## WEST HILLHUKS WARBLE

WARBLER!

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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**CARDINAL** 

BY TREVOR RAMAGE

**HONESTY • INTEGRITY • EXPERIENCE** 







All services provided by a general dentist

#### Tips for brushing your kids' TFFTL

#### MODEL THE BEHAVIOUR

Monkey see, monkey do! Children do some of their best learning when they mimic behaviour. Start early and have them watch you brush n floss.





#### MAKE IT FUN

(Sing to the tune of Row, Row, Row) Brush, Brush, Brush your teeth, till they're shining bright. They'll be healthy, they'll be strong, if you treat them right!

#### PRAISE PRAISE PRAISE

Whenever your child wants to copy your behaviour and wants to do it themselves (or lets you brush for them) tell them they're doing a great job!





#### BE CONSISTENT

Twice a day, 365 days a year. It won't take that long, but after a few weeks, we're sure you'll have yourself a little brushing n flossing champion!

#### BOOK REGULAR DENTIST APPOINTMENTS

Children need to see the dentist too. Making sure your children are comfortable going to the dentist will ensure that as they get older, they take the time to take care of their teeth or any oral health issues they may develop.



403-289-9185 | www.briarhilldental.ca





"This is not about being superhuman – this is about realizing that being human is super!" –Sadhguru

## inner Engineering

Technologies for Wellbeing

An experiential step-by-step process with the power to transform your life with the essence of Yoga.

#### **Explore your full potential**

- Relieve chronic diseases
- Increase productivity
- Eliminate stress
- Enhance relationships

Inner Engineering total 4-day program Conducted by a trained instructor

This program is designed by Sadhguru, yogi, visionary and foremost authority on yoga. Sadhguru's work has touched the lives of millions worldwide through his transformational programs.

#### **Venue Address**

Parkdale Community Centre 3512 – 5 Avenue NW, Calgary, Alberta, CA

587-997-7805

InnerEngineering.com/Calgary

No prerequisite required. Isha Foundation is a nonprofit, 501(c)(3) organization.

#### **Date and Time**

August 24th, 6:30 PM - 9:45 PM August 25th, 6:30 PM - 9:45 PM August 26th, 8:30 AM - 7:00 PM August 27th, 7:30 AM - 7:00 PM





#### **Community News**

by Peter Studen

**Retro 1940s Movie Night at the Plaza Theatre** Thursday, September 14

#### **Dairy Laneway Street Festival**

19 Street NW (between 1 and 3 Avenue) Saturday, September 16

#### **WHCA 75th Anniversary Concert and Party**

West-Hillhurst Community Center Saturday Evening, September 16

If you're interested in volunteering, please contact Peter Stunden, WHCA Director, at peter.stunden@ shaw.ca. Let's make this anniversary one to remember for years to come!



#### **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.

#### **WHCA Board of Directors**

WITCH DUALU	OI DII ECIOIS
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
Secretary	Marc Coyte secretary@westhillhurst.com
Directors	
David Best	Dylan Richards
James Heater	Peter Studen
Marc Coyte	Lawrence Braul
Julie Impey	Leigha Pidde
Committee Contacts	;
Planning	planning@westhillhurst.com
Transportation	transportation @westhill hurst.com
Newsletter	admin@westhillhurst.com
Community Engagement	volunteers@westhillhurst.com

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

#### **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.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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#### **GENERAL MANAGER'S MESSAGE**

Hello West Hillhurst Community!

Summer is here! This is a very busy and exciting time for us at West Hillhurst. We will be removing the ice in the arena to do some cleaning work in the arena and compressor work in the plantroom. Also, the brand-new tennis courts will be opening and going strong with programming, tennis, and pickleball (new this year). Finally, we will be putting the final touches on the re-opening of the lounge.

The memorial garden for one of our long-time board and community members, David Quaintance should be finished. This will include a Zen Garden, bench, and plaque. Please contact us if you would like to help out at admin@westhillhurst.com.

#### **WHCA Casino**

Thanks to all those who helped out at our casino.

#### **Event Volunteer Opportunities**

WHCA will be celebrating our 75th anniversary this year and we are working on celebration details. Contact Peter Stunden, WHCA Director, at peter.stunden@shaw.ca for more information or if you are interested in helping out.

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 neighbours about getting the membership and helping to support the community and building.

As always, if you have any questions, concerns, comments, or suggestions, please email them to me.

Bryan Polak

General Manager

generalmanager@westhillhurst.com

Facebook @WHCAab | Instagram @westhillhurstca



## GAMES & PUZZLES Guess That Song!



- 1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
- 2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
- 3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
- 4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
- 5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
- 6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCANTHE QR CODE FOR THE ANSWERS!



#### **Learn to Skate**

#### WHSC | 2023 Skate Registration

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

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



#### WHCA EXTERNAL/INTERNAL PROGRAMS

The West Hillhurst Community Association and its external renters offer a wide variety of programming with activities for all ages, schedules, and fitness levels. Please contact organizer/organization directly for information.

#### **Youth Programming**

- Pedalheads Summer Camps www.pedalheads.com/alberta
- Summit Kids Before and After School Care and Summer Camps

Monday to Friday. www.summitkids.ca

- WHCA Preschool 2023-2024 www.westhillhurstpreschool.com
- WHCA Youth Chess Program www.westhillhurst.com/youth-programs
- Jugando: Spanish Centre for Kids! www.jugando.ca
- Engineering for Kids
   Ages 5 to 12. www.engineeringforkids.com/calgary
- Young Rembrandts: Drawing Classes for Kids Ages 4 to 12 years. www.youngrembrandts.com
- Triple Meg Soccer Summer registration open. www.triplemeg.com
- Sportball

Winter registration open. www.sportball.ca/calgary

- **Kinder Studios**Dance for ages 3 months to 12 years.
- Baby/Toddler Music www.mosspostpartum.com

www.kinderstudios.ca

- Parent/Baby Yoga www.mosspostpartum.com
- Irish Dance www.bradyacademy.ca
- Karate jkaiwayama www.jkaiwayama.ca
- Hybrid Hockey
   Hockey development programming.
   www.hybridhockey.net
- Calgary Roller Derby Jr. www.calgaryrollerderby.com. juniors@calgaryrollerderby.com
- Breakaway Hockey & Ringette Development www.breakawaypowerskating.com

#### **Adult Sports and Fitness Programming**

• Yogamaya

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

- WHCA Women's Squash www.westhillhurst.com/adult-programs
- NCHL (Adult Non-Contact Hockey League) Monday to Sunday. www.nchl.com
- Jazzercise with Judy
   Monday to Wednesday from 6:00 to 7:00 pm. jazzed@telus.net
- Pre and Post Natal Fitness Programming Tuesdays. www.mossportpartum.com
- Parent/Baby Yoga Wednesdays. www.mosspostpartum.com
- Lisa Scott Bootcamp Indoor and outdoor bootcamp. scottlj@telus.net
- High Fitness
   HIGH fitness has brought 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
   We teach the Krav Maga system of realistic self-defense. info@fight34.com
- Yarn Ball
   Drop-in adult floor hockey. robvh2@gmail.com
- Calgary Sport & 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



a passion for wildlife? Apply today!

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www.calgarywildlife.org



#### WHCA Squash and Fitness Centre Information

West Hillhurst is very excited to announce the spring 2023 renewal of our three tennis courts.

This spring our courts will be repaved with a brand-new surface, layering, and paint. Hosting three tennis courts and six pickleball courts.

With this amazing news, we unfortunately, will not be running any spring tennis programming for youth or adults until construction is complete.

We plan to continue summer programming for both youth and adults in July.

For any further information, please contact Chris at whfitness@westhillhurst.com or 403-283-0464, ext. 1.

#### **New Private/Semiprivate Training**

Please reach out to trainers directly for pricing and scheduling.

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

lan Coburn: ian.t.coburn@gmail.com, 403-714-3578

www.westhillhurst.com/meet-the-instructors

#### **Squash Lessons**

Sasha Thomson: sasha@thomsonfamily.ca

Ozzie Vallejos: ozzievallejos@aol.com

Membership info can be found here: www.westhillhurst.com/membership-pricing

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

A few exciting updates for West Hillhurst Squash and Fitness for the months ahead!



#### **TENNIS MEMBERSHIPS 2023**

Family **\$125** 

Individual \$75

Members can book courts up to 7 days in advanced online Members have unlimited bookings - but limited to 1/day - per name

#### **DROP IN PICKLEBALL / TENNIS**

**\$20** / court

can only book 1 day in advance - net included - not paddles / balls

#### **TENNIS LADDER**

July 1 - August 30

FRÉE for all Tennis Members | Levels 2.5 - 5.5 Email Brian for info / registration: brian@ennslaw.ca

## Green Committee: Watts Happening at the WHCA Green Committee? Solar Is!

Many are facing higher energy costs as utility rates climb. The Regulated Rate Option price for electricity was .28/kwh in December 2022. If you don't have a contracted price, your electricity rates have more than doubled.

Some are looking at installing solar panels on their roof. You can check out whether your location is suitable for a solar panel installation at the City of Calgary website. Search for "Residential Solar Calculator." Calgary is well known as one of the sunniest cities in the country.

In Alberta, solar power generators can benefit you in two ways. The energy you generate is used immediately before utility power is supplied, and if you generate more power than you need, your power is sent to the grid, and you earn a credit that is calculated at the same rate that you pay.

You may qualify for a Greener Home Grant to cover up to \$5,000 of the solar panel expenses and \$600 for an energy audit for your home.

Reach out to the WHCA Green Committee for more information and resources.

Or join us! The WHCA Green Committee meets virtually on the first Monday of the month.

We are always looking for new members to work on sustainable, low carbon projects in our community.





calgarymatandlinen.com



## **BUSINESS CLASSIFIEDS**

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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**WEST HILLHURST MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

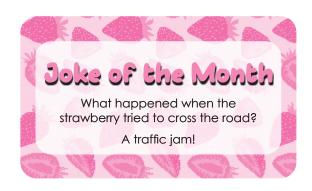
**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www. qutterdoctor.ca, 403-714-0711.

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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.



# SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT News, Events, Crime Real Estate Statistics Statistics Statistics

#### **WHCA EVENTS**

#### We Need You! We Are Better Working Together!

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







#### REGISTRATION 2022-2023

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 students account.

www.westhillhurstpreschool.com

Questions: registrar@westhillhurstpreschool.com



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



#### Celebrate West Hillhurst Community Association's 75<sup>th</sup> anniversary!

Join us at Grand Trunk Festival from Sept 14-16.

grandtrunkfestival.com



Calling artisan vendors and community volunteers to join us for this extraordinary event!



**REGISTER NOW** 

**VENDORS** 

**VOLUNTEERS** 



### **CARDINAL**

BY TREVOR RAMAGE



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2837







List Price: \$899,900 MLS #A2051615

An impressive "Home & Garden" ideally suited to indooroutdoor living.





List Price: \$1,065,000

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Warmest congratulations to my sellers. It is a pleasure working with second-generation clients.



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