

JANUARY 2016

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# your WEST HILLHURST WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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West Hillhurst Community Association  
1940-6th Ave NW  
Calgary, AB - T2N 0W3  
Phone: 403.283.0464 | Fax: 403.270.0482  
[info@westhillhurst.com](mailto:info@westhillhurst.com) | [www.westhillhurst.com](http://www.westhillhurst.com)

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# 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 Ginkle	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 Ginkle	planning@westhillhurst.com
Transportation	Kerry Baird	transportation@westhillhurst.com
Newsletter	Carla Fiorentino	news@westhillhurst.com
Community	Jo Larson	volunteers@westhillhurst.com
Engagement		
Capital Projects	Richard Raap	capitalprojects@westhillhurst.com
Community Garden	Vacant	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



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and Twitter  
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## WARBLER SUBMISSION

# 15<sup>th</sup>

of each month

Email: [news@westhillhurst.com](mailto:news@westhillhurst.com)

## PRESIDENT'S REPORT

Brent Alexander, President WHCA

Happy New Year from the Board and Staff at WHCA!

Over the last two years, our old Centre has seen quite a transformation in uses and users. Some long term tenants have moved on to different facilities, while several new ones (Summit Kids, Non-Contact Hockey League, Royal West Soccer, The Barn) have moved in. The Centre hasn't been so busy in years and the services and programming have expanded significantly – serving more of the needs in our community than ever before. We will continue to work with new and existing clients to maximize the benefit of this old building for all segments of our community, young and old alike - active, creative, and learning.

There is always more that can be done. What new services would you like to see? What organizations would you like to see at the Centre that can supplement and complement that is already being provided? What can existing service providers do to appeal to and address holes in our programming to underserved segments of our community? Too often the Centre is seen as an arena or a gym – but we are more than that from kids programming to the Go-Getters and The Barn – a family friendly pub style sports restaurant. And with your help, we can be even more than we currently are. Let us know your ideas – and suggestion on how we can achieve them.

We may not be able to accommodate every idea, program or service provider – but we will stretch to be as much as we can to as many as we can. That being said, our facility is aging and limited. How we use it can be optimized to better serve everyone, but the building as is, is not the be all and end all either. Replacing the boards and ice plant – as necessary as that is – does not change it to any great degree. Not that it can or should change overnight, but as we grow as a community, we will likely need to consider how we can expand our facility to meet the needs of a larger community that is expected to double in 20 years. Does that mean more meeting/activity spaces, another arena with ice or a dry pad, an interactive library, art studios or more dance studios to accommodate budding ballerinas, springing ninjas and indigenous hoop dancers?

Not quite in with the new and out with the old, but a chance to question where we are at and think about where we want to be as a community both today and in the future. It is important that we hear from you as we move to renew of our lease of the Community Centre with the City.

We are large and diverse, together we can help each other to thrive and grow together.

A quick note to rectify an oversight in my last column – a heartfelt thanks to Matt Grant and Darwin Smith for their service to the community as directors on the WHCA Board. Your generosity of spirit and time devoted to community building and renewal were greatly appreciated. All the best in your continued community work.

## GENERAL MANAGER'S MESSAGE

Hello WHCA family,

I hope everyone had a wonderful Christmas!

I have been extremely lucky to have such a hard-working, dedicated staff to work with. Without their tireless efforts, this community association would not look as good as it does now. If you have a chance, please stop by and give them your thanks. I thank them every day.

We have a new board made up of highly talented individuals who have decided to volunteer their time and efforts to make this neighborhood the best it can be. I look forward to working with all of them on many wonderful ideas and projects.

If you have not had the chance, we still are looking for volunteers for our Casino! Go to <http://www.signupgenius.com/go/10c0f48a9a62da20-whca> and sign up.

Please check the WHCA website, like us on Facebook, follow us on Twitter, and watch your emails for new health club programs and for community updates.

Thank you.

Bryan  
General Manager

## TRANSPORTATION REPORT

Kerry Baird

**Crowchild:** The city has finished up with its consultations for Phase 3. We now wait while they consider all the comments and build a few plans for us to evaluate in the spring of 2016. I for one am looking forward to seeing what they will present. Keep up to date by joining our mightybell site <https://mightybell.com/communities/whca-crowchild-trail>

**Legion:** The traffic committee received the TIA (Traffic Impact Assessment) done for the proposal at the Legion site. This is available on the website. Some highlights that were interesting are: Traffic volumes along Kensington Road have remained flat over the last 20 years, all streets with the new volume of people living there will still be under the top end of the recommendation for their street type. We still have issues with some of the items not addressed; Crossing at Kensington road and 18 street, short cutting traffic through the laneway, 1<sup>st</sup> and 2<sup>nd</sup> Avenue. Speed was not mentioned at all in the study and is still a concern along 18<sup>th</sup> street. The traffic committee will continue to work with Planning and the city to see that our concerns are heard and hopefully resolved.

## WEST HILLHURST GO-GETTERS ASSOCIATION



Happy New Year. Wishing you all the best for 2016!

January brings with it all our classes and activities. Now that the holidays are over it is time to get back into the swing of things.

Stop on in, call or take a peek at our web site to see what we are offering in January. Were sure you'll find something you like.

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,

## PLANNING COMMITTEE UPDATE

Gerard Van Ginkel

Happy New Year West Hillhurst Residents,

The WHCA Planning Committee wants to make you aware of a few important dates upcoming in early 2016.

The Kensington Legion Land Use Application will go before City Council on Feb 8. All residents are welcome to attend as this is a public hearing. Furthermore, residents in attendance who are wishing to speak will be allotted 5 minutes each to engage the Councilors. Residents who attend but are not wanting to speak directly can allocate their 5 minutes to the WHCA Planning Committee if they chose. All residents wishing to pursue this option are asked to email [Planning@westhillhurst.com](mailto:Planning@westhillhurst.com) to inform of their wishes so that we can effectively plan our engagement.

For regular updates on Planning and Development matters in our community, please refer to the WHCA Planning Page on Facebook at: <https://www.facebook.com/whcaplanning/>

Have a prosperous 2016!

Crib, Euchre and Bridge. We have our own bus and do day trips to various locations within Calgary and Alberta. We have a monthly luncheon and lots of opportunities for volunteers. Memberships for our membership year (Sept. 1, 2015 – Aug 31, 2016) are \$25.00 for a full year of fun. Come on in and check us out. We'd love to see you.

BINGO is held every Wednesday starting at 12:00 noon and you don't have to be a member to join us (you do have to be 18 or older though). Visit us online at [www.gogetters.ca](http://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.

# YOUR COMMUNITY business of the month

## Midtown Kitchen & Bar Hillhurst-Sunnyside Community

Located in the heart of Kensington, Midtown Kitchen & Bar is a family friendly restaurant/bar with a comforting quaint feel to it that always makes you feel welcome.

The kitchen menu has a focus on fresh, locally sourced ingredients. This touches everything from the bread baked around the corner to the produce coming from nearby farms at the farmers market. This means you'll be receiving the best quality possible from a menu that is constantly changing with the seasons. And if you're looking for a spot to stop by for breakfast on the weekend Midtown is serving up a special morning menu from 10:00 to 1:00.

This local focus doesn't just apply to the food served at Midtown. The beer list comprised solely of craft beer offers many choices from breweries located right here in Wild Rose Country. Out of the eight standard draft taps six of them are from Alberta breweries. There have been some changes made by the government regarding the governance of liquor and brewing in Alberta which has led to a recent explosion of new Alberta craft breweries so Midtown provides an excellent opportunity to try new and innovative beers from all over the province. Not only is this good for guests of Midtown but also provides these new breweries with a great opportunity to be introduced to the public.

The other four taps are rotating handles showcasing beers from all over including those brewed right here to beer brewed in the east coast, south of the boarder or even other continents. Rotating beer taps are a great way to keep things fresh and interesting. Sometimes you just want to try something new that you've never had before. And people who are really into different styles of beer will be happy to hear that Midtown has a dedicated nitro line and sour beer line.

On top of being a trained chef co-owner Ric Cutillo is also a Level Two Sommelier. The wine menu is full of new world options coming from select small batch vineyards. Wednesdays are the perfect way to try a new vintage with bottles of wine on sale for half price.

The spirit connoisseur will be happy to know that Midtown's back bar boasts a total of 120 unique spirits. This includes a large whiskey selection consisting of rye, scotch and bourbon. These can all be enjoyed straight up or mixed into a carefully crafted cocktail.

Stop by your local hangout where there's something for everyone to enjoy.



302 10 STREET N.W. CALGARY, ALBERTA, T2N-1V8

T: 403-474-2555

[WWW.MIDTOWNKITCHEN.CA](http://WWW.MIDTOWNKITCHEN.CA)

# WHCA PROGRAMS

## WHCA INTERNAL PROGRAMS

Contact WHCA Directly: Email: [info@westhillhurst.com](mailto:info@westhillhurst.com)

Phone: (403) 283-0464

Visit Our Website: [www.westhillhurst.com](http://www.westhillhurst.com)

Main Building Location: Use South or East Building Entrances

### Adult INDOOR Pickleball – Monthly Registration & Drop-In Options Available

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

Dates: **Inside (Main Gym)**

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

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

Register online: [www.westhillhurst.com](http://www.westhillhurst.com)

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

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

Dates: January – March 2016

Times: Saturdays - 9:30 am – 10:30 am

Room: Upper Studio A

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

Register online: [www.westhillhurst.com](http://www.westhillhurst.com)

### Ice Skating – Free Member Program - Drop-In

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

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

Fridays: 9:30 am – 10:30 am

Location: Ice Arena

### YUAN GONG – \* Registration Required

Yuan Gong is one of the very few Qigong systems that have a strong theoretical basis. It was created a few years ago with two criteria in mind: safety and effectiveness. Its goal is to restore health, and support the growth and development of human life, so it has to include safety as a top priority. The effectiveness is to answer the needs of modern humans: busy people, many of whom have health issues. Relatively short practices can already bring huge health and other benefits, compared to other recognized Qigong systems such as, for example, Tai Chi or Zhineng Qigong. Practicing Yuan Gong is a way to bring energy levels up naturally. A constant dipping in energy levels is a sign from the body that it's having difficulty

coping with the routine maintenance and repair mechanisms. Yuan Gong addresses this in a comprehensive manner.

Yuan Gong is widely used for injury prevention and rehabilitation. The program is targeted to people with chronic or acute injuries.

All levels welcome.

Registration: [www.westhillhurst.com](http://www.westhillhurst.com)

Dates/Times: January 5 – February 23 5:30 to 6:30 pm

Location: Upper Studio A

### Preschool Yoga – Free Member Program \* Registration Required

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

Registration: [www.westhillhurst.com](http://www.westhillhurst.com)

Date: January 12<sup>th</sup>-March 15<sup>th</sup>

Time: 3:15pm

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

### Winter 2016 Learn-To-Skate Programs

#### PrePowerSkate

West Hillhurst's PrePowerSkate is designed to give hockey and ringette skaters a solid foundation to skate better and play better. This program focuses on balance, power, agility, speed and endurance to train players to be ready for any game situation that unfolds. **\*\* Please not this is not a Learn to Skate program – participants are expected to have previous skating experience.**

#### Age recommendation: Ages 5 and up

Timeframe: January 16<sup>th</sup> – March 19<sup>th</sup>

Saturdays: 9:30am - 10:30am

Cost: \$275.00

#### CanSkate - Learn to Skate

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

#### Age recommendation: Ages 4 and up

Timeframe: January 13<sup>th</sup> – March 19<sup>th</sup>

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

Cost: \$275.00



# WHCA PROGRAMS CONT'D

## StarSkate – Learn to Figure Skate

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

### Monday: Conditioning Class

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

### Wednesday: Ballet and Yogalites

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

### Saturday: Variety Class

This class is a little mix of everything! This will include guest teachers in a variety of special areas including dance, hip hop, belly dancing and more! A fun way to expose the skaters to other forms of dance and movement and challenge their skill set.

### Age recommendation: For CanSkate Graduates or Stage 4 and up

Timeframe: January 11<sup>th</sup> – April 16<sup>th</sup>

Days: Mondays, Wednesdays, and Saturdays

Cost: \$700.00

### Pre CanSkate

When you sign up for the Pre CanSKATE Program offered by West Hillhurst, the emphasis is on fun & learning basic skating skills with a low Coach to Skater ratio. Your child will earn badges and other incentives while working on the fundamentals of skating. Through the use of toys, games and skills exercises, our Nationally Certified Skate Canada Coaches will guide participants through the basics in a group lesson format! Learn the very basics while learning to stay stable on their feet to kick start skating achievement!

### Age recommendation: Ages 3 and up

Timeframe: January 11<sup>th</sup> – March 19<sup>th</sup>

Days: Your choice of Mondays, Wednesdays, or Saturdays

Cost: \$250.00

### PowerSkate

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

### Age recommendation: Ages 8-10

Timeframe: January 16<sup>th</sup> – March 19<sup>th</sup>

Saturdays: 9:30am - 10:30am

Cost: \$275.00

### Squirts – Learn to Skate & Play Hockey

West Hillhurst's PowerSkate is an exclusive WHCA program. It provides a great introduction to the fundamentals of skating and learning to play hockey. Squirts programming includes; Skills class on Wednesdays with certified Skate Canada Coaches, floor hockey, and a parent- assisted on-ice practice on Saturdays.

### Age recommendation: Ages 4 and up

Timeframe: January 13<sup>th</sup> – March 19<sup>th</sup>

Saturdays: Wednesdays and Saturdays

Cost: \$250.00

For more information on our Skating Programs please visit our website or email our Skate Coaches;

Register: online at [westhillhurst.com](http://westhillhurst.com) under Programs/Child/Youth Information: Email: [skate@westhillhurst.com](mailto:skate@westhillhurst.com) for any questions

### WHCA Community Soccer 2016

It's that time of year again! Join WHCA for the 2016 Spring soccer season. Spring soccer accommodates age groups U4 – U16 teaching the basics of soccer while promoting kids to be outside in the community playing with neighbors and meeting new friends!

Help us teach soccer through a positive environment. If you're interested in volunteering with our soccer program please contact [soccer@westhillhurst.com](mailto:soccer@westhillhurst.com)

Register: [www.westhillhurst.com](http://www.westhillhurst.com)

Dates: April 20<sup>th</sup> – June 15<sup>th</sup>

### WHCA HEALTH CLUB PROGRAMS

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

### Winter Classes

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

January Special – 10x Drop in Pass for \$90.00. Drop-in for programs based on availability.

### Bootcamp Express

#### \$12.00 drop in

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

Timeframe: January 7<sup>th</sup> – March 17<sup>th</sup>

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs -adult programs

~continued next page~

## WHCA PROGRAMS CONT'D

### Indoor Cycling Strength and Core

#### \$12.00 drop in

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

Timeframe: January 10th – March 13th

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs - adult programs

### Indoor Cycling

#### \$12.00 drop in

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

Timeframe: January 5th – March 15th

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs - adult programs

### Morning Warrior

#### \$12.00 drop in

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

Timeframe: January 5th – March 15th

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs - adult programs

### Total Body Conditioning

#### \$12.00 drop in

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

Timeframe: January 4th – March 14th

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs - adult programs

### Flexibility Training

#### \$12.00 drop in

Description: Stretch and Flexibility Training

Timeframe: January 8th – March 18th

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs - adult programs

### Cardio, Butts and Guts

#### \$12.00 drop in

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

Timeframe: January 6th – March 16th

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs - adult programs

### Fusion Fitness

#### \$12.00 drop in

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

Timeframe: January 6th – March 16th

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs - adult programs

### Barre

#### \$12.00 drop in

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

Timeframe: January 4th – March 14th or January 9th – March 19th

Dates/Times/Registration: Online – [www.westhillhurst.com](http://www.westhillhurst.com) - programs - adult programs

### Burlesque Dance Party

Looking for a fun and sexy girl's night out or planning a Bachelorette?

Bring your boas, as we move through a simple warmup, followed by a routine that will have everyone giggling while bringing out your inner divas. Dress up or wear comfortable workout clothes, it's up to you!

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

Details: Email [personaltraining@westhillhurst.com](mailto:personaltraining@westhillhurst.com) to discuss further class information, costs and availability

### WHCA Squash Instructor- Anna Pentland

Now offering private, semi-private and small group lessons for all ages. Squash lessons are 45-mins and will be organized and coordinated with your availability through Anna: [squash@westhillhurst.com](mailto:squash@westhillhurst.com).

Ladies beginner squash clinics – Fridays @ 1:30pm – 2:45pm

For further information on our WHCA squash trainers and squash programs please visit [www.westhillhurst.com/squash](http://www.westhillhurst.com/squash).

### Youth Squash

Youth squash courses offer basic skills to advanced strategies depending on participant's age and ability. Courses are broken into skill and age appropriate levels. One day and two day a week options available.

## WHCA PROGRAMS CONT'D

Monday Novice 5:45-6:30pm OR 5:45-7:00pm

Wednesday Fundamentals 4:15pm – 5:00pm

Thursday Novice 4:15-5:00pm

Friday Teen Night - 7:15pm

Saturday Fundamentals 11am-12:30pm

Registration now open for January – April Classes

Visit [westhillhurst.com](http://westhillhurst.com)

### 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](mailto:healthclub@westhillhurst.com)

Visit us online for more details: [www.westhillhurst.com](http://www.westhillhurst.com)

#### Health Club Memberships

Annual, Monthly, and Drop-In Memberships Available  
Visit [www.westhillhurst.com](http://www.westhillhurst.com) or call 403-283-0464 ext 1.

#### WHCA Personal Training

Contact Karen Branford at [personaltraining@westhillhurst.com](mailto: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](mailto: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](mailto:jkaiwayama@gmail.com)

Website: [jkaiwayama.com](http://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](http://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](http://yogamaya.ca) for more information

Date/Time: Thursdays 5 - 6 pm

### YIN YOGA

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

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

Contact/Registration: Debby at **403-283-9747**

[www.yogamaya.ca](http://www.yogamaya.ca)

~continued next page~



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**Calgary** 

**Crowchild Trail Study**  
Thank you for sharing ideas on possible changes to Crowchild Trail!

The input collected at the workshops, drop-in sessions, idea boards, and online will be used to develop preliminary concepts for discussion in Spring 2016.



For more information or to sign up for updates visit [calgary.ca/crowchild](http://calgary.ca/crowchild) or call 311.

## WHCA PROGRAMS CONT'D

Contact: Sabine at 403-283-4592 (Fully certified teacher)  
[www.humanlifescience.ca](http://www.humanlifescience.ca)

### ZUMBA

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

Dates/Times: Mondays & Wednesdays - 7:15 pm - 8:15 pm  
Contact: Jocelyn at 403.667.0435

Email: [zumbajoc@yahoo.com](mailto:zumbajoc@yahoo.com) or visit [www.zumbajoc.ca](http://www.zumbajoc.ca)

### ROYAL WEST SOCCER PROGRAMS CITY LEAGUE SOCCER

Royal West Football Club is a not-for-profit youth soccer organization primarily located in the Inner City North West quadrant and a member of the West Hillhurst community. Our city league club competes under the Calgary Minor Soccer Association.

Royal West FC offers indoor CMSA city league soccer and house league soccer. House league accommodates age groups U4-U8 on Saturdays from 2-3pm at the West Hillhurst Community Association from January - April. Registration for indoor house soccer is open online @ [www.royalwestfc.com](http://www.royalwestfc.com)

### SOCCER ACADEMY

Higher Level Sports Academy is an elite academy dedicated to developing passionate soccer players. Our members include ages U10-U18 boys and girls of all tiers. Our soccer programs are designed to build on the skills your child already has and help them reach their full sport potential, whether that be a higher tier, scholarship or professionalism. Each session involves all four components of soccer; technical, tactical, psychological, and physical. Players will gradually learn over time the coordination and basic motor skills they need to solve soccer specific problems. HLSA offers one-on-one, team, semi-private and elite training, coaches' and goalkeeper workshops, and summer camps. New programs starting January 2016!

Information: Visit [www.higherlevelsportsacademy](http://www.higherlevelsportsacademy)

### 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](http://www.triplemeg.com)

# Confederation Park 55+ Activity Centre

Judy Cairns

It's not too late to register for Winter 2016 activities - drop by the Centre any weekday between 9:00am and 3:00pm to sign-up. Want to try a class before registering in the entire session? Drop-in and give a class a try (some restrictions apply) for just \$8/member, \$10/non-member or purchase an Access Card (10 drop-in sessions) for \$75.00/member, \$95.00/non-member. Learn more at [www.confedpark55plus.ca](http://www.confedpark55plus.ca) or call the Centre at 403.289.4780.

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

### Coming up in 2016

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

January 9, 2016 - For Old Tymes Sake

January 23, 2016 - Badlanders

### Trips

Tuesday, January 19, 2016 - Stoney Nakoda Casino

Tuesday, February 16, 2016 - Lunchbox Theatre's presentation of Book Club

### Robbie Burns Night

Friday, January 22, 2016 | Doors open at 5:00pm, Cocktails 5:30pm (cash bar), Dinner 6:00pm  
\$30.00 / members (RSCDS & CP55AC) \$40.00 / non-member

Dinner includes roast beef, haggis, tatties & neeps

Dinner followed by entertainment and ceilidh dancing

Tickets can be picked up at the Confederation Park 55+ Activity Centre

To learn more about these events give us a call at 403.289.4780 or visit [confedpark55plus.ca](http://confedpark55plus.ca).

### VOLUNTEER

Expand your circle of friends and give back to the community at the same time by volunteering at the Centre. Volunteer by helping customers in the Boutique; serving light lunches and snacks in the Kitchen; greeting people at reception; or filling a number of other volunteer roles. Contact Janice at 403.289.4780 for more information.

### MEMBERSHIP

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

Stay Active • Stay Involved • Stay Connected • Join Us

*Play Ball!* 

**Foothills Little League**  
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[www.foothillslittleleague.org](http://www.foothillslittleleague.org)

OR  
Email: [info@foothillslittleleague.org](mailto:info@foothillslittleleague.org)  
for more information



## Queen Elizabeth School News

Deb Hamilton

**Queen Elizabeth School News – Maker Night Update**  
November 26 was our first Maker Night, and it was a HUGE success. Roaming the halls for the entirety of the event, I saw nothing but huge smiles, wide-eyed wonder and loads of enthusiasm – and that was just the adults! I'm pretty sure the kids had fun too.

So many families came and enjoyed the activities learning2create and creating2learn. The students at QES engage in similar maker activities in their classrooms and the learning commons.

### Why #MakerEd?

Our world is rapidly changing and some of the jobs our students will be employed in have not been invented yet. We know that whatever our students chose to be in the future the challenges they meet will require creative and collaborative solutions. We want our students to understand new learning tools and inspire them to become engaged thinking and ethical citizens with an entrepreneurial spirit. This is aligned with Alberta Education's vision on Inspiring Education.

A huge THANK YOU to the administration, teachers and staff of Queen Elizabeth Elementary. Your hard work, creativity and passion made our first Maker Night an unforgettable and most wonderful experience. Thank you also to the parent volunteers and the exhibitors – Solarbotics, STEM Learning Lab, 3D Printing Club, EZ Robot and blogability. Sharing your knowledge and skills – and demonstrating some pretty cool technology – topped off a remarkable evening.

Here's what some attendees said about Maker Night:

*"What a great fun night that was! Kudos and thanks to all involved. I can only imagine the hours of planning and preparation that went in to make it look so effortless. Every kid I saw (to say nothing of the parents) was wide eyed and smiling and that tells you all you need to know about what a success it was! When's the next one?"*

*"Our family was at the Maker Night last night and I just wanted to take a moment to thank you for a WONDER-*

*FUL event. We are all so impressed. I cannot believe the creativity, hard work and engagement of you folks... Not sure who had more fun last night... us or the kids."*

*"We had a fabulous time last night. I thought we might stay for an hour, but instead we stayed almost 2 and a half hours. I loved the inquiry aspect of the evening which ties so well in with my educational outlook!"*

*"Wow, staff you did an amazing job making maker night happen. I bet every one had a great time there. I sure did."*

*"QE has outdone itself tonight. Great job organizing all the activities. Appropriate for all levels. And the ice cream idea was awesome!"*

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

January 4 – Non-instructional Day

January 5 – Classes resume

January 8 – Early dismissal (No PM Kindergarten)

January 28 – Evening Parent Teacher Conferences January 29 – No school – Parent Teacher Conferences

February 1 – Non-instructional Day

February 5 – Early dismissal (No AM Kindergarten)

February 11, 12 – Teacher's Convention



Kirsten Tudor

Registration for the 2016/17 Preschool year is just around the corner. Registration will commence at the beginning of March. Be sure to watch for our Preschool Open House coming soon.

West Hillhurst Community Preschool is a play-based, local preschool program that runs from September – June – we offer 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](http://www.westhillhurstpreschool.com)

## KENSINGTON WINE MARKET

### 2016 WINTER TASTING SCHEDULE

Tastings start at 7:00pm unless otherwise indicated

<b>Tight Wad Oenophile</b>	<b>Thr Jan 14</b>	Christmas is over and the bills are arriving. Join this "penny pinching" tasting for wine lovers. We'll taste 6 guaranteed delicious, wallet friendly, wines. Discover what the "experts" won't admit to taking home.	\$30
<b>MS Calgary Whisky Festival</b>	<b>Thr Jan 14</b>	Heading into its 5th year the 2016 MS Calgary Whisky Festival is slated to be the biggest and best yet with a variety of ticket packages and over 200 whiskies. Tickets range from \$99 - \$150 and are available through: <a href="http://www.calgarywhiskyfestival.com">www.calgarywhiskyfestival.com</a> . Art Commons, 205 8 Ave SE.	
<b>Classic Single Malts</b>	<b>Fri Jan 15</b>	This is our "classic" introduction to the world of single malt Scotch whisky. You'll discover a little history, how it's made and sample six distinct styles.	\$35
<b>Gin Glorious Gin</b>	<b>Tue Jan 19</b>	Is gin your secret weakness? Don't worry you aren't alone! Gin is going through a "Ginnaissance" on an international scale. Join us for a taste test of the best.	\$40
<b>Silky, Sultry Stouts</b>	<b>Thr Jan 21</b>	Warm your belly and your heart with the ales best suited for winter weather. We'll explore the many variances of this hearty style: dry, sweet, light, thick, and even Russian!	\$30
<b>Great Grains</b>	<b>Fri Jan 22</b>	We'll sample a wide range of grain whiskies, some of them very old to see what all the fuss is about in this fast growing category.	\$60
<b>Scots Wha Hae, Robbie Burns Supper</b>	<b>Mon Jan 25</b>	Caledonians Unite! Our annual celebration of Burns, friendship, and whisky is returning to Fort Calgary complete with bagpipes, poetry and Highland dance. Our special guest this year is Louisa Young of the Isle of Arran Distillery and she'll be helping us mark the launch of two new KWM casks. Fort Calgary, 750 9th Avenue SE.	\$100
<b>Port in Any Storm</b>	<b>Tue Jan 26</b>	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
<b>Italy's "Super" Reds</b>	<b>Thr Jan 28</b>	Start training your taste buds and join us on a country wide hunt for the best of the reds. Barolo, Amarone, Brunello, and Super Tuscans to name just a few. Cheese and charcuterie from Peasant Cheese.	\$60
<b>Glendronach Batch 12 Dinner</b>	<b>Thr Jan 28 7PM</b>	Glendronach has quickly become KWM's top selling whisky. Celebrate the release of the Batch 12 vintages with a whisky dinner at Buchanan's Chop House (738 3 Ave SW) featuring 3x1995s, 3x1994s, 1990 and 1972.	\$185
<b>Cheese Please</b>	<b>Fri Jan 29</b>	Join us for "An Evening in Paris" where we'll celebrate this great city and the bounty from the surrounding countryside. Stand up format.	\$40
<b>Sherry &amp; Whisky</b>	<b>Tue Feb 2</b>	This tasting will explore the curious connection between one of Spain's cultural treasures and the highly sought after whiskies matured in their used barrels! Fino, Oloroso and PX will all be explored with equivalent whiskies.	\$50
<b>Beers of the New West Partnership</b>	<b>Thr Feb 4</b>	With the latest budget changes, and how they are affecting non local beers, it's about time to focus on some of the amazing beers from Alberta, and our two neighbors!	\$30
<b>American Whiskey</b>	<b>Tue Feb 9</b>	There is more to American whiskey than just Bourbon. Join us as we take you on a journey featuring Tennessee straight wheat, malt, rye and other styles.	\$40
<b>More Than Malbec</b>	<b>Thr Feb 11</b>	Think Argentina is just about Malbec? Think again! This tasting will explore the "other" delicious and often over looked grape varieties.	\$40
<b>American Wine Festival</b>	<b>Thr Feb 12</b>	It's a Route 66 wine extravaganza of the best of the US. Coast to coast, we'll pop the cork on every major region with a few surprises. Sign up now as tickets are limited.	\$45
<b>Classic Cocktails: Gin</b>	<b>Tue Feb 16</b>	Join us for a deconstruction of gin based cocktails. We'll teach you the basics of the spirit and how to make some flashy gin based drinks to impress your friends.	\$35
<b>Closed Distilleries of Scotland</b>	<b>Thr Feb 18</b>	The whiskies are getting older, rarer and more expensive with every passing year. We're not saying this is the last hurrah... just that as time runs out supplies dwindle and prices goes up.	\$175
<b>En Francais! Edition Bordeaux</b>	<b>Tue Feb 23</b>	Join our resident francophone, Christine Parent, for a standup tasting of the best of Bordeaux. Joignez-vous à notre francophone en résidence, Christine Parent, pour une dégustation de vin conviviale, en français! Région à l'honneur: Bordeaux. This tasting will be conducted in French.	\$40
<b>Rare Malts</b>	<b>Thr Feb 25</b>	Only the rarest whiskies, those 20+ years of age, those from closed distilleries and/or the exceptionally rare qualify for this tasting.	\$80
<b>Cheese Please</b>	<b>Fri Feb 26</b>	It's a Spanish wine and "Peasant Cheese" pairing challenge. We're looking for the perfect marriage. Will it be Manchego and Rioja? Albarino and Garrotxa? You decide! Stand up format.	\$40

1257 Kensington Road, NW | 403 283 8000 | [www.kensingtonwinemarket.com](http://www.kensingtonwinemarket.com)

## Need care for your child's spring break?



It may seem so far away but don't forget that spring is just around the corner. Need care for your kids during their spring break? We have a camp for that- Summit Spring!

We cater to both the public and Catholic school board spring breaks.

**For more information, please call 403.797.1488 or email [info@summitspring.ca](mailto:info@summitspring.ca)**

### Drop-In Gym Schedule

#### DATES SCHEDULED EVENT

Jan 5 .....	Dodgeball
Jan 7 .....	Basketball Game
Jan 12 .....	Dodgeball
Jan 14 .....	Open Gym
Jan 19 .....	Dodgeball
Jan 21 .....	Pickle ball
Jan 26 .....	Dodgeball
Jan 28 .....	Open Gym

### Program Descriptions & Registration Information:

\$2 each drop in • 4:00 p.m. to 6:00 p.m. Tuesdays and Thursdays  
 Online: [www.summitkids.ca/drop-in-gym](http://www.summitkids.ca/drop-in-gym) • Call: 587.432.0471  
 • Email: [info@sk4u.ca](mailto:info@sk4u.ca)

### SummitU Jan/Feb Schedule

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

**Summit Kids** can help you with that.

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

### 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 (12 p.m. – 3 p.m.) - \$35 +gst  
 Saturday, January 16



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

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

### 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 (6:30 p.m. – 7:30 p.m.) - \$20 +gst  
 Thursday, January 21

### 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, January 23 & 30

### 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 (6:30 p.m. – 7:30 p.m.) - \$20 +gst  
 Thursday, January 28

### I Wanna Walk

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

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

### Cybersafe Early Years

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

1-hour session (6:30 p.m. – 7:30 p.m.) - \$20 +gst  
 Thursday, February 4

### 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 (6:30 p.m. – 8:30 p.m.) - \$30 +gst  
 Tuesday, February 9

### Social Netiquette

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

2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst  
 Thursday, February 11

### Stranger Smarts

Stranger Smarts is a dynamic, non-threatening two hour child safety workshop that captures the attention of students

and allows them to learn how to make safe choices when approached by strangers. The lessons help to reduce fear and anxiety by providing children with skills, knowledge and confidence they need to react safely and make safe choices in potentially unsafe situations.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst  
 Tuesday, February 16

### At Home Alone

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

2-hour session (2:30 p.m. – 4:30 p.m.) - \$30 +gst  
 Saturday, February 27

### First Aid for Kids

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

2-hour session (12 p.m. – 2 p.m.) - \$30 +gst  
 Saturday, February 27

### Program Descriptions & Registration Information:

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

Online: [www.summitkids.ca/summit-u](http://www.summitkids.ca/summit-u) • Call: 587.432.0471 • Email: [info@sk4u.ca](mailto:info@sk4u.ca)





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**Time:** 11am-4pm

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 1920 13th Ave NW, Calgary



**For More Info Call: 403-289-0196**

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hounsfeld heights-briar hill  
community kindergarten

### REGISTRATION & OPEN HOUSE NIGHT

January 11, 2016  
from 5:00 to 7:00 pm

Children must be 5 on  
or before March 1, 2017  
Room 11, Briar Hill School  
1233 - 21 Street NW  
403-220-9775

For Registration forms and information,  
visit [www.hbhkindergarten.ca](http://www.hbhkindergarten.ca)



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CALGARY  
PUBLIC  
LIBRARY

# CALGARY PUBLIC LIBRARY

#### Book Truck

Calgary Public Library is adding two brand new mobile libraries to its list of 18 community libraries. The Book Trucks will make stops in communities throughout Calgary, starting January 2016. Each Book Truck will feature 1,800 books and movies for children, teens, and adults. All you need is a FREE Calgary Public Library card (you can even sign up for one on The Book Truck)! To view The Book Truck schedule, visit [www.calgarylibrary.ca/booktruck](http://www.calgarylibrary.ca/booktruck).

#### Laptops on loan!

Did you know that the Library loans laptops? All community libraries are equipped with computers for public use, and soon all locations will also offer Chromebook Laptops for internet browsing from any seat in the building. Check with your community library for details.

#### Book Club in a Bag!

Everything you ever needed to host a fascinating book club can be found in the Library's Book Club in a Bag. The Calgary Public Library has just added over 55 new titles to our Book Club in a Bag collection, with a great book club read available for every reading interest! Each book club set has 10 copies, as well as discussion guides, book reviews, and more. Ask for details at your community library.

#### 50@150

In anticipation of Canada's 150th birthday in 2017, Calgary Public Library is hosting 50@150—an exhibit by artists Alex Park and Paul Scott Birnie that celebrates prominent and diverse Canadians. From January 11-23, 2016, be sure to visit Central, Fish Creek, Crowfoot, and Saddletowne libraries.

#### Chess in the Library

Join members of the Calgary Chess Club and Calgary Junior Chess Club for the opportunity to play chess supported by coaching. Children under 12 must be accompanied by a parent or caregiver. Chess clubs happen Saturdays at Shawnessy Library and Sundays at Country Hills, Crowfoot, and Central libraries. Check dates and times at [www.events.calgarypubliclibrary.com](http://www.events.calgarypubliclibrary.com) or call 403-260-2620. You can also drop by for a pickup game of chess using giant pieces on a giant board at Bowness, Central, Country Hills, Fish Creek, and Forest Lawn libraries.



## News from the Friends of Nose Hill

by Anne Burke

What is new **and** ancient on Nose Hill? Hint: as an offering site, one of the largest in North America, it has a spiritual connection to traditional territory and stewardship. You will find it off pathways south of the 14th Street parking lot, in the south east corner of the park. You can read more on the City Blog or the Royal Alberta Museum website.

Answer: as of September there is a traditional medicine wheel of rocks in the shape of a circle (Siksikaitsitapi logo) of all four tribes: Siksika, Blood, North and South Peigan. It represents the north, south, east, and west, a spiritual location. Each wheel is unique but there are eight general types.

This landmark project was part of the annual Siksikaitsitapi Blackfoot Confederacy conference. Diamond-shaped stones were used for construction. They are considered rock art sites which deserve respect. The Native Heritage Site is a sacred place. The wheel provides for physical, emotional, mental, and spiritual dimensions.

Because of a view of the valley, Nose Hill was a lookout used for other tribes and game during the summer and winter. Celestial or astronomical events (such as vision quests, stars, sunrises, solstices, and sun dances) are ceremonial in nature for large social groups.

Such wheels date back 1000s of years and across the northern plains of North America (most are in Alberta)

from 4500 - 5000 before the present (BP). Suitable offerings go in a rock cairn at the centre, with spokes from the centre; "four" is a sacred number, whether for directions, seasons, elements, life states; kingdoms, medicines, such as sweetgrass, cedar, willow, and sage.

Whether you walk or bike (in a clockwise direction) remember the wheel is for everybody to enjoy, to count our blessings, for the circle of life; offerings such as prayers, songs, ribbons, flowers (no plastic). Remember the intention is to be thankful.

The BiodiverCity Advisory Committee is comprised of 13 members appointed by City Council. City Parks will be a resource. Chair and Vice-Chair are nominated and elected. Citizen members must abide by the Code of Conduct. The Committee may establish subcommittees for priority short, medium, and long-term biodiversity initiatives. Meetings are open to the public. (For details 403-268-3527 or: [Steven.Snell@calgary.ca](mailto:Steven.Snell@calgary.ca)). The Committee generally meets monthly, reports to the SPC on Community and Protective Services, and will provide an annual progress report.

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## Pet Safety—Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.



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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.

## Give new life to your Christmas tree

You can turn your real Christmas tree into useful mulch instead of waste through The City's Christmas Tree Recycling program. Trees are collected from homes that receive residential garbage collection. Place your tree on the ground near your black cart collection spot **by 7 a.m. on Friday, January 8**. Make sure the tree is not blocking the street, lane or sidewalk and is at least one foot (30 centimetres) away from your carts. Please **leave your tree out** and it will be picked up by the end of January.

If you live in an apartment or condo, tree drop-off locations are open from December 26 to January 31:

- Bowness Fire Station #15 – 6328 35th Ave. N.W.
- Spyhill Landfill – 69th Street and 112th Avenue N.W.\*
- Prairie Winds Park – 223 Castleridge Blvd. N.E.
- Bottomlands Park – St. George's Drive and Seventh Avenue N.E.
- Marda Loop Communities Association – 3130 16th St. S.W.
- Parks Compound – 10312 Sacramento Dr. S.W.
- East Calgary Landfill – 17th Avenue and 68th Street S.E.\*
- Shepard Landfill – 114th Avenue and 68th Street S.E.\*

\*Landfill locations are closed Sundays.

To prepare your real tree for recycling, remove the tree stand and any ornaments and lights. Do not bag or tie your tree.

The mulch from recycled Christmas trees is available to residents at no cost at the East Calgary landfill, while quantities last.

For more information, visit [calgary.ca/christmastree](http://calgary.ca/christmastree).



**Plant Trivia**

**The FRAGRANCE OF FLOWERS is due to the ESSENCES OF OIL which they produce.**

## EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

### Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

### Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

## Fire Safety

A message from the Federation of Calgary Communities Building Safe Communities Program

Each year the Calgary Fire Department responds to over 1000 fires in Calgary. Here are some tips on staying safe from the Calgary Fire Department:

- Ensure your bedroom doors are closed while you are sleeping
- Ensure there are smoke alarms and carbon monoxide detectors on every level of your home
- Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)
- Prepare a home fire escape plan including a meeting place



**JANUARY MOON CALENDAR**

	Last Quarter Jan 1		New Moon Jan 9		First Quarter Jan 16		Full Moon Jan 23
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### School of Athens, c. 1510

By: Raphael Raffaello Sanzio, or Raphael, was born on April 6, 1483 in the town of Urbino, Italy. He was a painter and architect during the High Renaissance period.

School of Athens refers to a famous fresco painted by Raphael in the Apostolic Palace in Vatican City. Depicts Raphael's interpretation of philosophy as a branch of knowledge. Showing a gathering of Greek philosophers engaged in various activities, the fresco is considered a prime example of High Renaissance art and considered Raphael's masterpiece.

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As Calgary continues to grow, its transportation system needs to grow along with it. Work on two major transportation projects continues through the consultation process.

### The Green Line: More than just a train

With key decisions on the Green Line expected in Fall 2016, crucial public engagement sessions are being planned. I am doing a lot of homework as well. In August, I joined City staff and two Council colleagues on a brief tour of Vancouver, Seattle, and Portland, to meet their rail experts and learn from their experiences. From each city, we learned about key elements of successful projects and how to avoid pitfalls.

I boiled down all the information from our trip into eight essential lessons and presented them at the Central Library Dutton Theatre in November and again in December. Here are the top three lessons:

Consult, consult, and consult: All three cities stressed the need for, and benefits of, meaningful consultation with the neighbouring businesses and communities. Their ideas will be critical in order to maximize benefits and avoid costly mistakes. The Green Line will be the largest infrastructure project in Calgary's history by three times! While we are excited to get started on the Green Line, it is important that we make thoughtful decisions.

Leverage opportunities: The Green Line is more than just a rail project. It will forever change how Calgarians move about their city and the very nature of the communities along side. From affordable housing, to high environmental standards, how can the advantages of this massive project extend beyond simple transportation?

Take care of business: Construction of the Green Line will take many years and cause major disruption. Taking an example in Portland, Council enthusiastically supported my request for a Business Support Program.

You can watch the video of my presentation online at [www.druhfarrell.ca](http://www.druhfarrell.ca).

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**CANDLE MAKING WORKSHOP:** Join us for a fun evening of rolled beeswax candle making at Hillhurst Sunnyside Community Association. This is a great opportunity to make some gifts! Cost includes instructions and supplies. Minimum six participants. Maximum 14 participants. Call 403-862-9232, email [info@yycwax.com](mailto:info@yycwax.com) or visit [www.candle-workshop-feb2016.eventbrite.ca](http://www.candle-workshop-feb2016.eventbrite.ca) for details.

**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](http://www.communitymediation.ca), 403-269-2707.

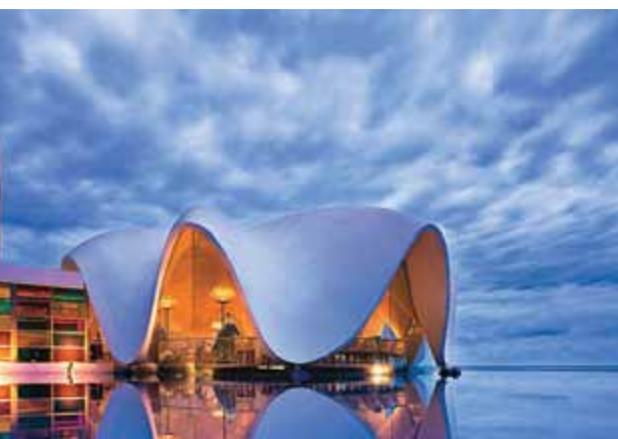
### Crowchild Consultation Continues

Moving to the west end of Ward 7, public consultation on Crowchild Trail continues. The project team recently completed Phase Two of a six-phased process: Confirm Project Goals. The established goals are: i) Maintain and enhance bordering communities, ii) Improve travel along the corridor, and iii) Improve mobility across the corridor. The project is now into Phase Three: Concept Identification. Consultation on Phase Three will continue into Spring 2016.

For more information on future public engagement on both the Green Line and Crowchild Trail, please contact our office via: [www.druhfarrell.ca](http://www.druhfarrell.ca).

## Interesting ARCHITECTURE

In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.



**Calgary**



**On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.**

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

*Assessment Search* – getting started

**First-time users will need to complete a two-step registration process:**

1. Create a City of Calgary personal myID account. Visit [calgary.ca/myID](http://calgary.ca/myID) to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at [calgary.ca/assessment](http://calgary.ca/assessment):

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

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