

FEBRUARY 2023

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THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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Cambridge Manor offers a range of seniors' lifestyle options in our beautiful new community in NW Calgary's University District with award-winning care from The Brenda Strafford Foundation

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Foundation Manor

403-536-8675
cambridge@theBSF.ca
www.CambridgeManor.ca



Registration
now OPEN!

Foothills Little League offers baseball to girls and boys aged 4-16. All skill levels are welcome!

Spring season runs from mid-April to mid-June.
www.foothillslittleleague.org

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A woman in a blue dress is captured in a dynamic dance pose, with one leg raised and arms extended.

GENERAL MANAGER'S MESSAGE

A late welcome to 2023. I hope everyone was able to celebrate the end of 2022 with friends and family. We look forward to seeing all of you around the building, whether in programs, on the squash courts or working out, on the ice, or in the gymnasium. Without all of your support, the building and staff would not be here; so, from all of us to all of you, thank you.

2023 is shaping up to be a busy one for us. Here are some of the highlights so far.

In January, we hope to be finally done with the HVAC servicing the dressing rooms as well as the road repair on 19th Street NW. Sorry for the inconveniences.

WHCA will be celebrating our 75th anniversary in May. The board and staff will be working on some type of celebration for this. We will also be finishing the memorial Zen garden for David Quaintance.

On June 26 and 27, we will be having our casino at the Deerfoot Inn and Casino. We will need volunteers for this, so please watch our website, social media, and the newsletters.

In July and August, we will be pulling out the ice to do some work on the compressors in the plant room.

September will have the re-opening of the upstairs lounge. We are all excited for this to happen.

WHCA would like to thank all those community members who have purchased the yearly community membership and are enjoying the benefits offered by companies in our community, as well as the programs, classes, and community events. Please talk to your friends and neighbors about getting a membership and helping to support the community and building.

Thank you,

Bryan Polak

General Manager | generalmanager@westhillhurst.com

Facebook: @WHCAab | Instagram: @westhillhurstca

SCAN HERE

**To View Additional
West Hillhurst
Content**



WEST HILLHURST GO-GETTERS ASSOCIATION

If you are age 50 plus, the West Hillhurst Go-Getters Association is the place for you! Go-Getters memberships are available for purchase or renewal, and the cost is \$25.00 per person for our full membership year (September 1, 2022, to August 31, 2023). Please be sure to fill out your yearly membership forms/surveys, as they are required in order to purchase a Go-Getters Membership.

For our Membership, regular events for this month include Games Night, Canasta, Whist, Crib and Euchre. We also have FitWalk, line Dancing, and Gymmy classes. Bingo is held every Wednesday starting at 12:00 noon and you don't have to be a member to join us for bingo (you do have to be 18 or older, though). Check out our website, call, or drop in to see dates, times, cost, and availability for all of our programs.

Visit us online at www.gogetters.ca or call us at 403-283-3720. Drop in and visit us anytime, Monday through Friday, from 8:30 am to 3:30 pm.



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WHCA Board of Directors

President	Cher Jacobs	president@westhillhurst.com
Vice President	Jan Cerny	vice-president@westhillhurst.com
Past President	Patrick Craddock	pastpres@westhillhurst.com
Treasurer	Christine Brown	treasurer@westhillhurst.com
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David Best	Dylan Richards	Julie Impey
James Heater	Peter Studen	Leigha Pidde
Marc Coyte	Lawrence Braul	
Committee Contacts		
Planning		planning@westhillhurst.com
Transportation		transportation@westhillhurst.com
Newsletter		admin@westhillhurst.com
Community Engagement		volunteers@westhillhurst.com
Capital Projects		capitalprojects@westhillhurst.com
Community Garden		admin@westhillhurst.com
Community Events		events@westhillhurst.com
Green Committee		greencommittee@westhillhurst.com

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LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

WHCA EXTERNAL/INTERNAL PROGRAMS

The West Hillhurst Community Association has a wide variety of programming run through the association and also courtesy of our external renters. With activities for all ages, schedules, and fitness levels, you can rest assured that there is something for everyone. Please contact organizer/organization directly for information.

WHCA Member Programming (Included with Annual WHCA Membership):



Our WHCA member programs, which are included with your WHCA annual membership, are back. These include: Tai Chi, Tai Chi pushing hands, member skate, member sticks and pucks, discounts on WHCA programs, WHCA events, and special family ice rates. Visit www.westhillhurst.com/memberprograms. Questions? info@westhillhurst.com

• WHCA Skate Club

skate@westhillhurst.com | 403-283-0464, Ext. 6.
Please send email inquiries.

• WHCA Preschool

registrar@westhillhurstpreschool.com | 403-283-0464, Ext. 7

• WHCA Pickleball

admin@westhillhurst.com | 403-283-0464, Ext. 6

• Other WHCA Sport Programs

whfitness@westhillhurst.com | 403-283-0464, Ext. 1

Youth Programming: Winter

• WHCA Basketball and Squash

www.westhillhurst.com/youth-programs

• New Jugando Spanish Centre for Kids!

www.jugando.ca

• New Engineering for Kids

Ages 5 to 12 | www.engineeringforkids.com/calgary

• New Young Rembrandts: Drawing Classes for Kids

Ages 4 to 12 | www.youngrembrandts.com

• Summit Kids Before and After School Care

Monday to Friday | www.summitkids.ca

• Triple Meg Soccer

Fall Registration Open | www.triplemeg.com

• Sportball

Fall Registration Open | www.sportball.ca/calgary

• Kinder Studios

Dance for Ages 3 Months to 12 Years | www.kinderstudios.ca

• Baby/Toddler Music

www.mosspostpartum.com

• Irish Dance

www.bradyacademy.ca

• Karate jkaiwayama

www.jkaiwayama.ca

• **Hybrid Hockey** Hockey development programming | www.hybridhockey.net

• **Calgary Roller Derby Junior** www.calgaryrollerderby.com | juniors@calgaryrollerderby.com

• Breakaway Hockey and Ringette Development

www.breakawaypowerskating.com



• Hybrid Hockey Spring 3-on-3, Skating and Skills Program

Tuesdays and Thursdays | April to May 2023

West Hillhurst Community Rink

Ages U9 to U15 | Players and Goalies.

Program details and registration available at www.hybridhockey.net

Home Alone Safety

Course Skills Include:

This program prepares your youth for all of the important steps of being 'home alone.' Without some basic skills, being on your own can be an unsafe and uncomfortable situation. Let's all work together to keep our youth safe and confident!



An interactive safety training course for youth ages 10+
(younger siblings grade one and up should also register and attend)

- Minor First Aid
- EMS System
- Fire Safety
- Personal Responsibilities
- Answering Doors & Telephones
- Appliance Safety
- Flooding Toilets
- General Safety

These skills are fully covered in this program through interactive games and role playing.

Date: Sunday, March 5, 2023
Location: West Hillhurst Community Association
Time: 1:00p.m. – 3:00p.m.
Cost: \$30.00
Bring: Snack, drink and pencil to class

To register, please visit www.westhillhurst.com or call 403-283-0464
Deadline for registration is Friday, February 24, 2023

Babysitter Program

For youth ages 10+, this course teaches future babysitters how to be safe while also building self-esteem.

Course Skills Include:

- Being a responsible babysitter.
- Becoming familiar with games for all children's ages.
- Learning safety and preventing injury.
- Handling an emergency - should one happen.
- Learning about choking, bleeding and burns.
- Preparing simple, nutritious meals.
- Feeding a baby, changing diapers, and performing other important childcare skills.
- Coping with tantrums and crying.
- Creating a resume and finding jobs the safe way.



Date: Sunday, June 11, 2023
Location: West Hillhurst Community Association
Time: 10:00a.m. – 5:00p.m.
Cost: \$62.00
Bring: Nut free lunch, drink, doll or teddy bear, & pencil to class.

To register, please visit www.westhillhurst.com or call 403-283-0464
Deadline for registration is Friday, June 2, 2023

• Jazzercise with Judy

Mondays and Wednesdays | 6:00 to 7:00pm
jazzed@telus.net

• Pre- and Post-Natal Fitness Programming

Tuesdays | www.mossportpartum.com

• Yogamaya

Yin, gentle, and flow yoga classes | www.yogamaya.ca

• Lisa Scott Bootcamp

Indoor and outdoor bootcamp | scottlj@telus.net

• High Fitness

Bringing aerobics back in a hip and unique way | maddier.highfit@gmail.com

• JKA Karate (jkaiwayama)

Adult and Youth Karate | www.jkaiwayama.ca

• Fight 34 Krav Maga

Krav maga system of realistic self-defense | info@fight34.com

• Yarn Ball

Drop-in adult floor hockey | robvh2@gmail.com

• Calgary Sport and Social Club

Volleyball, pickleball, floor hockey | www.calgarysportsclub.com

• Calgary Roller Derby

Adult roller derby | www.calgaryrollerderby.com

• Chinook City Roller Derby

Adult roller derby | michael.p.willie@gmail.com

NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia', holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

Adult Sports and Fitness Programming: Winter

• WHCA Women's Squash

www.westhillhurst.com/adult-programs

• NCHL (Adult Non-Contact Hockey League)

Monday to Sunday | www.nchl.com

WHCA Squash and Fitness Centre Information



New Private/Semiprivate Training

Please reach out to trainers directly for pricing and scheduling.

Christine Shudra: beattles@telus.net | 403-815-4016

Ian Coburn: ian.t.coburn@gmail.com | 403-714-3578

www.westhillhurst.com/meet-the-instructors.

Membership info can be found here:

www.westhillhurst.com/membership-pricing.

Questions? whfitness@westhillhurst.com | 403-283-0464, ext. 1.



Personal Trainer
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CHRISTINE SHUDRA

Christine loves helping people become the best version of themselves. She believes that movement, of any type, is one of the main components of a healthy lifestyle. She is a certified personal trainer and group fitness Instructor. Christine is excited to talk about your fitness goals and help you figure out realistic changes you can incorporate into your lifestyle!

✉ beattles@telus.net
☎ 403-815-4016



Bsc Kinesiology (Major Biomechanics) UofC
Registered Kinesiologist
Canadian Kinesiology Alliance
Certified Personal Trainer - CSEP
Functional Movement Systems - Level 2

IAN COBURN

My own injury rehab and athletics journey uncovered the changes that are often needed in the building blocks of movement, to improve people's health and performance. I share this with others by screening movement and lifestyle for injury risk factors and limitations that are hindering their improvement. Then, whether for individual or group, personalize programs designed to remove limitations so that a strong foundation can be built for reaching your goals. I have a decade of experiences with teens to octogenarians in positions with community gyms to elite sport. I offer in-person, online, 1 on 1, and small group training. I look forward to working with you!

✉ ian.t.coburn@gmail.com
📷 @coburncoaching
☎ 403-714-3578

WHCA Member Card Discounts

Members of the West Hillhurst Community Association have access to a variety of activities, sports, events, seminars, and more. A WHCA membership also comes with exclusive benefits and discounts at local businesses. We are always adding new partners to our benefits program, so keep an eye out each month for new sponsors.

Exclusive Member Card Discounts: Our members receive promotional discounts with local businesses when they present a WHCA membership card.

- **Amato Gelato:** 10% off
- **Holiday Inn Express & Suites University Calgary:** 10% discount on room bookings
- **Bowtown Music:** 5% discount, excluding classes
- **Kensington Wine Market:** 10% off wine, 5% off beer and spirits
- **Framed on Fifth:** 10% off picture framing services
- **Cadence Chiropractic, Sport & Health:** 1 to 20% discounts
- **Canary Goods:** 10% off
- **Dignity Memorial:** 10% savings
- **EcoEquitable:** Use promo code 'WHCA' for a 15% discount
- **Showhome Furniture:** 20% off regular priced items, 10% off custom furniture
- **SunnyCider:** 10% off any cider purchase at the Tap Room
- **Superior Vacuums:** 5% off any purchase or service
- **Trinity Wellness Centre:** 15% off your Initial Acupuncture Assessment & Treatment
- **Villages Calgary:** 10% off purchases excluding rugs, food, and sale items
- **Vine Styles:** 10% discount, excluding already discounted products
- **Tipperary's Pub:** WHCA Team Specials

Contact generalmanager@westhillhurst.com or call 403-283-0464 for sponsorship and advertising opportunities, including spaces in the arena, gymnasium, squash courts, and more.

No membership card? No problem! Come see us at the administration office to get yours. To register for WHCA's free member programs, visit westhillhurst.com. Membership cards must be shown. Online administration fees go back to WHCA.



West Hillhurst Preschool News

by Lisa Kelly



Registration for 3-5yr old programs for 2022-23 school year will open on the following dates:

- ↳ **Returning (current) students | Feb 28, 2022 - March 3, 2022**
- ↳ **Students of Alumni families | March 4, 2022 - March 6, 2022**
- ↳ **Open Registration | March 7, 2022**

★ **West Hillhurst Preschool is participating in the Provincial Affordability Program.**

All parents of children zero - kindergarten age, will benefit from reduced fees through affordability grants. Funding is provided directly to operators and is to be used specifically to reduce fees. Fee reductions for 2022-2023 is a minimum of \$75/month, which will be automatically applied monthly to each student's account.

REGISTER

www.westhillhurstpreschool.com

Questions: registrar@westhillhurstpreschool.com

The West Hillhurst Community Preschool is a place where kids play, grow, and learn. We offer morning and afternoon classes for three- and four-year-old children in both English and Spanish Bilingual in our bright and inviting classroom on the second floor of the West Hillhurst Community Centre. Using a play-based curriculum, our exceptional teaching staff help children develop the social, emotional, and intellectual skills to lay a strong foundation as they move forward through more formal schooling. Our location allows us use of the in-house facilities of the West Hillhurst Community Centre, including the gym, ice rink, and soccer field.

As a parent-run preschool, we believe that our programs are enhanced by parent involvement both inside and outside of the classroom. We, therefore, require parent involvement throughout the year in a number of different volunteer opportunities, including roles on the Executive Committee and the Special Events team, to making playdough and library volunteering.

Above all, we endeavour to make our classroom a warm and caring environment where children can learn through play while meeting the physical, social, intellectual, creative, and emotional needs of each individual child.

Important dates for the upcoming 2023-2024 term are:

January 31: Open House. In-person, 5:30 to 6:30 pm, virtual, 7:00 to 8:00 pm

February 1: Registration is open to returning students

February 4: Registration is open to alumni families

February 7: Registration open to the general public

Registrants must have an annual WHCA Membership and can register online through our website: www.westhillhurstpreschool.com. If you have any questions, please contact us at info@westhillhurstpreschool.com.

Green Committee

by Julie Impey

Concerned about climate change? Care about the environment?

Interested in sustainable initiatives at the West Hillhurst Community Association and in your neighbourhood?

Join the West Hillhurst Community Association Green Committee!

A variety of volunteer roles are available.

Please contact: greencommittee@westhillhurst.com.

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Learn to Skate

Winter 2023 Skate Registration

Winter 2023 Skating registration is now open at the West Hillhurst Skating Club. We have a Pre-CanSkate, CanSkate, Squirt CanPowerSkate and Adult and Teen Learn to Skate programs. Registration is now open. Complete program details (date, time, location, equipment requirements) are in the registration details. Please visit <https://www.westhillhurst.com/learntoskate/>.

Please note, our skating programs operate at three arenas as follows:

1. Mondays, Wednesdays, and Saturdays at West Hillhurst Arena
2. Tuesdays and Fridays at Brentwood Community Arena
3. Thursdays at Mount Pleasant Arena

Important Registration Tips

Prior to registering for any programs, please check that you have valid annual WHCA and Skate Canada memberships. If you don't have one or both memberships, or if either have expired, you will need to purchase one or both memberships for renewal before you register for any of the programs. This will prevent errors in your registration process.

If you forgot your WHCA account password, please do not create a new account, and call Carla at 403-283-0464, ext. 6., to reset your password.

Questions about the WHCA Skate Club program? Contact skate@westhillhurst.com.



Facility Bookings/Rentals

WHCA arena, gymnasium and studio spaces for rent! Now taking bookings. Please check our online calendar for available ice times: www.westhillhurst.com/facility-rentals.

Questions? bookings@westhillhurst.com.

WHCA EVENTS

A huge thank you to @ParksFdnCalgary, @CityofCalgary, and TELUS for helping our community Embrace the Outdoors and spend time outside this winter.

If you would like to help with the rink maintenance this winter, please contact bookings@westhillhurst.com.

We Need You! We Are Better Working Together!

We are looking for people who are interested in helping with events at the West Hillhurst Community Association. If you have any ideas or are interested in helping, please contact events@westhillhurst.com.



Planning Committee

by Karen Dahl

The West Hillhurst Planning Committee (WHPC) is a small but dedicated group of volunteers that meets on the third Monday of every month to review development applications received from the city. Should the meeting fall on a holiday, it will be held on the Tuesday night.

All residents and guests are welcome to attend!

For more information, please access the following resources:

- WHPC upcoming meetings, past meeting minutes and the WHPC Terms of Reference are posted on www.westhillhurst.com/planning.
- Go to <http://developmentmap.calgary.ca> to find details and timelines on specific development projects.
- Email the WHPC directly at planning@westhillhurst.com.

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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, 403-269-2707.

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A2011533

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1



TBD



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204 16 Street NW

List Price: \$799,900

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2424 6 Avenue NW

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