

JULY 2016

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

# your **WEST HILLHURST** WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



**TASTE Returns!**  
**SATURDAY, SEPTEMBER 17<sup>TH</sup>**  
TICKETS & INFO: [INFO@WESTHILLHURST.COM](mailto:INFO@WESTHILLHURST.COM)

A FABULOUS FUNDRAISER FOR THE WEST HILLHURST COMMUNITY ASSOCIATION.

# TASTE

*of the Neighbourhood*



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## STAMPEDE BREAKFAST



Hillhurst / Sunnyside Community Centre  
1320 5th Ave NW

Saturday, July 9, 2016  
9:00-11:00am

BRING YOUR OWN DISHES AND CUTLERY TO CUT DOWN ON WASTE AND  
YOU'LL BE ENTERED IN OUR DOOR PRIZE DRAW!

\*LIVE MUSIC - GREAT FAMILY FUN\* DONATIONS FOR THE CALGARY FOOD BANK ACCEPTED

If you're interested in volunteering, please contact [calgary.mountainview@assembly.ab.ca](mailto:calgary.mountainview@assembly.ab.ca)  
or call (403) 216-5445 to see how you can take part!

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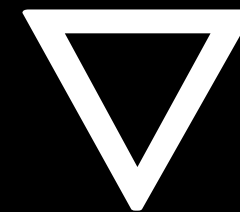


The West Hillhurst Community Preschool

would like to recognize the following businesses for  
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 Olivia,  
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 It's playing the piano and singing with friends and it's shared moments over dinner with family.  
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 It's looking forward to a little exercise and some laughter at the lounge afterwards.

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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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**A FABULOUS FUNDRAISER FOR THE WEST HILLHURST COMMUNITY ASSOCIATION.**

**TASTE** *of the Neighbourhood*

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





# West Hillhurst Community Association

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



WHCA Board Of Directors		
President	Brent Alexander	president@westhillhurst.com
Vice President	Gerard Van Ginkel	vicepresident@westhillhurst.com
Past President	John Wildenborg	pastpres@westhillhurst.com
Treasurer	Jan Cerny	treasurer@westhillhurst.com
Secretary	Kerry Baird	secretary@westhillhurst.com
Committee Chair Persons		
Planning	Gerard Van Ginkel	planning@westhillhurst.com
Transportation	Kerry Baird	transportation@westhillhurst.com
Newsletter	Carla Fiorentino	news@westhillhurst.com
Community Engagement	Jo Larson	volunteers@westhillhurst.com
Capital Projects	Richard Raap	capitalprojects@westhillhurst.com
Community Garden	Chris Koper	garden@westhillhurst.com

Directors	
Melissa Buirchell	Craig MacLellan
Christine Fraser	Richard Raap
Ehren Goodall	Gary Reynolds
Jo Larson	Kail Ross
Dion Lobreau	Jordan Stuart

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

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



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## PRESIDENT'S MESSAGE

Brent Alexander, President WHCA

West Hillhurst is an interesting amalgam of post war homes, in fills, seniors' residences, a one sided market street, small businesses embedded in otherwise residential blocks, homeless shelters and schools. Sometimes it is easy to gloss over the details of what makes West Hillhurst such a great community to live in – and much of it lies in the diversity of people that live, work, play and study in our community.

Many of our neighbors see the young women of Louise Dean School pushing baby buggies in the neighborhood or lining up to catch the #1 bus after school. At times, we also have neighbors at the school dropping off knitted goods for the babies or beautiful quilts for the toddlers. But to many of West Hillhurst, the school is a bit of a mystery.

Louise Dean School is the Calgary Board of Education School for pregnant and parenting teens. The school works in partnership with Catholic Family Service and Alberta Health service to provide comprehensive supports for over 150 teen moms every year. Young women and their children travel from every quadrant of the city to access its specialized programs. Travel times of 90 minutes each way are very common, so its students have long days, as well as heavy responsibilities at a young age.

The school offers grades 9 – 12. This year, 41 young women will graduate! Close to half of the graduates are signed up for post-secondary school. Balancing the demands of full-time parenting and full-time school is extremely challenging, but Louise Dean students are determined to move their lives and the lives of their children forward. They realize that education is the key.

The school recognizes the need for specialized supports. As well as offering a full high school program, the Centre offers childcare for 60 infants and site-based counselling. It has three classrooms converted into infant Learning Centres; so everyday there are 60 infants also at the school. Students have the flexibility to leave class when it is time to breast feed babies or to meet with a nurse or counsellor.

In addition to core CBE curriculum, prenatal classes and specialized classes for Parenting Infants or Parenting Toddlers are offered to students as well as fun classes like Cosmetology, Art, Photography, Foods, Fashion and

Information Processing. School activities are organized that help students get to know each other, as all of them arrive very much alone.

The goal of Louise Dean School is to build a community of support around teens who have chosen to parent. Teens face the common challenges that all new parents face and some challenges that are very unique. As Rita Dickson, Principal of Louise Dean says, "We are extremely proud that they have returned to school and that they recognize the value of education in their life".

Thank you Principal Dickson for lifting the lid so that the community can see in. I am extremely proud to live in a community that welcomes and supports these young mothers from across our city, to help them move forward and succeed in life for them and their children.

## GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

Summer - about time! Here's hoping that the summer is relaxing and hot. Come join us in the Barn for a nice cool drink and cheer on our Stampeders as they kick off the 2016 season. Here's hoping we are celebrating another Grey Cup Championship in late November. Good luck Coach Dickenson, his coaching staff, and the team!

Remember that our next event is in September (Taste of the Neighborhood). Look for more details in the next month or so.

Just a couple of things:

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

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

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



## CAPITAL PROJECTS COMMITTEE

Richard Raap

### ARENA PROJECT UPDATE

#### Background

As discussed during our AGM in November, the City administration has recognized the need to support WHCA's plight to renovate our ageing facility and arena.

We were very pleased to hear this news and are grateful that funds to the amount of CAD\$3.25m have been made available to enable us to enhance community services to our community and beyond.

As we have been learning more over the last 6 months, we now understand that the method of providing these funds was facilitated through the ACER program. This enabled acceleration of future year's budgets to be spent in 2016. The approval of this approach happened as part of the approval of the City's 2016 budget by council on November 25<sup>th</sup>, 2015.

More information on the City's budget and the ACER program can be found here: <http://tinyurl.com/ACERWHCA>

As the City of Calgary is administering our arena project as the sole project / construction managers, the control and influence the Community Association has on the planning, execution and outcome is very limited.

Our main role in this project is to keep ourselves as informed as possible and communicate what we learn with our community and other stakeholders.

#### Project Progress

Towards the end of February 2016, the city assigned a project manager with whom the capital project committee has been in touch periodically with since the middle of March.

To date the activities have focused on refining the scope of work that was initially identified as part of the engineering studies conducted in the second half of 2015.

During the scope refinement, a couple of major areas have been identified that could potentially have a significant bearing on the scope, schedule or cost of the project:

**Roofing.** Whilst having a detailed look at the Arena's roof support, the engineers have discovered a requirement for additional structural support to bring it up to the current Alberta Building Code. As a result, the initial estimation of the renovation of the roof is proving to be vastly underestimated.

**Ground work.** A preliminary geotechnical investigation of the ground around the arena's concrete slab was performed. A more precise assessment needs to take place under the ice slab itself. Since this work includes drilling large cores and bringing up sub-surface materials, the arena needs to be closed for this work to take place.

Once the details of both of these items is more fully understood the full project plan, including scope, schedule and tendering to suppliers can start to materialize. The city's project manager estimates that we are still 5-6 weeks away from this milestone.

#### Current Plan Going Forward

As you can read from the above there are a number of uncertain factors that require further clarification.

What we do know is that the Arena needs to be closed by July 11<sup>th</sup> 2016 in order for the detailed geo-technical assessment to take place and that it will stay closed until at least the end of the year.

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

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

**Free Delivery**



**MEAT GUYS**

Nick B - CEO  
 Bus: 403.903.9269 Mobile: 403.903.6264  
[info@calgarymeatguys.ca](mailto:info@calgarymeatguys.ca) | [Calgarymeatguys.ca](http://Calgarymeatguys.ca)

## COMMUNITY ENGAGEMENT

A FABULOUS FUNDRAISER FOR THE WEST HILLHURST COMMUNITY ASSOCIATION.

# TASTE of the Neighbourhood 2016

**Tickets On Sale NOW – Early Bird Pricing Until July 31<sup>st</sup>!**

Get ready for the return of **TASTE of the Neighbourhood 2016** to our community!

WHCA's fabulous fundraiser will feature food, wine & beer samplings from some of your favourite area restaurants and specialty shops. This year's event is set for **Saturday, September 17<sup>th</sup>** with tastings from 6-9pm and a Cash bar throughout the night. We are excited to feature live music during the tastings and after 9pm. Plan to stick around to party with friends and neighbours until late!

Some of our awesome Vendors for **TASTE 2016** will include Dairy Lane Cafe/Blue Star Diner, Midtown Kitchen & Bar, Peasant Cheese Co., WineBar/Brasserie Kensington and Springbank Cheese Co. as well as Wild

Rose Brewery and Kensington Wine Market. We look forward to seeing more of our familiar TASTE vendors and including some new ones for your enjoyment.

As always, this will be a **Members & Guests** function in support of WHCA. **NEW** this year will be **Early Bird Ticket Pricing** with tickets priced at **\$50/person until the end of July. After this, tickets will be \$60/person** and will include unlimited samplings at the event. Tickets are available on-line only at [westhillhurst.com](http://westhillhurst.com). Be sure to get your tickets early to take advantage of this great opportunity and keep watching the website for further details. A reminder that this is an adults-only event, and all guests must be 18 years of age and older.

**Can't wait to see you back at TASTE of the Neighbourhood 2016!**

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# WHCA PROGRAMS

## INTERNAL PROGRAMS:

Jennifer Waller  
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/OUTDOOR Pickleball – Monthly Registration & Drop-In Options Available

Bring your Pickleball/paddle racquet and enjoy this exciting sport that's growing in demand! Low impact activity, perfect for adults and seniors who enjoy the game but could do without running a full length court. \$5.00 drop-in option available on-site or \$25 + GST/month per member  
Dates: **Inside (Main Gym)**  
Days/Times: Saturdays or Raining (Calendar Available on-line, WHCA website)  
Register online: [www.westhillhurst.com](http://www.westhillhurst.com)  
Dates: **Outside (Tennis Courts 2 & 3)**  
Days/Times: Mondays - Fridays (Calendar Available on-line, WHCA website)  
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 – August 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)

**Yuan Gong – Targeted to people with chronic or acute injuries**  
Yuan Gong was created with safety and effectiveness as top priorities and is widely used for rehabilitation from injuries. Effectiveness means that short practices, compared to other recognized Qigong systems, can already bring huge health and other benefits. And safety is there for many reasons, but one of them is that we use highly skilled movements and apply them with gentleness and focus. Also, remember that the body knows how to heal, but that we often don't give it a chance to do so. Yuan Gong will help you work gently on and around the injured areas and boost your energy levels so that the body can heal. In fact, your whole life will start healing through this process.  
Dates: Fall Registration Dates – TBA  
Times: TBA

**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  
4:00 pm - 5:00 pm  
Tuesdays: 4:00 pm – 5:00 pm  
Thursdays: 4:00 pm – 5:00 pm  
\*\* Excluding May 12<sup>th</sup> and June 2<sup>nd</sup>  
Fridays: 9:30 am – 10:30 am  
4:00 pm – 5:00 pm  
Sundays: 9:00 am – 10:00 am  
\*\* Excluding June 2

Location: Ice Arena

### Preschool Yoga

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

Registration: [www.westhillhurst.com](http://www.westhillhurst.com)  
Date: Fall Registration Dates – TBA  
Time: 3:15pm  
Cost: \$30.00/8 weeks or \$4 drop in



### Spring 2016 Learn-To-Skate Programs Pre-PowerSkate

U10, PrePower 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 note this is not a Learn to Skate program – participants are expected to have previous skating experience.**  
**Age recommendation: under 10**  
Timeframe: April 9<sup>th</sup> – June 25<sup>th</sup>  
Saturdays: 11:30am – 12:30pm  
Cost: \$250.00

### CanSkate - Learn to Skate

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

**Age recommendation: Ages 4 and up**  
Timeframe: April 6<sup>th</sup> – June 29<sup>th</sup> or April 9<sup>th</sup> to June 25<sup>th</sup>  
Days: One or Two days per week - Wednesdays 4:45 -5:30pm and Saturdays 10:30-11:15am  
Cost: #300.00 / 2days or \$200.00 / 1 day

### StarSkate – Learn to Figure Skate

Timeframe: April 18<sup>th</sup> – June 29<sup>th</sup>  
Days: **Mondays** 4:00-4:45pm Conditioning Class (off-ice) 5:00-

# WHCA PROGRAMS CONT'D

6:00pm (on-ice) **Wednesday** 5:00-5:45pm Ballet 5:45-7:00pm (on ice lesson)  
**Saturdays** 9:30-10:30am (on ice lesson)  
Cost: \$650.00

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

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

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

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

**Pre CanSkate**  
When you sign up for the Pre CanSKATE Program emphasis is placed on fun & learning basic skating skills with a low Coach to Skater ratio. Your child will incentives while working on the Skate Canada undamentals of skating. Through the use of toys, games and skills exercises, our Nationally Certified Skate Canada Coaches will guide participants through the basics in a group lesson format! Learn the very basics while learning to stay stable on their feet to kick start skating achievement!  
**Age recommendation: Ages 3 and up**  
Timeframe: April 4<sup>th</sup> to June 29<sup>th</sup>  
Days: Mondays 4:15-4:45pm, or Wednesdays 4:15-4:45pm  
Cost: \$250.00

**PowerSkate**  
Ages 10 + PowerSkate is designed to give hockey and ringette skaters a solid foundation to skate better and play better. This program focuses on balance, power, agility, speed and endurance to train players to be ready for any game situation that unfolds.  
**Age recommendation: Ages 10+**  
Timeframe: April 9<sup>th</sup> – June 25<sup>th</sup>  
Saturdays: 11:30am - 12:30pm  
Cost: \$250.00

**Adult Skate**  
Never had the chance to learn to skate and have always

wanted to? West Hillhurst offers an Adult Skate program which incorporates Skate Canada skill training and circuits to guide adult skaters to success.

Taught by a nationally certified Skate Canada coach, participants will be joined by other adult skaters to enjoy lessons in a relaxed group atmosphere.  
Timeframe: April 6<sup>th</sup> – June 25<sup>th</sup>  
Days: Wednesdays 4:45-5:30pm and Saturdays 10:30am-11:15am  
Cost: \$250.00

### Adult Figure Skating

Designed for individuals, aged 18 and up, who have previous figure skating experience and wish to continue into their adult life or for Adult Skaters looking to try something new.

Private lessons with our nationally certified Skate Canada Coaches and Ice Dance Partner are available upon request at an additional cost of \$12.50 / 15 minute lesson (plus GST)  
Timeframe: April 4<sup>th</sup> – June 29<sup>th</sup>  
Days: Mondays 5:00-6:00pm, Wednesdays 5:45-7:00pm and Saturdays 9:30-10:30am  
1, 2 and 3 day/week packages available ranging in price from \$150.00  
Cost: \$450.00

### WHCA Community Gardens

[garden@westhillhurst.com](mailto:garden@westhillhurst.com)  
Spring is just around the corner and our gardens will be up and running along with programming and guest speakers all summer long! Please view our website for further details and registration.

Janet Melrose, Calgary Cottage Gardner will be joining us to speak about;  
• Early weeding, thinning and staking  
• Protecting the soil and plants from the weather  
• Bugs and other problems  
• Early Harvesting

### WHCA HEALTH CLUB PROGRAMS

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

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

**Full Body Blast - Fridays**  
A 45 minute class that consists of circuits or interval training which includes training all muscle groups and cardio blasts to build stamina.

Dates: July 8<sup>th</sup> - August 26<sup>th</sup>  
Time: 4:30 - 5:15pm  
Location: WHCA Fitness Dance Studio  
Registration: [www.westhillhurst.com/programs](http://www.westhillhurst.com/programs)

~continued next page~



## WHCA PROGRAMS CONT'D

### Bootcamp Express - Thursdays

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: July 7th - August 25th \*\* **No classes August 18th**

Time: TBA

Location: WHCA Fitness Dance Studio

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

### Learn to Run - Saturdays

Our Learn to run program is designed to build a foundation to be able to run for 30-45 minutes continuously by the end of the seven week training period. The program will consist of walking/running drills, speed drills and techniques for uphill and downhill running. With this knowledge base you will be able to take your run to new lengths!

Dates: July 9th - August 27th \*\* **No classes July 30th**

Time: 9am - 10am

Location: Meet @ Health Club Entrance

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

### Spin n' Strength - Tuesdays

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

Time: 6:00 – 7:00 pm

Dates: July 4th - August 23rd 2016

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

### Cardio and Tone - Wednesdays

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

Dates: July 6th - August 24th

Time: 9:10am - 10:10am

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

### Bike n' Barre - Fridays

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

Dates: July 8th - August 26th \*\* **No classes August 19th**

Time: 5:30-6:30pm

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

### Bike n' Barre - Wednesdays

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

Dates: June 1<sup>st</sup>- June 29<sup>th</sup>

Time: 5:00-6:00pm

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

### Tykes Tennis – 4 & 5 years old

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

Spring Programming: May & June

Summer Programming: July & July – Dates and Times TBA

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

### Junior Tennis – 6 & 7 years old

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

Summer Programming: June & July – Dates and Times TBA

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

### Learn to Play – U10

Learn to Play tennis introduces tennis to ages 8-10 in a fun and interactive way and ensures immediate success. Coach Luis teaches fundamental skills to play the game - agility, balance, coordination, running, jumping, and spiking. Luis uses modified tennis balls, racquets, nets and courts, so young players can enjoy the game and have successful learning experiences.

Ages 8 -10

Summer Programming: June & July – Dates and Times TBA

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

### Learn to Rally – 11 – 17 years old

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

Summer Programming: July & July – Dates and Times TBA

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

### Tennis Express – Adult

If you've never played tennis before, or for a long time, then Tennis Xpress is for you! It is an easy and fun way for adult beginners to get into the game.

During the seven week course you will be taught new skills and be shown how to serve, rally and score, so that by the end, you will be able to enjoy fun matches with your friends, family or other people you meet. Tennis Express does not solely focus on proper technique.

## WHCA PROGRAMS CONT'D

This is a great way to determine if you like the game of Tennis and are interested in learning more!

Ages 13 and up

Summer Programming: June & July – Dates and Times TBA

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

### WHCA Squash Instructor- Anna Pentland

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

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

WHCA PROGRAMS CONT'D

ZUMBA

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

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

Contact: Jocelyn at 403.667.0435

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

ROYAL WEST SOCCER PROGRAMS  
CITY LEAGUE SOCCER

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

SOCCER ACADEMY

Higher Level Sports Academy is an elite academy dedicated to developing passionate soccer players from ages U8 – U18 all

levels and tiers. HLSA soccer programs are designed to build on the skills your child already has and help them reach their full sport potential, whether that be a higher tier, scholarship or professionalism. Each session involves all four components of soccer; technical, tactical, psychological, and physical. Players will gradually learn over time the coordination and basic motor skills they need to solve soccer specific problems. HLSA offers one-on-one, team, semi-private and elite training, coaches' and goalkeeper workshops, pick up soccer, preschool soccer and multi-sport programs, and summer camps! Youth Pick-up soccer is Monday – Friday 4-6 pm please visit our website for further details - 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

IN & AROUND  
SCHOOLS



Kirsten Tudor

Our school year has come to an end, and we had an amazing end of year party with all the children. The parents got an end of year party of their own at our annual fundraiser as well – which was a GREAT success!!

Thank-you to all the parents who attended.

The West Hillhurst Community Preschool would like to recognize the sponsors of our 2016 Fundraiser & Silent Auction.

- Apex Massage
- The Barn Public House
- Bodhi Tree Yoga
- Calgary Winter Club
- Cookbook Co. Cooks
- Discovery Toys
- Dr. Monea – Eye Health Centres Kensington
- Enchanted Events
- SPUD
- Fuze Hair Salon
- Sunnyside Art Supplies
- Hi-Neighbour Cleaners
- Triple Meg Soccer
- Hillhurst Sunnyside Community Association
- James & Dickson Clothiers
- WestJet
- Jugando - Spanish Centre for Kids
- Kensington Barbers
- Kensington Florist
- Kensington Riverside Inn
- Kensington Wine Market
- KONSTRUX
- Pages Bookstore
- Peasant Cheese Shop
- Purr Petite
- Ridley's Cycle
- Skoah
- Free House Dance
- Summit Kids
- Heavens Elevated Fitness
- Swizzlesticks Salon Spa
- Highlander Wine & Spirits - North Hill
- Vero Bistro Moderne
- West Hillhurst Community Association
- Charisrose Textiles
- Joel Semmens Realty
- Ryan Shewchuk

West Hillhurst shines because of businesses like you!  
THANK YOU for supporting our community preschool!

WHCA Preschool still has openings in our afternoon preschool programs for 2016/17. Register now for the opportunity for your child to participate!

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.

WEST HILLHURST  
GO-GETTERS ASSOCIATION



Happy Canada Day July 1<sup>st</sup>!

Go-Getters is proud to be a part of this wonderful country and hope each of you celebrate this day in your own special style.

Go-Getters runs full speed through the summer and continues to offer most of our regularly scheduled events (the exception being the monthly luncheons and some exercise classes which will resume in September). Trips planned for this month include: The Eau Claire Distillery, Stage West, Aspen Crossing and Stoney Nakoda Casino. Members will be able to watch the Stampede Parade in our centre on the TV while enjoying our annual Stampede Breakfast, July 8<sup>th</sup>, 2016... Yee haw!

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, 2015 – Aug 31, 2016) are now reduces to \$15.00 to reflect we are past our half way point in the year. 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 on-line 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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403.668.6402

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

**BRAIN GAMES SUDOKU**

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

**FIND SOLUTION ON PAGE 19**



# TRANSPORTATION REPORT

Kerry Baird

## CROWCHILD BRIDGE AND THE CROWCHILD TRAIL STUDY

### What's going on with the work being done on the Bow River Bridge?

The bridge rehabilitation work is expected to occur in three phase and be complete in 2018. More information on this project is available here: <http://www.calgary.ca/Transportation/Roads/Pages/Road-Maintenance/Bridge-rehabilitation/Crowchild-Tr-Bridge-over-Bow-River-rehabilitation.aspx>.

This work is normal course maintenance not necessarily related to the Crowchild Study.

### Is there any carryover from the Bridge work to the Crowchild Trail Study?

The Crowchild project team has been active in working with City Roads to leverage any opportunities that the rehabilitation work provides to address stakeholder

concerns about the bridge (namely, reducing weaving and improving lane continuity). In Phase 3 of the Crowchild Study the City confirmed it was technically feasible to accommodate widening the bridge one lane in either direction and this is reflected in idea #15 presented at the open houses in March 2016 which can be seen in their project library <http://www.flipsnack.com/islengineering/phase-3-activity-boards-ftpibmfiz.html?b=1&p=32>. **This link is a fantastic resource to understand everything that was discussed in Phase 3 and what will set the stage for stage 4 in June.**

From March further work is underway to complete a more detailed technical analysis, determine funding requirements and explore possible timing. What the City knows on these details by June will be shared with communities at our June events.

### Workshops for Stage 4.

Workshops for Stage 4 happened in June. There was also an online opportunity. If you would like up to date information please visit <https://network-89862.mightybell.com/communities/whca-crowchild-trail> or <http://www.calgary.ca/Transportation/TP/Pages/Projects/Current-Planning-Projects/crowchild-trail-study/Crowchild-Study-Get-Involved.aspx> The project team will use the input received to short-list and refine the design concepts into a recommended plan for the study area. Calgarians will have an opportunity to provide feedback on the recommended plan in **Phase 5: Concept Selection and Recommendation** in the fall.

### TRANSIT

The review is now complete and the changes will start on September 5, 2015. For more information please see: <https://www.calgarytransit.com/news/2016-transit-service-review> Most routes in our neighborhood have been affected. Including the #9 and #405.

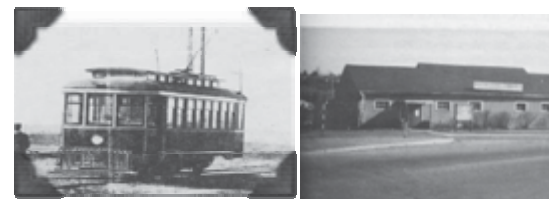
# WHCA GREEN COMMITTEE

Chris Koper

**A BIG THANK YOU TO ALL VOLUNTEERS!** One of the motto's the original community people used for the West Hillhurst Community Association was "We can make our community "BIG" if we all just help a little"! Help is what our community did at "Spruce up the Neighborhood" and the days leading up to it!

The founders of the WHCA had a sense of humor. Their other motto was "People who aren't afraid to roll up their sleeves seldom lose their shirts". Here is a little piece of community history for you:

The idea for a community centre began in the forties when a group of men riding home on the old Grand Trunk Streetcar struck up a discussion about the state of the neighbourhood. They talked about the need for greater community cohesion and opportunities for children, and decided to form a community association in order to create playgrounds and provide other facilities for West Hillhurst residents. This group had good humour: they called themselves "The Grand Trunk Hot Shot League." The first playgrounds were developed at 23 Street & 5 Ave and 21 Street and 2 Avenue N.W.



**On the WHCA website is the whole story about how your community association got started where it says ABOUT THE COMMUNITY.** The original fee to join the Association was \$2! Hasn't gone up that much considering how much time has passed!

Our next Garden talk with **Janet Melrose** in the Gardens at West Hillhurst is Saturday August 6, 10-noon. The cost is only \$10 and helps raise money so we can buy needed items for the gardens! The topics she will cover are:

- Water conservation methods, mulching diffusion watering

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

We are collecting bottles also to help raise money for the needed garden tool shed and for the giant chess/checker board patio we are going to build this fall. If you have some to give, please drop at the office or e-mail [garden@westhillhurst.com](mailto:garden@westhillhurst.com) and we will be happy to pick them up. Thank you so much for all your support!

A 'BIG THANKYOU' to the 'CALGARY FOUNDATION' for their generous grant of \$1500 for garden tools, seeds and kids garden education! The Calgary foundation has been very generous to our cause and also funded the kids classes we put on two summers ago. A big hug of appreciation goes out to them. To see more of the great things they do go to [www.calgaryfoundation.org!](http://www.calgaryfoundation.org!)

Also a 'BIG THANKYOU' to the City of Calgary Parks for the giant planters you see in front of the Community Association. They will be used for garden classes, growing food for the Food Bank and for the Fall Harvest Dinner.

A 'BIG THANKYOU' to **HOME DEPOT** for their generous donation of bird and bug houses for families to put together at "Spruce Up the Neighborhood"! And Thank you to Brad for help in guiding the kids and families put them together!

Stay Tuned, the next GREEN COMMITTEE article will tell you how gardening is good for your health!



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# NCHL / The Barn

Great Activities and Programs Coming From the NCHL

Draft Tournaments are a hockey experience unlike anything else in the world. The beer, the good people, and fun on the ice are second to none. We feature a Draft Tournament Family member each week to hear their story. Meet Steve:

**Steve (AKA Migs)** is a goalie who happens to also be a morning show host of one of the most popular radio shows in Seattle. Less than year ago, Steve joined the Draft Tournament Family by coming to the Seattle Draft Tournament. His attitude, ability to drink beer, and goalie weirdness made him a perfect fit for the Draft Tournaments. We are proud to call Steve not only Draft Tournament Family, but also a friend. We sat down with him to hear about his hockey career and his Draft Tournament experiences.

**So Steve, how did you find your love for hockey?**

I was around 11 years old. I grew up in Brooklyn NY, and a few friends started playing roller hockey. I didn't have gear but wanted to play, so they had me play goalie. I wore my baseball catcher gear, and duct taped a book to a batting glove...I was hooked. Eventually I started playing roller/street hockey throughout high school. I stopped playing for several years until I moved to Seattle. I started playing roller hockey at a rink, where I met and became friends with Draft Tournament Legend, Sarah (aka Goose). Over the years, that league folded and about 5 or 6 years ago I bought ice skates and without ever ice skating before, I put on my goalie gear I used for roller hockey and learned by just playing as many drop in's and open skates as possible. I fell in love with playing ice hockey immediately.

**Tell me about your first Draft Tournament experience.**

It was incredible. I heard about these tournaments from a couple of friends, and decided I would see what it was like for myself. Last summer in Bremerton, WA was my first. The Draft Party was so much fun, I wound up drafting a father/son and a father/daughter combo... and it was Father's Day weekend, which added a cool vibe to the team. We ended up winning the tournament, but more importantly our locker room was filled with laughs, and a couple adult beverages!

**What was the most surprising part of the Draft Tournament for you?**

How quickly everyone bonds. When people refer to it as a Draft Family, that truly sums up the relationships you make while there. Not just with the people drafted to

your team, but everyone. It's awesome how everyone stays in touch.

**Yeah it's amazing how welcoming everyone and how easy it is to become a part of the Family. Who is your hockey hero and why?**

Sean Burke. He was the reason I wanted to be a goalie. We now follow each other on Twitter, so I'm thinking we are one or two retweets from being best friends. Sheldon Souray is another hero, because he was able to wheel former WWE Diva Kelly Kelly.

**Yeah I'd say that Souray scored more on that one than all of Gretzky's points combined... What's your favourite hockey team and memory watching them?**

The New Jersey Devils. Watching them win all three of their Stanley Cups was awesome, but my favorite memory goes back to when I used to listen to their games on the radio... Back in 1988, when John MacLean scored to beat the Blackhawks in OT and make the playoffs for the first time as a franchise. All of my friends goofed on me for being a Devils fan, so that was the first moment where I could rave about my team.

**If you could choose a movie to represent your Draft Tournament experience what would it be?**

Old School. For one weekend, us "adults" act like drunken fools, and have a blast!

**"WE'RE GOING STREAKING!!!!"**

**What would you say to someone who is sitting on the fence right now and is thinking of doing a Draft Tournament?**

Do it! You won't look back and miss the money spent to play, the memories are so great that you will want to sign up for future tournaments the minute the weekend comes to an end.

**Imagine this: you wake tomorrow and you are in charge of the Draft Tournament. What would be your first decision, and where would you plan to have the next one?**

Make it so that no one could draft Nick (Fleehart), and he will be forced to be the ref for the weekend. It would be awesome to have one in Portland, Oregon. I hear there is a place called the Acropolis in Portland that serves delicious steaks at a low price, maybe have the draft party there!?

**We're in the process of instating the Nick rule right now. He prefers being on stage anyways.**

**Well thanks for sitting down with us today Steve, hope to see you out at many more Draft Tournaments to come!.. Maybe Calgary in July?**



Some internet sources clearly recommend biking on non-designated trails on the slopes of Nose Hill up to the plateau. Many of the "Trail Fork's" paths do match the designated paths but there are several other areas where they venture into protected areas, in order to make their route join up to official paths. The Trail and Pathway Plan and the Parks and Pathway bylaw both enforce staying on the official routes in order to protect wildlife and habitat. There are maps at the Nose Hill Park entrances to help guide park users.

The Shaganappi Trail is part of Calgary's carpool lane (High Occupancy Vehicles) network in the City's Transportation Plan. The plan calls for Shaganappi Trail to be widened sometime in the future, from 4 to 6 lanes. This is of importance to Friends of Nose Hill Society as it will affect wildlife. There is the tunnel under Shaganappi Trail in Edgemont and it is important that any road changes do not unduly disrupt their routes. Also increased traffic could have implications for wildlife too. Commentary provided by Friends of Nose Hill Society about the long-term plan might reference the approach the City is taking with biodiversity conservation, as in Our BiodiverCity, Calgary's 10-year biodiversity strategic plan.

For more information regarding The University of Calgary Community Forum on Calgary: City of Animals, go to the website: arts.ucalgary.ca/cih. The plan is to continue the dialogue. "We will be hosting community response, anything from a sentence to a few paragraphs." The topics are below.

- Wildlife maintains biodiversity but some pose risks to humans and pets, so how can wildlife and human animals co-flourish?
- What is our relationship and how do we manage ourselves (do we leave places just for wildlife)?
- What policies are needed in the city; ethics to guide us;

and are there circumstances when we silence a song dog (coyote)?

- Should residents be permitted to keep livestock in the city (which, why or why not)?
- Should animals be used for entertainment?

The annual progress report from the BiodiverCity Advisory Committee was approved by City Council after the Community and Protective Services Committee meeting. The group held 6 meetings, 10 subcommittee meetings, a workshop, and produced a work plan. Some city-wide projects are habit restoration in existing parks, biodiversity in planning, management, and other city initiatives; conservation priorities, and data sharing.

BRAIN GAMES

SUDOKU

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





## Summit Summer Weekly Schedule

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

### **SUMMIT SUMMER JR (AGES 4-7)**

#### **July 4-8**

##### ***Summer Safari \$208***

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

#### **July 11-15**

##### ***Summit Olympics \$260***

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

#### **July 18-22**

##### ***Summit Dance Party \$260***

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

#### **July 25-29**

##### ***Mystery on the Summit \$260***

Become a super sleuth in this camp for intrepid explorers. Filled with scavenger hunts, fingers prints, codes and spy training. Get involved to figure out "who done it?"

#### **Aug 1-5**

##### ***Around the World \$260***

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

#### **August 8-12**

##### ***Under the Sea \$208***

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

#### **Aug 15-19**

##### ***Summit Safari \$208***

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

#### **Aug 22-26**

##### ***Summit Olympics \$260***

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

#### **Aug 29-Sept 2**

##### ***Summit Dance Party \$260***

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

### **SUMMIT SUMMER JR (AGES 8-10)**

#### **July 4-8**

##### ***Wild West \$208***

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

#### **July 11-15**

##### ***Lego Lovers/ Master Builders \$260***

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

#### **July 18-22**

##### ***Eco Explorers \$260***

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

#### **July 25-29**

##### ***Summit Avengers Training \$260***

Have you ever dreamt of being a super hero/heroine? Welcome to just that- Play heroic gym games and leap through obstacle courses. Create your own comics and super hero costumes. Local heroes may make a guest appearance (just saying). Finish your week with Hero Olympics and put your team to the test

#### **Aug 1-5**

##### ***Summit Sous Chef \$260***

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



#### **Aug 8-12**

##### ***Wacky Summit Science \$208***

Get creative with a cool experiment every day. Observe bubbly reactions and build your own rocket ship. Enjoy a visit from the Wacky Summit Science specialist. Active sports and games are also part of the daily fun

#### **Aug 15-19**

##### ***Wild West \$208***

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

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

### **SUMMIT SUMMER SR (AGES 11-14)**

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

Summit Seniors is a week long program that combines the fun themes and team building of a summer program with the

leadership opportunities of an L.I.T program. In the morning the Summit Seniors will be paired with the camp counsellor of a younger age group. They will learn first-hand how to lead games, organize activities and work with children. In the afternoon the Summit Seniors will regroup for fun outings, team building exercises and sports activities. Kids can look forward to learning new leadership skills and having fun with their peers! Each day is balanced with a wide variety of physical activities that support a healthy, active lifestyle like swimming, and games.

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

### **Program Descriptions & Registration Information:**

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

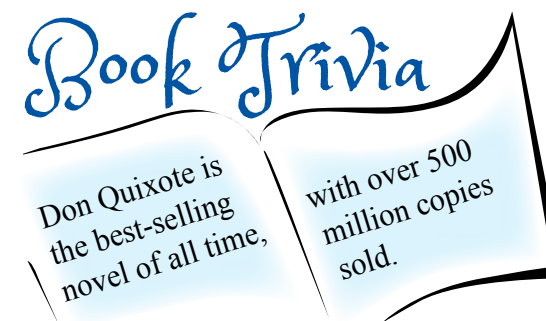
Hurry! Spots are filling fast!

Online: [www.summitkids.ca/summit-summer](http://www.summitkids.ca/summit-summer) •  
Call: 403.797.1488 • Email: [info@summitsummer.ca](mailto:info@summitsummer.ca)



## Summit Kids- WHCA Campus

Did you know that we have a BEFORE and AFTER school care program located within WHCA? We offer out of school programming for kids between Kindergarten to Grades 6! We provide transportation to and from Queen Elizabeth, Banff Trail, Hillhurst, Briar Hill, and King George Schools. For more information, please call 403.477.0798 or email [whca.campus@summitkids.ca](mailto:whca.campus@summitkids.ca)



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**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.

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**DOGS IN MOTION PHOTOGRAPHY:** Creative images with a clean, urban edge. See examples at www.dogsinmotionphotography.com. Contact me for your appointment at 403-763-0950 or michelle@michellegilders.com. Sign up for my newsletter for special discounts and monthly draws for a free photography session. Gift certificates also available.

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

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

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

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

## Confederation Park 55+

Judy Cairns

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

Fall classes will start in September. Check our website, confedpark55plus.ca, for all the details.

Want to try a class before registering in the entire session? Drop-in and give a class a try (some restrictions apply) for just \$8/member, \$10/non-member or purchase an Access Card (10 drop-in sessions) for \$75.00/member, \$95.00/non-member. Learn more at www.confedpark55plus.ca or call the Centre at 403.289.4780.

### Coming up this summer

#### Activities

- **Chair Yoga:** Monday, June 27 to July 25 from 9:45am – 10:45am (5 classes)
- **Bridge Bid & Play:** Thursday, July 7 to August 25 from 10:00am – noon (8 classes)
- **Open Studio Painting:** Friday, June 17 to August 12 (no class July 1) 1:15pm – 3:45pm (8 classes)
- **Painting for Fun:** Wednesdays 1:00 – 3:00pm all summer
- **Whist:** Fridays 1:00 – 3:00pm all summer
- **Bridge Drop-in:** Fridays starting at 1:00pm all summer
- **Tea & Conversation:** Thursdays 1:30 – 2:30 all summer

#### Events

**Kaleidoscope:** Saturday, August 27. Get all the details at k2016.ca.

**To learn more give us a call at 403.289.4780, visit confedpark55plus.ca or drop by the Centre at 2212 13 Street NW.**

### VOLUNTEER

Oodles of volunteers are needed for Kaleidoscope (k2016.ca) on August 27. Come out and spend the day supporting local artists of all ages. Great volunteer opportunity for groups or individuals! Contact Janice at 403.289.4780 for more info.

**Stay Active • Stay Involved • Stay Connected • Join Us**



MP. CALGARY CONFEDERATION  
**LEN WEBBER**

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

I am pleased to let you know that my office has moved to 2020 10<sup>th</sup> Street NW in order to serve you better.

Along with my staff, I am pleased to offer you information and assistance when dealing with the federal government. While many of the requests are for general information and guidance on services, we also do assist with those having difficulties receiving their services from the federal government.

The departments and programs we most often assist with include the Canada Revenue Agency, Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Passport Canada, Employment Insurance (EI), Citizenship and Immigration and Veterans Affairs.

We can also help direct you to information or services if you are not sure where to access them directly. This may include information on joining the Canadian Armed Forces, applying for benefits or notifying the government of a death.

Along with information on government services, we are able to provide information on Canada and Parliament and can help arrange a tour of Parliament on your next visit to Ottawa.

When someone celebrates a special anniversary, a milestone birthday, a special achievement, we can also assist in arranging congratulatory messages from Her Majesty the Queen, the Governor General, and the Prime Minister. It can take eight weeks or more to process these requests, so please plan ahead for your special occasion.

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

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

I would like to extend my sincere appreciation to the constituents of Calgary Confederation for your overwhelming support to the people of Fort McMurray. I am aware of the countless volunteer hours so freely given, together with endless contributions of clothing, toys, bedding, books, food, household items and accommodation. It is through this strength of giving to each other that makes our community strong. Thank You.

Finally, I look forward to seeing many of you, and your families, at a pancake breakfast during Stampede.





## COUNCILLOR, WARD 7 DRUH FARRELL

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

### Council Approves Pedestrian Strategy

On average, one pedestrian is injured in a collision each day in Calgary. Many more injuries occur in parking lots and often go unreported. The financial cost to society from pedestrian deaths and injuries, estimated at \$120 million per year for Calgary alone, is staggering. The impact to individuals and families left to cope with the recovery, and sometimes a lifetime of disabilities, is immeasurable.

These financial, social, and emotional costs were driving factors behind City Council's decision to unanimously support STEP FORWARD, our new pedestrian strategy and safety action plan. I have been striving to make Calgary a better place to walk for many years and I am extremely proud of this work. The strategy also goes beyond safety to encourage more Calgarians to walk more often by making it easy, accessible, and enjoyable.

We focused the plan into four areas with a list of 50 actions for short, medium, and long term improvements:

**Safety** - reduce collisions and increase the feeling of personal safety.

**Plan and Design** - remove barriers to walking by improving connections and the walking experience for people of all ages and abilities.

**Operate and Maintain** - manage sidewalks as public spaces and seasonally maintain and repair infrastructure.

**Educate and Encourage** - remind citizens about shared responsibilities for road safety and encourage walking for improved health, recreation, and commuting.

Speed is a crucial factor in the severity and survival rate of any collision, especially ones involving those walking and cycling. Lower speeds save lives. From Toronto to Boston to Edinburgh, cities around the world are reducing speed limits on residential streets for the sake of safety. Closer to home, Airdrie introduced 30 km/h on all residential streets in the 1980s. Unfortunately, the recommendation to reduce speed limits on residential streets in Calgary was not supported by Council at this time.

Every Calgarian is a pedestrian. A pedestrian is someone walking (or rolling in a wheelchair) to school, from one business meeting to another, to catch the train or bus, or for an evening stroll. Ward 7 boasts a higher proportion of

people who walk than most other areas of Calgary, partly due to its nearness to downtown, but also because of its walkable neighbourhoods, shopping streets, river pathways, and access to schools and transit. The importance of walking to Ward 7 residents is one of the many reasons that I championed STEP FORWARD, as well as other initiatives that support active travel. As we implement this plan over the next decade, you will see Calgary become a safer, more walkable, and more enjoyable city.

To learn more about this and other topics, visit [druhfarrell.ca](http://druhfarrell.ca). To sign up for updates on key issues, please email [ward07@calgary.ca](mailto:ward07@calgary.ca).



### The New Adventures of Engine 23

Central Library is home to a full-sized, real fire truck—and yes, it's *inside* the library! Engine 23 has retired from fighting fires and has begun a whole new life helping children learn. Calgary's youngest citizens can not only read about fire trucks, but also suit up, jump in the truck, and rush to the scene of imaginary accidents and infernos to bring aid and assistance. Because the fire truck isn't just a 22-tonne vehicle in a building: it's a suite of experiences. It's authentic. Kids can play on it and interact with it in a very real way.

When the Calgary Fire Department offered to loan us a decommissioned fire truck, Calgary Public Library seized upon the opportunity to create an innovative early learning experience. After much planning and design, we've installed Engine 23 in Central Library, where it will remain until New Central Library opens in 2018.

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23. See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2<sup>nd</sup> Floor!

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

## IN & AROUND CALGARY

### Historic Calgary Week July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: [www.chinookcountry.org](http://www.chinookcountry.org) for the program list.

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### MLA, CALGARY MOUNTAIN VIEW **DAVID SWANN**

#102, 723 14<sup>th</sup> Street NW, Calgary AB  
Tel: 403-216-5445

Greetings constituents of Calgary Mountain View!

Happy Summer! I hope you've all been taking in the Farmer's Markets in Calgary Mountain View: Wednesday's and Saturday's at the Hillhurst Sunnyside Community Association; Wednesday's at the Parkdale Community Association; and Thursday's at the Bridgeland Riverside Community Hall; these markets are an excellent source of fresh, local produce, and a wonderful way to support Alberta's local economy and our hardworking farmers.

On May 19, my office hosted a public forum and workshop on the need to protect the nearby Ghost Watershed – Calgary's largest source of fresh drinking water. We had an excellent turnout, and great conversation was generated around protecting our most valuable resource: water. You can find more information on my website: [davidswann.ca/ghost-watershed](http://davidswann.ca/ghost-watershed).

On March 23, I hosted a town hall meeting regarding strengthening our provincial nutrition policy in Alberta schools. This evening featured excellent panel presentations from Alberta Food Matters, Dieticians of Canada, and others, providing information to help me – and all of us – ensure healthy food environments for our young people. You can find more information, including links to video of the complete event, on my website: [davidswann.ca/school-nutrition](http://davidswann.ca/school-nutrition).

#### Upcoming Events:

Just a reminder that the annual Calgary Mountain View Stampede Breakfast will be held **Saturday, July 9, from 9:00 to 11:00 a.m.** at the Hillhurst-Sunnyside Community Association. As always, this breakfast is free for all to attend, and guests are encouraged to please bring their own dishes to help cut down on waste. Donations to the Calgary Food Bank will be gratefully accepted, and community groups will be on-hand to provide information about their services. Join us for food, fun and music the first Saturday of Stampede 2016!

Our annual Stampede breakfast is only made possible through the support of our wonderful volunteers; if you would like to volunteer, please email Layne at [calgary.mountainview@assembly.ab.ca](mailto:calgary.mountainview@assembly.ab.ca).

I look forward to seeing you at the upcoming Stampede breakfast, in our parks and on our pathways this summer.



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