

APRIL 2016

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your WEST HILLHURST WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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West Hillhurst Community Association

1940-6th Ave NW
Calgary, AB – T2N 0W3
Phone: 403.283.0464 | Fax: 403.270.0482
info@westhillhurst.com | www.westhillhurst.com

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West Hillhurst Community Association

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 Facility Administration Hours: Mon-Fri 8-5
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WHCA Board Of Directors

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| Secretary | Kerry Baird | secretary@westhillhurst.com |

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| | | |
|----------------------|-------------------|-----------------------------------|
| Planning | Gerard Van Ginkel | planning@westhillhurst.com |
| Transportation | Kerry Baird | transportation@westhillhurst.com |
| Newsletter | Carla Fiorentino | news@westhillhurst.com |
| Community Engagement | Jo Larson | volunteers@westhillhurst.com |
| Capital Projects | Richard Raap | capitalprojects@westhillhurst.com |
| Community Garden | Vacant | garden@westhillhurst.com |

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|-------------------|-----------------|
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| Christine Fraser | Richard Raap |
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| Jo Larson | Kail Ross |
| Dion Lobreau | Jordan Stuart |

The Warbler is the community newsletter for the resident of West Hillhurst. Our goal at the Warbler is to capture the attention and interest of the local community and keep residents informed of community news, events and programs.

On Site Facility Contacts

| | |
|--------------------------------|---|
| On site after hours assistance | 403-714-5972 |
| Learn to Skate | skate@westhillhurst.com |
| Preschool | preschool@westhillhurst.com |
| Squash & Tennis Bookings | 403-283-0464 ext. 1 |
| Health Club Administrator | Jennifer Waller jennifer.waller@westhillhurst.com 403-283-0464 ext. 7 |
| Facility Administrator | Carla Fiorentino admin@westhillhurst.com 403-283-0464 ext. 6 |



Follow us on Facebook
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www.twitter.com/westhillhurstca



VOLUNTEER OF THE MONTH



The WHCA Health Club is looking Spiffy! Thank you to David Basto, Don Milne, and John Jurgenliemk who volunteered to paint the fitness area of the Health Club - We've received many compliments on the fantastic paint job!

WARBLER SUBMISSION

7th

of each month

Email: news@westhillhurst.com

PRESIDENT'S MESSAGE

Brent Alexander, President

Everything is coming up Playgrounds!

There have been many playground rebuilds, replacements and rejuvenations over the last few years in West Hillhurst. Helicopter Park, Westmount, 2nd Ave and the one just north of the Bowview Pool to name a few. Each has helped rejuvenate the neighbourhood and brought the community closer together – both in the planning and building as well as the enjoyment they bring families.

Typically, it is the neighbours that identify the need for their playgrounds to be improved. But recently three playgrounds that serve the families of West Hillhurst have been identified by the City and the Calgary Board of Education as requiring “lifecyle” work. What this really means is that both organizations are concerned about liability issues of old playground equipment maintained on their properties and will be clearing it out. Nobody wants their kids injured on faulty old equipment. But this is where the similarities end and the opportunities open up for the neighbours.

The City has had a few requests from residents in the past year about the Secret Park off Sumac Road NW and Grand Trunk Park nearby on 5th Ave and 23 St. Both are (currently) relatively small playgrounds. Fortunately in the City's regular review of playground assets, the City has agreed that they are both in need of replacement AND has a plan to assist.

At this point, there is \$75K allocated from the City to the rebuild of each playground: \$40K for the equipment and \$35K for site prep. And it is going to happen fast! June 2016 is the hoped for replacement date. Monies, volunteer hours and in kind donations raised by the community will go directly to increasing the amount of equipment in the playground. All the City has requested is for community involvement to get the ball rolling for something bigger and better than what they can do on their own. This is all great news and it is very exciting.

If you are interested in taking part in donating time, treasure or talents, please contact Dion Lobreau (lobreaudr@gmail.com) for the Secret Park or Leigha

GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

We hope everyone enjoyed Easter and had their chocolate fix satisfied. Who's kidding who – that can never happen.

Just a reminder about that Preschool and Community Soccer registrations have begun. As always, please check the WHCA website, Facebook, Twitter, and watch your emails for new health club programs and for community updates.

Pidde (plpidde@telus.net) for the Grand Trunk Park playgrounds.

Calgary Board of Education has identified half of the Queen Elizabeth Elementary playground as nearing end of life. CBE will remove the structure in 2017, but has no budget to replace it. Site prep and equipment replacement are all for the community to plan and fund. We are working with our City contact at Parks to see if they will assist as the playground is open to the community at large and well used off school hours as well. The overall budget is \$250,000. If you would like to be involved please contact Queen Elizabeth School, located at 402 18th St NW.

Fortunately in all three instances, the Parks Foundation Calgary is working in conjunction with community groups to provide tax receipts for all monetary donations. Everyone who wants to get involved is invited.

Hoppin' & a-Boppin'

DANCE CAMPS FOR KIDS

July & August

282-0555 2020, 12th Ave. NW

Wee-Bop: Ages 3-5
 Be-Bop: Ages 6-8
 Doc-Wop: Ages 9-12
 Intensive: Age 11+




COMMUNITY ENGAGEMENT

Jo Larson

New Playgrounds Coming to West Hillhurst

The City of Calgary Parks Department has identified Grand Trunk Park (5th Avenue & 23rd Street NW) and Secret Park (Sumac Road NW) to be at the end of their life cycle. As part of general life cycle improvements for City lands, these tired playgrounds will need to be replaced. The City has committed significant financial resources to do so, and along with the Parks Foundation Calgary, has approached our community for input.

Several keen residents have come forward to work on these exciting projects, and met in early March to gather more information and to provide input to City and Parks Foundation personnel. Playground design wishes were discussed and planning timelines reviewed so that community residents could contribute in a valuable way.

We look forward to hearing more about the progress of these two very worthy projects over the next few months, and to get ready for their installation later this year (perhaps this summer). This will be a big improvement for families and friends who live near these parks. They will provide endless hours of outdoor fun for kids of all ages, be a gathering spot for neighbours and represent a big enhancement to the community.

Stay tuned for more information on how to get involved, from taking part on the planning committees, making a donation or signing up to volunteer to help with the installation of the play structures once timelines are established. Check out the WHCA website westhillhurst.com or contact WHCA for more information and contacts for these two projects.

Great Ways to Welcome Spring!

WHCA's Garden Committee will be hosting a number of fabulous gardening information sessions and lectures in May to get you ready to enjoy your home and community garden. There will be both free sessions in conjunction with the City of Calgary's ReTree Program, and also some lecture-type sessions with local gardening experts that require a fee from participants. Check

out the following to learn some new information or get valuable tips to make your green thumb even greener:

The ReTree Program through the City of Calgary will be presenting a talk on **"Gardening with Trees & Shrubs", on Wednesday May 4** in the early evening (exact time to be posted on our website). This is a free program that will help you provide interest in your garden all year long.

The Garden Committee is pleased to have horticulturist **Janet Melrose** on hand on **Saturday, May 7** from 10am-12pm to discuss various elements of gardening that should be top of mind for this time of year. These include soil preparation, seeding, natural fertilizers and crop compatibility. Who knew that some plants are friendlier and grow better together?! There will be a \$10/person fee for this session, with room for 25 participants.

On **May 10 from 6:30-8pm**, the GC is excited to have famed gardener, designer and author **Lyndon Penner** on hand to share his wealth of knowledge on yard design and plant selection. If you've had a chance to hear this garden guru on CBC radio over the past several years, you will know what a treat it is to get fantastic and funny gardening information from a very knowledgeable source! This presentation will be held in the WHCA gymnasium with room for 50 participants; the cost is \$20/person. Please contact Chris at garden@westhillhurst.com to RSVP for both of the paid events.

Have you ever wondered what you can plant in that shady or tricky spot under the trees in your yard? Come and check out **"The Under Story" on Thursday, May 12**, in the early evening (exact times to be posted on our website). Again, this is a free program for participants, courtesy of ReTree Calgary.

Please contact Chris to RSVP for all of the events (especially the paid ones please!), and let us know if you plan to take part. Also, keep watching the Warbler and the WHCA website, westhillhurst.com for more details on our upcoming **Spruce Up the Neighbourhood** event, which we hope to host at the end of May.

WHCA COMMUNITY GARDENS

garden@westhillhurst.com

Spring is just around the corner and our gardens will be up and running along with programming and guest speakers all summer long!

Please save your egg shells and bring them to WHCA before May 20. The garden committee will be organizing a kids' planting craft at our spruce up the neighbourhood event!

Saturday April 30 come and stretch your roots! Join Re-tree Calgary for a community walk at 9am.

Lyndon Penner, gardening rock star, has been getting dirt under his fingernails since the age of three. He's never forgotten the thrill of growing his first flowers from seed. A landscape designer and horticultural consultant, Lyndon has a growing following as a gardening columnist on CBC radio in Alberta and Saskatchewan. He appears frequently as a guest speaker at universities, colleges and gardening associations in Western Canada. Lyndon lives in Calgary! Lyndon will be coming to WHCA to talk about the "Chinook Short Season Yard"

- Climate, zones, soil, color, texture shade.
 - Pick the best bulbs, perennials, trees and shrubs for your yard
 - Shop smarter at garden centers
- May 10 from 6-8pm – tickets are available online www.westhillhurst.com for \$20.00

Janet Melrose, Calgary Cottage Gardner will be joining us to speak about "Getting in the Garden"

- Calgary's changing weather & how it effects our growing season
 - Best seeds, direct seeding techniques and planting methods
 - Best crops
 - Potato and Tomatoes and other warm crops
- May 7 from 10 am -12pm registration available online www.westhillhurst.com for \$10.00

Workshop

Reiki Certification Workshop – Learn to teach natural healing on April 9 from 12 – 8pm with Tanis and Cory. Email angelcalm@hotmail.com for further information and registration!



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PLANNING COMMITTEE UPDATE

Gerard Van Ginkel

City of Calgary – Flood Mitigation Measures Assessment Project

The Flood Mitigation Measures Assessment project is focused on developing a comprehensive list of flood mitigation measures for the city of Calgary. As part of the project, the city of Calgary is gathering community input which will help inform recommendations to Council.

We are creating a Community Advisory Group for this project. There are many opportunities to get involved and to share input in addition to the Community Advisory Group. For more information on the project, the Community Advisory Group and engagement opportunities, please visit calgary.ca/floodinfo.

Community Advisory Group - Get Involved

Building resiliency to flooding is a top priority for The City. Since the 2013 flood, we have repaired, restored and recovered from devastating and costly flood damage. With much of the recovery well on its way, our focus is to ensure we build flood resilience by implementing the 27 recommendations of the Expert Management Panel on River Flood Mitigation.

Now, we are advancing further by developing a comprehensive suite of mitigation measures for Calgary through a consultative, citizen-focused approach.

The best decisions involve community input

In the upcoming months, The City will be meeting with citizens, stakeholder groups, community organizations and orders of government. The input gathered will be used to develop The City's comprehensive suite of flood mitigation measures for the Bow and Elbow rivers.

Join the Community Advisory Group (CAG)

The City of Calgary is looking for community members from 2013 flood-affected and non-flood affected communities, business and interested representatives to participate in the Flood Mitigation Measures Community Advisory Group.

The Community Advisory Group will provide input concerning flood mitigation measures to The City,

who will then make recommendations for decisions by Council.

Apply Now

Join us in developing the comprehensive suite of flood mitigation measures which will protect citizens, properties, critical infrastructure, vital services, communities and downtown from future river flood events.

There are many opportunities to get involved and to share input in addition to the Community Advisory Group. For more information on the project, the Community Advisory Group and engagement opportunities, please visit calgary.ca/floodinfo.

TRANSPORTATION REPORT

Kerry Baird

Transit Changes: There were a few open houses and drop in sessions on some proposed changes to bus routes in our neighbourhood. The main routes affected are the 405 and 419. The 419 will no longer join the two sides of our community that is split by Crowchild. Route 405 will no longer pass down 23rd and will only go to 19th street. This leaves the students of Louise Dean and the members of Lions Park only using the larger bus routes. The city currently believes that these two routes have low ridership and the extra blocks the students and seniors need to walk are justified. To have your say, check out the city's website: www.calgarytransit.com/2016ServiceReview.

Crowchild: There were some open houses and drop in sessions on the ideas that city will pursue in Phase 4. At time of writing none of the open houses had started so there is little information we can give. To keep up to date please use either the city of Calgary's website: www.calgary.ca/Transportation/TP/Pages/Projects/Current-Planning-Projects/crowchild-trail-study/Crowchild-Trail-Study.aspx or our mightbell one: www.network-89862.mightybell.com/communities/89862/topics.



News from the Friends of Nose Hill

by Anne Burke

Recently I was told that the City does not collect cycle use data on Nose Hill and there were no 311 calls about it. Now there is a colour-coded Global Heatmap of human activities, such as running or cycling on the regional pathway system. You can use the toggle labels to check locations, for Nose Hill Park or your community. Through social media athletes network in real time.

Local Action for Biodiversity means each local government has a long-term local strategy, action plan, and will implement on-the-ground initiatives. The edits to The City's biodiversity webpage have now been made. The page better reflects the strategic plan, as well as providing details on the BiodiverCity Advisory Committee. Agendas and minutes are at: www.calgary.ca/biodiversity. As the Committee advances its work plans, further refinement and expansion of the webpage is expected. A report to City Council will go forward in the spring.

The CBC is looking for photos of Calgary's wildlife, animals, and birds for a photo gallery on their website. The contact person is: heather.moriarty@cbc.ca. She is

just in the process of collecting photographs now and if people are interested they should email them to her. She hopes to have the online photo gallery put together and posted within the next couple of weeks. "We are featuring photos that were taken in Calgary. The idea is to show all of the wildlife that can be found within city limits. We will credit the photographers, identify the animal/bird in the photo, and let people know approximately where in the city it was photographed."

In 2014, City Parks and Roads received a one-time grant from the Council Innovation Fund of \$300,000 for an automated, interactive Parks and Roads Map. With the number of 311 service requests, it has been challenging to have accurate information. Soon the system on www.calgary.ca will improve access to up-to-date data for Parks and Roads services, such as mowing and snow ploughing.

Calgary has one of the highest allocations of greenspace of any city in North America. There are 693 natural areas which make up over 50% of the park space in Calgary. Natural areas give priority to the protection of vegetation and wildlife over human use when the two come into conflict.



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WHCA PROGRAMS

WHCA INTERNAL PROGRAMS:

Contact WHCA Directly:

Email: info@westhillhurst.com

Phone: 403-283-0464

Visit Our Website: www.westhillhurst.com

Main Building Location: Use South or East Building Entrances

Adult Indoor Pickleball – Monthly Registration & Drop-In Options Available

Bring your Pickleball/paddle racquet and enjoy this exciting sport that's growing in demand! Low impact activity, perfect for adults and seniors who enjoy the game but could do without running a full length court. \$5.00 drop-in option available on-site.

Dates: Inside (Main Gym)

Days/Times: Mondays - Saturdays (Calendar Available on-line, WHCA website)

Cost: \$25 + GST/month per member (with a WHCA Annual Membership)

Register online: www.westhillhurst.com

Tai Chi - Free Member Program ** Pre-Registration Required

In this class, students will begin learning the 108 move Yang sequence. Principles of alignment and instruction on foundational patterns will also be taught. No previous Tai Chi experience is necessary, but please bring flat shoes and loose fitted clothing. All levels welcome.

Dates: January – March 2016

Times: Saturdays - 9:30 am – 10:30 am

Room: Upper Studio A

Cost: No Charge - Valid WHCA Membership Required

Register online: www.westhillhurst.com

Ice Skating – Free Member Program - Drop-In

Drop in to enjoy a free member skate during the dates and times indicated below (no hockey sticks).

Dates/Times: Mondays: 1:15 pm - 2:15 pm

Fridays: 9:30 am – 10:30 am

Location: Ice Arena

Preschool Yoga

Yoga helps children by giving them tools to calm themselves and focus while at the same time channeling that energy in more appropriate and functional ways. Guided visualization fosters creativity and allows children to learn to visualize special places, people, and things that are important to them as well as use their vivid imaginations.

Registration: www.westhillhurst.com

Date: April 6 – May 31

Time: 3:15pm

Cost: \$30.00/8 weeks or \$4 drop in

WINTER 2016 LEARN-TO-SKATE PROGRAMS

Pre-PowerSkate

U10, PrePower is designed to give hockey and ringette skat-

ers a solid foundation to skate better and play better. This program focuses on balance, power, agility, speed and endurance to train players to be ready for any game situation that unfolds. ** Please note this is not a Learn to Skate program – participants are expected to have previous skating experience.

Age recommendation: under 10

Timeframe: April 9 – June 25

Saturdays: 11:30am – 12:30pm

Cost: \$250.00

CanSkate - Learn to Skate

WHCA's CanSkate program emphasizes a fun learning environment. Your child will earn badges and other incentives while working on the fundamentals of skating. Through the use of toys, games, and skilled exercises, our National Certified Skate Canada Coaches will guide participants through the basics in a group lesson format. Learn the fundamentals of skating skills, incorporating power, agility and control to set participants up for success in any skating discipline such as; hockey, ringette, and figure skating or recreational.

Age recommendation: Ages 4 and up

Timeframe: April 6 – June 29 or April 9 to June 25

Days: One or Two days per week - Wednesdays 4:45 -5:30pm and Saturdays 10:30-11:15am

Cost: \$300.00 / 2days or \$200.00 / 1 day

StarSkate – Learn to Figure Skate

Timeframe: April 18 – June 29

Days: Mondays 4:00-4:45pm Conditioning Class (off-ice) 5:00-6:00pm (on-ice) Wednesday 5:00-5:45pm Ballet 5:45-7:00pm (on ice lesson)

Saturdays 9:30-10:30am (on ice lesson)

Cost: \$650.00

West Hillhurst's StarSkate Program emphasizes learning the basics of figure skating and progressing to more advanced skills. Athletes will enjoy three on-ice classes a week, with a focus on learning Edges, Turns, Spins & Jumps and participating in Skate Canada Test Days and Competition events. In addition to training on the ice West Hillhurst provides off-ice classes, incorporated in registration, which follows Skate Canada's Long-Term Athlete Development program. These classes include:

Monday: Conditioning Class

conditioning class focuses on cardio, endurance, building strength, and agility. This class will aid in the athletes jumps and spins as well as endurance for on-ice performance (programs, dances, skills).

Wednesday: Ballet and Yogalites

A ballet inspired class with a blend of yoga and Pilates all rolled into one focused on flexibility, control and balance. This class will support the athlete in working on field moves as well as strength and control while performing on ice.

Age recommendation: For CanSkate Graduates or Stage 4 and up

Pre CanSkate

When you sign up for the Pre CanSKATE Program emphasis

WHCA PROGRAMS CONT'D

is placed on fun and learning basic skating skills with a low Coach to Skater ratio. Your child will learn incentives while working on the Skate Canada fundamentals of skating. Through the use of toys, games and skills exercises, our Nationally Certified Skate Canada Coaches will guide participants through the basics in a group lesson format! Learn the very basics while learning to stay stable on their feet to kick start skating achievement!

Age recommendation: Ages 3 and up

Timeframe: April 4 to June 29

Days: Mondays 4:15-4:45pm, or Wednesdays 4:15-4:45pm

Cost: \$250.00

PowerSkate

Ages 10 + PowerSkate is designed to give hockey and ringette skaters a solid foundation to skate better and play better. This program focuses on balance, power, agility, speed and endurance to train players to be ready for any game situation that unfolds.

Age recommendation: Ages 10+

Timeframe: April 9 – June 25

Saturdays: 11:30am - 12:30pm

Cost: \$250.00

Adult Skate

Never had the chance to learn to skate and have always wanted to? West Hillhurst offers an Adult Skate program which incorporates Skate Canada skill training and circuits to guide adult skaters to success.

Taught by a nationally certified Skate Canada coach, participants will be joined by other adult skaters to enjoy lessons in a relaxed group atmosphere.

Timeframe: April 6 – June 25

Days: Wednesdays 4:45-5:30pm and Saturdays 10:30am-11:15am

Cost: \$250.00

Adult Figure Skating

Designed for individuals, aged 18 and up, who have previous figure skating experience and wish to continue into their adult life or for Adult Skaters looking to try something new. Private lessons with our nationally certified Skate Canada Coaches and Ice Dance Partner are available upon request at an additional cost of \$12.50 / 15 minute lesson (plus GST)

Timeframe: April 4 – June 29

Days: Mondays 5:00-6:00pm, Wednesdays 5:45-7:00pm and Saturdays 9:30-10:30am

Cost: 1, 2 and 3 day/week packages available ranging in price from \$150.00-\$450.00

WHCA HEALTH CLUB PROGRAMS

Entrance to Classes: Northwest Health Club Doors - Beside Tennis Courts

Winter Classes

Try one of our fitness classes without the commitment of the entire program - \$12.00 drop-in fees!

Bootcamp Express

\$12.00 drop in

Description: A non-stop, non-choreographed total body workout that will push your muscular strength and cardiovascular endurance. Bootcamp provides rapid fitness improvement in a short period of time. Push yourself to new limits in each and every class. This class will provide an intense workout for every fitness level.

Timeframe: April 7 – June 16 (11 classes)

Dates/Times/Registration: Thursday's 5:30 – 6:15pm

www.westhillhurst.com - programs - adult programs

Indoor Cycling Strength and Core

\$12.00 drop in

Description: This indoor cycling – strength and core class is an effective way to train every part of your body. A variety of cycling drills and core conditioning exercises are combined to increase your strength, flexibility, and endurance.

Timeframe: April 10 – June 19 (10 classes)

Dates/Times/Registration: Sundays 9:10 – 10:10am

www.westhillhurst.com - programs - adult programs

Indoor Cycling

\$12.00 drop in

Description: Indoor cycling is a low-impact cardiovascular workout on a stationary keiser bike. This high energy class will take you on a challenging journey of climbs, hills, and flats. Beginners are welcome.

Timeframe: April 5 – June 14 (11 classes)

Dates/Times/Registration: Online – www.westhillhurst.com - programs - adult programs

Morning Warrior

\$12.00 drop in

Description: Morning warrior is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get everything you need in our early morning bootcamp to keep you going all day! All levels welcome.

Timeframe: April 5 – June 14 (11 classes)

Dates/Times/Registration: Tuesday's 6:10am-7:10am

www.westhillhurst.com - programs - adult programs

Total Body Conditioning

\$12.00 drop in

Description: This class will contain all components of fitness, with a focus on core strength and stability throughout the workout. Cardio intervals are added in to enhance your cardiovascular endurance.

Timeframe: April 4 – June 13 (10 classes)

Dates/Times/Registration: Monday's 1:30 – 2:30pm

www.westhillhurst.com - programs - adult programs

Flexibility Training

\$12.00 drop in

Description: Stretch and Flexibility Training

Timeframe: April 8 – June 17 (11 classes)

Dates/Times/Registration: Friday's 2:30 – 3:30pm

www.westhillhurst.com - programs - adult programs

~continued next page~

WHCA PROGRAMS CONT'D

Cardio, Butts and Guts

\$12.00 drop in

Description: Train and tighten all regions of the lower body and core with this class. Cardio intervals are added in to enhance your cardiovascular endurance. All levels welcome.

Timeframe: April 6 – June 15 (11 classes)

Dates/Times/Registration: Wednesdays 9:10 -10:10am

www.westhillhurst.com - programs - adult programs

Fusion Fitness

\$12.00 drop in

Description: Fusion: Yoga, Pilates & Fitness Training. It is a beautiful blend of Yoga, Pilates & Fitness conditioning that challenges strength, balance & flexibility, as well as increasing stamina.

Timeframe: April 6 – June 15 (11 Classes)

Dates/Times/Registration: Wednesday's 1:30 – 2:30pm –

www.westhillhurst.com - programs - adult programs

Barre

\$12.00 drop in

Description: Barre exercise combines Yoga, Pilates, and Ballet to provide a low-impact, total-body workout. Expect a fun workout that focuses on low-weight, high-repetition exercises to tone your muscles. Start the class with an energizing warmup and light weight series, followed by barre work with intervals of light cardio. Finish the class strong with a core and stretch series. Accessible to those with all fitness levels -- no dance experience required!

Timeframe: April 4 – June 13 or April 9 – June 18 (10 classes)

Dates/Times/Registration: Saturdays 8am -8:50am or Mondays

5- 5:50pm – www.westhillhurst.com-programs

Sattava

\$12.00 drop in

Discover yoga! A gentle vinyassa class for all levels of yoga. Props will be used to ease poses for those who need assistance. The class is a healing practice for backs, hips, shoulders, and many other issues. No experience necessary.

Timeframe: April 9 – June 18 (10 Classes)

Dates/Times/Registration: Sunday's 8am – 8:50am

www.westhillhurst.com - programs - adult programs

Seniors Yoga

\$6.00 drop in

Discover yoga! This class is for those who want to work at a modified easy pace. This class mixes together Tai Chi, Cardio – low impact, weights, and balance and core stability. A gentle way to get fit!

Timeframe: April 8 – June 10 (10 Classes)

Dates/Times/Registration: Friday's 12:45- 1:45pm

www.westhillhurst.com - programs - adult programs

Mommy Yoga

Upper A studio beside preschool

\$10.00 drop in

A discover level yoga class exploring yoga poses and gain benefits of strength, flexibility and balance. Props will be used to ease poses for those who need support. Moms are welcome alone or with their babies and toddlers!

Timeframe: April 8 – June 10 (8 Classes) ** no classes May 13 or 20

Dates/Times/Registration: Friday's 11:30am – 12:30pm

www.westhillhurst.com - programs - adult programs

Burlesque Dance Party

Looking for a fun and sexy girl's night out or planning a Bachelorette? Bring your boas, as we move through a simple warmup, followed by a routine that will have everyone giggling while bringing out your inner divas. Dress up or wear comfortable workout clothes, it's up to you!

Time and Date: Up to you! ** Dependent on availability.

Details: Email personaltraining@westhillhurst.com to discuss further class information, costs and availability

WHCA Squash Instructor- Anna Pentland

Now offering private, semi-private and small group lessons for all ages. Squash lessons are 45-mins and will be organized and coordinated with your availability through Anna: squash@westhillhurst.com. For further information on our WHCA squash trainers and squash programs please visit www.westhillhurst.com/squash

GENERAL HEALTH CLUB INFORMATION

WHCA Health Club Packages

Note: A current WHCA membership is required for all health club package holders / purchasers

All memberships include towel service.

Email: healthclub@westhillhurst.com

Visit us online for more details: www.westhillhurst.com

Health Club Memberships

Annual, Monthly, and Drop-In Memberships Available

Visit www.westhillhurst.com or call 403-283-0464 ext 1.

WHCA Personal Training

Contact Karen Branford at personaltraining@westhillhurst.com for pricing, scheduling and general information.

Dance Studio Rental Opportunities

Looking for somewhere spacious to teach your class? This gorgeous studio offers full length mirrors, surround-sound stereo system and wood flooring. The studio currently offers a wide-range of classes, from Karate to Cycling and everything in between. If you are a fitness, yoga, or dance instructor and are looking for space to rent for classes, or private practice time, please contact us.

34 x 40ft (1360 sq ft)

Capacity: 60

\$35/hour

Spin Bikes: \$50/booking slot

The studio is rented on an hourly basis.

WHCA PROGRAMS CONT'D

EXTERNAL WHCA PROGRAMS

Contact Organizer/Organization Directly For Information

Jazzercise with Judy

You might think this class belongs in the 80's - think again! Jazzercise is a 60-minute fitness class combining cardio, strength, and stretch moves for a total body workout. Judy takes moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundles them into one hour. All ages, levels and sizes welcome, so come join her today! You will burn up to 500 calories in one session and get your first week for free. You have nothing lose but a few pounds and gain a few friends in the process.

Classes: Mondays and Wednesdays 6:00 pm – 7:00 pm

Location: Health Club North Entrance - Dance Studio

Email Information: Judy at jazzed@telus.net

JKA KARATE (jkaiwayama)

Strengthen your mind, body, and spirit!

Beginner Children: Tuesdays 5:00-5:45 pm and Fridays 5:00-6:00 pm

Beginner Adults: Tuesdays 5:45-6:30 pm and Fridays 5:00-6:00 pm

Intermediate/Advanced: All Ages Thursday 7:30-8:30 pm and Friday 6:00-7:00 pm

Contact Information: Kelly Novak at 403-804-5007

Email: jkaiwayama@gmail.com

Website: jkaiwayama.com

KUK SOOL WON – Korean Martial Arts & Self Defense

Although relatively new to western Canada, Kuk Sool Won is the Korean martial art and self-defense system practiced in Europe and the US. To sum up this martial art in four words: comprehensive, versatile, wide-ranging and all-inclusive. All aspects of the martial arts are represented in its syllabus, including: kicking, punching, throwing, falling, joint locks and pressure points. Through practice, patience and perseverance, the Kuk Sool Won student increases their physical fitness, self-esteem, self-confidence and self-awareness, whatever their age or physical ability.

Visitors welcome - first two lessons are free

Contact and Information: www.kuksoolwoncalgary.com

Yoga

All Levels

For students with experience. Attention is given to alignment allowing students to transition from one asana to another with control strength and grace.

Dates/Times: Mondays 6:30 - 7:30 pm, Thursdays 6:15 - 7:15 pm

Level 1 / Beginner

For students with little or no experience. Slow, deep practice focusing on alignment through breath and awareness.

Registration: Ongoing

Contact: Debby at yogamaya.ca for more information

Date/Time: Thursdays 5 - 6 pm

Yin Yoga

Yin Yoga targets the deep connective tissues of the body such as ligaments, fascia and even our bones and joints. Long holds are practiced in stillness creating a deep, quiet and meditative practice. All levels welcome.

Date/Time: Saturdays 10:45am-11:45am

Contact/Registration: Debby at 403-283-9747 www.yogamaya.ca

Contact: Sabine at 403-283-4592 (Fully certified teacher)

www.humanlifescience.ca

Zumba

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Participants from Beginner to Advanced will enjoy the benefits of a Zumba class.

Dates/Times: Mondays & Wednesdays - 7:15 pm – 8:15 pm

Contact: Jocelyn at 403.667.0435

Email: zumbajoc@yahoo.com or visit www.zumbajoc.ca

ROYAL WEST SOCCER PROGRAMS

City League Soccer

Royal West Football Club is a not-for-profit youth soccer organization primarily located in the Inner City North West quadrant and a member of the West Hillhurst community. Our city league club competes under the Calgary Minor Soccer Association. Royal West FC offers outdoor city league soccer and indoor city league and house league soccer. On April 1, 2016 registration closes for outdoor soccer and opens for soccer and multi-sport summer camps! www.royalwestfc.com

Soccer Academy

Higher Level Sports Academy is an elite academy dedicated to developing passionate soccer players from ages U8 – U18 all levels and tiers. HLSA soccer programs are designed to build on the skills your child already has and help them reach their full sport potential, whether that be a higher tier, scholarship or professionalism. Each session involves all four components of soccer; technical, tactical, psychological, and physical. Players will gradually learn over time the coordination and basic motor skills they need to solve soccer specific problems. HLSA offers one-on-one, team, semi-private and elite training, coaches' and goalkeeper workshops, pick up soccer, preschool soccer and multi-sport programs, and summer camps! New programs starting April 2016. www.higherlevelssportsacademy

Triple Meg Soccer

After School Soccer for U8, U10, and U12

Emphasizing the development of soccer skills in a positive fun environment right after school. Pre-School Soccer Ages 3-5. High Energy, fun, age appropriate introduction to soccer for Pre-Schoolers. For more information, please visit www.triplemeg.com.

IN & AROUND SCHOOLS

Queen Elizabeth School News

Deb Hamilton

Our Grade 3 / 4 students have been involved in an ambitious Information & Communications Technology (ICT) residency over the last two months. With a mission to be kind, be smart and be safe, our students are striving to become News Jedi who are wise in the ways of the internet in order to share news relevant to Queen Elizabeth Elementary with the world.

All of this is happening on Queen Elizabeth Elementary's online school newspaper, **What's Up at QEE**. You can find it at qee.blogability.ca/school-news.

Learning how think critically to recognize good sources from bad ones, and making sure to avoid plagiarism and give credit where credit is due, students research their stories both on- and off-line. Students also learn how to be good digital citizens, being respectful of others at all times, and learn how to use the internet safely.

Most of all, students have fun and explore their creativity while learning 21st century skills in a truly authentic way. Students pick their 'beat' – the subject area they want to write about. Beats are subject areas such as gym, science and ASL, for instance. From there, students gather in story circles with peers wishing to write in the same subject area. Story circles collaborate – brainstorming and providing constructive feedback to one another to help make stories their best.

So far, we've published stories on compound machines, lines, colours, the Spring Fling, and a whole lot more. We have 'Math Problems of the Week,' 'Story Prompts' encouraging people to write and post short stories, and tips on how to make healthy and quick school lunches. We've even published some opinion pieces generating discussion of new ideas.

Each student has been writing about topics they are passionate about and, in the process, developing their writing and communications skills without even realizing it!

Publishing their work online using a WordPress CMS, collaborating using Google Docs, and generating video and audio content, students are also learning vital technology skills and discovering they can be content generators, not just consumers of online content.

Please visit **What's Up at QEE** at qee.blogability.ca/school-news and read a story or two (or a whole lot more!). Please also leave comments on the stories you read; the students want to hear from you and will get back to you too. If you have a story idea, please email qee@blogability.ca. Students will be encouraged to consider ideas from our community for upcoming stories.

QE parents, please mark these important dates in your calendar:

- April 8** – Early Dismissal
- April 18** – School Council Meeting
- April 22** – Student Led Conferences (no school)
- April 25** – Non-instruction day
- April 29** – Spring Fling



Registration For The 2016/2017 Preschool Year Is Now Open!

West Hillhurst Community Preschool is a play-based, local preschool program that runs morning and afternoon classes for 3 and 4 year old children. We are located in the West Hillhurst Community Centre. Information and registration details can be found at: www.westhillhurstpreschool.com.

WEST HILLHURST GO-GETTERS ASSOCIATION



April 1, 2016 we will be reducing our membership to \$15.00 to reflect that half of our membership year has already passed. Now is the time to come in and try us out.

Trips planned for this month include the Museum of the Highwood in High River, Bow Habitat Station Fish Hatchery and the Grey Eagle Casino. We also have a fashion show with Tanjay/Alia planned along with all our regularly scheduled activities and classes.

If you are age 50 plus, the West Hillhurst Go-Getters Association is the place for you! Among our many programs are Carpet Bowling, Tai Chi, Qi Gong, Canasta, Crib, Euchre and Bridge. We have our own bus and do day trips to various locations within Calgary and Alberta. We have a monthly luncheon and lots of opportunities for volunteers. Memberships for our membership year (September 1, 2015 – August 31, 2016) are \$25.00 for a full year of fun. Come on in and check us out. We'd love to see you.

BINGO is held every Wednesday starting at 12:00 noon and you don't have to be a member to join us (you do have to be 18 or older though). Visit us online at www.gogetters.ca or call us at 403-283-3720. Drop in and visit us anytime, Monday through Friday from 8:30 am to 4:00 pm.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



in McDougall United Church
8516 Athabasca St SE, Calgary, AB T2H 1S1
(no religious content/ non-denominational)

Artisans in quilting, knitting, crocheting, card making and cross-stitching meet to learn and practice their art in a community setting; no experience required: come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends and have a personal time-out!

Wednesday mornings 9-11 from March 30- June 22
Registration preferred, but drop-in availability; babysitting supplied
Please contact Sarah at 4039183421 for further details

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Confederation Park 55+ Activity Centre

Judy Cairns

Registration for spring activities will start Wednesday, March 16 – drop by the Centre any weekday between 9:00am and 3:00pm to sign-up. Want to try a class before registering in the entire session? Drop-in and give a class a try (some restrictions apply) for just \$8/member, \$10/non-member or purchase an Access Card (10 drop-in sessions) for \$75.00/member, \$95.00/non-member. Learn more at www.confedpark55plus.ca or call the Centre at 403-289-4780.

The Centre also has a variety of drop-in activities and clubs. Our clubs are a great way to socialize and to stay active. Learn to play the Ukulele; sing with our Chorus; audition to join the Western Reunion Barbershop Chorus; join the Camera or Book Club. You can also drop by and try various activities such as floor curling or pattern dancing and if less active games are more your style, we have bridge, whist and crib. Check our website, www.confedpark55plus.ca for the current line up of activities offered at the Centre.

Coming up in 2016

Saturday Dances – Doors open at 6:30; Dance 7:30; Tickets \$12

- April 9: Country Travellers
- April 23: For Old Tymes Sake

Events

- Friday, April 15 at 1:00pm: Multimedia presentation by the authors of Wildflowers of Banff, Jacinthe Lavoie and Ian Wilson | Admission \$2.00/person or donation to the Veterans' Food Bank
- Saturday, April 16 (Doors open at 9:30am): Seniors Housing Forum – Call 403.289.4780 to register
- Tuesday, April 19: CarFit Event at McMahon Stadium (Call the Centre for details)
- Saturday, May 7: Garage Sale (Donations can be dropped off May 4 -6)
- Saturday, June 4: Sasi Jaunt 5km walk/run and Family

Festival. Visit sasijaunt.com to get all the details or register at the.runningroom.com

To learn more about these events give us a call at 403-289-4780 or visit www.confedpark55plus.ca.

Volunteer

Expand your circle of friends and give back to the community at the same time by volunteering at the Centre. Volunteer by helping customers in the Boutique; serving light lunches and snacks in the Kitchen; greeting people at reception; or filling a number of other volunteer roles. Contact Janice at 403-289-4780 for more information.

Membership

A Confederation Park membership is only \$30/year (September 1 to August 31), that's less than 13¢ a day and activities are reasonably priced, so come by and see what we're all about. We also offer an Associate Membership for adults under 55 - families can take a class or activity together.

Stay Active • Stay Involved • Stay Connected • Join Us

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The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Cleaning up your dog's waste is part of being a responsible pet owner and helps keep our yards, parks and off-leash areas safe and healthy.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye, and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at calgary.ca/puppy.

EARLY DISCOVERIES, since 1983, has taken pride in developing the "whole child". We focus on social and emotional growth, intellectual development, fine motor skills, and gross motor skills. We encourage children to be all they can be and more! Children will leave us with a joy of learning and a quest for knowledge.

Our programs include parented programs for 1 and 2 year olds, preschool for 2 ½ - 4 year olds, and Kindergarten.

REGISTRATION ONGOING FOR SEPT 2016

Locations:
Hawkwood
Kincora
Parkdale
and Thorncliffe



CALL US AT 403-239-3444 OR GO ONLINE TO WWW.EARLYDISCOVERIES.CA

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 33

Summer Camps for your Child's Summer!



Not a Summit Kids member? No problem- let us be your solution for care in the summer.

We offer different themes for different age groups and are located conveniently in the **West Hillhurst Community Association** (1940-6 Avenue NW, Calgary, AB T2N 0W3).

For more information, please call 403.797.1488 or email info@summitsummer.ca

OR

Check out our website at summitsummer.ca

Drop-In Gym Schedule

*Due to the school spring breaks,

Drop-In Gym will resume on Tuesday, April 5th.*

Program Descriptions & Registration Information:

\$2 each drop in • 4:00 p.m. to 6:00 p.m. Tuesdays and Thursdays

Online: sk4u.ca • Call: 587.432.0471 • Email: info@sk4u.ca



Join our Dodgeball League!

Hurry- sign up for our 18+ co-ed dodgeball league.

6-12 people per team

Monday nights from 7-8 pm/ 8-9 pm

Games start April 4th

All games are out of West Hillhurst Community Association (1940 6 Ave NW)

Check out our website at sk4u.ca for more details and to sign up! info@sk4u.ca or 587.432.0471

Happy Dodging!

SummitU April Schedule

Every parent wants the best for their kids- to be happy, healthy and safe...

Summit Kids can help you with that.

Summit Kids has partnered with Kidproof Canada- a world class education publisher that creates exclusive safety curriculum and custom prevention solutions to reduce harm and protect kids around the world - to present to you: **SummitU**- the children safety courses that are right for your children!

Babysitter Training

This popular course is packed full of advice, guides, tips, and information based on real life experiences, from kids and experts in the know. A trained Kidproof Babysitter is safe, reliable and in demand! Becoming a babysitter is serious business. The life of a child is in your hands. What you do, or don't do, can make the difference.



2, 4-hour sessions (12 p.m. – 4 p.m.) - \$55 +gst
Saturday, April 2 & 9

Cybersafe Early Years

It is impossible to ignore any longer, and vital to prepare kids at an early age to be cyber safe. The Internet is a place, not a thing. With the increasing use of tablets, mobile games, learning software and eBook readers, parents and schools are turning to the Internet as a teaching tool, with many kids starting as young as preschool. The early years is the best time to begin to lay the foundation of what safe online behavior is, how to be a good online citizen, and the differences between the real world and the online world.

1-hour session (6:30 p.m. – 7:30 p.m.) - \$20 +gst
Tuesday, April 5

I Wanna Walk

Walking to and from school can be a great way to stay fit and healthy. However, it is important that students learn to stay safe along the way. Students learn how to safely react to bullies, traffic and strangers. I Wanna Walk program is a two (2) hour child safety education class that prepares kids ages eight and up to walk to and from school safely.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst
Thursday, April 7

Social Netiquette

This much needed program helps students develop proper social etiquette, good citizenship and critical thinking skills when it relates to meeting people, sharing information and socializing through Facebook, Twitter, Youtube, and Online Gaming. Popular sites such as Facebook, Twitter, Youtube, Instagram, Xanga, MSN Spaces, and LiveJournal are reviewed and special attention is given to protecting personal identity, safe online practices and cyberbullying.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst
Tuesday, April 12

Safe Sport

Safe Sport is a comprehensive child safety course that encour-

ages children to get involved in sports, and emphasizes the fundamental safety aspects of doing so. Safe Sport discusses how to be a Super Sport, stay safe at away games, prevent injuries, increase self-esteem, deal with sport-bullies, and the health benefits of keeping active. Sports can be an excellent source for kids to grow, learn and develop team spirit, but it is important to ensure kids are taught boundaries, limitations and skills to make safe choices in often difficult situations.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst
Thursday, April 14

First Aid for Kids

First Aid for Kids class is an active and informative two (2) hour program that teaches students how to safely respond to medical emergencies such as cuts, burns, choking, broken bones, allergies and accidents. First Aid training at a young age helps to build confidence and self-esteem, as well as teamwork and communication skills. This program is a valuable addition to your child's safety education plan - excellent when added to the At Home Alone Program or Babysitter Training!

2-hour session (12 p.m. – 2 p.m.) - \$30 +gst
Saturday, April 16

At Home Alone

Does your child spend a few hours home alone before or after school due to your work schedule or other commitments? This popular entertaining 2-hour workshop is designed exclusively to prepare children to look after themselves during these times. Your children will learn important skills through interactive lessons and role play that help make both you and your child more confident when they are at home alone.

2-hour session (2:30 p.m. – 4:30 p.m.) - \$30 +gst
Saturday, April 16

Stranger Smarts

Stranger Smarts is a dynamic, non-threatening two hour child safety workshop that captures the attention of students and allows them to learn how to make safe choices when approached by strangers. The lessons help to reduce fear and anxiety by providing children with skills, knowledge and confidence they need to react safely and make safe choices in potentially unsafe situations.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst
Tuesday, April 19

Program Descriptions & Registration Information:

Kidproof safety programs are a fundamental need for children and families alike. But what makes us even more special is that our programs are never scary, and always non-threatening, empowering, and entertaining.

Online: summitu.ca • Call: 587.432.0471 • Email: info@summitu.ca

IN & AROUND CALGARY

Smoking and Home Fire Safety

The place where we feel safest — at home — is where most smoking-materials structure fires, deaths, and injuries occur. Smoking materials are the leading cause of fire deaths. Every year we have over 500 fires started due to smoking materials, this is preventable and can be reduced!

Some tips to remember:

- If you smoke, smoke outside. Most deaths result from fires that started in living rooms, family rooms and bedrooms
- Keep cigarettes, lighters, matches and other smoking materials high out of the reach of children. We have found the kids to be very observant regarding "hidden" lighters.

Put It Out, Right Out!

- Use a deep, sturdy ashtray. Place it away from anything that can burn.
- DO NOT discard cigarettes in vegetation such as mulch, potted plants, landscaping,
- peat moss, dried grasses, leaves or other things that could ignite easily.
- Before you throw away butts and ashes, make sure they are out. Dousing in water or sand is the best way to do that.

Your Calgary Fire department has been called to many fires burning on the outside of homes from ignited peat moss in planters while occupants were sleeping inside.

Did you know that in addition to your Fire Department being highly trained to battle fires, that we have specialty teams that are further trained in airport rescue, structural collapse, confined space, dive rescue, high angle and hazardous material response?

For further information please visit www.calgary.ca/CSPS/Fire/Pages/home.aspx.

Calgary Fire Department. Yours for life.

IN & AROUND CALGARY

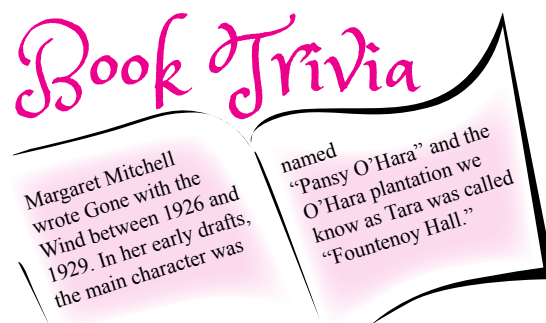
National Volunteer Week

April 10 - 16 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 150 community associations in every neighbourhood across our city, and they are all run by volunteers. In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 10 – 16, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**



CALGARY PUBLIC LIBRARY

The Book Truck

Your library on wheels is out and about in Calgary! Visit calgarylibrary.ca/booktruck to see where The Book Truck will be next and to request The Book Truck at your event.

Westbrook Library

Coming soon! Celebrate Westbrook Library's Grand Opening on Saturday, April 23. Visit calgarylibrary.ca for details.

Play!

Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:

- Reading and games with puzzles, books, quiet games
- Dramatic play and storytelling with puppets, costuming, play materials
- Large and small building activities with Duplo, blocks, shapes, mixed materials
- Writing and creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

Teen Takeover!

The last week of April is Youth Week 2016! This year, the library is hosting Teen Takeovers: we'll turn over seven libraries to teens, and have plenty of games, snacks, and activities for them to enjoy. See calgarylibrary.ca for locations and times.

Authors Live at Calgary Public Library

An Evening with Lawrence Hill

Lawrence Hill reads from his award-winning book, *The Illegal*, which tackles the timely topic of refugees.

Monday, April 18, 6:30 p.m.

Central Library

An Evening with Wade Davis: *White Darkness and the Living Dead*

Wade Davis recounts his work investigating zombies and the Haitian voodoo culture, where he was propelled into a world beyond his imaginings and developed an appreciation of a fascinating and complex culture.

Thursday, April 21, 7:00 p.m.

Central Library

To register, visit calgarylibrary.ca

IN & AROUND CALGARY

EMS: Bicycle Helmet

Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

MtL

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MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at www.albertabeerfestivals.com.



MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

Experience Steven Spielberg's classic film in a new way — screened while the Calgary Philharmonic Orchestra performs John Williams' Academy Award-winning score live. www.calgaryphil.com



MAY 21 - KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. www.jazzyyc.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **February 3 to May 29 - Herein We Dwell: Unexpected Images of Calgary in the 1890s:** A rare glimpse into the everyday life of 1890s Calgary is presented with little-seen historical images of early neighbourhoods and people. www.lougheedhouse.com
 - **April 22 to June 26 - Young Frankenstein:** Young Frankenstein tells the story of Frederick Frankenstein, Victor Frankenstein's grandson, and how he inherits the family's estate in Transylvania. With the help of two sidekicks, he tries to fill his mad scientist grandfather's shoes. www.stagewestcalgary.com
 - **April 28 to May 1 - Arab Nights Film Festival:** The Calgary Arab Arts and Culture Society presents the annual Arab Nights Film Festival at Festival Hall. The organization uses a variety of film to present a positive view of Arab life and society. www.calgaryarabartsociety.ca
 - **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first YYC Taco Fiesta kicks off on April 29. It is a week-long celebration of the best tacos in the city. The inaugural food festival comes to a close on May 5 with a Cinco de Mayo bash. www.yyctacofiesta.ca
 - **May 2 to 21 - Flora and Fawna's Field Trip:** As well as developing survival skills and creating crafts that your mom will love and put up on the fridge, the heartwarming play is all about the power of being a little bit different. www.lunchboxtheatre.com
 - **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend festival of free neighbourhood walking tours. Register to learn about different neighbourhoods and buildings in the city from passionate volunteers, and share your knowledge of the areas, too. www.janeswalk.org
 - **May 13 to 15 - Calgary Reads Big Book Sale:** More than 1,000,000 used books can be purchased over the three-day event. As well as a shopping event, there are also special events taking place during the three-day sale. www.calgaryreads.com
 - **May 26 to 29 - Ella:** This isn't the story of Cinderella that you already know and love. The local opera company takes Rossini's *La Cenerentola* and performs it with a few Calgary twists. www.cowtownoperacompany.com
 - **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a day exploring the neighbourhood of Bridgeland this spring. The second annual Bridgeland Cultura Festival showcases all that the neighbourhood has to offer. www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/



Article by J. Turner

Photo by Andrea S. H. Hunt

THE PORCUPINES A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like pine needles in the winter; when the sap rises in the

spring, adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

If you find an injured or orphaned porcupine, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.



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IN & AROUND CALGARY

Community Cleanups: Save Yourself a Trip to the Landfill

Calgary Community Standards (formerly Animal & Bylaw Services) in partnership with Waste & Recycling Services and your community association is pleased to offer another year of Community Clean-ups for FREE of charge to Calgarians. A Community Clean-up is a day scheduled at your community centre where you can bring your household items that may not fit in your black, brown or blue carts like furniture or old fencing or items that fill up your carts too quickly or just an accumulation of items that are ready for the landfill. If you live in a multi-unit housing complex, we welcome you to bring your waste and recycling items to this event especially if it is closer than the designated community recycling depots.

We are pleased to announce that 3 packer trucks will be provided this year (2 for waste and 1 for organic materials). Last year, 110 communities were served between April and October. Please check with your community association to see when your Community Clean-up has been booked and better yet, volunteer to help with the event which is held either on a Saturday or Sunday from 9 am – 2 pm. Your community association needs 15-20 volunteers to put on the event so your assistance is greatly appreciated. Calgary Community Standards provides funds for food and refreshments for the volunteers, advertising and promotion, gloves, garbage bags and any other items used to help Clean-up.

Please note, there are items that the City of Calgary's packer trucks will not accept:

- Tires, home appliances, paint, household chemicals, propane tanks, microwaves, car batteries, home electronics, liquids, metals and glass, railway ties.
- Your Community Association usually enhances the event with recycling services such as electronics, metal, paper shredding and possible tire recycling and paint pickup (or you can take your cans of paint to any fire hall station).

The Community Clean-ups provide a fantastic opportunity to work with your neighbours and community associations to Clean-up your yards and homes, parks, off-leash areas and sport playfields. Thank you for your commitment to help create healthy, safe and vibrant communities.

For more information about the date set in your community, please call your Community Association or you can go to www.calgary.ca/cleanup for the full schedule and further details.

IN & AROUND CALGARY

BIKE TO WORK DAY FRIDAY, MAY 6 2016



Join in on the fun!

10 Energy Pit Stop Locations around Calgary

Free Breakfast & Giveaways at Eau Claire Market

Fun, fresh air, fantastic people & free stuff!

Get on your bike and join other Calgarians on Friday, May 6th from 6:00 am - 9:00 am for Calgary's 10th Annual Bike to Work Day!

For more information or to volunteer, contact the Event Coordinator at jennahorback@familylaw-balbi.com.

Like. Follow. Share. Connect.

www.bikecalgary.ca

Bike to Work Day Calgary

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Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Your voice matters

The Calgary Board of Education is committed to involving people in decisions that affect them. To do this more effectively, a new system-wide approach to public engagement is being developed.

This approach will help people understand how their contributions influence decisions within the CBE, clarify roles and responsibilities and allow us to have a consistent approach across our system.

Last fall we invited employees, parents, students and the general public to share their perspectives on public engagement at the CBE. The response was outstanding. More than 6,500 people took the time voice their opinions. The thoughts and views that were shared are important and will guide us as we move forward.

A summary is posted on our website. It identifies several areas where the CBE can do better including developing a well understood, fair and open engagement process to sharing the results of engagement activities.

More information on Public Engagement and other opportunities to provide input can be found on our website www.cbe.ab.ca/dialogue

We look forward to sharing our new approach with you.

The Board of Trustees always welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu



Why and how to host a BOOK DRIVE:

It's fun and you can make a difference in the lives of children in Calgary!

A Book Drive is when you collect gently-used books that people are finished with and give them to someone else. Sometimes the books are sold to raise money to support the work of a charity.

Consider collecting books for Calgary Reads. We help teachers, families and community members help children learn to read with confidence and joy. We do this through programs, events and activities that build children's literacy skills and their love of reading and books.

If your family, neighbours, school, sports team, Girl Guides, Scout troop or work colleagues would like to collect books to support the work of Calgary Reads . . . there are two easy ways to hold a Book Drive:

- 1. A Central Collection Point:** This donation spot can be in your school, office, home, or your club venue. Place boxes to collect the books. Let people know why and when you are collecting.
- 2. A Door-to-Door Book Drive:** Distribute a flyer to homes in a chosen area. Detail your drive and the date that someone will be back to collect books. The homeowner puts the books they wish to donate in a bag and places them outside their front door on the day of the drive.

Books donated to Calgary Reads are used in two ways. At this time of year we collect pre-owned adult and children's books (fiction and non-fiction) to sell at our annual fundraising event: the **CBC Calgary / Calgary Reads Big Book Sale** that happens in May. Year-round we welcome donations of gently-used or new books for children aged 0 to age 8 for our **Calgary Reads Book Bank** that, in collaboration with the **Calgary Food Bank**, brings books to children in Calgary who have few or none of their own at home.

Or, spread the joy of reading another way. If your group or community does not have an excess of books to give to others, start a 'Borrow-a-Book shelf' in the entrance of your business, club venue or school—or, stew-

ard a Little Free Library in your neighbourhood and keep books circulating!

CBC Calgary / Calgary Reads Big Book Sale

One of Calgary's most anticipated and attended events!

More than 1,000,000 previously-loved books will be ready to be purchased and find new homes. This is a signature fundraising event for Calgary Reads.

Our 14th annual event! Held at the Calgary Curling Club, 720 3rd St. NW, Calgary:

Friday May 13 • 9am – 9pm

TGIBs (Thank Goodness It's Books) Author reading 7pm.

Saturday May 14 • 9am – 9pm

Back by popular demand! **Jazz & Books Night!** Shop to the musical sounds of **Midnight Blue Jazz Society** with cash wine bar 6 – 9pm.

Sunday May 15 • 9am – 1pm

Childcare in the **Children's Story Tent** this morning with crafts and storytelling by Girl Guides .

Special Today! Fill the bag we give you with books for just \$25!

Other special activities during the Big Book Sale will be announced on our website as they are confirmed: calgaryreads.com

Donate books: We welcome donations of good quality, gently used adult and children books for the book sale! *(We cannot accept encyclopaedias, dictionaries, text books, Harlequin Romances, Reader's Digest, cassettes, magazines or agendas)*

Book collection locations, dates and times:

At **Calgary Food Bank**, 5000, 11th Street SE, Calgary:

- Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am – 7pm
- Friday, April 29 - drop off at Door #3 from 8:30am – 3:30pm

At **Calgary Curling Club**, 720 3rd St. NW, Calgary:

- Tuesday to Friday May 3 to May 6 from 9am - 7pm sharp
- Saturday and Sunday May 7 and 8 from 9am - 4 pm sharp

At Calgary Reads we build connections, strengthen networks, champion, involve and innovate—because we ALL have a role to play in creating a thriving community where all children can read with confidence and joy! Learn more: calgaryreads.com



Estate Planning Strategies – protecting your legacy

Suzanne Smith-Demers – Consultant

When your time comes – and may it be many years from now – you will want your legacy to be passed on exactly as you wish. That's why estate planning is so important. Here are some key terms you should be aware of:

A Will designates how your estate should be distributed. If you die without a will (intestate), provincial legislation will determine how your estate is distributed.

A Living Will provides direction for your care in the event of your incapacity.

An Enduring Power of Attorney provides direction for how your property will be managed if you are no longer able to manage it yourself.

An Executor is the person named in your will to settle your estate according to your wishes.

A Guardian should be named in your will to take care of any minor children.

Liquid Assets are important to pay for taxes, debts and the costs of settling your estate. Life insurance is often used to provide sufficient liquid assets when they are most needed.

Probate is the process by which your will is validated by a court with fees paid to the provincial government. Avoiding probate through the use of beneficiary designations and joint ownership must be done with due care.

A Trust specifies a trustee to manage the assets for the benefit of the beneficiary(ies). A trust set up in your will is known as a testamentary trust, and it can serve several purposes, including maintaining control over the assets until certain beneficiaries are mature enough to manage them, and providing certain tax and government support advantages to beneficiaries with disabilities.

Your personal estate planning strategies depend on your financial situation. Your professional advisor and lawyer can help ensure your legacy is left as you wish.



West Hillhurst Real Estate Update

Last 12 Months West Hillhurst
MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| February 2016 | \$977,400.00 | \$927,500.00 |
| January 2016 | \$712,450.00 | \$696,250.00 |
| December 2015 | \$1,297,000.00 | \$1,209,500.00 |
| November 2015 | \$799,900.00 | \$788,000.00 |
| October 2015 | \$679,450.00 | \$675,000.00 |
| September 2015 | \$799,999.00 | \$790,000.00 |
| August 2015 | \$962,400.00 | \$953,000.00 |
| July 2015 | \$832,400.00 | \$807,500.00 |
| June 2015 | \$799,900.00 | \$793,000.00 |
| May 2015 | \$699,900.00 | \$688,000.00 |
| April 2015 | \$814,900.00 | \$792,250.00 |
| March 2015 | \$924,900.00 | \$885,000.00 |

Last 12 Months West Hillhurst MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| February 2016 | 28 | 4 |
| January 2016 | 13 | 4 |
| December 2015 | 4 | 4 |
| November 2015 | 10 | 7 |
| October 2015 | 23 | 6 |
| September 2015 | 11 | 5 |
| August 2015 | 10 | 6 |
| July 2015 | 14 | 6 |
| June 2015 | 18 | 5 |
| May 2015 | 13 | 15 |
| April 2015 | 11 | 10 |
| March 2015 | 17 | 14 |
| Total | 179 | 91 |

To view the specific SOLD Listings that comprise the above MLS averages please visit west_hillhurst.great-news.ca

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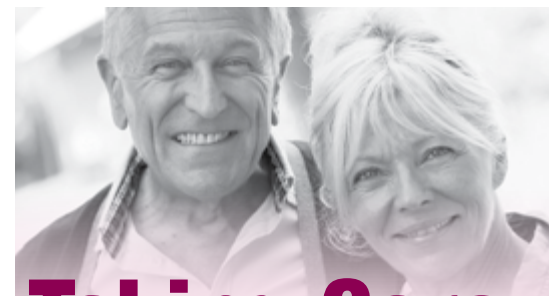
Learn more about your Calgary Catholic School District Board of Trustees!

We hope everyone had a wonderful Easter break blessed with peace and joy. As we celebrate spring, our district Planning and Construction departments remain busy, preparing for the opening of four new schools before the end of 2016 and six new schools in the coming years.

Did you know?

- The four schools slated to open before the end of 2016 include K-9 schools in the communities of Auburn Bay and Evanston and K-6 schools in the communities of Cranston and New Brighton.
- These new schools will help relieve overcrowding pressures at current receiver schools and they will also provide room for our district to keep growing. Years of extensive planning and public consultation goes into the decision-making process of every new school we open.
- Naming our schools is a very important part of the process and one of the initial steps to building community among the individuals who will learn and work together. A naming committee is developed for each school, which includes representatives from senior administration, Board of Trustees, parishes and the school council chair.
- The committee meets and reviews a list of potential names, which includes saints and prominent Catholic figures that reflect a commitment to gospel values, exemplary service to others and a willingness to journey in faith with God.
- The naming committee will select several suitable names and then gather input from the school community and parishes and review the data before submitting it to senior administration for final approval.
- In addition to reflecting our district's faith through school names, we also look to incorporate symbols of faith within the building construction. We add a cross to the outside of our buildings, but also look to add meaningful, religious symbolism in windows, floor patterns, foyers and other architectural elements.

For more details and information regarding new schools at the Calgary Catholic School District, please visit our website at www.cssd.ab.ca under Schools/Future Schools.



Taking Care of Your Teeth as You Age

By Stephanie McIntyre

Aging happens to the best of us – and even leaves its mark on our smile. From dull, yellow teeth to hyper sensitivity – the years can really show when we smile. But just like anti-wrinkle creams – there are a few dental treatments that can peel back the years.

Aging Teeth

Nothing can give away your age more than your smile. Creams, makeup and clothes can hide a multitude of signs that your twenties are well and truly gone – but your teeth – how can the average person disguise gum recession, worn teeth and tooth discoloration – all common ailments of an aging mouth. **Anti-aging dentistry may not be available in a bottle, but there are certain procedures that can help to restore your smile and youthful appearance.** Teeth



According to blog writers Kelley House and Kate Norvell, both certified professional soil scientists, plant "litter" that remains after a harvest is called "residue." Leaving the residues in place over the winter, instead of pulling them up or tilling them into the soil surface, provides numerous benefits for the soil and your garden.

- <https://www.sciencedaily.com/releases/2016/02/160215124440.htm>

Whitening is an easy, safe and affordable method to reverse the effects aging has on the colour of teeth – and though anti-aging dentistry doesn't come in a bottle it may just come in a syringe of whitening gel – a solution that contains ingredients that will lighten stains and other colour imperfections such as yellowing and greying of tooth enamel.

Dental Procedures That Reverse The Signs of Aging

The amount of candles on your birthday cake may have grown – but the desire to have healthy looking teeth has never been stronger. And though there are several dental procedures that help reverse the signs of an aging mouth – nothing works quite as well as prevention. Taking care of your teeth throughout every year of life will help ensure that your smile not only looks good but functions optimally. Addressing the destructive habit of clenching and grinding will prevent teeth becoming worn, short and flat. The grinding of tooth enamel increases tooth sensitivity – making enjoying your favourite foods challenging as enamel gets thinner and dentin exposure becomes more pronounced. Gum recession is another symptom of clenching and grinding as the force and movement of grinding causes gums to become inflamed and pull away from teeth. Increased root exposure does nothing to help tooth sensitivity – as roots don't have the protective covering of enamel to help insulate the tooth from temperature and sugar stimuli.

Talking to your dentist about clenching and grinding as soon as you become aware of the habit will help your dental team intervene and slow the damaging impact. Wearing a night guard and discussing options of correcting bite issues that may be influencing the grinding habit is a great place to start in age-proofing your smile.



**MP. CALGARY CONFEDERATION
LEN WEBBER**

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

Proudly Serving the Communities of Calgary Confederation

It has been a few months since the federal election and it still humbles me that the fine people of Calgary Confederation have chosen me to be their elected representative to the House of Commons.

I committed to being a strong voice on your behalf in Ottawa and am working to represent your interests and advocate on issues which have been forwarded to me. I have been impressed with the thoughtful letters and kind wishes I have received.

The election brought many changes to the political landscape, but it does not change the things that are most important to Canadians. No matter the party in power, Canadians want a strong economy, a safe country and a bright future. While I believe all politicians agree on this and want the best for Canada, it is in how we go

about achieving these goals that we differ. I will continue to raise the need for pipelines, both east and west, and push for innovative, prompt and productive ways to address unemployment and getting people back to work.

The early days of this Liberal government tell me that there will be a lot of work ahead to keep this government focused on the important priorities of all Canadians. Warning signs are everywhere of out-of-control spending with no fiscal plan for the future. Without a sound and disciplined fiscal plan, we put at risk many of the things Canadians cherish most.

I am privileged to have been selected as Vice-Chair of the Standing Committee on Health. This will be an opportunity to address many health issues including a national organ donor system that works for those in need of a life-saving transplant.

It is with your support and encouragement that I proudly stand in Parliament on your behalf. Please feel free to contact my Calgary constituency office for information, assistance and/or appointments by phone 403-220-0888 or by email len.webber@parl.gc.ca .

I hope you continue to share your comments with me and I look forward to hearing from you.

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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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The City of Calgary is moving quickly to mitigate the economic downturn with a number of endeavours, both short and long-term. Accelerating the pace of large construction projects can be an effective way to stimulate a struggling economy and increase employment. The City has identified a list of pre-approved projects that will create jobs and leave a lasting public benefit. The projects are divided into three buckets: new infrastructure, lifecycle maintenance and enhancement, and affordable housing.

Flood mitigation measures to protect river communities and the City Centre are at the top of the priority list. Some capital projects, like enhancing community and recreation centres, can start right away, while others, like the Green Line LRT, will break ground only once community consultation is completed and funding is secured. The City will work with its community partners to construct new affordable housing units or purchase existing housing stock.

While large-scale, transformational projects have their place, incremental micro-improvements are increasingly seen as a way to phase into large investments. I have long been a promoter of low-cost, high-reward projects to create opportunity and vibrancy, test new ideas, and solve urban problems. Quick projects such as pop-up parks, patios, and restaurants take little investment but add instant vitality. Pilots like cycle tracks or lane reversals help us test new concepts before making substantial political and financial commitments. Rules can be a barrier and sometimes the rule-makers just need to know when to get out of the way.

While temporary projects can spark creative solutions, we must take a long-term approach with investments that are meant to last. Over the years I have seen both booms and busts used as excuses for shoddy design and workmanship. When the economy is booming we are in a rush to build, and success is measured by the speed of the planning process. During a downturn, we are afraid to be too demanding, for fear that that the opportunity will vanish. Calgary deserves better.

In addition to the capital construction program, City Council is working with Calgary Economic Development on economic resiliency. Several projects have already been funded:

- Marketing campaign to promote tourism
- Buy-local campaign to promote local business
- Real estate and economic diversification plan to attract head-offices and repurpose empty office space
- Grant program to cover development permit fees for new and refurbished affordable housing

The City of Calgary is doing its part to strengthen our economy. During hard times, we must manage carefully, but think ambitiously, and combine caution with optimistic long-term planning for the recovery.

West Hillhurst mybabysitterlist

| Name | Age | Contact | Course |
|---------|-----|--------------|--------|
| Tessa | 14 | 587-432-6045 | Yes |
| Neil | 14 | 403-991-6172 | Yes |
| Sam | 14 | 403-703-6837 | Yes |
| Ethan | 15 | 587-703-7616 | Yes |
| Sarah | 15 | 403-660-0319 | No |
| Katie | 15 | 587-583-9224 | No |
| Cecilia | 17 | 587-223-1330 | Yes |
| Maddy | 18 | 587-888-7298 | Yes |
| Maddy | 18 | 587-888-7298 | Yes |
| Jordan | 18 | 403-969-6661 | No |
| Haley | 20 | 807-220-1154 | Yes |
| Antares | 33 | 403-383-2527 | Yes |

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

211 211 is here to help you find the right community and social services.

You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

See more at: <http://www.ab.211.ca>

IMPORTANT NUMBERS

| ALL EMERGENCY CALLS | 911 |
|---|----------------|
| Alberta Adolescent Recovery Centre | 403.253.5250 |
| Alberta Health Care | 403.310.0000 |
| AHS Addictions Hotline | 1.866.332.2322 |
| ATCO Gas – 24 Hour Emergency | 403.245.7222 |
| Calgary HEALTH LINK 24/7 | 811 |
| Calgary Police – Non Emergency | 403.266.1234 |
| Calgary Women’s Emergency Shelter | 403.234.7233 |
| Child Abuse Hotline | 1.800.387.5437 |
| Kids Help Line | 1.800.668.6868 |
| Child Safe Canada | 403.202.5900 |
| Distress/Crisis Line | 403.266.4357 |
| ENMAX – Power Trouble | 403-514-6100 |
| Poison Centre - Alberta | 1-800-332-1414 |
| HOSPITALS / URGENT CARE | |
| Alberta Children’s Hospital | 403.955.7211 |
| Foothills Hospital | 403.944.1110 |
| Peter Lougheed Centre | 403.943.4555 |
| Rockyview General Hospital | 403.943.3000 |
| Sheldon M. Chumir Health Centre | 403.955.6200 |
| South Calgary Urgent Care Health Centre | 403.943.9300 |
| South Health Campus | 403.956.1111 |
| OTHER | |
| Calgary Humane Society | 403.205.4455 |
| Calgary Parking Authority | 403.537.7000 |
| SeniorConnect | 403.266.6200 |
| Calgary Kerby Elder Abuse Line | 403.705.3250 |
| Alberta One-Call Corporation | 1.800.242.3447 |
| City of Calgary | 311 |
| Kerby Centre for the 55 plus | 403-265-0661 |
| Community Mediation Calgary Society | 403.269.2707 |
| RNR Lockworks Ltd. | 403.479.6161 |
| Road Conditions – Calgary | 511 |
| Weather Information | |
| Gamblers Anonymous | 403.237.0654 |

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Deadline – 1st of each month for the next month’s publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

BRAIN GAMES SUDOKU

| | | | | | | | | |
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| 3 | 9 | 8 | 1 | 2 | 4 | 5 | 6 | 7 |
| 2 | 4 | 9 | 3 | 1 | 5 | 6 | 7 | 8 |
| 7 | 5 | 3 | 2 | 6 | 8 | 1 | 9 | 4 |
| 8 | 1 | 6 | 4 | 7 | 9 | 2 | 3 | 5 |
| 6 | 7 | 1 | 9 | 4 | 2 | 8 | 5 | 3 |
| 4 | 3 | 5 | 7 | 8 | 1 | 9 | 2 | 6 |
| 9 | 8 | 2 | 5 | 3 | 6 | 7 | 4 | 1 |

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CALGARY WINTER CLUB

SUMMER MEMBERSHIP: JUNE 1ST – AUGUST 31ST, 2016

This summer we are offering a three month trial membership so you can try the private club experience before you invest. There is no entrance fee required unless you decide to join. Come see our brand new, upscale, family restaurant, sports bar, private dining and adult only lounge.

THE CALGARY WINTER CLUB FEATURES:

- 2 Salt Water Pools with Lazy River, Hot Tub, Lanes
- 6 Indoor Tennis Courts
- 5 Badminton Courts
- 7 International Squash courts
- 10 Curling Sheets
- Indoor skating rink
- 10 Lanes of Bowling
- Fitness Studio
- Running Track (172 m)
- Multi-purpose Gymnasium
- Gymnastics Centre
- Climbing Wall
- Child Care, Preschool & Summer Camps
- 55+ Lounge and Activities
- Music Centre

COST: \$300 per family member. This fee includes all of your drop in use of the club from June 1 – August 31st, 2016. There are additional fees for summer programs, camps, classes.

*Limited number of trial memberships available

SPEND TIME TOGETHER THIS SUMMER AT THE CALGARY WINTER CLUB.

For more information or to book a summer trial membership, contact **Rebecca Draper** at **403.338.2416** or **rebeccad@calgarywinterclub.com**

2539 1 AVE NW



PRICING STARTS AT \$499,900

Welcome to “The River Park West” an eight unit luxury town house development by Tamson Developments. Three ensuite bathrooms plus a 2 pce on the main floor, two tone kitchen cabinets, all vanities have quartz countertops, hardwood floors, large south facing deck with a gas BBQ hook up. Fully developed basement, single attached under drive garage. Two blocks to the river. Ideally situated for the inner city lifestyle. MLS #C4044230

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