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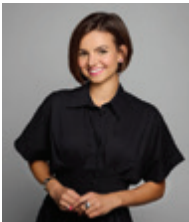
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THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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General Contacts

Community Events and Volunteers	info@westhillhurst.com
Community Garden, Newsletter and Pickleball	admin@westhillhurst.com

West Hillhurst Advocacy Groups

WH Planning	whcaplanningcommittee@gmail.com
WH Transportation and Mobility	whca.transportation@gmail.com
WH Green Community	westhillhurstgreencommittee@gmail.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 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
- Shae Spa: \$50 off initial treatment
- 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
- TrinityWellness 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.

GENERAL MANAGER'S MESSAGE

Dear West Hillhurst Community,

As we reflect on the past year, we are filled with gratitude for the remarkable sense of community that defines West Hillhurst. Whether you have been a long-time resident or have recently joined our neighbourhood, your involvement and commitment have helped our community thrive and remain a vibrant place to live and connect.

This holiday season, we extend our warmest wishes for peace, joy, and meaningful moments shared with family, friends, and loved ones. May this season bring moments of reflection, renewal, and joy as we look forward to the year ahead.

Thank you for being an integral part of what makes the West Hillhurst Community Association such a special place. As we enter 2025, we look forward to the opportunities to continue fostering a welcoming, supportive, and connected community for all.

Wishing you a joyful holiday season and a bright and prosperous New Year.

Want to stay up to date on everything happening at the West Hillhurst Community Association? There are lots of ways to keep connected:

- Sign up for our e-newsletter to receive updates on programs, events, and community news straight to your inbox. www.westhillhurst.com/newsletter
- Visit our website for the latest information, registration details, and resources. www.westhillhurst.com
- Follow us on social media to see event highlights, reminders, and behind-the-scenes updates.
Instagram: [thenestwhca](#) and [westhillhurstca](#)
Facebook: [WHCAab](#)

Stay connected, get involved, and be the first to know what's happening in our community!

Cheers,

Susan Lenio

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



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COMMUNITY NEWS

Girls Hockey Day – Second Event

Registration is open for the Girls Hockey Day on January 25, 2026.

Stay tuned for the time or just register for the day.



DONATE
TO THE
FOOD BANK

NOVEMBER 10 - DECEMBER 15

With the increasing cost of food and the ever rising number of those in need - WHCA would like to once again support The Veterans Food Bank of Calgary. We'll work hard to collect donations from staff and those within our community.

CVFB boxes will be delivered early November and placed around the WHCA building's entrances (main, arena, Nest and fitness). We're looking to collect dried goods, non-perishables, oral hygiene items (toothpaste, brush, etc...) and pet food.

 **THE VETERANS FOOD BANK OF CALGARY**




LETTERS TO SANTA
Pick up at Main Foyer
WHCA

AVAILABLE
NOVEMBER 12- DECEMBER 16






WHCA HOLIDAY FAMILY EVENT

SATURDAY DECEMBER 20, 2025
10-11AM SANTA SKATE AT WHCA ARENA
2:30PM MOVIE AT THE PLAZA THEATRE
MOVIE: RED ONE (2024)
\$5 PER PERSON - INCLUDES SMALL POPCORN & SMALL DRINK

Valid WHCA Annual Membership & registration required for both events

FOR MORE INFORMATION AND TO REGISTER VISIT:
WWW.WESTHILLHURST.COM/WHCA-EVENTS

THANK YOU TO OUR SPONSOR
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WHCA Gardens

Dear West Hillhurst Community and Community Gardeners,

Our community garden is in need of volunteers to help with regular maintenance. We love seeing everyone enjoy growing plants, fruits, and vegetables, but the rest of the garden also needs ongoing care — and we can't do it without your support.

At the moment, we have one very dedicated volunteer keeping things going, but that's simply not enough to maintain the entire garden space. Our Garden Coordinator, Carla, is looking for volunteers to assist with weekly weeding and seasonal cleanups at the beginning and end of each season.

We hope our community will come together to keep this wonderful space thriving. With a few more helping hands, we can ensure our gardens continue to grow beautifully for everyone to enjoy.

Please contact Carla at admin@westhillhurst.com or 403-283-0464, ext. 6.

West Hillhurst Transportation and Mobility Committee

The WHCA transportation and mobility committee works with the planning committee to advocate for vehicle, pedestrian, cycling, and transit safety and access in our neighbourhood.

Our goals:

1. To work with the City of Calgary on transportation plans and issues related to our community.
2. To work with community members by letting them know how they can resolve transportation issues.
3. To advocate for infrastructure spending in our community.



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 developmentmap.calgary.ca to find details and timelines on specific development projects.
- Email the WHPC directly at whcaplanningcommittee@gmail.com.

SKIP THE DEPOT

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COMMUNITY ASSOCIATION

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ELECTRONICS 



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www.westhillhurst.com/skip-the-depot

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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>.

THE NEST

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.



TUESDAY

4:30PM - LAST CALL 11:30PM

WEDNESDAY

4:30PM - LAST CALL 11:30PM

THURSDAY

4:30PM - LAST CALL 11:30PM

FRIDAY

3:00PM - LAST CALL 11:30PM

SATURDAY

4:30PM - LAST CALL 11:30PM

Reserve your table or order take out:

☎ 403 389 2039 ✉ thenest@westhillhurst.com

WHCA EVENTS

WEST HILLHURST COMMUNITY ASSOCIATION

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ARENA • YOUTH PROGRAMS • HEALTH & RAGUET CLUB

WWW.WESTHILLHURST.COM

1940 6TH AVE NW

[THE NEST WHCA
WESTHILLHURSTCA](https://www.instagram.com/thenestwhca)

Stay tuned for more details on our website and follow us on our social media.

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 COMMUNITY MEMBERSHIP

ANNUAL WHCA FAMILY MEMBERSHIP \$35

MEMBER PROGRAMS | SKATE / STICKS N PUCKS / TAI CHI
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DISCOUNTS AT LOCAL BUSINESSES



WEST HILLHURST
COMMUNITY ASSOCIATION



www.westhillhurst.com/whca-membership

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

Internal Programs

WHCA Preschool 2025-2026

Spots still available. www.westhillhurstpreschool.com

Kids Holiday Card Workshop

December 6 from 10:00 am to 11:30 am



January 2026 – Kids Art Drawing Series

Four weeks. Registration open

External Programs

WOW Occupational Therapy for Kids with ADHD

wowot.ca

Jugando: Spanish Centre for Kids!

www.jugando.ca

Sportball

www.sportball.ca/calgary

Triple Meg Soccer

www.triplemeg.com

Calgary Roller Derby Jr.

www.calgaryrollerderby.com

juniors@calgaryrollerderby.com

Karate Jkaiwayama

www.jkaiwayama.ca

Summit Kids Before/After School Care

Monday to Friday. www.summitkids.ca

Adult Sports and Fitness Programming

www.westhillhurst.com/adult-programs

Free WHCA Membership Programs

Tai Chi

Sundays from 10:00 to 11:00 am

Member Skate

Wednesdays from 1:30 to 2:30 pm

Sticks N Pucks

Wednesdays from 2:30 to 3:30 pm

Boogie Nights

Dance fitness class. melissa.fellows@outlook.com

NCHL (Adult Non-Contact Hockey League)

Monday to Sunday. www.nchl.com

Jazzercise with Kathy Taylor

*Jazzercise under new management

Mondays and Wednesdays. 6:00 to 7:00 pm.

jazzstrathcona@gmail.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

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

Fit for Dance: Dance Fitness Class
fitforchangeeyyc@gmail.com

Burlesquecise: Dance Fitness Class
Contact Jessie at burlesqueciseingo@gmail.com



X Marks the Festive Spot



You might think “Xmas” is just a modern-day abbreviation for Christmas—but it actually dates back to the 16th century! The “X” comes from the Greek letter “Chi” which is the first letter of the word “Christos” meaning “Christ”.

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What a Wonderful Time of Year!

by Lisa Kelly

It's hard to believe that November has already come to an end and December is here! We're all so excited for the joy and magic that the holiday season brings. Throughout this special month, we take time to talk about the many holidays people celebrate around the world. We share stories about families, friends, love, giving, and kindness. It's always so meaningful to learn about one another's traditions and to appreciate both our similarities and our differences.

We've also been spending lots of time enjoying the Secret Garden in winter. The children love playing in the snow with their friends — pretending to cook with natural materials to make “delicious soups” or building “warm fires” out of sticks. They've also been creating obstacle courses with anything they can find and challenging each other to move through them in fun and creative ways! We are so fortunate to have such a wonderful outdoor space that we can explore and enjoy in every season.

Our Hip Hop lessons with Ms. Kim have been a huge hit! The children learned many new dance moves and had so much fun combining them into their own routines.

For more information or to register for one of our limited available spots, please visit our website: www.westhillhurstpreschool.com.

Be sure to check out our Facebook page — West Hillhurst Community Preschool — and follow us on Instagram to see all of the exciting and joyful activities happening in our classrooms and outdoor spaces!

West Hillhurst Community Preschool

SPOTS STILL AVAILABLE

2025-2026

PLAY BASED CURRICULUM - AGES 3-5

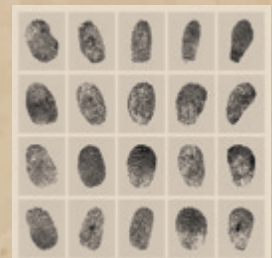
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Questions? info@westhillhurst.com | 403 283 0464 x3

Fingerprints

Though identical twins have the same DNA, they experience development differently. One interesting part of this, is that due to environmental factors in the womb they will not have the same fingerprints!



West Hillhurst Skating Club

West Hillhurst Skating Club (WHSC) is a not-for-profit Skate Canada sanctioned club that hosts skating programs in the northwest Calgary communities of West Hillhurst, Brentwood, and Mount Pleasant. Providing instruction to skaters aged three to adult, it is the mission of WHSC to provide programs that allow skaters to develop fundamental skating skills while supporting goal-achievement and creativity in a positive, safe, and fun skating environment. West Hillhurst Skating Club has proudly operated within the West Hillhurst Community Association for more than 35 years. As a pillar of the community, WHSC will continue to serve WHCA members and Calgarians for decades to come.

Over the past few years, WHSC has seen significant growth. In an effort to better serve members, the WHSC has moved to a new website and email address! To explore the programs they offer and register for summer skating, visit the new website. Winter 2025 programming is open now, get your spot while they still last!

All inquiries can be sent to
director@westhillhurstskating.com.

Jaclyn Holmes and Amy Cardinal

Co-Directors of Skating
West Hillhurst Skating Club
director@westhillhurstskating.com
info@westhillhurstskating.com
www.westhillhurstskating.com



West Hillhurst Racquet Club

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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 COACHES
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OZZIE VALLEJOS
ozzievallejos@aol.com

SASHA THOMSON
sasha@thomsonfamily.ca

Squash Alberta | WEST HILLHURST RACQUET CLUB | Squash Canada



WEST HILLHURST RACQUET CLUB

ALLISON GENOVESE
CERTIFIED PICKLEBALL COACH

Allison Genovese is an IPTA and NCCP certified pickleball coach with a passion for teaching players of all ages and skill levels. She has medaled in singles, women's, and mixed doubles across 4.0–5.0 tournaments and is currently competing at the 4.5 level.

Allison's coaching style emphasizes smart shot selection and effective strategies that align with today's fast-paced and evolving game. While Allison is a competitive player, her top priority is to make the game fun and ensure everyone around her enjoys their time on the court.

AVAILABLE FOR PRIVATE & SEMI PRIVATE LESSONS
MORE INFO | allisong.pickleball@gmail.com

Adult Pickleball

Check out our WHCA website. New indoor fall gym schedules are posted. Please contact Carla at West Hillhurst, 403-283-0464, ext. 6 or email admin@westhillhurst.com.

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Green Committee

Wanted: Neighbours With Good Ideas (And Maybe a Shovel)

by David Bacque of the West Hillhurst Green Community Crew

Hello neighbours! As the last of the leaves (and let's be honest, probably that first surprise snowfall) coat our lawns, it's tempting to hang up the gardening gloves and just focus on who has the best chinook-watching window.

But while our gardens are winding down, the West Hillhurst Green Community group is still buzzing with plans for next spring, and we'd love your help. We're your local, volunteer-run crew passionate about making our community healthier and more connected.

You don't need to be a master gardener or a zero-waste guru to make a difference. We're all just busy neighbours figuring this out together. You can help if:

- You have a spare hour (or two). We often need an extra set of hands for events, planting days, or community cleanups.
- You have a 'behind-the-scenes' skill. Maybe you're great at organizing, writing, or social media. We salute you.
- You just have a cool idea. Always wanted to start a neighbourhood seed swap or a pollinator project in a local park? Let's chat!

Our goal is simple: to keep making West Hillhurst a thriving, green, and wonderful place to live. If you've been thinking about getting involved, even in a small way, consider this your official, no-pressure invitation.

If you're interested in learning more or lending a hand, please reach out on our Facebook Page (West Hillhurst Green Community) and let's get together and make West Hillhurst an even better place to live.

Stay green.

JOKE OF THE MONTH



Why did the football coach go to the bank?

To get his quarter back.



WEST HILLHURST GO-GETTERS ASSOCIATION

Join the Go-Getters!

We're a vibrant, welcoming group for adults 50+ who love to stay active, connect with others, and discover new experiences. The Go-Getters community offers a great mix of fitness classes, daily card games, bingo, and monthly special events.

Annual memberships for 2025 are just \$35 and available now!

To join or learn more, call us at 403-283-3720 or email programs@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.



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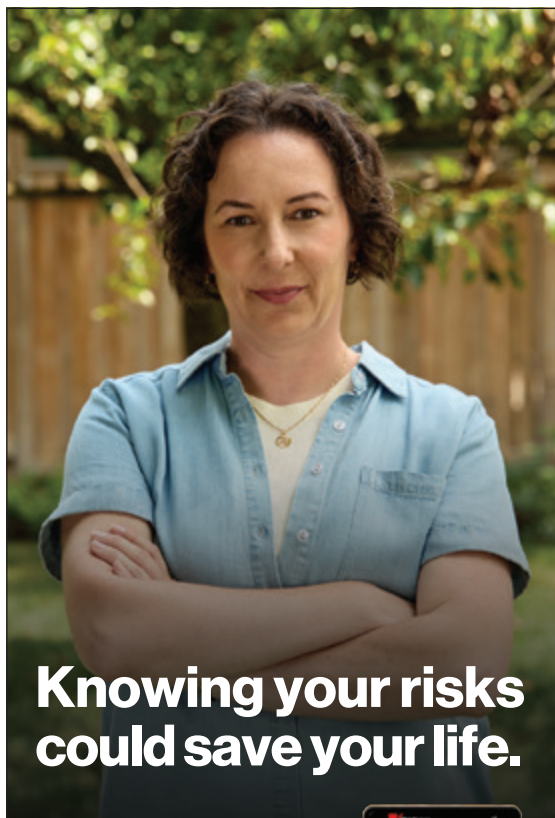
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News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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ALLODOXAPHOBIA

Living in a society, we all feel a bit insecure or anxious about fitting in sometimes. But did you know there is actually a phobia called Allodoxaphobia that is the fear of other people's opinions? It is an anxiety disorder that can cause people to avoid engaging in discussions or debates for fear of being judged or criticized. Be kind out there! We're all just trying our best.

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WEST HILLHURST CONTENT

News, Events,
& More



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CARDINAL

BY TREVOR RAMAGE



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SOLD



3



1759



5104 Vallance Crescent NW

List Price: \$998,000

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SOLD



1



609



211, 3111 34 Avenue NW

List Price: \$349,900

From purchase to sale. Full circle. Congratulations to longtime and loyal clients.



SOLD



5.5



3581



5507 Buckboard Road NW

List Price: \$1,999,000

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