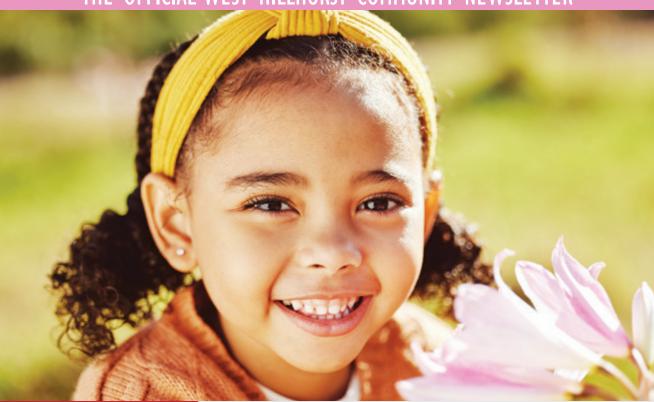
# **Your**

WARBLER-

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



**4**03.850.2560





**CARDINAL** 

BY TREVOR RAMAGE

**HONESTY • INTEGRITY • EXPERIENCE** 







#### **CALGARY MAT &** LINEN SERVICES

403.279.5554 calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

#### Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- · Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- · Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



#### **Wedding and Party Linen** Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

#### **Linen Cleaning Services**

- Towels. Sheets. Pillow Cases. & Face Cradles
- · Ideal services for Hotels. Massage, Physiotherapy, and Chiropractic



#### **Workwear Cleaning Services & Supplies:**

- · Uniforms, Coveralls, Gowns, Rags
- · Tork Dispensers and Supplies





**VISIT OUR WEBSITE** 



**CONTACT US** 





<u>Shine α Light on Epilepsy</u>



Light up the Night in Violet Vibes! Light up your homes. offices, and public spaces in purple to show your solidarity.

Dress in Grape Gloru! Show your support by wearing purple clothing or accessories on March 26th.

Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



moments using #postyourpurple



epilepsycalgary.com



## **Hate Your** Renewal Call Me!

Expert advice Excellent rates Many options Better mortgages



ANITA 403-771-8771 anita@anitamortgage.ca

Licensed by Avenue Financial



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

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 – almost any 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



#### **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.

## 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 lan 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
Secretary	Marc Coyte secretary@westhillhurst.com
Divoctors	

#### **Directors**

David Best	James Heater	Will Overend	Lawrence Braul
Julie Impey	Angela Pucci	Jan Burwell	Deborah Kowbel
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	green committee @westhill hurst.com



### SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT

News, Events, & More Crime Statistics Real Estate Statistics



#### **GENERAL MANAGER'S MESSAGE**

Dear WHCA community members,

I hope this message finds you all well. After careful consideration and reflection, I have made the decision to resign from my position as General Manager at West Hillhurst Community Association, effective Friday, February 2, 2024.

It has been an absolute privilege to serve as a member of the WHCA team for the past nine and a half years. During my time here, I have witnessed tremendous growth and success, and I am grateful for the opportunities that this organization has provided me. I have had the pleasure of working alongside extraordinary colleagues who have not only become friends but also mentors in various aspects of my professional journey.

While it wasn't an easy decision for me to make, I firmly believe that it is time for me to embrace new challenges and explore fresh avenues for personal and career development. As the GM, I aimed to contribute to the company's mission by implementing strategic initiatives and fostering a positive work culture. I have always prioritized the success and growth of WHCA, and I am confident that the foundations we have laid together will continue to bear fruit under the competent leadership of the existing team.

I would also like to extend my sincere gratitude to you, the management team, and every member of WHCA for the trust, guidance, and support that I have received throughout my tenure. I will cherish the memories and experiences I gained here as I move on to new endeavours.

Thank you once again for providing me with an exceptional professional journey, and for understanding and respecting my decision to resign.

Yours sincerely,

Bryan Polak

@thenestWHCA



#### **WHCA EVENTS**



#### The Nest Restaurant and Lounge

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

Follow us on Instagram @thenestwhca to keep up with our latest news.

www.westhillhurst.com/thenest



#### We Need You! We Are Better Together!

We are looking for people interested in helping with West Hillhurst Community Association's events. If you have any ideas or are interested in helping, please contact info@westhillhurst.com.



#### WHCA EXTERNAL/INTERNAL PROGRAMS

The West Hillhurst Community Association and its external renters offer various programming with activities for all ages, schedules, and fitness levels. Please contact the organizer/organization directly for information.

#### **Youth Programming**

All programs can be found at www.westhillhurst.com/ youth-programs if not otherwise listed.

#### **WHCA Community Spring Soccer**

#### WHCA Skills and Drills Soccer

#### **WOW Occupational Therapy**

Offering programs to support children with ADHD and similar presentations. Limited spots are available. www. wowot.ca

#### **WHCA Preschool**

2024-2025 registration open. www.westhillhurstpreschool.com

#### **WHCA Youth Drawing Workshops**

#### **WHCA Clay for Kids**

Weekly programming.

#### WHCA Basketball

WHCA Squash

#### **WHCA Tot Dance**

#### **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

#### Sportball

www.sportball.ca/calgary

#### **Kinds Studios**

Dance for ages 3 months to 12 years. www.kinderstudios.ca

#### **Baby/Toddler Music**

www.mosspostpartum.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 and After School Care**

Monday to Friday. www.summitkids.ca

#### **Hybrid Hockey – Limited Spots!**

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

30n3 cross-ice games, detailed skating lessons, skills session (stickhandling and more skating!) Goaltending coaching.

Takes place at the West Hillhurst arena.

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. hyrbidhockey.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.mosspostpartum.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.

#### 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





by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at www.citizenblitz.ca/.

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region.

#### WEST HILLHURST PRESCHOOL NEWS



by Lisa Kelly

Spring is in the air!

Another month full of excitement and learning has passed at the preschool! We had so much fun exploring our construction topic and spreading love on Valentine's Day. During this time, we emphasized the importance of being a good friend by nurturing skills like cooperation, sharing, giving compliments, and offering apologies.

For our construction topic, the children had a blast constructing their very own class city, complete with roads, houses, and road signs. We also took a virtual tour of famous structures worldwide, including The Great Wall of China and the Pyramids. Our class construction site became a hub of creativity and play, with the children enjoying the construction vehicles and learning catchy songs about building.

As we step into March, get ready for even more exciting projects! Our focus will shift to animals, particularly those associated with new life and spring. We'll dive into the wonders of the animal kingdom, exploring their fascinating characteristics and habitats. Additionally, we'll celebrate St. Patrick's Day and delve into the customs and traditions surrounding this joyful occasion.

Get ready for a month filled with exploration, creativity, and fun! We can't wait to see the little ones thrive as they continue to learn and grow together.

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-old children in both English and Spanish in our bright and inviting classroom on the second floor of the West Hillhurst Community Centre. General registration is open. For more information, please visit our website at www.westhillhurstpreschool.com.



### REGISTRATION 2024 - 2025

Registration for 3-5yr old programs for 2024/25 school year will open on the following dates:

Returning (current) students | February 1

Students of Alumni families | February 5

→ Open Registration | Feb 7

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 GO-GETTERS ASSOCIATION

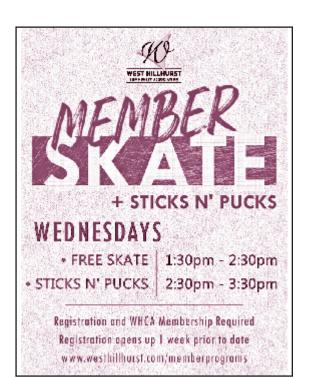
Go-Getter: Noun – someone who is very energetic, determined to be successful, and able to deal with new or difficult situations easily.

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.

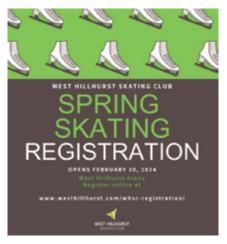
**Exclusive Member Card Discounts:** Our members receive promotional discounts with local businesses when presenting a WHCA Membership Card.

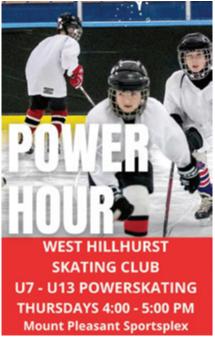
- · Amato Gelato: 10% off
- Holiday Inn Express & Suites University Calgary: 10% discount on room bookings
- Kensington Wine Market: 10% off wine, 5% off beer and spirits
- Framed on Fifth: 10% off picture framing services
- Calgary Health Collective: 10 20% discounts
- Canary Goods: 10% off
- Dignity 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
- 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.

## WHSC I Power Skating Online Register





If you forget 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.





## **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.

**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.

**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.

**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.

**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.

**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.



## **CARDINAL**

BY TREVOR RAMAGE





**4**03.850.2560









2620 







2016



#### 2216B 3 Avenue NW

List Price: \$1,650,000

MLS #A2104099

A meticulously designed three-storey including site-finished custom millwork, designer lighting and a rooftop patio retreat, is waiting to be explored.

#### 1757 8 Avenue NW

List Price: \$989,900 MLS #A2103246

Luxurious and tranquil living located in the heart of convenience, close to parks, schools and shopping. Features include a renovated kitchen, a secluded front patio, and a south-facing backyard.







List Price: \$499.900

MLS #A2101414

Experience unmatched comfort, steps from Eau Claire, Prince's Island and downtown. Features include in-suite laundry, a gas fireplace and views of the Bow River valley.













List Price: \$999.900

MLS #TBD

An abundantly natural-lit Manhattan loft-style home infused with industrial-inspired elements and an elevator connecting all floors to the double garage.

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





\*Based on Total Dollar Sales Volume for a Single Office

**CARDINAL**BYRAMAGE.COM