

FEBRUARY 2024

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The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



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www.westhillhurst.com



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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

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



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	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
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Directors

David Best	James Heater	Will Overend	Lawrence Bral
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Alberto Trejo	Gord Chester	Maggie Lam	

Committee Contacts

Planning	Karen Dahl whcaplanningcommittee@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



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News, Events, & More



Crime Statistics



Real Estate Statistics



GENERAL MANAGER'S MESSAGE

Hello West Hillhurst Community!

I hope everyone has recovered from the Christmas and New Years holidays and are working on their new year's resolutions.

2023 saw a lot of things happen and 2024 is not going to be any different. We are working on a whole list of capital projects inside the building, which will probably be happening mostly during the summer months. The board and I will have finished our strategic planning session for the next five years and will look to put parts of that in motion.

By now, most of you should have seen the solar panels that were being installed on the arena roof and rest of the flat roof. Enmax and the City of Calgary deserve a huge thanks for this. In total we will have 900 solar panels supplying us with power. There will be an event happening in April to help celebrate where the community will be able to ask questions directly to the good people at Enmax and the City of Calgary. Watch our website and social media for further details about this event.

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

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 whcaplanningcommittee@gmail.com.



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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 Basketball

www.westhillhurst.com/youth-programs

WHCA Squash

www.westhillhurst.com/youth-programs

WHCA Tot Dance

www.westhillhurst.com/youth-programs

Jugando: Spanish Centre for Kids!

www.jugando.ca

Engineering for Kids

Ages 5 to 12. www.engineeringforkids.com/calgary

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

Hybrid Hockey

2024 Spring 3on3 Hockey: Skating and Skills Program
U9 to U13

3on3 cross-ice games, detailed skating lessons, skills session (stickhandling and more skating!) Goaltending coaching.

At the West Hillhurst arena.

Dates:

14 one-hour ice times - Tuesdays and Thursdays

April 4, 9, 11, 16, 18, 23, 25, 30

May 2, 7, 9, 14, 21, 23 (no session May 16 - long weekend)

For program information and registration, visit www.hybridhockey.net.

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 August 2024. Please check our online calendar for available times at www.westhillhurst.com/facility-rentals. Questions? Email bookings@westhillhurst.com.

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www.westhillhurst.com/learningskate

Learn to Skate

WHSC | Power Skating Online Registration

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

For questions about the WHCA Skate Club program contact skate@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!

<https://app.skipthedepot.com/westhillhurst>



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Reservations / Group Bookings | 403.389.2039

The Nest Restaurant and Lounge

Our team has been working on some menu revisions. Come try some new items, including mushroom ravioli and mac and cheese bites. In addition, some of our offerings have been adapted. For reservations and group bookings, please email thenest@westhillhurst.com or call 403-389-2039.

Follow on Instagram @thenestwhca to keep up with our latest news. www.westhillhurst.com/thenest.



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THE NEST WHCA
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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.



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REGISTER NOW



WEST HILLHURST GO-GETTERS ASSOCIATION

Go-Getter: Noun – someone who is very energetic, determined to be successful, and able to deal with new or difficult situations easily.

Are you a Go-Getter? If so, you should join us!

We are a diverse group of individuals 50+ who thrive on staying active, making new connections, and trying new experiences. We offer fitness classes, games, and monthly special events. Memberships for 2024 are only \$35 and are available now.

To purchase a membership or 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.

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
- Holiday Inn Express & Suites University Calgary: 10% discount on room bookings
- Kensington Wine Market: 10% off wine, 5% off beer and spirits
- Framed on Fifth: 10% off picture framing services
- Calgary Home Collective: 1 to 20% discounts
- Canary Goods: 10% off
- Dignity Memorial: 10% savings
- Eco Equitable: Use promo code 'WHCA' for a 15% discount
- Showhome Furniture: 20% off regular priced items, 10% off custom furniture
- 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.

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



by Lisa Kelly

The West Hillhurst Community Preschool is a place where kids play, grow, and learn. We offer morning and afternoon classes for three-and four-year-old children in both English and Spanish Bilingual in our bright and inviting classroom on the second floor of the West Hillhurst Community Centre. Using a play-based curriculum, our exceptional teaching staff help children develop the social, emotional, and intellectual skills to lay a strong foundation as they move forward through more formal schooling. Our location allows us use of the in-house facilities of the West Hillhurst Community Centre including the gym, ice rink, and soccer field.

As a parent-run preschool, we believe that our programs are enhanced by parent involvement both inside and outside of the classroom. We, therefore, require parent involvement throughout the year in a number of different volunteer opportunities, including everything from roles on the Executive Committee and the Special Events team to making playdough.

Above all, we endeavour to make our classroom a warm and caring environment where children can learn through play while meeting the physical, social, intellectual, creative, and emotional needs of each individual child.

Important dates for the upcoming 2024-2025 term are:

- February 1: Registration is open to returning students
- February 5: Registration is open to alumni families
- February 7: Registration is open to the general public

Registrants must have an annual WHCA membership and can register online through our website: www.westhillhurstpreschool.com. If you have any questions, please contact us at info@westhillhurstpreschool.com.



News from the Friends of Nose Hill

by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.

BUSINESS CLASSIFIEDS

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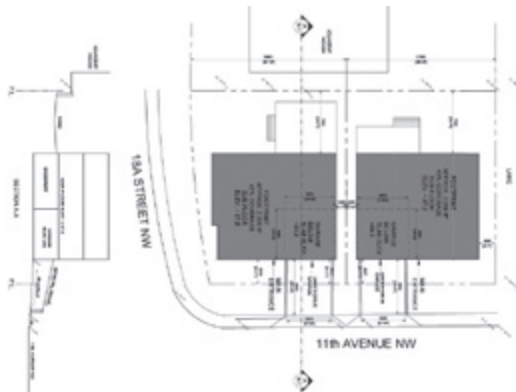


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