

AUGUST 2023

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THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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www.CambridgeManor.ca



UNIVERSITY OF
CALGARY

Have you considered renting a spare bedroom in your home to a UCalgary student?

Calgary is experiencing a housing shortage, and university students are actively seeking rooms to rent for September. Your guest room could be the perfect solution!

By renting a room to a student, you can provide them with a comfortable living environment while earning some extra income for yourself.

We recommend posting your spare room for rent on either spaceshared.ca or places4students.com if you're interested. SpacesShared connects older adults interested in homesharing with students, and UCalgary's Students' Union works in partnership with Places4Students.





BOTOX IS FOR *Everyone*

We all lead busy lives and there are several factors that can lead to the appearance of frown lines and crows feet, including sun exposure, ageing, and stress.

Let us help you look and feel your best with our Botox treatment. Botox can be used to treat TMJ issues as well as fight the signs of ageing.

Why not combine your botox appointment with your next dental cleaning!

Call us today to find out more.



Get rid of Dad's frown lines!



Help Mom look fresh and feel fresh!

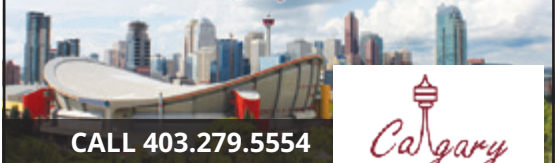


Crows feet are for birds, not faces!

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WHCA
SUMMER WRAP-UP
MONDAY, SEPT 4

POOL PARTY @ BOWVIEW POOL
 10:30am - 12:00pm
 Registration Rec'd | www.westhillhurst.com/events

FIELD PARTY
 12:00pm - 3:00pm

ESCAPE PODS ♦
YYC FOOD TRUCKS ♦
FIELD GAMES ♦
FACE PAINTING ♦
GRASS VOLLEYBALL ♦

Telus

WHCA Board of Directors

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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

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.

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!

Hope everyone has been enjoying the summer! For those of us with family in Edson and surrounding areas, as well as places in BC, I hope they are safe from the fires and flooding. Incredible year to say the least.

This is a very busy and exciting time for us at West Hillhurst. We have removed the ice in the arena and are doing the compressor work in the plantroom. The brand-new tennis courts are open and going strong with programming, tennis, and pickleball (new this year). As for the lounge, we are working hard with the goal of re-opening for September.

We have finished the memorial garden. Please come, sit, meditate, and enjoy.

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.

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



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Plumbing Services
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Boiler Install & Repair
Electrical

\$50
Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca

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.



WEST HILLHURST SKATING CLUB

SUMMER SKATING CLASSES

JULY | AUGUST

BOWNESS SPORTSPLEX
MOUNT PLEASANT COMMUNITY SPORTSPLEX

Register online at
www.westhillhurst.com/whsc-registration/

WEST HILLHURST SKATING CLUB

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.
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

- **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

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 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

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

FREE for all Tennis Members | Levels 2.5 - 5.5

Email Brian for info / registration: brian@ennslaw.ca

WHCA GREEN COMMITTEE

Green Ponderings: Urban Canopy

Citywide, Calgary's tree canopy sits just above eight percent. That is, 8.25 percent of the land across the city is covered by trees, their branches, and leaves. Edmonton measured its canopy at just over 13 percent in 2019. In other Canadian cities, the canopy is 20 or even 30 percent. We're pretty lucky in West Hillhurst, to have some beautiful tree-lined streets. Our canopy is measured at 15.84%, but we would all benefit from more trees being planted in our yards and along our streets.

Nature Canada recently called on cities to boost their urban canopy to 30 percent.

The benefits of trees are profound and varied. Trees offer shade, cooling, and remove air pollution. They reduce the "heat island" effect of larger cities, reduce the effects of stormwater, help reduce noise pollution, and store carbon, helping to mitigate the effects of climate change. Not to mention the habitat and food they provide for wildlife, and positive impacts on well-being and mental health to humans.

The WHCA "75 trees for 75 years" project will give 75 neighbours an affordable "legacy tree" for their property to plant this September. See the WHCA website for details.

The Green Committee meets virtually each month and has a variety of projects focused on battling climate change and increasing sustainability in our neighbourhood. Join us! greencommittee@westhillhurst.com.

75 TREES FOR 75 YEARS

Help us get 75 trees planted in West Hillhurst
to celebrate the WHCA 75th anniversary

Plant a 75th anniversary "legacy tree" on your property
15 gallon trees available for \$75 (subsidized from >\$200)
Delivery to WHCA September 9th 2023

See website for details and to register for your tree

FHN Foothills Nurseries



With Momentum's Money Management workshops, you can

Learn to budget and manage your debt
momentum.org/money-management

Complete a workshop and be entered to win
a \$200 grocery gift card!



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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.

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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.

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.



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News, Events,
& More



Crime
Statistics



Real Estate
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.

WE NEED YOUR PICTURES!

WHCA WILL BE CELEBRATING 75YRS THIS YEAR!!

We are asking if any community members have any pictures of the WHCA building / any events that took place at the West Hillhurst Community Centre

If you do, please email or drop off pictures / copies to: Carla | admin@westhillhurst.com or 403-283-0464 ext 6

Skip the Depot

Guess what! SkipTheDepot now offers electronic recycling, and they will come to you to pick it up!

What is SkipTheDepot?

A door-to-door bottle collection, electronic recycling, and clothing donation service that makes recycling and clothing donations even easier 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>

DONATE WITH SKIPTHEDEPOT WEST HILLHURST

CLOTHING / BOTTLES / ELECTRONICS

Donate \$\$ from your used clothing / bottles / electronics

promocode: DONATEWESTHILLHURST

INFO: www.westhillhurst.com/skip-the-depot

West Hillhurst Community Preschool

REGISTRATION 2023-2024

Registration for 3-5yr old programs for 2023-24 school year will open on the following dates:

- ↳ Returning (current) students | Feb 1, 2023 - Feb 3, 2023
- ↳ Students of Alumni families | Feb 4, 2023 - Feb 6, 2023
- ↳ Open Registration | Feb 7, 2023

★ West Hillhurst Preschool is participating in the Provincial Affordability Program. (\$75/month towards monthly tuition)

Small class sizes (1:9), Kindergarten students eligible to attend. Play based curriculum, outdoor area, sessional programs ex. skating, soccer, science. Community focused: most families live in the neighborhood

REGISTER
www.westhillhurstpreschool.com
 Questions: registrar@westhillhurstpreschool.com

West Hillhurst Community Preschool

REGISTRATION OPEN 2023/24

Details & Registration:
www.westhillhurstpreschool.com



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Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone. At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

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Joke of the Month

Why do seagulls fly over the sea?

Because if they flew over a bay, they would be bagels.



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1432



1416 20 Street NW

List Price: \$1,199,900

MLS #A2059155

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1290



92 Hendon Drive NW

List Price: \$799,900

MLS #A2059246

Minutes from the community outdoor pool, Confederation and Nose Hill Parks, this renovated bungalow on an oversized lot offers comfort for any family.



1415 21A Street NW

List Price: \$899,900

Congratulations to my past clients. It is always a pleasure working together.



1311 18A Street NW

List Price: \$829,900

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

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

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SCAN ME



#1 OFFICE WORLDWIDE

*Based on Total Dollar Sales Volume for a Single Office