

AUGUST 2026

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GREAT NEWS MEDIA

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WHCA Board of Directors

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

Directors

Lawrence B., Elizabeth L., Gord C., Angela P., Alina K., John P., Anila S.

General Contacts

Community Events and Volunteers	info@westhillhurst.com
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Community Garden, Newsletter and Pickleball	admin@westhillhurst.com
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West Hillhurst Advocacy Groups

WH Planning	whcaplanningcommittee@gmail.com
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WH Transportation and Mobility	whca.transportation@gmail.com
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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. Questions? Email rentals@westhillhurst.com.

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.

WHCA Gardens

We are currently looking for a Volunteer Garden Coordinator for the WHCA Gardens for the Garden season, May to October. Email or call Carla for more details.

Thank you everyone for your support of the Garden.





Samaritan Club of Calgary
Semi-Annual Super Thrift Sale
Saturday, September 26
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW
All proceeds will benefit Calgarians in need

Entry \$2 Adults Kids Free

Vintage and Boutique items



Cash Only **For More Information: samaritanclub.ca**

GENERAL MANAGER'S MESSAGE

Dear West Hillhurst Community,

August is an exciting time at the West Hillhurst Community Association as we prepare for another upcoming season full of programs, events, and activities.

One of our biggest highlights this month is our upcoming Hockey Prep Camp. Whether your athlete is looking to sharpen their skills, build confidence, or get ready for the upcoming season, our camp offers a fun and supportive environment to help players hit the ice prepared. Spaces are filling quickly, so be sure to register soon.

We're also gearing up for another fantastic year of preschool. Our preschool program provides children with a safe, engaging, and welcoming environment where they can learn, grow, and build friendships.

While you're visiting the facility, don't forget to stop by The Nest. Our restaurant continues to offer great food, excellent value, and a welcoming atmosphere for families, friends, and neighbours. By dining at The Nest, you're helping support a local business that gives back to our community.

We Need You!

Volunteers are needed for our upcoming Charity Casino Fundraiser. This important event helps fund community programs, youth initiatives, family events, and facility improvements. Just a few hours of your time can make a lasting impact in our community. Sign up today! www.westhillhurst.com/community-events.

Together, we are building a stronger, more connected community. Follow WHCA on social media and visit our website for the latest news, programs, and facility updates.

Have a wonderful August!

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

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

With regards,

Susan Lenio

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



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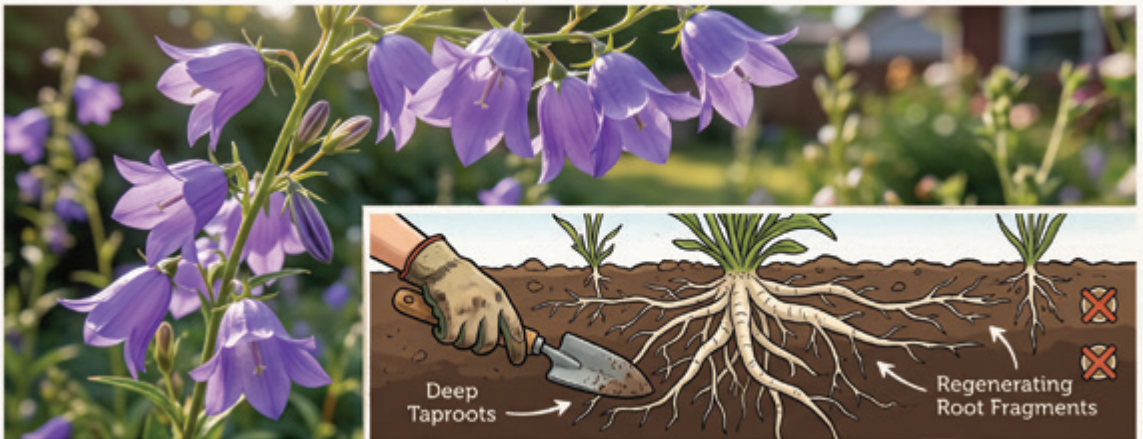
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The Pretty Weed Taking Over West Hillhurst Gardens.



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.



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WEST HILLHURST GO-GETTERS ASSOCIATION

Afternoon Cards at the Go-Getters

Mondays	Euchre	12:30 pm
Tuesdays	Canasta and Whist	1:00 pm
Tuesday nights	Euchre After Dark	6:30 pm
Thursdays	Cribbage	1:00 pm
Fridays (every 2nd)	Bid Euchre	6:30 pm
Saturday	Bridge	12:30 pm

Weekly Community Bingo

Every Wednesday starting at 11:30 am.

Progressive jackpots, pull tickets, and soup, sandwiches, and snacks available for purchase.

The Go-Getters are a socially active community of individuals 50+ who thrive on getting together for engaging recreational, educational, and social activities and events. Annual membership is only \$35.

WEST
HILLHURST
COMMUNITY
ASSOCIATION



Annual Family Membership

\$35 +gst per year

Valid for one year from purchase date

Gain access to registration in WHCA programs,
free member programs, discounted ice time,
and discounts from local businesses.



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 2026-2027

www.westhillhurstpreschool.com.

West Hillhurst
Community Association

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Candice Behm	CANDICE BEHM Candice Behm Power Skating
SHIFT Sports Performance	RYAN TENDECK Shift Sports Performance

www.westhillhurst.com/youth-programs

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.

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.
- Piano Friends: \$50 off the Piano Friends Course. One lesson discount.
- 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 info@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 Sports and Fitness Programming

www.westhillhurst.com/adult-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.

Mondays through Sundays. www.nchl.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-defense.

info@fight34.com.

Calgary Sport & 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.

Burlesquecise

Dance fitness class

Contact Jessie at admin@burlesquecise.ca

West Hillhurst Skating Club

The West Hillhurst Skating Club (WHSC) is a non-for-profit Skate Canada sanctioned club that hosts skating programs in the north-west Calgary communities of West Hillhurst, Brentwood, Bowness, and Springbank. 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 the remainder of summer and fall, visit the new website. Fall 2026 registration is now open, get your spot while they still last! All inquiries can be sent to director@westhillhurstskating.com.

Cheers,

Jaclyn Holmes and Amy Cardinal

Co-Directors of Skating

West Hillhurst Skating Club

director@westhillhurstskating.com

www.westhillhurstskating.com





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GREEN COMMITTEE

Hey neighbours,

Let's talk about that pretty purple flower currently staging a hostile takeover of your flowerbeds. If you've walked past Grandview Park lately or glanced at the alleyways around 4 Avenue, you've probably seen it; delicate, bell-shaped violet blossoms nodding innocently in the breeze.

It looks lovely, right? Don't be fooled. That is Creeping Bellflower (*Campanula rapunculoides*), and it is the ultimate botanical wolf in sheep's clothing. It might look like a cottage garden dream, but in reality, it's an aggressive, prohibited noxious weed under Alberta law that wants nothing more than to smother your prized tomatoes and turn your yard into a monoculture.

A Brief History of a Bad Decision

How did it get here? Like many of our worst garden nightmares, we invited it in. Brought over from Europe in the 19th century as an ornamental plant, early settlers thought it would make a hardy addition to Canadian gardens. Boy, were they right about the "hardy" part.

Without its natural pests to keep it in check, it escaped the garden gate and decided Calgary's clay soil was paradise. It spreads two ways: by dropping up to 15,000 seeds per plant, and through a massive, subterranean network of fleshy, white roots that look suspiciously like tiny parsnips.

The Battle Plan: How to Evict It

If you have it, don't panic. You aren't a bad neighbour; you're just part of the Calgary club. However, we do need to fight back. Dousing it in a standard weed killer usually just makes it angry, its deep root system is

incredibly resilient. Here is how you actually get rid of it:

- **Dig Deep (The Parsnip Hunt):** Grab a trowel or a garden fork. You can't just pull the top off; you have to dig up the entire fleshy taproot. If you leave even a tiny fragment of that root in the dirt, it will regenerate like a sci-fi villain.
- **The "No-Seed" Zone:** If you don't have the time or energy to dig a small crater in your yard this weekend, at least clip the flower spikes off now. Bag them and throw them straight into the black bin (garbage). Do not put flowering bellflower into your green compost bin, we don't want to spread the love to the rest of Calgary!
- **Smother and Starve:** For massive patches, try covering the area with thick cardboard and a heavy layer of mulch for a full growing season to starve it of light.

The West Hillhurst Connection

Every patch of bellflower we eliminate in our yards is a victory for the native pollinators and plants that make West Hillhurst so beautiful. By clearing space, we make room for actual local heroes like native yarrow or wild gaillardia.

If you see some peeking through your fence line this week, consider it an invitation to a little weekend garden archaeology. Let's keep our neighbourhood diverse, healthy, and bellflower-free!

Stay green!



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥





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Training for Fitness, Squash and Tennis

Please reach out to trainers directly for pricing and scheduling.

www.westhillhurst.com/racquet-and-fitness-club.

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ozzievallejos@aol.com



SASHA THOMSON
sasha@thomsonfamily.ca

Squash
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Jacqueline
jacquelinelam.yyc@gmail.com



Felix
felixmengfl@gmail.com

Email directly for more information & fees

Adult Pickleball

Check out our WHCA website. Please contact Carla at 403-283-0464, ext. 6, or email admin@westhillhurst.com.

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Jacqueline

Jacqueline, a former representative of the Hong Kong Junior Fed Cup Team. Jacqueline started competitive play at age 12, participating in both local and international tournaments. Jacqueline became a multiple-time champion in Hong Kong's National doubles events.

While pursuing her studies at The University of Hong Kong (HKU), Jacqueline also assumed the role of the Ladies' Tennis Team Captain from 2018 to 2020. Throughout her college career, Jacqueline consistently ranked among the top 8 in Women's singles and doubles, showcasing her talent and determination on the court.

jacquelinelam.yyc@gmail.com

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Fanlong Meng Felix

With over 15 years of playing experience, including representing the varsity team and securing victories in both the club championship and interclub competitions, Felix brings a wealth of knowledge to the court. As a coach, Felix has dedicated six years to part-time coaching, specializing in beginner and intermediate levels for both adult and junior programs.

His dedication, expertise, and genuine love for the game make him an ideal choice for anyone looking to improve their skills and experience the thrill of tennis."

felixmengfl@gmail.com

message directly for more info / prices



BRENDAN TENDECK

- Personal Trainer
- BHPE | CPT



- Bachelor of Health and Physical Education
- Mount Royal University
- Certified Personal Trainer - CPT
- Founder of SHIFT Sports Performance

A dedicated and results-driven college graduate with a strong work ethic and a passion for health, performance, and recreation. I bring hands-on experience in coaching, leadership, and physical development, with a commitment to helping individuals of all ages and backgrounds achieve their personal goals. Whether working with athletes, youth, or older demographics seeking improved strength, mobility, confidence, or overall well-being, I take a personalized and goal-driven approach to training.

As the Founder of SHIFT Sports Performance, a Calgary-based company, I specialize in strength and conditioning, skill development, and performance-based training while also supporting general fitness, longevity, and lifestyle improvement. My background as a former hockey player and boxer has shaped a training philosophy rooted in discipline, consistency, and long-term growth. I pride myself on motivating and guiding clients at every stage of life, creating an environment that builds confidence, resilience, and sustainable progress.

403-703-7858 | btdangles@hotmail.com



IAN COBURN

- Personal Trainer
- BSc Kin | CSEP | FMS-2



- BSc Kinesiology (Major Biomechanics) University of Calgary
- Registered Kinesiologist - Canadian Kinesiology Alliance
- Certified Personal Trainer - CSEP
- Functional Movement Systems - Level 2

Ian's own injury rehab and athletics journey uncovered the changes that are often needed in the building blocks of movement, to improve people's health and performance. With this Ian helps others by screening movement and lifestyle for injury risk factors and limitations that are hindering their improvement. From there, whether an individual or group, Ian personalizes clients programs designed to remove limitations so that a strong foundation can be built for reaching your goals.

With over a decade of experience, and working with everyone from teens to octogenarians in levels of everyday life to elite sport; Ian offers 1-1 & small group training to best fit your needs!

Those interested in functional wellness coaching, or private/small group training please email Ian directly or visit his website

403-714-3578 | ian@coburncoaching.ca

WEST HILLHURST COMMUNITY ASSOCIATION (WHCA) GREEN COMMUNITY PRESENTS

CLOTHING SWAP

SUNDAY 9.13.26

WHCA HOSPITALITY ROOM

12PM - 2PM

1940 6 AVE NW

Gently used means:

Clean + washed
In good working order
Free of stains + rips
Free of pet hair + damage
Zippers, buttons, and
fasteners intact
Ready for someone else to
enjoy



DON'T BRING:

Damaged clothing
Undergarments/lingerie
Swimwear
Children's clothing

Join us for our annual Clothing Swap! Swap instead of shop!
Reduce textile waste and cut back on carbon emissions.
Refresh your wardrobe, save money, & meet a neighbour :)

Bring up to 20 items of women's clothing ***gently used***/new clothing to swap.

Unclaimed clothing will be donated to the **Women In Need Society (WINS)**.

For more information, please contact
greencommittee@westhillhurst.com



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WEST HILLHURST MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours 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.

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PASSPORT TO THE ARTS SHOW & SALE: Sun. Sept. 13 from 10 am-4pm | Free Admission | Gate Prizes | 1124 15th STREET NW Calgary: Art, music, poetry & local authors sale. Music by The Fragments from 12-2pm. Approx. 20 local artists in various media including ceramics, jewelry, fibre arts, painting, card making. Support local! Details: <https://passporttothearts.ca>.

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 email Carol at tlc.cleaning@shaw.ca or call 403-614-8522.

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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**News, Events,
& More**



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Statistics**



CARDINAL

BY TREVOR RAMAGE



RE/MAX FIRST

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3.5



2657



2339 Westmount Road NW

List Price: \$1,799,900

Double congratulations to my sellers and buyers. I'm incredibly grateful for our continued partnerships and happy to see another successful result for you all.



3.5



1726



1764 7 Avenue NW

List Price: \$1,050,000

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2



1053



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