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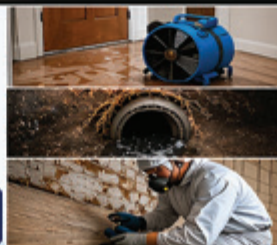
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Directors

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, 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.



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GENERAL MANAGER'S MESSAGE

Dear West Hillhurst Community,

Fall is here at WHCA, and October is shaping up to be another busy month filled with programs, events, and opportunities to connect with our community!

One of our biggest priorities this month is our WHCA Charity Casino, taking place October 18 and 19 at Pure Casino. This is an important fundraiser for WHCA and a fantastic opportunity for our community to come together and support the programs, facilities, and services we provide. Please consider volunteering for a shift and helping us make this important fundraiser a success. Every volunteer makes a difference!

Sign up to volunteer for the WHCA Charity Casino at www.westhillhurst.com.

Our fall programming is in full swing, with something for everyone—from art and clay workshops to squash, youth basketball, dance, skating, and more. Be sure to register early, as many programs fill quickly.

Thank you to everyone who has purchased a WHCA membership. Your support directly contributes to the growth and vitality of our community. Membership provides access to WHCA-hosted events, priority registration for select programs, discounted family non-prime-time ice rates, use of our outdoor rinks, and exclusive programs including Member Skate, Sticks and Puck, and Adult Tai Chi.

We can't wait to see you around WHCA this fall—and we hope to see many of you volunteering with us at the Charity Casino!

Together, We Make West Hillhurst Stronger.

Be sure to follow WHCA on social media and visit our website for the latest news, programs, events, and facility updates.

Have a wonderful October—we look forward to seeing you at the Centre.

- 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://thenestwhca.com), [westhillhurstca](https://westhillhurstca.com), and 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



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

Tot Dance / Funk Foundations with Pulse Studios

Ages 4.5 to 6.5

Fridays from 3:30 to 4:20 pm.

7 weeks, October to December \$132

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.

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.

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Welcome Back to West Hillhurst Community Preschool!



A time to be thankful...

There is so much to be thankful for this month!

After a wonderful summer break, it has been so lovely to welcome everyone back to preschool. The classrooms are once again filled with happy voices, busy little hands, lots of laughter and plenty of stories to tell!

A huge thank you to our amazing team of teachers, who have helped the children settle into their new routines and get to know their classmates. The past month has been full of free play, circle and story time, daily art activities and, of course, lots of opportunities to learn through play. As parents, we love hearing all about their adventures when they come home each day!

This fall, our preschool is exploring two fun themes: "All About Me/Getting to Know You" and "The Fall." Each class brings these themes to life through activities that reflect the children's own interests, ideas and needs. Along the way, the children are building confidence, independence, creativity and problem-solving skills — all while having lots of fun!

We also want to say a big thank you to everyone who supported our recent Apple Fundraiser. We are so grateful for the wonderful support from our preschool families and community. Your support helps us continue to create enriching and memorable experiences for our little learners.

Finally, we still have a few spaces available in our classes. If you know a family who might be interested in joining our preschool community, please send them our way. Also, kindergarten children are welcome to join us in class.

Visit www.westhillhurstpreschool.com to learn more, and don't forget to follow us on Facebook at West Hillhurst Community Preschool and on Instagram to see all the fun, learning and adventures happening at preschool! Here's to a wonderful fall, filled with friendship, laughter, learning, and lots of fun!

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, 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 by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit
gofund.me/31fdeef6f
Any help is appreciated ♥





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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.



Donate \$\$ from your used clothing, bottles, and electronics



 **WHCA**

promocode **DONATEWESTHILLHURST**



News from the Friends of Nose Hill

In 1973, Calgary City Council voted to reserve 4,100 acres as parkland on the top and escarpments of the east end of Nose Hill. The result was a combination of vigorous and sustained political pressure due to the activities of citizen groups who promoted the creation of the park. The decision to acquire it was influenced by public and private lobbying, including civic servants. A citizens' task force was appointed by the City Parks and Recreation Board; their report identified Nose Hill as of the highest priority and should be immediately purchased outright. There was strong support for large natural areas when the Calgary Field Naturalists' Society completed their year-long study. Although the land had been a subject of speculation since World War I, the City was freed by provincial policy to plan for a major park on Nose Hill. The Calgary Municipal Airport, in the late 1950s, decided that Nose Hill was on a flight path, so that the Federal Department of Transport imposed a development ban. Some farmers had to relocate and during the 1960s' suburban sprawl, people believed the open space would remain, unless or until the jet soon replaced the propeller. The Calgary Planning Commission requested a sector plan for the Nose Hill Highlands from the City Planning Department. The North Hill Community Associations asked for a delay to help prepare the plan. Calgary Field Naturalists' Society, Society for Pollution and Environment Control, The Junior League, and Local Council of Women asked to speak at a Public Hearing, before City Council voted 11 to 2 to put a freeze on Nose Hill development. Read more of "Fish Creek and Nose Hill Parks: A case study in contrasting forms of public participation" by Harvey A. Buckmaster (1929 to 2018) and his wife Margaret who advocated for Alberta's special places. www.fonhs.org/xdocuments.html.

Back to Skating!

After a wonderful summer, it's time to lace up those skates and get back on the ice!

We're so excited to welcome everyone back for another fun-filled and successful skating season.

September is always an exciting time at the rink as skaters reconnect with friends, meet new coaches and settle back into their skating routines. We can't wait to see everyone back on the ice and watch our skaters continue to learn, grow and work towards their goals throughout the season.

A huge congratulations to our two skaters who represented the club at the Wild Rose Competition in Edmonton over the summer! Ellie earned an amazing third place in Novice Solo Dance, while Victoria finished fifth in Novice Dance. We are so proud of both skaters for their hard work, dedication and fantastic achievements!

A big thank you also goes out to all our skaters and families who supported our recent Bottle Drive. We truly appreciate everyone who helped collect, sort and return bottles. Fundraising events like these make a real difference to our club and help us continue to provide great opportunities and experiences for our skaters. Thank you for being such an important part of our skating community!

And there's more fun to come! We're already looking forward to our first Skate-a-Thon in the fall. This is always a fantastic event and a wonderful opportunity for our skaters to come together, enjoy time on the ice, cheer each other on and raise funds for the club. More details about the Skate-a-Thon and fundraising will be shared soon! Welcome back, skaters — let's make this a fantastic season!

Cheers,

Jaclyn Holmes and Amy Cardinal

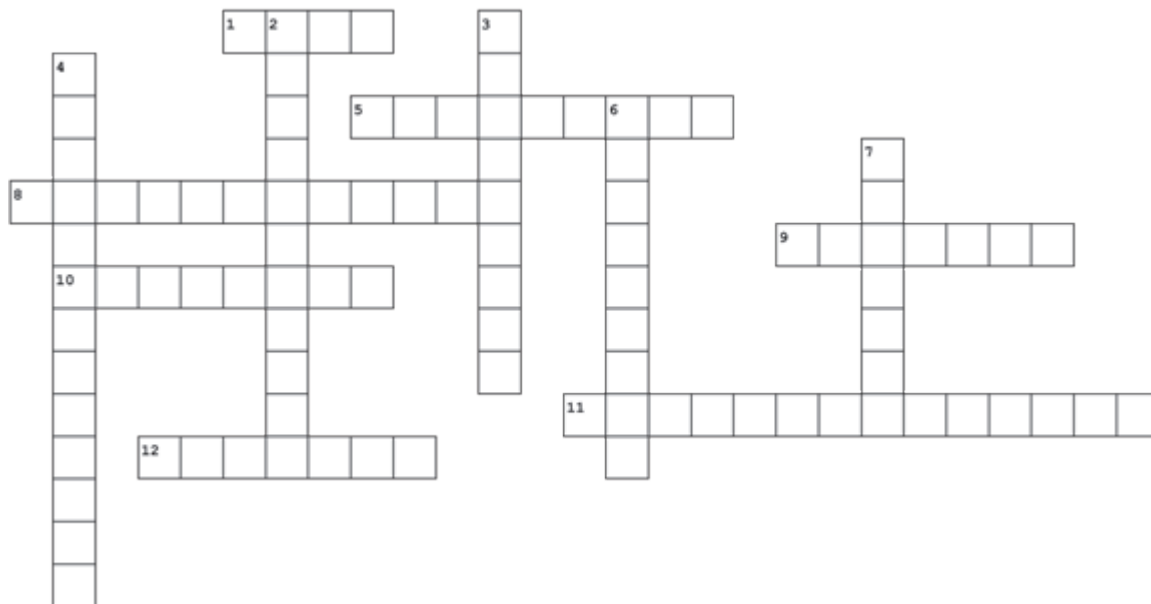
Co-Directors of Skating

West Hillhurst Skating Club

director@westhillhurstskating.com

www.westhillhurstskating.com

October Crossword



Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek myths.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



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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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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."

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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

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SCAN THE QR CODE
FOR THE SOLUTION



Calgary



Proposed Updates to Your Local Area Plan

City Council directed City Administration to update six of the approved local area plans (LAPs) to limit where rowhouses and townhouses can be developed

The proposed updates would apply the same location-based Limited Scale Policies in the Westbrook Communities and Heritage Communities LAPs to the rest of the approved LAPs.

What are the proposed changes?

The proposed updates would limit where rowhouses and townhouses are supported to parcels that have a rear lane and meet one of the following location criteria:

- within a transit station area,
- along or adjacent to an identified main street,
- on a corner parcel,
- or adjacent to a school, park or open space.



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SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$160 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. 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.

EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS: Interior/exterior; simple fixes to more complex projects. Plumbing & electrical fixes; full reno for bathrooms, basements, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work, Smart toilet installations, & general home maintenance. Local, licensed, insured. Call 403-992-5574. <https://everhaus.ca/>.

PAINTER SERVICING WEST HILLHURST: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

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1841



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