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## STAFF LISTING

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Daycare Program Manager	Kerin Brice	<a href="mailto:dcmanager@hsca.ca">dcmanager@hsca.ca</a> 403-270-9703
OOSC Program Manager	Chelsea Wroblewski	<a href="mailto:chelsea.w@hsca.ca">chelsea.w@hsca.ca</a>
Facility Services Manager ext. 223	Karl Kingsley	<a href="mailto:karl.k@hsca.ca">karl.k@hsca.ca</a>
Seniors' Connection Coordinator ext. 224	Debbie Olson	<a href="mailto:debbie.o@hsca.ca">debbie.o@hsca.ca</a>
Controller ext. 225	Amy Kettenbach	<a href="mailto:accounting@hsca.ca">accounting@hsca.ca</a>
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	<a href="mailto:fleamarket@hsca.ca">fleamarket@hsca.ca</a>
Community Programs Coordinator ext. 248	Alex Walz	<a href="mailto:alex.w@hsca.ca">alex.w@hsca.ca</a>
Community Connections Coordinator ext. 247	Reiko Yamagishi	<a href="mailto:reiko.y@hsca.ca">reiko.y@hsca.ca</a>
Planning Coordinator	Becky Poschmann	<a href="mailto:planning@hsca.ca">planning@hsca.ca</a>

## Recreation at HSCA

### Drop-In Badminton

Most Mondays and Thursdays from 10:30 am to 1:30 pm. Visit [www.hsca.ca/badminton](http://www.hsca.ca/badminton) for full schedule and blackout dates. No registration is required. \$4 per session.

## Sunnyside Art Crawl

Did you know there's an outdoor gallery of amazing art throughout Sunnyside? Get out (and bundle up), explore the community and take your own art crawl!





## Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Alex Walz 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	Reiko 403-283-0554 ext. 247



## The Good Food Box (GFB)

**Important Notice from Community Kitchen Program of Calgary:** Effective immediately, Community Kitchen's Good Food Box Program will increase by an additional \$5 per box. See the updated prices below. For more information on this price increase, we encourage you to read the Community Kitchen's notice posted on our website: [hsca.ca/community-food-program](https://hsca.ca/community-food-program).

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

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

**Medium Box:** Includes approximately 30 pounds of produce. Cost: \$35

**Small Box:** Includes approximately 20 pounds of produce. Cost: \$30

**Orders Accepted:**

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

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

**New 2024 Order and Delivery Dates (Area B)**

Order by 2:00 pm	New Pick-Up Time 2:00 to 6:00 pm
January 23	February 1
February 20	February 29
March 12	March 21
April 16	Apr 25
May 7	May 16
June 4	June 13
August 6	August 15
September 3	September 12
September 24	October 3
October 22	October 31
November 19	November 28



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## 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](mailto: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](http://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.

### **Monday Connections: Senior Support (Online), 10:00 to 11:00 am- Returns January 22, 2024.**

If you are a senior and would like to connect about anything related to seniors, join us online Mondays from 10:00 to 11:00 am. Connect with Debbie for more information and to get the Zoom link.

A message from Debbie, Seniors' Connections Coordinator (Monday Connections):

I will send the link out to the seniors in our community for whom I have an email address so that you have a connection if needed already in your email. If you would like to volunteer with seniors, are looking for information, have questions or would like to explore more about how we can have a positive connection and/or impact on seniors in our community, you can also connect with me on Mondays using the same link.

### **Caregiver Connections, the Third Thursday of the Month, 7:00 to 9:00 pm**

Our Caregiver Connections group returns online from 7:00 to 9:00 pm on the third Thursday of the month (until June 20, 2024), 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. Just send Debbie and email or call and she will be more than happy to set up a different time to connect with you. There are other connections that you may be interested in, so don't hesitate to explore the possibilities. If you don't have a computer or internet access, leave Debbie a phone call at 403-283-0554 ext 224 or email [Debbie.o@hsca.ca](mailto:Debbie.o@hsca.ca).

### **Chair Yoga- On Hold Until February 1, 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.

### **New! Cribbage Group- Returns January 3, 2024**

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.

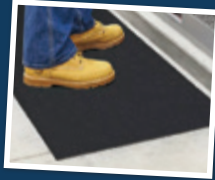
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TUESDAYS 2 - 4 PM  
IN THE HEARTH ROOM AT HSCA

## International Day of Education

- January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!



## Calling All BABYSITTERS

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## Calling All PARENTS

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## Hillhurst Real Estate Update

Last 12 Months Hillhurst

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 359,900	\$ 352,500
October 2023	\$ 567,500	\$ 566,250
September 2023	\$ 449,900	\$ 445,000
August 2023	\$ 434,950	\$ 406,250
July 2023	\$ 465,000	\$ 445,000
June 2023	\$ 489,900	\$ 482,900
May 2023	\$ 459,500	\$ 452,500
April 2023	\$ 652,450	\$ 643,000
March 2023	\$ 619,000	\$ 612,715
February 2023	\$ 726,900	\$ 748,150
January 2023	\$ 709,900	\$ 675,000
December 2022	\$ 450,000	\$ 450,000

Last 12 Months Hillhurst

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	6	11
October 2023	22	14
September 2023	21	9
August 2023	10	20
July 2023	23	21
June 2023	31	19
May 2023	19	14
April 2023	8	6
March 2023	15	15
February 2023	13	10
January 2023	14	5
December 2022	4	11

To view more detailed information that comprise the above  
MLS averages please visit [hill.mycalgary.com](http://hill.mycalgary.com)



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## ONGOING PROGRAMMING AT HSCA

Please note programming changes below for 2024. For the most-up-to-date information, visit our program and recreation calendar for more information at [www.hsca.ca/programsrecreationcalendar](http://www.hsca.ca/programsrecreationcalendar).

### **Mondays (Except Stat Holidays)**

**Senior Connections Group, 10:00 to 11:00 am (Online)- Returns January 22, 2024**

**Sustainable Food Programming, 4:00 to 6:00 pm - Returns January 8, 2024**

Fresh Routes affordable mobile grocery store is onsite every Monday (Except stat holidays).

HSCA offers residents of Hillhurst Sunnyside experiencing food insecurity resources and assistance, including access to the free table. Questions? Connect with one of our team members at the Sustainable Food Program (SFP) for more information.

### **Tuesdays**

**Chair Yoga (Online and In-person) - Returns February 1, 2024**

**Sip'n' Chat, 2:00 to 4:00 pm - Returns January 9, 2024**

Weekly drop-in time for all community members to enjoy a coffee or snack together. All ages welcome. In the Hearth Room at HSCA.

### **Wednesdays**

**Cribbage, 12:30 to 3:00 pm - Returns January 3, 2024**

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

**HSCA's Farmers' Market- Returns January 10, 2024 (there will be no Farmers' Market on Wednesday, January 3)**

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

### **Thursdays**

**Chair Yoga - Returns on February 1, 2024**

**Neighbour Night, 5:30 to 7:30 pm (First and third Thursdays of every month) - RSVP is mandatory for this event! Returns January 18, 2024**

Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

Free | Everybody is Welcome | Child Friendly. You must RSVP by emailing [reiko.y@hsca.ca](mailto:reiko.y@hsca.ca) or calling 403-283-0554, ext 247.

**Thursday, January 18 - Join us for Calendar Making with Melisa**

### **Sundays**

**The Sunday Flea Market runs 7:00 am to 3:00 pm - Concession Now Open**

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

### **Other Programming**

**HSPC meetings are the first Thursday of each month from 7:00 to 9:00 pm online**

Please contact [planning@hsca.ca](mailto:planning@hsca.ca) to participate in a meeting.

**Caregiver Connections (Online), 7:00 to 9:00 pm on the third Thursday of each month.**

### **Volunteer Opportunities at HSCA**

Check out our easy volunteer sign-up system for various rewarding volunteer opportunities! [www.hsca.ca/volunteer](http://www.hsca.ca/volunteer)

We are especially looking for volunteer opportunities in:

- Community Connectors for Neighbour Night
- Snow Removal Volunteer please contact Debbie directly for this role at 403-283-0554 ext. 224 or email [Debbie.o@hsca.ca](mailto:Debbie.o@hsca.ca).

You can also drop an email to [reiko.y@hsca.ca](mailto:reiko.y@hsca.ca).

HSCA appreciates all volunteers for all reasons. Looking to build connections with community? Great! Looking for work experience and a reference letter? Fantastic! We can't wait to connect! [www.hsca.ca/volunteer](http://www.hsca.ca/volunteer).



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# Connecting Community Through Sports, Clubs, Recreation and Leisure (Part 1)

*This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'Building Social and Community Life: Connecting community through Sports, Clubs, Recreation and Leisure (pp. 85 to 92). For more on the history of our neighbourhood, check out the full paper at <https://www.hsca.ca/historical-context-paper>.*

In addition to the social role played by the early churches, recreation, and leisure - both formal and informal - figured prominently in the social life of residents. In March of 1911 the lands immediately west of Riley Park were donated to the City by the Riley family for Hillhurst Athletic Park (sourced from the Calgary Daily Herald, March 24, 1911). By 1912 a grandstand and bleachers were erected, and the existing Hillhurst Football club clubhouse/dressing cabins were moved to the playing field and enlarged. Ezra and Frank Riley organized the Hillhurst Football Club which won the Dominion Championship twice. Frank served as the club's president Club from 1910 to 1922 and was an active promoter of rugby football in Calgary.

In 1912, Harriet Riley loaned her land nearby to the north and west (today's St Andrews Heights) to be developed as Calgary's second golf course, St Andrews Golf Club, named for the famous links course in Scotland and opened in May 1913. The club membership, which had free playing rights, grew rapidly (per research by Marg Mcready). Probably the most popular area for the neighbourhood, Riley Park, was a place for informal leisure and recreation in all seasons. The park was donated by Ezra Riley in 1910. Within two years it was cultivated and sown with grass, landscaped with flower beds and thousands of trees and shrubs, and had a wading pool for children. An early toboggan run on the hillside immediately north of the park was dismantled after the First World War, possibly to accommodate the land sale to the province for the technical institute. Another very popular informal winter activity was skating on the frozen sloughs, an activity that lasted well into the post-war period when the last slough was reclaimed for development.

Local fraternal lodges were also established early on. The Riley Hall in the Great West Trading Co building housed the Seventh Day Adventists, two orders of the Loyal Order of Lions and the King George Masonic Lodge No 59. As soon as the Ross Block was completed by William Ross in 1911, the Masons leased its new public hall next to the Hillhurst Pool Room. Members included pharmacist WC Black who was Chair in 1922 and Calgary's mayor at the time, and Andrew Davidson (term 1929 to 1945) who lived north of the Bow.



*King George Masonic Lodge No 59, n.d. [Credits: City of Calgary, Inventory of Evaluated Historic Resources website]*



*Calgary Tigers, the precursors to the Stampeders, playing football at Hillhurst Athletic Park, 1913 [Credits: Glenbow Archives na-1744-7]*

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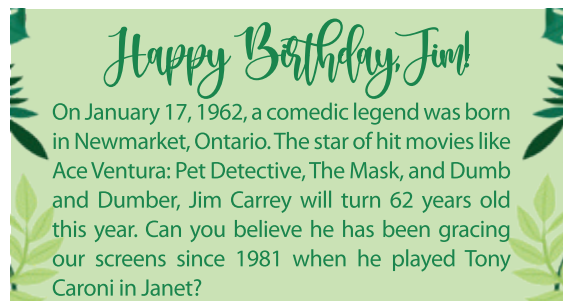
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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca),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

**1219410 ALBERTA LTD:** Is looking for one full-time administrative assistant in Calgary. College diploma and at least three years of related experience in the medicine industry is needed. Send your resume and cover letter to helenjobab@gmail.com.



# How to Deal with Those Long Sleepless Nights

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.



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