

MARCH 2021

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE

VOICE

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



**MARCH IS COMMUNITY
ASSOCIATION MONTH**

FIND OUT HOW YOU CAN SUPPORT OUR COMMUNITY

**CALLING ALL ARTISTS
PAINT OUR SUNNYGIRL
DETAILS INSIDE**



CALGARY'S FUTURE DEMANDS BETTER

MORE THAN 100,000 CALGARIANS ARE OUT OF WORK.

We're facing one of the worst unemployment rates of any major city in the country—rates not seen since the late 80s.

Our city was already struggling with an economic downturn and crippling provincial budget cuts before the pandemic hit. Now it's only gotten worse. It's clear that Calgary is in desperate need of some real, visionary leadership.

Sadly, what stands for leadership at city hall right now is a far cry from what we need. Years of in-fighting and petty politics. Councillors too scared to stand up to provincial budget cuts. A pandemic recovery plan that's nowhere to be seen. It's safe to say, city council is out of gas.

WE DESERVE BETTER.

If Calgary is going to prosper again, we need leaders who listen to their constituents and who put our interests before their own. We need fresh perspectives and innovative ideas from people rooted in our communities. We need councillors with a vision for our future, who understand the issues affecting us, and who we can trust to get the job done—without lining their friends' pockets with our tax dollars.

Calgary's problems aren't going away, and this current council's only solution seems to be cuts that leave hundreds more of us out of work in the middle of a crisis. If we keep letting them cut the

jobs and services we depend on, there won't be a city left to rebuild. We need to step up now, or we're in for another four years of tiresome squabbling and stagnation at city hall.

On October 18, Calgary will have a city-wide election. Let's make sure that this time around we build a city council that works for us.

That's why we've founded the grassroots organization, Calgary's Future. Together, we can find and elect community leaders with the right vision for a resilient economy, quality city services, and strong, vibrant neighbourhoods.

Our current leadership has shown us they're not interested in hearing what you have to say—but we are! Calgary needs change. We need leaders with innovative, common-sense solutions that put the needs of Calgarians first.

The first step is to find them. Know someone who should run? Visit calgarysfuture.ca/nominate and nominate a candidate in your ward.

This is our chance to save Calgary's future—we can do it together.

Deborah Wong
Community Organizer





we specialize in

Stucco Coatings
Stucco Repair

hassle-free exterior **restorations.**

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

the leading professionals in :

- Exterior Painting
 - Interior Painting
 - Powerwashing
 - Colour Consultation
- ...and much more

mvp

**Calgary Owned
and Operated!**

find us on    [houzz](https://www.houzz.com)

mvpcanada.ca



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 |
| Yasmeen Huq | Treasurer |
| Laila Adam | Secretary |
| Sandra Walker | Chair, Personnel Committee |
| Kristin Chow | Director at Large |
| Cynthia Mazereeuw | Director at Large |
| David Fanstone | Director at Large |
| VACANT | 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 |
| Shannon Martel | Childhood Director/Daycare Program Manager | 403-270-9703, shannon.m@hsca.ca |
| Genevieve Fisher | OOSC Program Manager | genevieve.f@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) | |
| Emily Jones | Community Programs Coordinator Ext. 248 | emily.j@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





Program Phone Numbers

| | |
|---|---------------------------------|
| Capoeira | 403-827-7917 |
| *Chair Yoga | Debbie 403-283-0554 ext. 224 |
| *Farmers' Market | |
| *Fresh Food Basket | Emily 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/ Morning & | Debbie 403-283-0554 ext. 224 |

Check out our volunteer portal for opportunities to connect and volunteer with your local Hillhurst Sunnyside Community Association! Visit us at [hsca.ca/volunteer](https://www.hsca.ca/volunteer) or connect with Lisa Chong, our Volunteer Coordinator at lisa.c@hsca.ca.

We are always looking for stories of community to feature on HSCA social media, the neighbourhood blog, and on the Voice magazine. Check out the submission guidelines at [hsca.ca/resident-submissions](https://www.hsca.ca/resident-submissions) and contact stephanie.c@hsca.ca for details.

Ongoing Programming at HSCA

Every Monday (except holidays): Sustainable Food Programming at HSCA, 4:00 to 6:00 pm. Fresh Routes, Fresh Food Basket, and Market Greens. Visit www.hsca.ca/community-food-program for details.

- Every Saturday: The HSCA Farmers' Market runs indoors, 12:00 to 4:00 pm.
- Good Food Box: Order your Good Food Box by March 16.

Closures

Please note, our Sunday Flea Market has been temporarily suspended. Please visit www.hsca.ca/covid-19 for updates.

2021 Income Tax Clinic



HSCA is proud to host a tax clinic again this year for community members who meet the income eligibility requirements to file their taxes for FREE. This year's tax clinic is 100% virtual using sharefile - a private and secured online platform. HSCA is collaborating with Chartered Professional Accountants of Alberta (CPA) to provide secure, safe, and professionally filed tax returns. Stay tuned for details on registering. Contact Osato for more information on eligibility requirements and to book an appointment: taxclinic@hsca.ca, or leave a message at (403) 283-0554 ext 233

HSCA: AGM

Get Involved with Your Local Democracy!

The Hillhurst Sunnyside Annual General Meeting date is coming up this spring. Watch <https://www.hsca.ca/annual-general-meeting> for confirmation on the final date, and details on location and format (compliant with AHS COVID guidelines).

Please ensure that you renew or purchase your HSCA membership 30 days before the AGM to be able to vote and run for Board of Directors positions.

Interested in joining the HSCA Board? Please contact Matt Youens, Interim Executive Director, at matt.y@hsca.ca for details.

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 (GNM) 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. GNM and HSCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.

SENIORS CONNECTION PROGRAMS AT HSCA

For all the programs listed below, or for any further information, ideas, concerns or referrals, please contact me by email at 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.

NEW - Caregiver Connections

Caregivers provide an important support and connection to parents, family members, and friends. It can also be stressful and lonely, and often there is no one to talk to.

Support provided can be around small supports or they can be very extensive, time consuming, and stressful. You could be providing emotional, physical, or practical support, such as grocery shopping, transportation to appointments, medicine reminders, paying bills, etc. You could be providing this support as a paid or unpaid caregiver and the person you are supporting could be living with you, living in their own home, or even living in a congregate setting, such as supported living or long-term care.

Caregiver Connections will happen on the third Thursday of each month from 7:00 to 9:00 pm. If you would like to connect with others around Caregiving, even if you just want to listen, contact Debbie by phone or email to receive the link.

If you would like to connect, but this day and time do not work for you, send Debbie some suggestions to arrange to hold more than one Connection as needed.

Also check out the HSCA Website for the new Caregiver Connections. This is still a work in progress, but we will be adding information and connections as we go!

There is a link to a Caregiver Survey below that will help to inform about future online sessions, topics, and information for the caregiver site on the HSCA website. Please take a few minutes to provide me with some feedback.

Chair Yoga Online

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

- Tuesday at 11:15 am
- 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.

You will need a link to join the class, so contact me beforehand so that I can send you the link. Please be sure you join the class at least five 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 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, thoughts, and generally just talk with each other for an hour or so.

Connect with Debbie to receive a link to join the Monday Connections Group.

Support During the Winter

Thank you to all the neighbours who have been stepping up to help with snow removal from the sidewalks in our community. You are making a difference for your neighbours and for our community.

We are almost at the end of winter, and with the one exception in December, it has not been too bad so far, but we all know this can change quickly. Please continue to help your neighbours if you can. Remember that sometimes it is not just the city sidewalk, but access from the house to the street, and to the garbage and recycling, is also important if this is possible for you to help with.

Please stay safe when you are shovelling this winter:

- 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.

- 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.
- 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-law indicated 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 easier 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 do not 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 as these develop. If you have any thoughts or ideas, please share them with me. I am always looking for new ideas that will support the needs of seniors, neighbours, and volunteers in our community. If you can access our website, there is a general survey/questionnaire on the site and you can submit ideas, thoughts, questions, etc. there.

Fraud Alert

Albertans over the age of 75 in the general population are still waiting for their opportunity to be vaccinated against COVID-19, however, some people have been getting calls telling them they can make their appointment — if they pay for it. This is a scam, seniors who receive this call should hang up immediately and report to the non-emergency line for local law enforcement.

Did You Know March Is Community Association Awareness Month In Calgary?

Although operations have changed at HSCA since COVID-19, we're still working to interact, engage, and support our community safely.

Here Are Just Some the Ways You Can Get Involved and Support HSCA:

- Check out our online programming- Neighbour Night, Chair Yoga, Caregiver Connections.
- Enter our 'Paint Our Sunnygirl' Contest!
- Submit photo entries for our Spring Photo Contest.
- Purchase an HSCA Membership (a win, win because you'll be supporting HSCA programming and getting great membership perks and discounts at some awesome local businesses! Visit www.hasca.ca/membership).
- Submit content to the Voice or our blog. We welcome residents to share their unique perspectives and voices relevant to our community! (Have an idea, content, or questions? Email stephanie.c@hasca.ca). Or submit for our HSCA Spotlight Series.
- Volunteer! There's so many roles and opportunities available with various commitment levels at HSCA (visit www.hasca.ca/volunteers).
- Sign-up for our monthly e-newsletter for the most up-to-date information, events, and programming around our community.
- Tag us on social media and show us your community spirit (we love hearing from you!). Find us on Instagram @hillhurst_sunnyside and Facebook @hillhurstsunnyside.


Call now for all your furnace needs!

- FURNACE INSTALL AND SERVICE
- HOT WATER TANKS

- HUMIDIFIERS
- AIR CONDITIONING
- 24-HOUR CALL OUT

☎ (587) 434-4327

✉ info@hogghomeservices.ca

🌐 www.hogghomeservices.ca

📘 [hogghomeservices](https://www.facebook.com/hogghomeservices)



Community Planning and Development

Hillhurst Sunnyside has seen a huge facelift in the last 12 years - from the demolition and rebuild of older, century- and smaller homes, to the larger condos and apartments on the busier streets of the community. To many of us in the community, change is constant.

Residents can keep informed, and chat with fellow neighbours and the HSCA Community Planning about what's happening in our neighbourhood at <https://hsca-community-planning.mn.co>. Join for free on the website or using the Mighty Networks mobile app.

Go behind the scenes and get involved with your community association! The Hillhurst Sunnyside Planning Committee (HSPC) is always looking for volunteers to bolster our diverse team. We will meet virtually on the second Thursday of the month, starting on March 11, 2021 on the MS Teams app. All residents, guests, and students are welcome! Watch Mighty Networks or email Lisa Chong at lisa.c@hsca.ca for a meeting link, or to request details.

Former CBC Site | 1724 Westmount Boulevard NW

For the last few years, SW Hillhurst residents have been involved in the review of the proposed development on the site of the former CBC/Radio-Canada building, fronting Memorial Drive. You can find more information about the development application by searching DP2018-2660 on Mighty Networks.

As requested by community members, Anthem and HSCA would like to host a virtual session with invitations to the City. This meeting will focus on transportation and will happen sometime in the next few weeks. Please email lisa.c@hsca.ca if you would like an invite.

Riley Communities Local Area Plan

The Hillhurst Sunnyside Area Redevelopment Plan (ARP), which serves as the blueprint that governs the height/density (and to some extent, the design) of new buildings, will be going through a major change to align with current City of Calgary policy. Our communities of Hillhurst, Sunnyside, West Hillhurst, and Briar Hill-Hounsfield Heights will be going through the process of developing a Local Area Plan for the entire area soon.

Check out <https://engage.calgary.ca/Riley> for details. The City will be starting the process of recruiting volunteers from each community to join a future working group - the commitment will likely include monthly e-meetings focusing on specific discussion topics for approximately one year.

City of Calgary | Guidebook for Great Communities

The Guidebook for Great Communities is a high level

policy document that will implement the city-wide policy in Calgary's Municipal Development Plan, which has the end outcome for 50% population growth in the established communities and 50% population in new suburbs. The Guidebook will be going forward to City Council for decision on March 22, 2021.

The new Guidebook will only apply to communities that have gone through the Local Area Planning process. Citizens can read more at calgary.ca/guidebook to read about how the Guidebook will impact our communities.

Community Investment

Hillhurst Sunnyside will be seeing municipal investment into key areas of the community as a part of the City's Established Areas Growth and Change Strategy project. EAGCS supports public realm improvements for existing communities that are seeing increased population growth.

Back in December 2019, HSCA compiled a list based on the 2009 ARP and solicited comments from community members via Mighty Networks. We are excited to report that some of these suggestions have been shortlisted by the City as priority investment areas. Stay tuned to HSCA media for future engagement opportunities from the City!

Residential Speed Limits

Calgary City Council has approved the reduction of speed limits on residential streets from 50 km/h to 40 km/h. Except for 5th Avenue between 14th and 10th Streets, this change is only applicable to the side streets, or streets without a centre line. Speeds on major roads like Memorial Drive, 14th, and 10th St, where signs are posted, will stay the same. The default unposted 40 km/h speed limit will be effective in Calgary starting on May 31, 2021.

Read more about this change at www.calgary.ca and search for "neighbourhood speed limits". Connect or share your thoughts with Traffic Subcommittee Volunteers at hscatraffic@gmail.com.

Lisa Chong, Planning/Engagement/Volunteer Coordinator



CONSUMER CHOICE AWARD 2020

Lions Park
denture clinic

Dhiren Bharadia, Denturist

Tel: 403-284-1803
Fax: 403-220-0486
info@accuft.ca

Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2



City of Calgary Emergency Operations Centre (EOC)

by Lisa Chong

This month marks the 12-month anniversary of WHO's declaration of the COVID-19 pandemic. The Emergency Operations Centre is again playing an important role in crisis communications and response at the local city level. I had the opportunity to attend the national planning conference when it was hosted in Calgary in 2017. The City of Calgary-hosted walking tour of the EOC was particularly interesting to me as a citizen and having worked in the very engaged river communities of Bowness and Hillhurst/Sunnyside, which were devastated by the 2013 flood.

The 50,000 square foot building is sleek and modern – its design was very deliberate. In consultation with the community, the City and the area councillor felt it was important for the building to integrate seamlessly into the public park and residential community of Crescent Heights.

The building is located north of the river valley, away from the floodplain. The site was formerly home to a post-Cold War Emergency Response Centre and underground bunker from the 1940s to 2005. The development process for the current building was started in 2007. Development review and approvals were completed in 2008, while construction began in 2009.

The building opened in fall 2012, several months before the Southern Alberta flood in June 2013. Ryan H, the Senior Planner involved in the development application stage of the project says, "it was worth every penny", seeing the important role of the EOC during times of crisis.

Most of the building operations are located within the subterranean levels. As a municipal building, the EOC was built to LEED standards for sustainable design. The EOC is designed to be able to operate on its own for the first 72 hours of an emergency and has four independent generators onsite. The building is self-contained with a full kitchen, supplies, gym, offices, lockers, meeting room, offices, and showers. The underground portion receives a healthy amount of natural sunlight, attributed to the building's design.

Operating out of the EOC, the Calgary Emergency Management Agency (CEMA) coordinates emergency responses and services. These duties were formerly a part of the Fire Department. CEMA works with 60+ members and representatives from various public and private infrastructure agencies, from Calgary emergency services,

internal municipal departments, telecommunications, and utilities providers to Alberta Health Services to not-for-profit entities like the Calgary Zoo and Calgary Stampede.

Multi-stakeholder agencies work together to manage and support the on-the-ground response and coordinate emergency resources. This includes natural disasters, pandemics, and even anthropogenic matters of security threats and logistics for large-scale, planned events, such as royal visits or the annual Stampede Parade.

Internal and external partners work together in a control room-like setting, (imagine space movies with rows and rows of computer stations facing a big screen). In this case, each workstation faces the common operating picture which shows information, such as GIS maps with toggleable data layers so that each representative is provided with and works from the same information. This control centre is where shared communications are sent out in one voice.

As with the current crisis, collaboration is our strength as citizens, non-profits, public institutions, private corporations, and government work together to ensure the safety of our communities. This article was primarily compiled with information from walking tour leaders, public knowledge from the City of Calgary, the CEMA website, and City Council archives.

IRONOAK^{IT}

BREAK FREE

From Your Outdated Phone System

START SAVING NOW

403.274.9645

VOIP.IRONOAKIT.COM



SunnyGirl Is Looking for Your Talent!

Who is SunnyGirl? In the 90s, the SunnyGirl logo was developed by Alberta Agriculture as the official logo of Alberta Approved Farmers' markets! As an Alberta Approved Farmers' Market, following the "Make It, Bake It, Grow It" philosophy, we have a life-size (4-foot-tall) SunnyGirl woodcut ready for your artistic vision.

We're calling on our talented community to enter the SunnyGirl contest! Show us how you would you paint our SunnyGirl.

Not a painter but a crayon artist instead? We still want to see your creations!

Please fill out our online form to enter and visit our blog post for more details at <https://www.hasca.ca/blog/2021/2/8/sunnygirlcontest>.

How does it work?

- **In-person:** Submit your entry (coloured and/or designed SunnyGirl with your name and contact information) at the HSCA welcome table at market (Saturdays, 12:00 to 4:00 pm) before March 31 to enter!



HSCA Spotlight: In Five Questions or Less

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@hasca.ca with the subject line: HSCA Spotlight. We know our community is full of awesome residents and captivating stories, and we're hoping to share that with everyone!

As part of the HSCA Spotlight Series, allow us to introduce you to Emily. Emily recently joined the HSCA team, and we're thrilled to welcome her as our Community Programs Coordinator and HSCA Farmers' Market Manager. You can spot Emily at our Saturday Farmers' Market, HSCA's Monday's Sustainable Food Programming, or riding her bike around our community. Here's a spotlight of Emily... in five questions or less!

- **Online:** Email your entry to emily.j@hasca.ca before March 31 to enter!
- Entrees will be reviewed by your HSCA team and Farmer's Market Advisory Committee. Top three entries will be awarded prizes from the Farmers Market, and then be entered for a community vote!
- Voting can be completed on our website. Votes must be cast by April 14.
- Winner will be announced April 16 on social media and will be contacted directly by Emily.
- Painting of our 4-foot-tall SunnyGirl wood cut must be complete by May 20.

Please note: Submissions may be shared on our social media and all entries grant this permission. We want the community to see your talent!

Contest is limited to Hillhurst Sunnyside Residents, one submission per person.



What drew you to this role?

Hillhurst is where I grew up and I'm now a Sunnyside resident. I am energized by the opportunity to further support and engage with our community. Sustainable food systems have long been a passion of mine. I've always felt compelled to foster the connection between food, wellbeing, and community. Plus, I'm biased and think the HSCA Farmers Market is the best in the city!

What's your favourite part about the Hillhurst Sunnyside Community?

Diversity, inclusion, engagement.

The passionate community members! Everything I've learned about this community has been from local leaders. There are so many motivated, compassionate, grass roots individuals that create our amazing network!

What is your most used emoji?

Heart eye emoji almost always directed at food or mountain views.

Tell us a fun fact!

I love rollercoasters and the feeling of falling. It's almost impossible for me to get dizzy so I enjoy all the rides that everyone dislikes hahaha.

What is your favourite dish or meal to cook?

Tacos! Anything with cilantro and lime! So that spans a lot of Latin American and South Asian cuisine. It's really difficult to choose favourites...



The Good Food Box (GFB) 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.

2021 Good Food Box Order and Delivery Dates

Order by 2:00 pm

Pick Up between 1:00 and 3:00 pm

| Order | Pick-Up |
|--------------|--------------|
| March 16 | March 25 |
| April 20 | April 29 |
| May 11 | May 20 |
| June 8 | June 17 |
| September 14 | September 23 |
| October 12 | October 21 |
| November 16 | November 25 |

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

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

Small Box: Includes approximately 20 pounds of produce. Cost: \$25.00

Orders accepted:

Online at the HSCA Web Store at 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)



CALGARY LOCAL
IMMIGRATION PARTNERSHIP

We want to hear from you

Have you immigrated to Canada in the last five years?

If yes, we would like to know who or what helped you as you settled into life in Calgary.

The survey will take 10-15 minutes to complete and is available in 12 languages. Completed survey responses will be placed in a draw for one of ten \$50 gift cards.



Funded by/Financé par:



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

In partnership with:



21-0012034

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 officialplumbingandheating@outlook.com; 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 expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

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

LANDSCAPING, WINDOW CLEANING, AND YARD CARE: Weekly yard care starting at \$36. Mulch, rock, and sod installation. Window and gutter cleaning starting at \$99; interior/exterior/screens. Garden beds, stone patios, walkways, raised beds, rock walls, deck and fence builds, small concrete jobs, and pressure washing. A+ Member of BBB, 4.1 Google stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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

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

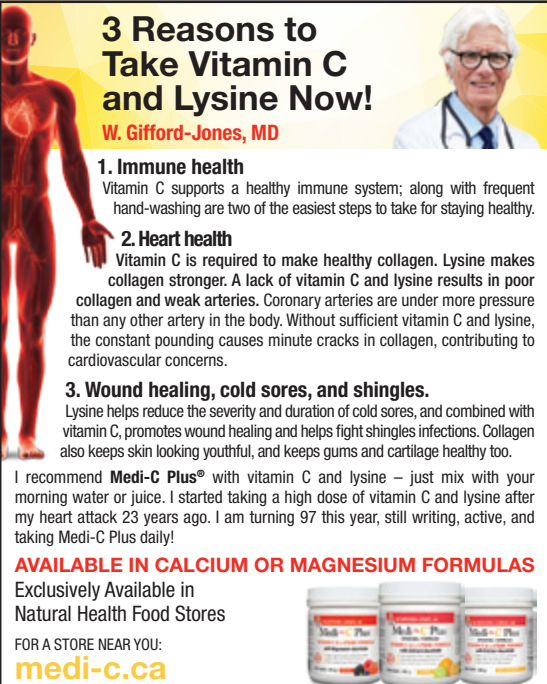
TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little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



free house[®] dance plus

2020, 12TH AVE NW
403-282-0555
freehousedance.com

Protocols in place for your safety.
IN PERSON • ONLINE • PRIVATE LESSONS



3 Reasons to Take Vitamin C and Lysine Now!


W. Gifford-Jones, MD

- 1. Immune health**
Vitamin C supports a healthy immune system; along with frequent hand-washing are two of the easiest steps to take for staying healthy.
- 2. Heart health**
Vitamin C is required to make healthy collagen. Lysine makes collagen stronger. A lack of vitamin C and lysine results in poor collagen and weak arteries. Coronary arteries are under more pressure than any other artery in the body. Without sufficient vitamin C and lysine, the constant pounding causes minute cracks in collagen, contributing to cardiovascular concerns.
- 3. Wound healing, cold sores, and shingles.**
Lysine helps reduce the severity and duration of cold sores, and combined with vitamin C, promotes wound healing and helps fight shingles infections. Collagen also keeps skin looking youthful, and keeps gums and cartilage healthy too.

I recommend **Medi-C Plus[®]** with vitamin C and lysine – just mix with your morning water or juice. I started taking a high dose of vitamin C and lysine after my heart attack 23 years ago. I am turning 97 this year, still writing, active, and taking Medi-C Plus daily!

AVAILABLE IN CALCIUM OR MAGNESIUM FORMULAS
Exclusively Available in Natural Health Food Stores

FOR A STORE NEAR YOU:
medi-c.ca





Knock knock!

Open your door to one of our best deals ever.

telus.com/wholehome



* On 2 and 3-year terms. Conditions apply. Offer subject to change without notice, and may not be combined with other offers. Available to customers who have not subscribed to Internet, Optik TV, and SmartHome Security in the past 90 days. \$15/mo. for Smart Automation Plus available to customers signing up for Internet and Optik TV services on a new 2-year term, and SmartHome Security on a 3-year term. Offer includes Optik TV Essentials, and Internet 25. From months 1-24, a \$15/mo. discount applies to Optik TV, and a \$25/mo. discount applies to Internet. Mobility customers get an extra \$10/month discount applied to the home services bill for 24 months (or as long as they subscribe to eligible services). Eligible home services products include TELUS Home Internet 15 and higher, Optik TV, Home Phone or a combination thereof. This is a total discount of \$50/mo. (\$1200 savings over two years). Current regular price of Internet 25 is \$90/mo. and Optik TV Essentials is \$40/mo. All prices do not include applicable taxes. Minimum system requirements apply. TELUS reserves the right to modify channel lineup and packaging without notice. Final eligibility for the services will be determined by a TELUS representative. Downgrading to Lite after accepting a promotional offer will trigger the cancellation fees for Optik. A cancellation fee applies to the early termination of your Internet and Optik TV service agreement, which will be the sum of \$720, declining by \$30 for every month of Internet and Optik TV service and reducing to \$0 at the end of your commitment term. If you cancel a single service (Optik TV or Internet), the service cancellation fee is \$360 declining by \$15 per month and reducing to \$0 at the end of your commitment term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. Equipment may not be as shown. Regular price for Smart Automation plan applies after the end of the 3- or 5-year service agreement, and is currently \$38/mo. Regular price is subject to change without notice. A cancellation fee applies for early termination of the 3-year or 5-year Security service agreement equal to \$35/mo. for all plans excluding Smart Camera, and \$10/mo. for Smart Camera, multiplied by the number of months remaining in the service agreement (with a partial month counting as a full month), plus applicable taxes. TELUS SmartHome Security installation fee applies and is \$100 for customers subscribed to one or more of the following services: TELUS postpaid mobility, SmartHub or High-Speed Internet. The installation fee for all other customers is \$450. TELUS, the TELUS logo, telus.com, TELUS PureFibre, and the future is friendly are trademarks of TELUS Corporation, used under licence. All rights reserved. © 2021 TELUS. Z1-0017

NEWLY RENOVATED!



It's Time to Enjoy Life!

Move into The Lodge At Valley Ridge where life can be sociable, safe and secure.

INDEPENDENT & PERSONALIZED CARE

TAKE ADVANTAGE OF OUR
MOVE-IN INCENTIVES*
LIMITED TIME OFFER

- Beautiful Private Accommodations
- Daily specials & à la carte menu options
- Convenient 24-hr emergency call system
- Personalized plan of care as required
- Small pets welcome



NOW BOOKING IN PERSON TOURS!

403.286.4414 | 11479 VALLEY RIDGE DR. NW, CALGARY, AB | verveseniorliving.com



CONTEMPAFLOORS



beaulieu
CANADA

Internationally-Inspired Carpets.
As low as **\$1.80** / sq. foot

100% CANADIAN MADE

Contempafloors.com/springsale

**ON
SALE
NOW**

*material only, while supplies last.



COMMUNITY
natural foods
nourishing our community since 1977

communitynaturalfoods.com

Your

WELLNESS COMMUNITY

10th Ave Market & Cafe
Crowfoot Market
Chinook Market
Home Delivery & Curbside Pick Up

\$10 OFF

your next purchase
of \$100 or more in store or online.
Online use promo: **SPRINGWELLNESS**
Valid March 1st - April 30th, 2021



CARDINAL

BY TREVOR RAMAGE



RE/MAX®

REAL ESTATE (CENTRAL)

📞 403.850.2560



Stay safe and be well.



5



2



1628



318 12 Street NW

List Price: \$1,369,900

A1062999

Land of opportunity in the heart of Kensington. 60' x 125' Lot.



4



2



1539



2637 5 Avenue NW

List Price: \$699,900

A1065162

Conveniently located charming bungalow with South backyard on a 50-foot lot.



1



1



791

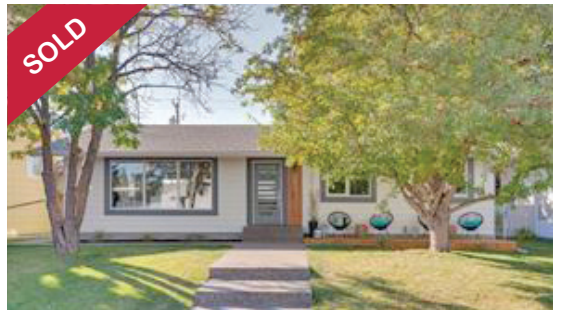


705, 1718 14 Avenue NW

List Price: \$309,900

A1064103

Live a unique lifestyle enriched with abundant comfort & sprawling city views.



10815 Maplecreek Drive SE

List Price: \$699,800

Grateful to reconnect with old friends & become part of their next chapter. Welcome back to Calgary!

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

CARDINALBYRAMAGE.COM



#1 OFFICE
WORLDWIDE
21 YEARS