

NOVEMBER 2024

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HILLHURST SUNNYSIDE

VOICE

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



**HSCA IS PARTICIPATING
IN #GIVINGTUESDAY ON
TUESDAY, DECEMBER 3**

Cover Photo by Randy B.

📞 403.850.2560

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24/7 mobile, **non-emergency** assistance serving vulnerable individuals under the influence of alcohol or other substances city wide.

Encampment Team (403) 805-7388

mobile response unit supporting individuals who are **rough-sleeping or living in encampments**.

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mobile response unit for safe **clean up and disposal of needle debris** on public or private properties.

**FOR ALL EMERGENCY SITUATIONS
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AND MEDICAL EMERGENCIES**

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**MAYBE ONE OF OUR
TEAMS CAN HELP!**



GIVE A LITTLE, HELP A LOT

Your contribution will go a long way toward **supporting vulnerable Calgarians experiencing homelessness, mental health, and substance use challenges.**

Monetary Donations support the programs and services of your choice

In-kind Donations of food, water, clothing and hygiene items are directly handed out to clients in the community

Volunteer With Us – we have both individual and group volunteer opportunities available



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Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	fleamarket@hsca.ca
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HILLHURST



SUNNYSIDE





Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Sustainable Food Programs	Giselle Gilliard 403-617-6094
Flea Market	Angel 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night Sip 'n' Chat	Shaye 403-283-0554 ext. 247



HILLHURST SUNNYSIDE
FARMERS' MARKET PRESENTS

very
A local holiday

MARKET & FESTIVITIES

WEDNESDAY
DECEMBER 4TH
3:00-7:00 PM

LOCAL ARTISANS - HOLIDAY TREATS - BAKED GOODS- FACE
PAINTING - BALLOONS - LIVE MUSIC - STOCKING STUFFERS AND
MORE

Queen Elizabeth High School Reunion

Queen Elizabeth High School's graduating class of 1975 is hosting a 50th reunion in June 2025. The Reunion Committee Members are still looking to connect with classmates. Please contact QE75grad@gmail.com.



So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



ONGOING PROGRAMMING AT HSCA

For the most-up-to-date information, visit our program and recreation calendar for more information at www.hsca.ca/programsrecreationcalendar.

Mondays (Except Stat Holidays)

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

Fresh Routes affordable mobile grocery store is onsite every Monday (Except stat holidays). Everyone is welcome to shop at Fresh Routes.

Tuesdays

Chair Yoga, 10:00 to 11:00 am (Online and In-person)

Please reach out to Debbie for more information.

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

Drop by anytime between 2:00 and 4:00 pm. We welcome all community members to enjoy a coffee or snack together. Everyone is welcome. Stop by the Hearth Room at HSCA.

Wednesdays

Cribbage, 12:30 to 3:00 pm

Join a lively game of cribbage with community members and area seniors in the North Social Hall.

HSCA's Farmers' Market (Indoors)

The HSFM runs every Wednesday from 3:00 to 7:00 pm, year-round.

Be sure to check out our upcoming special event markets, including:

- A Very Local Holiday Market on Wednesday, December 4.

Thursdays

Chair Yoga, 10:00 to 11:00 am

Please reach out to Debbie for more information.

Neighbour Night, First and Third Thursday of the Month, 5:30 to 7:30 pm

Please check our program and recreation calendar for updates and information on Neighbour Nights at www.hsca.ca/programsrecreationcalendar.

Sundays

The Sunday Flea Market runs 7:00 am to 3:00 pm - Concession On-site!

Check out the crafts, furniture, vinyl records, antiques, books, treasures, and community building every Sunday at HSCA.

Sunday, November 24 - Repair Exchange at HSCA (Runs alongside HSCA's Sunday Flea Market!)

Instead of throwing away broken items, we encourage everyone to bring them to one of the Repair Exchanges, where community volunteers will help fix and give them a second life, avoiding the landfill. This project is in partnership with the City of Calgary and the Arusha Centre.

Flea Market Partnership with Cerebral Palsy Alberta- Donation Drop Off

Shop and donate! The HSCA Flea Market has partnered with Cerebral Palsy Alberta and is now a charitable drop off location. Important: Drop off donations can only be made Sunday during the Flea Market hours. Donations cannot be left outside the building. HSCA will not be accepting donations any other time during the week. Donation items Cerebral Palsy Alberta is accepting include quality used clothing, accessories, and small household items.

The HSCA Flea Market will also be hosting a special Holiday/Winter Market on Sunday, December 22. Stay tuned for more details!

EVERY WEDNESDAY, 3-7PM • YEAR-ROUND

**RAISE A SPOON:
IT'S SOUP &
STEW SEASON**

The HSFM has got ALL your essentials (and extras) for those warming soups and stews!

FARMERS' MARKET
HILLHURST
SUNNYSIDE

Giving Tuesday

HSCA is participating in #GivingTuesday. This year Giving Tuesday takes place on Tuesday, December 3, 2024. Giving Tuesday is the world's largest generosity movement. It was created in 2012 as a simple idea: a day that encourages people to do good (Giving Tuesday Canada, 2024) Whether you're helping a neighbour out, volunteering, spreading awareness about a cause, or donating, we all have something to contribute. On Tuesday, December 3, 2024, we're asking our community to identify their gifts and strengths and give in the ways they can. Every act of generosity counts. Everybody has something to give. To learn more about Giving Tuesday, check out HSCA's donation page at www.hsca.ca/donate.

1. Donate

If you are able, please consider donating to our #GivingTuesday campaign on Tuesday, December 3, 2024. Hillhurst Sunnyside Community Association (HSCA) offers a variety of programs intended to preserve and enhance a healthy and vibrant quality of life for the residents of Hillhurst Sunnyside. Visit www.hsca.ca/donate to learn more about our campaign.

2. Know Your Neighbour, Help a Neighbour

Bonding with our neighbours can bring a sense of togetherness and is key to building a vibrant community. Find those moments of connection—whether it's welcoming a new resident, introducing yourself to folks you just haven't met yet, or lending a hand to a neighbour (maybe they need a hand shovelling their sidewalk?). It sounds simple but the better we know our community, the more impactful HSCA's work can be.

3. Spread The Word: HSCA Memberships

Tell another community member (or two) about HSCA Memberships. When you purchase an HSCA Membership, you receive perks and discounts with local business and support HSCA's work. By purchasing your membership, you are supporting the Hillhurst Sunnyside Community Association in a variety of ways, but also, you are making a statement that you care about our community and that you want to play an active part in the community movement. Visit www.hsca.ca/membership.

4. Volunteer

HSCA is always looking for volunteers for community initiatives, events, and programming. We also encourage community members to check out HSCA's committees and sub-committees and the important work they are doing, including our:

- Board of Directors
- Planning Committee
- Mobility Sub-committee
- Heritage Preservation Sub-committee
- Sunnyside Brightening Sub-committee

Visit our volunteer page at www.hsca.ca/volunteer for more details on how you can get involved with HSCA!



Float Like a Butterfly

The female Queen Alexandra's birdwing, the largest butterfly in the world, boasts a stunning wingspan of 25 to 30 centimetres! These magnificent butterflies make their home in the lush rainforests of Oro Province in Papua New Guinea. Talk about a tropical treasure!

COMMUNITY PHOTO CORNER



Cover Photo by Randy B.

Thanks, Randy, for submitting your photo.



Canadian Goose by the Peace Bridge

Community member Drew M. captured a photo of a Canadian goose near the Peace Bridge. Thank you for sharing, Drew!



Pops of Colour

Thank you, Kyla B., for sharing your photo. We're happy to see bright colours and moments of summer around our community as we welcome November.

A big thanks to our community members for submitting and sharing your photos!

Do you want your photos to be featured in our Voice, e-newsletter, or social media channels? Email your photos to Stephanie.c@hsca.ca.

Resources

SUPPORTS, RESOURCES & ASSISTANCE IN CALGARY



WWW.HSCA.CA/RESOURCES-1

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Katya Heinrich BSc, MSc, is a licensed Acupuncturist and RMT. She has a unique background in physics which enhances her understanding of body mechanics and the root causes of pain. Since 2015, she has focused on health and healing, specializing in treatments for TMJ disorders and facial pain. Katya combines various modalities such as massage, needling, cupping, Gua Sha, and Acutonics. Her integrated approach is particularly effective for musculoskeletal issues, headaches, and TMJ disorders, providing patients with comprehensive care and relief.



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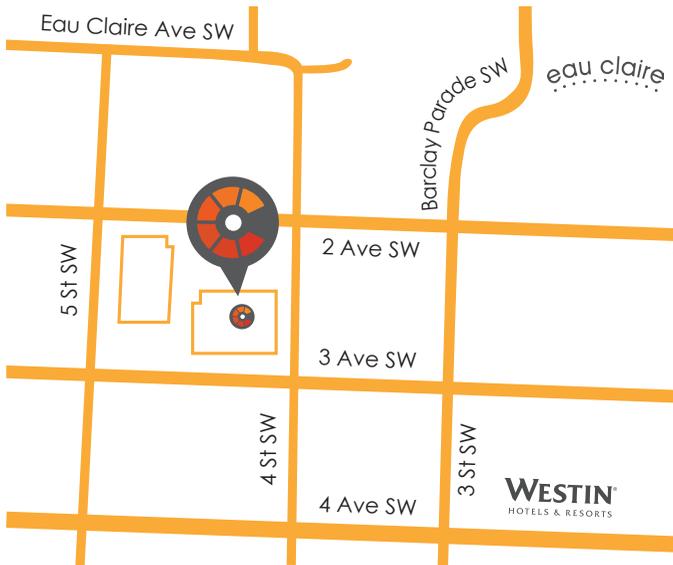


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HSCA

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WITH
Neighbours able to **give** a little extra this Holiday Season!

Complete sign up form between Nov 1-17th

Sign up at

www.hsca.ca/matching-families

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Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

To have your pet featured, email news@mycalgary.com

It Takes a Community to Grow a Garden: HSCA's Shared Garden Season Wrap-Up



As the garden beds rest and the last of the harvest is gathered, we want to thank the amazing volunteers for their commitment and efforts in the HSCA Shared Garden and reflect on another incredible season. From planting to harvesting, our volunteers have made all the difference, coming together to sow not just seeds, but the spirit of collaboration and care.

This season, your efforts helped us contribute to something greater. With the food we've grown, we were able to support the HSCA's Sustainable Food Program and Neighbour Night Program, bringing fresh, local produce to our community. Every bit of time, every weed pulled, every vegetable harvested, and connection made, has made an important impact.

A Season in Review

- At the beginning of the season, we picked up compost and mulch from the city. The compost helped to provide nutrients to the soil and the mulch which helped with water retention and keeping the weeds to a minimum.
- This year we had at least ten consistent volunteers working in the gardens including one gal and her young son.
- Thanks to the hard work of our team, we harvested a wonderful variety of vegetables and herbs, including potatoes, zucchini, spinach, Swiss chard, beans, onions, tomatoes, peas, beets, carrots, and even pumpkins. These fresh, vibrant foods went on to nourish many!
- Some volunteers were so inspired by their experience that they started their own plants at home.

We are grateful to each volunteer that has contributed to this season's success. Together, we have cultivated more than vegetables; we've fostered connections, shared knowledge, and created a space for growth and connection. We look forward to more seasons of growth, collaboration, and community!



Programming Survey

We want to hear from YOU! Fill in this survey to let us know what programming you want to see at Bowview Outdoor Pool in the future.



Scan this code or go to hsc.ca
Survey closes December 2nd, 2024

November is Fall Prevention Month

As the colder months approach, we often think of snow-packed and icy sidewalks as the primary cause of falls. But falls can happen anywhere, and for some, the consequences can be far more serious than just a bruised ego or body. For some individuals, even a small fall can lead to significant and long-lasting effects.

Most falls occur in or around the home, but the good news is that there are plenty of steps we can take to reduce the risk. It's more than just clearing tripping hazards or securing handrails. Here are a few essential tips to help prevent falls:

- **Home Safety:** Secure handrails, ensure hallways and stairs are well-lit, and remove any obstacles that could cause someone to trip, especially in high-traffic areas.
- **Build Strength and Balance:** Exercises that focus on improving balance and building muscle strength can go a long way in fall prevention.
- **Footwear Matters:** Wearing shoes with proper support can make a huge difference in stability.
- **Assistive Devices:** For those who need them, canes, walkers, or even hearing aids and proper glasses can provide additional support.

This November, explore the many resources available for Fall Prevention Month. With a bit of awareness and simple adjustments, we can help make homes and public spaces safer for everyone, especially those most at risk. Even small changes can help prevent a fall and the potentially serious consequences that come with it. Let's work together to keep our community safe, healthy, and strong!

Peanut Butter Lovers Month

Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces. Now you know who to thank for your favourite spread!



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	6							

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FOR THE SOLUTION



SENIOR CONNECTIONS

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

Snow Removal

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

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

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

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

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

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

Caregiver Connections

There are currently no scheduled sessions but please connect with Debbie at any time. Connecting with someone outside of family and friends can help when we are feeling overwhelmed or just need someone to talk to. If you are a caregiver or want to explore ways to support someone you know someone who is caregiving for a family member, please connect with Debbie directly to talk or learn more about available resources and support in our city.

Chair Yoga - Online and In-person

This session runs until December 2024.

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

When: Every Tuesday and Thursday from 10:00 to 11:00 am.

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

Cribbage Group, Wednesday afternoons from 12:30 to 3:00 pm in the North Social Hall

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

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

Note: There will be no program December 4.

Other Updates

Website updates on www.hsca.ca/seniors page will continue in the months ahead. Please connect with Debbie directly for information about supports and programs.

If there is something you would like to see added to the website related to Seniors, Caregivers and/or Volunteering or Volunteers, please connect with Debbie.



WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!



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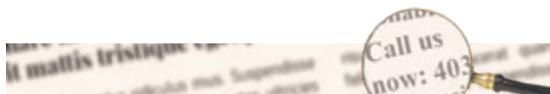
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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.



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RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.



HSCA
 Sip 'n' Chat



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 IN THE HEARTH ROOM AT HSCA

EVERY SUNDAY
 7 AM - 3 PM

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**DROP-IN
 BADMINTON**

Mondays and Thursdays
 10:30 am to 1:00 pm*

*see programs and recreation calendar
 for blackout dates)

\$5 pay-to-play
 punch-cards available at
 hsc.ca/badminton

*The schedule will be posted to the HSCA Program &
 Recreation Calendar as it is determined. Blackout dates
 may occur on which there will NOT be badminton.
 Please see hsc.ca/programsrecreationcalendar for
 details

Please provide your own racket and birdies.



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List Price: \$1,799,900

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JUST LISTED & SOLD



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