

any of your carts, batteries can get crushed and cause fires at the recycling, composting, and landfill facilities. Household batteries include non-rechargeable alkaline batteries (AA and AAA) and rechargeable batteries found in cellphones, laptops, and cordless power tools.

Safely dispose of batteries by taking them to a participating retailer for free recycling. For more information visit [calgary.ca/battery](http://calgary.ca/battery).

HSCA  
Sip 'n' Chat  
TUESDAYS 2 - 4 PM  
IN THE HEARTH ROOM AT HSCA

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## Building Social and Community Life: English Influence in Hillhurst Sunnyside

*This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'Building Social and Community Life: Social, Intellectual and Ethnic Cultural Life' (pp. 76-92). For more on the history of our neighborhood, check out the full paper: <https://www.hsca.ca/historical-context-paper>.*

The threads of ethnic English and Scottish traditions that ran through the early cultural life of Hillhurst-Sunnyside began with the area's pioneers and developers whose families had roots in those two homelands and brought the customs of those countries to their new home.

The Englishness of Hillhurst was clearly shaped by the vision of its pioneer landowner and developer, Ezra Riley, whose father Thomas came from Derbyshire, England, and whose mother Georgiana from the small town of Kirton in Lindsey, in North Lincolnshire, England. Both Ezra's original 1904 subdivision and its 1906 addition employed street names that referenced English place names including Oxford, Gladstone, Buckingham, Norfolk, and Essex. When his mother, Georgiana Riley, registered Upper Hillhurst in 1906 she also used street names with English references like Marlborough and Wellington streets and others named for the British Royal family.

English roots are also evident in Col Lawrence Herchmer's 1907 Westmont subdivision which had original street names like Cambridge, Devenish, and Beveridge. Herchmer descended from a prominent Kingston, Ontario family of United Empire Loyalists whose arrival in North America dates to the 18th century. As a result, he was born and received most of his education in England.

The Church of England (Anglican Church) also featured conspicuously in Hillhurst, with Morleyville Road named for the Anglican Mission at Morley, and after 1906, with St Barnabas Church and churchyard. In 1912 Ezra gifted a new brick-clad St Barnabas Church to the parish. As well, an Anglican boy's school, the Bishop Pinkham College (the site that would be used for health care), was built just north of Hillhurst School. The architect responsible for these ecclesiastical buildings was Leo Dowler (1876 to 1921), an Anglican himself as well as a Sunnyside resident.

One of Calgary's most prolific early architects, Dowler was born in Kingston, Ontario where he trained in architecture, arriving in Calgary in 1899. He first worked in carpentry before establishing his architecture practice in 1905. He worked with a variety of partners before returning to independent practice, during which time he also served as the Dominion Government's resident architect in Calgary. Leo married pioneer Samuel Livingston's daughter Mary in 1904, and designed and built their 1911 home 88 where they raised their large, growing family. His other works in and near the community include Hillhurst School, Ezra Riley's Hillhurst estate home, Alfred's Riley's Lodge in Parkdale, landowner AJ McArthur's Crescent Heights residence and - just across today's Mewata Bridge - the Mewata Armory. Although he is responsible for numerous historic resources in the city, only Hillhurst School and St Barnabas Church tower remain of his Hillhurst-Sunnyside works.

Perhaps the most unusual English influence to find in a North American community is the cricket field, also a legacy of Ezra. He donated the land for a City park, Riley Park, in 1910 and in 1919 he asked parks superintendent William Reader to install cricket pitches in the park. He also requested that cricket be the only team sport to be played in Riley Park. Another English custom - 'afternoon tea' - played out every Sunday at Riley Park, when it was served at the cricket club house.

The game of cricket in Riley Park where the Calgary and District Cricket League are currently based, and worship in St Barnabas Church of England, are enduring examples of intangible cultural heritage that have been practiced for over a century.



*428 Boulevard (now Memorial Drive, home non-extant or significantly altered).*



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**HILLHURST | SUNNYSIDE MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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**HILLHURST/SUNNYSIDE CARPENTER/CONTRACTOR:** Licensed carpenter for home or office renos or repairs. Small fixes to full renos. Whatever you need - framing, drywall and taping, painting, bathrooms and basements. Clean, safe work. Prompt service. 403-286-1788. We are off until the new year, but wish you a very Merry Christmas!

**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.

**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.

*continued on next page*

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## continued

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 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca

### Help Is Here

Many Canadians find the holidays to be challenging, with more than half of Canadians saying that the holiday season can be a source of anxiety, depression, and loneliness. Fortunately, this holiday season accessing help has become easier. Beginning November 30, Canadians in crisis from coast-to-coast will be able to call or text 9-8-8 and obtain counselling free of charge.

This new three-digit number aims to provide accessible and timely support to individuals in crisis, offering hope and saving lives. I was proud to vote in favour of establishing this hotline when my Conservative colleague, Member of Parliament Todd Doherty, introduced it in 2020. Since then, Canadians have waited years for 9-8-8 to be implemented; during this time, the COVID-19 pandemic highlighted the importance of accessible mental health resources.

This easily remembered number allows individuals in distress to swiftly connect with trained professionals. 9-8-8 operates 24/7, providing immediate assistance and reducing barriers that may prevent someone from reaching out for help. Regardless of socio-economic status or geography, 9-8-8 allows for better access to support.

The Centre for Addiction and Mental Health led the coordination of services for 9-8-8 with input from Provinces and Territories, Indigenous partners, crisis services, mental health experts, individuals with lived experience, and public safety officials. 9-8-8 will save the lives of Canadians who feel they have nowhere else to turn. By providing accessible, empathetic, and immediate support, this hotline serves as a beacon of hope, reducing the barriers to seeking help and saving lives.

If you or a loved one are struggling with your mental health, know that help is more accessible than ever. Please do not hesitate to call or text 9-8-8 any time you need mental health crisis or suicide prevention intervention and be sure to share this information with anyone who may be struggling.

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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.

BRAIN GAMES

SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

SCAN THE QR CODE FOR THE SOLUTION

## Join us this Christmas!

December 24th at 4:00 PM: Children's Service  
December 24th at 7:30 PM: Candlelight Service  
December 25th at 11:00 AM: Communion

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