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News, Events, & More	Crime Statistics	Real Estate Statistics

WHCA EVENTS

'The Nest' Restaurant and Lounge

Exciting news from our lounge, freshly named The Nest! It will be opening in late September and will run from Tuesday to Saturday. The chef and menu will soon be announced. Follow us on Instagram @thenestwhca to stay up to date on where to have awesome food with your neighbours. The Nest is still looking to fill a few final positions: line cook and dishwashers. Email community@westhillhurst.com with your resume. And, for corporate sponsorship information, please email Bryan at generalmanager@westhillhurst.com. Get ready to come by with your family, team, or fav crew!



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.

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

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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



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GENERAL MANAGER'S MESSAGE

Dear WHCA Community,

We hope everyone had a great summer and that you have been able to “ease” into a return to school, sports programs, and regular routines.

We have been extremely busy with four major projects:

1. HVAC for the dressing rooms
2. New compressors for the arena
3. Removal and installation of the ice in the arena
4. We are so happy to announce the opening of The Nest Restaurant & Lounge! After a lot of hard work, we are on schedule to open this fall! www.westhillhurst.com/whcalounge.

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 purchasing memberships 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

Check out our Facebook and Instagram!



News from the Friends of Nose Hill

by Anne Burke

Exploring Nose Hill: A Hands-On Field Guide by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parksplan>.

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. October to December 2023 registration. WOWoccupationaltherapy@gmail.com.

WHCA Preschool 2023-2024

www.westhillhurstpreschool.com

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.

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!

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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

Tennis Lessons

Jacqueline: byjjac@gmail.com

Felix: felixmengfl@gmail.com

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

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

GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in _____ seconds.

Word of the Month

Arcane: *adjective* (aar-kayn)

Mysterious, obscure, or understood by few.

"He had an arcane knowledge of Vedic astrology."

SCAN THE QR CODE FOR THE ANSWERS!

West Hillhurst Preschool News

by Lisa Kelly

We have a lot to be thankful for this month! After the summer break, it was great to be back in the classroom with our friends, learning and playing together. Thanks to our incredible team of teachers, the children have spent the past month getting to know one another and settling into a routine of free-play, circle and story time, as well as daily art activities. As parents, we delight in the stories of their day and all that they are learning.

We have two overarching themes in the Preschool for the fall, 'All about me/Getting to know you' and 'The Fall'. Each class has been planning activities linked to these themes based on their class's individual interests and needs. These themes help us facilitate the development of creative thinking, problem solving, self-confidence, and independence in our students.

We'd like to thank those of you who purchased apples through our recent apple fundraiser. We are deeply grateful to be a part of a community that is committed to supporting the enrichment of our local children.

We still have some available spots in our PM classes. Please visit our website at www.westhillhurstpreschool.com to find out more. 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!

<https://www.westhillhurstpreschool.com/>



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.

Green Committee

Green Ponderings

Climate change is like a pollution blanket wrapped around the Earth, making it warmer, and resulting in extreme weather events. What happens when it gets too hot? We need to take the blanket off.

There are lots of things ordinary citizens can do to "turn the temperature down" and decrease the impact of our lifestyles on the planet.

It can be hard to know where to start. A great first step is to measure your impact with a carbon footprint calculator.

Tomorrow is too late. We need to cut carbon and take that "blanket" off our planet. We will be working on improvements right alongside you.

Three key areas where you can make the biggest difference is:

1. Fleet (transportation)
2. Heat (Energy efficiency buildings)
3. Meat (Eating more plant-based meals)

If you'd like to learn more about what you can do or be a part of projects in West Hillhurst targeting climate change and other environmental issues, please join the WHCA green committee. Email us at greencommittee@westhillhurst.com.

Content adapted from Collingwood Climate Action

BUSINESS CLASSIFIEDS

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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.

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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.




Calgary Confederation
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 ✉ len.webber@parl.gc.ca

West Hillhurst Real Estate Update

Last 12 Months West Hillhurst
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
November 2022	\$ 777,000	\$ 760,000
October 2022	\$ 649,750	\$ 639,000
September 2022	\$ 728,800	\$ 720,000

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

	No. New Properties	No. Properties Sold
August 2023	13	10
July 2023	12	9
June 2023	17	15
May 2023	17	15
April 2023	26	24
March 2023	21	15
February 2023	15	7
January 2023	8	2
December 2022	7	6
November 2022	12	4
October 2022	9	6
September 2022	11	5

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

Time to Give Thanks

It is Thanksgiving and time to gather around the family table for a feast – or is it?

For many families, Thanksgiving dinner will be a little leaner and will lack many of the usual trimmings as they fight to stay within their food budget. For others, it is even worse.

The price of groceries continues to increase dramatically as stubbornly high inflation rates continue to drive up grocery bills across Canada. Our community is not immune to these challenges and an increasing number of our neighbours are finding it harder to feed their families.

The statistics are sobering. Almost one in five Canadians are facing food insecurity. Roughly 1.5 million Canadians visit a food bank in any given month and one-third of food bank users are children.

Canada's first food bank opened in 1981 in Edmonton. Today, the need is greater than ever and there are over 640 food banks in Canada. Food banks are now reporting that usage has more than doubled in many locations since last year. At the same time, donations are slowing as past donors struggle to make their own ends meet.

Food insecurity has devastating effects on individuals and families. It leads to conflict in the home, poor health outcomes, mental health issues, suicide, and reduced educational performance. Furthermore, the psychological effects of suffering through food insecurity can last a lifetime.

I am asking those that are able to donate to consider helping out those in our community by donating to the Calgary Food Bank. Please visit www.calgaryfoodbank.com or call 403-253-2059 to donate. If you are in need of food, please visit their website or call 403-253-2055.



2023 Skate Registration

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

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



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SKATING CLUB

FALL 2023 SKATING REGISTRATION OPEN

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MLS #A2076959

A charming home ready for your vision on a 50' lot and picturesque street adorned with a spacious park at its heart. Features include hardwood floors, easy access to the downtown core, and Nose Hill Park.



163 River Heights Green (Cochrane, AB)

List Price: \$529,900

MLS #A2078191

This warm home is in a great location on a quiet street close to parks and schools. Highlights include stainless steel appliances, a well-lit bonus room, a spacious deck and a newly fenced backyard.



1339 9 Street NW

List Price: \$899,900

Providing guidance in listing and negotiations is paramount. Warmest congratulations to my sellers.



204 Snowberry Circle

List Price: \$1,649,900

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