

OCTOBER 2016

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# your WEST HILLHURST WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER





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## West Hillhurst Community Association

1940-6th Ave NW

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info@westhillhurst.com | www.westhillhurst.com

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## NEWSLETTER AD SALES



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## PRESIDENT'S MESSAGE by Brent Alexander

Seniors (55+) make up 21% of our community – roughly the same as our youngest subset from 0-19. And while most seniors have the same housing, service and community needs as everyone else, we are fortunate in West Hillhurst to have many specialized services for senior's right in our community. Most importantly, we have housing options that are both affordable and designed for seniors with specialized needs directly within our community or adjacent to it (Bethany Care).

Lions Village, the newest housing option for seniors in West Hillhurst, replaced one of the oldest, at the corner of Kensington Road and Memorial Drive. A 90 unit affordable housing complex, Lions Village has been created to help meet the needs of low income seniors within the City of Calgary. Lions Village will be more than a home for seniors. It is designed to offer social and activity for the residents and welcome interaction with service clubs and services for seniors within the communities of West Hillhurst.

De La Lanne Lodge on 18 A Street, just behind the new Legion site, is another complex that provides 40 subsidized, self-contained apartment style accommodations with preferences given to applicants 65 and older. It is on a nice neighborhood street.

Similar to the above are two residences that one would think were elsewhere given their names, but are firmly planted in the centre of West Hillhurst – the Parkdale Kiwanis Manor and the slightly newer Crowchild Kiwanis Manor – across the street from each other at the corner of 24<sup>th</sup> St and 2<sup>nd</sup> Ave. They offer 80 units between the two. Trinity Place Foundation operates both residences and they are available for seniors 60 years and older who are functionally independent. Both operate under the Government of Alberta affordable housing program policies for subsidized housing where rent is geared to income.

Most site managers partner with outside agencies to facilitate services to their residents to help them maintain their health and independence.

Apart from housing, we also have a vibrant seniors club housed right in our community centre. Formed in 1975 the West Hillhurst Go-Getters is a social, recreational and educational centre serving the senior community. The Go-Getters provides services that address social isolation and offers alternatives to promote healthful living through participation and exercise, as well as community based outreach services to senior residents providing the opportunity to age in place, if they so choose. A monthly newsletter is available to make everyone aware of the activities and special events happening at the centre.

And of course WHCA offers many opportunities to be active and engaged for all age groups. If you have any ideas on how we may do this better, please let us know. We are always looking to connect and service the needs of our residence.

## MEMBER BENEFITS

Jennifer Waller

Highlights for the month:

- Garden Talk – Janet Melrose Free (more details under WHCA Green Committee)
- Tai Chi – Saturday mornings Registration is preferred
- Monthly free member classes
- Discounted fitness classes
- Access to various programs
- Invitations to Special Events



## WEST HILLHURST GO-GETTERS ASSOCIATION

Happy Thanksgiving everyone. Enjoy your families and friends, festive dinners and events. Also Happy Halloween to all those goblins and ghouls out there this Halloween.

Our new membership year has just begun on September 1<sup>st</sup> and memberships are up for renewal or for new persons to join. The membership year is from September 1<sup>st</sup>, 2016 – August 31<sup>st</sup>, 2017 and the cost is \$25.00 per person. Please come in to fill out our membership forms to participate in all we have to offer.

October's monthly luncheon is set for Monday, October 3<sup>rd</sup> at 12pm. Balance, Core and More resumes along with our other already running exercise classes. Trips planned for this month include: The Highwood at SAIT, our monthly casino visit, Flu shots at Confed. Park and off to the races at Century Downs.

If you were not already aware, Go-Getters provides a bus service each Friday to our members in our bus boundary that picks you up at your home, takes you to either Safeway or Co-op (depending on the week) and drops you back at your home with your purchases. The cost for this service is \$4.00 round-trip. Please contact our office if this is something that would be beneficial for you or if you have any questions.

If you are age 50 plus, the West Hillhurst Go-Getters Association is the place for you! Among our many programs are Carpet Bowling, Tai Chi, Qi Gong, Canasta, Crib, Euchre, Whist and Bridge. We have our own bus and do day trips to various locations within Calgary and

Alberta. We have a monthly luncheon and lots of opportunities for volunteers. Memberships for our membership year (Sept. 1, 2016 – Aug 31, 2017) are \$25.00 each. Come on in and check us out. We'd love to see you.

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

Go-Getters Bus Boundary:  
29 Street NW to 7 Ave. NW. Crowchild Trail to 14 Ave. NW. 14 Street NW to Memorial Dr. NW.



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Friday, October 28

# SPOOKTACULAR



Doors Open @ 5:30pm  
All Ages!



# West Hillhurst Community Association

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



## WHCA Board Of Directors

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

## Committee Chair Persons

Planning	Gerard Van Ginkel	planning@westhillhurst.com
Transportation	Kerry Baird	transportation@westhillhurst.com
Newsletter	Carla Fiorentino	news@westhillhurst.com
Community	Jo Larson	volunteers@westhillhurst.com
Engagement		
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	Jordan Stuart
Jo Larson	Kail Ross
Dion Lobreau	

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 Manager	Tammie Yearwood
	healthclub@westhillhurst.com
	403 283-0464 ext. 1

Facility Administrator	Carla Fiorentino
	admin@westhillhurst.com
	403-283-0464 ext. 6



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



# WHCA GREEN COMMITTEE

Chris Koper, garden@westhillhurst.com

October 15<sup>th</sup> we have our last Garden talk by Calgary's Cottage Gardener JANET MELROSE. The talk is free to anyone because of the generous grant we received from the Calgary Foundation. Have a look at their website for the numerous awesome things they do!

The talk will cover:

- Garlic and other crop planting and seeding
- Planning for next year: crop rotation, expanding or enhancing the garden
- Preserving and fermentation techniques
- Leaving the garden looking beautiful and cared for throughout the winter months

I want to THANK the community members who donated garden tools to the garden. We are currently collecting bottles on an ongoing basis to raise money for a garden shed that could store these nice tools better. If you have bottles to donate, please email garden@westhillhurst.com.

I would also like to take the time to Thank another community member who is one of the gardeners at the West Hillhurst Community gardens since the very start. She has put allot of volunteer hours in and has been a god send to the gardens. A big Thank You to Doreen Nese!



Now is the time to start thinking about weeding and amending your flower beds. Start planning for next spring. Think about buying some spring flowering bulbs to raise your spirits in spring when the weather warms again. Some bulbs to consider are: Alliums, Crocus, Tulips, Hyacinths, Daffodils, Snow Drops and Iris. The pictures are in the same order as the list above so you know which picture coincides with what name. These bulbs need to be planted in fall and over winter.

To get ready for planting, remove any weeds, rocks or other debris. You can mix in compost, other organic matter or slow releasing fertilizer if your soil lacks nutrients. Depending on the **bulb**, follow the recommendation on the label for **planting** depth. As a general rule, **plant** big **bulbs** about 8" deep and small **bulbs** about 5" deep.

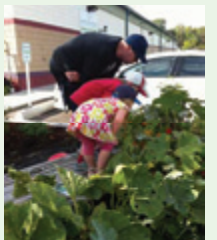
Another thing to consider planting in fall is **Garlic!** To be most effective, it needs to overwinter. To plant, break a bulb apart and plant each clove keeping the papery husk on. Plant the cloves about 1 month before the ground freezes. Place cloves 4 inches apart and 2 inches deep, in their upright position (the

wide root side facing down and pointed end facing up). Ensure soil is well-drained with plenty of organic matter. Select a sunny spot. Mulching them in with straw can be helpful protection. It is best not to use garlic from the store as they may not be the type of garlic that can grow in our cold climate. You can get the right kind at garden centers, and sometimes at local farmers markets. Hard neck varieties seem to grow best in our Calgary climate. Be sure to remove the mulch in spring, when shoots emerge. Garlic likes a good supply of nitrogen, so fertilize accordingly if you see yellowing leaves. As they grow, you will see a stalk that grows and starts to curl. This is called a scape. If allowed it will continue to flower. You want to cut this off because it takes energy away from the forming of the bulb and the bulb may not get as big. The scapes are edible, good for soups, stews and pickling. Water every 3 to 5 days during bulbing (mid-May through June). When the leaves start to die back in mid to late summer it is time to harvest. Lift the bulbs gently with a spade or garden fork. Pull the plants, carefully brush off the soil, and let them cure in an airy, shady spot for two weeks or hang them upside down on a string in bunches of 4 to 6. Make sure all sides get good air circulation.

It was so nice to see so many community members take advantage of the free garden talks the Gardens have hosted this summer. Stay tuned and we will continue more for your enjoyment next year!

**Through the winter we will be working on children's garden classes for spring!**

Community members enjoying the bounty of the community garden, while taking a stroll through the garden.





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## Lions Park denture clinic

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accuffit@telus.net

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



## GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

Hopefully by now the Arena renovation has started (mid-September was the anticipated date). We hope to be have the arena and lounge open again early in 2017 (February or March). Stay tuned for updates.

Thanks for everyone that made it out to the Taste of the Neighborhood event!

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

As always, please check the WHCA website, Facebook, Twitter, and watch your emails for new health club programs, for community updates about upcoming events and volunteer opportunities, and progress on the Arena renovation.

Thank you.

## COMMUNITY ENGAGEMENT

Jo Larson

The Secret Park rebuild happened on the weekend of July 22 - 23rd.

Numerous residents of West Hillhurst joined in to help building the playground. Lots of fun was had by all. The weather was fantastic we had music blasting all weekend with more of a party atmosphere than actually having to build the playground. It was actually too hot for shirts most of the time! (small Secret Park joke)

Digging holes, getting fingers pinched in precarious places, dropping tools into deep holes and having to wheel barrel large amounts of concrete were some of the highlights of the day!

A special thanks to the Students from SAIT who helped immensely with the park build on Saturday. Without them it would have taken another week!

Many residents of West Hillhurst are enjoying the new playground. Some of the people enjoying now never knew secret park actually existed before!

## EVENTS

by Jennifer Waller

### Magic Night

Join us for an exciting night of magic on Friday October 14<sup>th</sup>. Christopher Cool - Calgary's funniest and most kid friendly magician will be hosting a stage show at West Hillhurst on Friday October 14<sup>th</sup>. Fun way to get into the Halloween spirit! Please few our website for further details. Date: October 14<sup>th</sup> 2016

Doors open at 6pm

Magic Show: 6:30 – 8:00pm with a 15 minute intermission

Tickets \$5

<http://www.westhillhurst.com/whca-events>

### Spooktacular

Friday October 28th

Looking for a fun family Halloween Event!? Put your costumes on and come down to West Hillhurst on Friday October 28th. Activities include; Pumpkin decorating, Skeleton relay, A mad scientist performance, and a family dance! Something for all ages.

Doors Open at 5:30pm

Mad Scientist Fire and Ice Show 6:15-7pm

Family Dance 7:15 – 8:30pm

Event ends at 9pm

Children 2 and under are free

Ages 3 – 9 = \$6

Ages 10 + = \$10

\*\*\* Help WHCA make a HUGE pile of leaves for our community kids to play in! Please bring in your bagged leaves to the Community Centre by October 25<sup>th</sup>.

### Save the date - November 19 1<sup>st</sup> annual kid's toy and book sale - \$10/table.

Interested in teaching your children good financial habits!? Help your kids develop their own financial goals at an early age - learning the effort that goes into making money. Tables for our book and toy sale are available for \$10.

- 1) Have your children go through their old toys and books that they no longer use
- 2) Book a table at our book and toy sale
- 3) Price your items accordingly with the help of your kids
- 4) Show up on November 19th and set up your table
- 5) Sell your items!

Our book and toy sale will help your kids earn their own Christmas money, add to their savings or to buy new toys and books!

If you have old toys or books that you would like to donate to WHCA's table please email [programs@westhillhurst.com](mailto:programs@westhillhurst.com). All money earned from our table will help with upcoming community events.

## WHCA PROGRAMS

Jennifer Waller

Tammie Yearwood

### WHCA INTERNAL PROGRAMS:

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

Phone: (403) 283-0464

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

Main Building Location: Use South or East Building Entrances

**All Program registrations can be done online at [www.westhillhurst.com/programs](http://www.westhillhurst.com/programs)**  
**Adult INDOOR/OUTDOOR Pickleball – Monthly Registration & Drop-In Options Available**

Bring your Pickleball/paddle racquet and enjoy this exciting sport that's growing in demand! Low impact activity, perfect for adults and seniors who enjoy the game but could do without running a full length court. \$6.00 drop-in option available on-site or \$25 + GST/month per member

**Dates: Inside (Main Gym)**

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

**Dates: Outside (Tennis Courts 1 & 2)**

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

**Tai Chi - Free Member Program \*\* 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 brings flat shoes and loose fitted clothing. All levels welcome.

**Dates:** Ongoing Monthly Registration

**Times:** Saturdays - 9:30am – 10:30am

**Room:** Upper Studio A

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

**Energy Therapy –** Learn to govern your life force and gain more control over your life. You will learn methods that are flexible and accessible for everyone. Yuan Gong (Qigong) is a practice that is complete and deep. You can expect positive changes in your energy, a calmer mind and more physical freedom.

**Dates:** Tuesdays – September 13<sup>th</sup> – October 25<sup>th</sup>

**Times:** 5:00pm – 6:00pm

**Instructor:** Sabine Goubau

**Info:** [info@humanlifescience.ca](mailto:info@humanlifescience.ca) - [www.humanlifescience.ca](http://www.humanlifescience.ca)

### Preschool Programs

Preschool programs run Monday – Friday from 3:15pm - 4:00pm. Each program has a separate registration, however, sign up for two and receive a discount!

### Preschool Yoga Tuesday & Friday

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.

**Date:** Fridays – September 9 to October 14 Tuesday's September 6 – October 11

**Time:** 3:15pm – 4:00pm

**Instructor:** Vandana

**Creative Movement through Yoga and Ballet Monday or Wednesday**

Creative movement explores elements of ballet, yoga, stretching and free movements. Through the exploration of music and rhythm children explore a variety of movements. Classes are based on listening and creating stories and learning to play them out through music and dance. Stories may include classical ones such as: three little pigs and a wolf, swan lake etc. Teachers will be open to suggestions on stories. (If your little one has her/his favorite story or a book) just let us know!

**Date:** Monday's – September 12<sup>th</sup> to October 31<sup>st</sup>

Wednesday's September 7<sup>th</sup> – October 26<sup>th</sup>

**Time:** 3:15pm – 4:00pm

### WHCA HEALTH CLUB PROGRAMS

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

### Summer Classes

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

Hatha Yoga – Monday Morning

Yoga with Sabina - An energizing morning practice can work as a natural stimulant to set you up for a productive day. Take an hour out of your morning to practice Yoga with Sabina and you'll start your day wide-awake and full of life!

**Dates:** September 12<sup>th</sup> – October 31<sup>st</sup>

**Time:** 6:10am – 7:10am

~cont'd next page~



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## WHCA PROGRAMS CONT'D

**Location:** WHCA Fitness Dance Studio  
**Instructor:** Sabina

### Total Body Conditioning - Monday Afternoon

As we age, functional fitness becomes a matter of necessity. We need to target muscles that are required to carry out our activities of daily living, including our heart muscle! Cardiovascular fitness is just as important as traditional resistance training. This class will contain all components of fitness, including a proper warm-up, cardiovascular workout, muscular strength & endurance exercises, balance, and cool-down and stretch. There will be a focus on core strength and stability throughout all components of the workout, which may improve postural alignment and coordination, but foremost, this workout will be functional and fun! All levels welcome.

**Dates:** September 12<sup>th</sup> – October 31<sup>st</sup>

**Time:** 1:30pm - 2:30pm

**Location:** WHCA Fitness Dance Studio

**Instructor:** Dawn

### Ballet & Conditioning – Monday Morning

The class focuses on overall body strengthening, core and balance. The first part of class starts with basic movement at the barre that tones feet and legs muscles followed by ballet in the center and arm exercises with terraband. The class winds down with core strength exercises and stretching. Compromises elements of classical ballet, barre, and yoga. All levels welcome!

**Dates:** September 12<sup>th</sup> – October 31<sup>st</sup>

**Time:** 5:05pm – 5:55pm

**Location:** WHCA Fitness Dance Studio

**Instructor:** Sabina

### Morning Warrior – Tuesday Morning

Morning warrior is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get everything you need in our 45 minute early morning boot camp to keep you going all day!

**Dates:** September 6<sup>th</sup> – October 25<sup>th</sup>

**Time:** 6:10am – 6:55am

**Location:** WHCA Fitness Dance Studio

**Instructor:** Karen

### Rise N Shine Yoga – Tuesday Morning

Discover Yoga! Surya Namaskar, the Sun Salutation, is a series of postures performed in a single, graceful flow. Sun salutations are typically performed at the beginning of a yoga routine as a full-body warm-up. The basic sun salutation is appropriate for any level of fitness. It helps to build strength and increase flexibility A gentle way to get fit. No experience necessary.

**Dates:** September 6<sup>th</sup> – October 25<sup>th</sup>

**Time:** 7:00am – 8:00am

**Location:** Upper Studio A

**Instructor:** Vandana

### Seniors Yoga – Tuesday Afternoon

This class is for those who want to work at a modified easier pace. This class mixes together Tai Chi, Cardio - low impact, weights, balance and core stability. A gentle way to get fit. No experience necessary.

**Dates:** September 6<sup>th</sup> – October 11<sup>th</sup>

**Time:** 1:30pm - 2:30pm

**Location:** Upper Studio A

**Instructor:** Vandana

### Spin Fit – Tuesday Evening

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

**Dates:** September 6<sup>th</sup> – October 25<sup>th</sup>

**Time:** 6:35pm – 7:25pm

**Location:** Fitness Center Dance Studio

**Instructor:** Karen

### Cardio Kickboxing Wednesday Morning

Ready to become a total knockout? With fierce cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you will get ultra-lean and toned, and have a blast doing it!

**Dates:** September 7<sup>th</sup> – October 26<sup>th</sup>

**Time:** Wednesday's 6:10am - 7:10am

**Instructor:** Lisa

**Location:** Dance studio

### Work-It Circuit – Wednesday Morning

Can't decide which exercise is the right one for you? Then Work It Circuit is the class for you! Focusing on total body conditioning. This circuit training class incorporates strength and stamina into one high impact workout! All levels welcome.

**Dates:** Wednesday's September 7<sup>th</sup> – October 26<sup>th</sup>

**Time:** 9:10am - 10:10am

**Location:** Fitness Center Dance Studio

**Instructor:** Kiran

### Fusion Fitness – Wednesday Afternoon

Fusion is a non-purist approach to traditional forms of mind & body training. It is a beautiful blend of Yoga, Pilates & Fitness Conditioning that challenges strength, balance & flexibility, as well as increasing stamina. Fusion brings awareness to breathing techniques, proper exercise execution and mindfulness in order to provide participants with a more meaningful workout that focuses the mind and cleanses the spirit. No previous Yoga or Pilates experience is necessary. Participants are required to bring their own yoga mats.

**Dates:** September 7<sup>th</sup> – October 26<sup>th</sup>

**Time:** 1:30pm -2:30pm

**Location:** WHCA Fitness Dance Studio

**Instructor:** Dawn

### RIPSTIX – Thursday Morning

This workout transforms drumming into an incredibly effective way of working out. Instead of listening to music, *you* become the music, in this exhilarating full body workout that combines cardio, conditioning and strength with yoga and Pilates inspired moves.

Designed for all fitness levels

**Dates:** October 6<sup>th</sup> – October 27<sup>th</sup>

**Time:** 6:10am – 7:00am

**Location:** Dance Studio

**Instructor:** Lisa

### Piloxing – Thursday's Morning

This class blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high-energy interval workout.

## WHCA PROGRAMS CONT'D

To date, Lorene is only one of two certified Piloxing instructors in the City of Calgary.

**Dates:** September 8<sup>th</sup> – October 13<sup>th</sup>

**Time:** 9:10am - 10:10am

**Location:** Dance Studio

**Instructor:** Lorene

### Zumba Gold Trial Class – September 15<sup>th</sup>

Don't know if Zumba is for you!? Come try a free class September 15<sup>th</sup> from 2:00pm – 3:00pm with Deana. An easy to follow dance fitness program that lets you move at your own space while having fun!

### Zumba Gold – Thursday Afternoon

A fun easy to follow dance fitness program that lets you move to your own speed. An invigorating, community-oriented program that feels fresh and exhilarating. Zumba Gold provides modified, low impact moves geared for the person just starting or the active older adult.

**Dates:** September 22<sup>nd</sup> – October 27<sup>th</sup>

**Time:** 2:00pm - 3:00pm

**Location:** WHCA Fitness Dance Studio

**Instructor:** Deana

### Bootcamp Express – Thursday Evening

This fast paced 45 minute class will challenge every muscle group, utilizing body weight, bosu Balls, kettle bells, bands, and weights while always incorporating bursts of cardio to improve strength, cardio, and coordination.

**Dates:** September 8<sup>th</sup> – October 27<sup>th</sup>

**Time:** 5:30pm – 6:15pm

**Location:** WHCA Fitness Dance Studio

**Instructor:** Karen

### Cardio Kickboxing Friday Morning

Ready to become a total knockout? With fierce cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you will get ultra-lean and toned, and have a blast doing it!

**Dates:** September 9<sup>th</sup> – October 28<sup>th</sup>

**Time:** Friday's 6:10am - 7:10 am

**Location:** WHCA Fitness Dance Studio

**Instructor:** Lisa

### Rise N Shine Yoga - Friday Morning

Discover Yoga! Surya Namaskar, the Sun Salutation, is a series of postures performed in a single, graceful flow. Sun salutations are typically performed at the beginning of a yoga routine as a full-body warm-up. The basic sun salutation is appropriate for any level of fitness. It helps to build strength and increase flexibility, a gentle way to get fit. No experience necessary.

**Dates:** September 9<sup>th</sup> – October 28<sup>th</sup>

**Time:** 8:00am – 9:00am

**Location:** Upper Studio A

**Instructor:** Vandana

### Seniors Yoga – Friday Afternoon

This class is for those who want to work at a modified easier pace. This class mixes together Tai Chi, Cardio - low impact, weights, balance and core stability. A gentle way to get fit. No experience necessary.

**Dates:** Tuesdays September 9<sup>th</sup> – October 28<sup>th</sup>

**Time:** 1:30pm - 2:30pm

**Location:** Upper Studio A

**Instructor:** Vandana

### Work-It Circuit – Friday Afternoon

Can't decide which exercise is the right one for you? Then Work It Circuit is the class for you! Focusing on total body conditioning. This circuit training class incorporates strength and stamina into one high impact workout! All levels welcome.

**Dates:** Friday's September 9<sup>th</sup> – October 28<sup>th</sup>

**Time:** 4:10pm - 5:00pm

**Location:** Fitness Center Dance Studio

**Instructor:** Kiran

### Ballet & Conditioning Saturday Morning

The class focuses on overall body strengthening, core and balance. The first part of class starts with basic movement at the barre that tones feet and legs muscles followed by ballet in the center and arm exercises with theraband. The class winds down with core strength exercises and stretching. Compromises elements of classical ballet barre, and yoga. All levels welcome!

**Dates:** September 10<sup>th</sup> – October 28<sup>th</sup>

**Time:** 7:30am – 8:50am

**Location:** WHCA Fitness Dance Studio

**Instructor:** Sabina

### Spin and Strength – Sunday Morning

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

**Dates:** September 11<sup>th</sup> – October 30<sup>th</sup>

**Time:** 9:00am-10:00am

**Location:** WHCA Fitness Dance Studio

**Instructor:** Karen

### Tykes Tennis – 4 & 5 years old

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

**Fall Outdoor Programming:** September 6<sup>th</sup> – October 11<sup>th</sup>

**Day and Time:** Tuesdays 5:00pm - 5:30pm

### Junior Tennis – 6 & 7 years old

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

**Fall Outdoor Programming:** September 6<sup>th</sup> – October 11<sup>th</sup>

**Day and Time:** Tuesdays 5:30pm - 6:00pm

### Learn to Play – U10

Learn to Play tennis introduces tennis to ages 8-10 in a fun and interactive way and ensures immediate success. Coach Luis teaches fundamental skills to play the game - agility, balance, coordination, running, jumping, and spiking. Luis

~cont'd next page~



## WHCA PROGRAMS CONT'D

uses modified tennis balls, racquets, nets and courts, so young players can enjoy the game and have successful learning experiences.

Ages 8 -10

**Fall Outdoor Programming:** September 6<sup>th</sup> – October 11<sup>th</sup>

**Day and Time:** Tuesdays 6:00pm – 7:00pm

Learn to Rally – 11 – 17 years old

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

**Fall Indoor Programming:** September 6<sup>th</sup> – October 11<sup>th</sup>

**Day and Time:** Tuesdays 7:00pm – 8:00pm

Beginner Tennis – Adult

If you've never played tennis before, or for a long time, then Beginner Tennis is for you! It is an easy and fun way for adult beginners to get into the game. During the seven week course you will be taught new skills and be shown how to serve, rally and score, so that by the end, you will be able to enjoy fun matches with your friends, family or other people you meet.

Ages 16 +

**Fall Indoor Programming:** September 6<sup>th</sup> – October 11<sup>th</sup>

**Day and Time:** Tuesdays 8:00pm – 9:00pm

Team Tennis

NEW to West Hillhurst Fall 2016! Community Team Tennis (CTT) is an exciting new tennis program that provides new participants to the game of tennis an opportunity to combine practice and play, with a focus on skill development through match play. CTT promotes a game-based approach to stimulate and maintain excitement and enjoyment for young participants. CTT helps tennis compete with other major sports such as soccer and hockey that have the ability to move children quickly to game scenarios. The program operates much like a recreational house league where beginning players can play in a friendly, learner-based team environment.

**Fall Indoor Programming:** September 23<sup>rd</sup> – December 16<sup>th</sup>

**Day and Time:** **Fridays:** (U8 – 5:30pm – 6:30pm) (U10 6:30pm – 7:30pm)

Youth Pickleball

NEW to WHCA this fall! Interested in a new sport!? Come try pickleball. This exciting paddle sport combines badminton, tennis and table tennis, and is played using a paddle and a whiffle ball over a lowered net.

**Fall Programming:** September 12<sup>th</sup> – December 12<sup>th</sup>

**Day and Time:** Mondays 5:00pm – 6:00pm

Squash Fundamentals– 6 – 8 years old Monday or Saturday

A great class for young children, ages 6 to 8, to learn the basics of the game, or improve their skills if they have taken some lessons. Sessions will introduce basic techniques, movement, and improve their fitness level.

Fun squash-specific games will be played to make sure kids have a great time while learning the game. All equipment is

provided. Non-marking, indoor court shoes required.

**Fall Programming:** September 12 to December 12 \*\* No classes Thanksgiving and Halloween

**Day and Time: Mondays:** 4:00pm – 5:00pm OR Saturdays 9:30am – 10:30am

Squash Intermediate– Core Class

This class is aimed at 9-14 year olds with 1-2 years playing experience. Juniors in this session should know the rules and be able to consistently hit the ball. This session will incorporate fun conditioned games and the basic techniques required to improve your child's game. All equipment is provided. Non-marking, indoor court shoes required. \*\* **Interested in more instructional court time. Intermediate add on option;**

**Wednesdays 4:15- 5pm**

**Fall Programming:** September 17<sup>th</sup> to December 10<sup>th</sup>

**Day and Time:** Saturdays 10:30am – 11:45am

Squash Intermediate– Add on

This class is aimed at 9-14 year olds with 1-2 years playing experience. Juniors in this session should know the rules and be able to consistently hit the ball. This session will incorporate fun conditioned games and the basic techniques required to improve your child's game. All equipment is provided. Non-marking, indoor court shoes required.

**Fall Programming:** September 21<sup>st</sup> to December 7<sup>th</sup>

**Day and Time:** Wednesdays 4:15pm – 5:00pm

**Teen Squash**

This class is designed specifically for teens that are coming to the sport a bit later and don't necessarily want to be on court with kids younger than them. The aim of this class is for teenagers to learn the basic skills required and get them to a level where they can do basic drills and play games. The session will also give teens a great workout and improve their fitness. All equipment is provided. Non-marking, indoor courts shoes required

**Fall Programming:** September 23<sup>rd</sup> – November 4<sup>th</sup>

**Day and Time:** Fridays from 2:00pm – 3:00pm

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

**WHCA Squash Instructor- Anna Pentland**

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

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

**General Health Club Information**

**WHCA Health Club Packages**

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

All memberships include towel service.

**Email:** [healthclub@westhillhurst.com](mailto:healthclub@westhillhurst.com)

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

**Health Club Memberships**

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

**WHCA Personal Training**

## WHCA PROGRAMS CONT'D

Contact Karen Branford at [personaltraining@westhillhurst.com](mailto:personaltraining@westhillhurst.com) for pricing, scheduling and general information.

**Dance Studio Rental Opportunities**

Looking for somewhere spacious to teach your class?

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

The studio currently offers a wide-range of classes, from

Karate to Cycling and everything in between. **If you are a fitness, yoga, or dance instructor** and are looking for space to rent for classes, or private practice time, please contact us.

34 x 40ft (1360 sq ft)

**Capacity:** 60

**Rate:** \$35/hour

\$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 6:00pm – 7:00pm

**Location:** Health Club North Entrance - Dance Studio

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

**JKA KARATE (jkaiwayama)**

*Strengthen your mind, body, and spirit!*

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

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

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

**Contact Information:** Kelly Novak at 403-804-5007  
Email: [jkaiwayama@gmail.com](mailto:jkaiwayama@gmail.com)  
Website: [jkaiwayama.com](http://jkaiwayama.com)

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

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

Visitors welcome - first two lessons are free

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

**YOGA**

**All Levels**

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

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

Thursdays 6:15pm - 7:15pm

**Level 1 / Beginner**

For students with little or no experience. Slow, deep practice focusing on alignment through breath and awareness.

**Registration:** Ongoing

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

**Date/Time:** Thursdays 5:00pm – 6:00pm

**YIN YOGA**

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

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

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

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

**ZUMBA**

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

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

**Contact:** Jocelyn at 403.667.0435

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



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403-284-3061

## CAPITAL PROJECTS COMMITTEE

Richard Raap

### Arena Project Update

Since the last update in the July Warbler, a number of updates have been received from the City.

Based on the initial scoping, the city's project management team has invited several vendors to walk through our facility and bid on the work based on the scope and schedule mandated by the City.

Several vendors did provide a bid and as a result the City has realized that the schedule that they had mandated as a consequence of the project being part of the ACER scheme, made the cost very high.

To this end they have now extended the completion deadline for the project from the end of December to the end of February and relaxed thus the scheduling constraints that were driven by the decision to put the project under ACER.

The longer timeline meant that more vendors were able to bid at a more realistic cost.

The fact that the timeline has now been moved to the end of February has no additional consequences for our tenants / users as the management and the capital projects committee had already taken a conservative perspective to the City's initial timeline.

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

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

### DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the West Hillhurst Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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1257 Kensington Road, NW | 403.283.8000 | [kensingtonwinemarket.com](http://kensingtonwinemarket.com)

## 2016 FALL TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

<b>Rare Malts</b>	Thr Oct 13	Only the rarest whiskies, those 20+ years of age, those from closed distilleries and/or the exceptionally rare qualify for this tasting.	\$85
<b>Canadian Harvest</b>	Fri Oct 14	Just in time for Thanksgiving, a lovely wine tasting of Canada's best kept secrets. Enjoy a delicious tray of Peasant Cheese's finest Canadian producers. Stand up format.	\$30
<b>Italian Wine Festival!</b>	Fri Oct 21	Mama Mia, it's going to be a feast! The food, the wines, the music... all Italian!	\$40
<b>Le Coeur du Cognac</b>	Tue Oct 25	Cognac is one of the world's finest spirits and the world is now turning its attention to some of the smaller family owned producers. We'll sample a very fine range from Montifud, Bouju, Delamain and others!	\$60
<b>Colouring Outside the Lines</b>	Thr Oct 27	Some of the most notable beers are off those found well off the beaten path. We'll examine the strange, interesting, and outlandish beers that straddle style guidelines and challenge palates!	\$25
<b>Cheese Please</b>	Fri Oct 28	Peasant Cheese, our next door neighbor in Kensington, will guide us as we explore the world of Argentina, Chile and Patagonia wines. Stand up format.	\$30
<b>anCnoc, Balblair, Old Pulteney &amp; Speyburn</b>	Thr Nov 3	We'll sample selected whiskies from these 4 Highland & Speyside distilleries, with Brand Ambassador Lukasz Dynowiak. Expect more than a few gems!	\$40
<b>Kilchoman, 100% Islay</b>	Fri Nov 4	Distillery founder Anthony Wills will be on hand for a Kilchoman Master Class featuring a new KWM exclusive cask, the new Sanaig release and a range of other very peaty malts!	\$30
<b>Bordeaux vs Tuscany</b>	Tue Nov 8	Consistently challenging each other for the title of the "Greatest Red Blends of The World". Let the battle begin!	\$50
<b>Intriguing Piedmont</b>	Fri Nov 11	"Nebbia" is Italian for fog and the hills of northern Italy, Piedmont, are often shrouded in mist. Nebbiolo is the grape for the most famous red wine of the region, Barolo. But Piedmont is much more diverse. Join us for a tour of this amazing wine region and his famous -and less famous!- grape varieties.	\$40
<b>Red Wine Icons</b>	Tue Nov 15	La crème de la crème! Don't miss a great opportunity to taste some dream wines side by side, in a comparative tasting from the best wine regions and top producers of the world. Bordeaux, Piedmont, Barossa, Napa, to name only a few.	\$75
<b>An Introduction to Craft Beer</b>	Thr Nov 17	Looking to dip your toe into the world of Craft Beer? We'll visit the origins, production and terminology surrounding different styles of craft beer all while sampling some of the best examples!	\$25
<b>Fall Wine Fest!</b>	Fri Nov 18	We clear the floor to make room for a "store wide" tasting of our best. Food, wine, music; don't delay as it sells out quickly. You'll also enjoy "early bird" pre-Christmas sale prices! Our sale runs to Sun Nov 20	\$40
<b>Cheese Please</b>	Tue Nov 22	Sherry and Port! With the holidays approaching and entertaining rewinding up this tasting will explore the many Sherry and Port styles with some delicious cheese pairings	\$30
<b>Master Malt</b>	Thr Nov 24	Only the rarest and very special whiskies are showcased at this tasting which always highlights some of the most exciting new whiskies in the world!	\$125
<b>Champagne &amp; Bubbly Festival</b>	Fri Nov 25	What more fitting wrap up for our fall tasting schedule than a mini bubbles walk about! The holidays will soon be upon us so now's the time to taste test your holiday favorites.	\$40
<b>KWM 25th Anniversary Port Launch</b>	Thr Dec 1	2017 will mark KWM's 25th Anniversary and to help commemorate this milestone we will be launching our very own KWM 1992 Vintage Port as well as our very own 20 Year Tawny Port both blended and bottled just for us! Join us for an early bird taste! Stand up format.	\$25



# Soccer

## ROYAL WEST SOCCER PROGRAMS - CITY LEAGUE SOCCER

For more information contact, email: registrar@royal-westfc.com  
www.royalwestfc.com

## Higher Level Sports Academy

Is an elite academy dedicated to developing passionate soccer players from ages U8 – U18 all levels and tiers. For more information contact: Eddie Escobar, email: higherlevelsportsacademy@gmail.com

## TRIPLE MEG SOCCER

### After School Soccer for U8, U10, and U12

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

### Pre-School Soccer Ages 3-5

High Energy, fun, age appropriate introduction to soccer for Pre-Schoolers

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

## Looking for direction in today's market? Let's talk.



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# Confederation Park 55+

Judy Cairns

Memberships for September 1, 2016 to August 31, 2017 are now on sale. New memberships or renewals can be purchased for \$30.00/person.

Fall activities are well underway but you can still register. Check out the Fall Brochure for information on all the Centre's activities and then drop by our facility any weekday between 9:00am and 3:00pm to sign-up. (Payment by cheque or cash ONLY.)

Want to try a class before registering in the entire session? Drop-in and give a class a try (some restrictions apply) for just \$9/member, \$11/non-member or purchase an Access Card (10 drop-in sessions) for \$85.00/member, \$105.00/non-member. Learn more at [yycseniors.com](http://yycseniors.com) or call the Centre at 403.289.4780.

## Coming up in October

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

• October 8: Badlanders

• October 22: Pure Country

**Mini Health Fair & Flu Clinic – October 20 from 11:30am to 3:30pm**

• FREE to all Alberta Seniors

• Don't forget to bring your Alberta Health Care Card

To learn more give us a call at 403.289.4780, visit [yycseniors.com](http://yycseniors.com) or drop by the Centre at 2212 13 Street NW.

## Volunteer

With all our activities and classes starting up again in the fall, this is the perfect time to try out new volunteer opportunities! Contact Janice at (403) 289-4780 to see what's available.

Stay Active • Stay Involved • Stay Connected • Join Us

**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)  
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403.668.6402

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

# PLANNING COMMITTEE

Gerard Van Ginkel

Neighbors,

A quick status on Planning and Development activities in our community are provided here.

## General:

Overall it has been a fairly quiet summer period compared to past years. It could be the abnormal summer weather holding back new construction activities or it could be general malaise in the Calgary real-estate sector and the overall economy. The Planning Committee met a few times over the summer to address proposed developments, the most notable outlined below.

## The Royal Canadian Legion:

Construction of the new Legion home on the western-most portion of this site continues, making excellent progress in a short period of time and this August, the City approved the Development Permit for the Residential tower at the Legion site. (<http://engage264.ca/>). Key relaxations associated with this DP as approved are consistent with the Land Use change which the City approved in the fall of 2015.

## 19<sup>th</sup> Street:

3 known developments are planned or underway on 19<sup>th</sup> Street.

- The Guistini Development at the former Moroccan Castle location (217 19<sup>th</sup> St NW) is underway – approved a couple years ago, this site will see a new 3 storey building constructed, consisting of a retail space at grade, and office space on the upper floors. Of note, there is also a below grade office being built in this location.
- The current site of Beast Inc. and Brilliant Beginnings (207 19<sup>th</sup> St NW) is proposed for redevelopment into a 2 storey mixed use building. Being built directly next to the newly approved StoneBriar building (formerly Central Blends) this space is planned to host a new dental practice at grade and office / apartment space on its upper floors. As yet, this development is not approved.
- StoneBriar Place (formerly Central Blends) at 207 19<sup>th</sup> St NW is approved but construction has not yet commenced. This project will see a new 4 storey building erected, with retail at grade, office space on the second floor and 2 storey apartments on the 3<sup>rd</sup> and 4<sup>th</sup> floors.

## 7<sup>th</sup> Avenue:

a number of developments are progressing on this Avenue with 2 of note based on uniqueness.

The first RCG development proposed for our community at 711 and 715 23 St. NW. This development is unique in that it would see 4 housing units built on a single 50 foot lot. RCG zoning (discussed in some detail in the Warbler earlier this year). The RCG land use is intended to allow for row-housing style builds, which is what is proposed at this location.

The second is changes to the use of the basement space at the commercial building located at 2220 7th Ave NW. This application would see additional clinic space added in the basement of this building. This application is subject to appeal at the Subdivision Appeal Board (SDAB 2016-0049).

As always, the Planning Committee is always seeking new members and is open to interested residents. As scheduling of meetings is dependant on application review timelines, please email [Planning@westhillhurst.com](mailto:Planning@westhillhurst.com) for further information and like out Facebook page ([www.facebook.com/whcaplanning](http://www.facebook.com/whcaplanning)) to stay informed.

# TRANSPORTATION Kerry Baird

## Crowchild

Welcome to Phase 5: Concept Selection and Recommendations.

As always check our mightybell site for the latest news. <https://mightybell.com/communities/whca-crowchild-trail>

They are only having workshops for those people who are directly affected. There will be 2 open houses:

1. Sat Oct 1, 10am -1pm at SunAlta School
2. Monday Oct 3, 5-8pm at Red and White Club

Online opportunities will be from Sept 26 to Oct 17. [www.calgary.ca/crowchild](http://www.calgary.ca/crowchild)

There are 3 drop in sessions:

1. Oct 4, 10am-1pm Richmond Diagnostic Centre
2. Oct 5, 11am-5pm UofC Food Court
3. Oct 5, 3:30-6:30pm Brentwood Village Shopping mall.

## Transit

New Transit routes go into effect Sept 5, 2016  
Go to <https://www.calgarytransit.com/news/2016-transit-service-review>

For the most up to date information.



Hold tight...

We'll be back soon with more fun than a bouncy house can handle!

We will re-open on Monday, September 12th Monday to Friday, 10:30 a.m. – 12:30 p.m. \$2 per adult and \$1 per child – No registration required! Until then.... Check out our website: [summitkids.ca/whca-programming](http://summitkids.ca/whca-programming) for more exciting programs!

## Summit Kids- WHCA Campus



Did you know that we have a BEFORE and AFTER school care program located within WHCA? We offer out of school programming for kids between Kindergarten to Grades 6!

Plus... we also offer SUMMIT LAUNCH- An extended-day Kindergarten enhancement program designed specifically for this age group!

We provide transportation to and from Queen Elizabeth, Banff Trail, Capitol Hill, Hillhurst, Briar Hill, and King George Schools.

For more information, please call 403.477.0798 or email [whca.campus@summitkids.ca](mailto:whca.campus@summitkids.ca)

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

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

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

### Safe 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

Monday, September 12

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

Wednesday, October 12

2-hour session (12:00 p.m. – 2:00 p.m.) - \$30 +gst

Saturday, November 12

### 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

Monday, September 19

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

Wednesday, October 19

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

Wednesday, November 16

### At Home Alone

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

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

Saturday, September 10

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

Saturday, October 8

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

Monday, November 21

### 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 (2:30 p.m. – 4:30 p.m.) - \$30 +gst

Saturday, September 10

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

Saturday, October 8

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

Wednesday, November 9

### 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

Wednesday, September 21

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

Monday, October 17

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

Saturday, November 12

### Never Bee Lost

Are you wondering when it's safe to leave your child at home alone for a few hours? Our most popular and "absolute must-have" course for every student who plans on being at home alone. This entertaining child safety workshop is one of our most popular courses and is designed to prepare children to look after themselves while at home alone.

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

Wednesday, September 28

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

Monday, October 24

### 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, Sept 24 & Oct Oct 1

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

Saturday, Oct 29 & Nov 5

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

Saturday, Nov 26 & Dec 3

### 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

Monday, September 26

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

Wednesday, October 26

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

Monday, November 28

### I Wanna Walk

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

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

Wednesday, September 7

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

Monday, October 3

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

Wednesday, November 2

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

Monday, December 5

### 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.

~continued on page 21~





Erin Hinton

Our first month back to school has been filled with excitement and adventure for our little ones. Thanks to Miss Allie, Miss Sandy, and Miss Anthea, the children are settling into a routine of free-play, circle time, daily crafts and so much more.

Don't forget to check our preschool's internal website – [www.westhillhurstpreschool.com](http://www.westhillhurstpreschool.com) - the website is a great tool to stay informed with the daily calendar and special events, important documents, parent-helper sign ups via volunteer-spot, and more.

WHCA Preschool still has limited openings in our after-noon programs.

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

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



Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

## Queen Elizabeth School News

Deb Hamilton

Welcome to all new and returning Queen Elizabeth School students! The first weeks back to school are always exciting times. Reuniting with friends. Meeting a new teacher. Getting back into the swing of school.

**September: First Month Back!** The first day of school was September 6. Volunteers welcomed new and returning families with coffee and treats. With over 330 students this year, Queen Elizabeth Elementary continues to grow, becoming a busier place each morning. It's so nice to receive a welcoming smile on the first day – especially for families who are new to our school.

**Terry Fox Run** This year, as every year, Queen Elizabeth School participated in the Terry Fox Run, raising much needed funds for cancer research. The Terry Fox Run is an important community and spirit building event for our school. It is nice to have it happen during the first few weeks of a new school year. **Classroom Modu-lars** Installation of the classroom modulars has been delayed three to six months. This delay has resulted in some creative thinking by our Grade 3 / 4 team. Two of our classes will be working very closely together in 1.5 classroom spaces. Once the modulars are in place, these two classes will move to their new classrooms.

### STEAM Hour

Queen Elizabeth School has embarked on an innovative learning project called STEAM Hour. This project will encompass every classroom and engage our students in varied and unique learning opportunities. Many activities will be cross curricular, combining learning from a variety of subjects for authentic, real world skill and knowledge development. Watch for details throughout the year!

### Important Dates

- October 7: Non-instructional day
- October 10: Thanksgiving Holiday
- October 14: Early dismissal, no AM Kindergarten
- October 24: School Council meeting at 6:30 pm
- October 27: Evening Parent / Teacher Conferences
- October 28: No school - Parent / Teacher Conferences

## SUMMIT KIDS CONT'D

- 1-hour session (6:30 p.m. – 7:30 p.m.) - \$20 +gst . Thursday, September 8
- 1-hour session (6:30 p.m. – 7:30 p.m.) - \$20 +gst . Wednesday, October 5
- 1-hour session (6:30 p.m. – 7:30 p.m.) - \$20 +gst ... Monday, November 7
- 1-hour session (6:30 p.m. – 7:30 p.m.) - \$20 +gst Wednesday, December 7

### Social Netiquette

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

- 2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst Wednesday, September 14
- 2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst Tuesday, October 11
- 2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst . Monday, November 14

### 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, September 17
- 3-hour session (12 p.m. – 3 p.m.) - \$35 +gst Saturday, October 15
- 3-hour session (12 p.m. – 3 p.m.) - \$35 +gst Saturday, November 19

**Program Descriptions & Registration Information:** **Kidproof safety programs are a fundamental need for children and families alike. But what makes us even more special is that our programs are never scary, and always non-threatening, empowering, and entertaining.** **Online:** [www.summitkids.ca/summit-u](http://www.summitkids.ca/summit-u) **Call:** 587.432.0471 • **Email:** [info@sk4u.ca](mailto:info@sk4u.ca)

## NCHL / The Barn

### Great Activities and Programs Coming From the NCHL

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

Haitham is one of the former Discover Hockey players learning to play the game he loves. We sat down with him halfway through the most recent program to see how he was doing and how it has met his expectations.

### So Haitham, how did you fall in love with the game of hockey?

The very first game that I watched in my life was the Winter Olympics Gold Medal Game in 2010 when Canada won against the USA 3-2. I remember I was so excited and super happy when Crosby scored, although I didn't know anything about the rules of hockey other than trying to put the puck in the goal. Since then I started keeping an eye on hockey but didn't think about playing it.

### One of the best moments in Canadian history for sure! What were your thoughts when you first signed up for the Discover Hockey program? What has your experience been like so far halfway through the program?

I was so excited to start playing! So far it's a mix of fun and challenge. Like learning any new skill your passion has to be stronger than the challenge in order to achieve your goal.

### What is the most surprising part of the program so far?

Frankly, I am surprised how a lot of people start at my age (mid 30's) which proves that it's never too late to start learning new skills!

### Yes there are tons of people that have always wanted to play and have never taken that first step! What is your favourite hockey team and who is your hockey hero?

I am a die-hard Flames fan and Johnny Hockey - oops Johnny Gaudreau- is definitely my favourite. Not only is he a fast and passionate player but he is also very entertaining which makes the fans more engaged with the game and he seems to enjoy playing. Also, I met him once and he seems to be a nice guy.

### If you could have any hockey wish come true what would it be?

~continued next page~



## COUNCILLOR, WARD 7 DRUH FARRELL

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

As a large urban centre in a prosperous country, Calgary continues to mature and develop. To keep up with the pace of this perpetual growth, it is important for the City of Calgary to make investments in transportation infrastructure like streets and public transit.

Large projects like the Green Line LRT and the Crowchild Trail Study get most of the attention, since they will move many thousands of Calgarians across the city. It is important though that we don't forget about smaller investments that can make positive differences for local residents and their communities.

With this in mind, my staff and I joined the City's General Manager of Transportation and members of his team for a tour of Ward 7. The purpose of this tour was to identify small transportation issues in communities across Ward 7, and to begin working on solutions. We identified certain fixes that could be implemented quickly, as well as more significant projects for the future.

We noted instances where the design of various intersections made it less safe for all road users. One example was at 19 St and John Laurie Bv NW in Triwood, where higher visibility crosswalks and better lighting were identified to improve the safety of people walking through the area. In Sunnyside, we saw that a new crosswalk at Memorial Dr and 9 St NW would improve walking and cycling access to the Bow River Pathway and Downtown. Work on that crossing will be complete in Fall 2016.

We also noticed that several stretches of sidewalk along 16 Av NW, from Mount Pleasant to Banff Trail, were patch works of uneven concrete and asphalt. Weed maintenance was an issue as well. These are cosmetic issues that can improve an area by making them more pleasant and accessible for local residents. The weeding was quickly completed and sidewalk repair was identified as future work. Elsewhere along 16 AV, between Rosedale and Capitol Hill, we saw a need to improve awareness between those driving and cycling at the busy 10 St NW

intersection. Inexpensive green conflict paint was soon added across the turn lanes as a result.

In areas seeing redevelopment, we noticed several instances of construction projects impeding access for people walking. In East Village, we found construction hoarding blocking entire sidewalks. This is a serious concern for a community with high numbers of residents with mobility challenges. The hoarding issues were quickly corrected and we secured a commitment from city staff to ensure that sidewalks are more consistently kept clear and safe during construction.

These are just a few examples of issues we identified. If you see concerns such as these in your community, be sure to call 3-1-1 or go online to [www.calgary.ca/311](http://www.calgary.ca/311). To learn more about this and other Ward 7 topics, visit [www.druhfarrell.ca](http://www.druhfarrell.ca). To sign up for updates on key issues, please email [ward07@calgary.ca](mailto:ward07@calgary.ca).

## NCHL / The Barn cont'd

It would be fun if I could have a shootout against Carey Price and it would be a nice dream if I scored.

**You might need a couple tries to score on him... If you could pick one movie to represent your hockey story what would it be?**

HF: Cast Away! Never give up - especially because no one in my circle of friends play or even watch hockey.

**I imagine the same movie except instead of a volleyball he has a hockey puck. WILSOOOOONNNN!!!! If you could play hockey anywhere in the world where would it be?**

I think Canada is the best place to play hockey. I would love to experience playing in the fresh air around the mountains on a pond somewhere.. That would be awesome!

**Yes that would be awesome to play up in the mountains. If you could say anything to someone on the fence about taking the Discover Hockey program, what would it be?**

I would encourage him! However, I would advise them to be ready for the challenge and never quit!

**DH: Definitely! It's not easy but it is SO worth it in the end once you can skate around the ice and score that first goal in a game. Nothing beats that feeling!**

**Good luck in the rest of your Discover Hockey sessions and in the upcoming season! Thanks again Haitham.**

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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

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

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

**YARD BUSTERS LANDSCAPING:** Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

**LOCAL RODAN + FIELDS REP:** Get clinically proven and award winning skin care for anti-aging, sun damage, acne, or sensitive skin issues. Or start a home business with the fastest growing skincare brand for the last five years in the U.S., that is new to Canada since 2015. Contact Deb, call/text: 403-803-0791, website: [www.dcook4.myrandf.com/ca](http://www.dcook4.myrandf.com/ca) or connect on facebook.

**ELLIPSIS LANDSCAPING:** Independently owned and operated Landscape/Handyman company specializing in Lawn care, Hedge Trimming, Snow removal, Junk Removal, Window Cleaning, Tree Planting/Removal, Gutter Cleaning, Painting, Build and fix Fence and Decks and all other Handyman work. The one call that can do it all at very affordable rates. 403-282-8766, [ellipsis2010@live.ca](mailto:ellipsis2010@live.ca).

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

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

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

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



# Fall/Winter 2016 – 2017 Learn to Skate Programs

Donella Swan

Our Learn to Skate Programs are still operational during Arena Renovations. All classes will be held out of the Brentwood Sportsplex from September 2016 - March 2017. Reserve your registration spot online at [www.westhillhurst.com/learn-to-skate](http://www.westhillhurst.com/learn-to-skate).

For further details, please contact [skate@westhillhurst.com](mailto:skate@westhillhurst.com)

Learn to Skate Fall/Winter 2016 - 2017			
Monday	Wednesday	Friday	Saturday
<b>STARSkate &amp; Prelim Prep</b> On-ice Conditioning Class with Coach Craig 4:15 - 4:45 PM	<b>STARSkate &amp; Prelim Prep</b> Fantastic Figures with Coach Doneta 4:15 - 4:45 PM	<b>STARSkate &amp; Prelim Prep</b> On-ice Flexibility Training with Coach Jaclyn 4:15 - 4:45 PM	<b>PreCanSkate</b> (shared ice) 11:00 - 11:30 AM
<b>STARSkate &amp; Prelim Prep</b> Private and Group Lesson Time 4:45 - 5:30 PM	<b>STARSkate &amp; Prelim Prep</b> Private and Group Lesson Time 4:45 - 5:30 PM	<b>STARSkate &amp; Prelim Prep</b> Private and Group Lesson Time 4:45 - 5:15 PM	<b>PreCanSkate</b> (shared ice) 11:30 - Noon
<b>STARSkate &amp; Prelim Prep</b> Group Cool Down with Coach Jaclyn 5:30 - 5:45 PM	<b>STARSkate &amp; Prelim Prep</b> Group Cool Down with Coach Jaclyn 5:30 - 5:45 PM	<b>STARSkate &amp; Prelim Prep</b> Synchronized Skating with Coach Cayley 5:15 - 5:45 PM	<b>CanSkate</b> (shared ice) 11:00 - Noon
<b>PreCanSkate Lesson Time</b> (shared ice) 5:00 - 5:30 PM	<b>AdultSkate Fundamentals</b> (shared ice) 5:15 - 5:45 PM	<b>AdultSkate Bootcamp</b> (shared ice) 5:00 - 5:45 PM	

All classes are operating out of Brentwood Sportsplex (1520 Northmount DR NW) during WHCA Arena renovations. Please note, there is no skating on statutory holidays and there will also be a holiday break from December 17 until January 9.

## North of the River

Matt Grant

"Back to school" for communities north of the Bow has a decidedly collegiate connotation. Over 30,000 students have enrolled at the University of Calgary this year, while SAIT boasts nearly 16,000 full-time students. These institutions host a range of free or affordable athletic, cultural and intellectual events and programs open to our communities.

Here are some of my favourites.

Nothing says autumn like Dinos football. At the time of writing, they've won their first two games – a positive start as the team hopes to repeat its 2013 Vanier Cup appearance.

Want to be active yourself? The U of C Health and Recreation Centre offers a huge range of activities (skating at the Olympic Oval is a particularly fun way to spend an afternoon), or pick up

*Matt Grant lives north of the River – now in West Hillhurst after many years in Bridgeland Riverside.*

some gear at the Calgary Outdoor Centre for your next adventure by river or path.

For a little culture, did you know the University of Calgary Theatre hosts more than 175 events per year? Whether your family is into dance, music or drama, there's something for everyone.

There's plenty to do at SAIT as well. This winter, my wife and I enjoyed taking an evening class at the Culinary Campus. You can hone kitchen skills or learn new recipes (French, South East Asian, Italian – you name it). On campus, in the John Ware Building, you can also purchase artisanal food products expertly prepared by students studying Butchery and Charcuterie Management and Baking and Pastry Arts.

Educators have long cited the axiom, "*Mens sana in corpore sano*" or a "healthy mind in a healthy body". The students, professors, researchers and support staff at the University of Calgary and SAIT help the residents of the communities north of the river achieve this worthy goal.



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### Put Your Stamp on the Process

Times have changed since the first letter was sent in Canada in 1693. The postal service provided by Canada Post is no longer as dominant in our daily lives as it used to be. With cell phones, email, texting, paperless billing, e-transfers and courier services, Canada Post has seen its role in our daily lives diminishing annually since 2006. At the same time, an average of 169,000 new addresses are added each year to the existing 15.8 million existing addresses.

With more places to deliver mail each year and less mail being sent, this has had a dramatic effect on revenues and costs. Canadians need to take a good look at our postal system and figure out a way to make it both sustainable and affordable. It is a vicious circle - stamp costs increase to cover growing operating costs which, in turn, results in less mail being sent and revenue dropping even further.

However, we still have a critical need for a national postal system as many Canadians and businesses rely on it for many reasons. Last year alone, Canada Post delivered almost nine billion items to every corner of Canada.

The time has come for Canadians to look at the future of our postal system to ensure it is both sustainable and affordable for everyone. A review of Canada Post is now underway and you can participate.

Canadians are being asked to contribute their comments, concerns and, most importantly, their ideas on how we can achieve these goals. For example, the most common idea I have heard so far is the suggestion to make mail delivery every second business day. This would save money and the impact on the environment. Canadians are known for being a resourceful and creative bunch and I am sure there are many more ideas to come.

An independent Task Force is currently gathering facts and developing options for consideration. Next, a Parliamentary Committee will consult Canadians on the options and make recommendations to the Government on the future of Canada Post.

To share your input, please send your ideas to [TPSGC.ExamendeSPC-CPCReview.PWGSC@pwgsc-tpsgc.gc.ca](mailto:TPSGC.ExamendeSPC-CPCReview.PWGSC@pwgsc-tpsgc.gc.ca), fax 1-844-836-8138, or even better, MAIL your comments to Canada Post Review, CP2200, Matane, QC, G4W 0K8. As your Member of Parliament, I am interested in knowing your views, and would appreciate being copied on your submission.

## West Hillhurst mybabysitterlist

Name	Age	Contact	Course
Antares	34	403-383-2527	Yes
Cecilia	17	587-223-1330	Yes
Ethan	16	587-703-7616	Yes
Haley	21	807-220-1154	Yes
Jenna	19	403-680-2357	Yes
Jordan	18	403-969-6661	No
Katie	16	587-583-9224	No
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Neil	14	403-991-6172	Yes
Sam	15	403-703-6837	Yes
Sarah	16	403-660-0319	No
Tessa	14	587-432-6045	Yes

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

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

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

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**SEPARATED, DIVORCED?** When a marriage ends, the holiday season is especially painful. Come to "**Surviving the Holidays**" to learn practical ways that will help. Saturday, Nov. 5, 7:00 p.m., 1920 13 Ave., N.W., Calgary Central Church. Free seminar, excellent advice, Holiday Survival Guides, gift bags. (403) 720-2048 or (403) 247-6673.

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- of prime importance; paramount; principal
- fundamental serving of an essential component
- quality associated with receptivity, initiative & executive action

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