

DECEMBER 2016

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your **WEST HILLHURST** WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



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 8-4
 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	Jordan Stuart
Jo Larson	Kail Ross
Dion Lobreau	

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 Manager	Tammie Yearwood healthclub@westhillhurst.com 403 283-0464 ext. 1
Facility Administrator	Carla Fiorentino admin@westhillhurst.com 403-283-0464 ext. 6



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PRESIDENT'S MESSAGE by Brent Alexander

Over the last year, neighbors throughout West Hillhurst have been engaged with passion on two major community issues: the Legion redevelopment and Crowchild Trail (<https://mightybell.com/communities/whca-crowchild-trail>). The WHCA Board has also been engrossed in the renegotiation of the lease of our facility with the City of Calgary for a new 15 year term (signed, sealed and delivered!) and the renovation of the arena pad and roof (which is now in full swing).

As well, the community has been involved in two playground rebuilds at Grand Trunk and the Secret Park in North Central West Hillhurst, facilitated in part by WHCA and local community members, Parks Foundation and the City of Calgary. Likewise WHCA has been supportive of the Queen Elizabeth playground rebuild that is now due to be completed in May/June 2017. WHCA was also key in securing new outdoor ice at Helicopter Park last winter, partnering with neighbors and the City to make it happen.

WHCA continues to host annual events that bring the community together, whether it is the spring Spruce Up the Neighborhood, autumn's Taste of the Neighborhood or several new initiatives this year such as Funfest and Spooktacular this past fall.

As well, WHCA continues to be a hive of activity for young and old, whether it be our playschool or the various kids programming through Summit Kids, Go Getters, our health and squash club, Northwest Warriors Minor Hockey, community hockey or adult oriented No Contact Hockey, CanSkate for learners and figure skaters alike, community soccer or Royal West Club soccer

and many more. There are opportunities for all to be involved in an activity at their level and interest with like-minded neighbors.

There are also constant opportunities to be involved in and start initiatives with regard to planning, transportation, the community centre and community in general within West Hillhurst and involving WHCA as a facilitator or supporter of your community cause.


Your presence and thoughts on these and any other community issue would be greatly appreciated both before and at the next AGM at 7:00pm Tuesday, December 13 in the Go Getters Room at WHCA.

I do believe that there is 'new blood' out there to add to and replace board members who will be stepping down this year. Come to our board meetings to find out how you can get involved, reach out to one of our Board Members or chat with our GM about volunteering – only with you will we have the answers on how to best serve our community. Many hands make light work, and WHCA is no exception.



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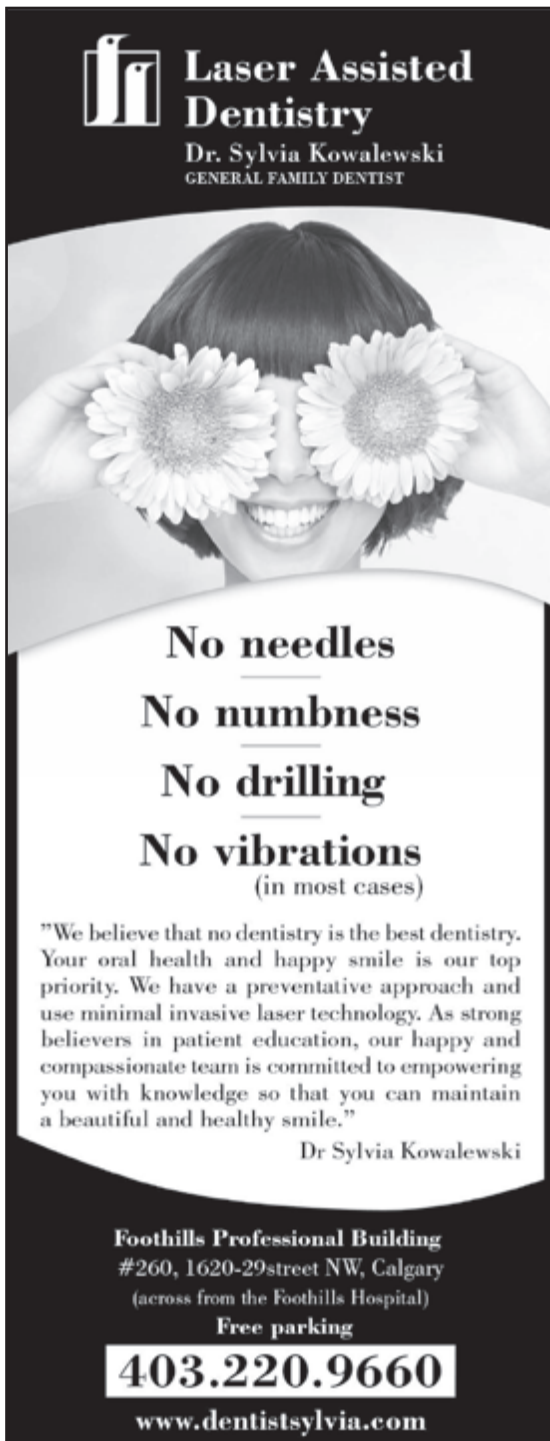
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GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

Updated news on the Arena renovation. Dawson Wallace has started the demolition of the ice arena. They have removed most of the boards and bleaches and will soon be removing the concrete. It will get very noisy soon so we apologize for this.

We hope to have the arena back in full operation by March or April 2017.

Just a reminder that the AGM has been moved to Tuesday December 13 (not November 14th). Hope to see you there.

If you are interested in volunteering, please contact Jennifer at programs@westhillhurst.com.

We do have some spots available in our preschool. Please contact info@westhillhurstpreschool.com for more information.

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, for community updates about upcoming events and volunteer opportunities, and progress on the Arena renovation.

DECEMBER MOON CALENDAR

	First Quarter Dec 7		Full Moon Dec 13
	Last Quarter Dec 20		New Moon Dec 28



WEST HILLHURST GO-GETTERS ASSOCIATION

We wish you all the very best this Holiday Season. Here is a holiday quote we would like to share with you: "The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us", – Terri Marshall. Hopefully we can all spread a little joy around this season.

Go-Getters Christmas monthly luncheon is set for Monday, December 12th at 12pm. It is for our members and their guests only and will be a full turkey dinner with all the trimmings. Please purchase your tickets ahead of time as we can only accommodate so many into our feast. Cost: \$15.00/member & \$20.00/guest. Our afghan & framed cross stitch raffles and volunteer draw will be held at this luncheon (you do not need to be present to win).

Trips planned for this month include: The Christmas Market at Spruce Meadows (2nd trip) and the Grey Eagle Casino. We also will have a holiday flower arranging class, and are going to try a chair Zumba class. Our Christmas Bingo will be held Wednesday, December 7th, 2016.

Go-Getters holiday closures will be as follows: Friday, December 23rd we will be closing at 12:00pm. The centre will remain closed through the week and open again Tuesday, January 3rd, 2017 at 8:30am. This means there will be no access to our room, therefore the evening and weekend bridge and scrabble groups will be cancelled through this time-period.

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) are \$25.00 each. 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.




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HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24th until the evening of Sunday, January 1st. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



Trivia

Looking for direction in today's market? Let's talk.



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COMMUNITY ENGAGEMENT

Jo Larson

Your Attendance is Requested: WHCA Annual General Meeting

Mark your calendars for **Tuesday, December 13th** for the **West Hillhurst Community Association AGM**, to be held in the **Go-Getters Room at 7pm**. Light refreshments will be served.

This is your opportunity to hear an update on developments at the community centre in the past year and to learn what future plans are in place for WHCA.

Several positions on the Board of Directors will be vacant after this meeting. As a resident of West Hillhurst and a WHCA Member, you have a role to play in shaping the future of our community. We can't do it without you!

How can you get involved?

Consider raising your hand to **sit on the WHCA Board**, or **join a Committee** and collaborate with other volunteers who want to continue making our community great. **Or just come and listen and meet your neighbours!** You may not be the only one with a great idea to share.

We hope to see you at the AGM!



WHCA GREEN COMMITTEE

By Chris Koper

Poinsettia. The botanical name for Poinsettia is Euphorbia pulcherrima. Joel Robert Poinsett, the first US ambassador to Mexico, sent several plants to his home in Greenville, South Carolina in 1825. Here are some buying and care tips for you!

Buying tips:

Look for plants that appear strong and healthy. Look on the underneath of the leaves for insects, spots or yellowing. Look to make sure there are still yellow centers on the bracts (flowers). Plants that have plastic sleeves over the plant too long can cause the leaves to fall off, so try to avoid buying plants that have the plastic sleeves touching the leaves. For the ride home, make sure your plant is protected from freezing temperatures and remove any covering as soon as you get home.

Plant care:

- Place in bright but not direct sunlight
- Keep away from hot or cold drafts if possible
- Water thoroughly when the surface feels dry to the touch, but do not let the plant sit in water longer than 10 minutes.
- The colorful bracts on your plant will stay longer if the temperature in your house does not exceed 22 degrees C.

In October the garden committee had a Fall Harvest Dinner for the gardeners and for the wonderful volunteers that help through the year with all kinds of things. A big THANK YOU to Rachel for helping with some of the tasks at the gardens; Don for helping in the garden and at Spooktacular event; LaRhonda and Gerald for donating the use of a popcorn machine and manning it at the Spooktacular event, Mira Barb and Sarah for helping with set up, kids crafts, waitressing and Mira for making and

bringing luscious salted caramel cupcakes! Thank you to Lauren and Beth for waitressing and helping with the children at the Harvest dinner. To our friend John who volunteered his Chef skills and made 5 soups at the dinner to pick from: French Onion soup w/ beef; Borscht; Minestrone; Thai Coconut Chicken Curry, Potato and bacon w/cream and homemade potato rosemary bread. Thank you to Blanquita for being a spooktacular fortune telling witch at the Spooktacular event, my husband Mike for donating the beef for the Fall Harvest dinner and his time to help with set up and other things; and helping the kids build bird houses as well as taking time to fix things at the gardens. Thanks to Jennifer the WHCA events coordinator for helping with the garden events and much more. I would like to thank Carla from the office for all the extra things she does to make things more organized and her husband Brad for all the little things he does. Thank you to Morgan for helping get the word out and for scary make up for the Halloween event. Thank you to Bryan and the board for being so supportive. Joyce from the Go-getters has been a great help in the garden and so has Martin from Summit Kids and WHCA preschool.

Next season, we hope to get gardeners out working together more and spending quality time in the garden. In the next newsletter we will list wonderful volunteer opportunities for the gardens! Through the winter we will continue to collect bottles for raising money for the shed we would love to get. Thank you to Lizzie, Joan and Etienne for bringing in bottle donations and more. You are most helpful! We hope to get some grant writing underway for some art sculptures in the gardens and a donor plaque sculpture as well as a giant chess board patio. Anyone with grant writing experience that would like to help, please contact Chris at garden@westhillhurst.com. If you are a builder, business owner, realtor or just plain want to donate or be a part of upgrading the space, please let us know!

Another project we are excited about taking on is: we want to write a **cookbook** for the **WHCA** gardens as a fundraiser. Kathy who is one of our community members and retired from publishing is very excited to help with this project. If there is anyone wanting to be a part of this through the winter or if you have some favorite recipes please contact us at the above e-mail address!

Save the date: Tuesday March 21 when Lyndon Penner comes to West Hillhurst again. He is a very funny and knowledgeable garden expert!

Have a Merry Christmas!

EVENTS

by Jennifer Waller

Thanks for coming to Spooktacular 2016!

On Friday, October 28th, West Hillhurst Community Association hosted a family Halloween night – filling our gymnasium with roughly 175 excited, dressed up children, ecstatic for Halloween! Children participated in a night packed of Halloween themed activities; A Mad Science performance, Halloween games, and a Dance to finish off the evening! Thank you to LaRhonda and Gerald for donating their time and popcorn to our event. Thank you to all of our dedicated volunteers that made this event successful; Music and Lights - Matthew, Games – Laura, Lauren, Chris, Darrel, Brent, Blanquita, Rachel & Beth, Ticket Sales – Carla, Steve and Don, Concession – Sasha and Pasha. Last but not least a huge thank you all who showed up and participated in Spooktacular – it was a great success and we look forward to our Winter Wonderland Holiday Event on December 16th.

Winter Wonderland

Celebrate the Holidays with your neighborhood friends! On Friday, December 16th visit WHCA for a **free member**

Xmas mince pies

Mince pies - a traditional holiday meal from the UK - were originally filled with meat, such as lamb, rather than a dried fruit mix as they are today. They were also first made in an oval shape to represent the manger that baby Jesus slept in, with the top representing his swaddling clothes.



holiday event! Festivities include; Cookies and Cocoa, Gingerbread Decorating, Games, Snow Castle Photo Op!

For a chance to win our holiday gift basket:

1. Dress as your favorite Frozen character
2. Take a picture with our castle backdrop
3. Tag us on facebook

Time: 6-8pm

Location: West Hillhurst Community Association Gymnasium

Show Us Your Lights!!!

Who doesn't love over the top Christmas displays!? It's an annual tradition for many families to spend an evening walking or driving through communities to find those incredible Christmas displays. List your light show with us for a chance at winning WHCA's Best Decorated 2016.

If you'd like your house to be listed on our community lights map please email your address to programs@westhillhurst.com by December 5th 2016. Our light tour map will be published online on December 7th on our events page! Enjoy the light tour at your convenience and stop by the Community Association to nominate your favorite house. WHCA will be accepting nominations until December 14th – winner to be announced December 16th.

Show Us Your Lights Tour

On December 11th join your neighbors for a non-guided tour of the lights in the community! Maps along with free hot chocolate, coffee and candy canes will be available @ West Hillhurst main entrance from 5-8pm. Stop in after the tour to submit your nomination for WHCA's Best Decorated 2016 and allow the kids to can warm up in the gymnasium for open gym time between 6 and 8pm!

Open House

January 8th 2017 4-6pm

Want to learn more about the programming offered in West Hillhurst? On January 8th our gym will fill with dedicated program providers to answer your questions on what's now being offered in our community! Visit each table for your chance to learn more and be entered to win gifts from a variety of vendors. Door prize includes 6 month membership to WHCA Health Club. Light snacks and refreshments will be provided. Vendors to be confirmed.

MONTHLY HEALTH CLUB PROMO

Tammie Yearwood

December 1st – 31st

10x Pass = \$90.00 (Regular Price \$100)

20x Pass = \$150.00 (Regular Price \$175)

FREE MEMBER BENEFITS

Tammie Yearwood

Registration preferred, but drop-in's are also welcome! To register visit: westhillhurst.com/programsadult

Tai Chi

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 brings flat shoes and loose fitted clothing. All levels welcome.

When: Saturdays, 9:30am – 10:30am

Room: Upper Studio A

Instructor: Aaron

Barre

Barre 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. Accessible to those with all fitness levels – no dance experience required.

When: Tuesday, December 6th at 12:45 – 1:45pm

Room: Dance Studio

Instructor: Sabina

Being a member also gives you \$15 off enrollment for any of our fitness programs!

** See "Events" for details for upcoming Free Community events

WHCA PROGRAMS

Tammie Yearwood

WHCA INTERNAL PROGRAMS:

Contact WHCA Directly: Email: programs@westhillhurst.com

Phone: (403) 283-0464

Visit Our Website: www.westhillhurst.com

Main Building Location: Use South or East Building Entrances

All Program registrations can be done online at www.westhillhurst.com

westhillhurst.com/programs

Please stop in or give us a call to avoid admin fees online.

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. \$8.00 drop-in option available on-site, \$25 + GST/month per member or \$200 + GST/year per member.

Dates: Inside (Main Gym)

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

Dates: Outside (Tennis Courts 1 & 2)

Days/Times: April – October, Monday – Friday 8am-12pm

Preschool Yoga Friday

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.

Date: Fridays – November 4 to December 9

Time: 3:15pm – 4:00pm

Instructor: Vandana

Creative Movement Wednesday

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: Wednesday's November 2 – December 14

Time: 3:15pm – 4:00pm

Instructor: Sabina

Hatha Yoga – Monday Morning

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: November 7th – December 19

Time: 6:10am – 7:10am

Location: WHCA Fitness Dance Studio

Instructor: Sabina

~cont'd next page~

WHCA PROGRAMS CONT'D

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: November 7 – December 19
Time: 1:30pm - 2:30pm
Location: WHCA Fitness Dance Studio
Instructor: Dawn

Barre & Conditioning - Monday Afternoon

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 warm-

up 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

Dates: November 7 – December 19
Time: 4:45 – 5:45
Location: WHCA Dance Studio
Instructor: Sabina

Morning Warrior - Tuesday Morning

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 boot camp to keep you going all day!

Dates: November 1 – December 13
Time: 6:10am – 6:55am
Location: WHCA Fitness Dance Studio
Instructor: Karen

Spin Fit - Tuesday Evening

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: November 1 – December 13
Time: 6:35pm – 7:25pm
Location: Fitness Center Dance Studio
Instructor: Karen

Work-It Circuit - Wednesday Morning

Can't decide which exercise is the right one for you? Then Work It Circuit is the class for you! Focusing on total body conditioning. This circuit training class incorporates strength and stamina into one high impact workout! All levels welcome.

Dates: Wednesday's November 2 – December 14
Time: 9:10am - 10:10am
Location: Fitness Center Dance Studio
Instructor: Kiran

Fusion Fitness - 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

WHCA PROGRAMS CONT'D

is necessary. Participants are required to bring their own yoga mats.

Dates: November 2 – December 14
Time: 1:30pm - 2:30pm
Location: WHCA Fitness Dance Studio
Instructor: Dawn

Piloxing - Thursday's Morning

This class blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high-energy interval workout.

To date, Lorene is only one of two certified Piloxing instructors in the City of Calgary.

Dates: November 3 – December 17
Time: 9:15am - 10:15am
Location: Upper studio A
Instructor: Lorene

Barre & Conditioning - Thursday Afternoon

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 warm-up 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

Dates: November 3 – December 17
Time: 12:45 – 1:45
Location: WHCA Dance Studio
Instructor: Sabina

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: November 3 – December 15
Time: 2:00pm - 3:00pm
Location: WHCA Fitness Dance Studio
Instructor: Deana

Bootcamp Express - Thursday Evening

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.

Dates: November 3 – December 15
Time: 5:30pm – 6:15pm
Location: WHCA Fitness Dance Studio
Instructor: Karen

Ashtanga Yoga - Friday Morning

Based on the 8 limbs of yoga, focuses on the complete practice of yoga and merges the breath, mind, body and spirit. Classes include warm up exercises, followed by asana practice, finishing up with relaxation and meditation/mindfulness exercises.

It's a great way to start your day with positive mindset and bringing in unity your mind, your body and your spirit. Fits for all the levels. Drop-ins welcome. Registration is ongoing.

Dates: October 14 – December 16
Time: 6:10am – 7:10am
Location: Upper Studio A
Instructor: Sabina

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: Fridays November 4 – December 9
Time: 1:30pm - 2:30pm
Location: Upper Studio A
Instructor: Vandana

Ballet & Conditioning Saturday Morning

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 theraband. The class winds down with core strength exercises and stretching. Compromises elements of classical ballet barre, and yoga. All levels welcome!

Dates: November 5 – December 17
Time: 7:30am – 8:50am
Location: WHCA Fitness Dance Studio
Instructor: Sabina

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: November 6 – December 18
Time: 9:00am-10:00am
Location: WHCA Fitness Dance Studio
Instructor: Karen



Xmas Volunteers

Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.

WHCA PROGRAMS CONT'D

Work-It Circuit – Sunday Afternoon

Can't decide which exercise is the right one for you? Then Work It Circuit is the class for you! Focusing on total body conditioning. This circuit training class incorporates strength and stamina into one high impact workout!

All levels welcome.

Dates: Sunday's November 6 – December 18

Time: 11:15am - 12:15pm

Location: Fitness Center Dance Studio

Instructor: Kiran

Cardio Kickboxing Sunday Afternoon

Ready to become a total knockout? With fierce cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you will get ultra-lean and toned, and have a blast doing it!

Dates: November 6 – December 18 *
(No class November 27)

Time: Sunday's 12:30pm - 1:30pm

Instructor: Lisa

Location: Dance studio

RIPSTIX – Sunday Afternoon

This workout transforms drumming into an incredibly effective way of working out. Instead of listening to music, *you* become the music, in this exhilarating full body workout that combines cardio, conditioning and strength with yoga and Pilates inspired moves. *(No class November 27)

Designed for all fitness levels

Dates: November 6th – December 18

Time: 1:40pm – 2:40am

Location: Dance Studio

Instructor: Lisa

Squash Fundamentals– 6 - 8 years old Saturday

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 12 to December 10

Day and Time: Mondays: Saturdays 9:30am - 10:30am

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 in-

corporate 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

WHCA Squash Instructor- Anna Pentland

Now offering private, semi-private and small group lessons for all ages. Squash lessons are 45 minutes 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

Rate: \$35/hour

\$50/booking slot

The studio is rented on an hourly basis.

EXTERNAL WHCA PROGRAMS

Contact Organizer/Organization Directly For Information

~continued on page 16~

KENSINGTON WINE MARKET

WINETIMES 2017 WINTER TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

Ginapolloza	Thr Jan 12	Start the New Year off with a refreshing tasting of seven new gins, some specialty tonics and a few cocktail ideas!	\$35
Silky Sultry Stouts	Fri Jan 13	Darker than dark! Rich and thick, chocolate and burnt toast. We'll go through a few different takes on this hearty, classic ale and explore the sub-styles that make stouts such a broad and well beloved style!	\$25
Finishing School	Tue Jan 17	Whether they call it "Aced", "Finished" or "Extra Matured", finishing a whisky in a different cask can be a way of adding character and offering variety. Discover the effects of different finishing casks.	\$35
Tight Wad Oenophile	Thr Jan 19	Christmas is over and the bills are arriving. Join this "penny pinching" tasting for wine lovers. We'll taste guaranteed delicious, wallet friendly wines. Discover what the "experts" won't admit to taking home.	\$20
Monster Cabs	Fri Jan 20	Winter isn't for the weak. Let's fortify ourselves for the dark, cold days ahead with a tasting sure to warm our hearts and palates. Stand up format.	\$40
The Road Less Travelled, Italy	Tue Jan 24	Travel with us to vineyards well off the beaten path and discover little known regions producing outstanding Italian wines.	\$50
Burns Bash	Wed Jan 25	Join us for a mini whisky festival featuring our favourite KWM exclusive whiskies. There will be haggis, bagpipes and no fewer than 50 exclusive whiskies open for sampling.	\$40
Beer's Not a Boy's Club!	Thr Jan 26	Join us for our first "girls only" tasting tailored to help gals explore the fun and sometimes crazy world of craft beer. Whether you know a little, or a lot, you'll be guaranteed a great tasting.	\$25
Cheese Please	Fri Jan 27	California exclusives! This will be a special tasting of some of our very best wines from top producers paired with, of course, the best of Peasant Cheese. Stand up format.	\$40
Cadenhead on the Speyside	Tue Jan 31	We have some fabulous exclusive Cadenhead Small Batch whiskies and single casks. We've selected a range for a great Speyside tour: Aberlour, Mortlach, Glenrothes, Strathisla and three others!	\$60
Into The Bottle: Part One	Thr Feb 2	This "back to basics" tasting will be an in-depth focus on the classic varietals from around the wine making world. Rediscover and learn why you love wine!	\$30
A Port in Any Storm	Tue Feb 7	When the weather outside is stormy, what better way to chase away the chill than with a glass of port. You'll learn about Port's many styles and perhaps discover a favorite safe haven.	\$45
BenRiach Batch 13 Vertical	Thr Feb 9	We can't squeeze all twelve of the BenRiach Batch 13 vintages into one vertical tasting, but we can make room for eight of the oldest vintage single cask single malts. Vintages 1994-1975, one night only!	\$150
The Hills Are Alive!	Fri Feb 10	To the sound of tinkling glasses and the taste of Grüner. This tasting will explore the little known wines of Austria. Be prepared to sing their praises!	\$30
Love at First Sip: Champagne & Sweets	Tue Feb 14	Bring your "sweet" heart to this tempting tasting of our very best Champagnes. We'll dim the lights and nibble on hedonistic offerings from Calgary's best bakers.	\$50
Rare Malts	Thr Feb 16	Only malts 20+ years of age from Closed Distilleries and/or the Very Rare need apply for this special tasting.	\$80
En Francais: Vallée de la Loire	Fri Feb 17	Join our resident francophone, Christine Parent, for a tasting of the best of the Loire Vallée, from Sancerre to Muscadet! Joignez-vous à notre francophone en résidence, Christine Parent, pour une dégustation conviviale, en français! Région à l'honneur: Vallée de la Loire. Stand up format; this tasting will be conducted in French.	\$35
To Peat or Not to Peat	Tue Feb 21	Many distilleries now bottle both peated and unpeated expressions. Join Evan for a taste off, pitting peated and unpeated single malts against each other from four pairs of distilleries.	\$40
Whisky Geek Paradise	Thr Feb 23	Hunter is putting a new twist on our old Classic Malts tasting showcasing value propositions that will still delight even the most discerning palate.	\$30
Cheese Please	Fri Feb 24	The Iberian Peninsula, steeped in history, art and gastronomic adventures, is also famous for its production of wine. Join us for a taste of the best wine and cheese from Spain and Portugal.	\$30
The Best of Tightwad Oenophile	Tue Feb 28	We're lining up the winners from past "penny pinching" tastings to see how they stack up today. This one will be "blind" and loads of fun.	\$20

1257 Kensington Road, NW | 403 283 8000 | www.kensingtonwinemarket.com

WHCA PROGRAMS CONT'D

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 6:00pm - 7:00pm

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 5:00pm - 5:45pm and Fridays 5:00pm - 6:00pm

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

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

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 6:30pm - 7:30pm

Thursdays 6:15pm - 7:15pm

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 5:00pm - 6:00pm

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 - 7:15pm - 8:15pm

Contact: Jocelyn at 403.667.0435

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

Fall/Winter 2016 – 2017 Learn to Skate Programs

Donella Swan

Our Learn to Skate Programs are still operational during Arena Renovations. All classes will be held out of the Brentwood Sportsplex from September 2016 - March 2017. Reserve your registration spot online at www.westhillhurst.com/learn-to-skate. (See schedule on next page).

For further details, please contact skate@westhillhurst.com

ROYAL WEST SOCCER PROGRAMS - CITY LEAGUE



Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.

FALL/WINTER 2016 – 2017 LEARN TO SKATE PROGRAMS

Learn to Skate Fall/Winter 2016 - 2017			
Monday	Wednesday	Friday	Saturday
STARSkate & Prelim Prep On-ice Conditioning Class with Coach Craig 4:15 - 4:45 PM	STARSkate & Prelim Prep Fantastic Figures with Coach Donella 4:15 - 4:45 PM	STARSkate & Prelim Prep On-ice Flexibility Training with Coach Jaclyn 4:15 - 4:45 PM	PreCanSkate (shared ice) 11:00 - 11:30 AM
STARSkate & Prelim Prep Private and Group Lesson Time 4:45 - 5:30 PM	STARSkate & Prelim Prep Private and Group Lesson Time 4:45 - 5:30 PM	STARSkate & Prelim Prep Private and Group Lesson Time 4:45 - 5:15 PM	PreCanSkate (shared ice) 11:30 - Noon
STARSkate & Prelim Prep Group Cool Down with Coach Jaclyn 5:30 - 5:45 PM	STARSkate & Prelim Prep Group Cool Down with Coach Jaclyn 5:30 - 5:45 PM	STARSkate & Prelim Prep Synchronized Skating with Coach Cayley 5:15 - 5:45 PM	CanSkate (shared ice) 11:00 - Noon
PreCanSkate Lesson Time (shared ice) 5:00 - 5:30 PM	AdultSkate Fundamentals (shared ice) 5:15 - 5:45 PM	AdultSkate Bootcamp (shared ice) 5:00 - 5:45 PM	

All classes are operating out of Brentwood Sportsplex (1520 Northmount DR NW) during WHCA Arena renovations. Please note, there is no skating on statutory holidays and there will also be a holiday break from December 17 until January 9.

SOCCER

SOCCER

For more information contact, email: registrar@royalwestfc.com

www.royalwestfc.com

Indoor City League soccer is up and running! Royal West FC has seven city league teams playing under Calgary Minor Soccer Association competitive league. Thank you to our dedicated coaches and technical team that devote many hours of their time to our players development. Our indoor season wraps up February 26th - followed by post season competition! Visit our website for play off times and come out to support your community teams! www.royalwestfc.com Outdoor registration opens February 1st 2016.

Higher Level Sports Academy

Higher Level Sports Academy is a new training facility promoting a great environment for passionate athletes of all ages.

Come play in a safe and fun environment with supervised and organized games schedules.

3 Artificial turf fields available for play.

Schedule:

Mondays - Thursdays: 4:00pm - 6:00pm

Fridays: 12:00pm - 6:00pm

Open Age Coed

Monday and Tuesday 9-11pm

Address: 1411 33 St NE, in Marlborough across from Coast Plaza Hotel and beside the Extreme Air Park in the Franklin Crossing Plaza

For more information Contact:

Romeo at romeonicholas1953@gmail.com

403 836 7416

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

Email: admin@triplemeg.com



COUNCILLOR, WARD 7 DRUH FARRELL

WARD07@CALGARY.CA • WWW.DRUHFARRELL.CA
TWITTER: @DRUHFARRELL • FACEBOOK: DRUH FARRELL

It is that time of year when we gather-round the kitchen table to spend time with friends and family. We will reflect on good fortune and happy times, as well as look forward to an even better 2017.

Sadly, not all of our neighbours will be as fortunate this holiday season. Whether due to the recession, loneliness, poor health, or other challenges, many Calgarians could use a kind word and a helping hand. While many live through difficult circumstances year-round, the holidays are an ideal time for us to share our generosity and kindness. Here are just a few of the ways we can help:

- Call 211 (online at www.ab.211.ca when you see someone in need. Here you can access a wide-variety of social programs and services.
- Make a donation to a non-profit in your community. For information on charities and their finances, visit www.cra-arc.gc.ca/charitiesandgiving/.

- Volunteer! The possibilities are endless. From reading to children to visiting seniors' centres, call 211 to connect to volunteer opportunities, or create your own.
- Start a conversation about poverty. To learn more about poverty in Calgary, visit www.enoughforall.ca.
- Learn what it feels like to live in poverty by trying to *Make the Month*. www.makethemonth.ca is an interactive poverty simulation that shows how Canadians living in poverty face choices that will make or break their monthly budgets.

There are also easy ways we can help our neighbours on a regular basis in the winter months. A great example is becoming a Snow Angel. Watch for people in your neighbourhood who could use help shovelling snow and lend them a hand. To learn more about being a Snow Angel, or to recognize a neighbour's good deeds, visit www.calgary.ca/snowangels.

From the Ward 7 family to yours, we hope all Calgarians can enjoy a happy and compassionate holiday season.

To sign up for updates on key community and Ward 7 issues, please visit www.druhfarrell.ca. To contact my office, please email Ward07@Calgary.ca.

CAPITAL PROJECTS COMMITTEE

Richard Raap

Arena Project Update

We are continuing our monthly meeting with city representatives

As previously communicated, due to the City extending the project timeline more vendors were able to provide a competitive bid. Because these bids came in a lot lower than initially anticipated, some key items that were initially deemed to be out of scope, such as the complete renovation of the roof and roof support, as well as the replacement of the entire concrete slab are now back in scope. This is great news!

At this point in time, the contractor has started work, however it is unclear as to what impact the later start may have on the completion of the project. We have been told that the Arena will be closed down until the end of February for sure. We are keeping a close eye on schedule updates, and what impact this may have on our community but also to our cashflow due to lost revenues.

In the meantime, the capital projects committee is continuing to try to leverage the work that is taking place with other urgent building needs, such as updates to the fire alarm. The current fire alarm does not meet the fire code and this is a mandatory item. By utilizing the same engineering firm and contractors that are already onsite, we are aiming to achieve benefits in terms of budget and scheduling. We are continuing the discussions with the City as to the funding of this mandatory safety upgrade.

Also with regards to funding, the community association has applied for a grant under the Canada 150 program. We hope to hear soon, if we have been successful. We are currently in conversations with the City as to how the funds (if awarded) would be applied, as there are some differences of opinion and the direction and intent has changed in our perspective.

We are also planning to apply for additional 2017 funding for other highly needed capital improvements.

As and when updated information becomes available we will continue to update the community stakeholders.

Confederation Park 55+

By Judy Cairns

Confederation Park 55+ Activity Centre

Memberships for the September 1, 2016 to August 31, 2017 membership year are now on sale. New memberships or renewals can be purchased for \$30.00/person.

Registration for the winter session will be starting Monday, November 28. Check the Centre's website, yycseniors.com, for the most up to date information on activities and events. Drop by our facility any weekday between 9:00am and 3:00pm to register. (Payment by cheque or cash ONLY.)

Want to try a class before registering in the entire session? Drop-in and give a class a try (some restrictions apply) for just \$9/member, \$11/non-member or purchase an Access Card (10 drop-in sessions) for \$85.00/member, \$105.00/non-member. Learn more at yycseniors.com or call the Centre at 403.289.4780.

Coming up in December

Christmas Lunch & Turkey Bingo – Monday, December 5

- Tickets \$15/member and \$15.00/guest of a member
- Includes lunch, a bingo card and Christmas Carol Sing-a-long
- Prizes: Turkeys, hams and trimmings

Saturday Dances – Doors open at 6:30; Dance 7:30;

- Tickets \$12
- December 10: For Old Tymes Sake

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

Stay Active • Stay Involved • Stay Connected • Join Us

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.

You're invited

Join Dr. David Swann, MLA, Calgary Mountain View and CMHA Peer Options for a Christmas Open House.

Wednesday, December 21 3:00pm to 6:00pm
Calgary Mountain View Constituency Office
102, 723 14 Street NW

Nonperishable donations to the Calgary Food Bank will be gratefully accepted.
Light refreshments will be served.
Limited visitor parking available behind the building.

Merry Christmas



More fun than a bouncy house can handle!

Monday to Friday, 10:30 a.m. – 12:30 p.m.

\$2 per adult and \$1 per child

No registration required!

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

Drop-In Gym Schedule

DATES SCHEDULED EVENT

Dec 1 Pickle ball
 Dec 8 Dodgeball
 Dec 15 Basketball Game

OPEN GYM DATES

Dec 3
 Dec 10
 Dec 17

Program Descriptions & Registration Information:

\$2 each drop in
 4:00pm to 6:00pm Tuesdays and Thursdays
 Online: www.summitkids.ca/drop-in-gym
 Call: 587.432.0471 • Email: info@sk4u.ca

Homeschooling Winter Schedule

Calling all homeschoolers! –
 Welcome to the world of programming....
 Summit Kids offers exclusive SummitU courses and physical education classes especially for our Homeschooled children and the children that are un-schooled. We offer flexibility of options to keep your children safe through educational courses and physically active through our lively and fun gym classes.

Bullyproofing

In a two hour interactive, non-threatening manner, children learn how to become 'Bullyproofed'. This program is designed to be preventative and proactive, so that children can avoid being bullied, and if they are bullied, know how to stop it. The focus is on understanding complete acceptance, not just tolerance of others. Stu-

dents learn by working through scenarios, role play and group activities to help reinforce important messages.

2-hour session (12 p.m. – 2 p.m.) - \$30 +gst
 Monday, January 11 2-hour session (12 p.m. – 2 p.m.) - \$30 +gst
 Friday, February 5

Safe Kids

This one hour program is a fun and entertaining child safety class designed to help kids learn about injury prevention and how to safely respond to an emergency. Safe Kids delivers valuable skills in a non-threatening and memorable way. Safe Kids focus is on preventing common household, playground and traffic injuries, as well as teaching kids about Emergencies and calling for help.

1-hour session (11 a.m. – 12 p.m.) - \$20 +gst
 Wednesday, January 13
 1-hour session (12 p.m. – 1 p.m.) - \$20 +gst
 Monday, February 8

A Girl's Way

A Girl's Way is a three hour safety education program that teaches teenage girls how to recognize and respond safely to dangerous people, places and situations. Most girls make unsafe decisions based on low self-image and self-esteem. A Girl's Way is a unique and life altering program that supports the transition from childhood to teenage years, while setting limits and boundaries when it comes to behavior (both in person and online), self-respect and personal safety.

3-hour session (11 a.m. – 2 p.m.) - \$35 +gst
 Friday, January 15
 3-hour session (11 a.m. – 2 p.m.) - \$35 +gst
 Wednesday, February 10

Never Bee Lost

Are you wondering when it's safe to leave your child at home alone for a few hours? Our most popular and "absolute must-have" course for every student who plans on being at home alone. This entertaining child safety workshop is one of our most popular courses and is designed to prepare children to look after themselves while at home alone.

1-hour session (12 p.m. – 1 p.m.) - \$20 +gst
 Monday, January 18
 1-hour session (12 p.m. – 1 p.m.) - \$20 +gst
 Friday, February 12

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, Jan 23 & Jan 30
 2, 4-hour sessions (12 p.m. – 4 p.m.) - \$55 +gst
 Saturday, Apr 2 & 9

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 (10 a.m. – 12 p.m.) - \$30 +gst
 Wednesday, January 20
 2-hour session (12 p.m. – 2 p.m.) - \$30 +gst
 Friday, February 19

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 pre-school. 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 (12 p.m. – 1 p.m.) - \$20 +gst
 Friday, January 22
 1-hour session (12 p.m. – 1 p.m.) - \$20 +gst
 Monday, February 22

Safe Sport

Safe Sport is a comprehensive child safety course that encourages 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 (12 p.m. – 2 p.m.) - \$30 +gst
 Monday, January 25
 2-hour session (10 a.m. – 12 p.m.) - \$30 +gst
 Wednesday, February 24

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 (10 a.m. – 12 p.m.) - \$30 +gst
 Wednesday, January 27
 2-hour session (12 p.m. – 2 p.m.) - \$30 +gst
 Friday, February 26

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 (12 p.m. – 2 p.m.) - \$30 +gst
 Friday, January 29
 2-hour session (12 p.m. – 2 p.m.) - \$30 +gst
 Monday, February 29

Gym Class

- Ages 5 – 8 (Wednesdays)
 - o Winter 2016 Class Schedule
 - 1 hour session (12:00 p.m. – 1:00 p.m.) every Wednesday. 8 classes in the series- running from January 13

~continued on page 23~



West Hillhurst Real Estate Update

Last 12 Months West Hillhurst
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$1,139,999.50	\$1,093,250.00
September 2016	\$788,000.00	\$770,000.00
August 2016	\$684,900.00	\$668,750.00
July 2016	\$774,900.00	\$757,500.00
June 2016	\$799,900.00	\$790,000.00
May 2016	\$824,950.00	\$789,000.00
April 2016	\$709,000.00	\$682,500.00
March 2016	\$724,900.00	\$695,000.00
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

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

	No. New Properties	No. Properties Sold
October 2016	20	8
September 2016	14	9
August 2016	12	6
July 2016	14	10
June 2016	13	15
May 2016	18	10
April 2016	12	12
March 2016	24	11
February 2016	25	4
January 2016	12	4
December 2015	4	4
November 2015	10	7

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

IN & AROUND SCHOOLS



By Erin Hinton

The children of West Hillhurst Community Preschool are enjoying all of the joy and excitement that the transition to winter has to offer - snowy themed crafts, learning about different holidays and staying cozy inside as the snow falls outside the big classroom window!

Our preschool has recently introduced a new referral program to our current families.

Anyone who refers a new student to the preschool for the 2016-17 school year can receive a \$75 credit for use towards any WHCA-run programming (e.g. preschool classes, fitness classes etc). This is a great way to introduce new families to our wonderful program while getting a chance to experience the perks that our community association has to offer at a reduced cost!

WHCA Preschool currently has openings in our afternoon programs.

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



IN & AROUND SCHOOLS

Queen Elizabeth School News

Deb Hamilton

STEAM Hour Thursday

Under the guidance of the experts at blogability, the staff and students at Queen Elizabeth School have started an exciting journey into the world of STEAM (Science, Technology, Engineering, Art and Math) and ICT (Information and Communications Technology). Every Thursday, classes spend some time working on projects that support curriculum in new and engaging ways. Projects are collaborative and challenge students to think about creating a better box, rather than simply just outside the box.

Here's some of what we're working on:

- **Interactive Maps:** What makes a community? What is important to you in your community? Mrs. Mansell's Grade 1-2 students had a lot to say about the places that are important to them. We are using photographs and live video to create waypoints on a custom Google Map. We will even map out a route for members of our community to join us on a virtual tour around our community.
- **Time Travel:** Yes, we are exploring time travel with Ms. Lemieux's Grade 1-2 class. Sounds daunting, right? It's not. The students' minds are open and curious about such concepts as the 4th dimension, the speed of light, virtual reality and wormholes. Why, you may ask, are we studying time travel? It's the only way to see how the community of Calgary was 100 year ago, of course! If you know a student in Ms. Lemieux's class, ask them what they've seen as they've travelled through time.
- **Comics!** There are many ways to tell a story and despite what you may think of comic books (or graphic novels), they are a compelling storytelling tool. The visuals combined with the verbal immerse the audience in a multi-sensory, experiential story. Our Grade 3-4 classes are creating their own comic books to tell their stories. Watch for links to their literary works, coming soon. In the meantime, pick up a graphic novel from

SUMMIT KIDS CONT'D

to March 9, 2016. NO CLASS ON FEBRUARY 10, 2016

- Ages 9-12 (Tuesday & Thursdays)
 - o Winter 2016 Class Schedule
 - 1 hour session (11:00 a.m. – 12:00 p.m.) every Tuesday and Thursday. 16 classes in the series- running from January 12 to March 10, 2016. NO CLASSES ON FEBRUARY 9 AND FEBRUARY 11, 2016
 - Ages 13+ (Tuesday & Thursdays)
 - o Winter 2016 Class Schedule
 - 1 hour session (12:00 p.m. – 1:00 p.m.) every Tuesdays and Thursdays. 16 classes in the series- running January 12 to March 10, 2016. NO CLASSES ON FEBRUARY 9 and FEBRUARY 11, 2016
- Programming courses and gym classes operate out of the West Hillhurst Community Association (1940-6 Avenue NW, Calgary AB T2N 0W3)
Online: www.summitkids.ca/home-school
Call: 587.432.0471 • Email: info@sk4u.ca

the library. POW! You might just get hooked.

- **Heritage Minutes.** Grade 5 / 6 students have been putting a lot of thought into Canadians important to Canada's first 150 years. They are conducting research, creating storyboards and scripts and will be creating their own unique 'Heritage Minutes' to share their knowledge of some pretty great Canadians. These will be shared at qee.blogability.ca.
 - **Magic book:** Mrs. Gould's Grade 1-2 class is putting together a magic book (yes, it's really magic!) to share their special places in the community. When you open this book, you will be transported via video, interactive graphics, QR Codes and other magical devices to places you know and places you want to know more about.
- Holiday Concert**
On top of all of this amazing and engaging work, our staff and students are busily preparing a holiday concert too! The energy of the students is boundless; the teachers are a pretty energetic bunch too!

Happy Holidays

On behalf of the staff, students and school council of QEE, have a magical holiday season! Watch for updates on our STEAM Hour projects at qee.blogability.ca.



MP, CALGARY CONFEDERATION LEN WEBBER

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

A Sensible Solution

For those who may not already know, I have been a long-time advocate of organ and tissue donation in Canada and was instrumental in creating the organ donor registry in Alberta a few years ago.

However, the reality is 4,600 Canadians are awaiting a transplant and we need to do more to find those critical matches to save more lives.

I have introduced a Private Member's Bill, Bill C-316, which proposes a very simple, very effective method to increase the size of the organ donor base in Canada. It will also help update existing databases.

I am proposing we add a line to the annual tax forms that asks Canadians if they would like to become an organ donor and if they want to have this information passed to their provincial government for addition to the existing organ donor registries. The provinces will still be maintaining their own lists and the federal government will just be supplying them with data for that purpose.

The Canada Revenue Agency already successfully shares data every day with all the provinces and territo-

ries via encrypted networks with strong and reliable privacy safeguards. In addition, the existing infrastructure would support this change with virtually no cost. CRA already shares dozens of data fields of information on every taxpayer with the provinces and territories and this would simply be one more data field.

The tax form is a way to update this information annually via a legally-binding document. It would allow for lists to remain current and relevant.

Currently, the only proactive approach used by governments is to ask for donors via the driver's licence registration process. The number of people getting drivers' licences is dropping every year.

The voluntary online method of registering is neither proactive or fully effective. Those who move from one province to another do not update their information, especially young people who are prime donors. The tax form approach overcomes these common problems and expands the potential donors reached.

Sadly, when someone dies, the tax department is often one of the first government agencies to be notified. This too will help update provincial registries and keep them current. This makes for a more effective and responsive donation system.

I hope I can count on your support for Bill C-316.

Maddy	19	587-888-7298	Yes
Neil	14	403-991-6172	Yes
Sam	15	403-703-6837	Yes
Sarah	16	403-660-0319	No
Tessa	14	587-432-6045	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.

Name	Age	Contact	Course
Antares	34	403-383-2527	Yes
Cecilia	17	587-223-1330	Yes
Ethan	16	587-703-7616	Yes
Eugene	19	403-703-4488	Yes
Haley	21	807-220-1154	Yes
Jenna	19	403-680-2357	Yes
Jordan	19	403-969-6661	No

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."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the West Hillhurst area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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.

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 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your peace 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.

HANDYMAN/CONTRACTOR: Hire-a-husband type of jobs performed: interior repaints carpentry, doors installed, trim and baseboard, laminate and vinyl flooring, drywall repair, ceramic tiling, minor plumbing and electrical, fence and deck building and repair. Contact Rob Ziffle 403-606-8876, robziffle@gmail.com.



In Spain, December 28th is '**Día de los santos inocentes**' or 'Day of the Innocent Saints' and is very like April Fools Day in Canada and US. People try to trick each other into believing silly stories and jokes. Newspapers and TV stations also run silly stories.

Happy Holidays!



provide protection for your tree and presents.

4. **Holiday baking? Yes please!** Looking for a great way to amuse younger houseguests AND include your pet on

the fun? Bake and decorate delicious dog cookies with pet-friendly ingredients like cheese powder, yogurt 'icing', flax seed and carob chips. Need a recipe? Email humane.education@calgaryhumane.ca and we'll be happy to share our favorites!

5. **Put Santa's cookies on the mantle, not the floor!** To keep your pet from getting a lump of coal (or a pricey vet visit) for Christmas, store Santa's cookies and other holiday goodies up and away from curious noses. Better yet? Keep a bowl of approved treats on hand for houseguests that want to share the holiday cheer.

6. **Spend some quality time together!** Holidays are a busy time, but they are also a great chance to spend some quality time with your pet. Bundle up Fido and head out to check out the holiday light displays or curl up on the couch with Fluffy to enjoy your favourite festive film.

7. **Give your pet a space of their own.** When house-guests come calling some pets may prefer to sneak off for some relaxation. Providing a 'safe haven' in your house is as easy as placing a comfy bed and some of your pet's favorite items in a room that company will not be spending time in.

8. **Spread some holiday cheer!** Drop by the shelter to find the 'purr-fect' gift at our Pet Gear Store or drop off a pet toy for our "Stuff a Pooch Pad campaign". We're all decked out for the holidays and we would love to hear from you!

From all of us at Calgary Humane Society, have a safe and happy holiday season!

Happy Holidays from Calgary Humane Society!

December is always a time filled with a lot of festivity at the shelter and we hope you are enjoying your own holiday traditions at home. As always, we are starting out the season with our Christmas Party for the Animals, a free family event, on December 3, 2016. All December long we will also be collecting treats and toys for the shelter pets to enjoy on Christmas morning, as part of our "Stuff a Pooch Pad" campaign. At Calgary Humane Society we believe that every pet should have a special festive season, so with that in mind we are bringing you our top suggestions on how to make the holidays fun and safe for you and your pet!

1. **Distract Fido with special treats!** Having family and friends join you for a meal is a fantastic holiday tradition, and with a little creativity your pet can also join the dinner fun. Freezing hard rubber "Kong" toys stuffed with soft food is not only a delicious indulgence, it can also distract Fido while you enjoy dinner in peace!

2. **Choose "Fluffy friendly" wrapping and decorations!** Many pets, especially cats, love to investigate holiday décor. Put plastic or metal decorations towards the bottom of the tree and consider skipping ribbons and tinsel as these could be dangerous if swallowed. If you have a wrapping paper scraps left over you can create a fun diversion for your feline friend by hiding a treat or two inside a crumpled paper ball.

3. **Secure the tree!** If you have pets (or small children) visiting your house over the holiday season you can safeguard your 'silent night' by securing your tree to the wall. A strategically placed pet exercise pen can also

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

January 10 - January 21 All The Little Animals I Have Eaten by One Yellow Rabbit: Set in an unusually modern bistro, this latest of Karen Hines' darkly hilarious comedies embraces everything from plagiarism and insurance crimes to Golden Retriever conventions and lonely trolls to existential struggles and the transcendence of the human soul. Scenes are performed by well-heeled diners, glowing ghosts, tiny vertebrates, and other unexpected voices. More info www.ojr.org

January 13 Pop Fridays at Calgary Philharmonic Orchestra: Known as "The Ambassador of Soul" Ellis Hall is a master of classic R&B in the style of the genre's greatest legends. With an incredible career as former lead singer in Tower of Power and a protégé of the legendary Ray Charles, Soul Unlimited's hits include the music of Stevie Wonder, Marvin Gaye, The Temptations, Earth, Wind & Fire and more. More info www.calgaryphil.com

October 6 - January 8 ATB Storytellers Exhibition at National Music Centre: Discover Alberta's rich music history at the new ATB Storytellers Exhibition. Explore the untold history of some of Alberta's music pioneers and icons through artifacts, film and interactives. Free and accessible to the public inside Studio Bell's Drop-In Zone. The exhibit will feature a collection of artifacts and recorded oral histories with iconic Albertans. More info www.nmc.ca

January 5 - February 2 High Performance Rodeo multiple venues: Offering all types of theatre over the course of almost a month, the High Performance Rodeo can feel as exciting as its namesake if you are trying to fit all the great performances in from this annually jam-packed schedule. To keep up-to-the-minute informed check the Facebook page www.facebook.com/HPRodeo or more info and tickets www.hprodeo.ca

January 29 Bridal Fantasy at the Telus Convention Centre Brides can expect to see a dramatic fashion show and theatrical production featuring the latest trends in flowers, tuxedos, gowns, destination wear, hair and make-up. Brides have the opportunity to win over \$75,000 in prizes and the chance to win the Fantasy Wedding Package - Including prizes from all of the sponsors. More info www.bridalfantasy.com

NOVEMBER 25, 2016 - JANUARY 8, 2017 ZOO LIGHTS AT THE CALGARY ZOO

6:00 pm - 9:00 pm everyday, experience over 1.5 million lights, 200 displays, crackling fire pits, steamy hot chocolate and four fun-filled activity zones (with many new additions!), transforming the Zoo into a magical winter wonderland. More info www.calgaryzoo.com



EVERY SATURDAY IN JANUARY CRAFT BEER TOURS BY CALGARY BEER TOURS

The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers.

Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info www.calgarybeertours.beer/tours/



JANUARY 6 - JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

Featuring brands like Vespa, BMW, Victory, Harley Davidson and many more, this exhibition is sure to blow your hair back. Regular admission is \$15 and kids under 5 get in free. More info www.calgarymotorcycleshow.ca



JANUARY JANUARY JANUARY

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DID YOU KNOW?

The Canadian Dental Association recommends your child visit the dentist by the age of 1.



Dr. Lauren Vredenburg, age 1

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