

AUGUST 2016

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

your **WEST HILLHURST** WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



TASTE Returns!
SATURDAY,
SEPTEMBER 17th
TICKETS & INFO:
INFO@WESTHILLHURST.COM

A FABULOUS FUNDRAISER FOR THE WEST HILLHURST COMMUNITY ASSOCIATION.

TASTE

of the Neighbourhood





ASSINIBOINE
LIGHTS & LANDSCAPES

LANDSCAPE CONSTRUCTION
Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fences • Decks • Landscape
Designs and much more

WEEKLY & BI-WEEKLY LAWN CARE
Cut & Trim • Fertilize • Pruning • Vacation
Services and much more

Call Now for your **FREE ESTIMATE**
403.301.3300
www.assiniboine.com

f i+ HomeStars 2 year Quality Guarantee • WCB
Insured • Licensed • Bonded

Kensington Auto wants to thank the community for trusting us for over 46 years!

Come in and mention this ad to receive:

63% OFF* Regular oil change & safety inspection. Pay just \$29.95!

or

62% OFF* Full synthetic oil change with safety inspection. Pay just \$79.95!

* Some conditions apply. Valid until Sept. 30th, 2016

Kensington Auto
Complete Car Care Centre

403-283-4600
www.kensingtonauto.ca



VINTAGE
CAFFEINE
co.

SPECIALS

Early Risers
AVAILABLE BETWEEN 6:30AM AND 9AM
Large Coffee + A Muffin/Loaf \$5

Lunch Specials
AVAILABLE UNTIL 2PM
Panini + Large Coffee \$10

Seasonal
FIASCO Gelato & Affogatos



10% OFF

Receive 10% off your family order when presenting this coupon at the time of sale.

Monday – Thursday 6:30am – 7:00pm
Friday 6:30am – 7:00pm
Saturday 8:00am – 7:00pm
Sundays & Holidays 8:00am – 6:00pm

101 – 19th Street N.W. Calgary
(403) 452-9037 | vintagecaffeine.com

the Gutter Doctor

Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca



SERIOUS FUN
Adults • Teens • Kids 3+

- African • Tap • IndoJazz • Lyrical • Modern
- Ballet • HipHop • Breakdance • Jazz
- Drumming • Musical Theatre • Boys Only
- Highland • Bellydance • Flamenco
- Latin & Ballroom • Zumba • Aerial Fusion
- Gyrokinesis • Triple T • Body Balance
- and more!

free house dance plus

www.freehousedance.com
2020, 12th Avenue NW 403-282-0555



How much will you need to retire? Let's talk.



Whittier D Skaug
Financial Advisor
403-220-1675
1423 Kensington Rd. N.W.
whittier.skaug@edwardjones.com

www.edwardjones.com
Member – Canadian Investor Protection Fund

Edward Jones
MAKING SENSE OF INVESTING

HHBH Playschool
play learn grow

2016-17

***ONLINE* REGISTRATION NOW OPEN!**

A place for Children
3-5 yrs of age
PLAY, LEARN & GROW!

www.hhbhplayschool.com



RESIDENTIAL LEASING GROUP

403.244.6944
www.residential-leasing.com

“Calgary's Preferred Property Management Specialist & Corporate Relocation Service”

EXECUTIVE HOMES AND CONDOS WANTED FOR CORPORATE RENTALS IN YOUR COMMUNITY

We are looking for new or updated Homes or Condos in your neighbourhood. Contact us today to receive a free rental evaluation.

Residential Leasing Group Inc.
Brad Currie, Broker/President




Dr. Christine Lilje Dr. Lauren Vredenburg Dr. Jennifer Maguire

CELEBRATING 10 YEARS AT CALGARY FINE DENTISTRY
COME CHECK US OUT!

CALGARYFINEDENTISTRY.COM

1910-20th Ave NW, Suite 206
(one traffic light north of 16th Ave Home Depot)
403-284-3061

COMMUNITY ENGAGEMENT

A FABULOUS FUNDRAISER FOR THE WEST HILLHURST COMMUNITY ASSOCIATION.

TASTE *of the Neighbourhood* 2016



**Don't Delay, Get Your
TASTE of the Neighbourhood
Tickets TODAY!!**

Here's one more thing to check off your list before heading off for that last bit of summer vacation: mark your calendars and get your tickets for TASTE of the Neighbourhood 2016! This fabulous food, wine & beer tasting event will be held at WHCA on Saturday, September 17th from 6-9pm, with more fun to follow until midnight.

Our TASTE Vendor line up is looking great too! We are thrilled to welcome Hayden Block Smoke & Whiskey to our lineup, and to see the return of many favourites including Dairy Lane Café/Blue Star Diner, Wine Bar/Brasserie Kensington, Peasant Cheese, Midtown Kitchen & Bar, Molly Malone's Irish Pub and Springbank Cheese, with more vendors to come. On the beverage side, Kensington Wine Market, Wild Rose Brewery and Village Brewery will be there to keep your thirst quenched with craft beer & a delightful selection of wines for sampling. We are very grateful to our

sponsors Dr. Esther Lee of Riverside Dental and Dave Greenwood & Mike Dreger of Century 21 Realty for their generous support of our event.

WHCA is continuing to grow and change and we look forward to bringing the community together to celebrate the improvements at our inner-city facility. This year will again be an adults-only Members & Guests function in compliance with our AGLC status. Tickets are available online for \$60/person plus fees. Consider purchasing a \$35 Annual Family Membership to get access to many great programs at our facility, including monthly membership offers, early registration to programs, fun drop-in classes and more!

We are sure that this will again be a sold out affair in support of WHCA's Facility Improvements. Help us make TASTE 2016 a huge success once again – and get your tickets now! For info & tickets, or to be a donor or sponsor, check our link at westhillhurst.com or email events@westhillhurst.com.

Can't wait to see you at TASTE of the Neighbourhood!

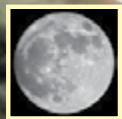
AUGUST MOON CALENDAR



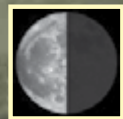
New Moon
Aug 2



First Quarter
Aug 10



Full Moon
Aug 18



Last Quarter
Aug 24



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

CONTENTS

General Manager's Message	7
WHCA Programs	9-15
Confederation Park 55+	16
News from the Friends of Nose Hill	17

NEWSLETTER AD SALES

GREAT NEWS PUBLISHING 27 YEARS

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

A FABULOUS FUNDRAISER FOR THE WEST HILLHURST COMMUNITY ASSOCIATION.



TASTE *of the Neighbourhood*

GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING WEST HILLHURST FOR 8 YEARS!



West Hillhurst Community Association

West Hillhurst Community Association
 1940 – 6 Avenue NW, Calgary AB T2N 0W3
 P: 403-283-0464 • F: 403-270-0482
 info@westhillhurst.com • www.westhillhurst.com
 Facility Administration Hours: Mon-Fri 8-5
 Building Closed all Civic/Stat Holidays



WHCA Board Of Directors

President	Brent Alexander	president@westhillhurst.com
Vice President	Gerard Van Ginkel	vicepresident@westhillhurst.com
Past President	John Wildenborg	pastpres@westhillhurst.com
Treasurer	Jan Cerny	treasurer@westhillhurst.com
Secretary	Kerry Baird	secretary@westhillhurst.com

Committee Chair Persons

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	Chris Koper	garden@westhillhurst.com

Directors

Melissa Buirchell	Craig MacLellan
Christine Fraser	Richard Raap
Ehren Goodall	Gary Reynolds
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
www.facebook.com/whcaab
 and Twitter
www.twitter.com/westhillhurstca



Insects & Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.

Discovery Magazine

GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

I wanted to send out a huge thank you to the family of Eleanor Paterson for the wonderful bench and deck in front of the Go-Getters. Sit down, enjoy the shade and say thanks to Eleanor!



Remember to get your tickets for Taste of the Neighbourhood!

As always, just a couple of reminders:

- We hope you have been able to get out and enjoy the weather and our tennis courts.
- Just a reminder that Preschool registrations are still ongoing.
- If you are interested in volunteering for events or helping in the community garden, please email us. We will pass your name and email onto the right person.

Stop by and give us your feedback on the facility, programs we have or you would like to see here, events that you would like to see here, or anything else we can do to make our building even better!

As always, please check the WHCA website, Facebook, Twitter, and watch your emails for new health club programs and for community updates.



WEST HILLHURST GO-GETTERS ASSOCIATION



Go-Getters open house is scheduled for Friday, August 19th, 2016 from 1:00 – 3:00 pm. This is a great opportunity to come in and see all we have to offer. We will have demos of classes and activities and coffee, tea and treats will be served. We look forward to seeing you!

Go-Getters runs full speed through the summer and continues to offer most of our regularly scheduled events (the exception being the monthly luncheons and some exercise classes which will resume in September). Trips planned for this month include: Global-fest, Devonshire Tea at the Weatherley's, RCMP Dog Training, and Red Deer Cash Casino.

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, Whist 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 (Sept. 1, 2016 – Aug 31, 2017) will be \$25.00 each and available for sale starting August 15th, 2016. 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.

CAPITAL PROJECTS COMMITTEE

Richard Raap

Arena Project Update

Since the last update in the June Warbler, very little additional has become available.

As this article is going to press, we are still waiting for the city to provide us with a detailed schedule and user impacts.

We have received the initial drawings and scoping document but do not know yet how the renovation project will impact our facility users into the New Year.

By the time you will read this, detailed geo-technical assessment will have taken place.

As and when updated information becomes available, the capital projects committee will continue to share this with our stakeholders.

In the meantime, should you have any questions, please do not hesitate to direct them to: capitalprojects@westhillhurst.com.

WHCA GREEN COMMITTEE

Chris Koper, garden@westhillhurst.com

Join Calgary's cottage Gardner at West Hillhurst on August 6th from 10am-12pm to discuss the following topics;

- Water conservation methods, mulching diffusion watering
- Harvesting early crops and replanting-succession planting
- The flower garden in the community garden; pollinators and other beneficial insects
- Now is not the time to think your garden can survive without attention
- Cover crops and dynamic accumulators
- Urban critter control, including human activities
- Preventing crop waste
- Planning a celebration of the garden and community

Cost: \$10

Registration available online www.westhillhurst.com

VOLUNTEERS OF THE MONTH

Chris Koper

Some volunteers are asked to join to fill a critical need in an organization. Others seek out roles they can fill and add value to that affect them and their community. Others see something that doesn't exist and decide to create something from scratch for the benefit of the community, donating their time, treasure and talent. Chris Koper is one of these visionary volunteers in West Hillhurst.

Chris is extremely passionate and knowledgeable when it comes to gardening. She saw a need for a community garden in West Hillhurst and she went for it. She helped fund raise, design, and build the garden from a plain strip of grass to what it is today. She is constantly reaching out to other groups (Queen Elizabeth Schools, Summit Kids) to see about engaging the elementary, junior, and senior high classes about garden educational classes. She also is in the garden from the time the snow is gone until late October when the snow arrives back. She puts in countless hours making sure everything is looked after.

For Chris, gardening is more than a hobby, it is a passion she freely shares with everyone. Chris runs garden programs, booking guest speakers, taking care of the garden plots, recruiting volunteers, expanding the green space, communicating with all the people who purchase yearly plots, organizing the year end event, researching and writing of grants, connecting with individuals and groups about donations for the gardens. She recently received the five massive flower pots from the City of Calgary. She works long hours during the spring and summer to make sure there is new dirt for the plots, gravel for the pathway and bike rack. She even engages her neighbors for egg shells, milk jugs, etc. for projects for children to do

Her dedication to the garden is an inspiration to the entire community. Most people know who she is (she is always here working and covered in dirt). She is always smiling, very friendly to all, and takes the time to talk with anyone who has questions about gardening. She is someone who loves gardening and it shows. She rarely asks for anything that she cannot find or get donated.

Without her dedication and follow thru, the community garden would not be here for our community to enjoy. Without the community garden, our building would look its age of over 70 years old. She is an inspiration to all of us that work with her as well as the community that enjoys the garden.

WHCA PROGRAMS

Jennifer Waller

WHCA INTERNAL PROGRAMS:

Contact WHCA Directly: Email: programs@westhillhurst.com

Phone: (403) 283-0464

Visit our website to register online: www.westhillhurst.com

Main Building Location: Use South or East Building Entrances

Adult INDOOR/OUTDOOR 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 or \$25 + GST/month per member

Dates: **Inside (Main Gym)**

Days/Times: Monday - Saturdays or Raining (Calendar Available on-line, WHCA website)

Dates: **Outside (Tennis Courts 2 & 3)**

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

Register online: <http://www.westhillhurst.com/pickleball>

Tai Chi - Free Member Program ** 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: Ongoing Monthly Registration

Times: Saturdays - 9:30 am - 10:30 am

Room: Upper Studio A

Cost: No Charge - **Valid WHCA Membership Required**

Energy Therapy – Learn to govern your life force and gain more control over your life. You will learn methods that are flexible and accessible for everyone. Yuan Gong (Qigong) is a practice that is complete and deep. You can expect positive changes in your energy, a calmer mind and more physical freedom.

Dates: Tuesdays– September 13th – October 25th

Times: 5:00-6:00pm

Instructor: Sabine Goubau

Info: info@humanlifescience.ca - www.humanlifescience.ca

PRESCHOOL PROGRAMS

Preschool programs run Monday – Friday from 3:15-4pm. Each program has a separate registration, however, sign up for two and receive a discount!

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 spe-

cial places, people, and things that are important to them as well as use their vivid imaginations.

Date: Fridays – Sept 9 to October 14 Or Tuesdays– Sept 6 to October 11th

Time: 3:15 – 4:00pm

Creative Movement through Yoga and Ballet

Creative movement explores elements of ballet, yoga, stretching and free movements. Through the exploration of music and rhythm children explore a variety of movements. Classes are based on listening and creating stories and learning to play them out through music and dance. Stories may include classical ones such as: three little pigs and a wolf, swan lake etc. Teachers will be open to suggestions on stories. (If your little one has her/his favorite story or a book) just let us know!

Date: Mondays – Sept 12 to October 31 Or Wednesdays – Sept 7 to October 26th

Time: 3:15 – 4:00pm



Zumba Kids

Zumba is fun upbeat dance class that helps develop a healthy lifestyle and incorporate fitness into children's everyday lives. Classes incorporate key elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance and cultural awareness.

Date: Thursdays – September 8th – October 27th

Time: 3:15 – 4:00pm

Fall/Winter 2016 - 2017 Learn to Skate Programs

Dear West Hillhurst Community Members, We are pleased to announce that our arena will be undergoing some much needed renovations this upcoming Fall and Winter season. In an effort to provide skating programs without interruption, we will be operating out of the Brentwood Sportsplex (1520 Northmount Dr NW) until Spring 2017.

Should you have any questions, please do not hesitate to contact me.

Cheers,

Donella Swan

Learn to Skate Program Director

skate@westhillhurst.com

PreCanSkate: *Ages 3 and up*, kickstarting skating achievement and learn the very basics while learning to stay stable on their feet!

Timeframe: September 19 - March 18

Mondays - 5:15 - 5:45 PM

Saturdays - 11:00 - 11:30 AM & 11:30 - Noon

Cost: \$350

CanSkate: *Ages 4 and up*, learn the fundamentals of skating, incorporating speed, power and control to set them up for success in any skating discipline such as figure skating, hockey and ringette.

~cont'd next page~

WHCA PROGRAMS CONT'D

Timeframe: September 24 - March 18

Saturdays - 11:00 - Noon

Cost: \$575

Squirts: Learn the fundamentals of Hockey and Skating! This program is currently on hold through our arena renovations until further notice. Keep checking our website for more details.

CanPowerSkate: Work on improving skating technique in the disciplines of hockey and ringette to improve your game! This program is currently on hold through our arena renovations until further notice. Keep checking our website for more details.

StarSkate: Learning the fundamentals of figure skating in group or private lesson format. This program focuses on three main figure skating disciplines: Free Skate, Ice Dance and Skating Skills.

Some Volunteer hours will be required to participate in this program. Further details given upon registration

Timeframe: September 19 - March 18

Monday/Wednesday/Friday 4:15 - 5:45 PM

Two and Three-Day Packages Available

Cost Range: \$800-\$1150

StarSkate Preliminary Prep: Designed for **first-year** Star-Skaters as an introduction to our figure skating program and learning in a fun and supportive group environment.

Some Volunteer hours will be required to participate in this program. Further details given upon registration

Timeframe: September 19 - March 18

Variety of Packages Available

Monday/Wednesday OR Wednesday/Friday OR Friday/Monday 4:15 - 5:45 PM

Cost Range: \$700

AdultSkate Fundamentals: Learning to skate is fun at any age! Join our Adult Skate class to learn the basics of skating alongside other Adult Skaters with a certified Skate Canada Coach.

Timeframe: September 21 - March 18

Wednesdays - 5:15 - 5:45 PM

Cost: \$350

Adult Skate Bootcamp: Previous skating **experience required.** This high-energy class is designed to get your heart pumping and develop muscle strength while having fun out on the ice.

Timeframe: September 23 - March 17

Fridays - 5:00 - 5:45 PM

Cost: \$400

Adult Figure Skating: Skating is a passion for life. Ages 18 and up, for those wishing to continue learning in the figure skating discipline, come down and skate with our Professional Coaches and enjoy the freedom to practice at your leisure!

Timeframe: September 19 - March 18

Variety of Packages Available

Monday/Wednesday/Friday 4:45 - 5:45 PM

Cost Range: \$250 - \$500

WHCA HEALTH CLUB PROGRAMS

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

Summer Classes

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

Registration: www.westhillhurst.com/programs

Yoga - Monday AM

Yoga with Sabina - An energizing morning practice can work as a natural stimulant to set you up for a productive day. Take an hour out of your morning to practice Yoga with Sabina and you'll start your day wide-awake and full of life!

Dates: September 9th - October 28th

Time: 6:10 - 7:10am

Location: WHCA Fitness Dance Studio

Instructor: Sabina

Total Body Conditioning - Monday Afternoon

As we age, functional fitness becomes a matter of necessity. We need to target muscles that are required to carry out our activities of daily living, including our heart muscle! Cardiovascular fitness is just as important as traditional resistance training. This class will contain all components of fitness, including a proper warm-up, cardiovascular workout, muscular strength & endurance exercises, balance, and cool-down and stretch. There will be a focus on core strength and stability throughout all components of the workout, which may improve postural alignment and coordination, but foremost, this workout will be functional and fun! All levels welcome.

Dates: September 12th - October 31st

Time: 1:30 - 2:30pm

Location: WHCA Fitness Dance Studio

Instructor: Dawn

Adult Beginner Ballet - Monday PM

The class focuses on overall body strengthening, core and balance. The first part of class starts with basic movement at the barre that tones feet and legs muscles followed by ballet in the center and arm exercises with terraband. The class winds down with core strength exercises and stretching. Compromises elements of classical ballet, barre, and yoga. All levels welcome!

Dates: September 12th - October 31st

Time: 5:05 - 5:55pm

Location: WHCA Fitness Dance Studio

Instructor: Sabina

WHCA PROGRAMS CONT'D

Morning Warrior - Tuesday AM

Morning warrior is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get everything you need in our 45 minute early morning bootcamp to keep you going all day!

Dates: September 6th - October 25th

Time: 6:10am - 6:55am

Location: WHCA Fitness Dance Studio

Instructor: Karen

Rise N Shine Yoga - Tuesday AM

Discover Yoga! Surya Namaskar, the Sun Salutation, is a series of postures performed in a single, graceful flow. Sun salutations are typically performed at the beginning of a yoga routine as a full-body warm-up. The basic sun salutation is appropriate for any level of fitness. It helps to build strength and increase flexibility. A gentle way to get fit. No experience necessary.

Dates: September 6th - October 25th

Time: 7:00am - 8:00am

Location: Upper Studio A

Instructor: Vandana

Seniors Yoga - Tuesday Afternoon

This class is for those who want to work at a modified easier pace. This class mixes together Tai Chi, Cardio - low impact, weights, balance and core stability. A gentle way to get fit. No experience necessary.

Dates: Tuesdays September 6th - October 11th

Time: 1:30-2:30pm

Location: Upper Studio A

Instructor: Vandana

Spin Fit - Tuesday PM

Spin n Strength is 60 minutes of efficient, quality functional movements that will enhance your overall full body strength and conditioning. This class will utilize the bikes, resistance training as well as core exercises to give you a total body blast!

Time: 6:35 - 7:25 pm

Dates: September 6th - October 25th

Location: Fitness Center Dance Studio

Instructor: Karen

Spin Fit - Wednesday AM

Spin n Strength is 60 minutes of efficient, quality functional movements that will enhance your overall full body strength and conditioning. This class will utilize the bikes, resistance training as well as core exercises to give you a total body blast!

Time: 6:10am - 6:55am

Dates: September 7th - October 26th

Location: Fitness Center Dance Studio

Instructor: Karen

Cardio and Tone - Wednesday AM

Tighten and Tone all regions of the body including the back, arms, legs, and butt. Using cardio intervals and weights to improve your endurance well incorporating body weight and core exercises to give you a total body workout.

All levels welcome.

Dates: September 7 - October 26th

Time: 9:10am - 10:10am

Location: Fitness Center Dance Studio

Instructor: Karen

Fusion - Wednesday Afternoon

Fusion is a non-purist approach to traditional forms of mind & body training. It is a beautiful blend of Yoga, Pilates & Fitness Conditioning that challenges strength, balance & flexibility, as well as increasing stamina. Fusion brings awareness to breathing techniques, proper exercise execution and mindfulness in order to provide participants with a more meaningful workout that focuses the mind and cleanses the spirit. No previous Yoga or Pilates experience is necessary. Participants are required to bring their own yoga mats.

Dates: September 7th - October 26th

Time: 1:30 - 2:30pm

Location: WHCA Fitness Dance Studio

Instructor: Dawn

Bike n' Barre - Wednesday PM

This 60 minute class consists of 30 minutes on the bike to get your heart pumping, followed by a 20 minute Barre workout that will isolate, strengthen and tone your muscle groups.

Dates: September 7th - October 26th

Time: 5:00 - 5:50pm

Location: Fitness Center Dance Studio

Instructor: Karen

Zumba Gold Trial Class - September 15th

Don't know if Zumba is for you!? Come try a free class September 15th from 2-3 pm with Deanna. An easy to follow dance fitness program that lets you move at your own space while having fun!

Zumba Gold - Thursday Afternoon

A fun easy to follow dance fitness program that lets you move to your own speed. An invigorating, community-oriented program that feels fresh and exhilarating. Zumba Gold provides modified, low impact moves geared for the person just starting or the active older adult.

Dates: September 22nd - October 27th

Time: 2:00pm - 3:00pm

Location: WHCA Fitness Dance Studio

Instructor: Deanna

Bootcamp Express - Thursday PM

This fast paced 45 minute class will challenge every muscle group, utilizing body weight, bosu Balls, kettle bells, bands, and weights while always incorporating bursts of cardio to improve strength, cardio, and coordination.

~cont'd next page~

WHCA PROGRAMS CONT'D

Dates: September 8th – October 27th
Time: 5:30 – 6:15pm
Location: WHCA Fitness Dance Studio
Instructor: Karen

Rise N Shine Yoga - Friday AM

Discover Yoga! Surya Namaskar, the Sun Salutation, is a series of postures performed in a single, graceful flow. Sun salutations are typically performed at the beginning of a yoga routine as a full-body warm-up. The basic sun salutation is appropriate for any level of fitness. It helps to build strength and increase flexibility. A gentle way to get fit. No experience necessary.

Dates: September 6th – October 25th
Time: 8:00am – 9:00am
Location: Upper Studio A
Instructor: Vandana

Seniors Yoga – Friday Afternoon

This class is for those who want to work at a modified easier pace. This class mixes together Tai Chi, Cardio - low impact, weights, balance and core stability. A gentle way to get fit. No experience necessary.

Dates: Tuesdays September 9th – October 28th
Time: 1:30-2:30pm
Location: Upper Studio A
Instructor: Vandana

Full Body Blast – Friday PM

A 45 minute class that consists of circuits or interval training which includes training for all muscle groups and cardio blasts to build stamina.

Dates: Fridays September 9th – October 28th
Time: 4:10 – 4:55pm
Location: Fitness Center Dance Studio
Instructor: Karen

Hatha Yoga – Saturday AM

Hatha Yoga is one of the eight limbs of Yoga. The early morning hour yoga class focuses on asanas while incorporating flow of movement and breath. It's a perfect way to start your day! The class gives physical strength, as well as, mental rest that energizes your body for the rest of the day.

Dates: September 10th – October 28th
Time: 7:00am – 8:00am
Location: WHCA Fitness Dance Studio
Instructor: Sabina

Adult Ballet/Strengthening – Saturday AM

The class focuses on overall body strengthening, core and balance. The first part of class starts with basic movement at the barre that tones feet and legs muscles followed by ballet in the center and arm exercises with terraband. The class winds down with core strength exercises and stretching. Compromises elements of classical ballet, barre, and yoga. All levels welcome!

Dates: September 10th – October 28th
Time: 8:00am – 8:55am
Location: WHCA Fitness Dance Studio
Instructor: Sabina

Sattva Yoga – Saturday Afternoon

Sattva is a complete yoga practice which includes centering, breathing techniques, gentle stretches, and reflection. Breathing techniques revitalize & cleanse the body, as well as focusing the attention inward. 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, and shoulders.

Dates: September 10th – October 29th
Time: 12:05 - 12:55pm
Location: WHCA Fitness Dance Studio
Instructor: Rosemarie

Spin and Strength – Sunday Morning

Spin n Strength is 60 minutes of efficient, quality functional movements that will enhance your overall full body strength and conditioning. This class will utilize the bikes, resistance training as well as core exercises to give you a total body blast!

Dates: September 11th – October 30th
Time: 9am-10am
Location: WHCA Fitness Dance Studio
Instructor: Karen

Tykes Tennis – 4 & 5 years old

Tykes Tennis a preparatory program that emphasis on tennis mechanics, motivation, skill building, and fun! Coach Luis uses games to help children develop certain motor skills . Luis makes tennis fun by helping the children experience success by tailoring his program for each kids needs.

FALL OUTDOOR PROGRAMMING: SEPTEMBER 6th – OCT 11th

Day and Time: Tuesdays 5-5:30pm
Information and Registration: www.westhillhurst.com/programsyouth

Junior Tennis – 6 & 7 years old

Junior Tennis is a preparatory program with emphasis on tennis mechanics, motivation, skill building, and fun! Luis uses games to help 6 and 7 year old children learn many of the activities involved in tennis. He keeps each session short, super fun and constantly gives positive feedback and support. While not all players are able to make the ball get over the net right away, we always make sure the child feels like he/she is constantly winning!

FALL OUTDOOR PROGRAMMING: SEPTEMBER 6th – OCTOBER 11th

Day and Time: Tuesdays 5:30-6pm
Information and Registration: www.westhillhurst.com/programsyouth

Learn to Play – U10

Learn to Play tennis introduces tennis to ages 8-10 in a fun and interactive way and ensures immediate success. Coach Luis teaches fundamental skills to play the game - agility, balance, coordination, running, jumping, and spiking. Luis uses modi-

WHCA PROGRAMS CONT'D

fied tennis balls, racquets, nets and courts, so young players can enjoy the game and have successful learning experiences. Ages 8 -10

FALL OUTDOOR PROGRAMMING: SEPTEMBER 6th – OCTOBER 11th

Day and Time: Tuesdays 6-7pm
Information and Registration: www.westhillhurst.com/programsyouth

Learn to Rally – 11 – 17 years old

Learn to Rally offers a higher level of focus and engagement in training. Players develop an understanding of competing and learn how to effectively manage mistakes in a positive manner and consistently work hard and be committed to improvement. Players will focus on adapting to changing rhythms and maintaining balance in different situations.

FALL INDOOR PROGRAMMING: SEPTEMBER 6th – OCTOBER 11th

Day and Time: Tuesdays 7-8pm
Information and Registration: www.westhillhurst.com/programsyouth

Beginner Tennis – Adult

If you've never played tennis before, or for a long time, then Beginner Tennis is for you! It is an easy and fun way for adult beginners to get into the game. During the seven week course you will be taught new skills and be shown how to serve, rally and score, so that by the end, you will be able to enjoy fun matches with your friends, family or other people you meet. Ages 16 +

FALL INDOOR PROGRAMMING: SEPTEMBER 6th – OCTOBER 11th

Day and Time: Tuesdays 8-9pm
Information and Registration: www.westhillhurst.com/programsadult

Team Tennis

New to West Hillhurst Fall 2016! Community Team Tennis (CTT) is an exciting new tennis program that provides new participants to the game of tennis an opportunity to combine practice and play, with a focus on skill development through match play. CTT promotes a game-based approach to stimulate and maintain excitement and enjoyment for young participants. CTT helps tennis compete with other major sports such as soccer and hockey that have the ability to move children quickly to game scenarios. The program operates much like a recreational house league where beginning players can play in a friendly, learner-based team environment.

FALL INDOOR PROGRAMMING: SEPTEMBER 23rd – DECEMBER 16th

Day and Time: Fridays (U8 – 5:30-6:30pm) (U10 6:30-7:30pm)
Information and Registration: www.westhillhurst.com/programsadult

Youth Pickleball

New to WHCA this fall! Interested in a new sport!?! Come try pickleball. This exciting paddle sport combines badminton, tennis and table tennis, and is played using a paddle and a whiffle ball over a lowered net.

FALL PROGRAMMING: SEPTEMBER 12th – DECEMBER 12th

Day and Time: Mondays 5-6pm
Information and Registration: www.westhillhurst.com/programsyouth

Squash Fundamentals– 6 - 8 years old

A great class for young children, ages 6 to 8, to learn the basics of the game, or improve their skills if they have taken some lessons. Sessions will introduce basic techniques, movement, and improve their fitness level.

Fun squash-specific games will be played to make sure kids have a great time while learning the game. All equipment is provided. Non-marking, indoor court shoes required.

Fall Programming: September 12th to December 12th

**** No classes Thanksgiving and Halloween**
Day and Time: Mondays 4-5pm OR Saturdays 9:30-10:30am
Information and Registration: www.westhillhurst.com/programsyouth

Squash Intermediate – Core Class

This class is aimed at 9-14 year olds with 1-2 years playing experience. Juniors in this session should know the rules and be able to consistently hit the ball. This session will incorporate fun conditioned games and the basic techniques required to improve your child's game. All equipment is provided. Non-marking, indoor court shoes required. **** Interested in more instructional court time. Intermediate add on option; Wednesdays 4:15- 5pm**

FALL PROGRAMMING: SEPTEMBER 17th TO DECEMBER 10th

Day and Time: Saturdays 10:30am – 11:45am
Information and Registration: www.westhillhurst.com/programsyouth

Squash Intermediate– Add on

This class is aimed at 9-14 year olds with 1-2 years playing experience. Juniors in this session should know the rules and be able to consistently hit the ball. This session will incorporate fun conditioned games and the basic techniques required to improve your child's game. All equipment is provided. Non-marking, indoor court shoes required.

FALL PROGRAMMING: SEPTEMBER 21st TO DECEMBER 7th

Day and Time: Wednesdays 4:15-5pm
Information and Registration: www.westhillhurst.com/programsyouth

Teen Squash

This class is designed specifically for teens that are coming to the sport a bit later and don't necessarily want to be on court with kids younger than them. The aim of this class is for teenagers to learn the basic skills required and get them to a level where they can do basic drills and play games. The session will also give teens a great workout and improve their fitness. All equipment is provided. Non-marking, indoor courts shoes required

FALL PROGRAMMING: SEPTEMBER 9th – OCTOBER 28th

Day and Time: Fridays from 2-3pm
Information and Registration: www.westhillhurst.com/programsyouth

~cont'd next page~

WHCA PROGRAMS CONT'D

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

Pre-season Training Clinic

Come and get fit and ready for the 2016/17squash season with our Pre Season Training Clinic. The hour and a half will include drills for technique, movement and shot selection AND squash specific fitness training. Come and get your mind and body ready for the squash season!

Tuesdays and Thursdays, starting Aug 16 to Sep 1. 7pm – 8:30pm
6 Sessions
\$120 if you sign up for all six.
\$25 drop in rate, based on availability.

Bare Bones Season Opener Squash Tournament

Save the Date!! September 22-24 2016

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.

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 & 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

WHCA PROGRAMS CONT'D

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

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

Indoor Registration opens August 1st 2016!

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. Summer Camps offered from August 2nd – August 26th. 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! Youth Pick-up soccer is Monday – Friday 4-6 pm. International training camp August 22nd-26th 2015.

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

EVENTS

"Back into the Game" Soccer Minifest

Gather your friends, neighbors, and schoolmates and register a team in our first annual Back to School Soccer Festival! Join us for carnival games, magicians, bouncy castles, balloon artists, clowns, obstacle course, face painting, soccer games and much more! Carnival open to all ages. Soccer minifest is open to ages U6 and U8. \$50 per team. Visit our website for more event details and tournament information/registration <http://www.westhillhurst.com/whca-soccer>

Date + Time: Saturday September 10th from 11am – 4pm

Magic Night

Christopher Cool is coming to West Hillhurst! Join us for a family fun night of magic on Friday October 14th. Come enjoy Calgary's funniest and most kid friendly magician for a stage show followed by a magic themed movie. Please see our website for further details <http://www.westhillhurst.com/whca-events>

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17



West Hillhurst Preschool News

Kirsten Tudor

Playtime is where children learn to order their world, negotiate with others, communicate and problem solve. The school year is now over and there will be more time for play dates – need some pointers on holding a successful play date?

Timing – Set a definite start and end time. Usually shorter is better for younger children. An hour to an hour and a half is more than enough. Remember to avoid the times right before nap time or meal times when kids start to get hungry or tired.

Limit the number of guests - Sometimes one friend is just right. If you decide on more, maybe consider having even numbers. This way, no one is naturally left out if two are playing together.

Prepare your child if they are hosting - Talk with your child beforehand about having friends over. Remind them that it's OK if someone plays with their things.

Oversee but don't over manage - Give kids an opportunity to work things out on their own. Disagreements may pass quickly. But, if a situation starts to escalate, stepping in to help moderate helps avoid meltdowns.

One structured activity - You may want to plan one activity for both/all children to do at some point. This can be used if a disagreement breaks out to help create more positive energy or it can be saved towards the end of the play date to help everyone calm down. The activity can be a craft, coloring books, collecting leaves or rocks in the back yard or even a fun cleanup game.

Simple Snacks - One simple snack that most children enjoy is a good way to divert attention, dry up tears or reward a job well done. Make sure there is plenty on hand! Goldfish anyone?

Preschool is a great place for young children to meet new friends – West Hillhurst Preschool still has open-

ings in our afternoon programs for the 2016/17 School Year. Register now for the opportunity for your child to participate!

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

Confederation Park 55+

Judy Cairns

Memberships for the September 1, 2016 to August 31, 2017 year can be purchased (\$30.00/person) starting Wednesday, August 17 from 9:00am to 3:00pm.

Registration for fall classes will start Wednesday, August 17. Register in a qualifying activity by September 2 and receive a FREE gift, while supplies last. (FREE gift does not apply to registration in the following; all drop-in activities, Camera Club, Chorus, Book Club and Old Time Gliders) Check our website, yycseniors.com, for all the details.

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 yycseniors.com or call the Centre at 403.289.4780.

Coming up in August

Kaleidoscope: Saturday, August 27. Celebrate local artists of all ages at this FREE interactive family event. Get all the details at k2016.ca.

To learn more give us a call at 403.289.4780, visit yycseniors.com or drop by the Centre at 2212 13 Street NW.

Volunteer

Oodles of volunteers are needed for Kaleidoscope (k2016.ca) on August 27. Great volunteer opportunity for groups or individuals! Contact Janice at 403.289.4780 for more info.

Stay Active • Stay Involved • Stay Connected • Join Us



by Anne Burke

I came across a website which ranks Alberta parks and playgrounds. See: calgaryplaygroundreview.com/nose-hill-park. In addition to free parking, Nose Hill has many features, with hiking, off-leash area, washroom, wildlife spotting, interpretive signs, native grasslands, larger mammals, such as deer and coyotes. You can also find geocaches. OISEAU Agents of Nature is a free downloadable mobile app about nature and wildlife. The idea is to encourage outdoors discovery with interactive fun. Be an agent of nature and solve challenges. You can access Nose Hill and the codes for the app from the parking lot off Berkley Gate. Then unlock some mysteries of nature. Go to the City website for details about the program: <http://www.calgary.ca/CSPS/Parks/Pages/Programs/Get-to-know.aspx> and follow the links.

Speaking of city parks and other green spaces, after the City decided to end the Adopt-a-Park program, there were a few complaints about these areas. The residents involved are proud of how beautiful and green their neighborhoods are through the help of this volunteer program. If this is coming to an end (or being replaced) due to more strict water management, how can we keep the neighbourhoods looking green and nice so that the residents continue to be proud of them?

The General Manager of Community Services responded that the Adopt-a-Park program came into effect in 1984 and was discontinued in 2015. It served a very good purpose and encouraged pride in community, but there were several issues with the program, such as the possible wasteful use of water, safety, collective agreements, and some centralized pieces of the services that the City provides.

The program was replaced with two new programs. The Green Leaders program for community volunteers pro-

vides oversight to doing projects in the community to enhance it, such as painting park benches or weeding. The second project, Water Stewards, will have volunteers focus mostly on keeping the city's many high-use playing fields watered.

Both programs are trying to address some of the issues that had emerged but also respond to the community desire to continue to care and have pride in their community with a more focused, targeted, and supportive approach. The General Manager noted that the programs will be evaluated over the course of 2016.

BRAIN GAMES SUDOKU

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



Summit Summer Weekly Schedule

We know you have choices – so why not choose your community as the place to be this summer!

SUMMIT SUMMER JR (AGES 4-7)

Aug 1-5

Around the World \$260

Pack your bags and grab your passport, we're going around the world – Summit style. We'll explore different crafts, recipes and sports from other cultures. Complete with a special guest and multicultural fair!

August 8-12

Under the Sea \$208

Mermaids, whales and dolphins... oh my! Explore the world beneath the waves through fun filled crafts and games. Visit a spray park and finish your week with a water fight!

Aug 15-19

Summit Safari \$208

Run and jump like Safari Sue in this wildly fun day camp. Explore the river valley and participate in active jungle games. Enjoy a visit from exotic animals and then finish off the week with a fun jungle party

Aug 22-26

Summit Olympics \$260

Get ready to run, jump and throw like the ancient Greeks! Enjoy obstacle course training and games as well as learn new skills and try new sports. Participate in the opening ceremonies and compete in a mini-Olympics

Aug 29-Sept 2

Summit Dance Party \$260

It's time to move and groove in this fun and active camp. Jump around to the music and learn some Zumba steps. Finish your week and present your new moves in a Talent Show.

SUMMIT SUMMER JR (AGES 8-10)

Aug 1-5

Summit Sous Chef \$260

Chez Summit is opening for business and your Summit Kids are the master chefs. Cook or bake a new recipe every day. You can even try recipes from around the world! You will get to visit a local bakery and learn from the professionals. Fill your afternoons with active sports and games. Finish your week by showcasing your delectable creation to your family at the Summit Café

Aug 8-12 \$208

Wacky Summit Science

Get creative with a cool experiment every day. Observe bubbly reactions and build your own rocket ship.

Enjoy a visit from the Wacky Summit Science specialist. Active sports and games are also part of the daily fun

Aug 15-19

Wild West \$208

Enter the world of cowboys and cowgirls in this Wild West Extravaganza! Learn all about horses and their riders from our special guest. Get active by training for a rodeo obstacle course. Get artsy and design your own wanted poster. Finish the week with a Wild West Water fight and a barn dance from the whole family!

Aug 22-26

Lego Lovers/ Master Builders \$260

Do you love to build? Are you crazy about creating unique structures? Obsessed with Minecraft? Then Summit Master Builders is for you! Build houses out of cardboard, or building food and cars out of Lego. Play sports and games in between building sessions. Learn from Lego experts from special guests. Finish your week with a display of your imaginative creations!

Aug 29- Sept 2

Eco Explorers \$260

Explorers will have loads of fun digging in our Community Garden and exploring the river valley. They will engage in active games about the eco-system. Eco Explorers will meet special guests and exotic animals. Not to mention there will be cool science experiments for your budding naturalist to engage in

*All prices are current and are subject to GST taxes.

SUMMIT SUMMER SR (AGES 11-14)

Summit Summer Sr. strives to provide the utmost quality care for the families we serve. We accomplish this by promoting leadership, peer mentoring, modeling good choices and supporting positive life-long habits. In addition, we provide creative learning experiences through technology, performing arts and create a strong foundation for child-led initiatives. To make things even more exciting, we have chosen a theme for each week (based on a six week rotation). Exclusively for our Summit members that are between the ages of 11 to 14!

Summit Seniors is a week long program that combines the fun themes and team building of a summer program with the leadership opportunities of an L.I.T program. In the morning the Summit Seniors will be paired with the camp counsellor of a younger age group. They will learn first-hand how to lead games, organize activities and work with children. In the afternoon the Summit Seniors will regroup for fun outings, team building exercises and sports activities. Kids can look forward



to learning new leadership skills and having fun with their peers! Each day is balanced with a wide variety of physical activities that support a healthy, active lifestyle like swimming, and games.

The program during all 9 weeks of the summer July 4 – Sept.2."

PROGRAM DESCRIPTIONS & REGISTRATION INFORMATION:

For ages 4yrs to 15yrs • Multi-week Discounts • Pre & Post Care Leadership experiences for our teens • Exciting weekly outings in our city

Hurry! Spots are filling fast!

Online: www.summitkids.ca/summit-summer •

Call: 403.797.1488 • Email: info@summitsummer.ca

Moms & Tots Play Gym

Brought to you by



Hold tight...

We'll be back soon with more fun than a bouncy house can handle!

We will re-open on Monday, September 12th

Monday to Friday, 10:30 a.m. – 12:30 p.m. \$2 per adult and \$1 per child – No registration required!

Until then.... Check out our website: summitkids.ca/whca-programming for more exciting programs!

Summit Kids- WHCA Campus



Did you know that we have a BEFORE and AFTER school care program located within WHCA? We offer out of school programming for kids between Kindergarten to Grades 6! Plus... we also offer SUMMIT LAUNCH- An extended-day Kindergarten enhancement program designed specifically for this age group! We provide transportation to and from Queen Elizabeth, Banff Trail, Capitol Hill, Hillhurst, Briar Hill, and King George Schools.

For more information, please call 403.477.0798 or email whca.campus@summitkids.ca

IN & AROUND CALGARY

EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

**SEPTEMBER 3
CALGARY HIGHLAND
GAMES**

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



**SEPTEMBER 16 TO 18
CALGARY GREEK FESTIVAL**

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



**SEPTEMBER 21 TO 25
HERITAGE INN INTERNATIONAL
BALLOON FESTIVAL**

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30

- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile in Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

**IN & AROUND
CALGARY**



**Chip in "Fore" Communities
on August 12!**

Support Calgary's community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a four-some, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Visit calgarycommunities.com for more information or to register today!

**Looking for free
entertainment this summer?**

The City's summer concert series, Music in the Park, is back! Enjoy free live music with family and friends in beautiful parks around the city throughout July and August. Events will feature different artists from a variety of musical genres that are sure to get you movin' and groovin' this summer.

Check out calgary.ca/parks for an event near you, then pack a picnic lunch, grab a blanket and settle in for some great entertainment.

**Community Standards
Bylaw Review**

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.

**New Bus Routes coming to
northwest and inner city
communities**

Calgary Transit has completed a major review of 12 bus routes in the northwest and inner city and is excited to share the results with customers. Earlier this year new bus route proposals were shared online and at open houses, and feedback was collected from thousands of transit users and community stakeholders. Public input was incorporated as much as possible in designing the new bus routes.

To see the new bus routes that start on September 5, 2016, please visit calgarytransit.com/2016ServiceReview or join us at a public information session:

- Monday, August 15 at Bridgeland Riverside Community Association – 5:30-8:30 p.m.
- Thursday, August 18 at Hillhurst Sunnyside Community Association – 5:00-8:30 p.m.
- Thursday, August 25 at Silver Springs Community Association – 5:30-8:30 p.m.

There will also be pop-up information sessions at Brentwood Station, Dalhousie Station, Crowfoot Station, Lions Park Station, the University of Calgary and SAIT. For dates and times, visit calgarytransit.com/2016ServiceReview.

The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt. Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order

to transition to their largely insectivore diet in South America.

- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in West Hillhurst. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

CAL-RES COATINGS LTD. RESIDENTIAL PAINTING: We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.



Dogs in Motion Photography
Where dogs are family

michelle@michellegilders.com
dogsinmotionphotography.com
403-763-0950

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

LOCAL RODAN + FIELDS INDEPENDENT CONSULTANT: Clinically proven skin care products that cover anti-aging, sun damage, acne, or sensitive skin issues. Find out what the fastest growing skincare brand in the U.S. has to offer you. For product overview, samples or home business opportunity details contact Deb, call/text: 403-803-0791, website: <http://dcook4.myrandf.com/ca>.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

TLC CLEANING: Over 18 year's experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your piece of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

FLUTE LESSONS: Looking to learn a new skill? Keep the kids busy? Whether you're young or young at heart, get started with fun, personalized private flute lessons today! Get 10% off your first 4 lessons by mentioning this ad before September 30. Visit www.lisagraham.ca/learn, email lessons@lisagraham.ca, or call 403-862-9232.

HANDYMAN/CONTRACTOR: Hire a husband type of jobs performed; carpentry, drywall repair, re-paints, minor plumbing and electrical, fence and deck building, power washing of siding and decks, eavestrough cleaning, repair cracked concrete stairs and surfaces, laminate flooring. Spring clean-up helpful hint: remove and replace obsolete garbage can enclosure with fencing. Contact Robert 403-606-8876, robziffle@gmail.com.



Joyce Achtnig BEd, MC, CCC, Provisional Psychologist
& Canadian Certified Counsellor

Back to School

Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour countdown to out the door time.

Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.



MP, CALGARY CONFEDERATION
LEN WEBBER

2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

Did you know that 24% of the residents of our Calgary Confederation riding are over the age of 55? In Canada, 30% of the population are aged 55 or older and by 2020 that number will increase to almost 38%.

Canada is the best country in the world in which to live and we owe much of that to our nation's Seniors. They are largely responsible for fighting the wars that gave us our freedom, paying the taxes that built our cities and having the foresight to create the infrastructure and programs many of us take for granted.

As your Member of Parliament, I will continue to stand up for all constituents, but it is my privilege to show my respect and gratitude to our Seniors by devoting my recent community mailing to them. The mailing goes to every household in the riding and is also available on my website at www.lenwebber.ca.

For Canada's elderly to receive their full benefits and entitlements, it is critical that they apply for these programs. One of the best ways for any person to determine if they are getting the benefits they may be entitled to, is to visit www.canadabenefits.gc.ca and use the online 'benefits finder' which generates personalized results based on a few simple questions.

Also, many financial assistance programs require up-to-date tax filings, so it is also very important that those in need of some help keep up-to-date on their taxes. The Canada Revenue Agency has thousands of volunteers who can also assist with this task.

Should you encounter difficulties getting your benefits, my staff and I are here to assist you. It is requested that you make an appointment before coming to the office with your concerns as this allows us to serve you better and ensure you are not required to wait an excessive amount of time. Often, we are able to assist you over the telephone without the need for an appointment too.

For office contact information, photographs, my Parliamentary speeches, helpful links and other important information, please visit my website at www.lenwebber.ca on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

Finally, I want to congratulate all the Canadian Olympic athletes and their coaches on their achievements. While the world focuses on these elite athletes for only a few weeks every four years, their dedication to their sport and personal success is a daily commitment for many years.



COUNCILLOR, WARD 7
DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
Twitter: @DruhFarrell • Facebook: Druh Farrell

Biodiversity

The dog days of summer are the perfect time to think about critters. While Calgary is home to 1.2 million humans, we rarely think about the countless other species of flora and fauna that far outnumber us.

"Biodiversity" is the term we use to describe the variety and richness of living organisms and habitats. With 80% of Canadians now living in urban areas, reasonable protection of biodiversity is becoming increasingly important for municipal governments to ensure that we maintain a healthy ecology.

Last year, Calgary City Council approved *Our Biodiversity*, Calgary's 10-year biodiversity strategic plan. The plan is based on principles for the protection, development, and management of Calgary parks and ecosystems in support of biodiversity.

Biodiversity project goals:

1. Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors;
2. Restore 20 per cent of Calgary's current open space to increase biodiversity;
3. Identify and manage invasive species in Calgary's open space.

The City will implement the plan through a variety of initiatives. This summer, Calgary Parks launched a pilot project using a herd of goats to manage invasive plant species in Confluence Park. This creative approach to weed control not only reduced the need for pesticides, but also improved the health of native ecosystems by reducing overgrowth and encouraging the growth of non-invasive plants.

The City is also working to turn back the progress that invasive species have made over the years. Efforts to combat *smooth brome*, a highly competitive grass that smothers native species, and *Canada thistle* are underway. We are also re-introducing native species into our parks and landscaping projects. Native species are naturally suited to the local climate and require less care over time.

For Calgarians interested in enhancing biodiversity closer to home, the City has numerous resources to help enhance biodiversity in your own yard. A good place to start is www.calgary.ca/yardsmart. There, you can find tips on how to transform your garden into an inviting landscape that will inspire both your neighbours and wildlife.

To learn more about this and other topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.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
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the West Hillhurst Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The West Hillhurst Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

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

IN & AROUND CALGARY

Meet for Coffee 55+

If you are single and 55 years or over (near retirement or already retired) you may be interested in expanding your social network. +55 CONNECTIONS is a group for singles that meet for activities and friendship. This is not a matchmaking service. We provide a comfortable atmosphere for everyone that would like to meet others their own age that have similar interests, and wish to enjoy an active social life. Activities include pot lucks, lunches, and wing night at a local pub, picnics in the summer and much more. Come meet us for coffee any Thursday at 10:30 am. Call Lois at 403 286-3869 or Fern at 403 281-3027 for more information.


Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 410,000 HOUSEHOLDS
ACROSS 139 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca



Give your child an academic advantage in school and beyond!

Kumon Math & Reading Centre of Calgary - Foothills
4703 Bowness Rd NW, 15
403-282-8244 • foothills@ikumon.com

KUMON

SYNCHRONICITY SCHOOL OF MUSIC

A school for Musical Creativity, Knowledge, and Understanding

ssomus.ca | info@ssomus.ca | (403) 918-6540 | West Hillhurst



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.



Lions Park denture clinic

Dhiren Bharadia, Denturist

tel: 284-1803 / 284-1829
fax: 1-866-372-6948
accufit@telus.net

Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2



TAKE THE PLUNGE

PLACE YOUR AD HERE

Call 403.263.3044 or email sales@great-news.ca for advertising rates and information
www.great-news.ca



Laser Assisted Dentistry

Dr. Sylvia Kowalewski
GENERAL FAMILY DENTIST



No needles
No numbness
No drilling
No vibrations
(in most cases)

"We believe that no dentistry is the best dentistry. Your oral health and happy smile is our top priority. We have a preventative approach and use minimal invasive laser technology. As strong believers in patient education, our happy and compassionate team is committed to empowering you with knowledge so that you can maintain a beautiful and healthy smile."

Dr Sylvia Kowalewski

Foothills Professional Building
#260, 1620-29street NW, Calgary
(across from the Foothills Hospital)

Free parking

403.220.9660

www.dentistsylvia.com

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

**PLEASE JOIN US FOR AN EXCLUSIVE
AND INFORMATIVE EVENT**

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



RBC Wealth Management
Dominion Securities

DATE: Tuesday, August 30, 2016

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. Insurance products are offered through RBC Wealth Management Financial Services Inc., a subsidiary of RBC Dominion Securities Inc. When providing life insurance products, investment advisors are acting as insurance representatives of RBC Wealth Management Financial Services Inc. ®Registered trademarks of Royal Bank of Canada. Used under licence. ©2015 RBC Dominion Securities Inc. All rights reserved.