

OCTOBER 2024

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your **WEST HILLHURST** **WARBLER**

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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Julie Impey	Angela Pucci	Jan Burwell
Alberto Trejo	Gord Chester	

Committee Contacts

Planning	Karen Dahl planning@westhillhurst.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



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.



WHCA EVENTS

Friends of West Hillhurst! Come support local at The Nest and enjoy a delicious burger, hot wings, gluten-free options, and an affordable kids' menu. Takeout available.



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

THE NEST
1940 6 AVE NW CALGARY

TUESDAY
4:30PM-11PM

WEDNESDAY
4:30PM-11PM

THURSDAY
4:30PM-11PM

FRIDAY
3PM-12AM

SATURDAY
3PM-12AM

THENEST@WESTHILLHURST.COM
(403) 389-2039
UPSTAIRS AT THE ICE RINK

WEST HILLHURST COMMUNITY ASSOCIATION

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

WWW.WESTHILLHURST.COM

1940 6TH AVE NW



THENESTWHCA
WESTHILLHURSTCA

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.



A Time to Be Thankful

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 classes' 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 classes. Please visit our website: 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!

West Hillhurst Community Preschool

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

Backyard birding IS a THING.

- Feed the birds to....
- connect with nature
 - find relaxation
 - support our urban wildlife
 - have fun
 - take a break from technology

See us for all of your backyard bird supplies, and info on attracting birds.

Fairplay Wildbird Centre

2604 Kensington Road NW 403-283-2117 Find us on FB & IG



GENERAL MANAGER'S MESSAGE

Dear WHCA Community Members,

I hope you all had a great summer; we sure did and now we are ready to offer some amazing programs and events for the fall. Fall registration is open for our WHCA preschool, youth and adult squash and pickleball, youth basketball, tot dance, WHCA skate programs, and many more external programs. There is something for everyone and programming will fill fast so don't miss out! Register today!

Planning News for West Hillhurst Area

Helicopter Park upgrades. West Nineteenth (LOC2024-0183) update and development permit. Riley Communities Local Area Plan Phase 4 news. www.westhillhurst.com/planning.

We appreciate all community members who have purchased the yearly membership, contributing to our community's development. In addition to our member programs, some additional benefits of having a WHCA membership are access to WHCA Events (ten or more throughout the year), registration for programs like preschool, soccer, skating, discounted non-prime time ice rates and our two outdoor rinks. WHCA would like to thank the local businesses that have partnered up with the community association to provide even more benefits to our membership holders.

WHCA Member Programs

- Member Skate, Sticks and Puck times are weekly (September to June). Plus, once a month additional holiday/weekend offerings – dates and times posted online with registration opening one week prior to the skate time. The schedule is subject to change due to dressing room HVAC upgrades.
- Adult Tai Chi. Sundays from 10:00 to 11:00 am. Registration required.
- New! Wellness Series by Calgary Health Collective. Thursdays from 6:00 to 7:00 pm. Registration required.

As always, if you have any questions, concerns, comments, or suggestions, please email them to me.

Regards,

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!



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.

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WEST HILLHURST GO-GETTERS ASSOCIATION

Come and Be a Go-Getter!

If you are 50 plus and want to get active, the West Hillhurst Go-Getters Association is the place for you!

Go-Getters' memberships are only \$35 per person per year. Membership includes special events each month like luncheons, Tea and Conversations, and Trivia afternoons. We also offer classes in card making and flower arranging and host exercise classes, games nights, and Wine and Paint events. Every Wednesday we hold a community bingo that is open to the public 18 and over.

- Mondays – Euchre at 12:30 pm
- Tuesdays – Canasta/Whist at 1:00 pm
- Wednesday – Community bingo (open to the public) at 12:00 pm
- Thursdays – Cribbage at 1:00 pm

For availability, times, and cost for all our programs, visit www.gogetters.ca, email programs@telus.net, or call 403-283-3720.

Or drop by and visit us anytime: Monday through Friday from 8:30 am to 3:30 pm.

West Hillhurst Go-Getters is located at 1940 – 6 Ave NW.

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official-plumbing-heating.ca

Green Committee

The Aphid Problem

The danger of climate change is that as the weather changes, environmental systems are disturbed, and otherwise stable ecosystems may be knocked out of balance. There are major examples and minor examples of this, and one minor example we saw this summer was the city's aphid infestation.

Due to a combination of factors like the heightened heat and frequent rainfall within Calgary this summer, the city became a host to perfect conditions for aphids. Because they have the ability to reproduce asexually, aphid populations multiplied with remarkable speed and left park grounds and sidewalks sticky with their excrement known as 'honeydew' (the honeydew on the ground is indeed their fecal matter - they consume sap, though they can't always process all of it, so they expel it).

Fortunately, this aphid infestation has had relatively low consequences on the surrounding environment because aphids don't pose a great threat to local environment stability even in greater numbers. Though the infestation still did impede on ideal conditions for many plants and became a great nuisance to the human Calgary residents who have been finding honeydew on their shoes, clothes, and pets.

As the weather shifts with the changing seasons, the aphid population is predicted to return to normal numbers, and the problem will resolve. But after all of this, the question is posed: can we forget about this problem, which was inconvenient at most, or was this a warning manifestation of a much larger issue that should not be ignored?

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 at greencommittee@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 the organizer/organization directly for information.

Youth Programming

www.westhillhurst.com/youth-programs

New! WHCA Preschool 2024-2025

Limited spots for fall. www.westhillhurstpreschool.com.

New! WHCA Youth Squash

Ages 6 to 14 years.

www.westhillhurst.com/youth-programs/.

New! WHCA Youth Indoor Pickleball

Ages 6 to 15 years.

www.westhillhurst.com/youth-programs/.

New! WOW Occupational Therapy for Kids with ADHD

wowot.ca.



THE WOW PROGRAM
AN INNOVATIVE GROUP APPROACH TO EMPOWER KIDS WITH ADHD

Register Now!
Sept 25 - Oct 30
Limited Spots!

West Hillhurst Community Association

4:30 - 5:30
or
5:30 - 6:30

JOIN NOW ➔ wowoccupationaltherapy@gmail.com
www.wowot.ca

New! Engineering for Kids

www.westhillhurst.com/youth-programs.

WHCA Youth Art Programs

WHCA Tot Dance Unparented

Ages 4 to 6 years.



FALL SPORTS PROGRAMS

• Oct 18 - December 6
no class Nov 8

• Fridays

• 7 classes

• \$120

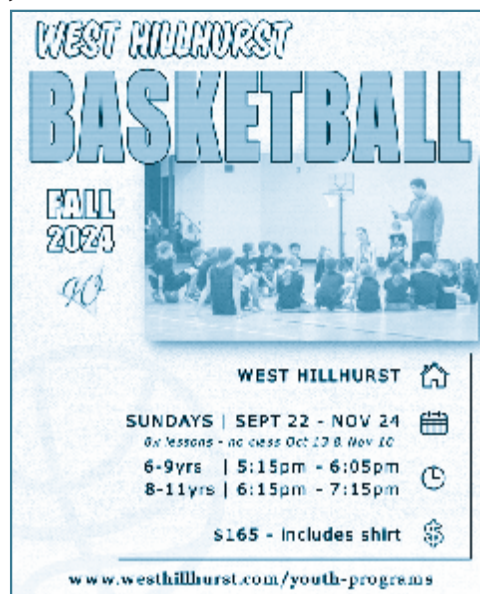
PULSE
52009

4 - 6yrs

3:30pm - 4:20pm

TOT DANCE

Clay for Kids



WEST HILLHURST BASKETBALL

FALL 2024

WEST HILLHURST

SUNDAYS | SEPT 22 - NOV 24
8x lessons - no class Oct 27 & Nov 10

6-9yrs | 5:15pm - 6:05pm
8-11yrs | 6:15pm - 7:15pm

\$165 - Includes shirt

www.westhillhurst.com/youth-programs

Sportball

www.sportball.ca/calgary.

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

New! Calgary Health Collective- Wellness Series
Thursdays. October 3, 10, 17, 24, and November 7
from 6:00 to 7:00 pm

Join Dr. Angela Pucci and other knowledgeable practitioners in this New Wellness Series program. Free for WHCA members!

Throughout the six-week course, attendees will learn about osteopathy, the lymphatic system, body talk, ladies sleep patterns, and joint mobility.

Registration and WHCA annual memberships are required.

New! 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.

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.

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!

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.



GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR
CODE FOR THE
ANSWERS!

West Hillhurst Racquet Club



New Private/Semi-Private Training

Please reach out to trainers directly for pricing and scheduling.

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.

WEST HILLHURST RACQUET CLUB
SQUASH ALBERTA
PRIVATE SQUASH LESSONS
EMAIL FOR MORE INFO
Sasha Thomson
sasha@thomsonfamily.ca
Ozzie Vallejos
ozzievallejos@aol.com

WHCA Gardens

Fall Garden Cleanup

I would like to thank all the gardeners this year for your hard work on your plots. They looked fabulous with the variety of crops that were grown. Thank you for your patience and understanding regarding the water restrictions this season. Sadly, it is time to harvest your plots and clean up. Please harvest and clean all plots by the end of October so the beds can be put to rest for the winter.

Special thanks to Doreen, our head gardener, and our new volunteer, Derek, for all their hard work.

See you next gardening season!

Carla

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 from your used clothing, bottles, and electronics!
promocode: DONATEWESTHILLHURST
www.westhillhurst.com/skip-the-depot

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.

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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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

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.

**the
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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!

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anita@anitamortgage.ca

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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.

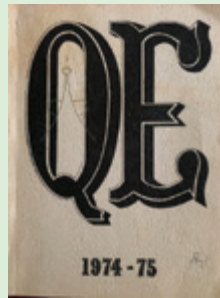
- Amato Gelato: 10% off
- Calgary Health Collective: 10 to 20% discounts
- Canary Goods: 10% off
- Dignity Memorial: 10% savings
- Eco Equitable: Use promo code 'WHCA' for a 15% discount
- Framed on Fifth: 10% off picture framing services
- Holiday Inn Express & Suites University Calgary: 10% discount 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.

Community News

Looking for 1975 Queen Elizabeth High School Knights!



Do you recognize yourself, or a family member, in the attached photo?

Next June (2025), the 1975 graduating class of Queen Elizabeth is holding their 50th reunion! We are on a mission to locate everyone from our graduating class!

If you, or someone in your family, graduated with our class, please send your contact information (email address, cell number, etc.) to QE75grad@gmail.com.

We have already connected with almost 100 people from our class and want to hear from you!

The 1975 Queen Elizabeth 50th Reunion Committee



SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Learn to Skate

If you forgot your WHCA account password, please do not create a new account. 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.

GET AN EDGE &
LEVEL UP YOUR GAME

WEST HILLHURST
SKATING CLUB

POWERSKATING

U7 | U9 & U11 | U13 & U15

SEP 19 - DEC 12
4PM - 5PM
MOUNT PLEASANT
SPORTSPLEX



**SKATE
WITH US!**

WEST HILLHURST
SKATING CLUB

Fall 2024 Registration
OPEN ONLINE

www.westhillhurst.com/learntoskate



 **REGISTER NOW**

FALL 2024 REGISTRATION OPEN

SEPTEMBER 3 - DECEMBER 20, 2024

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

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COMMUNITY ASSOCIATION**



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JUST LISTED



2.5



1750



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List Price: \$799,900

MLS # TBD

Charming infill with a walk-out basement, perfectly situated across from beautiful park space. Enjoy stunning downtown views and the best of both nature and city living right at your doorstep.



JUST LISTED



3.5



2384



3901 17 Street SW

List Price: \$1,699,900

MLS # TBD

Discover this modern corner lot gem, featuring soaring ceilings, abundant indoor and outdoor living spaces, a versatile lower level, and sleek, contemporary finishes throughout.



SOLD



3



2061



302 38 Avenue SW

List Price: \$1,499,900

Heartfelt congratulations to new clients. Grateful to be part of your real estate journey and excited for what's ahead.



SOLD



2



872



7335 37 Avenue NW

List Price: \$575,000

Congratulations to returning clients on a successful investment property purchase.

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

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