

AUGUST 2020

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

# HILLHURST SUNNYSIDE VOICE

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



## THE HSCA FARMERS' MARKET CONTINUES

EVERY WEDNESDAY  
3:00 TO 7:00 PM

## SAVE THE DATE! HSCA'S AGM IS

MONDAY, AUGUST 24  
7:00 TO 9:00 PM

## FRESH ROUTES MOBILE GROCERY STORE IS SET UP

EVERY MONDAY  
4:00 TO 6:00 PM

**NEW DATE**

  
HSCA's  
Annual  
General  
Meeting

*Save the Date!*

MONDAY AUGUST  
24, 2020  
7-9PM

Be sure to renew or purchase  
your HSCA Membership to vote  
at [www.hasca.ca/membership](http://www.hasca.ca/membership)

HSCA's AGM has been rescheduled for Monday, August 24, from 7:00 to 9:00 pm. The year's AGM will be a blend of virtual and in-person formats, and invites will be sent out to HSCA Members in mid-July with details. If you wish to run and vote for Board positions, please ensure you renew or purchase your HSCA Membership 30 days prior to the AGM.

# Get TELUS PureFibre Gigabit Internet for just \$99/mo. for 2 years<sup>1</sup>, with unlimited home internet data.



(Regular price, currently \$155/mo. and unlimited data \$15/mo. applies thereafter).

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**Experience internet data that's endless.**

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Learn more or sign-up now at [telus.com/gigabit](https://telus.com/gigabit)



1. Offers subject to change without notice. Available to residential customers who have not subscribed to TELUS Internet in the past 90 days. Cannot be combined with other promotional offers. Offer includes Gigabit internet. From month 1-24, a \$56/mo discount applies. Regular price, currently \$155/mo, applies after the 24-month term. Regular price is subject to change. All prices do not include applicable taxes. \$0 unlimited data offer is only available to customers signing up on a 2 year internet service agreement. Regular pricing for Unlimited Data add-on applies at month 25, regular price is currently \$15 per month and is subject to change without notice. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. A cancellation fee applies to the early termination of your internet service agreement, which will be the sum of \$360, declining by \$15 for every month of internet service and reducing to \$0 at the end of your 2 year term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. Maximum speeds require optimal network conditions on a wired connection. Internet access speeds may vary depending on location, usage within the home network, internet traffic, applicable network management or server configurations. Concurrent data streams, including combinations of uploads and downloads, may be required to access maximum speeds. Maximum speeds may not be achievable using a single device. 2. TELUS offers symmetrical speeds with the fastest upload speed of 940 mbps in comparison to our major competitor's fastest upload speed of 25 mbps. Traditional copper wire or copper wire hybrid networks are subject to capacity constraints and environmental stresses that do not affect TELUS fibre optic technology, which is based on light signals. Not available in all areas. 3. As ranked by PCMag Gaming Quality Index based on comparison of major Canadian ISPs using over 37,000 tests conducted between December 1, 2018 and December 6, 2019. Reproduced with permission. © 2020 Ziff Davis, LLC. All Rights Reserved. 4. \$0 Unlimited data offer is only available to customers signing up on a 2 year internet service agreement. Regular pricing for Unlimited Data add-on applies at month 25, regular price is currently \$15 per month and is subject to change without notice. © 2020 TELUS. 20-0873



Hillhurst Sunnyside Voice - Designed, manufactured, and delivered monthly to 7,200 households by:

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



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## 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.
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			<p>To Advertise Call 403 720 0762 Email <a href="mailto:sales@greatnewsmedia.ca">sales@greatnewsmedia.ca</a> <b>GREAT NEWS MEDIA</b> 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
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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

# Are You an Overthinker?



Whether consciously or subconsciously, our brains are always thinking. Have you ever wondered just how many thoughts you have in a day? Experts estimate that the number of thoughts an individual has per day can range from 50,000 to 80,000 per day, which is between 2,100 and 3,300 per hour.



# Food Programs

## Updates to Outdoor Farmers' Market

We are so excited to be up and running for the summer season! 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](mailto: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.



## Outdoor Recreation Updates The Bowview Outdoor Pool

HSCA has made the difficult decision that the Bowview Outdoor Pool will remain **closed** for the 2020 season. With new guidelines in place due to the COVID-19 pandemic, all outdoor pools in the city will also remain closed, with the exception of Silver Springs Pool and Highwood Pool. If you are looking for opportunities for outdoor swimming this summer, please visit and support Silver Springs Pool or Highwood Pool. We're hopeful that Bowview Outdoor Pool will be back for a great season in 2021!

The tennis courts are open! An HSCA Membership is required and there will be no access to the HSCA building.



# UPCOMING EVENTS

With the mandatory closure of HSCA, most events and programs have been cancelled, with the recent exception of:

Every Monday: Fresh Routes Mobile Grocery Store, 4:00 to 6:00 pm

Every Wednesday: HSCA Farmers' Market, 3:00 to 7:00 pm

Every Sunday (weather permitting): Outdoor Flea Market, 7:00 to 3:00 pm

Limited Saturday Gym Rentals (visit [www.hsca.ca](http://www.hsca.ca) for details)

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.

## 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@hsca.ca](mailto:esl@hsca.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 Guillian 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 during this time of physical distancing so that 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](mailto:hannah@framedonfifth.com) for your chance to be featured. Messages will be updated frequently to allow all to be featured. **All ages welcome!**



# fresh routes

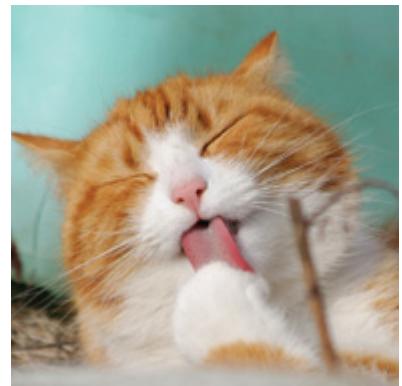
## Mobile Grocery Store

Mondays — 4:00pm - 6:00pm  
Hillhurst Sunnyside Community Association  
Outdoors in the back parking lot  
1320 5th Ave NW, Calgary

Made possible through the support received from RBC Foundation & Calgary Foundation

Weather permitting, check for schedule changes:  
[www.freshroutes.ca](http://www.freshroutes.ca) | @freshroutes

Fresh Routes is setup at HSCA every Monday, from 4:00 to 6:00 pm in the back parking lot. Fresh Routes is a mobile grocery store for **everyone** and is committed to bringing you affordable, healthy food. Stop in and check it out **every Monday**.



## Special Days in August!

August is packed with special and noteworthy days!

Did you Know August is...

Peach Month

Water Quality Month

August 3 – Watermelon Day

August 8 – International Cat Day

August 15 – World Honey Bee Day

August 19 – Photography Day

## Hillhurst Sunnyside Community

## Trivia Time!

Have some fun trivia Q & As about our community? Send them to [stephanie.c@hsca.ca](mailto:stephanie.c@hsca.ca)

Q. How old did HSCA turn on July 13<sup>th</sup>?

A. 72!

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@hsca.ca](mailto:heather.r@hsca.ca) to get on the gardeners e-mail list



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To get the best security bundle call **1-855-255-8828** or visit [telus.com/SmartHomeSecurity](https://telus.com/SmartHomeSecurity) to learn more.

1) Offer expires July 31, 2020. \$0 for 3-month offer available to new TELUS consumer SmartHome Security customers on Smart Automation, Secure or Control plans with a 3-year term. During months 4 to 36, TELUS Mobility post-paid customers will get a discount of \$10/month and home services customers will get a discount of \$10/month, for a total discount of \$20/month for customers subscribed to both TELUS Mobility and home services. Only consumer mobility and home services customers eligible for bundle discount. Regular price of SmartHome Security plans is currently \$38/month for Smart Automation plan, \$40/month for Secure plan and \$60/month for Control + Video plan. After 36 months, the \$10/month discount will expire and regular pricing applies. \$0 for 3-month Smart Camera plan offer available with a 3-year term to current TELUS Home Internet customers who have not subscribed to TELUS SmartHome Security services in the past 90 days. Regular price of the Smart Camera plan is \$12/month and only includes 1 camera. Up to 3 additional cameras can be added to the Smart Camera plan. Additional cameras can be purchased upfront or through device financing. Cannot be combined with other TELUS SmartHome Security promotional offers. Offers and regular pricing are subject to change without notice. Equipment may not be as shown. Minimum system requirements apply. Eligibility for the services will be determined by a TELUS representative. A cancellation fee applies for early termination of the 3-year or 5-year service agreement equal to \$35/month for all SmartHome Security plans excluding Smart Camera, and \$10/month for Smart Camera, multiplied by the number of months remaining in the service agreement (with a partial month counting as a full month), plus applicable taxes. Customers who cancel TELUS Home Internet service will become ineligible for the Smart Camera plan, and the Smart Camera service will be terminated. Rental equipment must be returned in good condition within 30 days upon cancellation of service, otherwise the replacement cost will be charged to the account. 2) Customers who sign a 3 or 5 year contract for a TELUS SmartHome Security Control plus Video package receive 3 Door/Window Sensors valued at \$20 each, 2 Motion sensors valued at \$60 each, 1 Qolsys control panel valued at \$495, choice of 1 camera including outdoor camera valued at \$250, and choice of 3 security sensors or smart devices including a smart thermostat valued at \$160, a smart lock valued at \$160, and a flood sensor valued at \$60. Included equipment is provided to TELUS SmartHome Security customers as part of the recurring monthly rental fee. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account.



## Commit to 3 simple acts of kindness

Neighbours helping Neighbours

In light of the COVID-19 pandemic, social connectivity, mental health and community wellness are more important than ever. The City of Calgary is encouraging citizens to commit to three simple acts of kindness to support their neighbours, their community and the city.

Calgarians are renowned for our spirit of generosity, especially during times of crisis but, sometimes, it can be difficult to know exactly *how* to help. That's why we're launching [Calgary.ca/HelpingOthers](http://Calgary.ca/HelpingOthers) – an online collection of resources, ideas and inspiration on how you can help others during the pandemic.

Once you've chosen your three simple acts of kindness, share them on social media and join these community-led movements that are gaining popularity for their messages of positivity: #3Things4Neighbours, #AlbertaCares, #SupportLocalYYC and #yycHubs.

Visit [Calgary.ca/HelpingOthers](http://Calgary.ca/HelpingOthers) for:

- Tip sheets on how to connect with your neighbours, community and the city
- Printable tools and resources, like Neighbour Bingo and Connection Cards (example adjacent)
- Toolkit on how to start your own Neighbourhood Pod
- YYC volunteer opportunities
- Other ways to give

### Hello neighbour!

Connecting to each other is more important than ever during the **COVID-19** pandemic.

Turn this card over for more information about a neighbour that is willing to extend a helping hand.

Please **give me a call** if you want to talk or need support:

My name: \_\_\_\_\_

My address: \_\_\_\_\_

My phone number: \_\_\_\_\_

My email address: \_\_\_\_\_

If you:

- have a medical emergency, call 9-1-1
- are in distress, call the Distress Centre (403) 266-3501
- need to access resources, call 2-1-1
- have health questions, call 8-1-1

To find a printable version of this card, or for information about The City of Calgary's response to COVID-19, visit [calgary.ca/covid19](http://calgary.ca/covid19)

To learn more about The City's response to COVID-19, visit [calgary.ca/covid19](http://calgary.ca/covid19).



## 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!**

Check in on a neighbour or family member	Make a DIY bird feeder	Make popsicles	Make someone laugh	Go on an outdoor treasure hunt
Write down 3 things you're grateful for	Make jam!	Build a fairy house!	Pickle something!	Do a recipe exchange
Buy or renew your HSCA Membership	Send a thank you note to someone	<b>FREE</b>	Have a teddy bear picnic	Listen to a podcast
Do a chalk rainbow design	Decorate your street facing window or door	Support a local business	Fly a kite	Paint some colourful rocks
Write a poem!	Tag HSCA on Instagram	Learn a magic trick!	Write a blog post for HSCA!	Identify 5 local trees and plants

How many did you check off?  
Tag us with your photos on social media at  
**#hscayyc**



## The Good Food Box (GFB)

*Please note, the Good Food Box program does not run in August. Check back in September for order and pickup dates.*

**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.*

## I'll Backrub It?

Nowadays, it's easy to rely on Google to answer those obscure questions you don't know or can't remember the answer to, also referred to as "Googling it". Did you know that Google was not the original name? Initially, the project was called Backrub; however, saying you'd "Backrub it" doesn't have the same ring to it.



## “If you can be anything, be kind.”

This is one of my favourite quotes, for me, it’s inspirational and aspirational. What’s the point of being mean, bullying or negative toward others when we have the option to be a positive, caring and kind person? Some people become kinder, while others stay the same, and sadly, some become more ruthless and critical. Fortunately, many of us become softer as we get older. Is it aging, or is it because we choose to change? It’s true. People can change. It’s interesting how life experience can harden some and soften others.

Everyday life is stressful... even more so now that we have been dealing with an invisible threat lurking everywhere. More than ever we need to be intentional each day. Set the intention to be kind. Yes, it can be hard when it feels like the world is at odds and negativity is looming. This is the perfect time to practise kindness, the first cousin of empathy. Not sure you have it in you? I will hedge my bets and say you do... but, if you feel you don’t, I have good news... it can be learned.

Research states that empathy can be learned. You can be empathetic to someone you’ve just met. Studies show that it only takes a couple of positive experiences to become empathetic. Great news for those of us who are sure we’ve become jaded through life experiences. If we could practise a small bit of empathy each day, we could build bridges and find positive solutions. While empathy is an old concept, we don’t always put it into practise. Life gets busy and stressful. The person driving in front of us who won’t go faster is an impediment to getting to our destination, aren’t they? We often see others as the problem—the root of our troubles—instead of, as individuals who are most likely dealing with as many difficulties in that given moment as we are.

There are many reasons to practice empathy and kindness. Here are some ways we can move away from negative and uncaring, toward more positive actions and interactions:

Recognize that our self-talk can be the fuel for negativity. Think about how we react to the news. Do we begin to think about “those people” who are wealthier, or poorer, or uneducated, or overeducated? Whatever our personal concern may be, do we ruminate over the people “out there” who can or want to hurt us in some way? We need to take notice of our thoughts—and then choose to stop. Yes, we can actually *choose* to stop a negative onslaught of thoughts, and turn it around. Try these steps:

**Have a plan for positive action.** Is there a song that makes you happy? Can you list three things about your life that you care about deeply? Are there people in your world that you care about, whom you could call and (positively) talk with about something? You know, your support system. Those things and people who care about you and help lift you up. Create a positive preparedness plan to put into action when stress and negativity are threatening.

**Learn to be objective.** Every news source has its own bias. You could read three articles about the same subject and come away with three different interpretations. Instead of getting outraged or upset, consider that you might not be getting all of the information, and that there are probably things you don’t know. Be well-read, but don’t allow what you read to fuel your negativity. Perception is everything, and we all perceive things differently.

**Steer clear of negative thoughts and negative people.** You can catch your own negative thoughts and turn your attention elsewhere, but what if you are surrounded by negative people who want to draw you back into the negativity pit? Consider that it is sometimes best to physically remove yourself from the situation or person. Leave the room. Go for a walk. Close that social media site. Sometimes separation is the key to becoming more objective and calmer in the face of upset.

**Do something nice for someone,** (even if you think they don’t deserve it). The ultimate empathetic move is to be nice even when someone isn’t being nice to you. My mom always told me to pray for those I had complaints about. In my first sales job, my boss would encourage me to “kill them with kindness” when there was an exceptionally tough client. As a psychologist I now understand what they were teaching me... it’s referred to as disarming... doing the opposite of what’s expected. Compliment them. Give your attention to them. Send them a card noting something you truly like about them. Everyone is stressed out in one way or another, and if you can see through the hard wall of anger and negativity, underneath you will see the pain or distress. Respond to the person there. This is where you will unlock the key to being kind and empathetic.

As usual, I will leave you with a challenge: practise these 4 things for the next 30 days... I guarantee you will not only feel better but you will be more likable. When I pass on from this world, I for one, want to be remembered as kind more than anything else.

# BUSINESS CLASSIFIEDS

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.

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**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.

**LANDSCAPING & WEEKLY YARD CARE:** Starting at \$36. Garden bed design, mulch, rock and sod installation, stone patios, walkways, raised beds, rock walls. Affordable exterior painting, deck and fence builds. Window or gutter cleaning starting at \$89. A+ Member of BBB, Licensed, insured. Seniors' discount. Call or text 403-265-4769. YardBustersLandscaping.com.

**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, dry-wall 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.

**LOTUS LANDSCAPING:** is an independently owned and operated landscape and handyman company. At Lotus, we provide competitively low rates for high quality services specializing in snow removal, junk removal, irrigation, lawn maintenance, masonry, fence and decks and all other home and yard needs. 403-483-2162, lotus-landscaping@outlook.com.



## GET NOTICED



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**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



## 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)
- **Canary Refillery & Zero Waste Market - NEW:** 10% off purchases
- **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.
- **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)
- **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
- **Wheels Training Centre:** 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](http://www.hasca.ca) for news and updates about this program





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### Green Line Update

On June 16, Council voted 14-1 to approve the revised alignment for the Green line LRT. This transformational project will create jobs, stimulate the economy, connect Calgarians to employment and amenities, help curb suburban sprawl, combat congestion, help us tackle the climate crisis, and help build a more equitable city.

The revised alignment will travel from 16 Av N at surface on Centre St before crossing the Bow River on a new bridge. A surface level 9 Av N station in Crescent Heights was also approved for this section. After crossing the Bow River, the line will enter a station within the redeveloped Eau Claire Market before entering a tunnel through the Downtown and the Beltline. The line will reemerge from the tunnel as it crosses the Elbow River into Ramsay.

There is still much work to do as the project moves into detailed design and construction. The project team will now work on streetscape designs, a high-quality bridge design, business access management, and community traffic calming along the line. These were all conditions to my support for the revised alignment and all of them were included in the recommendations approved by Council. The project team also reaffirmed their commitment to my previous motion to develop a business support program to assist businesses along the line before, during, and after construction.

Thank you to everyone who participated in the process to date. I hope you will all continue to share your views as we enter the next phases of design and engagement. That especially goes for those still concerned about how Green Line will fit into our communities. Your feedback is still key to getting the details right.

For more details on Green Line and to sign up for newsletter updates, visit [www.DruhFarrell.ca](http://www.DruhFarrell.ca).



## News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and has its unique geological, ecological, and anthropological history. By 1879, the bison herds had vanished. An airport for the air force was on the top of the hill near the current 14th St. lookout point and airport relay tower. This WWI air base was used until the end of WWII. Prior to the 15th Annual Conference of the Blackfoot Confederacy (hosted by the Kainai in Tsuu T'ina), a stone marker was created near an older site of a stone cairn circle. This was a sacred place for ceremonies and vision quests, as well as a lookout for "buffalo, the weather and danger."

With an abundance of remarkable flora and fauna, there is a new project which aims to record observations made by park users. The Nose Hill park boundaries were entered into iNaturalist.ca from the Open Calgary Parks Data set for a project that automatically summarizes species, locations, and user contributions. If you are visiting the park and see some interesting flora and fauna, please take a photo and add it to iNaturalist.ca (but avoid people and pets). It will also help you with AI: Artificial Intelligence and a community vetting system. See the stats to learn more about what people are finding in the park! To date there have been 1395 observations, 328 species, 278 identifiers, and 166 observers. This is a great way to share valuable information and you will be able to view trends and hot spots of biodiversity in the park. To explore the current map and join the project to keep up with any posts, please visit the project page. <https://inaturalist.ca/projects/nose-hill-park-bioinventory>.

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BY TREVOR RAMAGE



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