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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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Planning Committee

The West Hillhurst Planning Committee (WHPC) is a small but dedicated group of volunteers that meets on the third Monday, September to June 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 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.

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GENERAL MANAGER'S MESSAGE

Dear West Hillhurst Community,

This November, we turn our thoughts to Remembrance Day and the importance of honouring those who have served, and continue to serve, our country. It is a time to reflect on their sacrifices and recognize the courage, resilience, and dedication of our veterans and their families.

On November 11, we encourage our West Hillhurst neighbours to take a moment to remember in their own way—whether by attending a local ceremony, wearing a poppy, or observing a moment of silence. Together, we can ensure their contributions and sacrifices are never forgotten.

We would also like to extend a heartfelt thank you to everyone who volunteered at our WHCA Charity Casino on October 18 and 19! Your time, energy, and willingness to step up helped make this important fundraiser possible. Fundraising events like this play a significant role in supporting our Community Association, and we truly couldn't do it without you. Every volunteer makes a difference, and we are incredibly grateful for your support!

All WHCA Members are Invited to Attend our Annual General Meeting (AGM) on Wednesday, November 18, at 7:00 pm.

The AGM is an opportunity to hear about what has been happening at WHCA over the past year, learn more about upcoming projects and priorities, and have a voice in the future of your Community Association.

Interested in Joining Our Board of Directors? We are always looking for passionate community members who want to make a difference! Our Board of Directors plays an important role in guiding WHCA, supporting our mission, and helping shape the future of our facilities, programs, and community initiatives.

You don't need to be an expert to get involved. We welcome individuals with a variety of backgrounds, experiences, and perspectives. Whether your interests are in finance, fundraising, facility advocacy, community engagement, or simply making West Hillhurst an even better place to live, there is an opportunity to contribute.

A sincere thank you to everyone who has purchased or renewed their annual WHCA membership. Your continued support helps us maintain our facilities, deliver quality programs, and create opportunities for neighbours of all ages to connect, play, and belong.

Our fall programming is also in full swing, with something

for everyone! From art and clay workshops to squash, youth basketball, dance, skating, and more, there are plenty of ways to stay active and engaged. Be sure to register early, as many of our programs fill up quickly.

As we head into the final months of the year, we look forward to continuing to bring our community together.

Stay connected, get involved, and be part of what makes West Hillhurst such a wonderful community!

Play Hard. Live Well. Belong Here.

- 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.facebook.com/thenestwhca), [westhillhurstca](https://www.instagram.com/westhillhurstca), and [WHCAab](https://www.whcaab.com).

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



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

Lunchtime Literacy

www.westhillhurstpreschool.com.

Available for families registered in preschool. Register with Kennedy at info@westhillhurst.com

WHCA Member Skate

Extrasessions during non-instructional days, Fall break and winter break.

External Programs

WOW Occupational Therapy for Kids with ADHD

wowot.ca.

Jugando: Spanish Centre for Kids!

www.jugando.ca.

Sportball

www.sportball.ca/calgary.

Breakaway Power Skate

Monday mornings

Register at www.breakawaypowerskating.com

Phone: 587-327-1272

Engineering For Kids

See poster on page 11

Telus Spark Program

See poster on page 13

Triple Meg Soccer

www.triplemeg.com.

Calgary Roller Derby Jr.

www.calgaryrollerderby.com.

juniors@calgaryrollerderby.com.

Karate Jkaiwayama

www.jkaiwayama.ca.

Summit Kids Before/After School Care

Monday to Friday.

www.summitkids.ca.

Adult Sports and Fitness Programming

www.westhillhurst.com/adult-programs

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

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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 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.



**The Nest is now open for
private events only.**

To inquire about booking and
catering, please email
generalmanager@westhillhurst.com

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**WEST
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Annual Family Membership

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



Welcome Back to West Hillhurst Community Preschool!



Can you believe we are already heading into November? October flew by in a whirl of pumpkins, Halloween costumes, crunchy leaves, and lots of busy little preschoolers!

It has been wonderful to watch the children settle into their preschool routines and become more comfortable in their classroom. We are seeing friendships beginning to blossom, little personalities shining through, and lots of confidence growing each day. Our teachers have loved getting to know the children and their families and sharing all those little preschool moments together.

A huge thank you to our amazing parent volunteers who have been lending a helping hand with playdough, laundry, library books, and all the many little jobs that help make our preschool run so smoothly. We couldn't do it without you!

We had lots of fun exploring the sights, sounds, and smells of fall. Our fall stories inspired many of our activities, conversations and creative projects. Of course, one of the highlights was our delicious apples! We explored them, talked about them, tasted them — and even made our very own apple sauce. It was a tasty learning experience!

Preschool isn't just about learning letters, numbers, and new skills. It is also about learning how to be part of a community. Every day brings opportunities to make new friends, practice taking turns, share an idea, solve a little problem, or find the words to tell someone how we are feeling. Our teachers are there to encourage and support these important moments, helping the children develop confidence, independence and those all-important friendship skills. Sometimes the biggest learning happens during the simplest moments of play! We can't wait to see what November brings as we continue to learn, play, explore, and grow together.

Interested in joining our preschool family? We have a limited number of spots available! Visit www.westhillhurstpreschool.com for more information or to register. And don't forget to follow us on Facebook at West Hillhurst Community Preschool and check out our Instagram to see what our little learners have been getting up to!

Lisa Kelly

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.
- 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 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.

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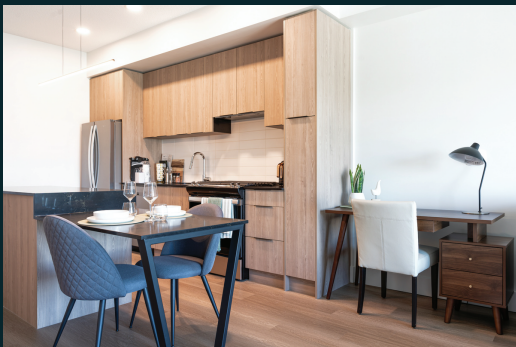
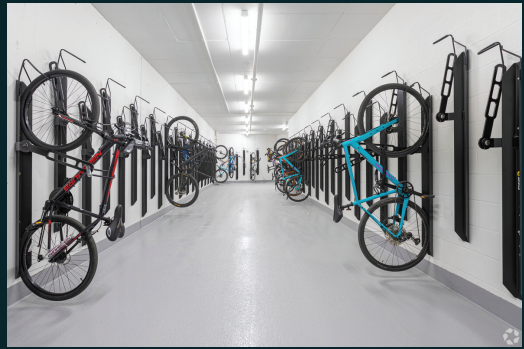


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November at West Hillhurst Skate Club!

The rink is getting busier, the skaters are finding their feet (and edges!), and we are having so much fun watching everyone learn, improve and enjoy being on the ice! A huge congratulations to our three skaters who took part in the Fall Invitational! We are so proud of them for getting out there, giving it their all and representing West Hillhurst Skate Club. What a great experience!

One of the best things about the start of a new skating season is seeing all the new faces on the ice! It has been wonderful to welcome our newest skaters alongside those who are returning for another season. There have been plenty of wobbly starts, big smiles, new skills, and lots of "look what I can do!" moments already! We love watching our skaters encourage each other and help our newest members feel part of the club. A special shout-out to our returning skaters for being such great role models and helping make our new skaters feel welcome.

Wow — what a fantastic response to our bottle drive! Thanks to everyone who donated bottles, helped collect, sorted, transported, volunteered, or simply helped spread the word, we raised an amazing \$985! This money will go towards skater development and training, helping us provide even more opportunities for our skaters throughout the season. We really couldn't

have done it without our wonderful skating community!

A huge thank you also goes to all our amazing Program Assistants, who give their time to support our Learn to Skate and Pre-Skate programs. Your encouragement, patience, and enthusiasm makes such a difference to our youngest skaters. There is nothing better than seeing a nervous new skater slowly find their confidence, master a new skill, and finish the session with a huge smile!

From first steps on the ice to working on new skating skills, there is lots happening at West Hillhurst Skate Club! We are so lucky to have such a supportive group of skaters, families, coaches, volunteers, and Program Assistants. Thank you for making our club such a fun and welcoming place to skate. Here's to a season filled with new friendships, new skills, lots of laughter, and plenty of time on the ice! For more information visit www.westhillhurstskatingclub.uplifterinc.com.

Keep skating!

Cheers,

Jaclyn Holmes and Amy Cardinal

Co-Directors of Skating

West Hillhurst Skating Club

director@westhillhurstskating.com

www.westhillhurstskating.com



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OUTDOOR RINK RUNNING THIS WINTER!



The outdoor rink season will be here before we know it,
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the WHCA Outdoor Rink a success!

Keeping the rink in great shape takes many hands, and there are lots of ways
to get involved. Whether you can help once in a while or commit to a
regular shift, we'd love to have you on the team.

VOLUNTEER OPPORTUNITIES INCLUDE:



No previous experience is necessary. We'll provide all the tools,
guidance and support.

The outdoor rink is a valued community gathering place, and it simply wouldn't
happen without volunteers. Every hour of help makes a difference and helps
create a fun, safe space for our children, youth, adults and families throughout
the winter season.



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Contact operations@westhillhurst.com
to learn more or sign up to volunteer.

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

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BRENDAN TENDECK



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- BHPE | CPT



- Bachelor of Health and Physical Education
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- 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.

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- Personal Trainer
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- 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

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News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Aramant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

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SCAN ME

A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel

John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



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