

AUGUST 2017

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THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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CONTENTS

- 5 GENERAL MANAGER’S MESSAGE
- 7 EVENTS
- 8 WHCA PROGRAMS
- 14 WHCA COMMUNITY SOCCER
- 16 AT A GLANCE
- 20 WESTHILLHURST GO-GETTERS ASSOCIATION
- 17 SUMMIT KIDS PROGRAMS
- 26 NEWS FROM THE FRIENDS OF NOSE HILL





WEST HILLHURST COMMUNITY ASSOCIATION

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

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The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of 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.

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,

Hope everyone is having a wonderful summer so far and enjoying it with family and friends. The weather certainly has been nice and hot. Hope you have had a chance to get into a pool somewhere (hint, hint).



With the arena in full operation, hockey camps are now upon us and will run for the entire month of August. The Barn is in full swing now. Come and join us for a drink!

With September coming fast, remember to get your "Taste of the Neighborhood" tickets. The event is our other major fundraiser of the year (Casino was the first) and helps us with so much upkeep for the building as well as our WHCA programs, like preschool, soccer, tennis, and learn to skate. The event is Sat Sept 30th.

Attentions Community Businesses! If you are interested in getting your company signage in the new arena, contact me. We do have spaces available.

Do you have thoughts on future growth or ideas for the building? Maybe want to volunteer your time or have a connection that could help us out? Interested in being involved with building 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.



Community Preparedness Building Safe Communities Program

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

1. Know your neighbours

If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

2. Know the potential risks and hazards in your community

The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!

3. Know the evacuation routes

Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

- Ambulance, Fire, Police, Hazardous Materials Spills: 9-1-1
- Gas Emergency – ATCO Gas: 403-245-7222
- Electrical Emergency - ENMAX Power: 403-514-6100
- All other City services: 3-1-1
- Poison & Drug Information Service: 1-800-332-1414
- Calgary Emergency Management Agency 3-1-1: calgary.ca/cema





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
Building Closed all Civic/Stat Holidays

WHCA Board Of Directors

President	Craig MacLellan	president@westhillhurst.com
Vice President	Dion Lobreau	vice-president@westhillhurst.com
Past President	Brent Alexander	pastpres@westhillhurst.com
Treasurer	Jan Cerny	treasurer@westhillhurst.com
Secretary	Christine Fraser	secretary@westhillhurst.com

Committee Chair Persons

Planning		planning@westhillhurst.com
Transportation		transportation@westhillhurst.com
Newsletter	Carla Fiorentino	news@westhillhurst.com
Community Engagement		volunteers@westhillhurst.com
Capital Projects		capitalprojects@westhillhurst.com
Community Garden	Chris Koper	garden@westhillhurst.com

Directors

Kerry Baird	Richard Raap
Melissa Buirchell	Kail Ross
Ehren Goodall	Jordan Stuart
Jasna Heinrichs	Gerard Van Ginkle
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



Tammie Yearwood

10x pass on sale for \$90.

Note: Cannot book squash or tennis courts by phone or in advance. Can use for drop-in weightroom upstairs, squash/tennis, if courts are free.

20x pass on sale for \$150.

Note: Cannot book squash or tennis courts by phone or in advance. Can use for drop-in weightroom upstairs, squash/tennis, if courts are free.

Class Pass on sale for \$119.

Note: Cannot use for squash/tennis or weightroom. Classes are not guaranteed to run with low registration

Note: Cannot book squash or tennis courts by phone or in advance. Can use for WHCA programs, fitness, and if courts are free for squash or tennis when present in the Healthclub.

EVENTS

John Mains

Taste of the Neighbourhood – Saturday September 30th

Save the date! This year's annual gala fundraiser is set for Saturday September 30th. Join us at the West Hillhurst Community Association for this great night of food and beverage sampling from local eateries and businesses. Enjoy an evening of music and mirth and bid on a wonderful variety of silent auction items. Watch for special early bird ticket prices in August and much more details leading up to the big event.

Applesauce Basketball starts in September – ages 5 to 8 years

Hoops comes to West Hillhurst! This great new program starts in September and offers basketball skills, drills, fun and games for ages 5 to 8 years old. We will use lower baskets and smaller basketballs for our mini-stars and all players get a reversible keeper jersey. This 8-week program is led by a certified teacher and current Calgary senior girls high school coach with tons of experience leading youth programs and clinics. Registration is only \$125 for 8 weeks plus a jersey, sign up now at westhillhurst.com or contact John at programs@westhillhurst.com for more information.

Teen Night Friday Open Gym is back in September

Thanks again to good friend of the WHCA Shayne Perin at Dairy Lane for sponsoring our recent spring open gym nights for teens. After a summer break, we will return September 8th and then every Friday from 6:00 to 7:30 pm for drop-in activities like basketball, floor hockey, ping pong, volleyball, badminton and more. Free wifi and lots of snack machines onsite! All WHCA member youth between 12 and 18 years of age are welcome. Annual family memberships start at only \$35.

We are looking for volunteers to help supervise our Friday night teen gyms so if you are interested please contact John at programs@westhillhurst.com. If you are over 19, enjoy playing sports and supporting teens, and

can commit one or two evenings a month, we would love to hear from you.

Family Open Gym Times are here!

Members wanted some time for families to come in and play together so starting next month your WHCA opens up the gym for free family fun drop-ins every Tuesday and Thursday from 4 to 6 pm. We will put out a variety of sports equipment and playballs or bring your own and enjoy our gymnasium.

All ages are welcome. Adults 19+ cannot be left unattended and must be accompanied by a child at all times.

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

**** See "Events" for details for upcoming Free Community events**

by Tammie Yearwood

WHCA INTERNAL PROGRAMS

Drop-ins welcome

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 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! A low impact activity which is 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 member

Day and Time: Monday - Friday or Raining (Calendar Available on-line, WHCA website)

Dates: April – October, Monday - Friday

Day and Time: Friday 8:00am-12:00pm

Teen Squash – 13- to 16-year-olds, Friday

Teen Squash is designed for teens interested in learning the basics or advancing their game. Squash is a fast-paced game of skill, speed, agility, and concentration. Instructor will teach the game rules, skills and proper technique. Dates: Sept. 15 – Dec. 15 (No Class Oct. 6 and Nov. 10)

Day and Time: Fridays, 2:00pm - 3:00pm

Instructor: Anna



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.

Dates: Sept. 16 – Dec. 16 (No Class Oct. 7 and Nov. 11)

Day and Time: Saturdays 9:30am - 10:15am

Instructor: Anna

Squash Intermediate – 9- to 12-year-olds,
Saturday

This class is aimed at 9-12-year-olds with 1-2 years of 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.

Dates: Sept. 16 – Dec. 16 (No Class Oct. 7 and Nov. 11)

Day and Time: Saturdays 10:15am – 11:30am

Instructor: Anna

NEW! Spin With Sandra – Monday Evening

Start your week off with an energizing spin on Monday evenings this summer. This dynamic work-out is designed to not only strengthen your lower body and cardio train, but to be kind to your joints, especially your knees. We will enjoy good music and race along varying terrains, speeds and intensities. All levels of fitness and experience with cycling are welcome; we will review bike positioning and function together. Expect the time to fly by and to feel great! Bring your water bottle!

Dates: August 14 - 28

Time: 7:10pm – 8:00pm

Location: Dance Studio

Instructor: Sandra

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 morning boot camp to keep you going!

Dates: August 1 - 29

Time: 6:10am – 6:55am

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: August 1 - 29

Time: 6:00pm – 6:45pm

Location: Dance Studio

Instructor: Karen

Ballet Barre – Thursday Afternoon

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

Dates: August 3 - 31

Time: 5:00pm – 6:00pm

Location: WHCA Dance Studio

Instructor: Sabina



Outdoor Bootcamp – 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: August 3 - 31

Time: 6:00 – 6:45pm

Location: WHCA Fitness 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, or come in person to avoid admin fees online.

WHCA Personal Training

Contact Karen Branford or Kiran Khuber at personal-training@westhillhurst.com. For pricing, scheduling, and general information.

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.

~cont'd next page~

West Hillhurst Preschool News

Meghan Stuart



Our play-based preschool offers a wonderful and welcoming environment for 3- and 4-year-olds. Situated right within the West Hillhurst Community Centre with highly experienced teachers, we are able to include a number of terrific activities within our regular preschool program. If you would love for your child to experience soccer with Coach Steve, music with Miss Nynne, gardening in the spring, dancing, skating with WHCA Learn to Skate instructors, and more, then come check us out! Spots still available for both 3- and 4-years-olds for the 2017-2018 year.

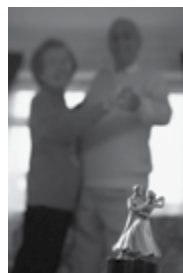


Sugar is the only taste that humans are born craving because it allows for rapid growth.



Confederation Park 55+

Judy Cairns



Memberships for the September 1, 2017 to August 21, 2018 year can be purchased (\$30.00/person) starting Monday, August 21 from 9:00am to 3:00pm.

Registration for fall classes will start Monday, August 21. Check our website, yycseniors.com, for the Fall Activity Brochure or give us a call at 403-289-4780.

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: September 9 – For Olde Tyme Sake, September 23 – Badlanders

Tickets \$12/person (Includes a snack) Everyone is welcome.

Doors open at 6:30pm – dance starts at 7:30pm

Volunteer

Are you looking for a new opportunity? Have fun and make friends by volunteering with us. We are looking for help in the fall for our recycling program, kitchen, and special events. Contact Angela for more details at 403-289-4780 or email angela@yycseniors.com

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



NCHL / The Barn

Jay Davidson

After a year of renovations, The West Hillhurst Community Centre Rink is back open for business, and that means so is **The Barn Public House!**

Located upstairs and overlooking the ice surface, The Barn is a family friendly meeting place for the community, where members and guests can sit back and enjoy the relaxed atmosphere, excellent food and quality service. The perfect place to sit, unwind and enjoy time with family and friends in the community.

Whether you're just looking for a cold beer after your game, or a family dinner out on the town, The Barn will always have a table for you and a smile waiting at the door.

The current schedule is 7 days a week, dinners only, but starting in September lunch will be available too. The perfect spot to head after your pickleball games!

Hungry yet? As a special offer to WHCA members, **bring in this article and save 20% off your first meal!**



Sugar is the only taste that humans are born craving because it allows for rapid growth.



WEST HILLHURST
GO-GETTERS ASSOCIATION

Cassandra Towpich



Go-Getters open house will be held Friday, August 18th, 2017 from 1:00 – 3:00pm. Come on in to see all that we have to offer and speak to the office staff about becoming a member.

Memberships sign-up/renewals are due again September 1, 2017. We will sell memberships for the 2017-2018 membership year starting August 14th, 2017. The cost is \$25.00 for the membership year (September 1st, 2017 - August 31st, 2018).

Trips planned for this month include: A decadent "Kiwi" tea at the Weatherley's, Century Downs racing day, Elbow River Casino and an overnight trip including Head Smashed In and the Taber Corn Festival. Special events include Games Night and our annual Open House. 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.

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.

SOCCER

ROYAL WEST SOCCER PROGRAMS - CITY LEAGUE SOCCER

FALL AND WINTER SOCCER PROGRAMS

Registration now open for Royal West Fall and Winter Soccer programs!

1. Short and sweet 6-Week Outdoor Fall House League
2. 9 and/or 18 Week Indoor House League
3. 6-Month Indoor Competitive City League Soccer Program.

Royal West follows the CSA Long Term Player Development model for all its athletes and emphasizes on growing athletic ability, agility, and developing well-rounded athletes while having fun!

Please view our website for full program details.

1. CITY LEAGUE: REGISTRATION JUNE 15TH - SEPTEMBER 1ST

Ages: U6 - U18

Program Dates: September 16 - End of February/Early March for U6-U18 age groups

(exact dates vary depending on age group and tier).

Times: Vary depending on age group and tier (please see website)

Location: Practices are centrally located. Games are held at Calgary Soccer Centers.

Take advantage of our early bird discount and save \$50 until July 15th.



2. OUTDOOR FALL HOUSE PROGRAM: REGISTRATION JUNE 15TH - AUGUST 1ST

Dates: September 9 - October 14

Age and Time: U4/U6 - Saturdays 9:45am - 11:00am
U8 - Saturdays 11:00am - 12:15pm

Location: Louise Riley Library Field (Briar Hill Community)

3. A) INDOOR FALL HOUSE LEAGUE: REGISTRATION JUNE 15TH - SEPTEMBER 1ST

Dates: October 21 - December 18

Age and Time: U4/U6 - Saturdays 9:30am-10:45am

Age and Time: U8 - Saturdays 11:00am-12:15pm

Location: 1411, 33rd street NE (Beside Extreme Air Park)

Register for 18 Week Fall and Winter: Save \$25

B) INDOOR WINTER HOUSE LEAGUE: REGISTRATION JUNE 15TH - NOVEMBER 1ST

Dates: Jan 8 - March 10

Age and Time: U4/U6 - Saturdays 9:30am - 10:45am

Age and Time: U8 - Saturdays 11:00am - 12:15pm

Location: 1411, 33rd street NE (Beside Extreme Air Park)

Register for 18 Week Fall and Winter: Save \$25

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

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!

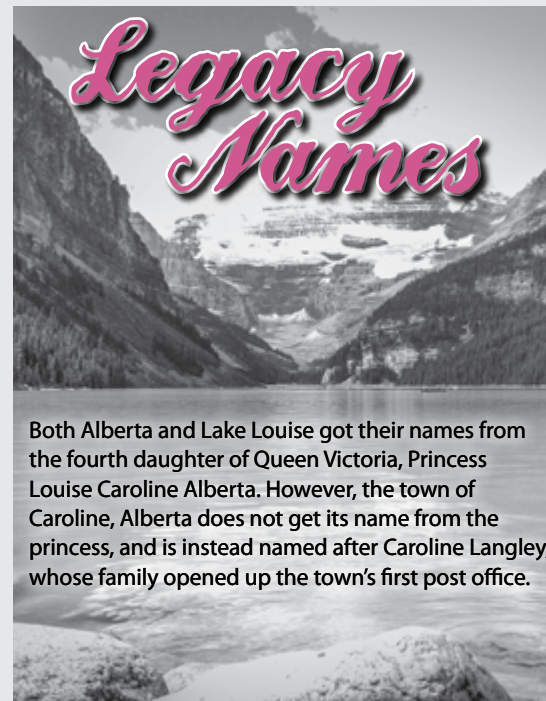
Playing Soccer and Outdoor Swimming with Friends, summer doesn't get much better!

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.



Both Alberta and Lake Louise got their names from the fourth daughter of Queen Victoria, Princess Louise Caroline Alberta. However, the town of Caroline, Alberta does not get its name from the princess, and is instead named after Caroline Langley, whose family opened up the town's first post office.



Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
Laura

Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044
sales@great-news.ca

*Actual customer experience.

LEARN TO SKATE

Donella Swan, Learn to Skate Program Director

FALL REGISTRATION NOW OPEN

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.

If you have any questions, please do not hesitate to contact me directly at skate@westhillhurst.com



Learn to Skate Fall 2017 September 11 - December 16			
Monday	Wednesday	Friday	Saturday
STARSkate Jump Technique (please skate with Coach Corrie) 4:00 - 4:45 PM	STARSkate Ballet Class (please skate with Coach Jaclyn) 4:20 - 5:30 PM	**Skating at Brentwood Sportsplex**	STARSkate & Parent Yoga Class (please skate with Instructor Linda) 8:15 - 9:00 AM
PreCanSkate & CanSkate (please skate with Coach Corrie) 4:15 - 5:00 PM	Squirts Skills Class (please skate with Coach Corrie) 4:15 - 4:45 PM	STARSkate Performance Presentation (please skate with Coach Jaclyn) 4:15 - 4:30 PM	AdultSkate Session (17 years + includes a beginner to advanced) 8:15 - 9:15 AM
STARSkate Cardio Class (please skate with Coach Corrie) 5:00 - 5:15 PM	PreCanSkate & CanSkate (please skate with Coach Corrie) 4:30 - 5:30 PM	STARSkate & AdultSkate (please skate with Coach Corrie) 4:15 - 5:45 PM	STARSkate Power (figure) skating (please skate with Coach Corrie) 8:15 - 9:00 AM
STARSkate Prelim Prep (please skate with Coach Corrie) 5:00 - 5:30 PM	Squirts Floor Hockey (please skate with Coach Corrie) 4:30 - 5:30 PM	STARSkate Jump Technique (please skate with Coach Corrie) 5:30 - 6:45 PM	STARSkate Prelim Prep (please skate with Coach Corrie) 9:15 - 10:15 AM
STARSkate & AdultSkate (please skate with Coach Corrie) 5:30 - 6:30 PM	STARSkate Flexibility Training (please skate with Coach Jaclyn) 5:45 - 6:00 PM		STARSkate & AdultSkate (please skate with Coach Corrie) 9:15 - 10:15 AM
STARSkate Synchronized Skating (please skate with Coach Corrie) 5:30 - 6:30 PM	STARSkate Prelim Prep (please skate with Coach Corrie) 6:00 - 7:00 PM		STARSkate Dynamic Dance (please skate with Coach Corrie) 10:00 - 10:15 AM
	STARSkate & AdultSkate (please skate with Coach Corrie) 6:45 - 7:30 PM		PreCanSkate & CanSkate (please skate with Coach Corrie) 10:30 - 11:30 AM
	STARSkate Precision Edges (please skate with Coach Jaclyn) 8:45 - 9:00 PM		Squirts & CanPowerSkate (please skate with Coach Corrie) 11:30 - 12:15 PM

~cont'd on page 16~

Learn to Skate with

SKATE CANADA

a HELMET & SKATES

is ALL it TAKES

WEST HILLHURST SKATING CLUB

Skate Canada's National Learn to Skate Programs

We will be back in action in our home rink for our Fall Learn to Skate Programs including:
PreCanSkate | CanSkate | Squirts | PowerSkating | Figure Skating | AdultSkate and more!
Registration opens early January

Please visit: westhillhurst.com/learn-to-skate
for online registration or email: Skate@westhillhurst.com for more details

403.244.6944

www.residential-leasing.com

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Brad Currie, Broker/President

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Northern Leopard Frog

Beaver

Celebrating 150 Years of Canadian Wildlife!

Nova Scotia

Who Am I?

Chugga-chugga-chugga-chugga, swimming in the pond,
Head above the water to see what lies beyond.
Chugga-chugga-chugga-chug... stopping for a bite;
Nibbling on cattails, I'm hidden out of sight.

Tail up, tail down, steering while I swim,
Like a skinny rudder, my tail's long and thin.
Eyes up, eyes down, chugga-chugga, splash...
I dive below the water in an unexpected flash!

Turn Page Upside-down for Answer

Mink

Muskrat

Compliments of the Friends of the Bowmont Natural Environment Park Area

© Rosemary Gell, 2017

Brent Alexander.ca

For Ward 7
Your Voice on Council

✉

Brent Alexander Campaign
PO Box 22388 Calgary, AB T2P 4J1

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info@BrentAlexander.ca

🐦

@yycbrent

📘

BrentAlexanderWard7

☎

587.432.6777



West Hillhurst Real Estate Update

Last 12 Months West Hillhurst
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2017	\$824,900	\$805,000
May 2017	\$724,900	\$716,900
April 2017	\$764,450	\$755,450
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

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

	No. New Properties	No. Properties Sold
June 2017	21	11
May 2017	33	19
April 2017	17	10
March 2017	19	15
February 2017	10	7
January 2017	14	7
December 2016	4	8
November 2016	13	11
October 2016	17	8
September 2016	13	9
August 2016	12	6
July 2016	13	10

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

SAFE & SOUND

Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a 9-inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends 6 feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Chris Koper

When walking through the West Hillhurst Community Garden you will notice more marigolds than ever. One of our gardeners has brought some to the garden to be harvested in the fall for a special Equinox Vigil celebration at the Union Cemetery! Find out what it is all about in the next article!

Did you know that Marigolds (not the hybrids) bloom just about all summer just into the first frost? They give off an odor that masks the smell of vegetable plants which can distract garden pests including beetles and nematodes!



What can you plant in your back yard to help keep the mosquito population away?



You have heard of citronella candles being helpful, but have you ever considered planting citronella in your planters or garden? Catnip planted in full sun is helpful as well as lavender and basil. Lemon and cinnamon basil are the best repellants in that family. Lemon balm is also helpful and besides repelling mosquitos it attracts butterflies and bees which are most helpful for pollination in your garden!

Here are few August To Do's in the garden to consider:

- Plant a new crop of spinach and peas.
- Picking and using your herbs will encourage new growth.
- Start saving seeds for next season.
- Order your spring bulbs or pick up at garden centers
- Deadhead plants that need it and harvest what needs harvesting to avoid waste and promote new growth.
- Cut back foliage of early blooming plants to revitalize the plants and remove any dead foliage.
- Spread a mid-season layer of compost or a good organic fertilizer.
- Trim and feed hanging baskets
- You can start dividing some perennials that are finished blooming.
- Consider taking some photos of your favorite basket combination so you can repeat them. Also take pics of your gardens in full glory.
- Prune summer flowering shrubs when done blooming.
- If you want more trees, shrubs or perennials in your yard, consider planting them at this time to allow enough time to take root. Make sure you keep them watered well.
- When dividing perennials, pot them up for fall plant shares or sink them into an empty garden area in the fall so they can overwinter successfully and bring to spring plant shares.



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Queen Elizabeth School

Hamish MacAulay

With Back to School advertising filling your ears, denial is no longer a choice. It's time to start thinking about SCHOOL! Read on to find out about the changes for September in our dynamic school community.

First Day of School - September 5

The first day of school for grades 1-6 is September 5. Come to school between 8:20 and the regular start time of 8:40 am. New families should head to the school lobby for information on their children's teachers and school routines. Returning families should visit the tables at the back of the school to find out who their children's teacher will be.

Kindergarten students will have a 30-minute introduction session on September 5th and start half-days on September 6. Keep an eye on your email for more information.

On the first day, come, visit and meet the teachers, Principal, Andrea Cartwright and Assistant Principal, Steve Ogilvie. Coffee and baking will be served on the playground by the School Council. Stop by to chat with our Volunteer Coordinator, Rebecca Draper, to find out how you can volunteer throughout the school year.

Be sure to visit our blog at qeeblogability.ca to see who is on your School Council this year and to subscribe to receive updates from your child's teacher and the school council.

New Registrations

If you have recently moved into the Walk Zone for Queen Elizabeth School and would like to register your child(ren) in K - 6, please call the school at 403.777.6789 August 30 to September 1 from 9am to 3pm.

Casino!

The Queen Elizabeth Casino is back October 2 and 3, Monday and Tuesday. A vital fund raiser for field trips, books, gym equipment, technology and artists in residence. Volunteers are still needed so contribute one night to help make a better school for years to come. Please go to <http://qee.blogability.ca/school-council/> for a link to the volunteer signup.

Mabel's Labels

Help keep track of all those things children leave behind at school. Buy labels online at Mabel's labels and raise money for the school. Go to www.campaign.mabelslabls.com and search for Queen Elizabeth Elementary School (Calgary).

Partings and Welcomes

Parents and students of QE offer their best wishes to Ms. Hansen, Office Assistant, and Ms. Lakhanpal – Grade 3 / 4 teacher as they take personal leaves and Mrs. Kerr on her maternity leave. We heartily welcome Mr. Cuculea to our grade 1 / 2 team.

Queen Elizabeth (QE) School is the designated elementary school for the community of West Hillhurst. QE School is a thriving inner city, community school that offers a number of in-house residencies and field trips for students over the school year to enhance the CBE curriculum. These activities are made possible by active parent participation, casino fundraising and school council members. The school is also proud to house the Deaf and Hard of Hearing Program of the Calgary Board of Education.

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COME CHECK US OUT!



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WHAT IS SUMMIT SUMMER?

Summit Summer is a sister program to the award winning Summit Kids program. This innovative arts & recreation program takes up residence at West Hillhurst Community Association in north central Calgary – located just minutes from downtown!

Programming is provided for all children ages 4-15 for 1-week sessions from July 4 to September 1, 2017. Each week of Summit Summer will feature a different funtastic theme catered specifically to the needs and interests of our 3 different age groups (ages 4-7, 8-10, 11-15).

We accomplish this by promoting leadership, peer mentoring, modeling good choices and supporting positive life-long habits. We value initiative, enthusiasm and a commitment to excellence in everything we do. Welcome to the Summit!

Program Descriptions & Registration Information:

Online: www.summitsummer.ca • Call: 403.797.1488 • Email: info@summitsummer.ca

Introducing Summit Ruckus at WHCA Campus



Due to the overwhelming interest express in Summit programs this past year, we ad to partner up with the WHCA to open up more spots for the community... thus giving rise to our brain child, Summit Ruckus!

In a nutshell, Summit Ruckus takes a revolutionary step forward in the Summit world and here is what you can expect to see from it:

- 1. Cheaper Prices!
- 2. Lower time commitment options [We offer 8 week sessions with the option for automatic renewal]
- 3. A stronger emphasis on the Arts & Athletics
- 4. The same Summit level of fun & professional programming

Summit Kids WHCA will still be up and running for children in Kindergarten up to Grade 1 in our upstairs rooms whereas those kids in grades 2-6 will graduate into the new Summit Ruckus program!

For more information, please call 403.477.0798 or email whca.campus@summitkids.ca

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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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.

MRU CONSERVATORY OFF CAMPUS PIANO INSTRUCTOR: Experienced teacher and prolific collaborative pianist Karen Neary offers piano instruction in her Hillhurst home studio. RCM exams, festivals and competitions, accompaniment and chamber music performance and coaching. Interviewing students for Fall 2017, by appointment only; karennearypianostudio@gmail.com.

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ART IN THE GARDEN SHOW AND SALE: Sunday, September 10, 10:00 - 4:00. Næsted Studio, 1124 - 15th Street N.W. 25 local artists and authors display and sell their work, paintings, pottery, jewelry, fabric arts, children and YA books, music, refreshments, and much, much more. www.irenenaested.com.

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Councillor, Ward 7
Druh Farrell
 ✉ ward07@calgary.ca 🌐 druhfarrell.ca

Downtown Economic Summit

The downtown has long been Calgary's economic engine. Across the city, businesses and households depend on the success of our downtown. When the economy of our downtown falters, the financial impacts are felt throughout Calgary.

Until recently, the centre city generated 40% of Calgary's non-residential tax revenue and 25% of city-wide employment. Today, nearly 30% of downtown office space sits empty, and the situation is expected to worsen when construction wraps up on several new office towers.

Between 2016 and 2018, it is estimated that \$7.5 billion in the assessed value of downtown office space will be wiped out. The dramatic change in the downtown economy has knock-on impacts to all Calgarians, not only in a transfer of taxes to businesses outside the core, but also a steep reduction in transit and parking revenues.

To help mitigate the tax shift, Council supported \$45 million in one-time city-wide tax relief for businesses and set a 0% residential property tax increase in 2017. While these are important measures to provide short-term assistance, we need long-term solutions to address the root cause of Calgary's challenges – a struggling downtown economy.

Councillor Woolley and I, with guidance from Calgary Economic Development, initiated a Downtown Economic Summit in early 2017. The Summit brought together some of the most creative problem-solvers in Calgary to generate ideas for a more resilient, resourceful, and diversified downtown. We learned from the experiences of other cities, like Denver and Pittsburgh, on ways to recover from structural recessions.

Calgary Economic Development presented the outcomes of the Summit to Council in June, with information on current economic and real estate challenges, as well as ways to move forward. They showed how the global economy is fundamentally shifting, which has a major impact on the downtown's reliance on a single industry.

The report recommended ways to attract new industries and businesses, promote more residential density

in the core, encourage post-secondary institutions to locate downtown, and improve infrastructure to attract private investment.

To help bring these recommendations to life, Council approved \$10 million as a pilot from The City's reserves to create the Downtown Economic Investment Fund. This money will help The City respond quickly to innovative ideas, encourage and leverage private investment through strategic partnerships, invest in infrastructure, and work toward revitalising our core.

Not all is doom and gloom! The Conference Board of Canada estimates that Calgary's economy will grow by 2.3% in 2017, with 19,000 new jobs added by 2018. This is encouraging and means The City's investment can go even further to help improve our economy and get Calgarians back to work.

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

West Hillhurst mybabysitterlist

Name	Age	Contact	Course
Adam	15	403-217-9272	Yes
Cecilia	18	587-223-1330	Yes
Emma	12	403-923-9894	Yes
Ethan	17	587-703-7616	Yes
Eugene	19	403-703-4488	Yes
Haley	21	807-220-1154	Yes
Jenna	20	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

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Calgary Confederation
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Learning Through Life

It's soon back to school time. Getting an education and going to school is something most of us think ends the day we graduate from high school, college or university in our younger years. However, more than ever, life-long learning and education is now a reality throughout our working careers as we learn new skills, adapt to an evolving workplace or change careers. Keeping your job skills and certifications current is the best insurance against chronic unemployment and income instability.

The Government of Canada has many programs to support those getting or updating their education. These programs are usually income-tested, meaning that more assistance is available for those who need it and less for those who can afford to fund their own schooling.

While many of the programs, such as Registered Education Savings Plans and Canada Student Loan programs are well-known, many other programs exist to assist mature students or those seeking a career in the trades.

As a former electrician, I am a big supporter of those seeking a career in the trades.

The Canada Apprentice Loan will help you complete your apprenticeship in a designated Red Seal trade. With the Canada Apprentice Loan, you can get up to \$4,000 in interest-free loans per period of technical training. You can use the money to help pay for tuition, tools, equipment and living expenses, to cover forgone

wages or to help support your family. You will not have to make payments on your Canada Apprentice Loan, and no interest will accumulate until after you complete or leave your apprenticeship training program.

The Apprenticeship Incentive Grant is a taxable cash grant of \$1,000 per year or per level, up to a maximum amount of \$2,000 per person. The Apprenticeship Completion Grant is a one-time taxable cash grant of \$2,000 for registered apprentices who complete their apprenticeship training and obtain their journey person certification. For more information on these programs, please visit www.canada.ca/apprentice or call 1-800-622-6232.

If you are an eligible apprentice, you can also receive up to 55 percent of your weekly average insurable earnings in EI benefits while attending full-time technical training.

Those hiring an apprentice could be eligible for the Apprenticeship Job Creation Tax Credit (AJCTC) which is a non-refundable tax credit equal to 10% of the eligible salaries and wages payable to eligible apprentices. The maximum credit an employer can claim is \$2,000 per year for each eligible apprentice.

Updating your skills and training can be a very rewarding experience. It will unlock new career opportunities and make you more employable in a changing economy. If you are considering returning to school, or want to update your education and skills, you can contact Service Canada at 1-800-622-6232 to find out about the various assistance programs available to you.

EXPLORE LORE

The east coast of Canada was settled by Vikings around the year A.D. 1000. Archaeological evidence of a settlement has been found at L'Anse aux Meadows, Newfoundland.



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