WEST HILLHURST

WARBLER-

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



403.850.2560





CARDINAL

BY TREVOR RAMAGE

HONESTY • INTEGRITY • EXPERIENCE

















No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.













OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with — this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT 403-726-9301 calgaryfreshjock.com



THE DEAD PERIOD



WE KNOW THAT THE CALENDAR HAS CHANGED OVER TIME, BUT DID YOU KNOW THAT BECAUSE THE ROMAN MILITARY WASN'T ACTIVE IN THE COLDEST MONTHS, THEIR CALENDAR ONLY HAD 10 MONTHS WITH FORMAL NAMES. JANUARY AND FEBRUARY WERE REFERRED TO AS THE "DEAD PERIOD".



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

West Hillhurst Squash and Fitness



New Private/Semi-Private 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 information can be found at www.westhillhurst.com/membership-pricing. Questions? Contact whfitness@westhillhurst.com or 403-283-0464, ext. 1.



Adult Pickleball



Interested in playing the fastest growing sport in North America?

Starting mid-September, West Hillhurst will be running our own pickleball program. All that is required is a WHCA membership and applicable monthly fees.

For more information, phone Carla at 403-283-0464, ext. 6, or email admin@westhillhurst.com.

WHCA Board of Directors

	0. 200
President	Dylan Richards president@westhillhurst.com
Vice President	Casey Kennedy vice-president@westhillhurst.com
Past President	pastpres@westhillhurst.com
Treasurer	Margot Davidson treasurer@westhillhurst.com
Secretary	Marc Coyte secretary@westhillhurst.com
Dimentana	

Directors

David Best	James Heater	Will Overend	Lawrence Braul
Julie Impey	Angela Pucci	Jan Burwell	Deborah Kowbel
Alberto Trejo	Gord Chester	Maggie Lam	

Committee Contacts

Committee Contacts	
Planning	Karen Dahl planning@westhillhurst.com
Transportation	Janice Paskey 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	green committee @westhill hurst.com



SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT

News, Events, & More Crime Statistics Real Estate Statistics



GENERAL MANAGER'S MESSAGE

Hello West Hillhurst Community!

Happy New Year! 2023 went so fast, it is hard to believe that it is now 2024. Time is definitely not slowing down.

2023 saw a lot of things happen – the re-opening of our lounge (the Nest), an overhaul of the arena compressors, the addition of 900 solar panels on the roof, and saying goodbye to some long-serving board members: Cher Jacobs, Jan Cerny, and Patrick Craddock. They will all be missed. This also means that we have some new blood on the board – Margot Davidson, Alberto Trejo, Angela Pucci, Deborah Kowbel, Gord Chester, Jan Burwell, and Will Overend. Welcome to all! The board will be meeting on the second Wednesday of the month (a change from Mondays) so as to be able to go up into the Nest for a drink and say hello to everyone that is in there. Please say hello and ask any questions you may have.

We will continue to be busy in the arena, fitness centre, and other areas of the building, as well as taking care of lifecycle items.

Make sure you continue to check all our social media sites and the website for updates on programming and community events.

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.

Regards,

Bryan Polak

WHCA General Manager

generalmanager@westhillhurst.com



WHCA EVENTS



The Nest Restaurant and Lounge: Open Tuesday to Saturday, 4:00 pm to 12:00 am. We are thrilled to have our doors open to the community again! Come in to try one of our beers on tap, cocktails, or kids' menu items or dig into one of our irresistible share plates and burgers. Thank you to all those who helped get The Nest to fruition. See you soon. Cheers!

Follow us on Instagram @thenestwhca to keep up with our latest news. www.westhillhurst.com/thenest.



We Need You! We Are Better Together!

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

New! WOW Occupational Therapy

WOW Occupational Therapy is offering programs to support children with ADHD and similar presentations. Limited spots are available. www.wowot.ca

WHCA Preschool 2023-2024

www.westhillhurstpreschool.com

WHCA Basketball

www.westhillhurst.com/youth-programs

WHCA Squash

www.westhillhurst.com/youth-programs

WHCA Tot Dance

www.westhillhurst.com/youth-programs

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

www.triplemeg.com

Hybrid Hockey

Hockey development programming. Non-instructional school day skating and skills program. September 2023 to May 2024. www.hybridhockey.net

Sportball

www.sportball.ca/calgary

Kinder Studios

Dance for ages 3 months to 12 years. www.kinderstudios.ca

Baby/Toddler Music

www.mosspostpartum.com

Parent/Baby Yoga

www.mosspostpartum.com

Irish Dance

www.bradyacademy.ca

Karate Jkaiwavama

www.jkaiwayama.ca

Calgary Roller Derby Jr.

www.calgaryrollerderby.com juniors@calgaryrollerderby.com

Breakaway Hockey and Ringette Development

www.breakawaypowerskating.com

Summit Kids Before/After School Care

Monday to Friday. www.summitkids.ca

Hybrid Hockey

2024 Spring 3on3 Hockey: Skating and Skills Program U9 to U13

30n3 cross-ice games, detailed skating lessons, skills session (stickhandling and more skating!) Goaltending coaching.

At the West Hillhurst arena.

Dates:

14 one-hour ice times - Tuesdays and Thursdays

April 4, 9, 11, 16, 18, 23, 25, 30

May 2, 7, 9, 14, 21, 23 (no session May 16 - long weekend) For program information and registration, visit www.

Adult Sports and Fitness Programming

Yogamaya

hyrbidhockey.net.

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 and Wednesday. 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 boot camp. scottlj@telus.net

JKA Karate (Jkaiwayama)

Adult and youth Karate. www.jkaiwayama.ca

Fight 34 Krav Maga

We teach the Krav Maga system of realistic self-defence. 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

WHCA Facility Rentals

We have our WHCA arena, gymnasium, and studio spaces available for rent! We are currently taking bookings from now until June 2024. Please check our online calendar for available times at www.westhillhurst.com/facility-rentals. Questions? Email bookings@westhillhurst.com.



Green Committee

Conserving Energy During Winter

Every winter, a lot of greenhouse gas emissions result from the heating of houses. Here are a few tips for conserving heating energy in your home this winter.

You can purchase temporary window insulation for about \$60 per window, but if you'd like to avoid this cost, you can still be mindful of the way you use your curtains. Allow sunlight in during the day, then close your curtains again once the sun goes down.

Water heaters can be one of the biggest consumers of energy in your home. Most water heaters are factory set to 140° F, but for most people, 120° F works just as well, and they don't notice a difference after they reset it.

Use LED lights when you have the option, as they use about 75% less energy than standard incandescent lights.

Turn off lights when you don't need them, and don't run electronic appliances when it's not necessary. Even if these habits only make a small difference to you, energy use adds up, and it makes a large difference to the environment.

If you'd like to learn more about what you can do for the environment or be part of projects in West Hillhurst targeting climate change and other environmental issues, join the WHCA green committee!

Email us at greencommittee@westhillhurst.com.

Skip the Depot

What is SkipTheDepot? A door-to-door bottle collection, electronic recycling, and clothing donation service that makes recycling and clothing donations even more manageable as they will come to you! For a full refund use promo code DONATEWESTHILLHURST. Download the app and book a pick-up!

https://app.skipthedepot.com/westhillhurst



WEST HILLHURST PRESCHOOL NEWS

by Lisa Kelly

Happy New Year from all the children, teachers, and parents at the Preschool!

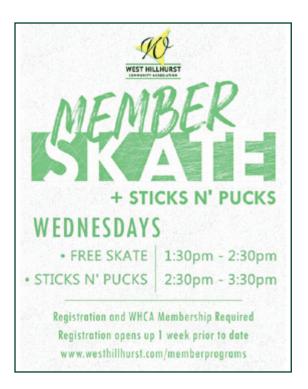
2023 was so much fun! The teachers have been busy planning fun activities, and we can't wait to get started on a new year in school. We are very happy and excited to be offering skating lessons again this year for all classes. These start this month and run for four weeks. The lessons are always so much fun and it's amazing how quickly the children pick up skating skills!

December was as busy as ever. The children worked hard making a range of different crafts and decorations, which I'm sure will be displayed in your homes for many years. Our holiday party was so much fun, and it was great to have all the children and families together to celebrate this special time of the year. Thank you to everyone who helped make this exciting and memorable for all the children.

We are getting ready for registration for the 2024-2025 school year, where we will once again offer morning and afternoon classes. Open registration for the 2024-2025 preschool year begins in February. Please refer to our website for priority registration dates.

We will be holding our open house sessions on January 30. This will be in person in the preschool classroom from 5:30 to 6:30 pm. This is a great opportunity to meet the teachers, ask questions, and see the classroom. Please email chairs@westhillhurstpreschool.com to register.







Learn to Skate

WHSC | Power Skating Online Registration

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

For questions about the WHCA Skate Club program contact skate@westhillhurst.com.

Go-Getter: Noun – someone who is very energetic, determined to be successful, and able to deal with new or difficult situations easily.

Are you a Go-Getter? If so, you should join us!

We are a diverse group of individuals 50+ who thrive on staying active, making new connections, and trying new experiences. We offer fitness classes, games, and monthly special events. Memberships for 2024 are only \$35 and are available now.

To purchase a membership or learn more about the Go-Getters, please call 403-283-3720, or send an email to gogetters@telus.net. If you are in the neighbourhood, feel free to drop by and visit us Monday to Friday between 8:30 am and 3:30 pm.

The Go-Getters are located at 1940 6 Avenue NW. You will find us at the SW corner of the WHCA facility building.

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 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 some 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 presenting a WHCA Membership Card.

- · Amato Gelato: 10% off
- Holiday Inn Express & Suites University Calgary: 10% discount on room bookings
- 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
- Eco Equitable: Use promo code 'WHCA' for a 15% discount
- Showhome Furniture: 20% off regular priced items, 10% off custom furniture
- Sunny Cider: 10% off any cider purchased at the tap room
- Superior Vacuums: 5% off any purchase or service
- Trinity Wellness Centre: 15% off your initial acupuncture assessment and 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 special

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 free member programs visit. westhillhurst. com. Membership cards must be shown. Online administration fees go back to WHCA.



West Hillhurst Real Estate Update Last 12 Months West Hillhurst MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 834,900	\$ 814,000
October 2023	\$ 1,149,000	\$ 1,105,000
September 2023	\$ 762,450	\$ 755,000
August 2023	\$ 987,500	\$ 964,000
July 2023	\$ 849,900	\$ 849,900
June 2023	\$ 850,000	\$ 850,000
May 2023	\$ 859,900	\$ 842,000
April 2023	\$ 772,500	\$ 801,000
March 2023	\$ 900,000	\$ 880,000
February 2023	\$ 659,900	\$ 678,500
January 2023	\$ 1,107,500	\$ 1,127,229
December 2022	\$ 584,900	\$ 572,500

Last 12 Months West Hillhurst MLS Real Estate Number of Listings Update

	0 1	
	No. New Properties	No. Properties Sold
November 2023	9	11
October 2023	24	9
September 2023	19	16
August 2023	12	10
July 2023	10	9
June 2023	16	15
May 2023	17	15
April 2023	25	24
March 2023	21	15
February 2023	14	7
January 2023	8	2
December 2022	7	6

To view more detailed information that comprise the above MLS averages please visit **whil.mycalgary.com**



by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.

BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

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 FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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.

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.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc. cleaning@shaw.ca.





CARDINAL

BY TREVOR RAMAGE



RE/MAX®

REAL ESTATE (CENTRAL)

Cheers to a year filled with joy, laughter, and endless possibilities! Happy New Year 2024!





411 Point McKay Gardens NW

List Price: \$579,900 MLS #A2093040

Congratulations to my longtime client. It was a pleasure assisting you with the sale of your meticulously maintained residence with sun-drenched interiors.





840

807 21 Avenue SE

List Price: \$599,900 MLS #A2090497

Boasting abundant southern exposure, features include recently upgraded windows, main floor laundry and a parking pad beyond a visually delightful landscaped, fenced backyard.





238 Auburn Glen Drive SE

List Price: \$769,900 MLS #A2093042

Many thanks to my client for entrusting me with this opportunity. Congratulations on the successful sale of your exceptional and rare home.



1720 48 Avenue SW

List Price: \$1,099,900

Turning the key to a new chapter. Warmest congratulations to past and new clients.

Not intended to solicit buyers or sellers currently under contract with a broker.





*Based on Total Dollar Sales Volume for a Single Office