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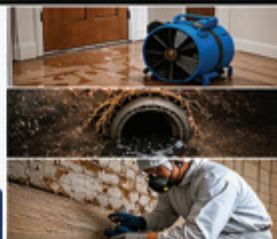
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Controller ext. 225	Amy	accounting@hsca.ca
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel	fleamarket@hsca.ca
Community Programs Coordinator, ext. 248	Martin	farmersmarket@hsca.ca
Community Connections Coordinator, ext. 247	Melisa	communityconnections@hsca.ca

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SUNNYSIDE



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Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Sustainable Food Programs	farmersmarket@hsca.ca 403-617-6094
Flea Market	Angel 403-283-0554 ext. 231

*(Drop in on Sundays or leave a message.
Calls returned on Wednesdays and Sundays only)*

Neighbour Night Sip 'n' Chat	Melisa 403-283-0554 ext. 247
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Take Action Grant

Re-introducing the HSCA Take Action Grants for community members.

Do you have an idea for a project for social, economic or environmental work in Hillhurst Sunnyside?

Are you a part of a group of three or more individuals that need a boost to get your initiative off the ground? Hillhurst Sunnyside Community has their own one time Take Action Grants for up to \$250 and 250 Calgary Dollars.

Application is due on the 15 of each month.

Email communityconnections@hsca.ca for more information or to request an application or visit hsca.ca/tag.

Thank you to The Calgary Foundation for providing the Canadian Dollars via Calgary Dollars for this fund.

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.

We're proud to offer a wide range of free programs and events for our community. Any programs with fees are clearly noted.

Mondays (Except Stat Holidays)

Drop-In Badminton

Drop-in badminton runs Mondays and Thursdays, 10:30 am to 1:00 pm.

Beginning September 1, 2026, weekday drop-in badminton fees will increase to \$7 per player. The weekday schedule remains unchanged. 20-play punch cards will increase from \$90 to \$125. Existing punch cards will continue to be honoured until used up.

New! Crafting Circle

Mondays from 9:00 am to 12:00 pm in the Hearth Room. Bring any craft and enjoy dedicated creative time with others. No cost to attend. Everyone is welcome!

Evening Yoga at HSCA

Mondays | 6:30 to 7:30 pm | September 14 to December 21 (no class on Thanksgiving) | \$12/class. Suitable for all experience levels. Visit hsca.ca/yoga for registration and details.

Fresh Routes Mobile Market

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 and the new Zoom link.

Sip n Chat

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.

HSCA's Farmers' Market: We're Moving Indoors!

Our outdoor market wraps up October 7, but the Farmers' Market isn't going anywhere! Starting Wednesday, October 14, we're moving indoors for the season. Keep shopping local and connecting with your favourite vendors every Wednesday from 3:00 to 7:00 pm, year-round, right here at HSCA.

Thursdays

Drop-In Badminton

Drop-in badminton runs Mondays and Thursdays, 10:30 am to 1:00 pm (some blackout dates).

Chair Yoga

10:00 to 11:00 am, online and in-person. Please reach out to Debbie for more information and the new Zoom link.

Neighbour Night

First and third Thursday of the month, 5:30 to 7:30 pm in the HSCA Hearth Room. Free and everyone is welcome—dinner, dessert, and a workshop! Join us on Thursday, October 1 and Thursday, October 19.

Please email Melisa to RSVP if you are planning to attend: claire.l@hsca.ca.

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

Fridays

Parent-Child Mother Goose (Free Registered Program)

9:30 to 10:30 am | October 9 to December 11

Join Carya at HSCA for songs, rhymes and stories designed for young children and their caregivers. Registration is required through Carya. Visit hsca.ca/mother-goose for details and registration.

Parented Drop-In Play

10:30 to 11:30 am | September 18 to December 11

A free, relaxed drop-in space for parents and caregivers to connect while children play. Come after Parent-Child Mother Goose or attend Drop-In Play on its own. No registration required. Everyone is welcome.

Friday Evening Badminton

6:00 to 8:00 pm. Drop in for a game, meet fellow players, and help us shape this new evening offering. Fees are

\$10 per player. Visit hsca.ca/badminton or our Programs and Recreation Calendar for the latest schedule, registration information, and updates.

Saturdays

HSCA Pickleball Drop-In

Runs Saturday, 10:30 am to 12:00 pm in the HSCA gym.
Ages 16+. Special introductory rate: \$10 per session.
Space is limited and advance registration is encouraged.

Sundays

Sunday Flea Market

Runs 7:00 am to 3:00 pm, concession onsite! Check out the crafts, furniture, vinyl records, antiques, books, treasures, and community building every Sunday at HSCA.

Special Events and Programs

Turn Your Cents Into Sense

Tuesday, October 13, 5:30 to 6:30 pm

A free, university student-led financial empowerment session for ages 11 to 18 at HSCA. Learn practical basics around budgeting, debt, investing, and building confidence with money. Registration is required. For more information, contact Melisa at communityconnections@hsca.ca.

Caregiver Connections

October and November at HSCA

October 8, 14, and 19 | November 12, 18, and 23

A welcoming space for caregivers to connect and find support. See the Seniors Programs section for full times and details.

We're Moving Indoors! Farmers' Market Indoor Season Kick-Off

Wednesday, October 14, 3:00 to 7:00 pm. The HSCA Farmers' Market is moving indoors for the season! Join us for the first indoor market of the fall and keep shopping local every Wednesday from 3:00 to 7:00 pm, year-round at HSCA.

Repair Exchange at the Flea Market

Sunday, October 25

Bring your small household items and work with volunteer fixers to give them a second life. This free community repair event takes place alongside the Sunday Flea Market on the last Sunday of every month.



SENIOR CONNECTIONS

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

New! Crafting Circle

Mondays, 9:00 am to 12:00 pm in HSCA's Hearth Room.

The Monday knitting/crochet circle has expanded to welcome all kinds of crafts. Knitting, crochet, needlepoint, cross-stitch, sketching, calligraphy, and more. Join in for a relaxed morning of creating, sharing, and connecting with fellow crafters in the Hearth. All ages, everyone welcome! (Excludes Statutory Holidays).

Chair Yoga (Online and In-person)

Tuesdays and Thursdays | 10:00 to 11:00 am. This program runs September to December with a new link to the class online. Chair Yoga is offered in a hybrid model — meaning participants can join either online or in person. If you'd like to join in person, you'll follow along with Sharon on the screen in the Hearth Room. Space is limited, and there's some safety info to go over, so please contact Debbie directly if you'd like to attend in person. This gentle exercise class is a great way to stay active and limber. Come join us! To register or for more information, contact Debbie at 403-283-0554 ext. 224 or email debbie.o@hsc.ca.

Cribbage Group

Wednesday afternoons from 12:00 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 \$0.25, which goes to the winner, then the winners move to the next table and there is an extra \$0.10 for a skunk. Anyone who wishes to play is welcome.

Caregiver Connections

Returning This October and November

Caregiver Connections offers caregivers a space to connect, share experiences, explore available resources, and learn about supports in the community.

October: Oct. 8, 7:00 to 9:00 pm • Oct. 14, 9:00 to 11:00 am • Oct. 19, 1:00 to 3:00 pm

November: Nov. 12, 7:00 to 9:00 pm • Nov. 18, 9:00 to 11:00 am • Nov. 23, 1:00 to 3:00 pm

Learn more at hsc.ca/caregiver-connections or connect with Debbie.

Senior Connections Network

The Senior Connections Network aims to foster connections with seniors in our community in various ways. If you're interested in joining the network or have a senior who would like to connect, please reach out by email or phone. We can arrange a time to discuss opportunities moving forward. If you have ideas for senior programming at the center, we'd love to hear them so please reach out to Debbie.

HSCA Casino Volunteers Needed

HSCA's casino fundraiser takes place February 18 and 19, 2027 at ACE Casino Airport. This is an important fundraising event for HSCA and helps support our work and impact in the community. We're looking for volunteers to help fill a variety of shifts and roles. If you're interested in helping or would like more information, contact Debbie at debbie.o@hsc.ca or 403-283-0554 ext. 224.

HSCA
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NEW
Friday Evening Badminton

Fridays, 6-8pm
Ages 8+

Register Now!

\$10/session
HSCA Members
save 10%

WWW.HSCA.CA/BADMINTON

As the days get cooler, this month's recipe is an easy, comforting one to add to the fall rotation. Pulled from the HSCA Community Cookbook, this Sweet Potato and Red Lentil Curry was submitted by community member Tamara S. It's hearty, warming and packed with flavour — perfect for a cozy October meal.



Sweet Potato and Red Lentil Curry

Submitted by Tamara S. — Community Member

Vegan, Gluten Free, Soy Free, Nut Free

Serving Size: 4

Time Commitment: 1 Hour

Ingredients

- 2 tbsp Coconut Oil
- 1 onion — chopped
- 6 garlic cloves — crushed
- 1 tsp dried chili flakes
- 2 tbsp curry powder
- 2 medium sweet potatoes — cubed (unpeeled)
- 1 ½ cups red lentils
- 2 cups vegetable stock
- 1 cup coconut milk
- 1 tsp fine sea salt
- a good hunk of frozen, chopped Spinach
- 2 cups rice — (Brown Basmati is good with this)

Optional Serving Suggestions — Naan bread; squeeze of lemon juice; Greek-style plain yogurt; finely chopped chives; sliced avocado.

Method

1. Put the oil in a large, high-sided pan over a medium heat. Add onion. Sauté for 5 minutes until starting to soften.
2. Add garlic, chilli flakes, and curry powder. Fry for 2 to 3

- minutes, stirring now and again, until aromatic.
3. Add sweet potatoes, lentils, stock, coconut milk, and sea salt. Bring to the boil and simmer for 25 minutes.
4. Add spinach. Continue simmering for another few minutes, stirring often, until the sweet potatoes and lentils are cooked through and spinach is wilted.
5. Meanwhile, make the rice according to package directions.
6. Serve over the rice.

Tips

- To serve, we usually spoon the curry over rice then add some sliced avocado.
- To get fancy, you could stir in yogurt, lemon juice, and chives.
- It would also be delicious with warmed up naan.
- The curry freezes well if you portion it out into smaller containers.

Recipe Credit: Calgary Co-op

Have a go-to recipe, family favourite, or potluck hit you'd like to share? We'd love to feature more recipes from our community cookbook collection and from neighbours across Hillhurst Sunnyside.

Submissions: communications@hsc.ca

This recipe was originally shared in the HSCA Community Cookbook (2021).



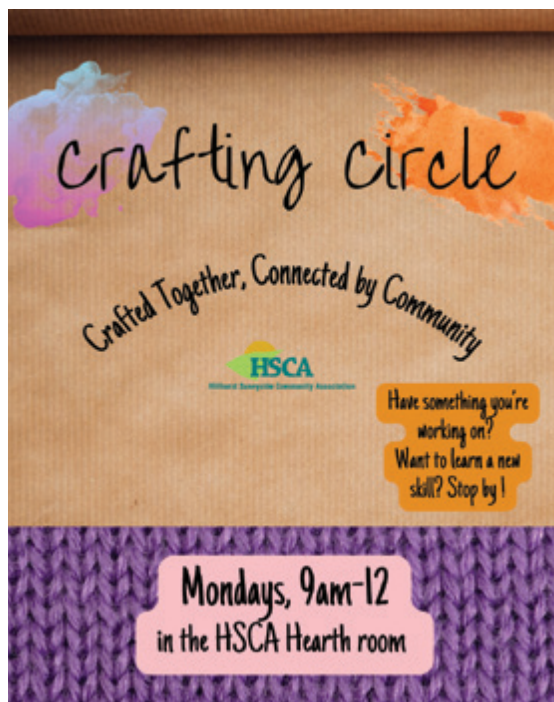


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Have something you're working on?
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Mondays, 9am-12
in the HSCA Hearth room

Pet Corner



Photo and caption submitted by community member Miranda.

Pepper, a blue heeler cross rescue, enjoys a smoky morning on the Douglas Fir Trail. Pepper loves rolling in the grass on hot summer days and snacking on chilled snap peas, cucumbers, and carrots.



Updated Fees, Ages, and Times!

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Hear reliable stories that make money management understandable.

Practical Tools:

Learn budgeting, debt management, investing basics you can use right away.

Empowerment:

Build self-assurance and take charge of your financial future.



Tuesday, October 13th, 5:30-6:30pm

Hillhurst Sunnyside Community Association - North Social Hall

Please sign up using the QR code!



Community Photo Corner

HSCA's First Community Pickleball Tournament

HSCA hosted its first Community Pickleball Tournament on August 29, bringing players together for a morning of friendly competition, fun and connection.

For Imran, who leads HSCA's pickleball programming, one of the highlights was seeing players of different ages and experience levels supporting each other and getting to know one another. Some participants had only recently picked up a paddle for the first time before deciding to take part in the tournament.

"What starts as simply trying a new sport often turns into making new friends, building confidence, and becoming part of the community around pickleball," Imran shared.

The tournament was a great first for HSCA, and we're excited to see this growing pickleball community continue to connect both on and off the court.



Spotted in Hillhurst

Thank you to Ray, a Hillhurst Sunnyside community member, for sharing this photo of a herbal medicine garden he spotted along 12 Street NW. Featuring a variety of labelled medicinal

plants, it's a unique neighbourhood feature he thought fellow *Voice* readers might enjoy seeing too.

Have a great photo of Hillhurst Sunnyside, a story to tell, or something to share with your neighbours? We welcome submissions from community members of all ages! Send us your photos, article ideas, personal stories, neighbourhood memories, recipes, or updates. Some of our best content comes directly from community members, helping *The Voice* tell the stories of Hillhurst Sunnyside through the people who know it best.

Send your photos, stories, and ideas to communications@hsc.ca for a chance to be featured in a future issue.

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OCT 7TH**

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The Body That Stays on Duty

Part Two of "When Capable Women Cannot Switch Off"

by Krista Francis, PhD, RCH

A client may say, "Nothing is wrong. I just can't relax."

She has finished her work. The family is safe. The emails have been answered. There is no immediate crisis. Yet her shoulders remain lifted, her breathing is shallow, and her mind continues searching for the next thing that requires attention.

She knows she needs rest while simultaneously feeling unable to let her guard down.

This is more than a problem of time management. It is the experience of a body that has learned to remain on duty.

Stress is not experienced only in the mind

Anxiety and chronic stress involve ongoing interactions among thoughts, emotions, bodily sensations, memories, and the autonomic nervous system.

When the nervous system detects challenge, it helps mobilize the energy needed to respond. Heart rate may increase, muscles prepare for action, attention narrows, and sleep becomes less accessible. These responses are adaptive when a threat requires action.

Difficulties arise when mobilization continues long after the immediate demand has passed.

For a high-performing client, the trigger may not be a visible danger. It may be the possibility of making a mistake, disappointing someone, being judged, losing control, or failing to anticipate a need. The threat may be social, relational, or symbolic, but the body's response is real.

A person may therefore understand that nothing terrible is happening while still experiencing tension, agitation, gastrointestinal discomfort, racing thoughts, disrupted sleep, or a persistent sense of urgency.

What the Research Suggests

A review by Leo et al. (2024) examined the relationship among anxiety, hypnosis, and cardiovascular functioning. The authors concluded that hypnosis and hypnotherapy appear effective in reducing anxiety and may influence autonomic functioning by reducing sympathetic activation and increasing parasympathetic activity.

The authors were appropriately cautious. They emphasized that more research is needed to clarify

the neurophysiological components of hypnosis and the mechanisms linking hypnotic interventions with cardiovascular functioning (Leo et al., 2024).

This distinction matters. Hypnotherapists should not promise that a particular bodily process will change or suggest that hypnosis replaces appropriate medical assessment or treatment. The evidence does, however, support what many practitioners observe clinically: Hypnosis can influence both the subjective experience of anxiety and its bodily expression.

The larger evidence base is promising but similarly requires nuance. An umbrella review of 49 meta-analyses found that hypnosis had the largest and most consistent effects for pain and medical procedures. Positive effects were also reported for other mental and physical health concerns, although only nine of the included meta-analyses were judged to be of high methodological quality (Rosendahl et al., 2024).

Responsible practice involves holding both realities: Hypnosis has meaningful therapeutic potential, and the evidence is stronger for some applications than for others.

Safety is an experience, not simply a fact

A person can be objectively safe without feeling safe.

Polyvagal Theory offers one influential framework for considering this difference. Porges (2022) proposes that feelings of safety emerge partly from internal physiological states regulated by the autonomic nervous system. From this perspective, removing an objective threat does not necessarily produce an immediate felt sense of safety.

Polyvagal Theory should be used as a theoretical lens rather than as a complete explanation or diagnostic system. Its most useful clinical principle may be that regulation is influenced not only by what practitioners tell clients but also by how safety, choice, connection, and predictability are experienced within the therapeutic relationship.

A client may not settle simply because the practitioner says, "You are safe." She may begin to settle because she experiences that nothing is being demanded of her, her responses are respected, and she remains in control of the process.

The hypnotic relationship as co-regulation

Hypnosis is sometimes described primarily as a

collection of techniques: induction, deepening, imagery, suggestion, and reorientation. These elements matter, but they occur within a relationship.

The practitioner's pacing, vocal tone, responsiveness, and attunement all contribute to the experience. Porges (2022) emphasizes the potential role of vocal intonation, facial expression, and trusting social engagement in communicating cues of safety and supporting co-regulation.

In hypnotherapy, permissive language may reduce the pressure to perform hypnosis correctly. Invitations to notice, rather than commands to relax, allow the client to retain agency. Normalizing movement, swallowing, changing position, or opening the eyes communicates that the person does not need to become perfectly still to benefit.

For a client accustomed to meeting expectations, this can itself be therapeutic.

She may enter the session waiting to learn the correct way to go into trance, breathe, visualize, or respond. When the practitioner makes room for her own way of experiencing hypnosis, the session begins to challenge an older pattern: the belief that safety depends upon getting everything right.

Regulation before exploration

With anxious or trauma-affected clients, it can be tempting to move quickly toward causes, memories, or emotionally intense material. Yet a nervous system that is already overwhelmed may not benefit from additional activation.

Before deeper exploration, hypnosis can help the client develop experiences of orientation, grounding, containment, and return.

She might notice the support of the chair, the steadiness of the floor, or the rhythm of her breath without being required to change it. She might imagine a boundary that allows her to remain connected without absorbing everyone else's needs. She might practise moving between mild activation and calm rather than attempting to remain completely relaxed.

This builds flexibility rather than dependence upon a single ideal state.

The client also learns that she can notice discomfort without being consumed by it. She can move toward a difficult feeling and then return to a stabilizing resource.

She can remain present without either suppressing the experience or becoming overwhelmed by it.

Helping the body come off duty

The purpose of hypnotherapy is not to convince a client that she should never feel anxious. Anxiety has protective functions, and mobilization is sometimes necessary.

The aim is to help her recognize that vigilance does not need to remain active at all times.

The body can learn that a task has ended. Responsibility can be set down temporarily. Rest does not have to mean carelessness, vulnerability, or loss of control.

For the woman who has spent years holding everything together, one of the most meaningful hypnotic experiences may be surprisingly simple: discovering that, for a few moments, nothing needs to be managed.

And then discovering that the world continues to hold together while she rests.

References

Leo, D. G., Keller, S. S., & Proietti, R. (2024). "Close your eyes and relax": The role of hypnosis in reducing anxiety, and its implications for the prevention of cardiovascular diseases. *Frontiers in Psychology*, 15, Article 1411835. <https://doi.org/10.3389/fpsyg.2024.1411835>

Porges, S. W. (2022). Polyvagal theory: A science of safety. *Frontiers in Integrative Neuroscience*, 16, Article 871227. <https://doi.org/10.3389/fnint.2022.871227>

Rosendahl, J., Alldredge, C. T., & Haddenhorst, A. (2024). Meta-analytic evidence on the efficacy of hypnosis for mental and somatic health issues: A 20-year perspective. *Frontiers in Psychology*, 14, Article 1330238. <https://doi.org/10.3389/fpsyg.2023.1330238>

HSCA Casino Volunteers Needed

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SUPPORT THE **Violet King Park** COMMEMORATIVE PROJECT

Violet King, a former Sunnyside resident, was the first Black woman lawyer in Canada and a pioneering advocate for justice and equality, breaking racial and gender barriers.

In February 2026, the Sunnyside Bus Loop park (across from King's former home) was renamed **Violet King Park** to honour her legacy and connection to the community. Donations will support a local artist in creating a commemorative feature, ensuring her story is honoured, shared, and remembered for generations to come.

Community Champions (\$1,000 - \$2,499)
Website name listing + group event recognition

Community Builders (\$2,500 - \$4,999)
Name or Logo recognition on website & event + post-event thank-you

Legacy Partners (\$5,000+)
Prominent recognition + customized partnership opportunities

**All donations will receive a tax receipt*

Your support can help bring this important commemorative project to life, join us in making this vision a reality. To learn more and donate towards this initiative use the QR code below or visit www.hasca.ca/violet-king-park.



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Calgary



Proposed Updates to Your Local Area Plan

City Council directed City Administration to update six of the approved local area plans (LAPs) to limit where rowhouses and townhouses can be developed

The proposed updates would apply the same location-based Limited Scale Policies in the Westbrook Communities and Heritage Communities LAPs to the rest of the approved LAPs.

What are the proposed changes?

The proposed updates would limit where rowhouses and townhouses are supported to parcels that have a rear lane and meet one of the following location criteria:

- within a transit station area,
- along or adjacent to an identified main street,
- on a corner parcel,
- or adjacent to a school, park or open space.



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26-0055013: CRV-46673

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3.5



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3.5



2004



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2



1306



151 Fielding Drive SE

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2.5



1841



99 Buckskin Way (Cochrane, AB)

List Price: \$565,500

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