

AUGUST 2024

DELIVERED MONTHLY TO 3,575 HOUSEHOLDS

your WEST HILLHURST WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



☎ 403.850.2560

RE/MAX[®]
REAL ESTATE (CENTRAL)



CARDINAL

BY TREVOR RAMAGE

HONESTY • INTEGRITY • EXPERIENCE

CARDINALBYRAMAGE.COM

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



SCAN ME



RnR DOGGIE
DENTAL

For the love of dog!

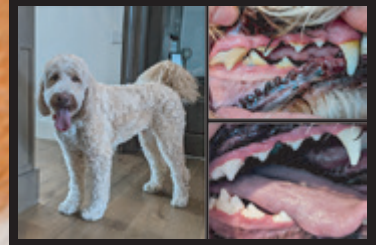
Better
Health
Fresher
Breath!

RnR Doggie Dental's highly skilled **Canine Dental Health Specialists** are now booking in-home, anesthetic-free, canine dental cleaning treatments.

For better pet health and fresher breath, our caring teams will scale teeth, examine mouth and gums, prepare a digital treatment record and so much more!

- Professional Teams
- Anesthetic-Free
- In-Home Treatment
- More For Less

OUR LATEST HERO



Call Us at 403.457.1177 or visit RnRDoggieDental.ca

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



Fresh Jock

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

\$50 for hockey bag full of gear. 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. Most 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 effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT

403-726-9301

calgaryfreshjock.com



**Hate Your Renewal
Rate? Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca



Licensed by Avenue Financial

**free house
dance
plus**

2020 12th Ave NW
403-282-0555



**REGISTER
NOW!**

KIDS • TEENS • ADULTS

ALL LEVELS • NON-COMPETITIVE • PERFORMANCE DIVISION
ANNUAL & SESSIONAL CLASSES

WWW.FREEHOUSEDANCE.COM

WHCA Board of Directors

| | |
|----------------|---|
| President | Dylan Richards president@westhillhurst.com |
| Vice President | Casey Kennedy vice-president@westhillhurst.com |
| Past President | James Heater pastpres@westhillhurst.com |
| Treasurer | Margot Davidson treasurer@westhillhurst.com |
| Secretary | Deborah Kowbel secretary@westhillhurst.com |

Directors

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

Committee Contacts

| | |
|----------------------|---|
| Planning | Karen Dahl planningcommittee@gmail.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 | greencommittee@westhillhurst.com |





PICK UP & DELIVERY SERVICES

403-282-2226

WHCA Facility Rentals

We have our WHCA arena, gymnasium, and studio spaces available for rent! Please check our online calendar for available times at www.westhillhurst.com/facility-rentals. Questions? Email rentals@westhillhurst.com.

international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.



FAIRPLAY PET SUPPLY

...everything
pets

2604 Kensington Rd. NW 403-283-2117

WHCA EVENTS

Summer Hours

We are open Tuesday to Friday, 4:30 to 11:00 pm.

Come up and try our new smash burger, grilled cheese, and everyone's favourite, our tater tots!

For reservations and group bookings, email thenest@westhillhurst.com or call 403-389-2039.





Specials

| | | |
|------------------|---|---------------------------------------|
| <i>everyday</i> | ★ | Summaroca Brut Reserva \$19 bottle |
| <i>tuesday</i> | ★ | \$2 off all 5oz wines |
| <i>wednesday</i> | ★ | \$12 wings \$20 jugs |
| <i>thursday</i> | ★ | \$15 nachos \$7 Ole drinks |
| <i>Friday</i> | ★ | \$15 burgers \$20 jugs |

contact us for special events! | thenest@westhillhurst.com | 403 389 2039
follow us on instagram @thenestahca

WEST HILLHURST COMMUNITY ASSOCIATION

PRESCHOOL • RESTAURANT • STUDIO / GYM RENTALS
ARENA • YOUTH PROGRAMS • HEALTH & RACQUET CLUB

WWW.WESTHILLHURST.COM 1940 6TH AVE NW THE NEST WHCA WESTHILLHURST.CA

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.

WEST HILLHURST PRESCHOOL NEWS



by Lisa Kelly

We would like to take this opportunity to share our deepest thanks to the team of teachers, parents, volunteers, and WHCA staff who make the West Hillhurst Community Preschool an incredible place for our children. Have a lovely summer and we look forward to welcoming back lots of our families and all our new families that will be joining us in September.

The West Hillhurst Community Preschool is a place where kids play, grow, and learn. We offer morning and afternoon classes for three- to five-year-olds children in both English and Spanish Bilingual in our bright and inviting classroom on the second floor of the West Hillhurst Community Centre. General registration for 2024-2025 is now open.



REGISTRATION OPEN

2024-2025

- Spaces still available in our afternoon classes!
- Provincial Affordability Program available (\$75 per month towards monthly tuition)
- Small class sizes (1:9)
- Kindergarten students eligible to attend
- Features play based curriculum, outdoor area, and sessional programs such as skating, soccer, and science instruction

REGISTER: WWW.WESTHILLHURSTPRESCHOOL.COM

QUESTIONS? EMAIL REGISTRAR@WESTHILLHURSTPRESCHOOL.COM

GENERAL MANAGER'S MESSAGE

Dear WHCA community members,

Thank you to everyone who completed our community engagement survey. Your feedback will be invaluable as our board members undertake strategic planning this fall.

We were lucky to have such beautiful weather for our Kick Off to Summer event, and we extend a big thank you to Briar Hill Dental, Team Town, and the City of Calgary Arts and Multicultural grant for their support. It was a wonderful way to wrap up our community soccer season, and we deeply appreciate our volunteer coaches and managers for their dedication.

Our staff will be taking some time to recharge over the summer, but we look forward to returning with exciting programming and events in the fall. Please note that our member skate and sticks and pucks sessions will be on hiatus for the summer; however, we are offering discounted ice times. Check our online availability for details: www.westhillhurst.com/facility-rentals/.

This summer we are delighted to host Pedalheads, Summit Kids, and North West Warriors Hockey summer camps. See more details here: <https://www.westhillhurst.com/youth-programs/>.

Enjoy the rest of the summer!

Susan Lenio

General Manager, West Hillhurst Community Association
generalmanager@westhillhurst.com

Don't forget to check out our website and social media pages for upcoming events, volunteer opportunities, and more!





WEST HILLHURST GO-GETTERS ASSOCIATION

Become a Go-Getter!

We are an energetic and diverse group of individuals 50+ who thrive on staying active, making new friends, and trying new things. The Go-Getters offer fitness classes, luncheons, and monthly special events. And during the week we host a variety of card games, including:

- Mondays: Euchre
- Tuesdays: Canasta/Whist
- Wednesdays: Community Bingo
- Thursdays: Cribbage

Memberships for 2024 Are Only \$35 and Are Available Now

To purchase a membership or to 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.



bethany
creating caring communities

Bethany Calgary Redevelopment News

Get project updates at
developmentbethany.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 Tuesday night.

All residents and guests are welcome to attend!

Blanket Rezoning: On May 14, 2024, Calgary City Council voted to approve the Rezoning for Housing-related bylaw with a 9-6 vote.

Fall 2024, citywide blanket rezoning will come into effect. Changing the zoning for all low-density parcel zoning from R-C1 and R-C2 (single-dwelling, semi-detached, duplex) parcels to R-CG (which allows for single-dwelling, semi-detached, and duplex plus row house, or townhouse). R-CG row houses and townhouses allow for a maximum of four dwelling units and four secondary suites on a typical 50'x120' residential parcel.

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 planningcommittee@gmail.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.

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.

Green Committee

Saving Water

The recent breakage of one of the city's critical water pipes has called for Calgarians to reduce their water usage as much as possible. Through these tough times, the indomitable Calgarian spirit persists as heroic Calgarians across the city make use of an arsenal of water-saving strategies; they may save water inside their homes by taking shorter showers, scraping instead of rinsing dinner plates, or running only full washing machines and dishwashers. Less discussed is the matter of outdoor water usage. Here are some tweaks that the average Calgarian may make to heroically reduce their outdoor water usage:

- Be aware of the water forecast - refrain from watering your garden when the rain can get the job done the next day.
- Water plants in the early morning or evening to reduce evaporation under the sun.
- Install a rain barrel to capture and reuse rainwater (prices range from \$100 to \$300 or you can use a bucket!)
- Mow the lawn less - longer grass means more shade and more moisture retained in the soil (one can further increase moisture retention by leaving clippings on the grass).

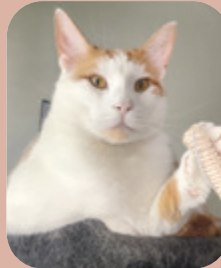
Not only are these useful strategies for navigating pipe breakage induced water limitations, reducing water usage is a great way to help the environment thrive. Less water consumption means less energy consumption, which means less harm done to the natural environment. Join the ranks of heroic Calgarians by making use of these strategies today!

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

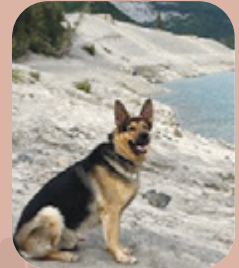
Email us: greencommittee@westhillhurst.com.



Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



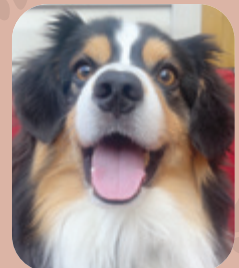
Harry, *Bridgeland*



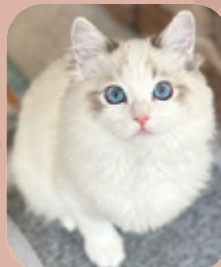
Pikko, *Hillhurst Sunnyside*



Riley, *Kensington*



Sawyer, *Beddington*



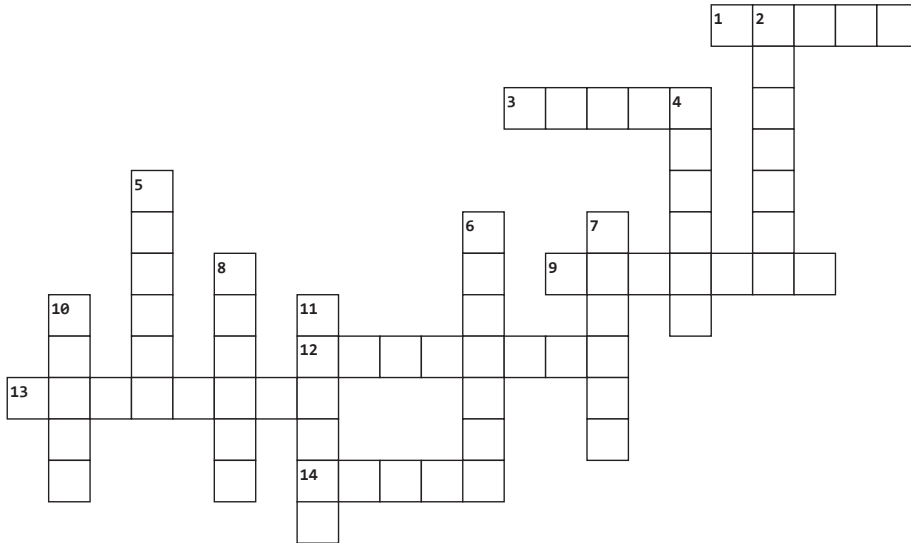
Snowbelle,
Discovery Ridge



Tilly, *Deer Run*

To have your pet featured, email news@mycalgary.com

August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



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 the organizer/organization directly for information.

Youth Programming

www.westhillhurst.com/youth-programs

Triple Meg Soccer: www.triplemeg.com

WHCA Preschool 2024-2025

Limited spots for fall, don't miss out.

www.westhillhurstpreschool.com.

Summer Camps

Pedalheads Summer Camps

www.westhillhurst.com/youth-programs/.

New! Northwest Warriors Summer Camps

Hybrid Hockey

Hockey development programming. August prep camp. www.hybridhockey.net.

Sportball

www.sportball.ca/calgary.

Breakaway Hockey and Ringette Development

www.breakawaypowerskating.com.

Summit Kids Before/After School Care and Summer Camps

Monday to Friday. www.summitkids.ca.

Adult Sports and Fitness Programming

WHCA Women's Squash

www.westhillhurst.com/adult-programs.

WHCA Tennis

<https://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.mossportpartum.com.

Yogamaya

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

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/juniors and calgaryjuniorrollerderby@gmail.com.

Chinook City Roller Derby

Adult roller derby. michael.p.willie@gmail.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>.

SKIP THE DEPOT & WEST HILLHURST COMMUNITY ASSOCIATION

BOTTLES CLOTHING ELECTRONICS

Donate as free your used clothing, bottles, and electronics!

promocode: DONATEWESTHILLHURST

www.westhillhurst.com/skip-the-depot



Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Do You Know Your ABCDEs?

Hopefully you are enjoying the outdoors this summer, but are you putting yourself at risk? This year, almost 7,000 Canadians will be diagnosed with melanoma after spending too much time in the sun in the past.

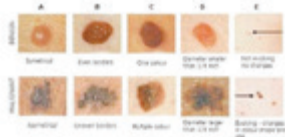
Melanoma is one of the most aggressive types of cancer and one of the most common types of cancer for those aged 15 to 29. If not caught early, it is the deadliest form of skin cancer.

Everyone is a candidate for melanoma, but those who are fair-skinned, blue-eyed, have red or blonde hair, have more than 50 moles on their body or have a family history of the cancer are most at risk.

The good news is that melanoma is easily, and often, detected by people doing personal examinations using the ABCDE method.

Examine your moles regularly and watch for:

- A - Asymmetry – One half of the mole does not match the other.
- B - Border – Mole edges are uneven, blurred, notched, or ragged.
- C - Colour – Colours are different or inconsistent with other moles.
- D - Diameter – Mole is growing in size or is larger than 6mm.
- E - Evolution – Mole has changed in recent weeks or months and may itch or bleed.



Limit your time in the sun and wear protective clothing, a hat, sunglasses, and sunscreen, even when it's cloudy. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

Remember that there is no such thing as a 'healthy' tan. Tanning equipment damages your skin and increases your risk of developing melanoma.

Get outside and enjoy the summer but be sun-safe and sensible.



News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

West Hillhurst Racquet Club



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

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

90 WEST HILLHURST SQUASH & FITNESS SQUASH ALBERTA

PRIVATE SQUASH LESSONS

Sasha Thomson sasha@thomsonfamily.ca
Ozzie Vallejos ozzievallejos@aol.com

EMAIL FOR MORE INFO



1940 6th Ave NW



TENNIS



PICKLEBALL

DROP-IN INFO

OUTDOOR COURTS

\$18/hr. per court (tennis or pickleball)
Racquet / ball rentals available
1-day advance booking

CALL 403-283-0464 ext 1

SUMMER 2024 Skating Registration



Now Open Online

www.westhillhurst.com/whsc-registration

Join Us
July 2 to Aug 21
WHCA Arena

STARSkate sessions booked in weekly increments for ease of scheduling

Adult only sessions on Friday evenings from 5:30-6:30 pm



WEST HILLHURST
SKATING CLUB



HELLO
SUMMER!

Adult Pickleball

Check out our WHCA website. The new outdoor (Tennis Courts) and indoor (Gym) schedules are posted. Please contact Carla at West Hillhurst, 403-283-0464, ext. 6 or email admin@westhillhurst.com.

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.

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.

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.

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.

CAPSTONE ENGINEERING ACADEMY: Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.ca.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 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.

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.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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
- Calgary Health Collective: 10 to 20% discounts
- Canary Goods: 10% off
- Dignity Memorial: 10% savings
- Eco Equitable: Use promo code 'WHCA' for a 15% discount
- Framed on Fifth: 10% off picture framing services
- Holiday Inn Express & Suites University Calgary: 10% discount on room bookings
- Kensington Wine Market: 10% off wine, 5% off beer and spirits
- Little Rock Painting: 20% discount, use promo code WHCA20
- Showhome Furniture: 20% off regular priced items, 10% off custom furniture
- Shuswap Ski & Board: 10% discount on regular priced paddles and court shoes.
- 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

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
COMMUNITY
MEMBERSHIP

ANNUAL WHCA FAMILY MEMBERSHIP \$35

MEMBER PROGRAMS | SKATE / STICKS N PUCKS / TAI CHI
 WHCA PROGRAM ACCESS / DISCOUNT ICE TIMES
 DISCOUNTS AT LOCAL BUSINESSES

www.westhillhurst.com/whca-membership

SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT

| | | |
|--|--------------------------------|--------------------------------------|
| <p>News, Events, & More</p> | <p>Crime Statistics</p> | <p>Real Estate Statistics</p> |
|--|--------------------------------|--------------------------------------|

| | | |
|--|---|---|
| <p>Cleaning Services</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Dry Cleaning <input checked="" type="checkbox"/> Tablecloths <input checked="" type="checkbox"/> Napkins <input checked="" type="checkbox"/> Table Skirts <input checked="" type="checkbox"/> Chair Covers <input checked="" type="checkbox"/> Massage Sheets <input checked="" type="checkbox"/> Face Cradles <input checked="" type="checkbox"/> Gym Towels <input checked="" type="checkbox"/> Face Cloths <input checked="" type="checkbox"/> Chef Coats <input checked="" type="checkbox"/> Coveralls <input checked="" type="checkbox"/> Microfibre Cloths <input checked="" type="checkbox"/> Dish Rags | <p>Mat Rentals</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Standard <input checked="" type="checkbox"/> Waterhog <input checked="" type="checkbox"/> Scraper <input checked="" type="checkbox"/> Logo <p>Paper Products</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Tork Dispensers <input checked="" type="checkbox"/> Paper Towel <input checked="" type="checkbox"/> Centre Pulls <input checked="" type="checkbox"/> Toilet Paper <input checked="" type="checkbox"/> Facial Tissues | <p>CALGARY MAT & LINEN SERVICES</p> <p>Pick-Up & Drop-Off Services</p> <p>calgarymatandlinen.com 403-279-5554</p> |
|--|---|---|

A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network

Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster positive connections with food. When kids can be

involved, there's more buy-in.

2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.

WHAT'S NEW IN OUR NEIGHBOURHOOD



Eau Claire Athletic Club, Calgary's new private athletic facility, slated to open in early 2025, in the former YMCA building



SCAN FOR INFO



Sign up for Emails and Membership Details at **ECAthleticClub.ca**

CARDINAL

BY TREVOR RAMAGE



RE/MAX®

REAL ESTATE (CENTRAL)

☎ 403.850.2560



1827 11 Avenue NW

List Price: \$1,550,000

MLS # A2144295

Discover blissful living with stunning downtown vistas. Features include meticulous construction and landscaping, a bright open floor plan, a lower-level walkout, and a dream garage with a lift. Enjoy the urban vibe with easy access to transit, schools, medical facilities and Kensington's delights.



1112, 222 Riverfront Avenue SW

List Price: \$459,900

Congratulations to wonderful clients and friends on the sale of their condo in the heart of Eau Claire.



141 24 Avenue SW

List Price: \$550,000

Heartfelt congratulations to a new client who is becoming a homeowner for the first time.



305 Crystal Green Rise (Okotoks, AB)

List Price: \$809,900

Congratulations to new clients. Welcome to Alberta!

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

CARDINALBYRAMAGE.COM



SCAN ME



#1 OFFICE WORLDWIDE
*Based on Total Dollar Sales
Volume for a Single Office