

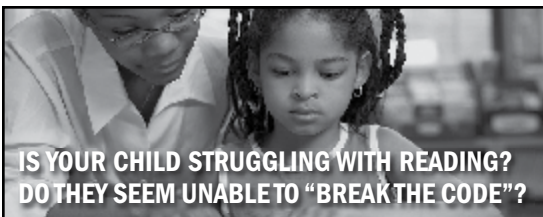
JUNE 2016

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Additionally, North Point School is also offering **sibling discounts of 50% for as long as those siblings remain at Northpoint, for the first 25 families** who register a child for the 2016-17 school year.

**visit our website [www.northpoint.school](http://www.northpoint.school)**








# COME MOVE WITH US

**DJD's Summer Camp sessions are still accepting registrations!**  
 DJD summer dance camps are designed to instill a love of dance in your child! With an emphasis on FUN and CELEBRATION, students are encouraged to explore challenges, demonstrate creativity, expand movement vocabulary, build confidence and develop friendships with other students.

**JULY SCHEDULE:**  
 JULY 4-8, HIP HOP CAMP, AGES 8-18  
 JULY 11-15, FINE ARTS CAMP, AGES 6-13  
 JULY 18-22, ADVANCED JAZZ CAMP, AGES 8-18  
 JULY 25-28, DANCE CAMP, AGES 4-18

**AUGUST SCHEDULE:**  
 AUGUST 2-5, DANCE CAMP, AGES 4-9 & FIERCE GIRL CAMP, AGES 10-13  
 AUGUST 8-12, HIP HOP CAMP, AGES 8-18  
 AUGUST 15-19, DANCE CAMP, AGES 4-18  
 AUGUST 22-26, DANCE CAMP, AGES 4-7, WORLD DANCE CAMP, AGES 8-10,  
 HIP HOP CAMP (MOVEMENT WITH A MESSAGE), AGES 11-18

VISIT [DECIDEDLYJAZZ.COM](http://DECIDEDLYJAZZ.COM) TO REGISTER



You're invited to the 12th annual Calgary Mountain View constituency

## STAMPEDE BREAKFAST

Hillhurst / Sunnyside Community Centre  
 1320 5th Ave NW

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

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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  
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 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

What an amazing spring this has been. The weather has been stunning and everyone is out and about, enjoying the neighborhood and reconnecting on decks, in parks and the playground.

While this was written before our third annual Spruce Up the Neighborhood event, I expect it was another great event – bringing community together to chat and have fun, building those bonds that add to our day to day resiliency by increasing our interconnectedness. Our Community Engagement Chair at WHCA, Joanne (Jo) Larson, has a particular gift in conceiving and developing such community builders out of simple ideas like a community clean up. Such ideas are not unique to one individual, of course, and you may have one too that you would like to share or get started. It may be for the community at large, or on a smaller neighborhood scale. Let us know what it is and how we can help. Whether it is a block party, playground rebuilds, outdoor ice in neighborhood parks or a new event that engages the entire community, there may be opportunities for us to share our knowledge, connections, communication channels or more.

A brief update on last months' report:

*The WHCA Board has opted to sign the new City lease as is.* While the lease was originally presented as a negotiation in the fall of 2015, it was in the end a take or leave it proposition. As a board we have the fiduciary responsibility to mitigate risks to the community and maximize benefits. When presented the lease, a sub-committee of the Board was struck to do just that and significant time was spent on this by its members. It was not until April 7 that we received notice that we had only one option – and that was to sign the new lease as is. Our concerns were not unique, as it turned out several communities had had similar concerns over the years. There was simply no willingness to accommodate them at City Hall. Without a doubt, the City has its own reasons to not negotiate. As a volunteer board with limited time on our hands, we simply would have preferred clearer communication from the City at the

## GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

We hope everyone enjoyed the Spruce Up the Neighbourhood event! 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:

- Community soccer is now running and we are hoping for good results this year from all of our teams.
- 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.

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

outset to allow us to focus our resources on areas we can make a difference.

*The Arena Renewal Agreement* discussion has been delayed by the City until the lease is signed and thus there is no news to report on this front. We remain committed as a community board to work closely with all of our tenants and user groups to minimize the impact on our community, particularly in the high demand fall months of 2016. Likewise we are doing everything we can do with our City partners to provide certainty to everyone and move the project along as quickly as possible. Ultimately, we are very optimistic that the renovations will be a significant uplift to the facility as a whole and therefore to each of our tenants and community users. We look forward to its completion and benefits that will accrue to the community at large.

We will keep everyone informed as best as possible as developments occur on the arena renewal and what short and long term impacts there may be to the community at large as they become known.



## PLANNING COMMITTEE UPDATE

Gerard Van Ginkel

Neighbors,

Spring is in full swing and the community of West Hillhurst is a buzz with activity. After a quiet winter we are starting to see signs of renewed growth and development activity. Before everybody disappears for their summer vacations, there are a few things the Planning Committee want to make you aware of.

**Secondary Suites:** on May 2 there was a public hearing on changes to the way secondary suites are developed / approved within our community. The motion up for final vote will see lot size limitations reduced and secondary suite size constraints increased. What does this mean for you?

The changes are simple but significant. Lot size will no longer be a limitation on allowance to build a legal suite. Even lots 7.6m in width will qualify, provided parking and lot coverage restrictions can be met. In addition suite size allowances will be increased, allowing for larger, more flexible suite configurations. The conclusion is density. Where once there may have been a single family living on a 50' lot, there could now be up to 4 addresses at the same lot. This new approach to densification is not unrivaled, as the new RCG zoning (row houses – more detail below) effectively allows for the same result. We encourage residents to direct their questions on this matter to ward 7 at: EAWARD7@CALGARY.CA.

**RCG Zoning:** did you know that the new RCG zoning is intended to encourage row housing and corner-

oriented development within the inner city? The rules are unique and we should expect more rezoning to this flexible option in the foreseeable future. In summary, the R-CG land use accommodates most of the same development as R-C2 with the same regulations plus allowances for row houses and “cottage housing clusters”. The latter is not likely to materialize in West Hillhurst. This designation is intended to fill the gap between low density R-C2 and higher density M-CG. It allows for higher density with all units being ground oriented (no unit above another). Streets of duplexes are inefficient with inefficient side setbacks and bland exterior finishing. R-CG would allow for a continuous blockface of row houses with fire rated party walls. Corner lots have different restrictions to encourage the development of street frontage and eliminate street facing side yards (see on duplexes). For Row houses there are a number of design requirements for it to be a permitted use. The main requirements for row houses are:

- The maximum density is 75 units per hectare. This would allow four units on a full 50x120 ft lot, based on density alone.
- The minimum width of a street facing façade of a unit is 4.2 metres. (13.8 ft)
- Maximum building coverage increases with density
- Maximum building depth is 65% of parcel depth unless on a corner parcel where there is no maximum building depth.
- Rear setback is 7.5m except For a rowhouse on a corner parcel where it is reduced to 1.5m.
- There is no side setback when there is a party wall.
- If next to any other low density land use, the max height is contextual or 8.6m. Otherwise, it is 11m.
- Each unit requires an outdoor amenity space of 20 square metres.

**19<sup>th</sup> Street Visioning:** Have you spent any time on 19<sup>th</sup> street recently? There are certainly some changes taking place on this highstreet and the WHCA is excited to see some much needed revitalization happening. First, Savoy created a ‘gateway entrance’ at Kensington Road and with the storefronts finally filling in, this project is starting to fulfill its role as ‘mixed use’. At the corner of 19<sup>th</sup> and 1<sup>st</sup> Ave, Stonebriar Place is getting underway,

## PLANNING COMMITTEE UPDATE...cont'd

adding another retail space, new office space and 4 new condos with rooftop patios and finally, The Moroccan Castle is being replaced by Canterra Homes which will add more even more retail and office space. There is clearly a trend of redevelopment emerging, and thus far heights have been limited to 4 story's with an eye to mixing office and retail into the traditionally residential area.


There has been some debate as to ‘what is the future of 19<sup>th</sup> Street’ and ‘how does the community want to see it develop?’ The Planning Committee is aware that in the absence of an Area Redevelopment Plan (ARP) to govern our community, there are no ‘firm’ guidelines to inform 19<sup>th</sup> Street's future. This means that it is not impossible to see a significant increase in structure size, approval of different types of food and beverage establishments, increased traffic / parking and so forth. These may be welcome additions for some and nuisances for others. One option to mitigate the risks associated with a lack of central planning vision for 19<sup>th</sup> Street is to engage residents and City Planning in a ‘visioning’ session which could inform the future of this important community amenity. Another option would be to work with City Planning and landowners in the area to execute a blanket re-zoning which would see the properties on 19<sup>th</sup> Street rezoned to allow redevelopment to happen under predefined limitations and guidelines (such as use / density and height). Of course, all of these options require active engagement by residents and the WHCA Planning Committee wants to know residents views on this. Please email [Planning@westhillhurst.com](mailto:Planning@westhillhurst.com) to share your views.

**Getting Connected:** The Planning Committee continues to seek engagement from residents and look for new and effective ways to reach further in this area, including posting all meeting minutes on the WHCA website <http://www.westhillhurst.com/planningtransportation> as well as regular posting on Social Media (Facebook). <https://www.facebook.com/whcaplanning/>. You don't need to be a Facebook user to visit and view this page so consider visiting occasionally to stay informed and if you are a FB user, please like the page to get automatic updates whenever we post!

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# WHCA PROGRAMS

Jennifer Waller

## 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/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<sup>nd</sup>

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

# WHCA PROGRAMS CONT'D

## 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) 5:00-6:00pm (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 Yogalates

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

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

June 4<sup>th</sup> from 10am – 12pm registration available online [www.westhillhurst.com](http://www.westhillhurst.com) for \$10.00

## 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 kid's 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!

### Spring Programming: May & June

**Summer Programming: July & 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

### Spring Programming: May & June

**Summer Programming: July & 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.

### Spring Programming: May & June

**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.

## WHCA PROGRAMS CONT'D

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.

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

Ages 13 and up

### Spring Programming: May & June

**Summer Programming: July & 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](mailto: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

*~continued next page~*

## WHCA PROGRAMS CONT'D

### YIN YOGA

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

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

Contact/Registration: Debby at **403-283-9747** [www.yogamaya.ca](http://www.yogamaya.ca)

### ZUMBA

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

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

Contact: Jocelyn at 403.667.0435

Email: [zumbajoc@yahoo.com](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. Registration for summer camps now open! [www.royalwestfc.com](http://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](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)

# Westwood Hockey AGM

## TO ALL MEMBERS - NOTICE OF 2016 AGM FOR WESTWOOD HOCKEY ASSOCIATION

Please be advised that the 2016 Annual General Meeting will take place on June 23rd, 7:00pm at West Hillhurst Boardroom

Agenda will include age division reports, finances, appointments and elections where applicable.

**HELP WESTWOOD HOCKEY ASSOCIATION...** We're looking for a few talented and conscientious volunteer board members to lead and strengthen our NWW hockey program in conjunction with Crowchild Hockey Association. If you can contribute your time, thoughtfulness, and leadership one evening a month, and are interested in exploring this opportunity, email [ron@myvfi.com](mailto:ron@myvfi.com) to find out whether this volunteer opportunity is right for you. We're especially looking for folks who live in Triwood, West Hillhurst, Brentwood or Edgemont. Accounting experience would be helpful for the treasurer position.

### 2016-17 WHA BOARD OF DIRECTORS VACANCIES

**President** (starting in 2017-2018 hockey season and includes 2016-2017 season mentorship period with current President)

#### Responsibilities

- Represent the organization to the community, Hockey Calgary and other outside groups
- Schedule meetings of the Board and create the agenda
- Oversee the work of the organization
- Growth and direction of the organization
- Maintain the direction of the strategic plan
- Work with all other Directors to ensure success in their portfolios
- Ensure appropriate transfer of information to new Directors

**Treasurer** (starting 2016-2017 hockey season)

#### Responsibilities

- Manage and maintain financial records
- Ensure timely payment of outstanding invoices
- Ensure appropriate collection of incoming funds
- Ensure fiscal responsibility within the organization
- Create and present the budget
- Regularly report finances to the Board
- Be actively involved in the finances of leagues and tournaments
- Maintain the not-for-profit financial archive

## WHCA GREEN COMMITTEE

Chris Koper

Happy Spring!

How blessed are we to have such an early spring? The weather is so mild and the plants in bloom already? Highly unusual for Calgary! By the time you readers read this our Community Garden in West Hillhurst will be in full swing. Our garden cleanup is earlier this year and everyone is dying to plant already. Many started seeds long ago.

Speaking of starting seeds early, I have seen some articles about Leap Year garden Myths and thought you might like a little humor! You have probably heard that during a leap year on February 29<sup>th</sup> a woman can propose to a man, but did you know that if he refuses he could be fined?



Well in Scotland, there is a saying: "Leap year was n'er a good sheep year." Meaning that planting a garden during a leap year, you would not have a bountiful harvest. They say planting broad beans on February 29<sup>th</sup>, they would grow upside down, and peas and beans would grow the wrong way in their pods.

If Fruit trees that are planted on Leap Day they say will only produce fruit every 4 years!

Of more use is a lovely saying I came across, about perennial plants – that in their first year they 'sleep', in their second they 'creep' and in their third year they 'leap'. It accurately describes the way that perennials take a while to settle in and develop a good root system before they put on a lot of new growth.

I would like to remind everyone that JANET MELROSE Calgary's Cottage Gardener will be giving a talk Saturday August 6 (10 am – 12 noon) on:

- 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

If you are interested you can register at [www.westhillhurst.com](http://www.westhillhurst.com)

The WCHA Community garden is asking for some donations that you might not need anymore:

- Garden tools no longer needed
- Plants you need to thin out such as:
  - Elephant Ears (Bergenia)
  - Moss Phlox
  - Any Spring bulbs or flowers (tulips, grape hyacinth, blue bells
  - Cushion Spurge

For any donations please-mail Chris at: [garden@westhillhurst.com](mailto:garden@westhillhurst.com)

### REGISTERED SPEECH-LANGUAGE PATHOLOGIST

Assessment and therapy for adults and children with communication challenges, including:

- Articulation (speech sounds)
- Stuttering
- Understanding and using language
- Voice problems
- Speech & Language difficulties related to disability (e.g. Autism, stroke)

Let's Talk! Please contact for a FREE CONSULTATION

Ph: (587) 432 4714

e-mail: [mkeithslp@gmail.com](mailto:mkeithslp@gmail.com)

**Lions Park**  
denture clinic

*Dhiren Bharadia, Denturist*

tel: 284-1803 / 284-1829  
fax: 1-866-372-6948  
[accufit@telus.net](mailto:accufit@telus.net)

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



## COMMUNITY ENGAGEMENT

### **Spruce Up the Neighbourhood a Spring Success!**

The Community Engagement Committee was very pleased with the success of our 3<sup>rd</sup> Annual **Spruce Up the Neighbourhood** event on May 28th! West Hillhurst and surrounding area residents benefitted from a number of Spring cleaning and recycling efforts at this multifaceted event.

After cleaning up the field and playground and getting rid of recycling, our BBQ and beer garden was a huge hit. Faces were painted, seeds were planted and lots of fun was had on the playground and in the bouncy house. What a great way to bring together families and community members and celebrate Spring!

Many thanks to Master Meats and Dairy Lane Café for their generous food donations and to WHC Preschool families for their tasty baked goods. Thanks also to GEEP e-Recycling, the Women In Need Society, Vecova, KidSeat Recyclers, the Calgary Public Library, NCHL,

KidSport and Summit Kids for their participation. We are also very grateful for the support of the Ward 7 Community Event Fund. Finally, a huge debt of gratitude to all of the community and Youth Central volunteers, WHCA Board Members and committee organizers without whom this great community event could not have happened – **Thank You!!**

### **Welcome Back TASTE of the Neighbourhood 2016! Tickets On Sale Early June**

**TASTE 2016** is looking forward to seeing many of our previous food, beer & wine vendors and welcoming new ones for your culinary enjoyment. This year will again be a **Members & Guests** function in support of WHCA. **Tickets will be on sale in early June.** For updates, information & tickets check our link at [westhillhurst.com](http://westhillhurst.com).

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



Covenant Living  
Evanston Summit

*"It's where I'd live."*

*Brad,  
Author, movie buff and wine aficionado.*



Home. It's where we live. It's the feeling we get from freshly folded laundry in our bedroom. It's playing the piano and singing with friends and it's shared moments over dinner with family. It's feeling healthy, eating well and enjoying the community we savour with other great people. It's looking forward to a little exercise and some laughter at the pub afterwards.

**Welcome to your life at Evanston Summit. Welcome home.**

**121 Retirement Suites Available For October 2016 Occupancy.**  
Visit us at [evanstonsummit.com](http://evanstonsummit.com) or call us at 587.538.7511 to schedule your appointment

## TRANSPORTATION REPORT

Kerry Baird

### **Crowchild: Phase 4 Concept Evaluation**

The city will take the ideas from phase 3 and turn them into concepts. I believe we saw several of these concepts in the on line tool used in phase 3. There will once again be workshops that residents can attend. These workshops will be posted on line May 21<sup>st</sup> and be held in June. Please feel free to contact us at [transportation@westhillhurst.com](mailto:transportation@westhillhurst.com) if you have any questions. Also go to our mighty bell site see the latest news.

<https://network-89862.mightybell.com/communities/whca-crowchild-trail>.

### **Transit Review 2016:**

The second and final meeting of the transit community consultation team (CCT) took place on Tuesday, April 19<sup>th</sup>. Calgary Transit is reviewing many of the routes throughout the inner city. They held open houses, established the CCT, and invited online feedback through email and websites. It was a difficult and complex task but I was satisfied that they consulted widely, responded effectively to feedback, and developed a plan that, while not perfect (how could it be), was evidence-based and will serve the residents of West Hillhurst well.

Many people expressed concern that Route #9 would no longer go to downtown and therefore passengers would have to transfer at Sunnyside LRT Station. The route remains Dalhousie-Sunnyside. The city explained that their decision was based on many factors including schedule frequency, evening service, and route duplication.

A new route, 404 West Hillhurst, will replace route 405. Service will be infrequent – only once an hour, and end at 7PM – but it will serve the seniors' residences on 23<sup>rd</sup> Street NW, as well as Bethany Care Centre, Lions Park LRT Station, and the 20<sup>th</sup> Ave NW corridor between 19<sup>th</sup> Street and 4<sup>th</sup> Street.

The new network will be tested during the summer and rolled out in full in September. We will be doing what we can to assist Calgary Transit in publicizing these changes so no one is caught unawares. In the meantime, you can still provide your feedback to the Transportation Committee of the WHCA, and we

## VOLUNTEER OF THE MONTH



*This is a monthly column. We need to give credit due to the people who make our community a wonderful place to live, work and play, study and raise a family. Please forward anyone - individual or group - you think is deserving of recognition to Carla Fiorentino [admin@westhillhurst.com](mailto:admin@westhillhurst.com)*

Joanne (Jo) Larson is a longtime volunteer in the community – currently Chair of the Community Engagement Committee for the West Hillhurst Community Association – developing ideas on how to better build community through diverse events from Taste of the Neighborhood to Spruce Up The Neighborhood.

For 5 years Jo co-headed the WHCA Playschool prior to her oldest child entering Queen Elizabeth Elementary. That event just prompted Jo to expand her community involvement to include the Parents' Council at Queen Elizabeth Elementary of which she has now been President for two years.

In the last 3 years, she helped create the very successful autumn Taste of the Neighborhood that brought out the community sampling amazing food and libations from our neighborhood vendors and restaurants. One year later, Jo created a new concept called Spruce up the Neighborhood that brought out the neighbors in the spring for a BBQ and a drink in the park with plenty of kids activities and organizations that serve our community on hand all while providing an opportunity to clean out the closet, attic and garage and recycle things we no longer need. Jo is the first to say that without the additional volunteers, neither event would ever have happened, but we know without Jo, neither event would ever have been conceived to begin with.

So here is to Joanne Larson and all who have taken up her call to volunteer for all the great community building events in West Hillhurst over the years.

will forward it to the appropriate city representatives. <http://www.calgarytransit.com/news/2016-transit-service-review>.

### **Pedestrian Strategy**

The city is voting on a new pedestrian strategy. We support this effort to improve pedestrian safety. Of more information see the city's website

<http://www.calgary.ca/Transportation/TP/Pages/Planning/Calgary-Transportation-Plan/Pedestrian-Strategy.aspx>

IN & AROUND  
SCHOOLS

Queen Elizabeth School News

Deb Hamilton

**Queen Elizabeth School News** School's out for summer! Well, not quite, but we're getting close! Grade 6 students are getting ready to write their PATs and classrooms are beginning to wrap up the immense amount of learning and growth they achieved this year.

**Volunteer Tea** Every year QE School celebrates the wonderful and caring spirit of our school community with a volunteer tea. Thank you to the Grade 5 and 6 students who served tea and goodies with such care, and to the students who provided the entertainment. Thanks most of all to all parents and caregivers. You give so much of your time and make a huge difference!

**Patrol Picnic** On June 9<sup>th</sup>, Heritage Park, the Alberta Motor Association and the Calgary Police Service will treat over 7,000 school patrollers – including our very own QEE patrollers – to a fun-filled day at Heritage Park! This event is a well-deserved reward for patrollers' hard work and dedication over the school year.

**Sports Day** Sports Day is highly anticipated each year, and this year is no different. Sports Day will be held June 10, enabling kids to show off their school spirit and athleticism, and just plain have fun! This happy day could not take place without the community spirit and volunteer efforts of our parent community. Thank you in advance to all who make this day such fun! **Yearend Celebrations**

Our last week of school will be filled with joy with the Grade 6 farewell and special activity on the 24<sup>th</sup> and the Talent Show on the 27<sup>th</sup>. The last day of class is June 27<sup>th</sup>.

**Congratulations to All Grade 6 Students** Hip hip hooray to all our Grade 6 students! This is an especially exciting time as you take the next step in your learning journey. You've worked hard all year and you should be proud of your accomplishments. Thank you for being a part of the QE School community. We will miss you, and we wish you a world of success and joy at your next school.

**HAPPY SUMMER EVERYONE!! QE parents, please mark these important dates in your calendar:**

- **Friday, June 3** – Volunteer Tea
- **Friday, June 10** – Sports Day with Subway lunch
- **Wednesday, June 15** – Grade 6 PAT, English Part B (Reading)
- **Thursday, June 16** – Grade 6 PAT, Math
- **Friday, June 17** – Grade 6 PAT, Science
- **Monday, June 20** – Grade 6, PAT Social Studies
- **Friday, June 24** – Grade 6 Farewell & Special Day
- **Monday, June 27** – Talent Show
- **Monday, June 27** – Last Day of Classes **Tuesday, June 28** – Appeals Day
- **Wednesday, June 29** – Organizational Day - No Classes
- **Tuesday, September 6** – **Classes begin for the 2016-17 year**

Queen Elizabeth School  
Playground Revitalization Update

Kristina Sherriff – Co-President

We had a very successful silent auction held in conjunction with the school spring dance. So many wonderful donations were made by local community businesses, we really appreciate your support. A big thank you goes out to the following businesses: A Maid For A Day, Adventurers, Apex Massage, ATB Financial, Beaners, Calgary Coop, Calgary Cycle, Calgary Flames, Calgary Stampede Casino, Calgary Winter Club, Cannibale, Cineplex, Community Natural, Crave Cupcakes, Dairy Lane, Domino's, FairPlay, Flip Factory, Herschel Supply Co., Higher Ground, Hot Yoga on 17th, HSCA/ Bowview Pool, Journey Yoga, Kensington Autopro, Kensington Riverside Inn, Kensington Wine Market, Kienna Cafe, LaserQuest/Keywest, Marriott Calgary Downtown and Airport, Metro Element, Monogram coffee, Oasis Flowers, Paulina Ramis, Pie in the Sky, Resorts of the Canadian Rockies, Red Rose Florists, Ross Aitken Remax, SA Meats, Safe-way-Northhill, Springbank Cheese Co., Starbucks-Kensington, Sunnyside Art Supplies, The Grape Vine, The Running Room, the YMCA Eau Claire, Triple Meg, U of C Dinos, Urban Athlete, Village Square Leisure Centre, Vintage Caffeine, Webheads Camps, Westside Rec Centre, WHCA, Yoga and Beyond, YYC Spin

We raised close to \$9000 for our playground rebuild project! We are also accepting personal and corporate donations to the playground fund for tax donation receipts. Forms can be found at qparents.ca or please contact qeplayground@gmail.com and we would be happy to help you make a donation.

KENSINGTON WINE MARKET

2016 TASTING SCHEDULE

Tastings start at 7:00pm unless otherwise indicated

Rare Cadenhead Malts Batch 11 & 12	Thr Jun 2	We are saving the oldest, rarest and most obscure Cadenhead releases for this tasting with a range distilled between 1976 and 1989. It will include BenRiach, Royal Brackla, Dufftown, Tomintoul and more	\$150
Spring Single Malt Festival	Thr Jun 9	Our biannual festival sells out very quickly. Sign up now for an opportunity to taste over 100 of the finest whiskies in Alberta	\$60
Everything's Coming Up Rosé!	Fri Jun 10	Used to be you couldn't give away a bottle of Rosé. My, oh my, how times have changed! Get ready for summer and taste some of our global best. Stand up format.	\$20
Lost in Translation	Tue Jun 14	There is no mystery to our love of Japanese whisky, and the tale of how the Japanese came to be one of the world's finest whisky producers, is a worthy one!	\$60
Christmas in Spain	Thr Jun 16	Who said Christmas has to be in December? Our Spanish shipment of fabulous new offerings is in. Let's open them up together!	\$35
Wine Festival: France	Fri Jun 17	We close shop early so we can open the floor for our French Wine Festival. We'll showcase all the regions you know about and promise a few surprises. Cheese and nibbles from Peasant Cheese, mais qui	\$40
Closed Distilleries	Tue Jun 21	Scotland lost a huge chunk of its distilling heritage between 1983 and 2000. The whiskies from many of these distilleries are getting older, rarer and more expensive with every passing year.	\$225
Jean Baptist's Favorite Brews	Thr Jun 23	Ok, we're a day early celebrating Jean Baptist's feast day. But, why wait! Join us for a tasting of some of Quebec's best brews.	\$20
Cheese Please	Fri Jun 24	Join us as we sip and nibble our way through the French Rivera, Cotes d'Azur and the Mediterranean crescent discovering who makes the best Rosé. Crystal promises des fromages exceptionnel! Stand up format	\$30
Brandy, Armagnac and Cognac	Tue Jun 28	Beer is to whisky as wine is to brandy, and not all brandies are alike. We'll sample a range of spirits from Spain, Italy and France including Brandies, Armagnac and Cognac.	\$40
Border Wars – Canadian v. American Rye	Thr Jun 30	It may surprise many to learn that Canada is not the world's only producer of rye whisk(e)y! The Americans make a load of it too, and are giving Canadian producers a run for their money!	\$35

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



## IN & AROUND SCHOOLS



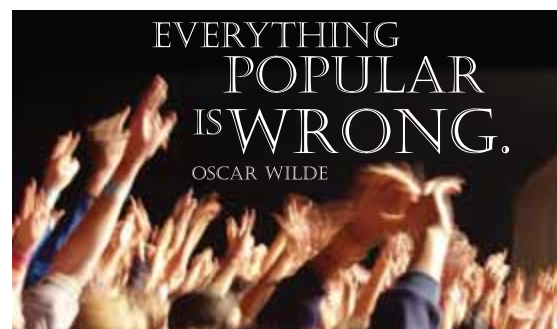
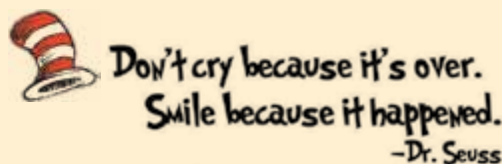
Kirsten Tudor

### We Have Openings In Our Afternoon Programs For 2016/17!!!

The children of West Hillhurst Community Preschool are having a great time wrapping up the year! They spent the year enjoying music, crafts, dancing, learning the alphabet and playtime with all their new friends. Come join the fun at our West Hillhurst preschool in September 2016!

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](http://www.westhillhurstpreschool.com).



## Learning By Playing Preschool

We had another very abundant year at Learning by Playing Preschool, full of laughter, fun and getting knowledge through playing.

So how did we achieve this? Well, preschoolers are little bundles of energy and creativity. In order to channel that into learning power, we have crafted innovative exercises. Children learn the most through action, and most importantly they have to have fun while doing it! Singing with funny voices, painting pictures with toy cars, creating new yoga poses, and learning the letter "S" while making a snail from playdough. That's what kids love to do. Kids have to be active participants, not passive listeners!

The activity that fully uses their energy and imagination is acting. We are now working on a play called "Friends." Kids are naturals at acting, and our job as teachers is to be their mentor, parent, friend and care giver. Being present with them and always for them, by being a GOOD listener and listening rather than talking is the best gift that child can receive!

Trust your kids' imagination and skills! Let your kids be spontaneous and try to learn from them! They have so much to tell!

Always remember, kids want to play and have fun! It is not about how they said their line; it is about their showing up and being in the moment!

Of course, never ever forget to say a kind word to them. But hugs are much better.

And just through acting they unconsciously practise their speech, learn how to show emotions, and learn a lesson from the story. So there are many benefits from having fun acting.

And one more thing: they are who they are because of you parents. You know that you have wonderful kids. Thank you parents for being their parents!

*Monika Stefanska, M.A., Early Childhood Ed.*

## Confederation Park 55+

Judy Cairns

### Confederation Park 55+ Activity Centre

Some classes and activities will continue through the summer. Registration will open the middle of May (9:00am to 3:00pm weekdays) so be sure to register early for a class/activity to ensure that it won't be cancelled. Here's the summer line-up:

- **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

### Coming up in June

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

- June 11: Badlanders
- June 25: For Old Tyme Sake (Stampede Dance – dress western)

### Events

- Saturday, June 4: Sasi Jaunt 5km walk/run and Family Festival. Visit [sasijaunt.com](http://sasijaunt.com) to get all the details or register at the [runningroom.com](http://runningroom.com)
- Friday, June 3: Join us for guest speaker Arlene Blake from Mcphail Harding Law. Arlene will speak on the changing laws around wills, estates and bequeath giving – presentation starts at 1:00pm.

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

### VOLUNTEER

Oodles of volunteers are needed for the Sasi Jaunt ([sasijaunt.com](http://sasijaunt.com)) on June 4 and Kaleidoscope (k2016.ca) on August 27. Come out and spend the day supporting our community. Great for groups or individuals! Contact Janice at 403.289.4780 for more info.

## Hillhurst Wide Yard Sale

-Becky Rock, 10A Street

For many of us, 'Spring Cleaning' involves clearing out those never-used items from our attics and garages. Getting rid of clutter feels so good, and what better way to do that than with your WHOLE neighbourhood?!

On June 18th, a big part of our community will take part in what has become the 15th Annual 'Hillhurst-Wide Yard Sale'. Visitors hit the 'treasure-seeker jack-pot' when they stroll from 10A Street to 11th, 11A, 12th & beyond to find yard after yard offering all sorts of toys, tools, trinkets & more. Being a diverse neighbourhood, housing 'Babies to Boomers & Beyond', there's always something for everyone!

The event started in 2001 by a few neighbours on 10A Street...someone put an ad in the newspaper and painted an old realtor sign (still cared for & updated each year) to advertise, and that was about all there was to it. A few years later, 11A Street organized a sale on the same day, too. Now, an area-wide event, neighbours representing each of the streets involved connect to share some plans, including organizing a donation truck (actually, TWO trucks!) to come through the area afterwards and take what's left to charity.

If it all started with a few neighbours not wanting to have a yard sale by themselves, how did this turn into an event which spread to ALL the streets in the area, and manage to last for 15 years in a row?

As it's turned out, the day is about so much more than just the things for sale on the lawn--it's become a treasured social and community-building event that helps us to connect like nothing else. There is nothing quite like walking down all of the streets to see the interesting items (and treats...more than just lemonade stands!), meeting neighbour after neighbour along the way, sharing tips & stories of what you've seen. Talk extends far beyond the weather when you find out one of your neighbours is a collector of comic books, another is letting go of a great set of record albums, or someone simply has something perfect for your house.

We hope you'll come visit on June 18th to 'shop', but we also hope you'll say 'Hello!' and get to know us, too. Who knows? Maybe you'll be inspired to rally your neighbours to do the same, and we'll be visiting your event next!

# NCHL / The Barn

## Great Activities and Programs Coming From the NCHL

Discover Hockey is a beginner program for adults that have a dream of playing hockey but have never had a chance to play before. The program teaches them the fundamentals of the game in a supportive, embarrassment free, environment with other players that are all in the same boat. At the end of the 12 week program, these individuals go from watching on the sidelines to full fledged hockey players, playing real games and making their dreams come true with their new teammates and friends.

Each week, Discover Hockey features a current or former player from the program to hear their unique story and what it is like to learn the game they have always wanted to play. This week it is Christine Kovacs. Read her story here:

Christine has always been a polo player but recently decided to trade in her horse for a stick and some skates, and she's never been happier! This week's Player Profile explores more into Christine's transition of learning a brand new sport, and what keeps her motivated on the ice.

### DH: So Christine - start from the beginning - how did you get the hockey bug?

CK: I have been playing polo and it's really "hockey on horseback". A polo game is played between two teams with four players on each side. The members are designated as "attack" or "defence" and each has the job of furthering their own goal tally while preventing the other side from scoring. Now while playing polo over the summer and competing in the US I kept thinking I would like to try hockey, so in the fall when polo season was over



I started to search around options of how to learn to play. I went into a hockey store and asked them about adult hockey. They referred me to UBC where I started to take weekly private hockey lessons. I did skate a lot as a child and young

adult, so I had skating skills and couldn't wait to buy a stick and start learning about passing the puck. While doing the private lessons I've kept searching on the web and finally found Discover Hockey. I immediately registered and started with the course, and I have never ever looked back.

### DH: What is the one thing that surprised you about the Discover Hockey program?

CK: I am not too old to start! Learning the drills really creates progress. It is OK to be older and we can all have fun and learn.

### DH: What would you say to someone who is sitting on the fence right now and is thinking of taking the program?

CK: The evenings when I drove out to the Oval in Richmond were the best evenings EVER! Loved the exercise, the team spirit, and learning the skills.

### DH: I agree, there is nothing that beats going out and getting on the ice. Who is your hockey hero and why?

CK: I have a great deal of respect for the Sedins on and off the ice. Two of the classiest gentlemen out there! These guys are role models to look up to - they always take extra time after a game to hang out with kids. My favourite player is Daniel Sedin. Daniel is known as the goal scorer. He is slightly faster than Henrik, somewhat more aggressive, and his shot is incredible. He is usually in the right place at the right time, and nobody in the game of hockey can find another player like him. He also lives in Southlands and his kids ride horses, so I see him in person all the time. He took a photo with my son last summer while he was out with his daughter. In addition, when I had my very first private hockey lesson at UBC Thunderbird Arena, I saw both Daniel and Henrik sitting and watching their kids at their hockey practice. I've considered this as my "good luck charm" of my own future hockey training.

### DH: The Sedins aren't very popular here in Calgary, but you have to respect the way they act on and off the ice! What's your favourite hockey team and movie?

CK: The Vancouver Canucks are my favourite team, and my favourite movie is The Horse Whisperer.

### DH: If you could choose someone to depict your character in a movie about your hockey obsession who would it be and what would be the story line?

CK: Scarlett Johansson, and the movie would be about

# NCHL / The Barn ...cont'd

a mother of a grown son who is also a polo player who wants to prove herself that she is not old yet, so she takes up hockey and becomes really good at it... to all her middle-aged friends' surprise!

### DH: Make a prediction about who will be in the Stanley Cup final and who will win it this year?

CK: I think the Capitals will be the winners.

### DH: Ovechkin and the Caps are definitely going to be tough to stop. Where would be the most exotic place you'd want to visit and play hockey at?

CK: Calgary at the Calgary Stampede and I would play polo and then a hockey game immediately after.

### DH: Well we do have a Draft Tournament this year in Calgary during the Stampede in July! If you could click your skate blades twice and make any hockey wish come true, what would you wish for?

CK: I would wish that I started to play hockey at the age of 4 and by now I would have a great time playing all over Canada.

### DH: That would be awesome. Imagine this, you wake tomorrow and you are the NHL commissioner for one day - you can do whatever you want - what would be your first act?

CK: I would allow players to play in their own home country and their home city and stick with that contract as long as possible. Have less politics involved in their life.

### DH: I'm sure the players would definitely appreciate that! Well thank you for sitting down with us Christine, good luck in polo and in the hockey season coming up. Hopefully we will see you in Calgary this July.

# WEST HILLHURST GO-GETTERS ASSOCIATION



Wishing all those father figures out there a very wonderful Father's Day. It takes a special man to be called "Dad, Grandpa or one of the Greats" and we hope June turns out to be a great month for all you gents. Happy Father's Day!

Go-Getters planting day for our garden is scheduled for Friday, June 3<sup>rd</sup> at 1:00pm for any members wanting to lend a hand. Our Tea and Bake Sale is on the calendar for Saturday, June 11<sup>th</sup> at 11:30am - 1:30pm. You do not need to be a member to pop in and see what we have to offer in the way of treats to satisfy your sweet tooth. Trips planned for our members this month include: Nanton Exploration, Cash Casino and The Ellis Bluebird Farm. Along with a regular schedule, we plan to keep you all busy and having fun going into the summer season.

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 reduced 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 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.

# Insects & Technology

The Namib Desert's darkling beetle is the inspiration for a new idea to turn morning fog into droplets of water and will have the ability to provide enough water per day for survival of Namib Desert people. The beetle's body has little bumps that repel water, sending the droplets down his back into his mouth.

Discovery Magazine





## Made by Momma has some BIG news to share with the community!

Join us for our **FIRST ANNUAL NEIGHBOUR DAY BLOCK PARTY** to celebrate the launch of our two latest initiatives: **The Happy Birthday Project** and a **Free Little Library!** Come see what we are all about, what we do and how you can be a part of the village that supports families in need.



### WHEN

**Saturday, June 18th, 2016 Time: 11:30am to 1:30pm**

### WHERE

**MBM Resource Centre 66 21st Street NW** – parking along Westmount Road and Bowness Road

Enjoy delicious pizza from the Avatara Food Truck, our very own delectably decadent Made by Momma bake sale and a refreshing lemonade stand! Bouncy houses, face painting, music and much more!

**WE LOOK FORWARD TO MEETING YOU!**

For more info visit: [www.madebymomma.org](http://www.madebymomma.org)



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# News from the Friends of Nose Hill

by Anne Burke

Calgary: City of Animals, this year's U. of C. community forum, brought together Canadian scholars in history, animal studies, and geography to explore the roles that animals play. The fur trade, cattle ranching, and the Stampede are part of our history. So too is our relationship with animals and it is interesting to adopt that perspective about our shared spaces, as well as the city's past, present, and future.

We categorize urban animals in different ways, as wild and domestic, livestock, companions, and entertainers. Have you thought of how your interaction with animals shapes Calgary and traces were left on geography, and identity? Consider the routes animals take and the places where they live. We can learn more about viewing the city as an ecosystem, that includes animal life, and see/be humans as "one animal" among many in the urban environment.

Shelley Alexander, a lead in the Candid Conservation Science Lab, made a study of human-wildlife conflict, especially wolves and coyotes, both in the field and using a geographical information system (GIS). Sean Kheraj is co-editor at [niche-canada.org](http://niche-canada.org) of Nature's Past: Canadian Environmental History Podcast. Susan Nance, who studies entertainment, communication, performance, and historical animal life, is associated with animal welfare. For information you can go to: [www.facebook.com/CalgaryInstitute](http://www.facebook.com/CalgaryInstitute).

You can become a Parks volunteer and help take care of natural areas, off-leash areas, parks, green spaces, playgrounds, pathways, trees; conduct research; and provide park users with interpretive experiences. Individuals commit six shifts per season. For example at Nose Hill Park, you will greet visitors; offer information; present "biofacts"; lead interpretive activities; and promote Parks programs.

If you are looking for a volunteer project for your company or group, join the Parks Environmental Team

on a green initiative project, such as invasive species (weed) pulls, painting projects, playground renewals, and more.

Volunteers of all backgrounds, abilities, and experience are invited to contribute. Once accepted, volunteers receive orientation, training, and support. To apply, call 311 or email: [parksvolunteer@calgary.ca](mailto:parksvolunteer@calgary.ca).

Don't forget there will be public cleanups of Nose Hill on June 18 and July 30 from 11 a.m. to 2 p.m. Meet at the Edgemont Parking lot (Edgemont Blvd. and Shaganappi Tr. NW) These are P.U.P.P.Y. events with Parks staff and volunteers who help park users pick up.

## Bow Valley Lawn Bowling Club Open House

The Bow Valley Lawn Bowling Club is holding its annual **OPEN HOUSE** on Saturday, June 4, 2016 from 1:00 to 4:00 p.m.

Come and try Lawn Bowling at our friendly neighbourhood club at 1738 Bowness Road N.W. Everyone is welcome.

- Join us and learn the fun of lawn bowling. No experience or special skills necessary.
- During the summer there is regular bowling in the evenings.
- It costs only \$100.00 per person to join for the whole year.
- Membership includes numerous social functions, other than bowling, throughout the year – Annual BBQ, Black & White evening, social activities during fall and winter. (e.g., games night and travelogue)

For more information, check out our website [www.bowvalleylawnbowling.com](http://www.bowvalleylawnbowling.com)

## Summer Camps for your Child's Summer!



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

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

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

**OR**

**Check out our website at [summitsummer.ca](http://summitsummer.ca)**

### Drop-In Gym Schedule

#### DATES SCHEDULED EVENT

June 2.....	Open Gym
June 7.....	Dodgeball
June 9.....	Basketball
June 14.....	Dodgeball
June 16.....	Open Gym
June 21.....	Volleyball
June 23.....	Soccer
June 28.....	Dodgeball

### Program Descriptions & Registration Information:

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

### SummitU June 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!

### 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

Thursday, June 2



### 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

Tuesday, June 7

### 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, June 25

### Never Bee Lost

Being lost or separated from parents in a public place can be an overwhelming situation for most children. It is important that they understand what to do if they are in that situation. What a child does, and most importantly how prepared they are for the situation, can make a difference in their overall safety. Never Bee Lost will give young children their first lesson on personal safety and provide a basis they can build on.

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

Thursday, June 9

### 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

## Summit Summer Camps

....cont'd

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, June 4 & 11

### 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, June 14

### 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, June 16

### 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, June 21

### 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, June 23

### 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

Thursday, June 28

### 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, June 18

### 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, June 18

### 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: [summit.ca](http://summit.ca) • Call: 587.432.0471 • Email: [info@summitu.ca](mailto:info@summitu.ca)



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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.



## JULY 8 TO 17 CALGARY STAMPEDE

Each year, more than one million visitors from across North America and around the world come to Calgary to experience the heart-stopping action of the world's richest Rodeo, featuring bull riding, barrel racing, and more. [www.calgarystampede.com](http://www.calgarystampede.com)



## JULY 21 TO 23 MILKY WAY NIGHTS

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. [www.ualgary.ca](http://www.ualgary.ca)



## JULY 30 SLIDE THE CITY

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. [www.slidethecity.com](http://www.slidethecity.com)



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

- **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)
- **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." [www.calgary.broadway.com](http://www.calgary.broadway.com)
- **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)
- **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. [www.fiestaval.ca](http://www.fiestaval.ca)
- **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! [www.petapaloozawest.com](http://www.petapaloozawest.com)
- **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. [www.calgarybluesfest.com](http://www.calgarybluesfest.com)
- **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. [www.inglewoodsunfest.ca](http://www.inglewoodsunfest.ca)



## West Hillhurst Real Estate Update

### Last 12 Months West Hillhurst MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2016	\$709,000.00	\$682,500.00
March 2016	\$724,900.00	\$695,000.00
February 2016	\$977,400.00	\$927,500.00
January 2016	\$712,450.00	\$696,250.00
December 2015	\$1,297,000.00	\$1,209,500.00
November 2015	\$799,900.00	\$788,000.00
October 2015	\$679,450.00	\$675,000.00
September 2015	\$799,999.00	\$790,000.00
August 2015	\$962,400.00	\$953,000.00
July 2015	\$832,400.00	\$807,500.00
June 2015	\$799,900.00	\$793,000.00
May 2015	\$699,900.00	\$688,000.00

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

	No. New Properties	No. Properties Sold
April 2016	11	12
March 2016	25	11
February 2016	26	4
January 2016	13	4
December 2015	4	4
November 2015	10	7
October 2015	22	6
September 2015	11	5
August 2015	10	6
July 2015	14	6
June 2015	18	5
May 2015	13	15

To view the specific SOLD Listings that comprise the above MLS averages please visit [west\\_hillhurst.great-news.ca](http://west_hillhurst.great-news.ca)

## West Hillhurst mybabysitterlist

Name	Age	Contact	Course
Tessa	14	587-432-6045	Yes
Neil	14	403-991-6172	Yes
Sam	15	403-703-6837	Yes
Ethan	16	587-703-7616	Yes
Sarah	16	403-660-0319	No
Katie	16	587-583-9224	No
Cecilia	17	587-223-1330	Yes
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Jordan	18	403-969-6661	No
Haley	20	807-220-1154	Yes
Antares	34	403-383-2527	Yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 33



## IN & AROUND CALGARY

### The scoop on dog poop

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

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

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

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

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

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit [calgary.ca/puppy](http://calgary.ca/puppy) for details.

## Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Apply for the grant/credit by Dec. 1, 2016. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

**Please note:** Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry).

## World Elder Abuse Awareness Day

World Elder Abuse Awareness Day is recognized on June 15. During Seniors' Week conversation cafes about elder abuse, its incidence, impact on community and resources for Calgarians will be held around Calgary.

World Elder Abuse Awareness Day events culminate in a public gathering at Olympic Plaza on June 15, from noon to 1 p.m. Join with other Calgarians to listen to speakers and raise the public awareness about elder abuse. Bring your lunch and wear purple to show your support.

Visit [calgary.ca/seniorsweek](http://calgary.ca/seniorsweek) for event information.

## BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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

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

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

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

**TLC CLEANING:** Over 18 years experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your 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.

**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.



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*Where dogs are family*

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[dogsinmotionphotography.com](http://dogsinmotionphotography.com)  
403-763-0950

**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.

**YARDBUSTERSLANDSCAPING.COM:** Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

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

**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](mailto:robziffle@gmail.com).

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

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

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

Greetings constituents of Calgary Mountain View:

I'm pleased to have the opportunity to share information and upcoming events with you via a monthly column here in the *Hillhurst Sunnyside Voice*.

Thank you to everyone who came out to join me for a few events recently, including the annual Calgary Pathway and River Cleanup—which took place in May at Tom Campbell's Hill Pathway in Bridgeland—and my March 23 town hall event on *Strengthening Our Provincial School Nutrition Policy*.

**Upcoming Events:**

On June 9th all constituents are invited to attend my free talk, *Valuing Mental Health*, which will summarize findings of the Alberta Mental Health Review Committee; audience Q & A will follow. This talk will be held at the Hillhurst-Sunnyside Community Association, 1320 – 5 Ave NW, from 7:00 to 9:00 p.m. Preceding this presentation—from 6:15 to 6:45 p.m.—my Constituency Association Board will host a brief Annual General Meeting, at which everyone is welcome.

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'd like to volunteer with us this year, please email Layne at [calgary.mountainview@assembly.ab.ca](mailto:calgary.mountainview@assembly.ab.ca).

A special thank you to the *Hillhurst Sunnyside Voice* for sharing regular updates on news, upcoming events, and more. I value your active involvement in our healthy political development and welcome the opportunity to discuss your interests and concerns.

All the best!



**COUNCILLOR, WARD 7**  
**DRUH FARRELL**

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**The Development Levy: Next Steps**

In February 2016, The City implemented new levies for development in both new and existing communities, marking a turning point in Calgary's approach to managing and paying for growth. As I shared in your March newsletter, the development levies are the outcome of The City and the development industry working together on an agreement for how to cover the full cost of growth.

So what has changed? Previously, The City covered the costs of major infrastructure upgrades like new wastewater treatment plants for greenfield development, which effectively amounted to a "sprawl subsidy". With the new agreement now in place, developers will pay for the full cost of critical municipal infrastructure.

I have been working to achieve fair development levies since before I was elected to City Council, and while the new levies are a major accomplishment, the work is not yet done. The ultimate goal is for the levy to help fund public realm and facility improvements in established neighbourhoods that are experiencing significant redevelopment.

How can the levy help? When property is redeveloped for higher density, The City collects an increase in property taxes. We call this phenomenon "uplift". The City plans to capture a portion of this uplift for reinvestment in local amenities and public realm improvements for neighbourhoods going through change.

Common examples of improvements could be upgraded sidewalks and lighting, preservation of heritage buildings, new or refurbished parks and green spaces, or renovations to recreation and community centres.

The City is just starting to research the process for identifying amounts available for community reinvestment projects. As we move into this important next phase, it is critical that we involve Calgarians. We want to tap into local knowledge to determine opportunities that can enrich your neighbourhoods. To that end, I brought together Ward 7 community associations and City staff to start thinking about what types of reinvestment they would like to see as their communities experience redevelopment. The needs and goals of each community will likely be different, and we will look to your community associations to help identify areas of improvement that matter to you.

There will be much more to come on this topic, so to stay up-to-date on this and other Ward 7 issues, please sign up for my email newsletter: [ward07@calgary.ca](mailto:ward07@calgary.ca).

**IMPORTANT NUMBERS**

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

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**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

**SWEATER SALE:** June 3 (3pm-8pm) and June 4 (10am-4pm). Parkdale United Church: 2919 8 Ave NW.



**SUDOKU**

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

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# your COMMUNITY business of the month

## Alberta Guide Dogs

West Hillhurst Community

Imagine being able to transform someone's life! This is what a professionally trained Guide Dog or Autism Support Dog can do for someone who is blind or visually impaired or for a child with moderate to severe autism.

Take a moment and visualize the benefits these service dogs give their recipients on a day-to-day basis; increased safety, enhanced mobility, facilitated safe navigation and freedom and confidence to explore for blind/visually-impaired individuals.

For a child with autism, improved safety, positive changes in behaviour, improved social skills, more predictability in social situations, increased security and support for the child, and much more are possible. The entire family benefits. Having an Autism Support Dog means being able to do simple things the rest of us take for granted, like going to the supermarket, the mall or the park as a family. In essence, it means being able to experience childhood, instead of missing out.

Alberta Guide Dogs is a division of the registered charity British Columbia Guide Dog Services. Our mission is to meet the growing demand for professionally trained Guide Dogs and Autism Support Dogs for citizens of British Columbia and Alberta.

Although often viewed as a dog organization, BC & Alberta Guide dogs is actually an organization about people. When evaluating applicants' suitability for Guide Dog or Autism Support Dog training, we see ability rather than disability. All individual training programs are tailored to the needs of each individual, which includes domiciliary (at-home) training in the client's familiar environment.

Each puppy born through our in-house breeding program has the potential to grow up to change someone's life. While our services are provided at no cost to recipients, it takes two years and up to \$35,000 to breed, raise and train one of these furry heroes-in-the-making.

We rely on the generosity of donors, as well as special events for funding.

To date, in BC and Alberta, 116 guide dogs have significantly changed the lives of their owners in a myriad of ways, including safe and enhanced mobility. Thirty-five children and their families, all of whom are living with autism, are enjoying the diverse and wide-ranging benefits of an Autism Support Dog. Demand for our services continues to rapidly grow and our goal is to graduate 220 service dog teams by the year 2020.

You can help! Consider puppy raising, hosting a fund-raising event on our behalf or making a donation today.

**Puppy Scholarships:** For less than the cost of a cup of coffee a day, you can support a puppy from birth until they graduate by participating in our Puppy Scholarship program for only \$15 per month/ongoing. The scholarship includes a welcome letter about your sponsored pup, a framed photo and then regular personalized 'pup'dates and updated photos as your puppy grows up! You can watch a puppy change from a loveable bundle of fur into a life-changing dog and feel good about supporting him or her along this journey!



BC & ALBERTA GUIDE DOGS

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2032 Briar Crescent NW | \$2,850,000 | Briar Hill

Spectacular estate home by award winning builder Blok Home Development and Design. Truly a modern masterpiece, this open design features 24' ceilings, a stunning custom wood and glass staircase, and natural stone accents featured throughout property. Oversized stained wood windows flood the home with natural light. Step into the breathtaking gourmet kitchen, featuring high gloss modern cabinetry and an extensive Miele appliance package. The kitchen opens to innovative breakfast nook with a built in coffee bar. The exceptional quality and design is evident throughout this home, with striking dual living areas, a dramatic fireplace, a large dining area with a designer feature wall, and an oversized office with solid Carrara heated marble floors. Upstairs boasts a stunning loft retreat, and an inviting master suite with a private balcony featuring downtown views, and a luxurious bath. Pre-engineered 4th bedroom addition upgrade available for the upper level. Experience true indoor/ outdoor living when you enter the rear courtyard through nano sliding doors; this stunning yard showcases a built-in BBQ and fire pit. Numerous other features including home integration with alarm, high tech boiler/ HVAC systems, and RV parking. Located on prestigious Briar Crescent, this home features fabulous views, and is steps to schools, parks, and endless other inner city amenities. Also, inquire about custom home building!



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