

DECEMBER 2020

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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

JOIN US FOR 'A VERY
LOCAL HOLIDAY' FARMERS'
MARKET

SATURDAY, DECEMBER 19

THE HSCA FARMERS'
MARKET CONTINUES
INDOORS ON SATURDAYS

12:00 TO 4:00 PM

CALGARY'S
BEST-SELLING
URBAN
COMMUNITY

SMART

design with room to grow makes it a true lifestyle

INVESTMENT

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

LOOK CLOSER
UNIVERSITY
DISTRICT
— CALGARY —

Visit Our Discovery Centre

CONDOS TOWNHOMES RENTAL APARTMENTS SENIORS LIVING

Homes by AVI

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Foundation

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.

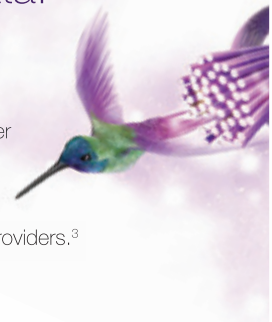
Feel confident in your video connection with upload speeds that are more than 9x faster than our competition.²

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



 **TELUS**
the future is friendly

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. \$0 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 \$200, 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 PDUfeg 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. \$0 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



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

Ryan Morstad	Chairperson
Mary Marson-Troicuk	Vice Chairperson
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Laila Adam	Secretary
Sandra Walker	Chair, Personnel Committee
Kristin Chow	Director at Large
Cynthia Mazereeuw	Director at Large
David Fanstone	Director at Large
Hayley Richards	Director at Large

Please note that due to the HSCA's closure related to COVID-19, only a limited number of staff will be available. We appreciate your patience during this transitional time.

STAFF LISTING

Matt Youens	Executive Director Ext. 221	matt.y@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Stephanie Corbett	Communications Coordinator Ext. 226	stephanie.c@hsca.ca
Sophie Bandula	Daycare Program Manager	403-270-9703, sophie.b@hsca.ca
Taiya Daybell	OOSC Program Manager	taiya.d@hsca.ca
Karl Kingsley	Facility Services Manager Ext. 223	karl.k@hsca.ca
Debbie Olson	Seniors' Connection Coordinator Ext. 224	debbie.o@hsca.ca
Amy Kettenbach	Controller Ext. 225	accounting@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only)	
Heather Ramshaw	Community Programs Coordinator Ext. 248	heather.r@hsca.ca
Shaye Radford	Community Connections Coordinator Ext. 247	shaye.r@hsca.ca

SUSTAINABLE FOOD PROGRAMMING AT THE HSCA

MONDAYS 4-6PM

except holidays

A joint approach to increase access to good food in our community.



FRESH ROUTES

EVERYONE is welcome!
Shop affordable groceries in your community.



FRESH FOOD BASKET

Grocery subsidies for residents of Hillhurst Sunnyside struggling to access good food.



MARKET GREENS

Grocery prescriptions for folks managing chronic dietary health conditions and struggling to access good food.

FOR DETAILS OR TO DONATE GO TO WWW.HSCA.CA/COMMUNITY-FOOD-PROGRAM



Upcoming Events

Every Monday (Except Holidays): Sustainable Food Programming at HSCA, 4:00 to 6:00 pm.

Every Saturday: The HSCA Farmers' Market runs in-doors. 12:00 to 4:00 pm.

Saturday, December 19: A Very Local Holiday Farmers' Market runs from 12:00 to 4:00 pm at the HSCA.

Please note: our Sunday Flea Market is temporarily suspended. Please visit www.hsca.ca/covid-19 for updates.

A VERY LOCAL HOLIDAY

45+ vendors, live music, and safe winter fun



Saturday December 19th
12-4pm at the
Hillhurst Sunnyside
Community Association



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>			



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
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
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

It's the Most Wonderful Time of the Year!

by Lisa Kelly

It's hard to believe that November is over, and December is already here! We have had so much fun continuing with our themed topics – The Farm, The Ocean, All About Me, and Colour and Shape. The classroom bulletin boards are full of the children's artwork, and we miss the parents being able to come and see what the children have been up to! We know the parents miss this too, so the teachers have been sure to add photographs of the bulletin boards, the children learning and playing, and the classroom environment on our Facebook page, www.facebook.com/westhillhurstpreschool, and our new Instagram page, 'whcapreschool'. Be sure to follow us so you can see what we have been up to!

We have also been enjoying the 'Secret Garden' in the winter where we play in the snow with our friends. The children love to pretend to cook in the garden, finding natural objects to make a delicious soup or make a warm fire with the sticks that they find! They also enjoy making obstacle courses with all the objects they can find and moving around it with their friends. We are so lucky to have an outdoor space that we can enjoy in different ways all year round.

The West Hillhurst Community Preschool offers classes for three- and four-year-old children. Using the in-house facilities of the community centre, we are able to offer unique activities including skating and soccer as part of our regular curriculum.

For more information, please visit our website www.westhillhurstpreschool.com.

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!**



Chair Yoga Online

The Thursday Chair Yoga Class has returned to the 11:00 session on Thursdays from 11:00 am to 12:00 pm. If you were not in the class before the pandemic, please contact Debbie at Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message. You will need a computer, tablet, or cell phone with an internet connection to join, 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 will run until December 17 and then will return on January 7. A new invite and schedule will be sent out to participants after December 17 for the classes beginning in January.

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 Support Group

This is currently a small group of seniors who asked to meet to talk with other seniors with the primary purpose of connecting with others virtually, when we are not able to connect in person. Sometimes it is good to talk to someone other than family.

This group meets every two weeks for about an hour and we talk about changes, challenges, share stories and thoughts. If you would like to join us for any or all of the upcoming sessions, please contact Debbie by email Debbie.o@hsc.ca or at the centre, 403-283-0554, ext. 224 and leave a message. Debbie will return your call as soon as possible.

Support During The Winter

With winter comes snow fall. As in past years, we are requesting the community to help provide some support for their neighbours if possible. If you can be a Snow Angel and clear your neighbour's city sidewalk when you are doing your own, that would be a wonderful help. Not everyone is able to get out and clear their walk and this can make it difficult for everyone who walks on the sidewalks in our community. Build up of snow and then ice create a falling hazard for everyone. Please help if you can and make our community a safe place to walk or navigate the sidewalks with walkers, wheelchairs and/or scooters during the winter months.

A couple of things to remember if you are doing shovelling this winter to stay safe:

- Be prepared for the weather. Have a hat, gloves, and a scarf if the weather is cold. You should dress in layers. Do not leave any of your skin uncovered if the wind is blowing or it is below -15. If you start to feel cold, then take a break and go inside and warm up.
- You push the snow as you shovel. Pushing the snow will be easier on your back than lifting the snow. If you need to lift the snow out of the way, then lift the shovel using your entire body. Lift with your legs and not your back. If the snow is deep, take small loads. Do not heap the snow on the shovel. If the snow on your shovel is too heavy, then do not lift so much snow next time. If you lift something that is too heavy you will hurt your stomach and back. You can also hurt your heart if you lift too much.
- Be careful on the sidewalk, driveway, or road. There may be ice underneath the snow.
- Use a shovel that is comfortable for you. Do not use a shovel that is too heavy for you.
- Do not work to exhaustion, where you cannot work anymore. Cold and exhaustion are hard on your heart.
- Do try to shovel fresh snow. If the snow is fresh it is powdery and is easier to shovel than wet packed-down snow
- City by-laws indicate that snow needs to be cleared within 24 hours of when the snow stopped falling, but of course if it snows for more than one day in a row, it is simpler to clear the snow daily to make it easier to shovel

Volunteers

If you are interested in volunteering with seniors or any of the other programs and supports provided through the Community Connections Program, the food programs, Community Planning, the HSCA Board or Communications, check out Timecounts on our website for postings where volunteers are needed. If you would like to talk more about possibilities that you might want to explore, but don't see something in Timecounts, send

one of us an email, or call and leave a message at any of our extensions. We would love to talk more about the possibilities.

Other Senior Programs

While in-house programs for seniors are on hold, we are exploring other ways of connecting. Stay tuned for more information and these develop. If you have any thoughts or ideas, please don't hesitate to share them with Debbie.

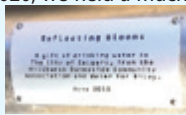
Water for Riley's Celebration and Farewell

RIP: June 19, 2012 – October 25, 2020

Its Purpose Complete, Water for Riley Is No More

The drinking fountain is installed and dedicated to the City of Calgary, which was Water for Riley's sole mission and it's accomplished. You have a last chance to win awesome prizes still, read down for details.

We always said the last task was to party at the drinking fountain. Alas, it could not be in Riley Park because of COVID-19, so we pivoted. On Sunday, October 25, 2020, we held a much scaled down celebration of that success. Water for Riley partnered with the Kensington Business Redevelopment Zone (BRZ) in a public market.



Scaled Down and Still Local

Water for Riley was always hyperlocal. Our talented team ensured all the money was raised and spent locally. Water for Riley was founded on the idea of building community and building relationships by building a drinking fountain. Whereas we'd hoped the party for the drinking fountain could be city-wide, complying with health rules meant even the party was local.

As well as vendors the BRZ arranged, Water for Riley hosted its team. Displaying and selling their art were local artists, Framed on Fifth gallery owner and sculptor, Hannah White, Artsploration painter, Mary-Leigh Doyle, woodcrafts by Jeff Melnyk and handmade glass bead jewelry maker Karyn Williams.

NorthWest Healthcare Properties, the developer of the Grace Hospital site north of Riley Park, donated a gorgeous, huge gift basket to give away. NorthWest Healthcare Properties employee Rachelle Donaldson volunteered at the market for the day.



Bloco Vivo, the Samba and Maracatu band that practices in Riley Park, brought energy and warmth on a cold day with its performance.

Water for Riley's biggest hit of the day was the giveaways to people who stopped to chat about the drinking fountain in Riley Park and membership in the Hillhurst Sunnyside Community Association (HSCA). Water for Riley offered gifts to entice people to join HSCA, and the HSCA offered discounts on memberships. Important to note is that Water for Riley bought all the gifts to give away, the final way it supported local community and business as thanks for all the support the project received.

COVID 19 Changed What Could Have Been

The event had been scheduled for June 13, 2020, and we'd booked a full and active day of local celebrities, fun, and performances in Riley Park. Then, COVID-19 shut down the parks and public realm. We cancelled and hoped restrictions would be brief. That, obviously, didn't work out and we had hard decisions to make.

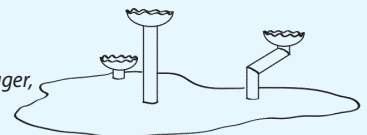
We decided to not wait until 2021, because there's no guarantee it would be any better or safer. We scaled down the event and accepted that we could not meet Alberta Health Services rules to hold the event in Riley Park.

Water for Riley has now reported to its donors and presented its final accounting to its HSCA oversight Board, which is the Hillhurst Sunnyside Planning Committee.

It's done. Thanks for the memories and for the drinking fountain in Riley Park.

See you in Riley Park,

*Deborah Sword
Volunteer Project Manager,
Water for Riley*



Now Available: 2021 Memberships

While the HSCA's facility is closed, memberships can still be purchased online at <https://www.hsc.ca/membership> (please follow the step-by-step renewal instructions).

HSCA MEMBERSHIP BENEFITS:

- 10% discount on HSCA facility rentals with a family membership
 - Reduced rates for some HSCA programs, drop-in sports, some special event admissions
 - \$5 discount per swimming lesson set; discounted monthly pass at Bowview Pool for members only (open during the summer only)
 - Free use of the tennis court
- You can also use your HSCA membership card to receive discounts with the following local businesses:**
- **NEW- Good Trade Coffee Co:** HSCA Members receive 10% off all beverages
 - **NEW- Bailey Nelson- Kensington:** HSCA Members will receive a Free Blue Light Filter (\$50 Value)
 - **Canary Refillery and Zero Waste Market - NEW:** 10% off purchases
 - **Sunnyside Natural Market:** Save 5% with your HSCA Card (case discounts not included)
 - **Vine Styles Kensington:** 10% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
 - **Flippn' Burgers:** 10% discount on all purchases
 - **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
 - **Cadence Chiropractic Sport and Health:** 20% off your first 60- or 90-minute massage. 20% off your initial Acupuncture Assessment and Treatment
 - **Kensington Auto Pro:** 10% off on parts and labour
 - **Framed on Fifth:** 10% discount on all framing
 - **Rejuve your Body:** Get a 30-minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.
 - **Beagle 14 (formerly the Regal Beagle):** 10% off your order (excludes daily specials)
 - **MYo Lab Sports Therapy + Personal Training:** 20% off all retail supplies + supplements (for as long as you hold an active HSCA membership).
 - **Pho HouZ Vietnamese:** 10% off regular priced orders (excludes alcohol)
 - **Tania MediSpa:** Family and Individual members receive 20% off facials and body wraps, 10% off massages, Botox, fillers, permanent makeup, and fillers. Senior Members receive 20% off facials, nails, and massages, 10% off product
 - **Dignity Memorial Funeral Services:** 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services* [*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of the two discounts.] National Transferability on 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.hsc.ca for news and updates about this program.
 - **Free House YYC – NEW** – Enjoy 15% off pickup orders through our website, just click Order Online and use the promo code HSCA15. When you arrive to pick up your order, show our lovely staff your card and enjoy.
 - **PB and JYYC – NEW** – Show your Valid HSCA Membership card and receive 10% off your order.
 - **Gummi Boutique – NEW** – HSCA members will receive 10% off on regular bulk items.
 - **D'Orient Spa – NEW** – 15% off spa services and 5% off products.



Commit to 3 simple acts of kindness

Neighbours helping Neighbours

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

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

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

Visit Calgary.ca/HelpingOthers for:

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



Hello neighbour!

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

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

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

My name: _____

My address: _____

My phone number: _____

My email address: _____

If you:

- Have a medical emergency, call 9-1-1
- are in distress, call the Distress Centre (403) 266-1601
- need to access resources, call 2-1-1
- Have health questions, call 8-1-1

To find a printable version of this card, or for information about The City of Calgary's response to COVID-19, visit calgary.ca/covid19.

To learn more about The City's response to COVID-19, visit calgary.ca/covid19.



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	Check out the Lions' Festival of Lights	Go sledding	Make hot coco	Decorate a window for winter
Do a random act of kindness	Support a local business	Download a stargazing app	Have a family game night	Send a care package to a friend, neighbour, or family member
Attend the HSCA Farmers' Market: A Very Local Holiday Edition	Borrow a winter-themed book from the Calgary Public Library	FREE	Visit or order from one of our Membership Partners	Make a gingerbread house
Bake a pie, cake, or cookies	Try a DIY family winter photoshoot	Have a pyjama day!	Have a snowball fight	Video chat with a friend or family member
Make a stew or soup	Follow HSCA on Instagram	Make an ice sculpture	Donate any unwanted warm clothing	Create a winter song playlist

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



Please note, that the GFB will not be available in December and will be back again in January.



ELIZABETH IS ONE SMART COOKIE

Gingerbread cookies are a holiday-favourite. Did you know that gingerbread people were invented by Queen Elizabeth I? Although she did not bake the cookies herself, she did ask her royal bakers to make cookies that were shaped like visiting dignitaries.

Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GMM) and the Hillhurst-Sunnyside Community Association (HSCA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GMM and HSCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.

BUSINESS CLASSIFIEDS

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

HILLHURST | SUNNYSIDE MORTGAGE BROKER: Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

HILLHURST / SUNNYSIDE CARPENTER / CONTRACTOR: Licensed carpenter for home or office renos or repairs. Small fixes to full renos. Whatever you need - framing, drywall and taping, painting, bathrooms and basements. Clean, safe work. Prompt service. 403-286-1788.

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

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 HILLHURST/SUNNYSIDE – 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.

CRIME STATISTICS

Hillhurst Crime Activity was Down in October 2020

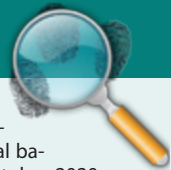
The Hillhurst community experienced 21 crimes in October 2020, in comparison to 29 crimes the previous month, and 32 crimes in October one year ago. Hillhurst experiences an average of 29.4 crimes per month. On an annual basis, Hillhurst experienced a total of 353 crimes as of October 2020, which is down 24% in comparison to 465 crimes as of October 2019. To review the full Hillhurst Crime report visit hill.mycalgary.com

Sunnyside Crime Activity was Down in October 2020

The Sunnyside community experienced 10 crimes in Octo-

ber 2020, in comparison to 28 crimes the previous month, and 17 crimes in October one year ago. Sunnyside experiences an average of 18.8 crimes per month. On an annual basis, Sunnyside experienced a total of 225 crimes as of October 2020, which is down 9% in comparison to 247 crimes as of October 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.



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

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Thinking Outside the Christmas/Holiday Box

by Nancy Bergeron, RPsych | Nancy@viewpointcalgary.ca

While I sat to ponder what my final messaging of 2020 would be, I couldn't help but think about what a strange and unexpected year this has been. Eight months ago, during our COVID lock down, I wrote about the grief and loss many of us were experiencing. At the time, I was doing my best to be a realist about how long this would go on, and what things we would most likely be missing out on, such as Stampede and holiday travels. Since Thanksgiving has come and gone, we are in the midst of a second wave because many are struggling with COVID fatigue and have not been as rigorous with our COVID safety protocols. Quite frankly, we are all tired of the new normal. Christmas, and the holiday season is now upon us, and the losses are ongoing. With the reality of continued social distancing, and only interacting with immediate family for gatherings, I felt it was time to look at how to shift our negative emotional battle into a positive outlook, moving forward through the holidays and winter months.

Light up the night – This is the time to string up those Christmas lights. We created a most impressive Halloween for kids this year, and I expect the neighbourhood lights to be more abundant, turned on earlier, and left on later this winter.

Walk instead of driving around the neighbourhood to see the lights.

Be creative – Replace or create a new, or different holiday tradition this year.

Resurrect Christmas carolling – Grab a few neighbours, friends, or family members, print up some sheet music, dress warm and festive, and sing your hearts out to your older neighbours who have been staying close to home or shut in.

Christmas dinner delivery – Are there family members or friends that can't gather with you that live in town? Go ahead and create your usual amazing Christmas turkey dinner, and then pack up meals and deliver them with all the fixings. Not only will you get to enjoy the aromas and meal, your body will recall the same tired memory of creating the meal once you put your feet up at the end of the day, and your heart will be lighter knowing you brightened someone's day.

Home movie nights – Throw all of your holiday DVDs in a box and pick one to watch each night. If you are digital, make a list on strips of paper and then draw a title each night. Maybe try a backyard screening on a starry night, with all the bonfire ideas mixed in.

Baking cookies and creating gourmet hot chocolate – Go a step further and deliver some of your bounty with neighbours and friends.

Ice skating – Many communities have outdoor rinks. Volunteer to help maintain them, and maybe even buy a new pair of skates this year, it's great exercise.

Tobogganing – There are hills all over the city. Don't dress too warm, as you will be fired up from all the hill climbing and laughing.

Back yard bonfires – Turn on some music, grab a to-go mug of hot chocolate, throw a blanket on your lawn chair, and enjoy the company of a few more people under the starry winter sky.

Deck the halls with warm and cozy – pull out all your overstuffed pillows, fuzzy socks, thick and soft throws, light the fireplace, and light some candles.

Redirect your thinking – The holiday season is about generosity of time and heart, not materialism. Challenge each other to make gifts, or limit the amount of money spent on gifts, to force creative and thoughtful gifts this year.

Gratitude, gratitude, gratitude – Focus on the things you have control over and all the positive things you have in your life: family, friends, good neighbours, a great community, health, a roof over your head.

A positive mental shift requires setting intention in how we think and focusing on choosing to be positive. Challenge one another to look for the positive in situations and hold each other accountable. I am truly grateful for your continued readership of my ramblings, feedback, and topic suggestions throughout the year. I wish all of you and yours, good mental and physical health through the Christmas and holiday season, and into the new year.

NEW DATE AND TIME

Saturdays



30+ local vendors every Saturday 12-4pm inside the
Hillhurst Sunnyside Community Association
from October to May

more details at farmersmarket.hsca.ca

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.

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That's Strange!

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Come to church on Christmas Eve!

Join us at St. Barnabas for our outdoor family service as we prepare for the birth of the Christ child.

Christmas Eve, December 24th at 3:00 PM

As this service will be entirely outdoors, dress for the weather! Please wear a mask.

To reserve your attendance, email rsvp@stbarnabas.ca and indicate how many in your family will attend.

We are located adjacent to Riley Park.

1407 - 7 Avenue NW

Tel: 403-283-3035

The Anglican Parish of St. Barnabas

www.stbarnabas.ca





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