

MARCH 2025

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THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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Expires: March 31, 2025

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Committee Contacts

Planning	Karen Dahl planning@westhillhurst.com
Transportation	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.



FOLLOW WHCA

WESTHILLHURSTCA

THENESTWHCA

WEST HILLHURST COMMUNITY ASSOCIATION

WWW.WESTHILLHURST.COM

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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

Dear West Hillhurst Community,

As the weather warms up and we shake off the winter chill, we are excited to kick off a fantastic season of spring programming here at West Hillhurst Community Association. We're thrilled to offer a variety of fun and engaging activities for all ages, including tennis, soccer, and t-ball. Whether you're looking to improve your game, join a team, or introduce your little ones to the joys of sport, we've got something for everyone this spring!

Be sure to follow us on social media for the latest updates and announcements on our upcoming events. We have some exciting activities lined up that you won't want to miss!

A huge thank you to all the volunteers who helped make our Casino Fundraiser a huge success. Your time and support truly made a difference. The funds raised are invaluable in ensuring we can continue to offer high-quality programming and memorable events for the community. We couldn't do it without you!

Here's to a great spring season full of growth, fun, and community! Stay tuned for more updates, and we look forward to seeing you out there.

Warm regards,

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!



WHCA Gardens

Spring is in the air and the community garden plots will be available to the 2024 gardeners from April 1 to 15. Stay tuned for more information.

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.



News from the Friends of Nose Hill

by Anne Burke

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during “rutting” (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out <http://www.calgary.ca/parks/trees/education-workshops.html>.



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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.



WEST HILLHURST GO-GETTERS ASSOCIATION

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 is 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.

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

WEST HILLHURST
COMMUNITY ASSOCIATION

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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 planning@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

WHCA Preschool 2025-2026

Spots still available. www.westhillhurstpreschool.com

WHCA Lunchtime Literacy Program - FULL

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

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

WHCA Soccer U4 to U8

WHCA Drills and Skills Soccer

8 to 12 years

WHCA T-Ball

5 to 8 years

WHCA Youth and Adult Spring Group Tennis Lessons

WHCA & TRIPLE MEG SOCCER
DRILLS & SKILLS

8 - 12 yrs

MONDAYS
MAY 5 - JUNE 16, 2025
\$110 - no class May 19

MEG

Drills & Skills are a great way to advance your next level this spring! With coaching instruction led by Triple Meg Soccer, you can bet you will leave with a few new soccer tools in the box!

** These lessons are not intercommunity league games*

REGISTRATION CLOSES MARCH 31

www.westhillhurst.com/whca-soccer



WHCA COMMUNITY
SPRING SOCCER

U4 | U6 | U8
AGE GROUPS

TUESDAYS - THURSDAYS
MAY 6 - JUNE 19, 2025

TIMBITS SOCCER

Come join us and learn the basics to advance your soccer skills through fun drills, practice, and games!

Registration includes soccer ball, photo, jersey, medal, and June 21 Tournament!

LOOKING FOR VOLUNTEER COACHES & TEAM MANAGERS

www.westhillhurst.com/whca-soccer

REGISTRATION CLOSES MARCH 31



Home Alone Safety

Course Skills Include:

This program prepares your youth for all of the important steps of being 'home alone.' Without some basic skills, being on your own can be an unsafe and uncomfortable situation. Let's all work together to keep our youth safe and confident!

- Minor First Aid
- EMS System
- Fire Safety
- Personal Responsibilities
- Answering Doors & Telephones
- Appliance Safety
- Flooding Toilets
- General Safety

These skills are fully covered in this program through interactive games and role playing.



Date: April 13, 2025

Location: West Hillhurst Community Association

Time: 10:00am - 12:00pm

Cost: \$34.00

Bring: Snack, drink and pencil to class

To register, please visit www.westhillhurst.com or call 403-283-0464

Babysitter Program

For youth ages 10+, this course teaches future babysitters how to be safe while also building self-esteem.

Course Skills Include:

- Being a responsible babysitter.
- Becoming familiar with games for all children's ages.
- Learning safety and preventing injury.
- Handling an emergency – should one happen.
- Learning about choking, bleeding, and burns.
- Preparing simple, nutritious meals.
- Feeding a baby, changing diapers, and performing other important childcare skills.
- Coping with tantrums and crying.
- Creating a resume and finding jobs the safe way.

Date: June 8, 2025

Location: West Hillhurst Community Association

Time: 10:00am - 5:00pm

Cost: \$65.00

Bring: Nut free lunch, doll or teddy bear, drink and pencil to class

To register, please visit www.westhillhurst.com or call 403-283-0464



continued on next page

WHCA EXTERNAL/INTERNAL PROGRAMS - CONTINUED

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. 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



Epilepsy Awareness Month Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26
Purple Day

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

Dress in Grape Glory!

Show your support by wearing purple clothing or accessories on March 26th.



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



epilepsycalgary.com



Share your purple moments using
#postyourpurple





by Lisa Kelly

Spring is in the air...

Another month has flown by at Preschool, filled with excitement and learning! We had a blast exploring our Winter Animals topic and spreading love on Valentine's Day. During this time, we emphasized the importance of being good friends by teaching skills like cooperation, sharing, giving compliments, and apologizing.

February was a busy month! We finished our skating lessons and started a new set of music lessons with Ms. Elle. The kids love the exciting and fun activities she provides, and it's wonderful to see how engaged they are. Skating is always a blast! It was great to see the kids on the ice, having fun with their friends. Some of them were first timers, so it was lovely to see them standing and stomping around. Others were using the skills they've learned at home or in lessons. They all did a great job, and the teachers were so proud of them!

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

The West Hillhurst Community Preschool is a place where kids play, grow, and learn. We offer morning and afternoon classes for three to five-year-old children. Did you know that Kindergarten children are eligible to attend and qualify for the affordability grant? General registration is now open. For more information, please visit our website at www.westhillhurstpreschool.com.



Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

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.

ARE YOU READY

SPRING SKATING

REGISTRATION OPENED FEBRUARY 18

westhillhurst.com

WEST HILLHURST SKATING CLUB

A green and black poster for 'Spring Skating'. At the top, a black circle contains the text 'ARE YOU READY' in white. Below this, a silhouette of a person in a dynamic skating pose is shown against a green background with white dots. The words 'SPRING SKATING' are written in large, bold, white letters. A yellow banner at the bottom left says 'REGISTRATION OPENED FEBRUARY 18'. The website 'westhillhurst.com' is at the bottom right, and the West Hillhurst Skating Club logo is at the bottom center.

SKATE WITH US!

A green poster with a circular photo of a group of people skating. The text 'SKATE WITH US!' is written in large, white, bold letters at the top. The photo shows a diverse group of people of various ages and ethnicities, all smiling and wearing skating gear, on an ice rink.

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 & FITNESS

PRIVATE SQUASH LESSONS

SQUASH ALBERTA

Sasha Thomson sasha@thomsonfamily.ca

Ozzie Vallejos ozzievallejos@aol.com

EMAIL FOR MORE INFO

A promotional graphic for private squash lessons. It features a woman (Sasha Thomson) on the left and a man (Ozzie Vallejos) on the right, both holding squash rackets. The text 'PRIVATE SQUASH LESSONS' is prominently displayed in the center. Above it, 'WEST HILLHURST RACQUET & FITNESS' and 'SQUASH ALBERTA' are written. Below the names, contact information is provided. A circular graphic with the text 'EMAIL FOR MORE INFO' is overlaid on the image.

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 RACQUET & FITNESS

BOTTLES

CLOTHING

ELECTRONICS

promocode: DONATEWESTHILLHURST

www.westhillhurst.com/skip-the-depot

A blue and white advertisement for Skip The Depot. The text 'SKIP THE DEPOT' is in large, bold, white letters on a blue background. To the right, the West Hillhurst Racquet & Fitness logo is shown. Below the logo, icons represent 'BOTTLES', 'CLOTHING', and 'ELECTRONICS'. At the bottom, a white truck icon is next to the text 'promocode: DONATEWESTHILLHURST' and the website '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.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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

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.

YOUR COMMUNITY LAWYER: Located at Kensington Road & Crowchild Trail. Specializing in Real Estate, Wills & Estates, Civil Litigation, and Notary Public services. Free parking. By appointment. After-hours notary services available. Call/Text: 403-802-3695. Visit <https://www.llewellynlaw.net/>.

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.



WEST HILLHURST COMMUNITY MEMBERSHIP

ANNUAL WHCA FAMILY MEMBERSHIP \$35

MEMBER PROGRAMS | SKATE / STICKS N PUCKS / TAI CHI
WHCA PROGRAM ACCESS / DISCOUNT ICE TIMES
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www.westhillhurst.com/whca-membership

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 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Buy Canadian, Shop Local

As we navigate through these challenging times, it's more important than ever to support our local economy and fellow Canadians. By choosing to buy Canadian-made products and shopping locally, we can make a significant impact on our community's prosperity and resilience.

When you buy local, you are not just purchasing a product; you are investing in your community. Local businesses are the backbone of our economy, providing jobs and supporting local families. Every dollar spent at a local business is reinvested into the community, helping to create a vibrant and sustainable local economy.

Buying Canadian also means supporting our national economy. Canadian businesses produce high-quality goods and services that meet rigorous standards. By choosing Canadian products, you are supporting our industries and helping to create jobs across the country. This not only strengthens our economy but also ensures that we are less dependent on foreign goods.

Moreover, buying local and Canadian products is an environmentally friendly choice. Local products often require less transportation, reducing carbon emissions and contributing to a healthier planet. By supporting local farmers and producers, we also promote sustainable agricultural practices that benefit our environment.

I encourage everyone to make a conscious effort to buy Canadian and support local businesses. Whether it's shopping at a local farmers' market, choosing Canadian-made products at the store, or dining at a locally owned restaurant, every small action counts.

The best way to shop Canadian is to look for the 'Made in Canada' or 'Product of Canada' label. You could also take the opportunity to ask the shop employees which products are produced in Canada or sourced locally.



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🌐 maximumhealth.ca
 📍 #4 213 19th ST NW
 ☎ 403-283-0725

Book Now

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creating caring communities

Bethany Calgary Redevelopment News

Get project updates at
developmentbethany.com

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on our Carefully Selected Network of Premium Sites.**

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SCAN ME

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CARDINAL

BY TREVOR RAMAGE



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1475



6528 Lombardy Crescent SW

List Price: \$1,299,900

MLS #A2192820

This beautifully renovated home blends modern upgrades with timeless charm. Features include walnut cabinetry, quartz countertops, solid maple floors, and an oversized heated triple garage. Steps from parks, trails, shops & golf.



1470



112, 2211 29 Street SW

List Price: \$479,900

MLS #A2190278

A premier ground floor unit featuring two titled parking stalls, a private porch with entry, and everyday comforts. Ideally located near downtown & the Killarney Rec Centre.



2447



1827 11 Avenue NW

List Price: \$1,479,900

Congratulations to my incredible buyers and sellers. I appreciate your trust in me to guide you through every step of your real estate journey.



2384



3901 17 Street SW

List Price: \$1,699,900

Heartfelt congratulations to my clients on their successful sale. Your patience and perseverance truly paid off.

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

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