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Wednesdays at Hillhurst Sunnyside Farmers' Market

# Word of the Month

Lugubrious: Adjective (loo-GOO-bree-us) Looking or sounding very gloomy and sad. He droned on in his lugubrious tone.

## SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT



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## **WHCA Board of Directors**

President	Dylan R. president@westhillhurst.com
Vice President	Casey K. vice-president@westhillhurst.com
Past President	James H. pastpresident@westhillhurst.com
Treasurer	Will 0. treasurer@westhillhurst.com
Secretary	Deborah K. secretary@westhillhurst.com

#### Directors

Lawrence B., Elizabeth L., Gord C., Maggie L., Margot D., Angela P., Julie I.

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	

with Fidililling	wincapianiningcommittee@gmail.com
WH Transportation and Mobility	whca.transportation@gmail.com
WH Green Community	whca.transportation@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.





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Dear West Hillhurst Community,

#### Thank You for a Fantastic Kick-Off to Summer!

A big thank you to the WHCA team and all the amazing volunteers—especially our friends at Youth Central—for making our annual Kick-off to Summer event such a wonderful celebration. It was a fantastic opportunity for the community to come together and enjoy everything that makes our neighbourhood special.

#### Greening West Hillhurst—One Tree at a Time

Shout out to the West Hillhurst Green Committee and their dedicated volunteers for planting a beautiful tree garden at Helicopter Park! Their efforts are helping to grow Calgary's tree canopy and create a greener, healthier future. They're currently looking for a Tree Ambassador to join their advocacy group. If you love trees and want to make a difference, reach out to westhillhurstgreencommittee@gmail.com.

## New WHCA Hockey Prep Camp: Get Ready for Evaluations!

Sharpen your skills before tryouts at this high-energy, three-day camp with five ice times focused on evaluation-style drills, skating, puck control, and game play. U11/U13/U15 and goalies are free! Perfect for shaking off the rust and getting ready to shine! August 22 to 24. www.westhillhurst.com/youth-programs.

#### WHCA Summer

As summer arrives, the WHCA team will be taking a short break from programming and events to rest, recharge, and tackle some important maintenance projects. Don't worry—we'll be back this fall with an exciting lineup of programs and activities for all ages! We have lots of summer camps offered through Summit Kids, Pedalhead, and Northwest Warriors Hockey.

## West Hillhurst Community Preschool – Register for 2025–26

Looking for a nurturing place where your child can play, grow, and learn? A few spots remain for the 2025–26 school year at West Hillhurst Community Preschool!

Don't miss out—secure your spot now for affordable, high-quality early childhood education in a warm and welcoming environment.

#### Stay Connected!

Follow us on social media to stay up to date with the latest community news, events, and more.

#### Susan Lenio

General Manager, West Hillhurst Community Association

generalmanager@westhillhurst.com

P.S. Don't forget to check out our website and social media pages for upcoming events, volunteer opportunities, and more!



bethany.



## Bethany Calgary Redevelopment News

Get project updates at developmentbethany.com

### WEST HILLHURST PRESCHOOL NEWS





### GAMES & PUZZLES Guess the Canadian Legend!

- 1. This famous hockey player holds or shares 61 NHL records.
- 2. This inventor's mom and wife were both deaf.
- 3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
- 4. The first band this incredible musician was ever in was called "The Jades".
- 5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
- 6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.







#### THE NEST

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



For takeout, reservations, and

group bookings email thenest@westhillhurst.com or call 403-389-2039.



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### WHCA EVENTS



#### 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.



### **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.

### WHCA EXTERNAL/INTERNAL PROGRAMS

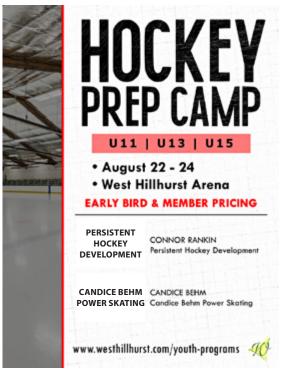
The West Hillhurst Community Association and its external renters offer a wide variety of programming with activities for all ages, schedules, and fitness levels. Please contact the organizer/organization directly for information.

### **Youth Programming**

www.westhillhurst.com/youth-programs

#### WHCA Hockey Prep Camp - August 22 to 24

U11 | U13 | U15



WHCA Preschool 2025-2026 Spots still available. www.westhillhurstpreschool.com

**WHCA Youth Summer Tennis Lessons** 

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

Breakaway Hockey and Ringette Development www.breakawaypowerskating.com

Summit Kids Before/After School Care Monday to Friday. www.summitkids.ca

Yoga Classes - Wild Hearts/Strong Roots Free Youth Yoga

karmayogawithjami@gmail.com



### PEDALHEADS

## BIKE CAMPS FOR KIDS

## **aGts 2-12**

Explore camps at West Hillhurst Community Association

1940 6 Ave NW, Calgary, AB T2N OW3

#### WHAT WE DO

Pedalheads provides fun, safe cycling program with specialized equipment and highly-trained instructors. We're best known for helping kids get off training wheels.

#### SKILL BASED PROGRAMS

To meet kids where they are at, we offer week-long camps with options for full-day, part-day, or private lessons.

Whether your child is on a balance bike, a tricycle, or has already mastered riding, we have classes designed to grow their conlidence even further.

### REGISTER NOW

PEDALHEADS.COM

### Adult Sports and Fitness Programming

www.westhillhurst.com/adult-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. robvh2@gmail.com

#### Calgary Sport and Social Club

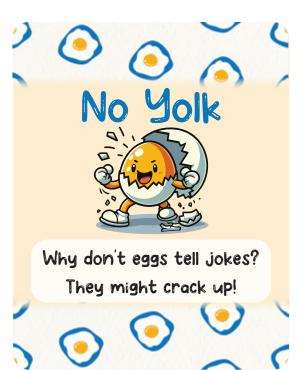
Volleyball, pickleball, floor hockey. www.calgarysportsclub.com

#### **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



### 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. Stay tuned for fall programming as well. 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 Skating Club

Fall 2025 Skating Registration Coming Soon







#### by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for longterm conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.



Think you know how to have fun on a Wednesday afternoon?

You called it: Bingo!

Every Wednesday starting at 11:30 am the Go-Getters host Bingo at our centre. Just like the big halls, we feature a professional caller, progressive jackpots, Nevada pull-tickets, and a canteen with food and beverages available for purchase. Open to the public. Must be 18+ to play.

If you enjoy playing Euchre, we invite you to join us Tuesday nights for Euchre after Dark.

Play starts at 6:30 pm and goes until about 9:00 pm. Access is from the entrance on the West side of the building.

#### Become a Go-Getter!

We are an energetic and diverse group of individuals 50+ who thrive on staying active, making new friends, and trying new things. The Go-Getters offer a variety of fitness classes, daily card games, and monthly special events.

Memberships for 2025 are only \$35 and are available now.

To purchase a membership or to learn more about the Go-Getters, please call 403-283-3720, or send an email to 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.

### BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!

### **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
- 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.

### **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 Racquet Club



#### New Private/Semi-Private Training

Please reach out to trainers directly for pricing and scheduling.

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.







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





### **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.

# 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.

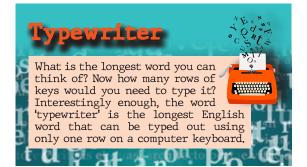
Our goals:

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.







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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.

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.

**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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**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! ww.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.









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351 Signature Court SW List Price: \$787,500 A new home to fill with happy memories—congratulations to my dear clients and friends.



### 411, 383 Smith Street NW List Price: \$489,900

Sincere thanks to my clients, and congratulations on the successful sale of their condo.

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

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