# WEST HILLHURST

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



**4**03.850.2560





CARDINAL

BY TREVOR RAMAGE

**HONESTY • INTEGRITY • EXPERIENCE** 









CARDINALBYRAMA









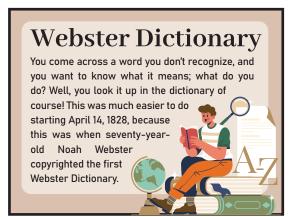




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## **West Hillhurst Squash** and Fitness



#### **New Private/Semi-Private Training**

Please reach out to trainers directly for pricing and scheduling.

Christine Shudra: beattles@telus.net, 403-815-4016 lan Coburn: ian.t.coburn@gmail.com, 403-714-3578 www.westhillhurst.com/meet-the-instructors

#### **Squash Lessons**

Sasha Thomson: sasha@thomsonfamily.ca Ozzie Vallejos: ozzievallejos@aol.com

Membership information can be found at www.westhillhurst.com/membership-pricing. Ouestions? Contact whfitness@westhillhurst.com or 403-283-0464, ext. 1.



## **Adult Pickleball**



Interested in playing the fastest growing sport in North America?

Starting mid-September, West Hillhurst will be running our own pickleball program. All that is required is a WHCA membership and applicable monthly fees.

For more information, phone Carla at 403-283-0464, ext. 6, or email admin@westhillhurst.com.

## **WHCA Board of Directors**

President	Dylan Richards president@westhillhurst.com
Vice President	Casey Kennedy vice-president@westhillhurst.com
Past President	James Heater pastpres@westhillhurst.com
Treasurer	Margot Davidson treasurer@westhillhurst.com
Secretary	Marc Coyte secretary@westhillhurst.com
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Julie Impey Alberto Trejo	Angela Pucci Gord Chester	Jan Burwell Maggie Lam	Deborah Kowbe
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#### Committee Contacts

Committee Contacts	
Planning	Karen Dahl whcaplanningcommittee@gmail.com
Transportation	Janice Paskey
	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



#### SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT

News, Events, & More

Crime **Statistics**  Real Estate **Statistics** 



#### **WHCA EVENTS**

#### The Nest

Happy April from all of us at The Nest! We are so thrilled with the excitement and success of our first annual Super Bowl Party! Thank you to our sponsors and amazing staff for pulling this fun event together. Congratulations to all the winners of our raffle prizes, including that amazing Phillips painted mini fridge.

We are excited to announce some new menu items from chef Sadie. Try our new Sesame Steak Bites or Ultimate Grilled Cheese with your next cold beer. We are also now serving house made burger patties and sliders. Come check them out! We have made a few other menu adjustments that you'll notice on your next visit.

As always, we are pleased to offer great food, an excellent drink selection, daily specials, gluten-free options, a kids' menu, and more! Thank you to the community and visitors for your support at The Nest. Cheers!

The Nest is open from Tuesday to Saturday from 4:00 pm to midnight. Come meet our friendly staff and enjoy delicious menu items from chef Sadie. Think of us for ladies' night, date night, before/after the big game, during kids' skating lessons, and all things bringing the neighbourhood together.

For reservations and group bookings, please email thenest@westhillhurst.com or call 403-389-2039.

Follow us on Instagram @thenestwhca to keep up with our latest news.

www.westhillhurst.com/thenest.





#### We Need You! We Are Better Together!

We are looking for people interested in helping with West Hillhurst Community Association's events. If you have any ideas or are interested in helping, please contact info@westhillhurst.com.



# West Hillhurst Transportation Committee

The WHCA transportation committee works with the Planning Committee to advocate for vehicle, pedestrian, cycling, and transit safety and access in our neighbourhood.

The goal of the WHCA Transportation and Mobility Committee is:

- To work with the City of Calgary on Transportation plans and issues related to our community.
- To work with community members by letting them know how they can resolve transportation issues.
- To advocate for our community to get new and improved transportation research and devices.



#### 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 Spring Programming**

All programs can be found at www.westhillhurst.com/ youth-programs if not otherwise listed.

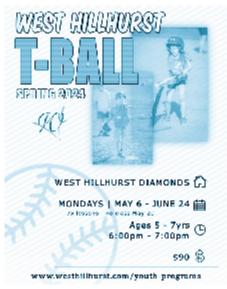
#### **WHCA Community Soccer**

Registration closed.

#### WHCA Skills and Drills

**WHCA Tennis** 

WHCA T-Ball



## New! WHCA Botanicals in Pastel Art Workshop April 13

#### New! WHCA Clay for Kids Weekly Program April 5 to May 10

#### **New! WOW Occupational Therapy**

WOW Occupational Therapy is offering programs to support children with ADHD and similar presentations. Limited spots are available. wowOT.ca. WOWoccupationaltherapy@gmail.com.

#### **New! Pedalheads Summer Camps**

#### WHCA Preschool 2024-2025

Registration open. www.westhillhurstpreschool.com.

#### **WHCA Squash**

#### Jugando: Spanish Centre for Kids!

www.jugando.ca.

#### **Engineering for Kids**

Ages 5 to 12. www.engineeringforkids.com/calgary. Fall 2024.

#### **Triple Meg Soccer**

www.triplemeg.com.

#### **Hybrid Hockey**

Hockey development programming. Spring hockey and non-instructional school day skating and skills program. www.hybridhockey.net.

#### Sportball

www.sportball.ca/calgary.

#### **Kinder Studios**

Dance for ages three months to 12 years. www.kinderstudios.ca.

#### **Baby/Toddler Music**

www.mosspostpartum.com.

#### Parent/Baby Yoga

www.mosspostpartum.com.

#### Irish Dance

www.bradyacademy.ca.

#### Karate Jkaiwayama

www.jkaiwayama.ca.

## **Adult Sports and Fitness Programming**

#### WHCA Women's Squash

www.westhillhurst.com/adult-programs.

#### NCHL (Adult non-contact hockey league)

Monday to Sunday. www.nchl.com.

#### Jazzercise with Judy

Monday/Wednesday. 6:00 to 7:00 pm. jazzed@telus.net.

#### **Pre and Post Natal Fitness Programming**

Tuesdays. www.mossportpartum.com.

#### Parent/Baby Yoga

Wednesdays. www.mosspostpartum.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-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.

#### **Chinook City Roller Derby**

Adult roller derby. michael.p.willie@gmail.com.

### **WHCA Facility Rentals**

We have our WHCA arena, gymnasium, and studio spaces available for rent! We are currently taking bookings from now until August 2024. Please check our online calendar for available times at www.westhillhurst.com/facility-rentals. Questions? Email bookings@westhillhurst.com.

## **Skip the Depot**

What is SkipTheDepot? A door-to-door bottle collection, electronic recycling, and clothing donation service that makes recycling and clothing donations even more manageable as they will come to you! For a full refund use promo code DONATEWESTHILLHURST. Download the app and book a pick-up!

https://app.skipthedepot.com/westhillhurst





Go-Getter: Noun – someone who is very energetic, determined to be successful, and able to deal with new or difficult situations easily.

Are you a Go-Getter? If so, you should join us!

We are a diverse group of individuals 50+ who thrive on staying active, making new connections, and trying new experiences. We offer fitness classes, games, and monthly special events. Memberships for 2024 are only \$35 and are available now.

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

## **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 the 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 http://developmentmap.calgary.ca to find details and timelines on specific development projects.

Email the WHPC directly at whcaplanningcommittee@gmail.com.

#### **GENERAL MANAGER'S MESSAGE**

Dear WHCA Community Members,

Spring registration is now open at the West Hillhurst Community Association (WHCA) with a variety of programming and events. The 2024-2025 preschool program is accepting applications — secure your child's spot at www.westhillhurstpreschool.com.

Our community thrives with your help, so if you're interested in volunteering for events, find out more at www.westhillhurst.com/whca-events.

This spring, join us for our Earth Day event, community garden cleanup, food truck nights, community cleanup – 'Spruce Up the Neighbourhood', and other neighbourhood activities. Don't miss our 'Kick off to Summer' event on June 22, featuring fun-filled activities, face painters, bouncy castles, escape rooms, food trucks, and so much more. Follow us on social media for event updates.

We appreciate all community members who have purchased the yearly membership, contributing to our community's development.

Susan Lenio

Interim 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!



#### WEST HILLHURST PRESCHOOL NEWS



by Lisa Kelly

Another lively and enjoyable month at preschool. We continued with our class topics based on the interests of the children. As teachers, we work hard to develop these interests and plan activities that will embed early skills and encourage questioning, curiosity, and wonder in the children. As the year progresses, it is so lovely to see friendships develop in the classroom. It is a pleasure to watch the children play together, making up their own imaginative stories, taking on different character roles, taking turns, and sharing toys.

The children have now completed their four-week program of skating lessons. It was great to see them on the ice, having fun with their friends. For some of our children, it was their first experience, so it was lovely to see them standing and stomping around! For others, this was a great opportunity to embed and develop skills that they have learnt with their family or in lessons. They all did a great job, and all the teachers were so proud of them.

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 in both English and Spanish Bilingual in our bright and inviting classroom on the second floor of the West Hillhurst Community Centre. General registration for 2024-2025 is open. For more information, please visit our website at www. westhillhurstpreschool.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.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**BLUE WAGON LAWN CARE:** A local student-owned business now offering spring cleanup services! Aeration, power raking, fertilizer, leaf cleanup. 700+homes served. Limited spots are available so book now to keep your lawn lush this summer. Contact Anette at 403-984-6824, sales@bluewagon.ca, or visit www. bluewagon.ca to get a free instant quote!

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at www.Facebook.com/TerraViewLawnCare.

**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.



## **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
- Holiday Inn Express & Suites University Calgary: 10% discount on room bookings
- Kensington Wine Market: 10% off wine, 5% off beer and spirits
- Framed on Fifth: 10% off picture framing services
- 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
- Showhome Furniture: 20% off regular priced items, 10% off custom furniture
- 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.





# **Welcome Home To Cambridge Manor**

NW Calgary's Beautiful New Seniors Community

- Dynamic University District neighbourhood
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403.536.8675 | CambridgeManor.ca | cambridge@theBSF.ca



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- support our urban wildlife
- have fun
   take a break from technology

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# **CARDINAL**

BY TREVOR RAMAGE





**4**03.850.2560













List Price: \$989,900

MLS # TBD

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#### 1721B 1 Avenue NW

List Price: \$849,900

MLS # TBD

Experience the tranquility of empty nest living in this inviting home, featuring a South-facing backyard on a sought-after street.



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Warmest congratulations to a valued client. Thank you for continuing to place your trust in me.



306, 323 13 Avenue SW

List Price: \$284.900

Heartfelt gratitude for referrals. Congratulations to new clients on your recent purchase.

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





\*Based on Total Dollar Sales Volume for a Single Office