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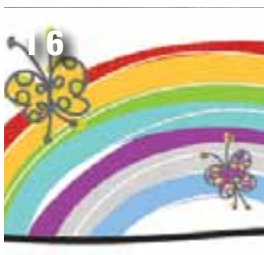
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WEST HILLHURST COMMUNITY ASSOCIATION

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

West Hillhurst Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager
Hello WHCA Community,

Hurray! The hockey arena and lounge are back open! It has been a very long 10 months and we appreciate our community's understanding and patience as this long over-due renovation has taken place. We will be having lots of free member skating during the spring and summer months. The schedule will be posted on our website, under "Building Schedule".

We will be celebrating with the "Grand Re-Opening of the Arena" on Friday May 12th, 2017 from 11am to 1pm. We invite everyone to join us. We are looking at many events in the upcoming year, Spruce Up the Neighborhood (May 27), our 1st Stampede Pancake Breakfast (July 12), Taste of the Neighborhood (Sept 30) and celebrating our 80th birthday in 2018. Watch for more information on all of our social media platforms. Anyone interested in volunteering can reach us at programs@westhillhurst.com.

Community soccer is now in full swing. We hope everyone that wanted to be involved has signed up and is enjoying themselves.

Do you have thoughts on future growth or ideas for the building? Maybe a 2nd arena, adding another squash court, more tennis courts, or something program related, please stop by and talk with me or email me at generalmanager@westhillhurst.com. I would be interested to hear what you have to say.

Thank you.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 26

CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Message from the Calgary Board of Education Board of Trustees

Provincial Budget Announcement

We received the provincial budget on March 16 and are pleased that the Province continues to prioritize public education.

We are the largest school board in the province, representing about one-sixth of all Alberta students. Next year alone, we will welcome over 2,000 new students into our classrooms, bringing our enrolment to over 121,000 students. Each of our students deserves the high quality education that Calgary families have come to expect.

This government has stated it wants to protect and improve public education. Providing funding for each and every child is the responsibility of the provincial government. Even with funding for enrolment growth, we will still have a gap between the amount we receive, and the amount necessary to maintain current educational service levels for our students. Therefore, we are worried that government funding may not be able to protect and improve public education.

We are committed to working with the provincial government and our staff and parents to continue to make decisions based on our values; students come first, learning is our central purpose and public education serves the common good.

We support the government's intention to make life more affordable for all families with the introduction of Bill 1: An Act to Reduce School Fees. We also have some concerns about this. Our initial analysis indicates that about one in four students who currently ride a yellow school bus will benefit from Bill 1. The rest could see fees increased and services reduced or eliminated.

With Bill 1, the government has taken over responsibility for setting service levels and the related fees. We are worried that we will be required to make decisions contrary to what we heard from parents last year during our transportation engagement.

We look forward to working with the government to ensure we protect and improve public education for each and every student.

More information about the CBE's budget will be shared on our budget information page as it becomes available. You can also share your feedback with us through the form online at www.cbe.ab.ca/budget

Canada 150

Schools across the country are celebrating the 150th anniversary of Canadian confederation in 2017. Throughout the year, we'll be sharing stories from CBE schools that highlight how students and teachers are marking this milestone. Check our website regularly, as we will be posting stories throughout the year.

Follow the Calgary Board of Education on Twitter @yycbedu



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 8-4
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WHCA Board Of Directors

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Vice President	Dion Lobreau	vice-president@westhillhurst.com
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Community Engagement		volunteers@westhillhurst.com
Capital Projects		capitalprojects@westhillhurst.com
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David Quaintance	

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

MONTHLY HEALTH CLUB PROMO

Tammie Yearwood
Registration preferred, but drop-in's are also welcome!
To register visit: westhillhurst.com/programsadult

May 1st – 31st

Get \$25.00 off of the Spring/Summer Tennis Membership. Regular \$200.00
WHCA membership required

Sign up for 2 WHCA Fitness Classes, and receive a 1 month fitness membership for free.

(must be signed up for the free membership by June 30, 2017)

EVENTS

John Mains

Wednesday, May 2 - Garden Talks – “Growing Through Techniques and Systems”

Get great gardening advice from local expert Janet Melrose at our monthly sessions. This month looks at planting techniques, containers, seedlings, tomatoes and potatoes and plotting your garden. Request a space at any of our garden talks by emailing garden@westhillhurst.com or register now for guaranteed seating at \$10 per person - <http://www.westhillhurst.com/whca-green-committee>

Saturday, May 27 - Spruce up the Neighbourhood

Almost that time of year again for a good spring clean! On May 27 WHCA will host their 4th annual Spruce Up the Neighbourhood. This event has been bringing our neighbors together every year to take advantage of numerous stations for recycling and disposing of household items and garbage. This year we plan to offer electronics recycling, paper shredding, household goods donations, recyclable deposit collection, packer trucks to collect large items and organic yard waste, and maybe more.

Stay tuned for more details...www.westhillhurst.com/whca-events

Saturday, June 17 – “Neighbour Day” Giant Community Garage Sale

Sign up now for our community garage sale happening Saturday June 17 as part of Calgary's Neighbour Day. Clean out the basement, kids' rooms, and the garage and host an event at your home. Registration is free to all WHCA member homes, bright yellow lawn signs will be provided to all participating homes and maps will be posted online and available at the WHCA. Register at westhillhurst.com or email programs@westhillhurst.com with your name and address to be added to the list!

Wednesday, July 12 – WHCA Stampede Breakfast

Come on down for the first annual WHCA Stampede Breakfast from 9:00 to 11:00 am and feast on pancakes, sausages, coffee and juice while enjoying a live local band and other fun stuff for the family.

MONTHLY FREE MEMBER CLUB BENEFITS

Tammie Yearwood

Registration preferred, but drop-ins are also welcome!
To register visit: westhillhurst.com/programsadult.

Tai Chi

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.

When: Saturdays, 9:30am – 10:30am

Room: Upper Studio A

Instructor: Aaron

NEW! Cycle & Sixpack – Saturday

We start this 60 minute class off on the bikes with a high energy 45 min ride. We're going have you sweating, heart pumping and legs working. We keep the burn going as we head to the mat for an ab series that will have you leaving with a strong core just in time for summer.

Dates: May 6th

Time: 7:15am – 8:15am

Location: Dance Studio

Instructor: Morgan (New Instructor)

NEW! Bike, Burn & Barre – Saturday

This 75min combo class is a one stop shop.

Morgan will start you off spinning, working your legs and lungs. After 35 minutes of digging deep, you will hit the floor for a total body workout. Morgan will give you a peek at all sorts of movements with various equipment, from weights to resistance bands to bosu balls... and show you why barre might be one of your new favourites. Whatever Morgan throws at you, you can expect to sweat hard and smile big

Dates: May 6th

Time: 1:15 – 2:30pm

Location: Dance Studio

Instructor: Morgan (New Instructor)

** See “Events” for details for upcoming Free Community events.



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Brad Currie, Broker/President

WHCA INTERNAL PROGRAMS

Contact WHCA Directly:

Email: programs@westhillhurst.com

Phone: (403) 283-0464

Visit Our Website: www.westhillhurst.com

Main Building Location: Use South or East Building Entrances

All Program registrations can be done online at www.westhillhurst.com/programs

Please stop in or give us a call to avoid admin fees online.

Adult INDOOR/OUTDOOR Pickleball – Monthly Registration & Drop-In Options Available

Bring your Pickleball 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. \$8.00 drop-in option available on-site, \$25 + GST/month per member or \$200 + GST/year per m

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

Days/Times: April – October,
Monday – Friday 8am-12pm

Summer Tennis

WHCA is excited to announce our new 2017 Tennis Coach - Zara Lo teaches the #TennisLifestyle for improving your game on and off court. Learning to improve and challenge yourself through tennis will improve your life. Register now for your spring and summer tennis programs for youth and adults!

Basic skills covered include groundstrokes, footwork, serve and return, net game, and developing consistency



WHCA Youth Team Tennis League – Starts July 14

Team tennis leagues operate with U8 and U10 teams competing in teams of four in doubles tennis. 4 players are on a court at one time so that one player from each team is on all courts. After large group instruction, players compete on their own against other team members to earn points for their team after each rally. By competing on a team, the pressure of winning or losing becomes less for the individual. Every player does their best to contribute to the team success and have fun!

Leagues give young players more court playing time where they can have fun and learn!

Youth Beginner – Ages 4 & 5 – Fridays 5:00 -6:00 pm

Youth Intermediate – Ages 6 – 8 – Fridays – 6:00 -7:00 pm

Youth Advanced – Ages 9-12 – Fridays 7:00 -8:30pm

WHCA Individual Junior and Adult Tennis Lessons – Starts week of July 10

Youth Beginner – Saturdays 9:00 -10:00 am

Youth Intermediate – Saturdays 10:00 -11:00 am

Youth Advanced – Saturdays 11:00 am -12:30pm

Adult Beginner – Wednesdays 5:30 – 7:30 pm

Adult Advanced – Wednesdays 7:30 – 8:30 pm

Check out www.westhillhurst.com/tennis for more details and to register or email programs@westhillhurst.com for help.

~cont'd next page~

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

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: April 10th – June 26 (no class Apr.17 & May22)

Time: 1:30pm - 2:30pm

Location: Dance Studio

Instructor: Dawn (Sub; Val)

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

Dates: April 11 – June 13

Time: 6:10am – 6:55am

Location: Dance Studio

Instructor: Karen

NEW! Morning Bootcamp – Tuesday

This fast paced 1 hour 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: April 11 – June 13

Time: 9:15am – 10:15am

Location: Dance Studio

Instructor: Karen

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: April 11 – June 13

Time: 6:35pm – 7:25pm

Location: Dance Studio

Instructor: Karen

NEW! Morning Spin Fit – Wednesday Morning

Spin n Strength is 50 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: April 12 – June 14

Time: 6:10am – 7:00am

Location: Dance Studio

Instructor: Karen

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: April 12 – June 14

Time: 9:10am - 10:10am

Location: Dance Studio

Instructor: Kiran

~cont'd next page~

WHCA PROGRAMS CONT'D

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: April 19 – June 14

Time: 1:30pm -2:30pm

Location: Dance Studio

Instructor: Dawn

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: April 13 – June 15 (No class May 18)

Time: 2:00pm - 3:00pm

Location: 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: April 13 – June 15

Time: 5:30pm – 6:15pm

Location: Dance Studio

Instructor: Karen

Ashtanga Yoga - Friday Morning

Based on the 8 limbs of yoga, focuses on the complete practice of yoga and merges the breath, mind, body and spirit. Classes include warm up exercises, followed by asana practice, finishing up with relaxation and meditation/mindfulness exercises.

It's a great way to start your day with positive mindset and bringing in unity your mind, your body and your spirit.

For all levels. Drop-ins welcome.

Dates: April 21 – June 23

Time: 9:15am – 10:15am

Location: Upper Studio A

Instructor: Sabina

NEW! May Class Cycle & Sixpack – Saturday

We start this 60 minute class off on the bikes with a high energy 45 min ride. We're going have you sweating, heart pumping and legs working. We keep the burn going as we head to the mat for an ab series that will have you leaving with a strong core just in time for summer.

Dates: May 13th – June 24th (no class May 20th)

Time: 7:15am – 8:15am

Location: Dance Studio

Instructor: Morgan (New Instructor)

~cont'd next page~

TRIVIA Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."



WHCA PROGRAMS CONT'D

NEW! May Class Bike, Burn & Barre – Saturday

This 75 min combo class is a one stop shop.

Morgan will start you off spinning, working your legs and lungs. After 35 minutes of digging deep, you will hit the floor for a total body workout. Morgan will give you a peek at all sorts of movements with various equipment, from weights to resistance bands to bosu balls... and show you why barre might be one of your new favorites. Whatever Morgan throws at you, you can expect to sweat hard and smile big

Dates: May 13th – June 24th (no class May 20th)

Time: 1:15 – 2:30pm

Location: Dance Studio

Instructor: Morgan (New Instructor)

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: April 9 – June 25 (no class April 16 & May 21)

Time: 9:00am-10:00am

Location: Dance Studio

Instructor: Karen

GENERAL HEALTH CLUB INFORMATION

WHCA Health Club Packages

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

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 or Kiran Khuber at personal-training@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, ballet barres, surround-sound stereo system and wood laminate 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

~cont'd next page~



WHCA PROGRAMS CONT'D

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

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



VICTORIA'S REIGN

Queen Victoria is the second-longest reigning British monarch, having ruled 63 years. She is only surpassed by Queen Elizabeth II who became longest-reigning British monarch on September 9th, 2015.

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 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

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 or visit www.zumbajoc.ca

FALL/WINTER 2016 – 2017 LEARN TO SKATE PROGRAMS

Donella Swan, Learn to Skate Program Director

Spring has sprung for West Hillhurst's Learn to Skate Program!

We are welcoming skaters back to our newly renovated WHCA arena with a full roster of skating programs.

Registration is open online at www.westhillhurst.com/learn-to-skate. Please contact skate@westhillhurst.com for any questions.

skate@westhillhurst.com | www.westhillhurst.com

Learn to Skate Spring 2017

Monday	Wednesday	Friday	Saturday
PreCanSkate & CanSkate (Shared Ice) 4:45 - 5:45 PM	Squirts Learn to Play Hockey On-Ice Skills Class 5:00 - 5:30 PM	STARSkate Ballet & Yogalates With Coach Jaclyn, Dance Studio 4:15 - 5:00 PM	AdultSkate Figure Skating Private & Group Lesson Time 8:00 - 9:00 AM
STARSkate Conditioning Class With Coach Jaclyn, Dance Studio 5:00 - 5:45 PM	PreCanSkate & CanSkate (Shared Ice) 5:30 - 6:30 PM	STARSkate Prelim Prep Group Lesson Time with Coach Sara 5:15 - 6:15 PM	AdultSkate Fundamentals (Shared Ice) 8:30 - 9:00 AM
STARSkate Prelim Prep Group Lesson Time with Coach Sara 6:00 - 7:00 PM	Squirts Floor Hockey With Coach Charles, WHCA Gymnasium 5:45 - 6:15 PM	STARSkate Warm Up Super Sprays with Coach Donelle 5:15 - 5:30 PM	STARSkate Prelim Prep Group Lesson Time with Coach Sara 9:00 - 10:00 AM
STARSkate Warm Up Stretching Class with Coach Craig 6:00 - 6:15 PM	STARSkate Prelim Prep Group Lesson Time with Coach Sara 6:45 - 7:45 PM	STARSkate & AdultSkate Private & Group Lesson Time 5:30 - 6:45 PM	STARSkate Warm Up Power Skating with Coach Donelle 9:00 - 9:15 AM
STARSkate & AdultSkate Private & Group Lesson Time 6:15 - 7:15 PM	STARSkate Warm Up Flexibility Training with Coach Jaclyn 6:45 - 7:00 PM	AdultSkate Bootcamp (Shared Ice) 6:30 - 7:00 PM	STARSkate & AdultSkate Private & Group Lesson Time 9:15 - 10:00 AM
STARSkate Cool Down Edges & Turns with Coach Craig 7:15 - 7:30 PM	STARSkate & AdultSkate Private & Group Lesson Time 7:00 - 7:30 PM	STARSkate Cool Down Jump Technique with Coach Kevin 6:45 - 7:00 PM	PreCanSkate & CanSkate (Shared Ice) 10:00 - 11:00 AM
	STARSkate Cool Down Creative Expression with Coach Jaclyn 7:30 - 7:45 PM		Squirts & CanPowerSkate (Shared Ice) 11:15 - 12:15 PM

It was another successful year at the Chinook Open 2017 competition for the WHCA figure skating club. Skaters travelled to Lethbridge, AB from March 31 - April 2, competing in everything from freeskate, interpretive and team events. Congratulations to the talented skaters!



SOCCER

WHCA SOCCER NEWS

The 2017 WHCA Youth Outdoor Soccer Season is well underway and wraps up in late June with a soccer fun day for all our players. More details will be sent out to parents and players during the season. All our players play weekly games and practices and receive a team uniform and photo package as keepsakes.

ROYAL WEST SOCCER PROGRAMS - CITY LEAGUE SOCCER

Outdoor tryouts wrapped up on April 1st! Royal West will host 6 teams in the CMSA league for Outdoor 2017 season! Teams include; U8 Boys, U9 Boys, U10 Boys, U12 Girls, U12 Boys, U17 Boys.

Our club aims to provide a Long Term Development model to all its athletes, with an aim to growing athletic ability, agility, and well-rounded athletes who give back to the community through the leadership opportunities the Club provides.

OUTDOOR FALL PROGRAM:

September 9 - October 14

U4/U6/U8 - Saturdays 11am \$60

Outdoor City League Registration and Details Available May 1st!

For more information contact, email: membership@royalwestfc.com

Higher Level Sports Academy

Summer at HLSA!

HIGHER LEVEL SPORTS ACADEMY

Summer at HLSA!

Multi Sport Camp - has participants engaged all week! This camp teaches new games each morning and soccer skillz all afternoon! The camp focuses on movement, being active, trying new things and meeting new people all while having fun. \$150/Week

Soccer Camp - Soccer is our specialty and we love soccer camp! We spend our morning learning skills and drills and cool down in the afternoon at the waterpark. We wrap the day up with soccer matches between participants. Full day camp option is available for ages 7 - 14. We offer morning, half day registration to ages 5 - 14.

\$150/Week full day \$75/Week half day

Adventure Camp - It's always an adventure at HLSA! Adventure camp combines sports and activities including; Trampoline park and bowling!

\$195/Week

Fall Registration - HLSA offers a wide range of soccer training programs for individual players and teams. Fall registration begins May 1st!

Address: 1411 33 St NE, in Marlborough across from Coast Plaza Hotel and beside the Extreme Air Park in the Franklin Crossing Plaza

For more information, contact:

**Romeo Forezli:
programs@higherlevelsportsacademy.com**

**Program Director
Phone Number: 403 836 7416**

TRIPLE MEG SOCCER

Triple Meg has been providing afterschool soccer, pre-school programs, and technical sessions in West Hillhurst since 2010.

Triple Meg was created with the goal of providing local coached afterschool and pre-school aged programs to give parents a convenient option and youth an opportunity to learn the FUNdamentals and participate in the great game of soccer!

Programs Available:

- Pre-School Soccer Ages 3-5
- After School Soccer U6,U8,U10,U12
- Drop-In Mini Tournaments U6,U8,U10,U12

Please Visit www.triplemeg.com for schedules and registration.

SUMMER FC

Summer FC provides has provided summer day camps for ages 6-13 with a focus on Soccer right here in the community of West Hillhurst since 2010!

Playing Soccer and Outdoor Swimming with Friends, summer doesn't get much better!

Perfect for folks commuting to and from the downtown core!

If you are looking for a great way for your child to spend their summer learning, having fun, and improving their soccer skills from experienced soccer players, then look no further!

Full Day Camps July and August are

**Monday to Friday 9-4pm
with drop off between 8-9am and
pick up between 4-5pm**

Please visit www.summerfc.com for more info and registration.

Planning Committee

Jennifer Cardiff

The West Hillhurst Community Planning Committee (WHCPC) is a standing committee of the West Hillhurst Community Association Board, and consists of interested and concerned community members.

Responsible for monitoring the planning and development of the West Hillhurst community, the WHCPC consults with the City of Calgary on local planning issues. Specifically, the Committee receives, reviews and provides comments to the City of Calgary regarding land use, development and other planning applications affecting the West Hillhurst neighbourhood.

Have questions about the planning process, development in our neighborhood, or are interested in joining the WHCPC, please contact Jennifer at planning@westhillhurst.com

211 18th Street NW: Proposed Land Use Redesignation to allow for a Fourplex Dwelling

An application is currently being considered by the City of Calgary to change the land use designation of 211, 18th Street NW from R-C2 (which allows low density residential housing) to M-CG (which allows for townhouses and fourplexes) for the purpose of allowing the construction of a fourplex on the site.

The WHCPC has opposed the application as they feel that a single higher density development located mid-block of a low-density area is contradictory to the principles of a well-planned neighbourhood.

The City of Calgary Council public hearing for this application is scheduled for May 8th. To find out more, please contact Jennifer at planning@westhillhurst.com or the City of Calgary.

JESSICA DID.
'I QUIT SMOKING FOR MY WEDDING'

- Jessica Therrien,
former smoker
and Run to Quit
Champion

**WALK/RUN
TO A
Smoke-Free Life**

**RUN
TO
QUIT**



WEST HILLHURST GO-GETTERS ASSOCIATION

Cassandra Towpich

Happy Mother's Day to all the moms out there. Remember to give your special mom, grandma or any great grandmas your appreciation with a call, hug, smile and/or your time.

Memberships are reduced to \$15.00 for the remainder of our membership year (until August 31, 2017). Now is the time to join and give us a try for the discounted membership price.

Trips planned for this month include: Stage West, Olds College, Vale's Greenhouse and Grey Eagle Casino. Special events include games night, our monthly luncheon and Go-Getters AGM. Check out our website, call or drop in to see dates, times, cost and availability for all of our programs.

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 now reduced to \$15.00 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 or call us at 403-283-3720. Drop in and visit us anytime, Monday through Friday from 8:30 am to 4:00 pm.



Tibs the Great

Tibs the Great was a cat who kept the British Post Office mouse-free in his 14 years of service. When Tibs passed away in 1964, several newspapers ran an obituary commemorating him.



West Hillhurst Preschool News

Erin Hinton



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 6th from 7:30pm -11pm. All proceeds directly support the preschool and its programs, such as soccer, ice skating, music, and Bricks-4-Kids. If you have any questions, comments, or would like to make a donation, please contact donate@westhillhurstpreschool.com.

WHCA Preschool still has spots remaining for our 2017/2018 School Year.

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.

TRANSPORTATION REPORT



Kerry Baird

Traffic Issues

If you have an on going issue that has to do with:

- **speeding;**
- **crosswalk violations;**
- **pedestrian violations;**
- **school and playground zone;**
- **construction zone issues;**

Then you should go on to <http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx> and report it. An officer will get back to you. There is a link on Calgary Police main page for Traffic Service Requests.

Legion Site and Parking

The city is unable to make blanket parking restrictions. Thus, if you are on a block near the new Legion you will need to request parking restrictions. To do this you need a Champion on your block. They will need to download a form from www.calgary.ca/transportation/Roads/Pages/Traffic/Parking-management/Residential-parking-zones.aspx

This will give you a petition that you need to have 80% agreement to get the restriction.

There is a note going out to affected residents from the No264 and Trueman with instructions.

As always if you have any questions or concerns please email me at transportation@westhillhurst.com, or whcatraffic@yahoo.ca.

AHS: Oral Health



Oral Health: It's About More Than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For more information on oral health and AHS oral health services, visit www.ahs.ca/oralhealth.

SUMMIT KIDS

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).

We cater to both the public and Catholic school board spring breaks

For more information, please call 403.797.1488 or email info@summitsummer.ca

OR

Check out our website at summitsummer.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!

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, June 1

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

~ continued on page 20 ~

KENSINGTON WINE MARKET

2017 SPRING TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

- | | | | |
|---|-------------|--|--------------|
| Pretty in Pink | \$30 | Napa Blockbusters | \$75 |
| Let's get Mother's Day weekend off to a Rosé start with a global tasting of our prettiest pinks, including bubbles. Stand up format. | | Napa is without a doubt the most famous wine region of the New World. Let's explore the complexity of this intriguing valley, from Los Carneros to Calistoga. Tue Jun 6 | |
| Fri May 12 | | The Refreshing Beers of Summer | \$35 |
| Italian Masterpiece | \$85 | What else are we going to drink while the weather is hot!! It's time to discover your new summertime favourites, from dry hoppy session ales and crisp kettle sours, to comforting brown ales, and more! Fri Jun 9 | |
| 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 in Italy. Brunello, Barolo, and Amarone will shine! Tue May 16 | | Compass Box KWM Blend Launch | \$30 |
| 25th Anniversary Wine Festival | \$50 | It has been a few years since John Glaser of Compass Box has been in Calgary. He's coming to town to help us launch an exclusive collaboration blend marking our 25th Anniversary. Tue Jun 13 Two sittings: 6PM or 8PM. | |
| Let's celebrate KWM's 25th anniversary! The fun starts with a storewide tasting and an early bird's peek at our anniversary sale which runs from Friday to Sunday. Thr May 18 | | Tight Wad Oenophile: Summer Sippers | \$20 |
| 25th Anniversary Special Tasting | \$25 | Penny pinching for wine lovers. We'll taste 7 guaranteed delicious wallet friendly wines just in time for summer. Discover what the experts won't admit to taking home. Thr Jun 15 | |
| Join us for a unique tasting to celebrate KWM's exclusive 25th Anniversary bottlings: Port, Whisky, Cognac and Armagnac, all bottled just for us. Special one night only discount of 25% on 25th Anniversary purchases! Stand up format; drop in between 6 and 9. Fri May 19 | | Cool Climate South Seas | \$40 |
| Bubbles Galore | \$50 | Let's explore some "off the track" growing regions of the South Seas. We'll visit the cooler climate wine regions of Australia, New Zealand and Tasmania. Tue Jun 20 | |
| Champagne isn't the only game in town. Join us for a tasting of the best of the best: Prosecco, Cava, Cremant, Espumate, Asti, and maybe a taste of the real thing just for good measure! Tue May 23 | | Volcanic Wines | \$35 |
| Cheese Please | \$30 | This one's sure to be a unique tasting for those looking for something different! We'll explore the link between volcanic soils and the wide range of wine styles they produce. Wed Jun 21 | |
| Peasant Cheese, our next door neighbor in Kensington, will guide us as we explore the world of cheese and a global tasting of Pinot Noir. Stand up format. Thr May 25 | | Master Malt 25 Year Old Edition | \$100 |
| Glenfarclas with George Grant | \$50 | To celebrate Kensington Wine Market's 25 years in business we'll be sampling a range of 7 25 year old single malts. Fri Jun 23 | |
| George Grant is coming to town to help us celebrate our 25th Anniversary and we'll have a stellar range of whiskies to mark the occasion, including some old Family Cask bottlings. Anniversary tasting glass included. Fri May 26 Two sittings: 4PM or 7PM | | Oh Canada! Canadian Craft | \$20 |
| Rare Malts 1992 Vintage Edition | \$80 | Please join us for a patriotic roundup of the finest Canadian craft beers in honor of our nation's 150th Anniversary. Tue Jun 27 | |
| KWM opened its doors in 1992! To help celebrate 25 fabulous years, we'll be sampling a range of 1992 vintage single malts. Tue May 30 | | The Spirit of Canada | \$35 |
| Wine Festival : Spain and Portugal | \$40 | Canadian whisky has caught the world's attention in the last few years, just as a surge of craft Canadian whiskies are about to hit the market. We'll feature some of the best new releases! Thr Jun 29 | |
| We close shop early so we can clear the floor! Travel the Iberian peninsula in this edition of our Wine Festival. Cava, port, sherry, and so much more! Thr Jun 1 | | Cheese Please: Canada Day Edition | \$35 |
| | | Please join KWM and our neighbor Peasant Cheese as we celebrate 150 years of all things Canadian with a great tasting of Canadian cheese and wine. Fri Jun 30 | |

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

SUMMIT KIDS

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 (12:00 p.m. – 2:00 p.m.) - \$30 +gstSaturday, June 17

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 +gstSaturday, June 17

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 +gstThursday, June 8

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 +gstThursday, May 4

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 +gstThursday, May 25

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 cyber bullying.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gstThursday, June 29

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Never Bee Lost

This fantastic one hour child safety program is designed to teach children what to do if they become lost or separated from their parents in a public place. The focus is on prevention and safe responses to this often common and frightening event. Often children are reunited within minutes, but in some cases it may take hours. What a child does, and most importantly how prepared they are for the situation, can make the difference in their overall safety. Never Bee Lost will give young children their first lessons on personal safety and provide a basis that they can build on as they grow older and take on more responsibility.

2-hour session (6:30 p.m. – 7:30 p.m.) - \$30 +gstThursday, May 11

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 behaviour 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 +gstThursday, June 15

Cybersafe Intermediate

Internet safety is on the mind of every parent. It's estimated that 2 out of 3 households have a computer and access to the internet. What this also means is that there are risks involved. Think about this: 26% of kids ages 9 -15 went to meet a friend that they met online without the permission of their parents. What that tells us is that kids either don't know the rules, or don't understand the seriousness of online safety. Kidproof's Cyber Safe Internet Safety workshop covers the topic of internet safety through interactive, non-threatening and entertaining lessons.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$20 +gstThursday, June 22

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 • Call: 587.432.0471 • Email: info@sk4u.ca

Summit Kids- WHCA Campus



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

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

WHCA GREEN COMMITTEE

Chris Koper

GARDEN BEDS STILL AVAILABLE AT THE WHCA Community Garden!



Would you like to grow your own produce? Do you need guidance in growing or do you like to share your knowledge with others? We are a fun-loving group who like to garden and have organic produce. If you are interested in a garden bed, go to <http://www.westhillhurst.com/whca-green-committee> to register! Or phone it in to (403) 283-0460 ext. 6.

Lyndon Penner (CBC Radio Garden Guru) came to the WHCA on March 21. What a turn out! Thank you, Lyndon, and so good to see all the participants who went home with gifts! Thank you to Pages Book Store Kensington for coming out to sell Lyndon's books!

May 2, Janet Melrose will speak from 6:30-8:30 pm in the Go-Getters area of the WHCA, 1940 6th Ave. NW. Price is \$10 and it is a fundraiser for children's education. Register as above or pay at the door. Seeds and seedlings available at the talk! The theme will be:

GROWING THROUGH TECHNIQUES AND SYSTEMS

• Planting Techniques:

- ✓ Square foot gardening
- ✓ Container gardening
- ✓ Companion Planting
- ✓ Crop rotation

- **Seedling: buying, hardening off, planting and protecting**
 - ✓ Tomatoes and Potatoes
 - ✓ Planning a garden
- **Creating a custom plan for your garden**

TO DO LIST FOR MAY:

- Begin hardening off seedlings by exposing them to cooler temperatures for longer periods each day. Do not put outside in direct sun either.
- Seed cold-weather crops (Arugula (rocket); Beets; Broccoli; Brussel Sprouts; Cabbage; Collards; Carrots; Cauliflower).
- Give perennials and fruit trees a generous feeding of compost, and if it has been dry, water them deeply to boost their growth.
- Toward the end of the month, plant potatoes and seeds of warm-season crops. Do not use potatoes from the store as they are sprayed with a growth inhibitor. Get your seed potatoes from garden centers.
- Protect cauliflower and broccoli transplants from root maggots with 4-by-4-inch collars made of heavy paper, placed on the soil around the base of the plants or cover with row cover.

MAY 27TH – SPRUCE UP THE NEIGHBORHOOD RECYCLING EVENT - When going through things you wish to declutter out of your life, consider donating garden tools to the WHCA community Garden as well as bottles



that day to help raise money for a needed tool shed and children's classes for the garden

Do you have a Cotoneaster Hedge that looks like this? If so you could have what is called Oystershell scale. It is spreading through Calgary. If areas of the hedge start

~continued next page~

to get small brown bumps, and starts experiencing die back, you may be infested with scale that gradually sucks the sap and nutrients out of the branches. The best way to deal with it is to cut the hedge to all the way flush with the ground and let it grow new growth. It does not take long to look great again, and if you wait too long the hedge will die completely. Cotoneaster hedges need rejuvenating every 7 years or so! If you are considering planting trees this spring, consider not using trees in the Prunus family such as Mayday trees or Schubert Chokecherries. Black Knot has become rampant in Calgary and it seems only a matter of time before it gets to most of these types of trees.



Black Knot is a fungus that looks like black soot wrapped around the branches of affected trees:

What can you do to help the tree? Remove all knots by pruning 6-8 inches or to a healthy collar (during dormant season) so you don't leave a stub. Make sure to sanitize your tools each cut. **DISEASED WOOD MUST BE DESTROYED IMMEDIATELY** (burned, buried or removed from site). Diseased knots can produce and release spores for up to 4 months after removal. If your tree is on city property, put in a request with 311 and tell them your tree has Black Knot and needs pruning so it doesn't spread. If it is not on city property, call a certified arborist.

If you have any gardening questions contact us at garden@westhillhurst.com.

Make sure to like us on Facebook at West Hillhurst Community Gardens or our Garden Blog at westhillhurstcommunitygarden.wordpress.com. Both will give you tips and what's going on in the gardens!

CONFEDERATION PARK 55+

By Judy Cairns

Registration for the spring session has started but it's not too late to register. Check the Centre's website, yycseniors.com, for the most up to date information on activities and events. Drop by our facility any weekday between 9:00am and 3:00pm to register. (Payment by cheque or cash ONLY.)

Please note: a membership is required to register in activities. Memberships will be prorated for the remainder of the year at \$15.00/person per year (September 1 to August 31).

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 or call the Centre at 403.289.4780.

Coming up:

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

- **May 13: Black Velvet**
- **May 27: For Old Tyme Sake**

Garage Sale – May 6, 2017 from 8:00am to 3:00pm

Donations will be accepted starting May 3 until May 5. Drop off at the Centre from 9:00am to 3:00pm.

Please call 403.289.4780 for more information regarding donations. Want to volunteer at the Garage Sale? Give Angela a call at 403.289.4780 to find out how you can help.

Sasi Jaunt – Saturday, June 3 at 10:00am. Check out sasijaunt.com for more information.

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

**STAY ACTIVE • STAY INVOLVED •
• STAY CONNECTED • JOIN US •**

About Wine

Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines – made from grapes or blends, regions or countries - that may not be common or well known. About a wine or winemaker, with a story to tell; of place, process or style. Highlighting smaller artisanal producers making unique, reasonably priced

\$50 retail), all the while demonstrating careful earth stewardship.

Paolo Conterno, Nebbiolo

2014, Langhe "A Mont" - Piedmont, Italy

ABOUT THE MAKER: Founded in 1886 by Paolo Conterno who recognized the connoisseurs' market for quality wine. In 1955, Paolo Conterno II replanted the vineyards with Nebbiolo clones better-suited to the family's alpine Langhe sites. In 1993 Paolo II was knighted by the Italian Federation for contributions to the Italian wine industry. Now run by a fourth generation, Giorgio Conterno carries on the tradition of his visionary ancestors.

ABOUT THE MAKING: Combining traditional methods (ageing in 35 hectolitre French barrels) with modern vinification (temperature controlled fermentation), the Conternos bring together best-practices of both winemaking worlds. They live their motto "We make wine for our family that we share with others."

ABOUT THE ESTATE: South-facing calcareous clay slopes, that average 300 metres a.s.l. provide ideal conditions for growing Nebbiolo. With vineyards on 38 degree slopes, the 10-acre estate-vines are hand-maintained and hand-harvested.

ABOUT THE WINE: Medium-bodied wine with luscious aromas of roses and dark fruits. Elegantly structured, this wine is round, with complex - slightly spicy flavours lingering lusciously on the palate as the long finish concludes.

ABOUT PAIRING: Pair with ripe cheeses, risotto, roasted vegetables, pasta with red sauces, or lean cuts of beef.

ABOUT STEWARDSHIP: Sustainable production.

ABOUT AVAILABILITY: Check liquorconnect.com (call the listed store too) confirming availability prior to heading out for purchase.

CSPC #741110

ABOUT PRICE: \$26



BUSINESS CLASSIFIEDS

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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 \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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.

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is good for the soul



CALGARY PUBLIC LIBRARY

Walk150: Make Calgary feel like home, one step at a time!

Walk through Calgary neighbourhoods with Lori Beattie, author of *Calgary's Best Walks*, and discover new and familiar places with multilingual guides available. Various Library Locations & Dates to Accommodate Your Schedule
Walk150 takes place in May & June

Book Discussion Groups

May Theme: Great Canadians!
Travel the world of ideas while talking about your favourite Canadian author or book that made you love Canada just a little bit more. Bring your book to a lively, facilitated discussion. No registration required.
Various Library Locations & Dates

Bill's Book Café with Julie Van Rosendaal

Join Library CEO Bill Ptacek & local cookbook author Julie Van Rosendaal on a rich culinary journey as they talk about *Feast: Recipes and Stories from a Canadian Road Trip*.
Alexander Calhoun Library
May 12 | 7 pm

Sage Hill Library

Temporary location to open in June! Visit our website for details.
To register or learn about other events, visit calgarylibrary.ca or call 403.260.2620.

PechaKucha
is a presentation style where the presenter shows twenty slides, each for only 20 seconds. But the word pechakucha is also the Japanese word for "chit chat".

BRAIN GAMES SUDOKU

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

Gardening by the phases of the moon

May 2 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

May 10 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

May 19 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

May 25 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

IN & AROUND CALGARY



Celebrate Neighbour Day on Saturday, June 17

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 17 the day you get to know your neighbours! Visit Calgary.ca/NeighbourDay for ideas to help you celebrate.
Planning a really BIG event? Special event and festival permit applications are due March 17. Block party and greenspace permit applications are due May 26.

Celebrating 150 years of Canadian Wildlife!

Ontario

Who Am I?

Look at the forest, it's perfectly still,
Nothing is moving at all, until...
Look a bit closer, somebody's there,
Someone with antlers and dark brown hair!

Someone who's wearing a bell at his throat,
A bell that is silent and won't play a note.
Somebody solid, imposing and tall,
Someone concealed by the trees every fall.

Eater of twigs and a swimmer of lakes,
My hooves will outrun you, make no mistake.
And though a bit lonesome is how I appear,
I think that you'll find that I'm really a deer!

Deer Caribou Moose

Turn page upside-down for answer!

Compliments of the Friends of the Bowmont Natural Environment Park Area

West Hillhurst mybabysitterlist

Name	Age	Contact	Course
Cecilia	18	587-223-1330	Yes
Ethan	16	587-703-7616	Yes
Eugene	19	403-703-4488	Yes
Haley	21	807-220-1154	Yes
Jenna	19	403-680-2357	Yes
Jordan	19	403-969-6661	No
Maddy	19	587-888-7298	Yes
Maddy	19	587-888-7298	Yes
Neil	15	403-991-6172	Yes
Sam	16	403-703-6837	Yes
Sarah	17	403-660-0319	No
Tessa	15	587-432-6045	Yes

Calling All BABYSITTERS
 Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.
Calling All PARENTS
 Visit 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.



DASH THE SPANIEL
 Queen Victoria's dearest childhood friend was her Cavalier King Charles spaniel named Dash. The marble effigy marking his grave describes him as having "attachment without selfishness, playfulness without malice, fidelity without deceit."



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



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

	Average Asking Price	Average Sold Price
March 2017	\$783,000	\$769,000
February 2017	\$659,900	\$650,000
January 2017	\$699,900	\$700,000
December 2016	\$731,450	\$713,500
November 2016	\$769,900	\$760,000
October 2016	\$1,140,000	\$1,093,250
September 2016	\$788,000	\$770,000
August 2016	\$684,900	\$668,750
July 2016	\$774,900	\$757,500
June 2016	\$799,900	\$790,000
May 2016	\$824,950	\$789,000
April 2016	\$709,000	\$682,500

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

	No. New Properties	No. Properties Sold
March 2017	24	15
February 2017	12	7
January 2017	15	7
December 2016	4	8
November 2016	13	11
October 2016	17	8
September 2016	13	9
August 2016	11	6
July 2016	14	10
June 2016	13	15
May 2016	18	10
April 2016	12	12

To view more detailed information that comprise the above
 MLS averages please visit west_hillhurst.great-news.ca

THE LIONS CORNER



*NEW RESIDENTS IN OUR COMMUNITY *

The West Hillhurst community has grown significantly since the Lions Village replaced the old bungalows on the corner of Crowchild and Kensington.

The new building has 90 suites and the 100 – 150 individuals now living there are making their home in West Hillhurst. The location is ideally located close to the local shopping plaza across the street and is making an economic impact in the community.

For the Lions Club of Calgary it has been a huge change. The cozy old bungalows were built in the 1950's and after 50 years of families living there, they were starting to have maintenance issues, so a vision to replace them started to take place. This vision soon became a plan and Lions with the help of Governments, Banks, Architects, Engineers and Contractors completed the project in 2012. Since then the now modern independent living facility is continuing to have full occupancy.

In addition to modern suites, tenants can enjoy meeting and exercise rooms. The building also has a commercial kitchen and dining room for up to 100 individuals.

For The Lions Club of Calgary providing this facility to Seniors in our community, has been a dream come true and we meet at the Village every second and fourth Tuesday of the month. To arrange a tour of the facilities or to get additional information about what more your Lions Club does in the community please visit www.e-clubhouse.org/sites/calgary and/or contact: thelionsclubofcalgary@gmail.com

Setting S.M.A.R.T. Goals

By Dr. Tanja Haley, R.Psych., Certified Gottman Couples Therapist

I cannot stress the importance of setting goals enough. Goals give us something to work toward, and help us feel like we are moving along a specific path. Establishing goals invites us to look at the big picture, break it down into smaller pieces, and get started toward accomplishing our important hopes and dreams.

It seems though, that many people aren't quite sure how to set goals. One of the most common problems is that their goals tend to be too big. It is much easier to achieve smaller goals that fit with a larger objective, than to try and accomplish everything all at once. Here are some simple tips that you might find helpful:

Formulate two to three goals that you want to work toward in the next six months. Use the S.M.A.R.T. technique to help you define these goals:

- **Specific** - set clear, concrete goals. Some examples might be implementing an exercise plan, working toward a certification, or improving your relationship with your spouse.
- **Measurable** - identify markers that will indicate when you have reached your goals. If your goal is implementing an exercise plan, a marker is going to the gym three times per week. Or, if you want to have a better relationship with your spouse a marker might be checking in with him/her for at least 10 minutes per day.
- **Achievable** - ensure that your goals are realistic. Ask yourself the question of whether your goal is actually achievable or not, and be honest! For example, setting the goal of losing 10 pounds in two weeks is not realistic (and definitely not healthy!).
- **Relevant** - choose goals that are applicable to your personal or professional development. Make sure that these goals are something you are truly invested in, because you will be focusing a great deal of time and energy on them.
- **Time-Related** - set a timeline that will guide your progress. Specifying a goal for two years down the road is not as powerful a motivator as one that you set for the next six months.

Once you have set a couple of goals for yourself that you feel comfortable with, share those goals with a close family member or friend. Often voicing them out loud makes them much more tangible, and may increase your motivation for reaching them. Also, the person you entrust with these goals could become a cheerleader, and someone to celebrate your successes with.

Rick Hansen sums up the importance of setting S.M.A.R.T. goals very well:

"The goal you set must be challenging. At the same time, it should be realistic and attainable, not impossible to reach. It should be challenging enough to make you stretch, but not so far that you break."



Positive Habits Last a Lifetime

When parents and other caregivers have healthy eating habits, that's what children learn.

The eating habits children learn in their early years (birth to six years) last a lifetime. From a young age, we start to learn about food and eating by watching others. When parents and other caregivers have healthy eating habits, that's what children learn.

Ellen Parker's two boys Henry, 3, and Oliver, 5, are learning about healthy foods and healthy eating. She regularly gives them foods such as smoothies with spinach and quinoa and she grates vegetables onto pizzas and into veggie burgers. "They don't even know that they're eating healthy food," she says.

Here are other ways to make healthy eating a habit in your family.

Offer three meals and two to three snacks a day at regular times. Knowing when they'll be eating next helps kids feel safe and keeps them from wanting to eat throughout the day. If your child refuses to eat during a meal and asks for a snack 20 minutes later, it's okay to say no. Simply let them know they need to wait until the

next meal or snack time.

Offer new foods often. It can take 15 or more tries before your child accepts a new food. Try offering small amounts of new food at the start of meals when your child is most hungry. Include food that your family likes to eat along with new food prepared in different ways.

Offer choices. Try serving your family a variety of colourful vegetables, fruits and other healthy food, and let your child pick their own food from what you serve. Encourage them to take small amounts at first, and offer more if they are still hungry.

Think beyond a single meal or snack. Once in a while your child may eat little or nothing at a meal or snack. This is natural. Over time, children usually adjust what they eat at other meals and snacks.

If your child won't eat meat and alternatives. You could offer different types of fish, poultry and lean meat. You may need to offer them many times and prepare them in different ways. Other tips: try soft meats such as ground meat or poultry, or dice meat into small bites that your child can easily chew. Meat can also be more appealing when you add it to soups, stews or tomato sauces. And you can offer other sources of protein such as tofu, beans and legumes, or fish.

If your child won't eat vegetables, you can try these tips. Add vegetables such as carrots, zucchini and beets to soups, stews, casseroles, stir fries or sauces. Cook vegetables to different textures and tastes—such as raw or lightly cooked.

If you're worried your child is not getting enough nutrients, talk to your healthcare provider. For more tips, visit healthyparentshealthychildren.ca.



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News from the Friends of Nose Hill

by Anne Burke

The City annually invests in infrastructure and upgrades to ensure levels of service and address both capacity and lifecycle needs. The storm water quality retrofit program adds more wet ponds to long-established areas of the city. Wet ponds protect the quality of river water by slowing the flow, allowing sediment to settle. Plants help to remove pollutants. In all, there are 200-flood related projects requiring repairs or restoration. There are riverbank stabilization and erosion sites, the storm drainage system, and lift or pump stations. Construction projects include water main and pipe repairs, as well as new projects and upgrades to improve water and wastewater systems.

The North Calgary Water Servicing Project is underway. This is part of a long-term plan to sustain the water supply system. A new water supply line (feeder main) is required to service future area development. A consultant will design and construct a new water main from Big Hill Pump Station to the Beddington Reservoir. The preferred alignment will cross Nose Hill Park, using geo-technical tunnelling up to 90 metres or 300 feet deep. A rare plant and bird survey to ensure conservation of protected species will be done before phase 1 soil sampling to test the proposed route. The optimum time to drill 21 test holes (each 6 inches in diameter) is mid-winter when the ground is frozen, which minimizes the impact on the surface environment. However, the areas

adjacent to these test locations will be rehabilitated prior to crew leaving the site.

The City promises that there will be only minor surface disruption in the SW and NE corners of Nose Hill at the entrance and exit of the proposed tunnel. No other surface work would be required in the park. Phase 2 construction will occur in Summer 2017 to summer 2018. Drilling and survey equipment and personnel will be visible on the hill but away from the paths by mid-February early April 2017. In addition, there will be signs at Nose Hill parking lots and an information brochure at www.calgary.ca/nosehill. You can phone 3-1-1 for general water construction inquiries or a list of road closures due to other construction projects.

Summertime Fun

**It's time to register for Camps!
Ages 3-12**



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IN & AROUND CALGARY



Blue Cart Recycling Tip of the Month

Say no to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

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91 Monthly Community Newsletters
415,000 Households
152 Calgary Communities

What should I do with these items instead?

- If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart as garbage.
- Still not sure what to do with your stringy item? Use the online search tool at calgary.ca/whatgoeswhere to find the answers.

Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.

You'll receive everything you need to get started

When your green cart arrives look inside to find:

- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visit calgary.ca/multifamily.

**Councillor, Ward 7
Druh Farrell**
ward07@calgary.ca
www.druhfarrell.ca
@DruhFarrell; Druh Farrell

Redevelopment and Public Benefit

Over the years, I have advocated for smart growth policies to reduce Calgary's dependence on sprawl, while also bringing investment and public benefit to inner-city communities. Our city's Municipal Development Plan sets a 60 year target of 50-50 growth between established areas and new communities. This target is not just about density. It is about promoting great neighbourhoods that deliver value to current and future residents.

To strengthen our inner-city, The City of Calgary promotes walkable communities that are well connected by transit. Communities will have vibrant public spaces, strong local shops, and diverse housing options for Calgarians of all ages and incomes. To make these goals a reality, The City is focussing on the Main Streets initiative and Green Line Light Rail Transit (LRT).

Main Streets will rejuvenate Calgary's historical main streets through redevelopment, heritage preservation, and funding for public spaces. When properties are redeveloped for higher density, The City sees an increase in tax revenue. The City plans to use a portion of this increase to fund traffic calming, rebuilt sidewalks, improved park spaces, and other amenities prioritised by communities during Main Streets public engagement.

Main Streets planning is currently wrapping up along Bowness Rd NW in Montgomery, 1 Av NE in Bridgeland, and 17 Av SW in Killarney-Glengarry. In coming years, Ward 7 Main Streets will include 16 Av N, Kensington Rd NW, 14 St NW, 10 St NW, 4 St NW, Centre St N, and Edmonton Tr NE. Ward 7 residents can expect robust public engagement that helps communities plan for change and identify local priorities for improvements funded through redevelopment.

The Green Line LRT will connect Calgary communities with high-quality transit and promote Transit Oriented Development (TOD). A focus on TOD helps more Calgarians live close to transit and local amenities, with great spaces in between. TOD also enables The City to fund improved streets, parks, libraries, community centres, and recreation facilities.

In the end, successful redevelopment means investing in communities experiencing significant change. I look forward to working through the Main Streets and Green Line processes to help Ward 7 communities identify local priorities and realise public benefits.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca.

IN & AROUND CALGARY

Community Spring Cleaning

A message from the Federation of Calgary Communities

Building Safe Communities Program



The snow has melted and spring is now in the air, which means there's no better time to participate in a community clean-up! Bring your community together to help beautify your neighbourhood.

Here are two approaches that you can begin creating a cleaner neighbourhood,

1. Preserve a space: Collaborate with your neighbours and preserve a space, whether it's a community green area, public walkway, or playground that you and your neighbours can take ownership of to clean and maintain.

2. Clean sweep: Rally neighbours to put a couple of hours aside to do a one-time sweep of your community. You can also make this approach a regular community event!

Ensure you always have safety precautions in place like gloves, bags, proper footwear, and safe handling of dangerous items.

For more resources, check out our website at calgarycommunities.com.

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'Real books' or eBooks . . . keep reading happening this summer!

Research shows that children can lose up to three months of academic progress over one summer vacation.

Keep in mind: children in Alberta spend 950 to 1,000 hours in school annually, compared to 1,500 to 1,700 hours outside of school over the summer.

Reading a minimum of six 'Just Right' books can help your child maintain their reading level when school is out.

How to select a 'Just Right' Book

- Open a book to any page and have your child begin reading
 - Each time they come to a word they don't know – have them hold up one finger
 - After they finish the page, check how many fingers they are holding up
- One finger – the book is too easy. Five fingers – the book is too hard. **Three fingers – the book is 'Just Right'**

eBooks are an option too!

Parents tell us that setting limits for their child's screen time can be difficult during the summer. So, keep in mind that eBooks can be a fun way to keep your child reading—even when they are on a device!

Lots of websites share free children's eBooks. Here are a few sites to check out:

- www.magickeys.com/books/
- www.freechildrenstories.com
- http://www.kidsworldfun.com/ebooks.php
- https://freekidsbooks.org/

*The **CBC Calgary Reads Big Book Sale** runs from May 12 to 14, 2017 at the Calgary Curling Club, 720 - 3 St NW. This is Calgary Reads' signature fundraising event. With children's books at just \$2, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website www.calgaryreads.com*



Calgary Confederation
Len Webber, MP
 2020 10 St NW, T2M3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Visit our National Parks

This year Canada marks its 150th birthday and there are many ways to celebrate.

Canada is known for its natural beauty and one of the best ways to experience Canada is to visit our National Parks -- for free.

By visiting www.parkscanada.gc.ca or by calling 1-888-773-8888, you can order your free Canada 150 pass and this will allow you to have unlimited daily visits to all national parks and historical sites across Canada. You can also request a free Visitors Guide for each region of the country.

Alberta is home to Canada's first national park. Banff National Park of Canada was created in 1885 and is a UNESCO World Heritage Site. Alberta is also home to four other national parks too; Elk Island, Jasper, Waterton Lakes and Wood Buffalo -- as well as many national historical sites.

The special Canada 150 pass is only good for free daily visits but you may want to consider extending your experience by staying overnight for a very reasonable cost.

If you do not have access to camping equipment, you may want to consider some of the more innovative solutions offered by Parks Canada. There are oTENTik, teepees and Equipped Campsites available at most Alberta parks, but space is limited. Accommodation options are much more limited in other provinces.

oTENTik sites are a cross between a tent and a rustic cabin, similar to what early settlers and gold rush pioneers lived in. They accommodate up to six and are both dry and spacious and include the beds. The kids will love the bunk beds!

The teepee equipped sites are only available at Waterton Lakes Park and Rocky Mountain House National Historical Site.

The Equipped Campsites are perfect for those who do not own any camping equipment or do not have the space to transport camping equipment (cyclists and motorcyclists). These sites come equipped with the basics for up to six people.

Visit www.parkscanada.gc.ca or call 1-888-773-8888 to book your overnight visit before space runs out.

Finally, visiting our national parks is a fun experience, but can be deadly if you are not prepared or do not use common sense. Please remember that many parts of our national parks are remote, not well monitored and rely on park users to know their own limits. If you are unsure of the risks in a specific park, please take the time to speak with the knowledgeable staff.

Sharing your experiences on social media will help raise awareness of the fantastic opportunities our national parks and historical sites offer Canadians every day.



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