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Spring Cleaning?

We're coming to the **University Heights Community Cleanup**

We are in need of support. Please consider donating:







FURNITURE



ITEMS



& COMPUTERS



Sunday, April 30 | 2215 Uxbridge Drive NW 9:00 am - 2:00 pm

> Your donations will help make a house into a home.



In 2022, **7,191** people were served by the Free Goods Program.



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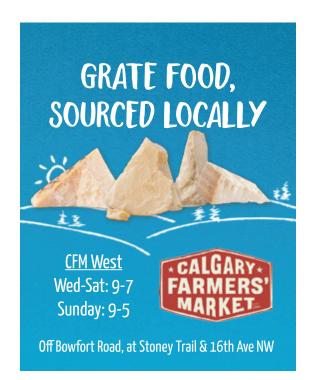


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GENERAL MANAGER'S MESSAGE

Dear WHCA Community,

The HVAC project as well, as the road repair on 19 Street NW are completed. All that is left for us to do is to move the dirt. Once the snow is gone this will be done. Thank you for your patience. Believe me it tested ours.

We are needing volunteers for some events coming up:

- Our 75th Anniversary Celebration
- Work on the Zen Memorial Garden (in memory of David Quaintance) May 6 and 7
- Casino Fundraiser June 26 and 27

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

September will be the re-opening of the upstairs member lounge restaurant. 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 neighbours about getting the membership and helping to support the community and building.

Thank you,

Bryan Polak

General Manager

generalmanager@westhillhurst.com

Facebook @WHCAab | Instagram @westhillhurstca





If you are age 50 plus, the West Hillhurst Go-Getters Association is the place for you! Go-Getters' memberships are available for purchase/renewal and cost \$25 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.



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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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

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@westhillhurst.com Planning 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.



Learn to Skate

WHSC | Spring 2023 Skate Registration



Spring 2023 skating registration is now open at the West Hillhurst Skating Club. We have Pre-CanSkate, CanSkate, and Adult and Teen Learn to Skate programs, as well as our extensive STARSkate programming. Registration is now open, complete program details (date/time/location), equipment requirements, are in the registration details.

Register for Spring Skating 2023

Please note, our skating programs only operate at the WHCA Arena in the spring on Mondays, Wednesdays, Fridays, and Saturdays.

Important Registration Tips

Prior to registering for any programs, please check that you have a valid annual WHCA and Skate Canada membership. If you don't have one or both memberships, or if either has expired, you will need to purchase or renew your memberships 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. 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

• New! Meg Sport Inline Skating www.magsport.ca

WHCA T-Ball Spring

5 to 7 years. www.westhillhurst.com/youth-programs

- WHCA Spring Skills 'n Drills with Triple Meg Soccer 8 to 12 years. www.westhillhurst.com/youth-programs
- WHCA Preschool 2023-2024 www.westhillhurstpreschool.com
- WHCA Tot Dance Spring 2023 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
- Summit Kids Before and After School Care Monday to Friday. www.summitkids.ca
- **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. www.kinderstudios.ca

- Baby/Toddler Music www.mosspostpartum.com
- 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

• WHCA Women's Squash

www.westhillhurst.com/adult-programs

• NCHL (Adult Non-Contact Hockey League)

Monday to Sunday. www.nchl.com

Jazzercise with Judy

Mondays and Wednesdays. 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

Yogamaya

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

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



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.



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 programming for tennis youth or adults until construction is complete.

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

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



Ozzie started playing squash when he was 15 in Ottawa where he competed nationally reaching a high of #5 overall in the Canadian Junior Rankings.

Once Ozzie turned 19 he continued to compete and took up coaching while in University eventually moving to Yellowknife becoming the Head Pro at the Yellowknife Racquet Club as well as becoming the Vice President of Squash NWT. In his time in the north Ozzie was able to grow the adult and junior program as well as competing on Team NWT for the Canadian Men's Team Championships helping them finish 5th overall.

Ozzie became one of the youngest provincially certified coaches and was the NWT junior coach for the 2015 Canada Winter Games and in 2017 Ozzie moved to Calgary. From moving, he coached at the Glencoe Club where he continued to play at a high level and competed in the 2018 Canadian Nationals while also working as the Tournament Director.

In 2018 Ozzie moved to Toronto and became the assistant head pro of the Toronto Cricket Skating and Curling club further developing the Squash program in the Toronto scene at one of Canada's oldest most prestigious squash clubs.

Ozzie returned to Calgary in 2019 to the Glencoe Club and coached many of the top adults and juniors in the city before switching careers. Ozzie now works for the City but continues to coach at various clubs around the city part-time.

☑ ozzievallejos@aol.com



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.



Personal Trainer Nutritional Coaching Weight Training

STUDE SKUDGA

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

COBVEN

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 EVENTS

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 West Hillhurst Community Association. If you have any ideas or are interested in helping, please contact events@westhillhurst.com.

First WHCA Clothing Exchange/Fast Fashion Sunday April 23, 2:00 to 4:00 pm at the WHCA building Dance Studio

Help reduce fashion industry water consumption and carbon footprint. Get sustainable, high-quality clothes, reduce waste, save money, and have fun!

www.westhillhurst.com/whca-events Contact maggiehlam@gmail.com

Earth Day West Hillhurst Garbage Clean up Saturday April 22, start at West Hillhurst Community Park Gazebo at 9:00 am

WHCA supplies bags, pickup unattended garbage in West Hillhurst

Contact greencommittee@westhillhurst.com



CASINO VOLUNTEERS NEEDED



JUNE 26 & 27, 2023 COWBOYS CASINO

Casino fundraising money helps provide one of the largest sources of revenue to help maintain WHCA operations, community events, programming, and facility updates

More information / registration link to volunteer

www.westhillhurst.com/casino

WHCA Gardens

Spring is in the air, and it is time to think about purchasing your WHCA garden plot.

The garden plots will be open for returning gardeners from April 1 to 15. Then will be open to the public community members to purchase.

Requirements: A current WHCA Membership (\$35 + GST = \$36.75)

Garden Plot: \$40 + GST = \$42

Stay tuned for updates on our website.

Any questions? Please contact Carla at 403-283-0464, ext. 6.



Preschool News

by Lisa Kelly



Happy spring everyone!

After spring break, we were all ready to get back to Preschool and see our friends! March was a busy month as we continued to work on our construction theme. We all had so much fun looking at famous structures around the world including 'The Great Wall of China' and the 'Ancient Pyramids'. When learning about bridges, we used stories like *The Three Billy Goats Gruff* for inspiration to build bridges that the goats could walk across safely. We looked at skyscrapers in different cities and then focused on Calgary, looking at what the skyline looks like in the evening. The children produced some beautiful pieces of artwork.

This month we also held our parent/teacher meetings to give parents updates on how their children were doing in class. The partnership between teacher and parents in their child's development is so important, so these meetings are always an important event in the year. We also had parents 'stay and play' session in March. It's the first time since COVID that parents have been back in the classroom, so it was lovely to see the children excited and able to show their parents the classroom and their work.

For more information, please visit our website at www. westhillhurstpreschool.com, and check out our Facebook page 'West Hillhurst Community Preschool' and Instagram page whcapreschool' to see all the exciting and fun things we get up to!





BUSINESS CLASSIFIEDS

For business classified ad rates call 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.

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.

ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.

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.

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.gutterdoctor.ca, 403-714-0711.

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





403.850.2560









1312 17A Street NW

List Price: \$1,399,900

Warmest congratulations to my client. Many thanks for giving me this opportunity.



1725 30 Avenue SW

List Price: \$959,000

Congratulations to my clients.

Here's to settling in and making it your own.



16A, 80 Galbraith Drive SW

List Price: \$199,900

Thank you to clients and friends for trusting me to help guide you through the sale of your home.



1203, 120 Silvercreek Close NW

List Price: \$299,900

Wishing my clients the best of luck on their new journey.

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





#1 OFFICE WORLDWIDE

*Based on Total Dollar Sales Volume for a Single Office