

DECEMBER 2023

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THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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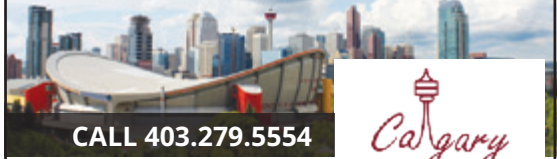


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GENERAL MANAGER'S MESSAGE

Hello West Hillhurst Community!

Happy Holidays everyone! I know it is a little early to say so, but I wanted to make sure I got my seasonal greeting out to everyone.

December means the first meeting with new board members. Welcome to all the new members and good to see those joining us again. We have lots to do this upcoming year, so I hope you are all ready to work hard for our community.

We will be closed from December 25 to 26 and will have modified building hours. Please watch social media or look on the website.

The Nest Restaurant & Lounge is now Open!

Please come and join us in The Nest and celebrate the holidays with family and friends. We look forward to greeting all of you! www.westhillhurst.com/thenest.

With the increasing cost of food and the ever-rising number of those in need, WHCA would like to support The Veterans Food Bank of Calgary once again. We'll work hard to collect donations from staff and those within our community. CVFB boxes will be delivered in early November and placed around the building's entrances (main, arena, The Nest, and fitness). We're looking to collect dried goods, non-perishables, oral hygiene items (toothpaste, brush, etc.) and pet food. Our campaign runs from November 11 to December 15.

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



LITTLE TOES



Because humans typically have five fingers on each hand and five toes on each foot, it might lead one to believe that cats follow that same format. However, this is actually incorrect! Most cats only have 18 toes, rather than 20. A typical cat will have five toes on each of its front paws, but only four on its back ones!



MEMBER SKATE

+ STICKS N' PUCKS

WEDNESDAYS

- FREE SKATE | 1:30pm - 2:30pm
- STICKS N' PUCKS | 2:30pm - 3:30pm

Registration and WHCA Membership Required

Registration opens up 1 week prior to date

www.westhillhurst.com/memberprograms



WEST HILLHURST GO-GETTERS ASSOCIATION

If you are age 50 plus, the West Hillhurst Go-Getters Association is the place for you!

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.

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
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

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SQUASH ALBERTA

PRIVATE SQUASH LESSONS

EMAIL FOR MORE INFO

Sasha Thomson sasha@thomsonfamily.ca

Ozzie Vallejos ozzievallejos@aol.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 Board of Directors

President	TBA president@westhillhurst.com
Vice President	TBA vice-president@westhillhurst.com
Past President	pastpres@westhillhurst.com
Treasurer	TBA treasurer@westhillhurst.com
Secretary	TBA secretary@westhillhurst.com

Directors

TBA

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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News, Events, & More



Crime Statistics



Real Estate Statistics





THE Nest
RESTAURANT & LOUNGE

A TASTE OF COMMUNITY

NOW OPEN

TUESDAY TO SATURDAY
4PM-12AM

1940 6 Ave NW
Second floor of the West Hillhurst Community Association
@thenestwhca



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.



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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.



DONATE TO THE FOOD BANK

NOVEMBER 11 - DECEMBER 15

With the increasing cost of food and the ever rising number of those in need - WHCA would like to once again support The Veterans Food Bank of Calgary. We'll work hard to collect donations from staff and those within our community.

CVFB boxes will be delivered early November and placed around the building's entrances (main, arena, Nest and fitness). We're looking to collect dried goods, non-perishables, oral hygiene items (toothpaste, brush, etc...) and pet food. Our campaign runs from Nov. 11th to Dec. 15th.

VETERANS FOOD BANK OF CALGARY




WEST HILLHURST SKATING CLUB

WINTER 2024 SKATING REGISTRATION OPEN

www.westhillhurst.com/learnstoskate



FOLLOW WHCA

Instagram: [westhillhurstca](https://www.instagram.com/westhillhurstca)
Facebook: West Hillhurst Community Association
Website: www.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 Youth Pickleball

www.westhillhurst.com/youth-programs

WHCA Basketball 2023-2024

www.westhillhurst.com/youth-programs

WHCA Squash

www.westhillhurst.com/youth-programs

WHCA Tot Dance 2023

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.mossportpartum.com

Parent/Baby Yoga

www.mossportpartum.com

Irish Dance

www.bradyacademy.ca

Karate Jkaiwayama

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

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 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.mossportpartum.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 December 2023. Please check our online calendar for available times at www.westhillhurst.com/facility-rentals. Questions? Email bookings@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.



WET WATER

We all know that water is wet (right?), but did you know that you can actually make water wetter, and that is exactly what firefighters do!? There is an agent these heroes add to water to create a higher evaporation temperature, which can reduce the time it takes to put out a fire by up to 30%!

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>

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www.westhillhurst.com/skip-the-depot

WEST HILLHURST PRESCHOOL NEWS

by Lisa Kelly

What a wonderful time of year!

It's hard to believe that November is over, and December is already here! We are all excited for the holiday season fun that December brings! During this busy month, we enjoy talking about all the special holidays that people celebrate. We tell stories about families, friends, love, giving, and sharing. It is so wonderful to share our holiday traditions and learn about and appreciate our similarities and differences.

November was lots of fun; the children learnt about Canadian animals and their habitats, and how they prepare for winter. They asked questions like, "What do they do in Winter?" We explored hibernation thinking about "Where do animals sleep in the winter?" We also researched animals that don't hibernate, learning about migrating or adapting during the winter and what these processes involve.

Our music lessons with Ms. Elle came to an end at the start of November, which we were all very sad about. We always love these lessons and enjoy learning new songs and experimenting with different instruments. It's lovely

to see children's confidence grow in these classes and observe children's language develop with all the fun and engaging songs.

For more information or to register in our limited available spots, please visit our website: www.westhillhurstpreschool.com. Also, be sure to check out our Facebook page 'West Hillhurst Community Preschool' and our Instagram page to see all the exciting and fun things we get up to!



BRAIN GAMES

SUDOKU

		6					5	
7			6	4				
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				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

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Rosemary and Oregano – A Good Combo for the Festive Season

by Kosha Vaidya, MBBS, CH



Rosemary and oregano herbs are helpful in winter months. Rosemary and oregano are becoming my favourite by the day. Rosemary helps in increasing alertness which I guess we need to get ready for Christmas. This herb is rich in antioxidants.

Herbalists use this herb for various conditions such as people having circulatory weakness, digestive disorders, and depression just to name a few. In one study rosmarinic acid which is found in rosemary helped people to get better from the common cold 33% faster.

Let's look at oregano. To begin with it has a great taste and can be added in almost any meal for personal consumption such as meals prepared for social gatherings. Oregano has antiviral and antibacterial properties. Basically, it improves immunity which is also important during holiday seasons when we have many social gatherings. One to two spoons of oregano mixed with 250 ml of water which is then steeped for 15 minutes is a healthy mouth gargle to help fight throat infection and cold symptoms.

Both the rosemary and oregano herbs have many health benefits. They help me prepare delicious meals for the holiday season and especially help sharpen my memory so that I don't have to struggle remembering the to-do list for the festive season.

Green Committee

Reassurance on Recycling

Let's face it, we could all do a better job of recycling. But sometimes it is hard to know exactly which bin your waste belongs in. Here are a few recycling tips that are commonly overlooked:

Grocery bags, sandwich bags, and plastic saran wrap should all be recycled.

A tip from the City of Calgary: "If the plastic bag/wrap stretches (like a grocery bag) it's recyclable; if it does not stretch, is crinkly or tears (like a chip bag or cellophane), it's not recyclable."

Tin foil should be recycled.

Tin foil belongs in the blue bin if you clean it and remove food residue, as recycling facilities may turn it away otherwise.

Paper coffee cups should be recycled; their lids should not.

You are doing the right thing by dropping your empty cup into the blue bin but remember to dispose of the lid in the garbage. They are too light to be sorted at the recycling facility.

Styrofoam should not go in your blue bin.

Even if it has a recycling number on it, keep it away from your blue bin. Like the coffee cup lids, it is too light to be sorted at the recycling facility.

Check out the City of Calgary's website for some more useful recycling guidelines.

If you'd like to get involved with projects in West Hillhurst targeting climate change and other environmental issues, we'd love to see you on the WHCA green committee!

The green committee meets monthly (virtually) and has a variety of projects focused on sustainability in our neighbourhood. Join us! Volunteers are always welcome. If this is something you would like to discuss, don't hesitate to reach out to the WHCA Green Committee at greencommittee@westhillhurst.com.

Get involved:

- WhatsApp chat group
- Virtual meetings third Monday of the month at 7:45 pm
- Contact Julie Impey at: greencommittee@westhillhurst.com



News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.



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SHARI'S SKIN AND BODY ESTHETICS OF KENSINGTON: Is now expanding to Arbour Lake NW. Fall Special - Oxygen Skin Clean for \$99, regular \$175. Visit sharrisinandbodyesthetics.com or text 403-862 9138.

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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List Price: \$770,000

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