

MARCH 2016

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

# your WEST HILLHURST WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER





## CALGARY WINTER CLUB

### SUMMER MEMBERSHIP: JUNE 1<sup>ST</sup> – AUGUST 31<sup>ST</sup>, 2016

This summer we are offering a three month trial membership so you can try the private club experience before you invest. There is no entrance fee required unless you decide to join. Come see our brand new, upscale, family restaurant, sports bar, private dining and adult only lounge.

#### THE CALGARY WINTER CLUB FEATURES:

- 2 Salt Water Pools with Lazy River, Hot Tub, Lanes
- 6 Indoor Tennis Courts
- 5 Badminton Courts
- 7 International Squash courts
- 10 Curling Sheets
- Indoor skating rink
- 10 Lanes of Bowling
- Fitness Studio
- Running Track (172 m)
- Multi-purpose Gymnasium
- Gymnastics Centre
- Climbing Wall
- Child Care, Preschool & Summer Camps
- 55+ Lounge and Activities
- Music Centre

**COST:** \$300 per family member. This fee includes all of your drop in use of the club from June 1 – August 31st, 2016. There are additional fees for summer programs, camps, classes.

\*Limited number of trial memberships available

**SPEND TIME TOGETHER THIS SUMMER AT THE CALGARY WINTER CLUB.**  
For more information or to book a summer trial membership, contact Rebecca Draper at 403.338.2416 or rebeccad@calgarywinterclub.com



West Hillhurst Community Association  
1940-6th Ave NW  
Calgary, AB – T2N 0W3  
Phone: 403.283.0464 | Fax: 403.270.0482  
info@westhillhurst.com | www.westhillhurst.com

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## NEWSLETTER AD SALES



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# West Hillhurst Community Association

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



## WHCA Board Of Directors

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

## Committee Chair Persons

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

## Directors

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

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

## On Site Facility Contacts

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

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**and Twitter**  
[www.twitter.com/westhillhurstca](http://www.twitter.com/westhillhurstca)

**WARBLER SUBMISSION**  
**7<sup>th</sup>**  
 of each month  
 Email: news@westhillhurst.com

## PRESIDENT'S MESSAGE

*Brent Alexander, President*

By the time you read this column City Council will have decided on February 8<sup>th</sup> how to proceed with the Kensington Legion Redevelopment. There were three primary courses of action they could have chosen: to accept as is and proceed to 2<sup>nd</sup> and 3<sup>rd</sup> reading, to request amendments before being re-submitted or to reject outright. Our community always requested the second option.

If the request to resubmit with amendments was accepted, we hoped that it was due to the fact the project does not comply with the MDP (Municipal Development Plan). As the MDP governs development in the city as a whole, it was the only principled outcome that the community could hope for.

What is troubling, regardless of how the council vote went, is that it even went to First Reading at City Council at all. It could only have done so if City Planners willfully disregarded the MDP and recommended it to Calgary Planning Commission. It could only have done so if the Calgary Planning Commission completely disregarded the MDP in recommending it to City Council. And it is only plausible that both would have only done so if they believed council itself would completely disregard the MDP in considering the proposal.

Given the lack of concern for compliance to the MDP, Councilor Farrell was asked if there are any other opportunities our community should pursue to gain a more rigorous framework for redevelopment in our community. Main Streets was suggested (it posits transforming Kensington Road west of 14<sup>th</sup> in to a multiuse redevelopment zone). While the idea of Main Streets is intriguing and real engagement on the issue to finalize a plan would be welcomed – it is to date not forthcoming and no process to finalize has been shared.

Urban Lab out of U of C was also suggested. It is a visioning exercise and an interesting concept, but it provides nothing in the way of planning oversight. In combination with an Area Redevelopment Plan (ARP), it is a valuable precursor, but without the latter (and no new ARPs are being done), it is another set of rec-

## GENERAL MANAGER'S MESSAGE

*Bryan Polak, General Manager*

Hello WHCA Community,

I hope everyone enjoyed the Valentine Day skate on Feb 12. March is Easter so watch the website and your emails for Easter skate.

If you are new to the community, please stop by so we can give you a tour of our wonderful facility and talk to you about all of our programs.

Remember that Preschool registrations are happening as is Community Soccer and Learn to Skate for this Spring.

We will be leaving the ice in over the Spring and Summer so if you are interested in getting some ice time, please contact us.

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

Thank you.

ommendations that can be ignored at will. As a community, we are wanting more than that.

In absence of any real alternative to the MDP, Councilor Druh Farrell was requested to publicly support the MDP for all her decision making. Unfortunately no support for the MDP was offered. More correctly it was flatly refused as Councilor Farrell stated she "cannot hold a position prior to the public hearing".

It is as if a judge refused to acknowledge the law as the defining document by which to hold the accused to account in case it might colour her outlook on the case at hand. It is very troubling from a community perspective. We are given to believe there are rules and guidelines for our citizenry, but not, apparently, for the developers that want to change our community for their own ends.

As a member of our community asked: "In the absence of an ARP, the MDP does nothing to protect the existing community... How is Druh reconciling this"? It is a hard question that we are trying to resolve.

## COMMUNITY ENGAGEMENT

### ReTree YYC Initiative Coming to West Hillhurst

The City of Calgary Parks Department is launching a new tree planting initiative over the next three years, and West Hillhurst is one of 25 communities that will benefit from the program this Spring and Summer. Trees will be planted in chosen areas due to storm damage, to fill open canopy space and based on community interest.

This will replace the Neighbor Woods program that was in place in the past, when residents were asked to register their properties for new trees. Urban Forestry will now assess and choose locations for new trees to be planted, replacing dead and storm-damaged trees. Homeowners will be notified a minimum of two weeks before replanting for trees located on the back walk of a property.

In addition to the new greening up of our neighborhood, the Parks Department is also providing free education sessions in the community on a number of topics. From pruning and planting to tree education and getting to know and appreciate the trees in our neighborhood, there should be something for every interest and age group. Stay tuned to the WHCA website and the Warbler for updates and notices on these programs coming this Spring!

### Save the date! Spruce Up the Neighborhood, Sunday, May 29

Our favorite Spring time community event will be back in May with lots of opportunities for spring clean-up, recycling and activities for you to get to know your community centre and spend time with neighbors and friends. Plan to come out and join us after some Spring cleaning for our annual BBQ & beverage garden to celebrate Spring. More details will follow in the next issue of the Warbler (*we can't give it all away so soon!!*).

Volunteers to help with the planning and the on-site activities will be needed – here's a great chance to get involved with your community association. Please contact Jo at [volunteers@westhillhurst.com](mailto:volunteers@westhillhurst.com) if you are interested in taking part.

See you at the Community Centre!

## Volunteer of the Month

*This will be a new column each month. 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.*



Kerry Baird is a longtime volunteer in the community – currently Chair of the WHCA Transportation Committee – wrangling facts and opportunities for input from the City of Calgary on creating safer crosswalks and streets and the redesign of Crowchild Trail. She is also the Secretary of the WHCA Board of Directors – keeping our minutes and our documents in order for the last six years.

For 5 years Kerry co-headed the WHCA Playschool prior to her oldest child entering Queen Elizabeth Elementary. But that didn't slow Kerry's volunteerism. Kerry joined the Queen E Parent council and has headed the Queen Elizabeth Elementary Playground Enhancement Society (QEEPES) for the last four years. In so doing she is integral in raising funds for the school – one that is now bursting at the seams with kids.

In the last 2 months, she has coordinated all 36 volunteers at each of two separate casinos for QEEPES and WHCA. Kerry would be the first to say that it is all the volunteers that made the casinos happen – having already organized a volunteer appreciation party for them and their families. The casinos will raise between \$60-80K for the respective organizations that are integral parts of our community and quality of life. These funds allow investments into our children's learning environment that are otherwise unfunded and literally helps keep the lights on at WHCA.

So here is to Kerry Baird and all who answered her call to volunteer for the last two casinos – thank you for making West Hillhurst such a great place to be.

*If you have a person in mind that deserves recognition for their volunteerism in our community, please forward their names and stories to [president@westhillhurst.com](mailto:president@westhillhurst.com).*

## TRANSPORTATION REPORT

Kerry Baird

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

**Transit:** The city is reviewing the transit routes in our neighbourhood. We will keep you up to date as this process continues. The first meeting is on Feb 8<sup>th</sup>. If you are interested in this process please contact us at [transportation@westhillhurst.com](mailto:transportation@westhillhurst.com).

**Community Traffic Study:** The traffic committee is looking at getting another traffic study done of our community. The last one we had done was in 2010. It is not likely we will be high on the list with having one done not so long ago. However, with the increase in development and with Crowchild Trail we are hoping we will be further up the list. Please forward on any traffic concerns to [transportation@westhillhurst.com](mailto:transportation@westhillhurst.com).



# THANK YOU

to all the volunteers for making this year's Casino another successful event.

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## CALGARY COIN SHOW

March 19 & 20, 2016  
10 am to 5 pm each day

**Clarion Hotel**  
2120 16<sup>th</sup> Ave. NE

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[www.calgarynumismaticssociety.org](http://www.calgarynumismaticssociety.org)

# 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 Pickleball – Monthly Registration & Drop-In Options Available

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

Dates: **Inside (Main Gym)**

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

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

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

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

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

Dates: January – March 2016

Times: Saturdays - 9:30 am – 10:30 am

Room: Upper Studio A

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

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

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

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

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

Fridays: 9:30 am – 10:30 am

Location: Ice Arena

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

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

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

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

Time: 3:15pm

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

## Winter 2016 Learn-To-Skate Programs

### Pre-PowerSkate

U10, PrePower is designed to give hockey and ringette skaters a solid foundation to skate better and play better. This program focuses on balance, power, agility, speed and endurance to train players to be ready for any game situation that unfolds. **\*\* Please note this is not a Learn to Skate program – participants are expected to have previous skating experience.**

**Age recommendation: under 10**

Timeframe: April 9<sup>th</sup> – June 25<sup>th</sup>

Saturdays: 11:30am – 12:30pm

Cost: \$250.00

### CanSkate - Learn to Skate

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

**Age recommendation: Ages 4 and up**

Timeframe: April 6<sup>th</sup> – June 29<sup>th</sup> or April 9<sup>th</sup> to June 25<sup>th</sup>

Days: One or Two days per week - Wednesdays 4:45 -5:30pm and Saturdays 10:30-11:15am

Cost: #300.00 / 2days or \$200.00 / 1 day

### StarSkate – Learn to Figure Skate

Timeframe: April 18<sup>th</sup> – June 29<sup>th</sup>

Days: **Mondays** 4:00-4:45pm Conditioning Class (off-ice) 5:00-6:00pm (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 Yogalites

A ballet inspired class with a blend of yoga and Pilates all rolled into one focused on flexibility, control and balance.

# WHCA PROGRAMS CONT'D

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 fundamentals of skating. Through the use of toys, games and skills exercises, our Nationally Certified Skate Canada Coaches will guide participants through the basics in a group lesson format! Learn the very basics while learning to stay stable on their feet to kick start skating achievement!

**Age recommendation: Ages 3 and up**

Timeframe: 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 Soccer 2016

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

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

Ages: U4-U16

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

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

## WHCA HEALTH CLUB PROGRAMS

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

### Winter Classes

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

### Bootcamp Express

#### \$12.00 drop in

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

Timeframe: April 7<sup>th</sup> – June 16<sup>th</sup> (11 classes)

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

### Indoor Cycling Strength and Core

#### \$12.00 drop in

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

Timeframe: April 3<sup>rd</sup> – June 19<sup>th</sup> (11 classes)

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

### Indoor Cycling

#### \$12.00 drop in

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

Timeframe: April 5<sup>th</sup> – June 14<sup>th</sup> (11 classes)

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

### Morning Warrior

#### \$12.00 drop in

Description: Morning warrior is a combination of strength, cardio, muscle endurance, flexibility, core, and functional

~continued next page~

## WHCA PROGRAMS CONT'D

movement patterns. You get everything you need in our early morning boot camp to keep you going all day! All levels welcome.

*Timeframe: April 5<sup>th</sup> – June 14<sup>th</sup> (11 classes)*

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

### **Total Body Conditioning**

#### **\$12.00 drop in**

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

*Timeframe: April 4<sup>th</sup> – June 13<sup>th</sup> (10 classes)*

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

### **Flexibility Training**

#### **\$12.00 drop in**

Description: Stretch and Flexibility Training

*Timeframe: April 8<sup>th</sup> – June 17<sup>th</sup> (11 classes)*

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

### **Cardio, Butts and Guts**

#### **\$12.00 drop in**

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

*Timeframe: April 6<sup>th</sup> – June 15<sup>th</sup> (11 classes)*

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

### **Fusion Fitness**

#### **\$12.00 drop in**

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

*Timeframe: April 6<sup>th</sup> – June 15<sup>th</sup> (11 Classes)*

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

### **Barre**

#### **\$12.00 drop in**

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

*Timeframe: April 4<sup>th</sup> – June 13<sup>th</sup> or April 9<sup>th</sup> – June 18<sup>th</sup> (10 classes)*

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

### **Burlesque Dance Party**

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

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

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

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

### **WHCA Squash Instructor- Anna Pentland**

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

Ladies beginner squash clinics – Fridays @ 1:30pm – 2:45pm  
For further information on our WHCA squash trainers and squash programs please visit [www.westhillhurst.com/squash](http://www.westhillhurst.com/squash).

### **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!

## WHCA PROGRAMS CONT'D

Jazzercise is a 60-minute fitness class combining cardio, strength, and stretch moves for a total body workout. Judy takes moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundles them into one hour. All ages, levels and sizes welcome, so come join her today! You will burn up to 500 calories in one session and get your first week for free. You have nothing lose but a few pounds and gain a few friends in the process.

Classes: Mondays and Wednesdays 6:00 pm – 7:00 pm

Location: Health Club North Entrance - Dance Studio

Email Information: Judy at [jazzed@telus.net](mailto:jazzed@telus.net)

#### **JKA KARATE (jkaiwayama)**

*Strengthen your mind, body, and spirit!*

Beginner Children: Tuesdays 5:00-5:45 pm and Fridays 5:00-6:00 pm

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

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

Contact Information: Kelly Novak at 403-804-5007

Email: [jkaiwayama@gmail.com](mailto:jkaiwayama@gmail.com)

Website: [jkaiwayama.com](http://jkaiwayama.com)

#### **KUK SOOL WON – Korean Martial Arts & Self Defense**

Although relatively new to western Canada, Kuk Sool Won is the Korean martial art and self-defense system practiced in Europe and the US. To sum up this martial art in four words: comprehensive, versatile, wide-ranging and all-inclusive. All aspects of the martial arts are represented in its syllabus, including: kicking, punching, throwing, falling, joint locks and pressure points. Through practice, patience and perseverance, the Kuk Sool Won student increases their physical fitness, self-esteem, self-confidence and self-awareness, whatever their age or physical ability.

Visitors welcome - *first two lessons are free*

Contact & Information: [www.kuksoolwoncalgary.com](http://www.kuksoolwoncalgary.com)

#### **YOGA**

##### **All Levels**

For students with experience. Attention is given to alignment allowing students to transition from one asana to another with control strength and grace.

Dates/Times: Mondays 6:30 - 7:30 pm

Thursdays 6:15 - 7:15 pm

##### **Level 1 / Beginner**

For students with little or no experience. Slow, deep practice focusing on alignment

through breath and awareness.

Registration: Ongoing

Contact: Debby at [yogamaya.ca](http://yogamaya.ca) for more information)

Date/Time: Thursdays 5 - 6 pm

#### **YIN YOGA**

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

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

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

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

#### **ZUMBA**

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

Contact: Jocelyn at 403.667.0435

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

#### **ROYAL WEST SOCCER PROGRAMS**

##### **CITY LEAGUE SOCCER**

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

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

##### **SOCCER ACADEMY**

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

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

##### **TRIPLE MEG SOCCER**

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For more information, please visit [www.triplemeg.com](http://www.triplemeg.com)

# IN & AROUND SCHOOLS



## Is your Child Ready for Preschool?

Kirsten Tudor

Having a new baby is such a joyous time, full of so many milestones – the first snuggle, first solid foods, first steps, first class... As your child grows from being a toddler to an energetic three year old, you may be considering sending him/her to preschool for the first time. But how do you know they are ready? Here are a few things to consider in the decision:

Is your child **independent**? Putting on a jacket by themselves, going potty on their own, having a snack or washing hands are all examples of independent behavior age-appropriate for a 3 year old. Also consider the time they have spent apart from you and whether preschool is something they would be comfortable doing independent of their parents.

Is he/she ready to **participate** in a group? While children at this age are still engaging in “parallel play” (play along-side another child), your child may be showing social signs where they want to play with other children. Many preschool activities allow children to participate at the same time, allowing them to interact and learn together during things like circle time and interactive centers

Is your child able to keep a **regular schedule**? Many children feel most comfortable when they keep a predictable routine. Similarly, preschools usually follow an active schedule so that children know what to expect during their time there - establishing one beforehand will make the transition easier.

Is your child **inquisitive**? Has he/she started questioning the world around him? As your child grows, so does his/her brain and how it's able to process new

details and knowledge. As their curiosity grows, preschool can be a great tool to seek new information and support your child's cognitive development.

What are **your reasons** for preschool? Whether it's to give yourself a few hours of extra time per week, prepare your child for school or to give him/her an outlet to explore, think about why you wish to send them to preschool. While it does allow your child to expand their social horizons and learn new things in a positive, caring environment, it is not the only option (ex - care from relatives, play dates, organized activities)

Before making any decisions, remember that you don't need positive responses to all of these questions to determine “preschool readiness”. Many items like socialization, routine, cognitive development and physical fitness can also be learned within the classroom when the school year begins.

When you are ready, please consider your local West Hillhurst Community Preschool. WHCA 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)



## Briar Hill School 21st Annual “Recycle A Friend” Community Book Sale

Wednesday, March 16, 2016  
9:00 am – 7:00 pm

Thursday, March 17, 2016  
9:00 am – 7:00 pm

6:00 pm – 8:00 pm **2 for 1 Madness**

Donations of books accepted at the School  
February 29 – March 11, 2016

# Queen Elizabeth School News

Deb Hamilton

Happy March! Spring is just around the corner. So is Spring Break, a time when many families head away for sunshine and a chance to enjoy time together. Students at Queen Elizabeth Elementary have been working hard and learning many new things. The upcoming break is well-deserved.

## Spring Concert

Students in all grades have been incredibly engaged in our upcoming spring concert, “Magical Mystery Tour of Canada”. This concert will include songs, dance, art work and technology and will connect Canada's places, peoples and stories. There will be three performances to accommodate our ever-growing school community. Performance dates are March 15 (daytime), 16 and 17 (evenings).

## Building a New Playground

A portion of the school's playground is close to the end of its lifespan and will be removed in 2017. In anticipation of this removal, a group of engaged parents has formed a playground committee to replace the aging equipment and add to the playground. Fundraising efforts are ongoing and community support means a lot. You can find out more at <http://qparents.ca/playground-fundraising/>. Thank you for your support.

## 21<sup>st</sup> Century Skills

The Grade 3/4 team has embarked on an exciting special project that will help develop students' 21<sup>st</sup> century skills.

What are 21<sup>st</sup> century skills, you ask? They are skills such as critical thinking, leadership, collaboration, digital literacy and citizenship, social responsibility, among others. They are skills that our children will need in order to embrace the opportunities and tackle the challenges of a future that may look quite different from today.

Sounds pretty exciting, right? Well, it is... but we're not ready to share more just yet. Watch your April issue of the Warbler for more details and a link to our student work.

## Important Dates

- March 15 – Spring Concert Dress Rehearsal (daytime)
- March 16 & 17 – Spring Concert Evening Performances
- March 18 – Non-instruction Day
- March 19 thru 28 – Spring Break
- March 29 – Classes Resume
- April 8 – Early Dismissal

# WEST HILLHURST GO-GETTERS ASSOCIATION



St. Patrick's Day and Easter all in one month, enjoy and have a wonderful, fun filled time!

At Go-Getters for March we have trips to Atco Blue Flame Kitchen, the Calgary Tower and the Elbow River Casino available. We also have a card making class, our monthly luncheon and a tax clinic planned for our members.

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

BINGO is held every Wednesday starting at 12:00 noon and you don't have to be a member to join us (you do have to be 18 or older though). Visit us online at [www.gogetters.ca](http://www.gogetters.ca) or call us at 403-283-3720. Drop in and visit us anytime, Monday through Friday from 8:30 am to 4:00 pm.

# NCHL / The Barn

Great Activities and Programs Coming From the NCHL



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# News from the Friends of Nose Hill

by Anne Burke

The goal of Nose Hill Park is to perpetuate the natural character of the landscape while providing compatible, quality recreational opportunities (Nose Hill Natural Area Management Plan 1994). Some of these are hiking, cycling, running, and dog-walking. However, there is work to do in protecting this precious natural grassland through conservation of its ecologically significant areas.

A restoration plan was proposed to close park trails with damaged vegetation; for rehabilitation and reseeding; removing priority areas of brome and replacement with native grasses. Now there is potential for re-populating wildlife, ground-nesting birds such as the sharp-tailed grouse.

Nose Hill is important to people and their wellness, especially during times of economic stress and strain; it is a source of wildlife and bird study, historical resources, green space for nature, and outdoor activities. The Hill is a winter birding location for certain species, particularly raptors. In summer the prairie habitat attracts 14 species of sparrow. It is an accessible area for native grassland. Some species are no longer present due to changing vegetation, human impact, and the overall decline in grasslands.

The International Union for the Conservation of Nature provides for diversity of species and ecosystems. This

applies to animals, plants, habitat, and genes from land, sea, and other aquatic ecosystems.

The Biodiversity Policy was approved by Council in March, 2015. There are four principles: ecological literacy, resilience, collaboration, and integration. The first is to support biodiversity by knowledge and understanding about ecology, personal stewardship, and Calgary's natural heritage.

The Advisory Committee on Biodiversity meets monthly and one subcommittee fosters ecological literacy, which means to promote public understanding of biodiversity and ecology to encourage positive actions that support environmental conservation.

Some commitments are:

- a) Develop volunteer initiatives and education programs to support stewardship and conservation with schools, communities, and citizens.
- b) City staff, Council, businesses, and communities access training and information to promote the goals of biodiversity conservation, through buying practices, building and site design, open space planning and management. This includes an awareness of invasive species (weeds), habitat fragments and loss, and indirect pressures on biodiversity which cause ecological disruption.
- c) Set objectives and targets for conservation across appropriate initiatives. Three new on-the-ground initiatives will be implemented within the ten years of the program.
- d) Make biodiversity common in City decision-making. The aim is to restore degraded habitats and manage biodiversity of Calgary's open space and neighbourhoods.

## IN & AROUND CALGARY

### EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of burn

- 1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

#### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, call 9-1-1.

## Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, [www.srcacalgary.ca](http://www.srcacalgary.ca) where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!



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# Confederation Park 55+

Judy Cairns

Registration for spring activities will start Wednesday, March 16 – drop by the Centre any weekday between 9:00am and 3:00pm to sign-up. Want to try a class before registering in the entire session? Drop-in and give a class a try (some restrictions apply) for just \$8/member, \$10/non-member or purchase an Access Card (10 drop-in sessions) for \$75.00/member, \$95.00/non-member. Learn more at [www.confedpark55plus.ca](http://www.confedpark55plus.ca) or call the Centre at 403.289.4780.

The Centre also has a variety of drop-in activities and clubs. Our clubs are a great way to socialize and to stay active. Learn to play the Ukulele; sing with our Chorus; audition to join the Western Reunion Barbershop Chorus; join the Camera or Book Club. You can also drop by and try various activities such as floor curling or pattern dancing and if less active games are more your style, we have bridge, whist

and crib. Check our website, [www.confedpark55plus.ca](http://www.confedpark55plus.ca) for the current line up of activities offered at the Centre.

## Coming up in 2016

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

- March 12: Badlanders
- March 26: For Old Tymes Sake

## Trips:

- Wednesday, March 9: Heritage Park Seniors' Follies

## Events

- Friday, April 15 at 1:00pm: Multimedia presentation by the authors of *Wildflowers of Banff*, Jacinthe Lavoie and Ian Wilson | Admission \$5.00/person
- Saturday, April 16 (Doors open at 9:30am): Seniors Housing Forum – Call 403.289.4780 to register
- 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)

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

## VOLUNTEER

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

## MEMBERSHIP

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

Stay Active • Stay Involved • Stay Connected • Join Us



in McDougall United Church  
8516 Athabasca St SE, Calgary, AB T2H 1S1  
(no religious content/ non-denominational)

Artisans in quilting, knitting, crocheting, card making and cross-stitching meet to learn and practice their art in a community setting; no experience required: come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends and have a personal time-out!

Wednesday mornings 9-11 from March 30- June 22  
Registration preferred, but drop-in availability; babysitting supplied  
Please contact Sarah at 4039183421 for further details

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# Queen Elizabeth Elementary Playground Replacement Project

Have you ever wanted to...bring life back to an old park? ... put a smile on a child's face in your neighbourhood? ... be a huge part of an important community project? **Then now's your chance to do all three!!**

Queen Elizabeth is the only local Elementary Schools serving residents in West Hillhurst. Its catchment area is 14<sup>th</sup> Street W to Crowchild Trail. It is located at 402 18 St NW, Calgary, AB. The school was to have been closed 10 years ago due to a lack of kids – but now is busting at the seams. The neighbourhood has dramatically changed towards a demographic of young families in the past 5 years.

Half of the current school playground (the southern portion running along the 2<sup>nd</sup> Ave NW fence line) is coming to its end of lifecycle and will be removed by Calgary Board of Education in 2017. It is the most used playground in the neighborhood – not just during school hours, but all through the day.

Through QEEPES (Queen Elizabeth Elementary Playground Enhancement Society), a society incorporated under the Alberta Societies Act, a group of dedicated parents have invested time and energy to rebuild the playground. This has the full backing of the **Parks Foundation, Calgary**. Fundraising and grant applications will proceed through the winter, and playground equipment will be ordered this fall. The playground build will then take place Spring 2017!

**On site recognition** will be offered for the following levels of commitment:

**Personal donations:**

- \$ 500 (tier 1) up to \$999
- \$1000 (tier 2) and greater



**Community Partners (non-personal):**

- \$1000 (tier 1) up to \$2999
- \$3000 (tier 2) and greater

The Parks Foundation Calgary (PFC) is a charitable organization that acts as the Project Gifts Administrator for projects such as this playground rebuild. The PFC is an entity with standing under the Income Tax Act identical to that of a registered charity. The PFC will issue (by mail, within 10 days) charitable donation tax receipts for charitable gift made to the Foundation. Further info regarding this umbrella organization can be found at [www.parksfdn.com](http://www.parksfdn.com). Charitable donations in any amount are welcome and appreciated! However, only amounts of \$25 or greater are eligible for tax receipt purposes.

**Please forward your donations (cheques only, no cash) directly to:**

Queen Elizabeth School  
402 18<sup>th</sup> St NW  
Calgary, AB T2N 2G5  
(Cheques must be payable to **Parks Foundation Calgary** and note on the face that it is for **QEEPES**)

**Thank you on behalf of all the kids!**

Brent Alexander and Kirsty Sloper  
Fundraising Chairs, QEEPES



**COUNCILLOR, WARD 7  
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I have long been an advocate for managing the cost of Calgary's growth. After a decade of debate and billions of dollars added to The City's debt, City Council unanimously agreed to end the "sprawl subsidy" to ensure that growth pays for itself. I am extremely proud of this work.

Over the last year, The City worked closely with the urban and suburban development industries to establish an off-site levy to apply to all new developments. An important partnership emerged, one in which the industry agreed to become an enhanced steward of a growing City. The new rates took effect on February 1st of this year and will provide the City with a lot more financial flexibility.

As a result, levies paid by developers to The City will now cover the cost of infrastructure needed for new communities, as well as upgrades to infrastructure for established communities. Those costs have to be paid one way or another. With the new levy, the cost of necessary infrastructure is included in the purchase price, rather than hidden through property taxes or utility fees.

The key elements of the new off-site levy are:

Developers will pay for water and wastewater treatment in new and established communities city-wide;

Developer levies will cover the full cost of water distribution, wastewater collection, drainage, transportation (roads, intersections, traffic signals, bridges), and community services (libraries, police stations, fire halls) in new communities;

With this important policy established, the stage is set for the next steps. New development in established communities means real change for the residents who live there, and added wear and tear on public amenities. Increased density can also mean a dramatic increase in property tax revenue. As part of the levy discussion, The City agreed to work with the urban developers, and the communities experiencing redevelopment, to find ways to reinvest in aging infrastructure. Communities experiencing significant change will see a direct benefit, with improvements to valued amenities like parks, sidewalks, recreation centres, and libraries.

Over the next year, I will be meeting with Ward 7 communities to talk more about community improvements resulting from redevelopment.



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



Spring is just around the corner - Need care for your kids during their spring break? We have a camp for that- Summit Spring!

We cater to both the public and Catholic school board spring breaks and 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@summitspring.ca](mailto:info@summitspring.ca)**

### Drop-In Gym Schedule

#### DATES SCHEDULED EVENT

Mar 1 ..... Dodgeball  
 Mar 3 ..... Pickleball  
 Mar 8 ..... Dodgeball  
 Mar 10 ..... Open Gym  
 Mar 15 ..... Dodgeball  
 Mar 17 ..... Soccer

*\*Please note that Drop-In Gym will not be running from March 21st to April 4th. We will resume on Tuesday, April 5th.\**

### Program Descriptions & Registration Information:

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

### SummitU March/April 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!

### 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, March 8



### Bullyingproofing

In a two hour interactive, non-threatening manner, children learn how to become 'Bullyingproofed'. 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, March 10

### 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, March 12

### 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  
 Tuesday, March 15

### Babysitter Training

This popular course is packed full of advice, guides, tips, and information based on real life experiences, from kids and

experts in the know. A trained Kidproof Babysitter is safe, reliable and in demand! Becoming a babysitter is serious business. The life of a child is in your hands. What you do, or don't do, can make the difference.

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

### 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  
 Tuesday, April 5

### 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  
 Thursday, April 7

### 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  
 Tuesday, April 12

### 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  
 Thursday, April 14

### 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, April 16

### At Home Alone

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

2-hour session (2:30 p.m. – 4:30 p.m.) - \$30 +gst  
 Saturday, April 16

### Stranger Smarts

Stranger Smarts is a dynamic, non-threatening two hour child safety workshop that captures the attention of students and allows them to learn how to make safe choices when approached by strangers. The lessons help to reduce fear and anxiety by providing children with skills, knowledge and confidence they need to react safely and make safe choices in potentially unsafe situations.

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

### Program Descriptions & Registration Information:

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

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



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# your COMMUNITY business of the month

## NutriFit Canada

West Hillhurst Community

Has **NUTRITION** become confusing for you? It needn't be! Food and nutrition landscapes have been evolving at an exceptional pace, aided by new technologies. Science, commerce, and media are transforming how, and what we eat. This frenzy is challenging our sensibilities and natural instinct to respond to hunger and health with the right quality and quantity of nourishment. For many, the market place is confusing and daunting, not to mention, a financial trap for the countless claims of quick-fixes. Bottom line: Nutrition health is not built overnight. It is a delicate balance of what you eat, what your body absorbs, and assimilates. Therefore, sensible nourishment is at the core of great health, and preventing disease while bringing enjoyment as well as cultural and spiritual connections!

At **NutriFit**, we empower and inspire you to make nutrition fun, simple, and enjoyable. We take pride in helping you reap health benefits of **PROACTIVE, PREVENTIVE, and PROTECTIVE nutrition rather than being REACTIVE!**

### HOW we go about our business:

With nutrition at the core, we assess, coach, and enhance your ability to take control of your changing health and wellness needs. We leverage best practice, cutting-edge science, research, evidence, and technologies without gimmicks - that means giving you the full scoop on the good, the bad, and the ugly to make informed choices.

First, we take the time to learn about you and your needs. Then we equip you with essential nutrition knowledge, and no-nonsense techniques to achieve sustainable results. Our coaching covers a wide range: weight loss, fitness, sport; allergies, preventing/managing disease (heart, cancers, diabetes, environmental), pre-post-surgical; childhood, and family wellness.

Try our genuine, one-on-one care.

### MEET our Registered Nutritionist/Dietitian:

Rozmin Jamal is a Registered Dietitian /Registered Nutritionist with a Masters in Medical Science, and a Bachelors in Applied Human Nutrition; Member of the Alberta Registered Dietitians Association. Practicing since 1980, she has earned the reputation of excellence by sharing her expertise and genuine care, at home and across international borders.

### HOW we can help and our services:

Inspiring health through nutrition, our Calgary based Company (1984), is a respected and credible provider of a range of nutrition services:

### Personalized nutrition assessment, tailored plan and coaching:

Get your full nutrition footprint with a choice of services such as diet nutrient assessment, body composition evaluation, nutrition-focused physical exam, nutritional health risk profile, and laboratory-testing.

Your health is a product of many years of diligent care, and/or abuse. Early warning signs and symptoms progress from diet inadequacies and excesses, to biochemical changes in the body, the appearance of physical signs and symptoms, and eventually, to full-blown disease.

Catch and act on early clues from your body!

### Diet Nutrient Analysis (computerized):

A powerful, invaluable tool of the quality of your diet of over 30 vitamins, minerals, amino acids and nutrients, and whether YOUR daily cocktail measures up to requirements for your physique, age, lifestyle.

### Body Composition (BC) Analysis:

Using a special, validated instrument, this test tells you, your lean mass, fat, water, basal energy, and daily energy needs. As we age, we carry less muscle (lose) even if we are at our same weight unless we stay ahead to protect it. Track your BC.

### Laboratory Nutrient Testing:

Assessing your nutrition biochemical markers in blood, urine and tissues

**Quality nutrition is not a 'one time' event; it is a life-long commitment. Invest in yours!**

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AB, T2E 3J5 Canada

## 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**

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



**The Chrysler building** attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.

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**FREE tree education**

The City of Calgary ReTree Program will be visiting your community this spring, offering **tree education programs** for you to learn tips to care for your trees.

At these events, you are also invited to give feedback about your community's urban forest. Throughout the year, our teams will be back to plant City trees.

**Contact your Community Association by phone or visit their website to learn more about these FREE programs.**

Visit [calgary.ca/trees](http://calgary.ca/trees) for more information about the ReTree Community Program.

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