

JUNE 2020

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE

VOICE

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

**NEIGHBOUR DAY IS
SATURDAY, JUNE 20**

VISIT OUR WEBSITE AND FOLLOW US ON SOCIAL
MEDIA FOR SOME CREATIVE COMMUNITY
BUILDING IDEAS TO CELEBRATE.

**SEE WHAT
#RANDOMACTSOFRAINBOWS
IS ALL ABOUT**

PAGE 8



338 10th Street NW



SIDEWALK
CITIZEN

We are now offering:

**CURBSIDE PICKUP
& HOME DELIVERY!**

SEE WEBSITE FOR DETAILS.



SUNNYSIDEMARKET.CA ORDERS@SUNNYSIDEMARKET.CA



UPCOMING EVENTS

With the mandatory closure of HSCA, most events and programming have been cancelled, with the recent exception of our Farmers' Market and the Good Food Box orders/pick-ups. Please note that the HSCA tennis courts are closed at this time.

As we continue to monitor provincial and city regulations, visit the HSCA website for the most up-to-date information about HSCA programming and events.

Hillhurst Sunnyside Community Trivia Time!

Have trivia Q & As you want to submit? Send them to stephanie.c@hsc.ca.

Q. What neighbourhoods were a part of Ezra Riley's homestead in the 1900s?

A. Hillhurst, West Hillhurst and Hounsfeld Heights

Program Phone Numbers

*Art Classes		
*Badminton	Allison	403-283-0554 ext. 232
Capoeira		403-827-7917
*Chair Yoga	Debbie	403-283-0554 ext. 224
*Drop In ESL Classes	Norman	esl@hsc.ca
*Farmers' Market		
*Fresh Food Basket	Heather	403-283-0554 ext. 248
*Flea Market	Bonnie	403-283-0554 ext. 231
	(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)	
Karate	Richard	403-203-8710
Karma Yoga*	Lisa K.	403-270-0995 (no texting please)
*Neighbour Night	Sarah	403-283-0554 ext. 247
*Seniors' Knitting/Morning & *Seniors' Drop In	Debbie	403-283-0554 ext. 224
Spanish Lessons	Guilliana	403-835-2650
Sportball		403-700-7994



Your Message Here

Have you ever noticed the sign outside of Framed on Fifth and the Remax office on 5th Avenue? The sign is currently on-loan to the community so that during this time of physical distancing we can still have a connection point to share some words with each other. If you have something to say to the community, perhaps it's a message of hope, a joke or a thank-you to everyone on the front lines, now is your chance! Please email your short message (approximately 40 characters) to hannah@framedonfifth.com for your chance to be featured. Messages will be updated frequently to allow all to be featured. **All ages welcome!**



Food Programs

Updates to Outdoor Farmers' Market

We are so excited to be up and running for the summer season, starting May 20! This year, find us in the back parking lot. We will have strict health regulations in place to keep you and the vendors safe while you shop. Please see our website for our vendor line-up (a little smaller than normal given the circumstances!) and take a look at what we will be doing to reduce the risk of transmission. Thank you for supporting your local growers, makers, and bakers during this time!

Sunnyside Shared Garden

Drop-in gardening at the Sunnyside Shared Garden has begun! Our group meets bi-weekly on Thursday evenings to work communal land and grow food for our community. Given the current situation, we ask that anyone interested in joining us at the garden please get in touch with Heather, heather.r@hsca.ca, prior to coming out. We have some important health protocols to share with you before you drop by!

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.

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:

			<p style="text-align: center;">To Advertise Call 403 720 0762 Email sales@greatnewsmedia.ca GREAT NEWS MEDIA LEADERS IN COMMUNITY FOCUSED MARKETING</p>			



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

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Ryan Morstad	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

Kate Stenson	Executive Director Ext. 221	kate.s@hsca.ca
Allison Harrison	Front Office & Rentals Ext. 232	rentals@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Stephanie Corbett	Communications Coordinator Ext. 226	stephanie.c@hsca.ca
Sophie Bandula	Daycare Program Manager	403-270-9703, sophie.b@hsca.ca
Taiya Colonel	OOSC Program Manager	taiya.c@hsca.ca
Karl Kingsley	Facility Services Manager Ext. 223	karl.k@hsca.ca
Debbie Olson	Seniors' Connection Coordinator Ext. 224	debbie.o@hsca.ca
Bianca Zhou	Controller Ext. 225	accounting@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only)	
Heather Ramshaw	Community Programs Coordinator Ext. 248	heather.r@hsca.ca
Shaye Radford	Community Connections Coordinator Ext. 247	shaye.r@hsca.ca



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Lions Park
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Dhiren Bharadia, Denturist

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

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

Dear community members,

As we continue to monitor the updates and changes related to COVID-19, we encourage you to visit our website, www.hsca.ca/covid19, for the most up-to-date information about HSCA programming and events.

Over the last two months, HSCA has implemented voluntary and mandatory actions to help slow the spread of COVID-19. This has included closing our doors entirely on March 17, 2020. As our revenue has been severely impacted, and will continue to be, with all of our operations on-hold indefinitely, we have had no choice but to make the very difficult decision of implementing temporary layoffs.

This decision will help HSCA to ensure that it can reopen when this crisis passes and that, at that time, we can continue offering programs and services to residents of Hillhurst Sunnyside and beyond. When we are able to resume operations, we have every intention of bringing back our full team of passionate and hard-working individuals.

During this time of very limited capacity, all HSCA programs and services will be on hold and you will see a decrease to our social media presence, content in newsletters will be minimal and most HSCA phone lines and email will not be monitored. If you have an urgent matter, please contact Executive Director Kate Stenson at kate.s@hsca.ca.

This is an uncertain time for HSCA, and we know it is for the community around us too. This will be a test to the community, and we know that the communities of Hillhurst and Sunnyside can step up to the challenge. For most, this simply means staying home and limiting

all contact with anyone outside of your immediate family. While this may not feel like an act of community and may feel isolating, please remember that by staying in, you could be saving a neighbour's life. And while you're home, there are ways you can get involved and support those around you. This may be as simple as picking up the phone to check on someone, participating in window scavenger hunts or leaving a note in a neighbour's mailbox letting them know they can call on you if they need to. This pandemic is forcing us to re-think what an act of community looks like, but the meaning behind these acts has not changed, so let's not stop acting. Everyone has a part to play and the roles we choose to play now will affect the community we are during and on the other side of this crisis.

Thank you for doing your part. In solidarity,
Kate Stenson
Executive Director
Hillhurst Sunnyside Community Association

COMMUNITY PLANNING UPDATES



New Development Proposal at 223-231 9A Street NW

An application has been submitted by JEMM Properties and O2 Planning & Design. Community members can view and comment on the applicant/developer's website at <https://jemm.ca/9a-street-nw>, and read more about the land development process at <https://hsca-community-planning.mn.co/posts/loc2020-0045-223-231-9a-street-nw>.

A Message From Hillhurst Community School



Community Connections

First, I would like to send a thank you to everyone in the community who are providing any type of support to others during this time.

When the centre was closed in March, our Community Connections Team worked together to find ways of supporting community members as the need arose. We discovered we were going to be very limited, as staff members were going to be temporarily laid off, and we didn't know how long that was going to last.

In the first few days, many residents connected with us through the Timecounts program offering to volunteer to help individuals in the community. I think I can speak for the team when I say this made us very proud to be a part of this community. We hadn't put out requests for help – they just came to us with offers, so we knew there would be a team of volunteers that we could access if and when needed to help support others in the community.

Initially, there were some matches made, which are still ongoing. For many others, the initial restrictions and concerns from COVID-19 were not having an immediate impact. Other individuals in the community may have family or friends who were making sure that they stayed connected, had food, and could respond to needs as they arose.

Others are, and continue to be, independent, managing on their own and continuing to be able to “take care of business.” “I'm okay, but I will let you know if I need some help”, “Don't worry about me, I'm fine.”, are just some of the comments I have had from some seniors over the last month and a half.

It is wonderful that many are managing during these unusual, challenging, and difficult times. My concern is for those who don't have family or friends to help, or who are not managing well by themselves but are concerned about asking for help. I could probably list more than twenty reasons why people don't ask for help, starting with “I don't want to be a bother” to reasons that may not make sense to many of you. These are the individuals that I worry about, especially if they are a senior. It is at times like this when people “fall through the cracks”.

Please, please, please, if you need help to get groceries, if you are a caregiver and are feeling overwhelmed and would just like a break on occasion and someone else to pick up groceries or talk to the person you are caregiving for, or if you just need someone else to talk to once in awhile and don't have someone to turn to, call the centre. We have volunteers who are willing to help.

Reach out! We are here and we will do what we can to connect with you and find some support.

In the May Voice, Kate, our Executive Director, spoke about rethinking what “an act of community looks like”. Lisa (Community Planning) talked about “physical distancing – not socially isolating”. A definition of community I like is: “...a group of people who share something in common. You can define a community by the shared attributes of the people in it and/or by the strength of the connections among them.”

This definition embodies what I have observed time after time in the over 18 years I have been at HSCA. I have always been amazed at how you come together to help others in the community in times of the need, from the flood, which had such a massive impact, to the day-to-day supports you provide to neighbours in ways too numerous to mention. This checks all the boxes in my book about making strong connections, and is more than just a location. I am proud to be a small part of a community that cares and connects in so many ways.

The longer we are impacted by this situation, even as some things slowly begin to “open” up and access to areas that have been closed to this point gradually change, it will be a long time before things return to normal...whatever that “new normal” will look like. As the situation continues to impact us, the ability of all of us to manage could change.

If you need help call or send us an email. If you are concerned about a neighbour and not able to help directly, call or send us an email, we will get back to you.

Connect with us and help us keep our community strong and connected!

Heather Ramshaw | Community Programs Coordinator
403-283-0554, Ext. 248 | heather.r@hsca.ca

Shaye Radford | Community Connections Coordinator
403-283-0554, Ext. 247 | shaye.r@hsca.ca

Debbie Olson | Seniors' Connection Coordinator
403-283-0554, Ext. 224 | debbie.o@hsca.ca

Creativity During Crisis

Printed with permission from randomactsofrainbows.ca/blog

Follow along on Instagram @[covidrainbows](https://www.instagram.com/covidrainbows) and @[calgarychalkartist](https://www.instagram.com/calgarychalkartist)

by Jo Williams

Chalk artist Rozzie Lee takes Calgary by rainbows



Photo courtesy of COVIDRainbows [[@covidrainbows](https://www.instagram.com/covidrainbows)]. (2020, May 6). [Photo of [@CalgaryChalkArtist](https://www.instagram.com/calgarychalkartist), Rozzie Lee]. Retrieved from www.instagram.com/covidrainbows.

On a typical day, you'd find commercial artist Rozzie Lee of Calgary Chalk Artist designing custom hand drawn signage, art, and murals, for many well-known retail establishments and homes throughout Calgary. Her distinct style includes large wall murals, menu boards, sidewalk brand activations, modern window painting and live caricature painting at special events.

But these are not typical times.

As with many other creative entrepreneurs, she has taken the curve ball that COVID-19 has thrown in her own way and is quite literally turning the city's sidewalks into beautiful works of art with vibrant rainbow chalk art murals.

"During these challenging times with the COVID-19 pandemic, along with many others in the community, we are all trying to find a way to give back to those around us," says Rozzie. "We want to come together emotionally, even though we can't physically be near one another. To be able to share my love of creativity and the arts with others brings much joy to this girl who loves to draw."

Not only has Rozzie been brightening up the day for many who pass by her works of art, she is also sharing tips on how to make the typical sidewalk chalk art for the everyday artist even brighter. Watch the video [[at www.randomactsofrainbows.ca/blog/creativity-during-crisis](http://www.randomactsofrainbows.ca/blog/creativity-during-crisis)] for how-to's on dialing up your chalk art game.

Be like Rozzie and share your rainbow with Calgarians by posting on social media with hashtag: #[randomactsofrainbows](https://www.instagram.com/randomactsofrainbows).

With a background in visual communications and graphic design, serving local businesses with custom hand drawn signage, art, and murals for businesses and the home, Rozzie is passionate about delivering professional and purpose driven art within the community.

Inspirations for You and Your Preschooler

Contributed by Campus Pre-School



Looking for some ideas to keep preschool aged children busy during your extra time at home?

1. Have your child practice dressing themselves, including the difficult pieces of clothing like underwear and socks. Start with one or two items and build as your child is ready until he or she is getting all dressed independently. Make it a game if your child is reluctant - hide and seek (find each piece hidden in your room, then put it on when you've found it), colour find (name a specific colour for each piece of clothing, and have them choose one out of their drawer/closet to put on) or be silly with it (have them try to put the clothes on the wrong parts of their body - socks on hands, pants on arms, etc - and then have them show you how they can do it properly).
2. During the spring weather we may experience rain, snow, melting, puddles, etc. Take some time to explore water! Get a piece of paper wet, draw on the wet paper with markers, or drop food colouring onto the wet paper, then freeze the paper, then draw on it with markers. Leave a picture outside in the rain; what happens? Paint on the sidewalks with water.
3. While reading to your child every day, encourage them to look closely at the words and find the first letter of their name.
4. Work on some fine motor skills and hand-eye coordination by threading beads onto a pipe cleaner, string, shoelace, ribbon, etc. Extend this activity by asking your child if they can make a simple pattern while they thread.
5. Make thank you cards to distribute to workers working outside of their homes, such as front-line medical workers, grocery store employees, or delivery services. Or bring your cards to a seniors residence that may be under lockdown.
6. Play grocery store. Save food packaging to set up a grocery store in your home.
7. Play a board game, work on a puzzle or bake together. It is a great way to spend time working on one project together and an opportunity to practice turn taking as well as following directions.

Dear Calgary's Frontline
and Essential Workers,

THANK YOU

for keeping us

healthy

connected

moving

fed

educated

protected

and cared for.

BLESS YOU



St. Barnabas
ANGLICAN CHURCH

stbarnabas.ca



Neighbour Day 2020: **A New Look** Saturday June 20, 2020

There's no doubt that this year's annual Neighbour Day will look different. As most Hillhurst Sunnyside residents know, Neighbour Day is an important event in our community. After demonstrating resiliency and community strength after the 2013 floods, Neighbour Day has evolved into a celebration of community and neighbourly fun, with residents hosting block parties, BBQs, potlucks, yard sales and more.

And although the streets of Hillhurst Sunnyside may not be lined with people as year's before, the strength of our community will undoubtedly be felt. We're just halfway through 2020 and we've seen the creative and important ways our community has come together during the health crisis. From participation in window campaigns, checking in on your neighbours, and supporting those in quarantine, to grabbing some sidewalk chalk to make passerby's smile, Hillhurst Sunnyside's community strength, creativity, and resiliency has been on full display.

This is what makes Hillhurst Sunnyside so special. Neighbour Day 2020 is an important one, and we encourage you to share your ideas on how to celebrate in a responsible and creative way this year. Send us your ideas! Message us on Facebook, @hillhurstsunnyside, or Instagram, @Hillhurst_sunnyside, with your ideas and keep an eye on our website for details, www.hsca.ca.



COMMUNITY BINGO

RULES: Only mark off a square once you have completed the task, each square has to be a separate activity.

PRIZE: BRAGGING RIGHTS!

Take a selfie at your fave spot in our community	Cook something new!	Take a virtual museum tour!	Call a neighbour	Plan your dream vacation
Start a gratitude journal	Place an order at a local business	Brainstorm your 2020 Neighbour Day ideas	Upload a TikTok video	Try a new workout on YouTube
Go for a bike ride	Download the Calgary Public Library app	FREE	Watch a film with subtitles	Listen to an audiobook
Attempt a Pinterest DIY!	Decorate your street facing window or door	Buy a gift card from a local business	Reconfigure your space	Video chat with an old friend
Track Turki! Find out where he is today!	Follow HSCA on Instagram	Take a walk outside (respect the 6 ft rule)	Write a blog post for HSCA!	Write out your goals for the summer

How many did you check off?

Tag us with your photos on social media at #hscayyc

The Good Food Box (GFB)

June

The Good Food Box is back at HSCA. Please visit our website to place your online orders, see pickup/order deadlines, and payment options for June.

Single Box: Includes approximately 20 to 25 lbs of fruits and vegetables (weights will vary depending on produce size and density). Cost: \$25

Medium Box: Includes approximately 30 lbs of fruits and vegetables (weights will vary depending on produce size and density). Cost: \$30

Large Box: Includes approximately 40 lbs of fruits and vegetables (weights will vary depending on produce size and density). Cost: \$35

HSCA has no capacity to store boxes. All unclaimed boxes will be donated to another food program.

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary.

How Do I Support HSCA?

- Purchase an HSCA membership or make a donation directly through our campaign page. Any contribution will help HSCA stay strong during this difficult time in which many of our operations are directly impacted.
- Support your community. Many vulnerable and other individuals in our community are isolated, either through lack of connections or family support, or are self-isolating to prevent the spread of the virus. This can present many immediate and longer-term challenges, depending on how long this situation continues. We encourage you to find creative ways of supporting your neighbours that maintain all physical distancing guidelines. Please take a look at some of our Volunteer Support Documents (Connecting Champions Resource Guide) on our website, www.hsc.ca/covid19, for guidelines on providing support for isolated and vulnerable people in our community.

FREE THROWS AREN'T ALWAYS FREE

Shaquille O'Neal is considered to be one of the best basketball players in history and touted some impressive stats on the court. His free throws, however, are not among these accolades. During his NBA career, the 7'1" centre missed 5,317 free throws, or roughly 48% of what are considered to be "free" points.



Now Available: 2020 Memberships

When you purchase an HSCA Membership, you earn discounts at some great local businesses & make a difference in our community!

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

HSCA Membership benefits:

- 10% discount on HSCA facility rentals with a family membership
- Reduced rates for some HSCA programs, drop- in sports, some special event admissions
- \$5 discount per swimming lesson set; discounted monthly pass at Bowview Pool for members only (open during the summer only)
- Free use of the tennis court

You can also use your HSCA membership card to receive discounts with the following local businesses:

- **NEW- Good Trade Coffee Co:** HSCA Members receive 10% off all beverages
- **NEW- Bailey Nelson- Kensington:** HSCA Members will receive a Free Blue Light Filter (\$50 Value)
- **Sunnyside Natural Market:** Save 5% with your HSCA Card (case discounts not included)
- **Swizzlesticks Salon & Spa:** 15% discount on all services at the Salon & Spa.
- **Vine Styles Kensington:** 10% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Midtown Kitchen & Bar:** 10% off regular priced orders
- **Flippn' Burgers:** 10% discount on all purchases
- **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
- **Cadence Chiropractic Sport & Health:** 20% off your first 60- or 90-minute massage. 20% off your initial Acupuncture Assessment and Treatment
- **Kensington Auto Pro:** 10% off on parts & labour
- **Framed on Fifth:** 10% discount on all framing
- **Rejuve your Body:** Get a 30 minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.
- **Beagle 14 (formerly the Regal Beagle):** 10% off your order (excludes daily specials)
- **Kensington Fitness:** \$15 off your first massage treatment
- **MYo Lab Sports Therapy + Personal Training:** 20% off all retail supplies + supplements (for as long as you hold an active HSCA membership).
- **Pho HouZ Vietnames:** 10% off regular priced orders (excludes alcohol)
- **Tania MediSpa:** Family & Individual members receive 20% off facials & body wraps, 10% off massages, botox, fillers, permanent makeup and fillers. Senior Members receive 20% off facials, nails and massages, 10% off product
- **Dignity Memorial Funeral Services:** 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services* [*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of the two discounts.] National Transferability on prearranged services at no additional charge, Thirteen (13) months of unlimited access to the 24-Hour Compassion Helpline®, Access to the Dignity Memorial Bereavement Travel Program
- **The Mat's Diner:** 10% off your meal
- **Macleod Optometry and Tamas Eyecare** - \$125 off prescription glasses or sunglasses. Must have a valid prescription.
- **Sunny Cider:** 10% off to all HSCA Members
- **Canary Refillery & Zero Waste Market - NEW:** 10% off purchases
- **Wheels Training Centre - NEW:** HSCA Members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation
- **OXBOW:** 10% discount on breakfast / brunch or dinner.

Visit our website www.hasca.ca for news and updates about this program



Hillhurst Crime Activity was Down in April 2020

The Hillhurst community experienced 16 crimes in April 2020, in comparison to 33 crimes the previous month, and 57 crimes in April one year ago. Hillhurst experiences an average of 32.7 crimes per month. On an annual basis, Hillhurst experienced a total of 392 crimes as of April 2020, which is up 5% in comparison to 375 crimes as of April 2019. To review the full Hillhurst Crime report visit hill.mycalgary.com

Sunnyside Crime Activity was Up in April 2020

The Sunnyside community experienced 22 crimes in April 2020, in comparison to 17 crimes the previous month, and 20 crimes in April one year ago. Sunnyside experiences an average of 21.9 crimes per month. On an annual basis, Sunnyside experienced a total of 263 crimes as of April 2020, which is up 54% in comparison to 171 crimes as of April 2019. To review the full Sunnyside Crime report visit sunn.mycalgary.com

How To Report Crime In Hillhurst | Sunnyside: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

SUNNYSIDE SHARED GARDEN

Join your neighbours at our shared garden space to grow food for yourself, and your community.

we meet every other

THURSDAY 6:30 PM
at the garden.

HSCA
Hillhurst Sunnyside Community Association

Email heather.r@hscsa.ca to get on the gardeners e-mail list

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

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

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.

LOCAL HANDYMAN IN MARDA LOOP - RELIABLE HOME SOLUTIONS: Repairs/replacements and odd jobs. Plumbing (leaky/running faucet or toilet, garburator), electrical (wall switch, light fixture, exhaust fan), install new window hardware/coverings, fix sticky doors, drywall repairs, painting, fence/gate repairs. Call/text Tom, 403-970-4466, or email tomh5566@gmail.com.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 17 years and 30,000 projects we have done the job right - and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.



**Councillor, Ward 7
Druh Farrell**
 ✉ ward07@calgary.ca
 🌐 druhfarrell.ca
 📧 @DruhFarrell 📺 Druh Farrell

Be Prepared for River Flooding

Calgary is at the highest risk for flooding from May 15 to July 15. Depending on how quickly the snow melts and if there is heavy rainfall at the same time, floods can happen quickly, and with little warning, so it's important to be prepared.

We're Ready

Flood preparation is a top priority. Despite the COVID-19 pandemic, we have the resources in place to prepare and quickly respond to a flood.

We're monitoring weather and river conditions 24/7 to provide the earliest possible warning of flooding and improve response.

We have a dedicated team that have stockpiled materials for riverbank protection and temporary barriers, and completed testing of outfalls, lift stations and pumps.

We're Building a More Flood Resilient City

Calgary is better prepared today for floods like the one in 2013 with many projects completed or underway. This year, the installation of new, higher steel gates at the Glenmore Dam means we're able to manage a 2005-level flood along the Elbow River. With the construction of the Springbank Reservoir, we'll reach our goal of managing a 2013-level flood.

What You Can Do to Be Ready

- Understand. Know your flood risk whether you live, work or spend any time around our rivers.
- Be prepared. Take steps to reduce flood-damage and be prepared if you need to evacuate quickly.
- Stay informed. Follow local media and The City on social media, and make sure you're receiving emergency alerts.

Visit calgary.ca/flood for more information.

What do we want Calgary to look like after COVID-19?

I want to thank everyone for what has been an unusual few months. If I could give you a hug without breaking physical-distancing rules, I would. My heart especially goes out to those Calgarians who have lost loved ones to COVID-19.

While incredibly stressful and taxing, our self-isolation has, at the end of the day, been a collective and extraordinary display of love – love for our co-workers, our friends and family, our neighbours, and for strangers we may never meet. By staying home, we're helping each other and ensuring as few of us as possible get sick.

It's been a strange and difficult few months. I've found myself reflecting and recognizing the enormity of the COVID-19 crisis is exposing what's working and what's not working in our society. I believe we have an opportunity to rethink what we hold dear, what we take for granted, and to work together to rebuild our society for the common good.

I encourage you to think about what you've learned in recent months, what silver linings you've found, and what you hope to see in Calgary, post-pandemic. These reflections can be as little or big as you like.

For example, many of our worlds have shrunk. I've heard from Calgarians who say they're enjoying exploring their neighbourhoods and loving the fact front windows have been turned into children's art galleries, and they'd love to see this continue post-pandemic.

I've also had conversations with people about big ideas and big changes, such as re-thinking how we design our cities to be more equitable and cost-effective, or re-thinking how and where we care for seniors within our society.

When Calgary was hit by the 2013 flood, we learned to pivot, experiment, adjust, and innovate. I'd like to see this momentum continue in the wake of COVID-19. What are you hoping comes out of all of this?





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