

JANUARY 2025

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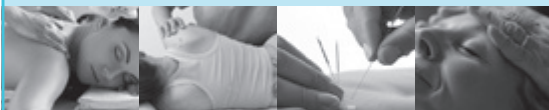


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WHCA Facility Rentals

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.



SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT

<p>News, Events, & More</p>	<p>Crime Statistics</p>	<p>Real Estate Statistics</p>
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GENERAL MANAGER'S MESSAGE

Happy New Year and welcome to 2025! As we step into this exciting new chapter, I want to take a moment to express my gratitude for your hard work, dedication, and the passion you bring to everything we do. January marks not only a new beginning but also an opportunity to set new goals, embrace fresh challenges, and continue building on our success.

The West Hillhurst Community Association will be having a casino on Sunday, March 16 and Monday, March 17, 2025. It will be held at ACE Casino Airport (40 Aero Cres NE). Money raised from the casino provides one of the largest sources of revenue to maintain operations at the WHCA. We are in need of volunteers; registration is open at www.westhillhurst.com/casino-2025.

I'm excited for what this year will bring and look forward to all that we will accomplish together. Here's to a year filled with growth, collaboration, and achievement!

Wishing you all a fantastic start to the year!

Warm 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!



Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



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.

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

WHCA Preschool 2024-2025

Spots still available. www.westhillhurstpreschool.com

WHCA Youth Squash

6 to 14 years. www.westhillhurst.com/youth-programs/

New! Four-Week Drawing Series for Kids

www.westhillhurst.com/youth-programs/

WHCA Lunchtime Literacy Program

Ages 4 to 6. www.westhillhurst.com/youth-programs/

New! Youth Break Dancing

7 to 12 years. www.westhillhurst.com/youth-programs/

WHCA Youth Squash

6 to 14 years. www.westhillhurst.com/youth-programs/

Tot Dance

4 to 6 years, unparented

<https://www.westhillhurst.com/youth-programs/>

WOW Occupational Therapy for Kids with ADHD

wowot.ca

Engineering for Kids

www.westhillhurst.com/youth-programs

Jugando: Spanish Centre for Kids!

www.jugando.ca

Sportball

www.sportball.ca/calgary

Baby/Toddler Music

www.coremusictherapy.com

Triple Meg Soccer

www.triplemeg.com

Calgary Roller Derby Jr.

www.calgaryrollerderby.com.
juniors@calgaryrollerderby.com

Karate Jkaiwayama

www.jkaiwayama.ca

Hybrid Hockey

Hockey development programming.
www.hybridhockey.net

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

www.westhillhurst.com/adult-programs

WHCA Women's Squash

www.westhillhurst.com/squash-lessons-programs

Boogie Nights

Dance fitness class. melissa.fellows@outlook.com

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. robovh2@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



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
- Wednesdays – 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.

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 planning@westhillhurst.com.

HIPO-HOP & BEGINNER BREAKING

youth

Pulse Studios

\$115 | AGES 7-11yrs | WHCA
6X SESSIONS | JAN 18 - MARCH 1

www.westhillhurst.com/youth-programs | no class feb 15

FALL SPORTS PROGRAMS

• January 10 - February 28
no class Feb 14

• Fridays

• 7 classes

• \$120

Pulse Studios

4 - 6yrs
3:30pm - 4:20pm

TOT DANCE

www.westhillhurst.com/youth-programs



by Lisa Kelly

Firstly, Happy New Year from all the children, teachers, and parents at the preschool! 2024 was so much fun! The teachers have been busy planning fun activities, and we can't wait to get started on a new year in school. We are very happy and excited to be offering skating lessons again this year for all our classes. These start this month and run for four weeks. These lessons are always so much fun and it's amazing how quickly the children pick up the skating skills!

December was as busy as ever. The children worked hard making a range of different crafts and decorations, which I'm sure will be displayed in your homes for many years. Our holiday party was so much fun, and it was great to have all the children and families together to celebrate this special time of year. Thank you to everyone who helped make this exciting and memorable for all the children.

We are also getting ready for registration for the 2025-2026 school year, where we will once again offer morning and afternoon classes. Open registration for the 2025-2026 preschool year begins in February. Please refer to our website for priority registration dates.

We will be holding our open house sessions on January 28. This will be in person in the preschool classroom between 6:30 and 7:30 pm. It's a great opportunity to meet the teachers, ask questions, and see the classroom. Please email chairs@westhillhurstpreschool.com to register.

The poster for the Open House event features a colorful border of stars and a central illustration of children holding a banner that says "West Hillhurst Community Preschool". Below the banner, the words "OPEN HOUSE" are written in large, bold, multi-colored letters, flanked by two green apples. A red banner at the bottom of the poster reads "TUESDAY JANUARY 28 FROM 6:30PM-7:30PM". Below this, a yellow box contains the text: "View our preschool room, meet the teachers, and learn about our approach to education! Registration is required: Please email chairs@westhillhurstpreschool.com www.westhillhurstpreschool.com | 1940 6 Ave NW".

West Hillhurst Community Preschool

OPEN HOUSE

TUESDAY JANUARY 28 FROM 6:30PM-7:30PM

View our preschool room, meet the teachers, and learn about our approach to education!

Registration is required:
Please email chairs@westhillhurstpreschool.com
www.westhillhurstpreschool.com | 1940 6 Ave NW

Nat Geo's Grand Debut!

A circular illustration of a globe showing various landscapes and animals. The globe is divided into sections representing different environments: a desert with a cactus, a savanna with a lion, a tropical beach with a palm tree, a snowy mountain range, and a body of water with a boat. The globe is surrounded by a ring of colorful, stylized animals and plants.

January 13, 1888, was a landmark day for explorers! On this day, the National Geographic Society was founded in Washington, D.C., setting the stage for countless discoveries. Just months later, in October 1888, the very first issue of the iconic National Geographic Magazine hit the shelves, sparking a love for exploration and knowledge!

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 WINTER HOURS

1940 6 AVE NW CALGARY

MONDAY
4:30PM-11PM

TUESDAY
4:30PM-11PM

WEDNESDAY
4:30PM-11PM

THURSDAY
4:30PM-11PM

FRIDAY
3:00PM-12AM

thenest@westhillhurst.com
403 389 2039

Upstairs at the West Hillhurst Community Association

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1940 6TH AVE NW



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 Outdoor Rink

Volunteers needed to help maintain the ice. Training will be provided.

1940 6th Ave NW

If interested, please contact info@westhillhurst.com

Puppet Master



What do Yoda, Cookie Monster, and Miss Piggy have in common?

They were all brought to life by the legendary puppeteer Frank Oz! From a wise Jedi Master to

a cookie-loving monster and a diva pig, Oz's incredible talent made these characters unforgettable.

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.

90 WEST HILLHURST SQUASH & FITNESS SQUASH ALBERTA
PRIVATE SQUASH LESSONS
Sasha Thomson *EMAIL FOR MORE INFO* Ozzie Vallejos
sasha@thomsonfamily.ca ozzievallejos@aol.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
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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.

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
WEST HILLHURST COMMUNITY ASSOCIATION
www.westhillhurst.com/whca-membership

Polar Bears' Secret Colour



Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.

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**

**WINTER 2025
Registration Now Open**

SKATE WITH US!




SKATE WITH US!



SKATE WITH US!



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

Remembering Zhou

Video games have become a popular pastime for many Canadians, offering entertainment and a sense of community. However, as with any activity, moderation is key.

A teenager in our community passed away in October in a suspected case of extreme exhaustion brought on by excessive and prolonged gaming. His name was Zhou, and he was a high-achieving student with a secret problem.

Video game fatigue occurs when individuals spend excessive amounts of time playing video games, leading to physical and mental exhaustion. This phenomenon is particularly concerning among our youth, who are more susceptible to its effects. The symptoms of video game fatigue can range from eye strain and headaches to more severe issues such as sleep disturbances and decreased academic performance.

Video game fatigue has a big impact on physical health. Prolonged gaming sessions often result in poor posture, leading to musculoskeletal problems. Additionally, the sedentary nature of gaming can contribute to obesity and related health issues. It is crucial for gamers to take regular breaks, engage in physical activities, and maintain a balanced lifestyle.

Mental health is another area of concern. Excessive gaming can lead to increased stress, anxiety, and even depression.

If you are having difficulty disconnecting, visit the www.gamequitters.com website for tips and help. Ignoring the problem won't make it go away.

Parents and guardians play a vital role in mitigating the risks by setting limits on screen time, encouraging outdoor activities, and fostering open communication about the potential dangers of excessive gaming. Schools and community organizations can also contribute by promoting awareness and providing resources to support healthy gaming habits.

Let's remember Zhou and help raise awareness about this growing health problem. Gaming can be a fun activity, but it is important that it is just part of a healthy life, not a way of life.

Cats, Canines, & Critters of Calgary



Bear, *Palliser*



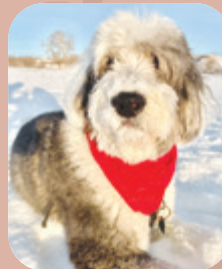
Buster, *Hamptons*



Lizzy, *Huntington Hills*



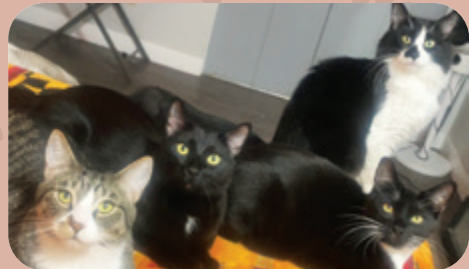
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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



News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.

BUSINESS CLASSIFIEDS

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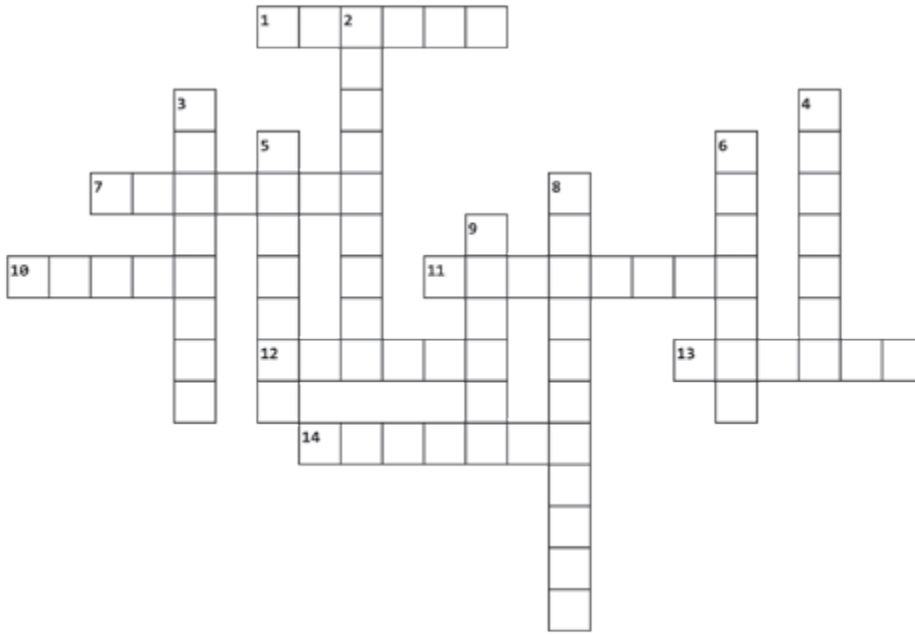
WEST HILLHURST MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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.



January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert “Tim” _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____’s debut single, “TiK ToK,” reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney’s popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. “Wedding March”, composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

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Girls & Boys Ages 4 to 16
All Skill Levels Welcome

foothillslittleleague.org

REGISTER NOW

Joke of the Month

Why did the pony get detention?

Because he was horsing around.

free house dance plus

2020 12th Ave NW
403-282-0555

NEW KIDS & ADULT WINTER CLASSES!

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REGISTRATION NOW OPEN

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ALL LEVELS • NON-COMPETITIVE • PERFORMANCE DIVISION
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CARDINAL
BY TREVOR RAMAGE



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Wishing you a prosperous and inspiring 2025. Here's to a new year filled with purpose and joy!



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List Price: \$1,667,500

MLS #A2167136

Located near schools, parks & vibrant amenities, this custom-built home features sleek finishings, a rare triple garage & an illegal two-bedroom basement suite for added flexibility—a unique find.



111 Woodland Lane

List Price: \$2,999,900

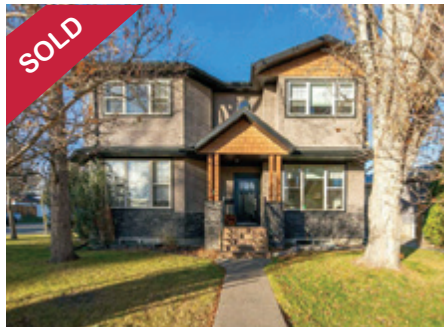
Heartfelt congratulations to my amazing clients on the successful sale of another beautiful home!



2031 Bowness Road NW

List Price: \$1,449,900

Warmest congratulations to a wonderful family on the successful sale of your home.



140 41 Avenue NW

List Price: \$699,900

A big congratulations to my first-time homebuyers and second-generation clients. It's an honour to be part of your family's journey again.

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

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SCAN ME

26 years
#1 OFFICE WORLDWIDE
RE/MAX
REAL ESTATE (CENTRAL)

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