

DECEMBER 2021

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

# HILLHURST SUNNYSIDE VOICE

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



**HOLIDAY FARMERS' MARKET AT HSCA**  
**DECEMBER 11 AND DECEMBER 18**



**Build your**  **Community**  
 **Savings**  
 **Business**  
 **Career**

**Build something great.**

Make a change and make it last. For you and for your community.  
Momentum's programs are here for you to make that change happen.

**Learn more about our programs!**

**403-204-2650**

**momentum.org**





## 5 reasons to #SupportLocalYYC over the holidays

### You get unique goods and services—in stock!

From everything you need to fill the most eclectic kitchen pantry, to local fashion and multicultural surprises, finding one-of-a-kind treasures is a gift in itself when you shop local.

### You support the local economy

Small businesses make up more than sixty per cent of the retail sector in Calgary. Local businesses generate about four times more economic activity than larger corporations. And support for local businesses means support for local jobs.

### It helps protect the environment

Less time and resources shipping products grown and made nearby means fewer emissions are associated with every purchase. Local foods, which support area farmers, can be even more beneficial.

### Your money stays in Calgary

Not only does a dollar go further when spent at a local level, it also keeps on giving. Over half of every \$100 earned by local businesses ends up recirculating in the Calgary economy. It's a win-win for our neighbourhood businesses when you think local.

### You support your neighbourhood's identity

The places we think of as great neighbourhoods can really thank local businesses for putting them on the map. Leave a positive review for the places you love, follow and tag them on social media, and **spread the word about your favourite local businesses with #SupportLocalYYC**

**RE** open  
connect  
spend

## BOARD OF DIRECTORS

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Director at Large	Ryan Morstad
Director at Large	Sandra Walker

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

## STAFF LISTING

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



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— CUSTOM HOMES —

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## Program Phone Numbers

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

*Volunteering*  
is good for the soul

**HSCA**  
Hillhurst Sunnyside Community Association

# FLEA MARKET

SUNDAYS 7:00 AM - 3:00 PM

403 283 0554 ext. 231  
1320 S Ave NW

A community program since 1982

OPEN WEEKLY | YEAR ROUND | FREE ADMISSION  
110+ vendor tables

The HSCA Flea Market is participating in the provincial Restrictions Exemption Program (REP). Visit [www.alberta.ca](http://www.alberta.ca) Flea market

## Holiday Markets

December 11 and December 18

\*Vendors to be announced soon

Follow us on Instagram and Facebook for more information about vendors coming to market this year.

**Catch the WAV**

### Wheelchair Accessible Vehicle Calgary makes getting a taxi easy

Call: **403-974-1110**  
**WAVCalgary.com**

Download the app



## SENIORS CONNECTIONS

For all the programs listed below, or for any further information, ideas, concerns, or referrals, please contact me by email at [Debbie.o@hsca.ca](mailto:Debbie.o@hsca.ca) or call me at 403-283-0554 ext. 224 and leave a message. I will get back to you as soon as possible and provide you with the links to join the classes or talk about any other ideas or concerns you would like to share, talk about, or explore.

### Caregiver Connections

Caregiver Connections will be held Thursday, December 16 from 7:00 to 9:00 pm. If you are not able to join on this date and you would like to connect, please send me an email, leave a phone message, or connect with me on the Monday Connections online. I will be glad to connect anytime. To join the connection on Thursday, December 16, please connect with Debbie (contact info above).

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

### Resources

Alberta Caregivers is an excellent source of supports for Caregivers. Reach out.

**Their Mission:** To empower caregivers and promote their well-being.

**Their Vision:** An Alberta where caregivers are valued, respected, and supported.

Feel free to connect with them in one of the following ways:

- **Support Line:** Listens and offers help through information, referrals, navigating the health system and resources specific to your needs.
- **Caregiver Coach:** Works with caregivers one-on-one to share strategies and tools for managing stress as a caregiver.
- **Education Sessions:** Explore topics relevant to caregivers. Multiple virtual sessions offered every month.

- **Caregiver Support Community:** Aims to empower caregivers well-being by providing a supportive group to connect with others. Meets weekly: Mondays at 10:00 am, Tuesdays at 6:00 pm, Thursday at 1:00 pm.
- **Compass:** Helps caregivers “take care of themselves”. 4-week workshop dealing with guilt and grief, managing stress, improving communication, navigating the system, and planning for the journey ahead.

If you know someone who you think could use the help, you can make a referral to <https://bit.ly/CaregiversReferral>.

You can also check out their site at: [www.caregiversalberta.ca](http://www.caregiversalberta.ca).

Phone: 780-453-5088 or 1-877-453-5088 (toll-free)  
Email: [support@caregiversalberta.ca](mailto:support@caregiversalberta.ca)

### Chair Yoga Online

Chair Yoga Online continues and there are two classes that participants can join:

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

Both classes will be accessible half an hour before the class begins and for half an hour after, if anyone wants to connect with other participants or with me.

If you would like to join the class, contact me so that I can send you the link. Please be sure you join the class at least 5 minutes before the class start time.

To join either or both classes, you will need a computer, tablet, or cell phone with internet connection 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 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 Connections

Monday Connections will continue every Monday (except Statutory Holidays), for anyone who would like to connect for any reason from November 1, 2021 to December 20, 2021.

- Finding senior support for yourself or another senior in the community.
- Looking for information around senior supports or other programs or connections.

## HSCA Staff Spotlight: Meet Genevieve



The HSCA Spotlight will introduce (or reintroduce) our community to HSCA staff, volunteers, and members of the Hillhurst Sunnyside Community. If you know of a resident interested in participating in the HSCA Spotlight Series, email [Stephanie.c@hsc.ca](mailto:Stephanie.c@hsc.ca) with subject line: HSCA Spotlight. We know our community is full of awesome residents and captivating stories and we're hoping to share that with everyone!

Allow us to introduce you to Genevieve! Genevieve is HSCA's OOSC (Out of School Care) Program Manager and has been with HSCA since 2018. Over the years, Genevieve has taken on lots of different roles, including her work as our Front Office Assistant. Outside of HSCA, she is a talented painter and digital artist. We love working with Genevieve and appreciate the energy and dedication she brings to our team and community. Let's get to know Genevieve better... in five questions or less!

### **What is your favourite part of HSCA?**

The friendly and welcoming environment!

### **What do you like most about your role as OOSC Program Manager HSCA?**

It's the kids. I love to see the children and youth of the community grow. They are dynamic, creative, and thoughtful. Every day they challenge me, and every day I grow with them.

### **Best series/movie/or activity you enjoyed during quarantine?**

She-Ra and the Princesses of Power (the Netflix remake) and connecting online to play D&D with friends.

### **What is your favourite part of the Hillhurst Sunnyside community? (Examples: walks, people, places to grab coffee, etc.)**

Love taking the OOSC kids to Riley Park.

### **What keeps you busy outside of your role at HSCA?**

My needy, needy dog! And I'm learning coding!

- Volunteering to provide support for a senior in the community.
- Learning about the programming for seniors in the community.
- Connecting to learn more about the Senior's Connections Program.
- Anything you would like to learn more about, explore etc.
- If you just want to talk to someone.

Connect with me for any reason. The link is below and will give you access until December 20, 2021.

I really want to hear from you whether you are a senior, are looking to help a senior you know, are concerned about a senior, are a potential volunteer or if you have ideas that you would like to explore around seniors. Please connect. I can also arrange to connect with you at another day or time if that works better for you, I am flexible.

### **Snow Removal**

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

If you are able to help a senior in the community with snow removal this year, please connect with Debbie at [Debbie.o@hsc.ca](mailto:Debbie.o@hsc.ca) or call 403-283-0554, ext. 224 directly or sign up in Timecounts. If you are already in Timecounts and would like to help, check the assignments to sign up.

If you are a senior or a community resident who is not able to clear your snow this winter, contact Debbie.

### **Casino**

We have a casino scheduled for Tuesday, January 25 and Wednesday, January 26, 2022. While COVID could impact this moving forward, we need to put all elements in place, especially the forms needed by AGLC.

We need to fill 6 positions, 2 shifts (day and evening) for two days, and 7 positions for the count room at night, each day as well as have a couple of back-ups in case of a last-minute change.

I will have a posting in Timecounts for you to sign up on, and you can reply/send me an email or call the office phone and leave me a message as well so that we can begin populating the schedule and will send out forms for those in key positions to complete.

If you have any questions about the positions and what the volunteering entails, call Debbie at 403-283-0554 ext. 224 and she will provide you with that information.

## 5A Network in Hillhurst Sunnyside

by Tim Schaefer, Sunnyside resident

Calgary's pathways and bikeways offer an extensive network that many Hillhurst Sunnyside residents enjoy. However, the City's 2020 Transportation Plan\* describes the current network as one that only serves "recreational users as well as confident and dedicated cyclists".

This is an interesting description because it's an acknowledgement that people seeking to ride for non-recreational purposes are not well served. Furthermore, the document is indicating that non-recreational users (commuters) are mostly those who are confident and dedicated riders.



Photo of child pausing while on ride to school. Children are not well served by painted bicycle gutters. *Credit: Tom Flood*

In updating the pathway and bikeway plan for 2020, the City engaged residents and heard they are looking for something more inclusive, with broader use and fewer barriers. They also want better connections to destinations like schools, shops, recreation centres, and workplaces.

From this feedback, the City created the 5A Network which stands for Always Available for All Ages and Abilities. The 5A Network has the following principles that are designed to create community connection and welcome a variety of users:

- Separate people by their speed
- Improve visibility
- Make it reliable
- Be accessible for everyone
- Make it easy to use

What does the 5A Network mean for Hillhurst Sunnyside? Today the pathways and bikeways in our neighbourhood are primarily recreational (Bow River pathway), or servicing commuters passing through our neighborhood to downtown (painted bicycle gutters on 5 Ave, 9A St, and 10 St NW). We also have designated shared roads that are marked with signs or sharrow painted on the road. Unfortunately, these really only serve "the confident and the dedicated"; they don't serve all ages and abilities.



Photo illustrating the relative safety investment made for people in vehicles vs. people in painted bicycle gutters.

*Credit: Tom Flood*

Going forward with Calgary's 5A Network plan, we can expect to see our bike/pathways evolve and new ones emerge. Our bike/pathways will become more welcoming to children, seniors, and people with mobility challenges by providing safe separation from vehicle traffic. They will also provide year-round connections to places within our neighbourhood such as our schools, stores, parks, and the Sunnyside LRT station.

Implementing these bike/pathways will mean some of our street infrastructure will change. Some of our excessively wide roads may have the vehicle lanes narrowed to match the standard width for a 40 km/h street. The place you park your vehicle on the street may also move to a different location. These changes will be a necessary adjustment in order to make safer, more inclusive bike/pathway infrastructure for people.



Photo of a separated bicycle lane; the gold standard in safe bicycle infrastructure. *Credit: Tom Flood*

When these changes come to our neighbourhood and other parts of Calgary, keep in mind the safe and inclusive opportunity it will create. Providing the freedom for all ages and abilities to be actively mobile anytime in a safe environment will be a great exercise in removing societal barriers. It will promote physical activity, build vibrancy in our community, and demonstrate that we value the safety of people who choose to be actively mobile.

\*To read the full details of the 5A Network, search on calgary.ca website, or use this QR code:







## The Indoor Season is Upon Us!

### Farmers' Market @ HSCA

Every Saturday | 10:00 am - 2:00 pm  
1320, 5 ave NW, Calgary



Community Food Centres



Market Greens



Market Greens is a CFCC program that increases affordable access to nutritious fresh fruits and vegetables.

#### Are you eligible?

This program is targeted to people in the community who are living on a **low income**, are **currently managing a chronic diet-related health condition** and are **more likely to experience gaps in their ability to access healthy foods**.

This program provides subsidies based on household size to participants to shop at our affordable Fresh Routes market. A 15-week voucher is provided to be spent at the market over a period of 20 weeks.



Period 1: December 6-May 6  
Period 2: March 7-August 6

Every Monday, from 4:00pm to 6:00pm  
@ Hillhurst-Sunnyside Community Association

For more information, please call or email Tobi:  
tobi@hscs.ca 403 283 0331 ext 218.

## HSCA Staff Spotlight: Meet Bonnie

The HSCA Spotlight will introduce (or reintroduce) our community to HSCA staff, volunteers, and members of the Hillhurst Sunnyside Community. If you know of a resident interested in participating in the HSCA Spotlight Series, email [Stephanie.c@hscs.ca](mailto:Stephanie.c@hscs.ca) with subject line: HSCA Spotlight. We know our community is full of awesome residents and captivating stories and we're hoping to share that with everyone!

Allow us to introduce you to Bonnie! Bonnie is HSCA's Flea Market Manager and has been involved with HSCA for over 35 years. HSCA's Sunday Flea Market is an important community building event and continues to bring people together. Our Sunday Flea Market is a great way to support local and promote a more sustainable holiday season. Visit the HSCA Flea Market every Sunday, 7:00 am to 3:00 pm at HSCA. Let's get to know Bonnie better... in five questions or less!

### What keeps you busy outside of your role at HSCA?

Family, renovating, jewelry making.

### Best series/movie/or activity you enjoyed during quarantine

Queen of the South, Naked and Afraid.

### What does Community mean to you?

A strong community is a multi sourced support system.

### What topic could you give a 20-minute presentation on without any preparation?

The Flea Market and its important role of Recycle, Reuse, and Repurpose.

### What is your favourite part of the Hillhurst Sunnyside community?

Small town atmosphere in the middle of a big city.



### 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.

## Ongoing Programming at HSCA

The HSCA is committed to providing a safe environment for all and continues to make every effort to mitigate health risks associated with COVID-19. For the most up-to-date information on our programming (online and in-person), check out our calendar online at [www.hsca.ca/programsrecreationcalendar](http://www.hsca.ca/programsrecreationcalendar).

### Mondays (except holidays)

#### Seniors Connections Group (Online) at 10:00 am.

This Monday Connections group is about providing an opportunity to connect with the Seniors Coordinator to talk about possibilities, programming, supports or any topic related to seniors. You could be a senior, a senior's family member or a volunteer. If you would like to join or would like more information, contact [Debbie.o@hsca.ca](mailto:Debbie.o@hsca.ca) or call 403-283-0554 ext. 224 and leave a message.

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

HSCA's Sustainable Food Programming has something for everyone and features: Fresh Routes, Fresh Food Basket, and Market Greens. Visit [www.hsca.ca/community-food-program](http://www.hsca.ca/community-food-program) for details.

### Tuesdays

#### Chair Yoga (Online) at 11:00 am

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

### Thursdays

#### Chair Yoga (Online) at 11:00 am

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

#### Neighbour Night 6:00 to 8:00 pm

HSCA hosts an assortment of free monthly activities every Thursday. For more information, contact [Shaye.r@hsca.ca](mailto:Shaye.r@hsca.ca) at 403-283-0554, ext. 247.

### Saturdays

The HSCA Farmers' Market Indoor Season runs Saturdays, 10:00 am to 2:00 pm.

### Sundays

The Sunday Flea Market runs 7:00 am to 3:00 pm. Check out the crafts, furniture, antiques, books, treasures, and community building every Sunday at HSCA.

### Other Programming

- **HSPC Meetings are the first Wednesday of each month from 7:00 to 9:00 pm online.** Please contact Ali McMillan, Community Planning, Engagement and Volunteer Coordinator at [ali.m@hsca.ca](mailto:ali.m@hsca.ca) if you would like to join an upcoming meeting and she can send you the Teams link.
- **Caregiver Connections Group (Online) will happen on the third Thursday of each month from 7:00 to 9:00 pm.** During this session, we will focus on self-care and discuss strategies for taking care of yourself while caring for others. If you would like to join or would like more information, contact [Debbie.o@hsca.ca](mailto:Debbie.o@hsca.ca) or call 403-283-0554 ext. 224 and leave a message.



## Truth and Reconciliation Week at HSCA Daycare

In observance of the National Day of Truth and Reconciliation, HSCA was closed for programming and operations on Thursday, September 30, 2021.

As a part of HSCA's commitment to supporting Reconciliation, during the week of September 27 to October 1, HSCA placed a focus around Indigenous culture and the importance of reconciliation within that community. Many HSCA staff attended virtual events, learnings, and accessed resources to support them on their reconciliation journey.

During this week, HSCA's Childcare Director, Shannon Martel and her team worked to embed Truth and Reconciliation learnings within our childcare programming.

"It was challenging to explain to young children about this day, therefore, we staff chose a different approach: to advocate Indigenous culture through arts, stories, and crafts in our program planning. We hope to implement this in long term programming so our children can grow up feeling empowered with rich cultures of diversity."

— Nhi Lai, Moonlight Primary Educator at HSCA Daycare

# HSCA Volunteer Spotlight

**Volunteer:** Michaela O'Neill

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

"I've lived in Kensington for 11 years and I like that it has places close by and the people that I've meet so far are super nice."

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

"My mother was the one to get me involved and from there are I've loved every moment about it. It's super fun to help out in the community and get to meet people."

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

"I've done activities like Potlucks before COVID started it was fun, at the potlucks I would look after the kids until we ate or even after, it was fun."

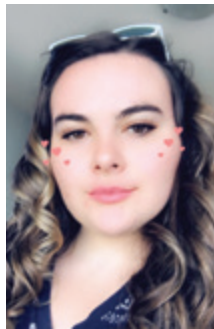
**What would you tell others in the community about volunteering? What do you like most about volunteering in the community?**

"I would tell others that volunteering is not a waste of your time - it helps you to understand others and you get to see things through other people's eyes."

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

"My hidden gem in the community is the beautiful view of downtown Calgary when you go up any hill in the Kensington area."

*Volunteers are what make our community thrive! We sincerely appreciate all the contributions of our local neighbours. Visit [www.hsca.ca/volunteer](http://www.hsca.ca/volunteer) or contact [volunteer@hsca.ca](mailto:volunteer@hsca.ca) to get involved!*



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# Community Planning

The Hillhurst Sunnyside Planning Committee (HSPC) is now meeting virtually - please contact Ali McMillan at [ali.m@hsca.ca](mailto:ali.m@hsca.ca) to get an invite. We meet on the first Wednesday of each month from 7:00 to 9:00 pm. All residents, non-members, guests, and students are welcome. Join us online at on our Mighty Networks for details on how you can engage and learn about new planning and development projects in your area.

Planning and development applications that have been submitted to the City of Calgary these past two months are listed below. Please visit the City of Calgary's Planning and Development Map to view details and discover how you can follow up with appropriate City staff for more information or submit your comments directly online. Most of the plans for applications in the neighbourhood are now available directly from Calgary. [ca/pdmap](http://ca/pdmap) if you click on the address.

In September/ October HSCA Planning Committee reviewed the following applications:

1. DP2021-5401 - 1601 Bowness Rd NW – New Dwelling Unit, Office, Healthcare Service Building (1 building) – Tricor Design Group
2. DP2021-7435 - 1702 Kensington Rd - Changes to DP2019-4866 – Dwelling unit with office
3. 324 11St NW DP2021-5272 New Single Detached Dwelling with garage
4. 615 2nd Ave NW DP2021-7313 New: Multi-Residential Development (1 building)
5. DP2021-7521 223 9A St – JEMM Hive – New Live-Work Unit, Multi-Residential Building – LOLA Architecture
6. 437 11a St NW – 7136 New Single Detached Building with Garage

You may wish to copy the HSCA (c/o [ali.m@hsca.ca](mailto:ali.m@hsca.ca)) and the Councillor's office (c/o [caward7@calgary.ca](mailto:caward7@calgary.ca)) on your comments to the respective file managers, so we may track community responses.

A huge shout out to all the volunteers on our Planning Committee. It is a lot of work, and we highly value your contributions!

## SAFETY CORNER

by Richard Bankert, KGCA Director – Safe Streets

This article was originally published in the Killarney-Glengarry e-newsletter and was reprinted with permission.

One topic that is usually never talked about within a community is drug houses or grow ops.

What are grow ops or drug houses? The best way to answer this question is simple. A grow house, as defined by Google, is a property primarily situated in any community within any city or town. This property can be used to grow marijuana and other such illegal drugs.

Also from Google: “The houses are typically outfitted with extensive hydroponic equipment to provide water, food, and light to the plants, and the houses themselves are usually kept in good condition to blend in with the neighbourhood. Illegal electrical hookups are a common feature of grow houses, to both save money and to make it harder for authorities to identify them due to their unusually high electrical usage.”

So, how do grow ops/drug houses effect the crime within the community? Drug houses and grow ops are one of many causes for drug addiction and can lead to numerous other social disorders. Violence, crimes of opportunity, housing problems and vagrancy are some of causes from these types of houses.

How can someone spot a grow house within the community? It is not an easy thing to do. However, the best thing to do is to follow what the Calgary Police Service has put up on the website. You may find it at this link: <https://www.calgary.ca/cps/community-programs-and-resources/crime-prevention/grow-ops-and-drug-houses.html>.

Other ways to help if you see a drug house:

- Submit a SCAN Complaint:

Safer Communities and Neighbourhoods (SCAN) is a unit of the Alberta Sheriffs that helps keep communities safe by dealing with problem properties that are being used for specific illegal activity such as drug trafficking, prostitution, child exploitation, and/or gang-related crime. SCAN has put fences around houses, forced houses to be torn down etc. in the past. The more complaints they receive, the greater the urgency they will act upon it.

Submit your complaint here: <https://www.alberta.ca/report-suspicious-property.aspx>.

- If you see any crime or dangerous/illegal activity or people, call the police information line immediately. The quicker we act, the quicker CPS acts in catching the perpetrators.

- City related complaints: <https://www.calgary.ca/cfod/csc/311.html>.

Some time ago, I received an email about a grow op/drug house being shut down a few weeks ago. Although I am not aware of all the details, it was done safely, and an unknown number of people were arrested. The actions of the brave men and women who were part of the team who performed this action and the lead investigator, Cst. Prajoux help to keep our communities safe.

### Fancy, Fancy, Fancy

Do you put tinsel on your tree? Is it a tradition to drape it delicately across those green branches? Well, it may not have been so easy years ago. Back in 1610, Tinsel was invented in Germany, and was spun from real silver. Imagine having to drape that daintily across a pine tree, without breaking it of course! Fancy, fancy, fancy!



## SAVE A BUNCH OF CASH

Expert advice  
Excellent rates  
Many options  
Better mortgages

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**ANITA** 403-771-8771  
anita@anitamortgage.ca

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# BUSINESS CLASSIFIEDS

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

**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 info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**HILLHURST | SUNNYSIDE MORTGAGE BROKER: SAVE A BUNCH OF CASH!** As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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

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

**ITALIANO PLEASE!** Is a family-run establishment serving authentic Roman cuisine with meal delivery or catering for any function. Enjoy care-free holiday dining at home, and gift baskets or platters with Italian flair! Contact us for free quotations at italianoplease.com or 403-702-2542.

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

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

Calgary



## Have you checked for household leaks?

- Toilets
- Faucets
- Hot water heater
- Humidifier
- Other water using devices
- Check again in six months.

[calgary.ca/waterguide](http://calgary.ca/waterguide)

21-0015979-ADV-11580

## The Good Food Box (GFB)

The Good Food Box is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out.

**Large Box:** Includes approximately 40 pounds of produce. Cost: \$35

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

**Small Box:** Includes approximately 20 pounds of produce. Cost: \$25

**Orders accepted:**

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

HSCA Farmers' Market at the welcome table – cash orders only.

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

**2021 Good Food Box Order and Delivery Dates**

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

Please note, there is no Good Food Box (GFB) for the month of December. The GFB will return in January. Order and pick-up dates will be posted at [www.hsca.ca/community-food-program](http://www.hsca.ca/community-food-program).



Christmas in KENSINGTON  
VETERANS FOOD BANK OF CALGARY DRIVE

All donations will be delivered to the Veterans Food Bank  
\*Non-perishable food items only\*  
Nov. 12- Dec. 17  
Veterans Food Bank of Calgary  
OF CALGARY VETERANS SERVICES SOCIETY

## SUSTAINABLE FOOD PROGRAMMING AT THE HSCA

### CURRENTLY SEEKING VOLUNTEERS

#### Volunteer opportunities

- Fresh Food Basket Prep
- Check out support



Register to volunteer at  
<https://timecounts.org/hillhurst-sunnyside>



Hillhurst Sunnyside Community Association

Fresh routes  
Mobile Grocery Store

MARKET  
GREENS

# HEY! CONDO FOLKS!



**HSCA**  
Hillhurst Sunnyside Community Association

HSCA is looking to connect with you! Are you on a Condo Board or live in a condo/ apartment and can connect us? We are gathering a list of each contact for the buildings in our community so we can better share information with residents. Please email Ali at [ali.m@hscsa.ca](mailto:ali.m@hscsa.ca) to join our list!

## Calgary Catholic Immigration Society (CCIS)



CCIS is the first point of entry to Calgary for nearly 6,000 Afghanistan refugees over the next few months.

We are looking for:

### Clothing Donations

Please no furniture, appliances, or electronics.

### Volunteers

Who can help sort/pick-up donations and other off-site opportunities.



Please contact  
**Sandra Bray**  
[sbray@ccissab.ca](mailto:sbray@ccissab.ca)  
for more information.

Drop off donations at:  
**1111-11 Avenue SW**  
**Calgary, Alberta**

# fresh routes

Mobile Grocery Store

**Mondays, 4:00pm - 6:00pm**

Hillhurst Sunnyside Community Association

Indoors. In the Hearth Room

1320 5th Ave NW, Calgary

Customers required to wear masks when shopping

Text "HSCA" to

**1-844-433-5049**

For Reminders and Discounts



**Fresh Routes is a mobile grocery store.**  
**We bring healthy, affordable food right to you.**  
**Everyone is welcome.**

Get your veggies, fruit, eggs, bread, and other healthy non-perishables.

Accepting cash, credit, debit, and Calgary Dollars.

Bring your own bags and help us reduce waste.

Operations have been modified to follow physical distancing practices and health and safety protocol from Alberta Health Services.

@freshroutes



[www.freshroutes.ca](http://www.freshroutes.ca)

GOOD FOOD  STOPS FOR YOU

# CARDINAL

BY TREVOR RAMAGE



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*Warmest wishes for a happy holiday season and a wonderful New Year*



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3.5



1251



2,1812 Kensington Road NW

List Price: \$579,900

A1157993

A beautifully cared for modern townhome perfect for any inner-city professional.



JUST LISTED



3.5



3102



1411 22A Street NW

List Price: \$1,999,900

A1154971

A modern masterpiece designed for indoor and outdoor living canvassed with custom architectural elements.



SOLD

2339 Westmount Road NW

List Price: \$1,325,000

Celebratory wishes to my clients. It was a privilege working with you to find this beautiful home for your family.



SOLD

2640 5 Avenue NW

List Price: \$1,325,000

Congratulations to my clients and friends. Welcome to your new home sweet home.

Not intended to solicit buyers or sellers currently under contract with a broker.

**CARDINAL**BYRAMAGE.COM



SCAN ME



\*Based on Total Dollar Sales Volume for a Single Office