

MAY 2016

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

your WEST HILLHURST WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



**JOIN US FOR SPRUCE UP
THE NEIGHBOURHOOD**

**SATURDAY, MAY 28
11:00AM – 4:00PM**

Now that is
some serious
Calgary soccer
pride.

AND WE'RE PROUD
TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.

CUPE
Calgary's city employees

Making your city
work for you



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

CONTENTS

President's Message	5
Community Engagement	6
WHCA Programs	8-11, 13
Transportation Report	12-13
Your Community Business of the Month	15

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West Hillhurst Community Association

West Hillhurst Community Association
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 P: 403-283-0464 • F: 403-270-0482
 info@westhillhurst.com • www.westhillhurst.com
 Facility Administration Hours: Mon-Fri 8-5
 Building Closed all Civic/Stat Holidays



WHCA Board Of Directors

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

Committee Chair Persons

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

Directors

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

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

On Site Facility Contacts

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

Follow us on Facebook
www.facebook.com/whcaab
 and Twitter
www.twitter.com/westhillhurstca

WARBLER SUBMISSION

7th

of each month

Email: news@westhillhurst.com

VOLUNTEER OF THE MONTH



Aaron Jensen
 WHCA Tai Chi Instructor

A big thank you to Aaron for dedicating time every weekend to offer Tai Chi to our West Hillhurst Community Members.

PRESIDENT'S MESSAGE

Brent Alexander, President

Spring is a time for renewal, and no more so than at WHCA.

This year, we have two major projects. The first is the renewal of the arena, including the replacement of the current slab with one that is properly insulated to prevent frost heaves and make the arena more energy efficient. The ice plant will also be replaced, as much for safety reasons as for efficiency and the roof will be re-surfaced and insulated. In addition, there will be new boards that are no longer attached to the walls, allowing contact hockey to be played at our arena.

We had been working closely with our contacts at Community and Neighbourhood Services to have this work done and are extremely happy they found room in their budget to get it done. When it was approved in the fall of 2015 we asked that it be completed between April and August 2016 to minimize impact on our community partners and membership. Failing that, we requested that the project be scheduled for the same period in 2017 as a one year delay could easily be accommodated. The City acknowledged in November last year that it would not happen in 2016 and therefore would work towards the 2017 window.

In February, we were informed that the project had been "fast tracked" to 2016. This has both its ups and downs. We had already commenced programming the spring and summer ice with our various users causing disruption to their plans – but the improvements would also benefit these same users a year earlier than expected. Unfortunately, the "fast tracking" was more of a "slow tracking" and it is still unclear when the improvements will commence and if they will be done before December 2016. We are working 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.

At this time, we are also negotiating a new lease with the City for the West Hillhurst Community Centre. The City has substantially changed their lease terms since our last lease was negotiated 25 years ago. We are working through the changes, but to date have not met

with a willingness on behalf of the City to negotiate terms. We may now simply ask for an extension of our old lease, which we were quite happy with. Hopefully this will all be resolved in short order, but we have been at this for six months now, so any sense of optimism may be misplaced.

We will keep everyone informed as best as possible as developments occur on both the arena renewal and lease negotiations and what the impacts may be to the community at large. We appreciate your patience and any counsel you may be able to provide.

GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

With Spring being so close (except for the last dump of snow in May), we are looking for volunteers for some upcoming events:

- Spruce Up the Neighbourhood (May)
- Taste of the Neighbourhood (September)

Please email us if you are interested in being part of the two above events. If those events don't work for you, there could be some more coming in November and February (hint – for football fans!)

We hope you have your tennis rackets ready for the upcoming tennis season.

Just a reminder about that Preschool and Community Soccer registrations have begun. As always, please check the WHCA website, Facebook, Twitter, and watch your emails for new health club programs and for community updates.

SUM R CUTS.ca

- Residential & Small Commercial
- Weekly Lawn Care
- Spring & Fall Clean Ups
- Power Edging

Dick Ridley
 403-918-0447

COMMUNITY ENGAGEMENT

Jo Larson

Spring into the Season at Spruce Up the Neighbourhood 2016!

Plan to join us for Spruce Up the Neighbourhood at WHCA, a great community event to be held on Saturday, May 28 from 11 am – 4pm. This will once again be a fun day to celebrate Spring and get some of your household and yard clean up done while enjoying an afternoon of family fun at the community centre.

Neighbourhood residents are invited to take advantage of our bottle drive, e-recycling, and used household item drop off. We will have a large bin for yard and household waste, in addition to car-seat recycling.

Be sure to stay for our BBQ and family friendly BEVERAGE Garden, where you can enjoy delicious burgers and Cowboy sausage generously donated by Master Meats, and buns from Dairy Lane Café. There will be cold beverages available too! Make a plan to catch up with friends

and hear about upcoming improvements to the arena and community centre with your WHCA Board members, as well as updates on issues in the community. A yummy bake sale coordinated by the WHC Preschool families will ensure there are sweet treats for all to enjoy.

While you enjoy lunch, we are excited to have our community centre partner Summit Kids on hand who will provide activities and bouncers for young children and games for older kids. There may even be some surprise guests to take part in fun sports activities – keep watching for more details! The Garden Committee and local gardeners will be busy prepping and planting the beautiful community garden beds and the front of WHCA, and providing some fun kids gardening activities as well. Other partners including the Calgary Public Library, KidSport, ReTree Calgary and Green Calgary will be on hand with great information about their valuable community programs.

Volunteers are needed to help with of the drop off stations and other duties at the event. If you are interested in volunteering on the day, please contact Jo at volunteers@westhillhurst.com.

We look forward to seeing you at the Community Centre!

WEST HILLHURST GO-GETTERS ASSOCIATION



May celebrates Mother's Day and Go-Getters would love to wish all those lovely moms out there a wonderful day, you deserve it!

Go-Getters AGM is planned for May 20 at 1:30pm. If you are a member, please save this date to attend. Trips planned for this month include Stage West, Our Edmonton Overnight Trip, Bowness Park and Century Casino. Along with all our regularly scheduled classes and activities, we are sure there is something here you'll enjoy.

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 (September 1, 2015 – August 31, 2016) are now reduces to \$15.00 to reflect we are past our half way point in the year. Come on in and check us out. We'd love to see you.

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

WHCA STARSkate Achievements

It's been a busy season for our West Hillhurst STARSkate group. Our figure skaters were successful in completing a Skate Canada Test Day event in mid March and saw further triumph in early April at the 2016 Chinook Open competition in Lethbridge. The Star 2 Team took home a bronze medal, while all our other individual competitors won an award. Way to go skaters!



Covenant Living
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"It's where I'd live."

Ken,
Teacher, music lover and golfer.



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 or call us at 587.538.7511 to schedule your appointment

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

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

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

WHCA PROGRAMS

WHCA INTERNAL PROGRAMS:

Contact WHCA Directly: Email: info@westhillhurst.com

Phone: (403) 283-0464

Visit Our Website: 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

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

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

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

Date: April 6th – May 31st

Time: 3:15pm

Cost: \$30.00/8 weeks or \$4 drop in

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 9th – June 25th

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 6th – June 29th or April 9th to June 25th

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 18th – June 29th

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. 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

WHCA PROGRAMS CONT'D

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 4th to June 29th

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 9th – June 25th

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 6th – June 25th

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 4th – June 29th

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

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.

Saturday April 30th come and stretch your roots! Join Re-tree Calgary for a community walk at 9am on April 30th. Stretch your roots tour consists of three parts that intertwine though-

out the walk. The tree ID and the facts portion of the walk is where you learn how to identify native and non-native trees along with learning interesting facts about their biology and life cycles. Learn about Calgary's tree history and their benefits in Calgary's urban forest. Stretch your roots is fun and interactive along the way with tree bingo for the little munchkins, and tree hugging exercise that gives you the opportunity to experience trees using all your senses. Age group: All ages. (Children must be accompanied by an adult) **** Free**

Wednesday May 4th - Gardening with Trees and Shrubs **** Free**

Thursday May 12th - The Under Story – (approx. Time is 5-8) Are you finding it difficult to grow anything under that tree in your back yard? Learn fun and successful ways to incorporate under story growth and /or other landscape techniques to rekindle your relationship with your mature tree. **** Free**

Lyndon Penner, gardening rock star, has been getting dirt under his fingernails since the age of three. He's never forgotten the thrill of growing his first flowers from seed. A landscape designer and horticultural consultant, Lyndon has a growing following as a gardening columnist on CBC radio in Alberta and Saskatchewan. He appears frequently as a guest speaker at universities, colleges and gardening associations in Western Canada. Lyndon lives in Calgary!

Lyndon will be coming to WHCA to talk about the "Chinook Short Season Yard"

- Climate, zones, soil, color, texture shade.
- Pick the best bulbs, perennials, trees and shrubs for your yard
- Shop smarter at garden centers

May 10th from 6-8pm – tickets are available online www.westhillhurst.com for \$20.00

Janet Melrose, Calgary Cottage Gardner will be joining us to speak about "Getting in the Garden"

- Calgary's changing weather & how it effects our growing season
- Best seeds, direct seeding techniques and planting methods
- best crops
- Potato and Tomatoes and other warm crops

May 7th from 10 am -12pm registration available online www.westhillhurst.com for \$10.00

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 improve-

~continued next page~

WHCA PROGRAMS CONT'D

ment 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 7th – June 16th (11 classes)

Dates/Times/Registration: Thursday's 5:30 – 6:15pm – 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 10th – June 19th (10 classes)

Dates/Times/Registration: Sundays 9:10 – 10:10am – 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 5th – June 14th (11 classes)

Dates/Times/Registration: Online – www.westhillhurst.com - programs - adult programs

Morning Warrior

\$12.00 drop in

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

Timeframe: April 5th – June 14th (11 classes)

Dates/Times/Registration: Tuesday's 6:10am-7:10am – 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 4th – June 13th (10 classes)

Dates/Times/Registration: Monday's 1:30 – 2:30pm – www.westhillhurst.com - programs - adult programs

Flexibility Training

\$12.00 drop in

Description: Stretch and Flexibility Training

Timeframe: April 8th – June 17th (11 classes)

Dates/Times/Registration: Friday's 2:30 – 3:30pm – 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 6th – June 15th (11 classes)

Dates/Times/Registration: Wednesdays 9:10 -10:10am – 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 6th – June 15th (11 Classes)

Dates/Times/Registration: Wednesday's 1:30 – 2:30pm – 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 9th – June 18th (10 classes)

Dates/Times/Registration: Saturday's 8am -8:50am - www.westhillhurst.com-programs

Seniors Yoga

\$6.00 drop in

Discover yoga! This class is for those who want to work at a modified easy pace. This class mixes together Tai Chi, Cardio – low impact, weights, and balance and core stability. A gentle way to get fit!

Timeframe: April 8th – June 10th (10 Classes)

Dates/Times/Registration: Friday's 12:45- 1:45pm - www.westhillhurst.com - programs - adult programs

Mommy Yoga

Upper A studio beside preschool

\$10.00 drop in

A discover level yoga class exploring yoga poses and gain benefits of strength, flexibility and balance. Props will be used to ease poses for those who need support. Moms are welcome alone or with their babies and toddlers!

*Timeframe: April 8th – June 10th (8 Classes) ** no classes May 13 or 20*

Dates/Times/Registration: Friday's 11:30am – 12:30pm - 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*

WHCA PROGRAMS CONT'D

Details: Email 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.

For further information on our WHCA squash trainers and squash programs please visit www.westhillhurst.com/squash

General Health Club Information

WHCA Health Club Packages

Note: A current WHCA membership is required for all health club package holders / purchasers

All memberships include towel service.

Email: healthclub@westhillhurst.com

Visit us online for more details: www.westhillhurst.com

Health Club Memberships

Annual, Monthly, and Drop-In Memberships Available

Visit www.westhillhurst.com or call 403-283-0464 ext 1.

WHCA Personal Training

Contact Karen Branford at personaltraining@westhillhurst.com for pricing, scheduling and general information.

Dance Studio Rental Opportunities

Looking for somewhere spacious to teach your class?

This gorgeous studio offers full length mirrors, surround-sound stereo system and wood flooring.

The studio currently offers a wide-range of classes, from Karate to Cycling and everything in between. **If you are a fitness, yoga, or dance instructor** and are looking for space to rent for classes, or private practice time, please contact us.

34 x 40ft (1360 sq ft)

Capacity: 60

\$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

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

Website: jkaiwayama.com

KUK SOOL WON – Korean Martial Arts & Self Defense

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

Visitors welcome - *first two lessons are free*

Contact & Information: www.kuksoolwoncalgary.com

YOGA

All Levels

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

Dates/Times: Mondays 6:30 - 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 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

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.

~continued page 13~

TRANSPORTATION REPORT

Kerry Baird

WEST HILLHURST TRANSIT ROUTE CHANGES

On Monday, February 8th, the City held a meeting with community association representatives about transit route changes pending for September. West Hillhurst was represented by Dr. Rebecca Sullivan.

Many of the proposed route changes were well thought out and provide much-needed connections between neighbourhoods, and key transfer sites (e.g., University of Calgary to Market Mall).

Some residents have expressed concern that the #9 bus will stop at the Sunnyside terminal and not continue into downtown. We appreciate that this results in some inconvenience and so reiterate that having bus stops very close to LRT stations mitigates that issue somewhat.

The greatest concern is the revised route for #405. We agree with the city that this route has always been a frustrating one to get right and tends to suffer from low ridership. However, the proposed route seems to make transit accessibility worse for residents.

The proposed new route will go only as far west as 19th Street, and then loop up 14th Street to Lion's Park station and then up into Dalhousie. I noted that Dalhousie is already a very well served community, unlike West Hillhurst. We have buses along Kensington and 5th Avenue, but accessibility off the major arteries is not available with this new route.

There are two senior's residences and the Louise Dean school along 23rd Street that are served by #405. While the argument can be made that it is a short walk to 5th Avenue or Kensington, that argument only applies to individuals without mobility issues. Seniors and low income parents need and deserve an extra hand from the city. West Hillhurst Community Association is proud of our diverse community and takes seriously our commitment to all residents and support centres.

Residents close to 19th Street have also expressed dismay to have increased traffic in the area. We already

contend with high levels of school transportation routes and cut-through traffic. Adding a loop where there are numerous playgrounds and schools, only exacerbates the situation. Anyone living west of 19th Street is now cut off from north-south corridors within the community. Bus-to-bus connections are far more problematic than bus-to-LRT connections as they are often not well coordinated, require people to stand in unsheltered areas, and have long wait times.

The city has recently adopted the principle of collective accountability. Abandoning some of our highest need constituents does not meet your own goals. We realize that you are contending with budgetary issues, and low ridership on #405. Nonetheless, your own principles necessitate that you consider other, equally if not more important issues around accessibility, mobility, and service to our more vulnerable residents.

ONTO PHASE 4 OF THE CROWCHILD TRAIL STUDY – CONCEPT EVALUATION

What happened in Phase 3 again?

Phase 3 – Concept Identification focused on what options existed for the Crowchild Trail corridor, and to explore the benefits, constraints, impacts and trade-offs of these ideas. Over 500 unique ideas were submitted in October/November and reviewed February/March.

Amongst others, here are some of the ideas not going forward:

- Intersection ideas (cloverleaf interchanges, 4-way stops, additional lights and roundabouts)
- Tunnel under river
- Elevated roadway over river
- Widening all of Crowchild Trail to provide 4-5 lanes in each direction
- Construct an additional bridge west of Crowchild Trail

For the complete list, please visit: www.flipsnack.com/islengineering/phase-3-concept-identification-ideas-not-continuing-to-phase-4.html.

Some of the ideas going forward:

- No build scenario
- Improve parks and green spaces, improve noise attenuation, implement transportation measures
- Improve walking and cycling connections, improve transit service

For more discussion on these options, please visit: www.flipsnack.com/islengineering/phase-3-concept-identification-ideas-to-explore-in-phase-4.html.

TRANSPORTATION REPORT cont'd

flipsnack.com/islengineering/phase-3-concept-identification-ideas-to-explore-in-phase-4.html.

What happens next?

Using information gathered in Phase 3, the City of Calgary project team will roll out preliminary concepts for feedback June 2016 in Phase 4 – Concept Evaluation (reservations to open Saturday, May 21).

The project team will then use the evaluation to identify a set of recommendations for Calgarians to provide feedback on in Phase 5: Concept Selection and Recommendation in the fall.

The Crowchild Trail Study is expected to be complete by the end of 2016. Recommendations from the study, if approved by Council, will identify specific Crowchild Trail upgrades that can be prioritized for funding through The City's 10-year transportation infrastructure investment plan - Investing in Mobility.

Where can I get more info?

Visit the West Hillhurst Community Association's website dedicated to Crowchild: www.network-89862.mightybell.com/communities/whca-crowchild-trail

Stay connected with City of Calgary email updates: www.mailoutinteractive.com/Industry/Subscribe.aspx?m=28577

Visit the City of Calgary's dedicated Crowchild Trail webpage: www.calgary.ca/Transportation/TP/Pages/Projects/Current-Planning-Projects/crowchild-trail-study/Crowchild-Trail-Study.aspx

WHCA PROGRAMS CONT'D

Dates/Times: Mondays & Wednesdays - 7:15 pm – 8:15 pm
Contact: Jocelyn at 403.667.0435
Email: zumbajoc@yahoo.com or visit www.zumbajoc.ca

ROYAL WEST SOCCER PROGRAMS CITY LEAGUE SOCCER

Royal West Football Club is a not-for-profit youth soccer organization primarily located in the Inner City North West quadrant and a member of the West Hillhurst community. Our city league club competes under the Calgary Minor Soccer Association. Royal West FC offers outdoor city league soccer and indoor city league and house league soccer. On April 1st 2016 registration closes for outdoor soccer and opens for soccer and multi-sport summer camps! 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.higherlevelssportsacademy.com

TRIPLE MEG SOCCER

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Emphasizing the development of soccer skills in a positive fun environment right after school.

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IN & AROUND SCHOOLS

Queen Elizabeth School News

Deb Hamilton

The students at Queen Elizabeth continue to be active and engaged in their learning and have completed so much this year.

Magical Mystery Tour of Canada

Queen Elizabeth Elementary put on a fantastic Spring Concert, entitled a Magical Mystery Tour of Canada. This production was 100% original, with each performance coming from the creativity and talents of students and teachers, Ms. Skulski (our music teacher), Mrs. Cartwright (our principal) and the WebHeads tech club (for sound effects).

From northern lights accompanied by throat singing, to 'This Land is My Land' on recorders to a fashion show throughout history, and more, our students shared with us their learning of the history and natural beauty of Canada in a completely original and memorable way.

What's Up at QEE

The Grade 3/4 students continue to develop the school's online newspaper, What's Up at QEE. Watch for podcasts and videos to be added to the mix, allowing students to share their stories with you in different ways.

PATs

Our Grade 6 students will be writing PATs (Provincial Achievement Tests) in May and June. The schedule is:

- May 12: English Part A (Writing)
- June 15: English Part B (Reading)
- June 16: Math
- June 17: Science
- June 20: Social Studies

New Playground Update

Playground replacement project flyers, including a pledge form have been distributed. The deadline is quickly approaching! We appreciate the contributions that have been received and are hoping to remind others how important each donation, big or small, contributes to the success of the project. Additional fundraising initiatives may need to be taken if we cannot meet our fundraising goal. If you have any questions, suggestions, ideas, or would like to be involved please contact us at qqplayground@gmail.com. Keep up to date on



Kirsten Tudor

Each year our preschool holds an Annual Fundraiser and Silent Auction to help support the programs and special events that our preschool has. We are looking forward to our Annual Fundraiser and Silent Auction on Saturday, May 28, 2016 from 7:30pm -11 pm.

All proceeds directly support the preschool and its programs, such as soccer, ice skating, music, and Bricks-4-Kids. Tickets can now be purchased from your class representative with cash or cheque. Any questions, comments, or donations, please contact donate@westhillhurstpreschool.com.

WHCA Preschool still has spots remaining for our 2016/17 School Year.

West Hillhurst Community Preschool is a play-based, local preschool program that runs morning and afternoon classes for 3 and 4 year old children. We are located in the West Hillhurst Community Centre. Information and registration details can be found at: www.westhillhurstpreschool.com.



our progress via the school bulletin board, qparents.ca, or like us on Facebook at Queen Elizabeth Elementary Playground Revitalization.

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

- May 6 – Early Dismissal May 20 – Non-instruction Day
- May 23 – Victoria Day (no school)
- May 27 – Pizza day
- May 30 – School Council Meeting, 6:30pm

your COMMUNITY BUSINESS OF THE MONTH

Marathon Ethiopian Kensington Community

Kensington Restaurant Goes the Distance

In the heart of Kensington is a one of the area's longest standing restaurants, Marathon Ethiopian. Owner Michael Bogale named it after Ethiopia's most famous long distance runner Abebe Bikila and opened Marathon's door in 1997. The Bogale family has been serving delicious and exotic meals ever since. The restaurant is a mainstay on the Calgary food scene combining delicious sub-Saharan flavours with a distinctive open family style approach to dining.

The cuisine is mildly hot enough for most people's taste and is based on an exotic blend of spices with dishes dating back to the time of the Queen of Sheba. It follows a culture, formed and informed by millennia of international trade and exchange with the Middle East, Asia and the Mediterranean. This storm of spices and positive culinary influences, blends with Ethiopia's indigenous ingredients to create rich and deeply flavoured dishes unique to anything you've ever tried.

Ethiopian food is distinctive for the use of Injera (a spongy sourdough flatbread), Berbere (a favourite Ethiopian seasoning blend based on hot and red peppers) and Niter Kibeh (a herb butter with onions, and numerous other spices). Ethiopian delicacies include, among many, Lamb Tibbs, minced and ground Beef Kitfo, marinated Chicken Wat and vegetarian stews including red lentils, yellow split peas, collard greens and slow braised carrots and cabbage.

Family style eating is what Ethiopian cuisine is all about. It's a social event. Ethiopian's have communal dining traditions. People eat from a common platter, which symbolizes the bonds of friendship and personal loyalty.

The easiest way to enjoy Ethiopian food for the first time is to order a set meat or vegetarian platter to share among everyone at the table. On the platter, you'll find an assortment of spicy stews called 'Wat' and chopped vegetable salad. Now, you might be asking, "How am

I supposed to eat stews with no utensils?" Well, the answer is, you'll scoop it up with bits of Injera. It's flat, spongy and has lots of holes in it that are perfect for scooping the stews and for absorbing the flavourful sauces. Although the mounds delivered to your table may individually appear small, collectively the portions are often staggeringly large.

Dinner is traditionally followed by an Ethiopian coffee ceremony complete with smoky Frankincense and served with popcorn.

Traditional Ethiopian food is a slow food experience meant to bring people together. The food and flavours are complex and take time to prepare to provide the highest quality taste. Please be patient and awesome food will come.

Marathon Ethiopian Restaurant is located at 130-10th Street NW in Kensington. For reservations call 403 283-6796.





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News from the Friends of Nose Hill

by Anne Burke

International Migratory Bird Day is on May 8. Continual monitoring is required to maintain accurate, current information on their status around the world. Go to www.naturealberta.ca for Alberta birds at risk.

Ordinary people with an interest in wildlife, plants or species can help. Citizen science programs combine learning, field work, and volunteer research. Projects can be about insects, frogs and toads, birds, mammals, plants, water, and more.

There are local clubs and annual count events, such as the species count of birds during May at various locations around Alberta. The flower blooming count is the last week of May. Everyone is welcome to participate. For botany details, email svisser@ucalgary.ca.

Our Facebook group is busy reporting on wildlife sightings, identifying plants, and how early the crocus appeared on the John Laurie side, off the 64 Avenue entrance, and near the top above Charleswood Drive. Alberta Plant Watch is part of the national Canada Watch program. By reporting when certain plants bloom, volunteers contribute vital information for climate change studies. We now have almost 3 decades of information.

Go to www.plantwatch.naturealberta.ca.

Participation can be as easy as just looking for flowers in bloom and recording information about it on a data sheet and taking a picture; or go online to identify unusual or difficult plants.

Full colour photos are on our website. You can now report your observations and locations easily online. You can also use your smart phone to report data by your phone's GPS, and/or to send a photo of your plant. Please submit count results by June 30, 2016 for the May Flower Count -May 25-31.

Mark your calendars now for Nose Hill clean-ups on Saturday, June 18 and July 30 at the Edgemont parking lot (Edgemont Blvd. & Shaganappi Tr.) 11 a.m. to 2 p.m. where pick-up bags are given out to park users. Parks staff and Bylaw officers will be on hand. Individuals and groups are welcome for this PUPPY program.

You can volunteer to be a Park Interpreter for Nose Hill from June to October if you love to tell a story and have an interest in environment, natural history, local plants, and wildlife. Must be 18 years of age or older. Training provided. Call 311 or apply online at www.calgary.ca.

Confederation Park 55+

Judy Cairns

Registration for spring activities is ongoing – 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 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 for the current line up of activities offered at the centre.

Coming up in May and June

Saturday Dances – Doors open at 6:30; Dance 7:30; Tickets \$12
• May 14: Badlanders
• May 28: Pure Country

Events

• Saturday, May 7 from 8:00am to 3:00pm: Garage Sale (Donations can be dropped off May 4 -6)



2016-17
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www.hhbhplayschool.com

- Friday, May 27 from 1:00 to 3:00pm: Speaker on the History of the Calgary Stampede
- Saturday, June 4: Sasi Jaunt 5km walk/run and Family Festival. Visit sasijaunt.com to get all the details or register at the runningroom.com

To learn more about these events give us a call at 403-289-4780 or visit confedpark55plus.ca.

Volunteer

Oodles of volunteers are needed for the Sasi Jaunt (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.

Membership

Confederation Park memberships will be prorated to \$15.00/person for the remainder of the year (April 1 to August 31) 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.

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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 Dexter Sawler. Read his story here:

Some would call him the heart and soul of the Grey Team – a leader on and off the ice. But for his biggest fans, they just call him Dexter. Let's take a closer look at one of the newest up and coming stars that the NCHL has seen in recent years.

DH: So Dexter, tell me how you fell in love with the game.

DS: I never had much of a desire for sports until I started dating my wife who was a major hockey fan. That year the Montreal Canadiens won the cup in '92-'93 and I caught the bug. Unfortunately, I could not afford to get involved. Then in September of 2015, I became an assistant coach on my son's Timbit team, and after playing along with the kids I discovered how much I love playing the game. One of the other coaches told me about the NCHL league and I joined this past winter. It has been the best experience and our team is taking this to the next level by starting a team in the NCHL summer league.

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

DS: The most surprising thing about this program is that nobody is judged or laughed at, and even the experienced players are supportive.

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

DS: Come watch and see what we do and just go for it. I

was so unsure about this until I started, and what I have learned I will never forget.

DH: Who is your hockey idol, and why?

DS: My hockey idol is Patrick Roy, I loved how the guy played and I have always thought of him as the best goalie. Deep down I would love to be a goalie.

DH: I hear he had a pretty good season in '92-'93. What's your prediction for the Stanley Cup this year?

DS: Chicago and Washington. Chicago to win.

DH: If you could click your skate blades twice and make any hockey wish come true, what would you wish for?

DS: My hockey wish would be to skate at the Bell Centre with the Canadians for a game opener. Also to be a goalie.

DH: Well we do offer goalie instruction at the Discover Hockey Program! Who knows, if Carey Price is out long enough, they might need you! Imagine you are NHL commissioner for one day – you can do whatever you want – what would be your first act?

DS: Bring another hockey team to Canada, and try to find a way to make games more affordable so more people can enjoy.

DH: What is your favourite team, and movie?

DS: My favourite teams are Montreal and Calgary. Favourite movie is Star Wars.

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?

DS: (Laughs) I could not imagine my journey depicted in a movie.

DH: Hey, John Scott said the same thing and now look at him! Where would be the most exotic place you'd want to visit and play hockey at?

DS: Hawaii, if they have ice there.

DH: They do in their Piña Colodas... But Hawaii has the same chance as a Canadian team at winning the Stanley Cup this year, so maybe they should get some!

Thanks for taking the time to meet with us Dexter, good luck in the summer season and don't hesitate to come back again! The fans always love it when you come in.

KENSINGTON WINE MARKET

2016 TASTING SCHEDULE

Tastings start at 7:00pm unless otherwise indicated




Spring Wine Fest & Birthday Sale	Thr May 12	This Wine Fest will celebrate 24 years of KWM! The fun starts with a store wide tasting and an early bird's peek at our anniversary sale which runs from Friday to Sunday. Sign up now, tickets go very fast.	\$40
The Heart Break Grape: Pinot Noir	Tue May 17	We promise not to break your hearts! Pinot often gets a bad rap as being difficult to grow and far too expensive. Let's debunk that myth. This tasting will travel the globe looking for winners	\$35
Gin Glorious Gin	Thr May 19	Is gin your secret weakness? Don't worry you aren't alone! Gin is going through a "Ginnnaissance" on an international scale. Join us for a taste test of the best	\$30
Queen Victoria's Super Savers!	Fri May 20	What better way to kick start the long weekend than with a super saver wine tasting. We'll focus on "best buys" for backyard, balcony and patio BBQs all paired up with chips and sliders! Stand up format.	\$20
Rule Britannia!	Tue May 24	The English, like it or not, have been the inspiration for much of today's craft beer phenomena. Join us for a "taste from the source". Bitters, IPA, Porters, Stouts. You name it; we'll taste it.	\$20
Peasant Cheese Please	Fri May 27	Join us for an Alpine adventure as we climb the steep slopes to discover the cheeses and wine of high altitude vineyards and grazing meadows in France, Spain, Austria and Switzerland. Stand up format.	\$30
Sauvignon Blanc Doesn't Just Come From New Zealand!	Tue May 31	That's right! Let's celebrate summer with a great taste of what the rest of the world (ok, New Zealand too) can do with this international winner.	\$20
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
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
Peasant Cheese Please	Fri Jun 24	Join us as we sip and nibble our way through the French Riviera, 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

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HERO Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

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

OR

Check out our website at summitsummer.ca

Drop-In Gym Schedule

DATES SCHEDULED EVENT

May 3.....	Dodgeball
May 5.....	Open Gym
May 10.....	Volleyball
May 12.....	Basketball
May 17.....	Dodgeball
May 19.....	Open Gym
May 24.....	Soccer
May 31.....	Pickle ball
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 • Call: 587.432.0471 • Email: info@sk4u.ca

SummitU May/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
Tuesday, May 3
- 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
Thursday, May 5
- 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, May 7
- 3-hour session (12 p.m. – 3 p.m.) - \$35 +gst
Saturday, June 25

~continued next page~

Summit Summer Camps

....cont'd

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, May 10
- 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 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, May 14 & 21
- 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
Thursday, May 12
- 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
Tuesday, May 17
- 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
Thursday, May 19
- 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
Tuesday, May 24
- 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, May 26
- 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, May 28
- 2-hour session (12 p.m. – 2 p.m.) - \$30 +gst
Saturday, June 18

Summit Summer Camps

....cont'd

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, May 28
- 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 • Call: 587.432.0471 • Email: info@summitu.ca

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 33

Lions Park
denture clinic

Dhiren Bharadia, Denturist

tel: 284-1803 / 284-1829
fax: 1-866-372-6948
accufit@telus.net

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

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IN & AROUND CALGARY

Spring Cleaning Made Simple

As you are doing your spring cleaning, be sure to find the right place for all your unwanted stuff from around the house, yard and garage.

By disposing of your materials the right way, you'll keep unnecessary items out of the landfill and give a second life to materials that can be reused, recycled or composted.

Keep your spring cleaning simple with help from these City programs and services:

Spring Yard Waste landfill drop-off

Until May 29, take your yard waste to any City of Calgary landfill for free composting.

Electronics recycling depots

There are several locations around the city to take your old electronics for recycling.

Household hazardous waste drop-off

Safely dispose of old paints and stains, pressurized tanks, cleaning products and more. Drop-offs are located at City of Calgary landfills and designated fire halls.

Community cleanups

Over 100 community cleanups will take place from May to September. Check with your community association to find out when and what items are accepted.

Visit calgary.ca/springcleaning for more details, locations and hours on the above programs.



Celebrate Neighbour Day on June 18

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 18 the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate.

MAY MOON CALENDAR



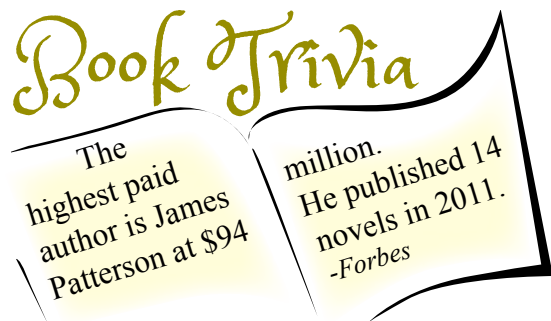
Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.



IN & AROUND CALGARY

EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca.



Calgary First Spiritualist Church

Ethical Mediumship Spiritual Growth and Healing

Spring Tea: Messages From Spirit

Saturday, May 28, 2016
From 12:30 to 3:30 PM



\$25 per ticket



Mini-Reading & Refreshments

All Are Welcome

www.calgaryfirstspiritualistchurch.ca

Calgary



Have you verified your property information?

You should have received a letter recently with information to access a new online service. This convenient and secure service allows you to easily verify and update your property information online.

You will need:

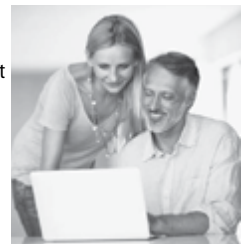
- A personal **myID account**
- The **roll number** on your letter
- The **access code** on your letter

Go to calgary.ca/assessmentsearch to get started.

For more information: **Telephone:** 403-268-2888

(Monday to Friday; 8 a.m. - 4:30 p.m.)

Web: calgary.ca/assessment



**JUNE 1 AND 2
POPS IN THE PARK**

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



**JUNE 5
LILAC FESTIVAL**

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



**JUNE 24
TEDXYXC**

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyc.ca



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

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- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com



Do you want
to play better
golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong "pre-shot routine" and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.
2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only "glancing" at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as "full turn back and finish in balance"
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on "auto pilot".

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!
www.youtube.com/watch?v=pY3S4aMzgxY&feature=fvw
www.youtube.com/watch?v=VF-LITV1iRA&feature=related

By Alan Killian, CFP PGA of Canada



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www.CALGARYMARATHON.com

MAY 29 2016

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The Feline Mystique

I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as "cat" is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example "The phrase 'domesticated cat' is an oxymoron" (George Will). Or "A god among creatures. Yet also a stray like me" (Tony Ross).

Some quotes reflect on a cat's attitude towards us. "To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding" (Haskel Frankel). "Cats always know whether people like or dislike them. They do not always care enough to do anything about it" (Winifred Carriere). "Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings" (Oliver Herford).

Other quotes revel in the cat's beauty and femininity. "Every cat is really the most beautiful woman in the room" (E.V. Lucas). Carol Lawrence says "They're the most graceful, sinuous, sexy, truly sensuous creatures

in the world". My absolute favorite reflection by Robert Heinlein "Women and cats will do as the please, and men and dogs should relax and get used to the idea".

Cat, a word synonymous with independence. "A cat is there when you call her - if she doesn't have something better to do" (Bill Adler). "Cats know how to obtain food without labour, shelter without confinement, and love without penalties" (W.L. George).

We all know cats are smart. Hippolyte Taine said "I have studied many philosophers and many cats. The wisdom of cats is infinitely superior". Carl Van Vechten noted "The cat seldom interferes with other people's rights. His intelligence keeps him from doing many of the fool things that complicate life". I agree with them and H.G. Frommer's observation "Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn't let on that he is".

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared "Cats refuse to take the blame for anything – including their own sins". Mark Twain wrote "If man could be crossed with a cat, it would improve man but deteriorate the cat". And finally, "The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)".

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.



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

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Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.



West Hillhurst Real Estate Update

Last 12 Months West Hillhurst
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
April 2015	\$814,900.00	\$792,250.00

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

	No. New Properties	No. Properties Sold
March 2016	25	11
February 2016	27	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
April 2015	11	10

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

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403-263-3044 or sales@great-news.ca

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

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

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$100, aeration \$45. 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. yardbusterslandscaping.com.

K2 BOOKEEPING: 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.

EXPERIENCED RELIABLE BONDED: residential cleaner is accepting new clients. Please call Natasha at 403-999-3603.

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Also move in and move out. Licensed, insured and bonded. We work according to our clients' needs. Call 403-470-6548.

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

HANDYMAN/CONTRACTOR: experienced in carpentry, drywall, painting, fencing, decks, laminate floors, hire a husband type of tasks performed. Spring yard clean-up idea; to gain back some of your yard space, remove the obsolete garbage can enclosure and rebuild the fence if necessary. Call Rob at 403-606-8876 or E-mail robziffle@gmail.com.



COUNCILLOR, WARD 7 DRUH FARRELL

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In a growing and maturing city, change is constant. Change, in the form of City-led public projects and private developments, is important to building a resilient city. The inclusion of local wisdom improves these projects to better address the hopes and needs of current and future Calgarians.

On significant projects, sufficient public consultation is considered an essential public right, as well as a key responsibility of government. Over the years, I have seen both good and bad examples of public engagement. I firmly believe that progress happens at the speed of trust.

In 2011, I introduced a motion to City Council requiring The City to improve the quality and consistency of public consultation. While some progress has been made, Council further discussed public engagement at a recent strategic planning session to learn how we can do better.

For public engagement to achieve its objectives, it is important for everyone involved to understand the rights and responsibilities associated with their roles. Organizers should start by providing notification to affected stakeholders to solicit as much feedback as possible. The terms of engagement should be established up-front. Whether the engagement is led by The City, community or developer, organizers must facilitate an open, objective and respectful dialogue where all participants feel safe to express their views. Two great examples are the Crowchild Trail Corridor Study and the Bow to Bluff project.

The organizer must outline the decision-making process, including the current status, the scope of the project, and answers to commonly asked questions: What is on the table? What decisions have already been made? What is the background of previous decisions? How will future decisions be made? Feedback should be documented, carefully considered, and included in a report back to the public. Offering this level of transparency produces credibility for the project and builds trust.

Organizers should also structure engagement to fit the scope of the project. More opportunities and multiple ways to provide feedback are needed on large city-shaping projects like a new CTrain line, as compared to smaller projects like local traffic calming.

Public participants share in some important responsibilities. The first is to understand and respect the terms of engagement, as well as the subject matter. Participants also have a responsibility to listen and contribute respectfully. Intimidation at public meetings may discourage earnest participation, with disenchanted participants leaving the process. We need to ensure the quiet voices are heard too.

At Council's recent strategy session, we talked about the number of large projects on the go and the risk of consultation fatigue. City staff agreed to work on a more co-ordinated approach, combining engagement on several related projects.

It is clear to me that City Council and staff still have more work to do on improving the public engagement process, but I am confident that we can learn from our best examples to ensure all voices are heard in a respectful manner.



Name	Age	Contact	Course
Tessa	14	587-432-6045	Yes
Neil	14	403-991-6172	Yes
Ethan	15	587-703-7616	Yes
Sam	15	403-703-6837	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
Jordan	18	403-969-6661	No
Haley	20	807-220-1154	Yes
Antares	33	403-383-2527	Yes

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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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Deadline – 1st 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

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

BRAIN GAMES SUDOKU

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

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The Anatomy of a Summit Summer Camper

imagination...where else can you learn to make paper or become a spy?

smiles...because we like happy kids (who doesn't?)

awesome threads (shorts/pants/tees) ...there's gonna be lots of different events- both inside AND outside!

noisemakers (hands) ...bring on the noise!

back-pack ...load it with sunscreen, water bottle, snacks...

cool kicks ...get ready to run, jump, bend, walk and explore

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summitsummer.ca

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ReTree YYC Fair

Stop by and learn how to care for your trees.

Our free event will have tree experts, giveaways, games for kids and a food truck. Visit calgary.ca/trees for more information about the ReTree Community Program.

Saturday, May 14, 2016

12 - 4 p.m.

North Glenmore Park

(Snowy Owl picnic site - only accessible from Crowchild Trail SW)

Free mulch!

We will have free bags of mulch on a first come, first serve basis.

2016-0600

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