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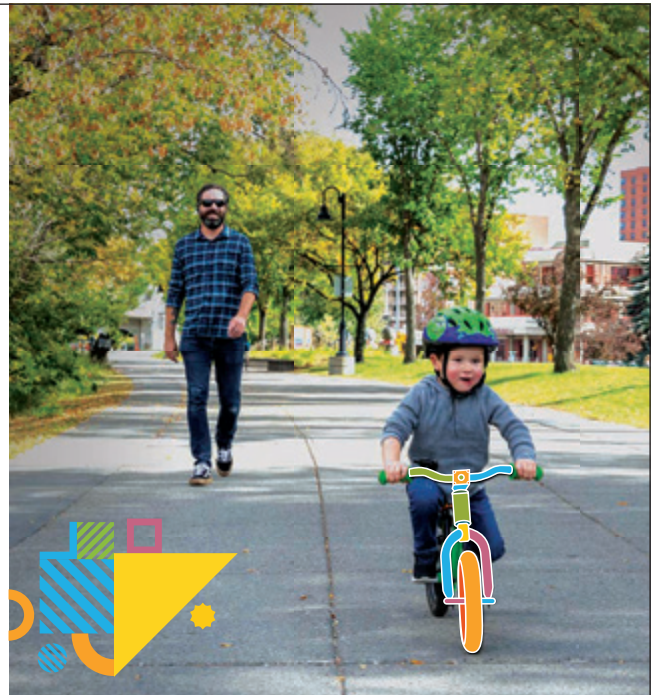
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STAFF LISTING

Communications Coordinator ext. 226	Stephanie	stephanie.c@hsca.ca
Recreation and Rental Coordinator ext. 250	Anne	rentals@hsca.ca
Daycare Program Manager	Heysha	dcmanager@hsca.ca 403-270-9703
OOSC Program Manager	Sze Man	ooscmanger@hsca.ca
Facility Services Manager ext. 223	Karl	karl.k@hsca.ca
Seniors' Connection Coordinator ext. 224	Debbie	debbie.o@hsca.ca
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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HILLHURST



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
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night Sip 'n' Chat	Melisa 403-283-0554 ext. 247



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 and area seniors in the North Social Hall.

HSCA's Farmers' Market

Outdoor Season

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

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, September 3 and Thursday, September 17.

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

New! Free Drop-In Play and Mini Mother Goose

Sessions will be offered on select Fridays from 10:00 to 11:30 am. Dates will be announced soon. Visit hsca.ca/mother-goose for the latest program information and updates.

A family pop-up program featuring a snack, play time, and a Mini Mother Goose circle. Suitable for parents and caregivers with children ages zero to six. No registration required.

New! Friday Evening Badminton Pilot

We're introducing a new Friday Evening Badminton Pilot program this summer, running July 3 to August 28, 2026. Drop in for a game, meet fellow players, and help us test this new evening offering. Fees are \$10 per player. Visit hsca.ca/badminton or our Programs and Recreation Calendar for schedule details, 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: \$12 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

Harvest Fair at the Farmers' Market

Wednesday, September 23

Celebrate the arrival of fall at our annual Harvest Fair during the HSCA Farmers' Market. Enjoy seasonal activities, local vendors, fresh produce, and fun for all ages.

Samaritan Club Fall Super Thrift Sale

Saturday, September 26, 9:00 am to 1:00 pm

Shop one of Calgary's largest single-day thrift sales featuring clothing, books, toys, household goods, collectibles, jewelry, art, and more. New this year: the sale will be held under cover. Cash only. \$2 admission. Children 12 and under are free. Visit samaritanclub.ca for details.

Save The Date: Sunnyside Flood Barrier Grand Opening

Saturday, September 26

A City of Calgary event. More details will be shared in our September e-news as they become available.

Repair Exchange at the Flea Market

Sunday, September 27

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.

Referendum Yum: A Tasting Guide to the 10 Questions

Tuesday, September 29, 5:30 to 7:30 pm

Join us for a fun, informative, and non-partisan evening with Dr. Duane Bratt from Mount Royal University. Dr. Bratt will present on the question of separation, while attendees enjoy themed finger foods, desserts, beverages, and written summaries of Alberta's 10 referendum questions ahead of the October 19 vote.

Interested in volunteering or supporting the event with food or monetary donation? Contact Melisa at communityconnections@hsc.ca.



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 Sept- 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

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

Interested in taking part or have questions? Connect with Debbie to learn more.

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.



With harvest season in full swing, we're revisiting another favourite from the Hillhurst Sunnyside Community Cookbook. This month's recipe comes from Deanna of Nature Notes, a longtime vendor at the Hillhurst Sunnyside Farmers' Market. Her hearty Butternut Squash Soup is the perfect way to celebrate the flavours of fall.



Butternut Squash Soup

Submitted by Deanna

Farmers' Market Vendor; Nature Notes

Vegetarian, Soy Free, Gluten Free

Serving Size: 4

Time Commitment: 2 Hours

Ingredients

- 1 large butternut squash (about 3 lbs or 1.4 kg), cut in half and seeded
- 2 tbsps fat of your choice (ghee, butter, duck fat, or coconut oil for vegan)
- 2 leeks, trimmed and sliced
- 2 tsps sea salt
- 4 carrots, cut into bite-sized pieces
- 4 celery ribs, cut into bite-sized pieces
- 2 pears, cored and cut into bite-sized pieces
- 1 tbsp fresh thyme, minced
- 6 cups chicken stock or vegetable stock
- 2 tbsps maple syrup

Method

1. Prepare the vegetables as outlined above.
2. Using a large pot, melt your chosen fat on medium heat.
3. Add the leeks (or onion) and allow to cook for a couple of minutes.
4. Add the butternut squash, carrots, and potatoes. Stir for another minute.
5. Add the vegetable stock. Cover and bring to a boil using higher heat. When it reaches boiling, reduce the

temperature to low heat and simmer for another 15 to 20 minutes, or until all the vegetables are fork tender.

6. Using an immersion blender (stick blender), slowly break down all the vegetables until the soup is no longer chunky.
7. Add the milk and blend again until smooth.
8. Add the seasonings to taste, stir to incorporate, taste, and adjust if necessary.
9. To serve, have the garnishes available in separate dishes for topping the soup.

Tips

If you feel super organized, prepare the squash and carrots ahead of time and keep them in the fridge until you're ready to make the soup.

You can get most, if not all, of the vegetables from the Hillhurst Sunnyside Farmers' Market!

You can adjust the liquid to make the soup thicker or thinner depending on the size of your squash.

Do you 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@hsca.ca

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





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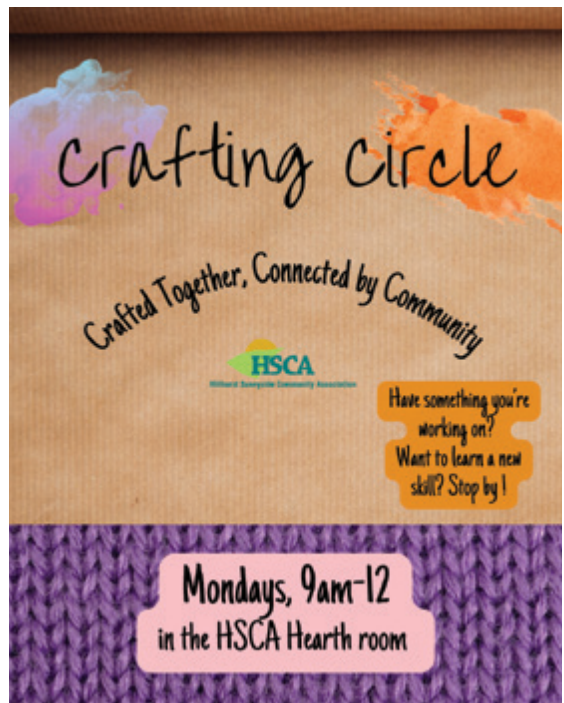


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Crafting Circle

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

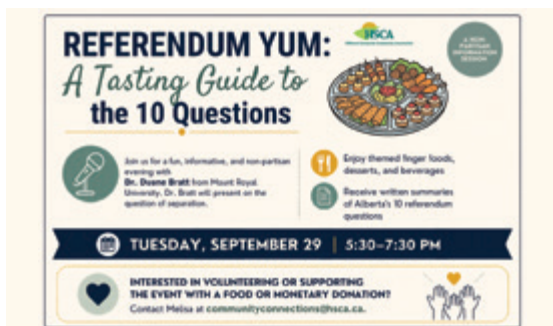


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REFERENDUM YUM:
A Tasting Guide to the 10 Questions

Join us for a fun, informative, and non-partisan evening with **Dr. Deane Bratt** from Mount Royal University. Dr. Bratt will present on the question of separation.

Enjoy themed finger foods, desserts, and beverages.
Receive written summaries of Alberta's 10 referendum questions.

TUESDAY, SEPTEMBER 29 | 5:30-7:30 PM

INTERESTED IN VOLUNTEERING OR SUPPORTING THE EVENT WITH A FOOD OR MONETARY DONATION?
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Hillhurst Sunnyside Garage Art

Hey Hillhurst/Sunnysiders,

A crew of City and Community planners will be touring Sunnyside garage art in late September. It is a great opportunity to share some of the awesome community-driven work that happens in Hillhurst/Sunnyside. If you see a group of planners out for a walk don't hesitate to share some community pride with them!

The tour is happening as part of the Alberta Professional Planners Institute conference, happening in Calgary, 27 to 29, supported by members of the City of Calgary's Planning Liaison team. Sunnyside residents Christie Page and Gerald Wheatly will be leading the walk through Sunnyside's alleyway gallery with local artists to learn about our community's colorful history and hear some local stories.

If you haven't yet, you can do your own tour of the alleyway gallery and other unique spots in Hillhurst/Sunnyside. By scanning the QR code you will be taken to our interactive map with more information. You can also check out @sunnyside_garage_art on Instagram and a great story on the HSCA website (<https://www.hsca.ca/blog/2022/7/4/sunnyside-garage-art>) while you're at it!



Community Photo Corner

Our Saturday pickleball players bring plenty of energy, friendly competition, and good company to the court. Whether you're brand new to the game or have been playing for years, all skill levels are welcome to join in.

Pictured with the group is Imran, HSCA's Community Planner and a big fan of pickleball and other racquet sports, who is always happy to lend a hand and help new players get comfortable on the court.

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.

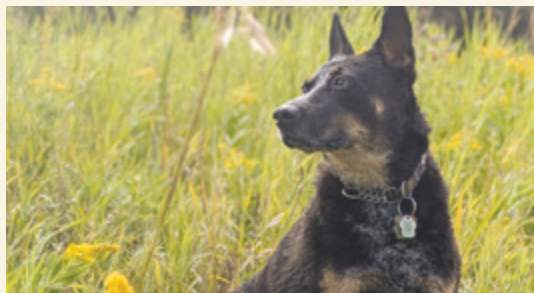
Send your photos, stories, and ideas to communications@hsca.ca for a chance to be featured in a future issue.



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.



When Competence Conceals Anxiety

Part One of "When Capable Women Cannot Switch Off"

by Krista Francis, PhD, RCH

She arrives on time. She has completed the intake forms carefully. She can describe the problem clearly and may already have read several books, listened to podcasts, tried meditation, and learned how anxiety works.

She is successful at work, attentive to her family, and often the person others depend upon. From the outside, she appears to be coping well.

Yet she cannot switch off.

Her mind reviews conversations, anticipates problems, and prepares for every possible outcome. Her body remains tense even when nothing is immediately wrong. She may fall asleep from exhaustion but awaken in the early hours with her thoughts already moving. When people suggest that she slow down, she replies that she does not know how.

This is a common presentation among high-performing women.

High performance is not the absence of distress

"High-functioning anxiety" is not a formal clinical diagnosis. Nevertheless, the phrase describes an important experience: A person can remain highly productive while living with considerable internal anxiety.

Some behaviours associated with anxiety may initially contribute to achievement. Hypervigilance can look like excellent preparation. Fear of disappointing others can look like reliability. Perfectionism can produce meticulous work. Difficulty delegating may be interpreted as commitment.

These behaviours are often rewarded, making it difficult for someone — or those around her — to recognize their cost.

Over time, competence can become less of a freely chosen strength and more of a protective strategy. The person is no longer preparing simply because preparation is useful. She is preparing because not preparing feels unsafe. Rest becomes uncomfortable because vigilance has become familiar.

Why Insight May Not be Enough

Many high-performing individuals understand their anxiety very well. They know their fear may be disproportionate to the situation. They can identify unhelpful thoughts and may be able to offer themselves a more rational interpretation.

Yet anxiety is not created by conscious thought alone.

One contemporary neuroscience model describes anxiety in terms of an altered relationship between top-down and bottom-up processing. Top-down processes include reflection, planning, interpretation, and conscious regulation. Bottom-up processes include sensory information, emotional responses, and rapid threat detection (LeDuke et al., 2023).

In a well-regulated system, these forms of processing work together. Under persistent anxiety, however, threat-related bodily and emotional signals may become so compelling that rational reassurance cannot fully settle them. The client may think, "I know I am safe," while her body continues to respond as though something must be managed immediately.

This helps explain why telling an anxious person to think positively, stop worrying, or simply relax is rarely sufficient.

What Hypnosis Offers

The American Psychological Association's Division 30 defines hypnosis as a state of consciousness involving focused attention, reduced peripheral awareness, and an enhanced capacity to respond to suggestion. Hypnotherapy refers to the therapeutic application of hypnosis to a medical or psychological concern (Elkins et al., 2015).

For some individuals who already understands their anxiety intellectually, hypnosis offers something different from further explanation. It creates an opportunity to experience calm, competence, uncertainty, and choice differently.

The research supporting hypnosis for anxiety is encouraging. Valentine et al. (2019) reviewed 17 controlled trials and found a mean weighted effect size of 0.79 at the end of treatment. In practical terms, the average participant receiving hypnosis experienced more anxiety reduction than approximately 79% of control participants. In the seven trials that included longer-term follow-up, the mean effect size increased to 0.99.

The researchers also found that hypnosis was more effective when combined with other psychological interventions than when used as a stand-alone treatment. This supports an integrative approach in which hypnosis complements rather than necessarily replaces other appropriate forms of care (Valentine et al., 2019).

A broader review of 49 meta-analyses also concluded that hypnosis has the potential to improve a range of mental and physical health outcomes. At the same time, the authors noted considerable differences in

study quality and emphasized the need for stronger research into who benefits most, which treatment components are most important, and who may not benefit (Rosendahl et al., 2024).

Creating a Different Experience

During hypnosis, an individual may rehearse completing a task without repeatedly checking it. She might imagine allowing someone else to help without experiencing that as a failure. She may notice the first signs of anxiety and respond with curiosity rather than immediately moving into problem-solving.

She might experience herself as prepared enough rather than perfectly prepared.

These are not merely new thoughts. They are imagined, emotional, and embodied experiences. They have an opportunity to discover how it feels to respond differently before being asked to do so in everyday life.

Hypnosis may also help the practitioner use existing strengths. The same ability to focus deeply, imagine future possibilities, notice subtle details, and become absorbed in a task can be directed toward therapeutic change.

The qualities that have contributed to anxiety may also become resources for healing.

From Automatic Competence to Flexible Competence

The goal is not to take away the qualities that have helped someone succeed. Her intelligence, conscientiousness, empathy, and ability to anticipate difficulties are genuine strengths.

The therapeutic task is to help those strengths become more flexible.

Preparation can remain available without becoming compulsive. Caring for others can coexist with receiving care. Achievement can be satisfying without determining worth. Rest can become a legitimate human need rather than something that must continually be earned.

For many high-performing women, healing does not mean becoming less capable. It means discovering that capability no longer has to be maintained through fear.

References

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Together, Let's Raise \$35,000 by September 30, 2026


Hillhurst Sunnyside Community Association

Questions? Email katyd@hscsa.ca

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.

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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.hscsa.ca/violet-king-park.



Illustration by Jordan Carson @escape_artist

Updated Fees, Ages, and Times!

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Photo Corner

This month's cover photo celebrates one of our favourite summer traditions. The Teddy Bears' Picnic at the HSCA Farmers' Market, returning Wednesday, August 19 from 3:00 to 7:00 pm.

Do you have a photo that captures life in Hillhurst Sunnyside? We're always looking for community photos to feature in *The Voice*. Whether it's a neighbourhood event, a favourite local spot, a nice view, or a simple moment that made you smile, we'd love to see our community through your eyes. Community photos help make our *Voice* unique and tell the story of Hillhurst Sunnyside from the people who know it best.

We also love receiving article ideas, personal stories, neighbourhood memories, recipes, and community updates. Our best content comes directly from our readers and community members! This is your community magazine, and we'd love your help telling the stories that make Hillhurst Sunnyside such a special place to call home.

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



MP Calgary Confederation

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☎ 403-410-2121

✉ corey.hogan@parl.gc.ca

This summer has been marked by Calgary receiving federal dollars for two exciting projects: the Olympic Oval at the University of Calgary and Contemporary Calgary. I was proud to take part in both announcements, which demonstrate the federal infrastructure investments being made in Alberta.

One of the ways we strengthen communities is by investing in sport. Creating more opportunities for Calgarians to play, train, and proudly wear the maple leaf on the world stage brings us together and inspires all generations.

To that end, I was proud to have advocated for federal funding to come to the University of Calgary's Olympic Oval, which received up to \$26 million through the Build Communities Strong Fund. This investment will support the rehabilitation and modernization of the Oval—a legendary facility that hosted the 1988 Olympic Winter Games and remains home to the fastest ice in the world. It has nurtured generations of Olympic medallists and world-record holders, and this funding secures its long-term operation and accessibility for years to come. More than an elite training centre, the Oval is a community hub that keeps Calgary's reputation as a world-class sporting city strong.

Contemporary Calgary received up to \$40 million through the Build Communities Strong Fund. This investment will transform our historic Centennial Planetarium—home to Contemporary Calgary—into one of Canada's leading destinations for contemporary art, education, and community gathering. Expanding public access to the arts, creating a new gallery, education spaces, and revitalizing Calgary's Downtown West End, all while preserving one of our city's most recognizable landmarks through adaptive reuse.

Projects such as these enhance connectivity in our community and drive economic growth. Infrastructure is the foundation of healthy and prosperous communities, and of a strong Canada.

From our ice to our galleries, these investments will Build Calgary Strong.

I am honoured to be your MP,

Corey Hogan

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