

Briar Hill Dental Family Care

ACCEPTING NEW PATIENTS



"At Briar Hill Dental we are dedicated to patient focused care, education and maintaining optimal oral health and well-being."



www.briarhilldental.ca

All services provided by a General Dentist

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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

Delivered monthly to 3,600 households and businesses for 9 years!

Editorial Submissions

news@westhillhurst.com All editorial content must be submitted by the 7th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 \mid sales@great-news.ca All advertisements must be submitted by the 1st of the month for the following month's publication.

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Check out our website: www.great-news.ca



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	
	403-205-4455
Calgary Humane Society	
Calgary Humane Society Calgary Parking Authority	403-537-7000
Calgary Parking Authority	403-537-7000

311

211

511

403-269-2707

403-479-6161

403-237-0654

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Bryan Polak, General Manager

Hello WHCA Community,

Happy Birthday Canada! Hope everyone had a great Canada Day weekend and celebrated it with family and friends.



Hockey Arena Update! We are being told that the arena plant room and chiller should be ready for ice making mid-June with the goal of having ice for July 1st. Fingers crossed. This also means that the Barn should be opening around then as well. The grand "re-opening" celebration will also be taking place shortly around then. When we do re-open, we will be having lots of free member skating during the summer months. The schedule will be posted on our website, under "Building Schedule".

Our 1st Stampede Pancake Breakfast (July 12) is just around the corner. Watch for more information on all of our social media platforms. Anyone interested in volunteering can reach us at programs@westhillhurst.com.

Speaking of tennis, I hope with the nicer weather people have started playing on the outdoor courts. Talk to Tammie and her staff about packages!

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 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.



"WE'RE NEW IN TOWN. STOP IN AND WE'LL SHOW YOU AROUND."

- Chef Chris

GOURMET FOOD & BEVERAGES WITH AN "I'm Not Made of (20), But I Like Amazing Things" BUDGET.



REGISTER TODAY FOR A CHANCE TO WIN, AT: 1918 TA PANDTABLE.COM

1918 KENSINGTON ROAD NW

City of Calgary

RNR Lockworks Ltd.

Weather Information

Gamblers Anonymous

Social Service Info & Referral

Road Conditions – Calgary

Community Mediation Calgary Society



	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 Ch	nair Persons
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Transportation		transportation@westhillhurst.com
Newsletter	Carla Fiorentino	news@westhillhurst.com
Community		volunteers@westhillhurst.com
Engagement		
Capital Projects		capitalprojects@westhillhurst.com
Community Garden	Chris Koper	garden@westhillhurst.com
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Kerry Baird		Richard Raap
Melissa Buirchell		Kail Ross
Ehren Goodall		Jordan Stuart
Jasna Heinrichs		Gerard Van Ginkle
David Quaintance		

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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.



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

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 weight room upstairs, squash/tennis, if courts are free.

****Stay tuned for our NEW 10x Class Pass, goes on sale 26th June 2017****

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

WHCA Stampede Breakfast! Wednesday, July 12 at 9:00 am

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. The Stampede Promotion Committee will be here with line dancing, western welcomes and the batter boys wagon to cook for us! Volunteer servers are welcome and needed so if you want to help out, just email John at programs@westhillhurst.com!

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 will receive a reversible keeper jersey included in the fee. This 8-week program is led by a certified teacher and current Calgary senior girls high school coach with years of experience leading various 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.

YOUR CITY OF CALGARY Free Tours of Reader Rock Gardens

The Annual Friends of Reader Rock Garden Society's Stroll will take place on Saturday, July 29, 2017 in association with the Chinook Country Historical Society's Calgary Historic Week. This free event will be held between 1:00 p.m. to 3:00 p.m. at the historical gardens, located at the corner of 25th Avenue SE and Macleod Trail South. Free on-site parking or only steps away from Erlton C-Train Station. Enjoy tours of the garden and light refreshments or purchase unique glass garden art and perhaps a gardening book at the used book sale. Event will be held rain or shine. More information on the gardens at: www. readerrock.com or email Diane at info@readerrock.com.

MONTHLY FREE MEMBER CLUB BENEFITS

Tammie Yearwood

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

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 brings 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



· Garments are cleaned with enviromentally-friendly products

- Shirts are hand-finished and buttons replaced, latest technology for shirt pressing and finishing just installed in the fall
- Same day service available if in before 10 am
- Convenient parking rear of building at Avalon
- Excellent customer service

erving your community since 1984 Accepting BitCoin soon!



WHCA PROGRAMS

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

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

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

Summer Tennis for Youth and Adults

We still have room in many of our youth and adult summer tennis programs starting the week of July 12. Adults play Wednesday evenings while youth have options on Friday evenings and Saturday mornings. Check our website at www.westhillhurst.com for info on days, times and fees and register online or contact programs@westhillhurst.com for more help.



NEW! HIIT & Barre Combo, Outdoors – Monday Noon

High intensity interval training is a great calorie burn with short bursts of intense work followed by rest. Morgan will have your heart elevated and metabolism revved in the first 25 minutes

The next 30 minutes you'll slow it down and target long lean muscles with a barre-less outdoor barre session with a lot of your favorite moves... all while enjoying the great outdoors.

Dates: July 3– July 31 Time: Noon – 1:00pm Location: Great Outdoors (weather pending, Dance Studio)

Instructor: Morgan

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: July 3– July 31 **Time:** 7:10pm – 8:00pm

Location: Dance Studio

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:** July 4 – July 25 **Time:** 6:10am – 6:55am **Location:** Dance Studio **Instructor:** Karen

NEW! Intro to Nordic Walking - Tuesday Morning

WHCA PROGRAMS CONT'D

Specially designed Nordic walking poles, complete with a funky looking walking boot, will amp up your everyday walking experience into one that will work 90% of your body, increase your heart rate, strengthen your arms, engage your core, and enable you to burn more calories than walking alone! This one hour, hands on class, will teach you the proper use of the equipment and Nordic walking technique. **Classes are designed for ALL ages and fitness levels. Poles will be provided for you to use.** Join us and experience the enjoyment and benefits of Nordic Walking for yourself! **Drop-Ins \$20 (\$15 if you register, by phone or in person)**

Dates: July 4th

Time: 9:15 - 10:15am

Location: Meet in Healthclub, and head outdoors. Instructor: Lorene

NEW! Nordic Walking with Strength & Stretch -

Tuesday Morning

You've mastered the basic Nordic walking technique; well done! Now let's take our indoor gym workout out into Mother Nature's playground. In this 3-week session, we will continue to fine tune our Nordic walking technique, increasing our cardio workout as we go, and then add to it with a variety of exercises that will further work our arms, legs, and core, finishing off the class with a well-deserved stretch. No equipment necessary; everything we need is around us. **Classes are designed for ALL ages and fitness levels, poles will be provided for you to use.** Join us and experience the enjoyment and benefits of Nordic Walking for yourself!

Dates: July 11 - July 25

Time: 9:15 – 10:15am

Location: Meet in Healthclub, and head outdoors. Instructor: Lorene

Ashtanga Yoga – Tuesday Morning

Ashtanga yoga is intended to realign the spine, detoxify the body, and build strength, flexibility, and stamina. The poses will take an hour to complete, beginning with sun salutations (surya namaskara A and surya namaskara B) and moving on to standing poses, seated poses, inversions, and backbends before relaxation. Peace

Dates: July 4 – July 25 Time: 10:30 – 11:30 Location: Dance Studio Instructor: Vandana

Spin Fit – Tuesday Evening

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

Dates: July 4 – July 25 Time: 6:00pm – 6:45pm Location: Dance Studio Instructor: Karen

Zumba Gold – Wednesday Morning

A fun easy to follow dance fitness program that lets you move to your own speed. An invigorating, communityoriented 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: July 5 – July 26 Time: 9:30 – 10:30am Location: WHCA Fitness Dance Studio Instructor: Deana

~cont'd next page~

WHCA PROGRAMS CONT'D

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

Dates: July 6 – July 27 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: July 6 – July 27 Time: 6:00 – 6:45pm Location: WHCA Fitness Dance Studio Instructor: Karen

Cycle & Sixpack – Saturday Morning

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: July 6 – July 27 Time: 6:00 – 6:45pm Location: WHCA Fitness Dance Studio Instructor: Karen

Location: Meet in Health club

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 personaltraining@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*.

Dance Studio Rental Opportunities

Looking for somewhere spacious to teach your class?

This gorgeous studio offers full length mirrors, ballet barres, 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

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, selfesteem, self-confidence and self-awareness, whatever their age or physical ability.

Visitors welcome - first two lessons are free

Contact & Information: www.kuksoolwoncalgary.com

YOGA

ALL LEVELS

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

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

Thursdays 6:15pm - 7:15pm

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WHCA PROGRAMS CONT'D

FALL/WINTER 2017 LEARN TO SKATE PROGRAMS

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

YOUR CITY OF CALGARY

Call 311 to request an accommodation or service for a City event or meeting

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/ accessibility for more information.

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

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



We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations. We are an inclusive organization and financial assistance is available.

Helpdesk toll free number: 1-888-855-3336

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		
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SOCCER

ROYAL WEST SOCCER PROGRAMS - CITY LEAGUE SOCCER

FALL AND WINTER SOCCER PRO-GRAMS

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 - NOVEM-BER 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, preschool 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 down-town 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.

GREATNEWS 28

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk.

403-263-3044





Planning Committee

Despite the downturn in the economy, West Hillhurst continues to experience interest and investment from developers. It is expected that this trend will continue due to the desirability of our location and the City's need to control the costs of urban sprawl. Redevelopment in established neighbourhoods can present challenges but also the opportunity to enhance the community and city. Your Planning Committee is committed to mitigating the challenges as well as encouraging well-planned development and the positive evolution of our community.

Unlike neighbouring communities, West Hillhurst does not have an Area Redevelopment Plan (ARP). Without a community-specific plan to guide development, the Committee has been advocating that higher density developments be appropriately located to leverage their benefits. The Committee believes that these types of developments belong on our corridors and within mixed-use development nodes. This will enhance these areas for all while preserving the character of our community.

The Committee has seen some success with a recent residential development proposal denied by Council, due in part to the Planning Committee's consistent messaging that the mid-block location of the development within a low-density area was not appropriate and the additional density would not proportionately benefit the community.

The West Hillhurst Planning Committee is committed to maintaining a positive working relationship with the City and local Developers, while advocating for appropriate and quality development within the West Hillhurst community. The Committee continues to welcome new members and is available to help residents with questions or concerns about the development process. For more information, contact the West Hillhurst Community Association or email: planning@westhillhurst.com

my**YYC** Time has flown by!

The Calgary Airport Authority is celebrating its silver anniversary! July 1 marks 25 years since we assumed the management, maintenance, and development of YYC. This year we're going above and beyond by giving a little something back to our community. Throughout 2017, we are taking our passion for giving back to the next level with a campaign focused on participating in activities that benefit our surrounding community, including:



Airport activities, like

reading to our tiny travellers while they wait for their flights, or welcoming Calgary Marathon runners to our beautiful city.



great organizations such as Habitat for Humanity, the Calgary Rotary Challenger Park, and the Alzheimer Society of Calgary in their initiatives.



Community activities,

supporting our neighbours in their community garden builds, community fairs, and festivals with our Crew's time, passion, and expertise.

Is there a volunteer opportunity in your community that could use some additional assistance? Email us at community@yyc.com





Cassandra Towpich



Canada turns 150! What a great birthday to celebrate and spend time with your family and friends. Go-Getters will be closed for Monday, July 3rd for the Canada Day weekend. Happy 150th Birthday Canada!

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, Stampede Senior's Day, a Labyrinth Walk, Millarville Farmers Market & Flower Festival, Blackfoot Crossing and Red Deer Cash Casino. Special events include games night and our annual stampede breakfast for our members and their guests. 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.



Jay Davidson

The Funtastic Hockey and Sports Camp for Kids is now open for registration for summer 2017! There are three weeks available, with two of the weeks at West Hillhurst.

Want to SAVE for being a member of the WHCA? Enter the promo code "whcamembers" when you register to save 10%!

You can register at www.funtastichockey.com/register.

Hockey is the main focus, but it is also important for kids to learn other sports too and develop new skills. So, while the camp will provide your children with 10 hours of ice time per week, your child will also get to try a new sport each day during the week!

If your child has never played hockey before, Funtastic camp is the best place to learn! Rent hockey equipment and see if your child falls in love with the game!

We offer discounts when you sign up with friends or family, or for multiple weeks. Please invite your friends, and save money!

The schedules and details can be found at www.funtastichockey.com/schedules

See you in August!





School's Out: 3 Things for Canada

School's Out: 3 Things for Canada is a FREE, fun, interactive summer program for kids.

Register now at calgarylibrary.ca/3things or at any community library. Play along all summer long. Sign up for programs and earn prize ballots as you read, learn, and make a difference!

Grand Prize: Be the Library Boss for a Day!

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family.

Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

The "dog days of summer" refer to the weeks between July 3 and August 11, and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

SUMMIT KIDS

Summit Summer is here!



We know you have choices – so why not choose *your* community as the place to be this 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!

Summit Leaders in Training (*For ages 12-15 only FREE programming):

As a Leader In Training, you get the best of both worlds: Learn to be a leader through hands on experience and have fun with your peers. You will be paired with a day camp group for 1/2 of the day to help run art projects and games. You will learn valuable leadership skills and gain work experience. The other half of the day will be spent with your peers doing team-building activities and exploring the city. You'll also have the opportunity to get your SummitU First Aid Training. Summit Leader in Training T-shirts included!

For more information on this specific camp, please contact us directly.

Program Descriptions & Registration Information:

For ages 4yrs to 15yrs • Multi-week Discounts • Pre & Post Care Leadership experiences for our teens • Exciting weekly outings in our city

Hurry! Spots are filling fast!

Online: www.summitkids.ca/summit-summer • Call: 403.797.1488 • Email: info@summitsummer.ca



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Residential Leasing Group Inc. Brad Currie, Broker/President

SUMMIT KIDS

Summit Kids & Summit Ruckus - 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 and Grade 1's!

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



Our newest member to the Summit Group of Companies!

Due to the overwhelming interest expressed in Summit programs this past year, we had 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:

Cheaper pricing!
 Lower time commitment options
 We offer 8 week sessions with the option for automatic renewal
 A stronger emphasis on the Arts & Athletics
 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 upstairs, whereas kids in grades 2 – 6 will graduate up into the Summit Ruckus program.

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



Hats Off to the Beaver

Fur trade was a historical benchmark of Canada's international commerce. Felt from beaver fur could be molded into many creative hats. From top hats to bowlers, tricorn hats to fancy women's hats, the possibilities were endless. Thank goodness beaver fur went out of fashion in favour of silk hats, or not as many of our iconic furry friends might be around today!

OH, C*NADA!

Great News Publishing asked Calgary residents what they love about Canada and being Canadian. Thank you to everyone who submitted their answers!

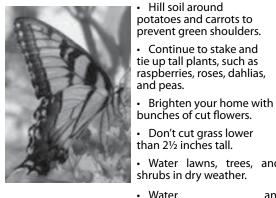


WHCA GREEN COMMITTEE

Chris Koper

Monarch Butterflies are in trouble and declining. Monarch butterflies lay their eggs on select "host plants" called Milkweed plants and are the only plants their caterpillars can eat. Milkweed is an ornamental wild flower but considered a weed in many places. It is being eradicated by pesticides and other methods. We can help the monarch by planting milkweed seeds in your garden. The garden centers and Home Depot carry seeds (Asclepiade Tubereuse) for example.

Here are some to tips from Rodales Organic Life for July!



Water lawns, trees, and shrubs in dry weather.

 Water annuals at least three times a week during periods of intense heat with no rain.

- Continue to add organic matter to the soil to retain moisture.
- · Sow a second planting of green beans and summer squash.
- · Use Bacillus thuringiensis on cabbageworms and other caterpillars.
- · Divide crowded iris and daylily clumps.
- Spread mulch and irrigate to keep soil moist in dry weather.
- Set out transplants for fall crops of broccoli, cabbage, and cauliflower.
- · Sow seeds of kale and Chinese cabbage for fall harvest.



- Add new perennials to flowerbeds.
- Remember that you can still plant potted or balled trees and shrubs, but water them well.
- Reseed dill and cilantro every few weeks for continuous harvest and to attract beneficial with blooms.
- Sow autumn peas: presoak seeds for a faster start.
- Harvest summer squash and cucumbers while they're still young and tender.
- Start seeds of Shasta daisies in a cold frame, where they'll overwinter until large enough to plant next sprina.
- Harvest vegetables and flowers in the cool of the morning.
- Shear back tired-looking impatiens and petunias by half, then boost their regrowth by feeding with fish emulsion.
- Keep harvesting veggies and annual flowers reqularly to keep plants producing.
- Plant last runs of bush beans and summer squash.
- For fall harvest, sow carrots, kale, beets, and chard for fall crops: also set out transplants of cabbage, cauliflower, and broccoli.
- Prune out old, woody raspberry and blackberry canes.
- Pre-sprout and then sow, snap, shelling, or snow peas.

What is the difference between Cabbage and Kale?

Generally, cabbage leaves are smoother and Kale is rougher and curled. To grow in Calgary, it is not the cabbage moth that eats the vegetables but the caterpillars. It is best to keep the plants covered with row cover if possible. Did you know that cabbage contains glutamine, an amino acid known for its anti-inflammatory properties? Not so if cooked unfortunately.



Art Out-of-Doors

Summer is here, and I'm sure many of us are looking for ways to experience the arts out-of-doors, in the sunshine (hopefully not in the rain!) Like the warming rays of the sun give us vitamin D, helping to improve our mood and overall personal well-being, so does listening to music, viewing art, or seeing live theatre. According to the Canadian Council of Chief Executives, "the quality of a community's cultural infrastructure has a direct impact on quality of life."

Fortunately for us in Calgary, there are some fabulous opportunities to get our happy on and enjoy the arts outside during the month of July. Kick off your summer season with the free Canada Day celebration on Olympic Plaza with music, parades, and of course, fireworks! Among many other exciting events that day, Arts Commons and The City of Calgary are inviting 1,500 musicians to perform *Four Strong Winds* together with legendary Alberta musician, Ian Tyson – for free! To view the full lineup of Canada Day activities, you can visit Calgary.ca/Canada150.

Also happening in July, Music in the Plaza returns to Heritage Park, giving you a great opportunity to introduce your kids to a music performance without the pressure of having to sit still, and Theatre Calgary's Shakespeare on the Bow is back for another year with *As You Like It* at Prince's Island Park. Then, of course, there's the everpopular Calgary Folk Music Festival where you can stroll from stage to stage enjoying an all-star lineup of folk musicians carefully selected for your listening enjoyment. What better way to enjoy your summer months than to combine the arts and fun in the sun?

For a full list of Calgary's festivals this summer, indoor and outdoor, you can visit todocanada.ca/festivals-incalgary.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.



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

	Average Asking Price	Average Sold Price
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	\$788,000	\$770,000
2016		
August 2016	\$684,900	\$668,750
July 2016	\$774,900	\$757,500
June 2016	\$799,900	\$790,000

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

	No. New Properties	No. Properties Sold
May 2017	36	19
April 2017	17	10
March 2017	20	15
February 2017	10	7
January 2017	14	7
December 2016	4	8
November 2016	13	11
October 2016	17	8
September	13	9
2016		
August 2016	11	6
July 2016	14	10
June 2016	13	15

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



A group of beauty counselors entertained Friday evening in the Free Press board room in honor of Princess Tania Obolensky, who was in Winnipeg during the week end, a guest at the Fort Garry hotel, Miss Jean Burdett presented piano selections. The Princess left Sunday for Windsor, Ont.



newspaper clipping supplied by Robin McLeod

The Story behind Princess Obolensky Park overlooking the Elbow River, Parkhill

I had the privilege of knowing Princess Obolensky thanks to my grandparents, Abbie and Rees Taprell. Princess Obolensky was a rare individual that made a huge impact on my life. She was forever young in thought and interest, always eager to engage in conversation and discussion.

Her story and therefore the story of the park dedicated to her is fascinating.

Princess Tania Obolensky was born in Moscow in 1913, the daughter of Princess Elizabeth Obolensky, a descendant of Prince Rurikovichi, the first reigning prince of Russia. The family's life, as part of the Russian nobility, came to an abrupt end with the Bolshevik revolution in 1917. Her parents were imprisoned but later released by the White Army. Out of Russia they fled arriving in Bulgaria and then moving on to Yugoslavia where her father died in 1927.

After being tutored in various schools across Europe Princess Tania finally left Europe for Canada. Of all the places in Canada, she settled on the Bow Ranch near Cochrane. Ranching life became her blood. On the ranch she raised Aberdeen cattle, horses, Persian lambs and hogs. Not content to sit behind a manager's desk she was out on the range supervising and working with fellow ranch hands. She admitted that she was a lousy roper and her favorite piece of equipment to operate was a power binder.

Curiously, considering her ranching life or maybe because of it, Princess Obolenksy developed an interest in cosmetics. In an interview by the Lethbridge Herald in 1948 she commented that she was never interested in cosmetics until she discovered what they did for her. Eager to tell other women about these products she rose in the ranks from a local salesperson to the Western Manager of Beauty Counselors of Canada, a "dominion-wide" cosmetics company. When asked by the Lethbridge Herald about the "new look" she thought it more flattering to women but not so flattering to pocketbooks!

In 1952, Princess Tania opened a very successful clothing and gift shop called La Boutique in downtown Calgary. This allowed her to return to Europe on buying expeditions bringing back the latest in European fashion, accessories and small furnishings. La Boutique quickly became not only the fashion centre but also the social hub of Calgary. If you wanted to find out what was going "down" in Calgary you went to La Boutique.

Eventually Princess Tania retired. From her small apartment in Rideau Towers she overlooked the Elbow River and the mountains to the west that she so loved. Until the day she died, Princess Obolensky retained a regal elegance and, of course, her milky satiny skin!

Longstanding friends of the Princess enabled the dedication of the Princess Obolensky Park in 1984 – a wonderful tribute to a remarkable life lived.

Robin McLeod President, S2G+

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary.

YOUR CITY OF CALGARY

YOUR CITY SECTION

Check out these important updates from The City of Calgary

'Take a kid to the course' week – Juniors golf for free at McCall lake Par 3 and Richmond Green with one paid golfing adult. July 3-9th only.	Calgary.ca/Golf
Unlimited summer fun for only \$50. Youth (ages 7-17) can enjoy swimming, rock climbing, skating and more with Calgary Recreation's Summer Youth Passport.	Calgary.ca/ YouthPassport
There's still room in our summer day camps! Keep your kids active, creative and healthy this summer.	Calgary.ca/ MyRecGuide
Register your child for a summer nature adventure! Our half- and full-day camps explore bugs, birds, buds and beyond using hands-on activities and outdoor play. Childcare is available.	Calgary.ca/ParksGuide
Learn about The City's accessible programs including accessible transportation, ac- cessible recreation facilities and classes, assisted listening devices and much more.	Calgary.ca/Accessibility
We're committed to providing a barrier-free municipal experience for all Calgarians. Contact 311 for an accommodation at any City event, or public meeting.	Calgary.ca/Accessibility

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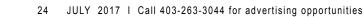
There's Wealth in Our Approach.™

West Hillhurst							
m	Jbat	ysitter	list				
Name	Age	Contact	Cours				
Adam	15	403-217-9272	Yes				
Cecilia	18	587-223-1330	Yes				
Emma	12	403-923-9894	Yes				
Ethan	17	587-703-7616	Yes				

Ethan		507 705 7010	105
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

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 our 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.



The history of our national anthem has more to it that one might think! For example, did you know that the lyrics were first originally French and that the official English version we use today is actually the second translation of those lyrics? Though the music was originally composed in 1880, the song was not officially recognized as our national anthem until 1980. And our anthem <1 might have inadvertently plagiarized of Mozart's "March of the Priests" from d his opera The Magic Flute. Google it and give it a listen-the 0 Pro resemblance is remarkable!

In addition to the

official English and French renditions, our anthem has been translated into many different languages, both official and not. In the sheet music here, you'll see that the bottom language is the lyrics in Inuktitut. Two years ago, celebrating Canada's 148th birthday, the Canadian Arab Institute released a video

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O Canada 0 Our home and na - tive land! Ca-na-da! True na Ca-na-da! Ter-re de nos aï - eux, Ô. Ton front est ceint de a.-C! ه*-Γ - σ 0-0-29 Λ. 9. 5 - Λ α. sons com-mand. With The glow-ing hearts we see thee rise. fleu-rons glo - ri - eux! Car ton bras sait por - ter l'é-pé п . ē. - < - >4 ⊲ °f' - c - <" d% . . - 4 - 7 - N. 5 and wide, O True North strong and free! From far Ca - na-da, We ln croix! Ton his-toire est une é - po-pé - e, Des por - ter •∩•·-> - J. Þ b - α-C. Γ -0% ά. stand on guard for thee God and keen our plus bril-lants ex - ploits. Εt va - leur. foi trem ta de · · · 0 a. - C! a.c. - 1-- م free 0 Ca na - da. stand for thee. we on guard - té ge - ra nos foy nos droits péc. ers et d œ o.< da, we thee. Ca stand on guard

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of Miriam Khalil, an opera soprano, singing the anthem in Arabic. Following suit, the Huffington post released an article with links to videos hiahliahting thirteen different performances of the anthem in various languages, including Ojibwe, Punjabi, Cantonese, Tagalog, Cree, and even American Sign Language. Canada's cultural

diversity is one of its most celebrated attributes, and one of the ways that it is highlighted is in the many languages people have given the anthem voice to. Canada is a nation made up of many cultures, faiths, and creeds

living together and accepting our differences. The common language of music has transcended barriers that separate us and created a mutual understanding between us. Our anthem is one of the many characteristics that makes our country so exceptionally extraordinary.



Guidelines and entry forms are at www.fonhs.org for our Nose Hill Park photo contest which is open to all. Submissions are due September 30th. Photos must have been taken between October 1st, 2016 and September 30th, 2017.

To better understand wildlife in Calgary, a wildlife monitoring program will start this year. To monitor wildlife, motion-activated cameras will be installed in 11 City parks, including Nose Hill Park and one provincial park, to take pictures of wildlife in those areas. The information from this monitoring program will be used to make better decisions when planning parks and other City spaces. See more at www.calgary.ca.

Once there is a database of images to classify, residents will be asked to help classify them using a platform called Zooniverse. This is a citizen science web portal owned and operated by the international Citizen Science Alliance. It is home to some of the internet's largest, most popular, and most successful citizen science projects; and will allow volunteers to participate in crowd sourced scientific research. More details will be shared when the program moves into that phase. Some of the questions to be explored over the next few years include: **Who calls Calgary home?** While we can't directly measure populations with the data from our cameras, we can get a sense of what wildlife call Calgary home.

Where are they? Finding out where certain species are most likely to spend time allows us to target conservation and management efforts.

How do species live with each other? This program will help understand how species in Calgary might compete with one another, engage in predator-prey dynamics, or avoid one other. By evaluating the camera images, we begin to better understand the Calgary urban ecosystem, including how all the species interact.

How can humans and wildlife co-exist in a city? It is known that people change the way wildlife behave – some animals adapt well to humans, some are indifferent, and others avoid us. The camera data will allow a better understand of our impact on wildlife.

Please note: The City does not conduct gopher control in natural environment parks in Calgary. The Alberta government is responsible for wildlife management. The City of Calgary provides information as a public service.



Councillor, Ward 7 Druh Farrell ✓ ward07@calgary.ca ♀ druhfarrell.ca

Green Line LRT and Crowchild Trail Updates

For the past several years, Calgarians were engaged extensively on the new Green Line Light Rail Transit (LRT) line and the Crowchild Trail Study. Thank you to Ward 7 residents for engaging on these projects and for helping to push for better outcomes.

The Green Line LRT will improve the daily lives of Calgarians. It will connect our communities with highquality rapid transit, spur reinvestment along Centre Street and around station areas, and act as a catalyst for improved community amenities.

Earlier this year, Council voted to proceed with Stage One of the Green Line LRT, running from 16 Ave N in Crescent Heights/Tuxedo Park to Shepherd in the SE. Stage One includes 20km of track, 14 stations, the Centre City tunnel, a new maintenance facility at Shepherd, and new low-floor trains. It will carry around 65,000 Calgarians on day one (in approximately 2026) and comes in at \$4.65 billion.

A phased approach allows us to build a solid foundation for continuous expansion, and to ensure we build the Green Line right from the start. We have one of the top performing LRT systems in North America today, and can expect this to continue with the Green Line.

The City of Calgary and the Government of Canada have committed \$3 billion to the Green Line. Now, with Stage One set, the City can submit a formal funding application to the Government of Alberta. If funding, financing, and years of planning align, we will see the start of Green Line construction in 2020.

In May, City Council unanimously approved a new plan for **Crowchild Trail**. Council praised the work done by City staff and the incredible participation from communities. The plan is in stark contrast to the 2012 Crowchild Trail expansion plan that called for the demolition of dozens of homes and restricted access between communities.

Proposed changes include new walking/cycling bridges across Crowchild and to the Bow River Pathway, pathways along Crowchild, safety improvements at conflict points, traffic noise mitigation, and free-flow traffic from Glenmore Trail SW to 12 Mile Coulee Rd NW. Residents along Crowchild now have certainty about whether or not their homes will be impacted.

The Crowchild plan, which includes short, medium and long term improvements, is a massive project that comes at significant cost. While the full plan is not funded, funding is approved to rehabilitate and improve the deteriorating Crowchild Trail Bridge over the Bow River. Funding for the full plan will be reviewed against the City's other priorities such as flood mitigation, affordable housing, and, of course, the Green Line LRT.

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

GAMES SUDOKU

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FIND SOLUTION ON PAGE 33



ABOUT WINE



by 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 artisanal producers making unique, reasonably priced (< \$50 retail) wines, combined with careful earth stewardship.

2015, Jasci & Marchesani (J&M), Pecorino Biologico, Abruzzo Superiore DOC, Italy Jasciemarchesani.it

About the Maker: Founded in 1967 by Sebastiano Jasci and wife Lucia Marchesani. Sons Nicola and Ludovico now run day-to-day operations in collaboration with Mom and Dad.

About the Vineyard: Located in Abruzzo (halfway up the boot), J&M grow Pecorino in their Monteodorisio vineyard near the town of Vasto on the Adriatic coast. Here, slope, aspect, soil, and sea influence this small-production white grape.

About the Grape: Having no connection to the famous cheese of Sicily, Pecorino the grape is native to central Italy. Known by myriad pseudonyms, it is said local sheep had an affinity for grazing this particular berry.

'Pecorino' is now its most common name.

About Sustainability: Certified Organic.

Inspired to alter growing practices in 1978 after Nicola asked, "Why can't we hear crickets anymore?" Convinced the use of sprays was harmful to their ecosystem, J&M embarked on the path of organic and good-to-the-earth practices long before it became a mainstream movement.

About the Wine: Presenting a stunning golden appearance, aromas of flowers and yellow apples inspire, while cleansing flavours of apples and nectarines highlight the palate. The finish concludes dry, stoney and long.

About Cepage: 100 % Pecorino (white)

About Pairing: Pair with medium cheeses, charcuterie, tuna tartare, or cream pastas.

About Availability: Check liquorconnect.com (call the listed store too).

CSPC #773929

About Price: \$24

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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.

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication Contact news@great-news.ca

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

PRACTICE ENGLISH: Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com, 403-444-1752.

FREE STAMPEDE BREAKFAST: Sunday, July 9. 9:00-11:30 a.m. 277 Strathcona Dr S.W. Hosted by Centre Street Church and Kingdom Life Ministries. Pancakes, face painting and bouncy houses! For more information phone Centre Street Church 403-277 9758.



What is the best diet for lasting transformation? By Kelly Newman

As a personal trainer, this is the question that I am asked the most. I always smile when I hear this question, because it opens the door for a much larger and more important conversation. Most women struggle to accept their bodies. It has been reported that 97% of women have an "I hate my body moment," every single day. At any given moment, there are millions of people dieting, 85% female. And of the women dieting, most are dieting 4-5 times per year. This has resulted in millions of people spending billions of dollars, searching and paying for something that works. There are literally hundreds of weight loss products, programs and options out there, and yet obesity rates are on the rise. Why is this? What is underneath this desire to lose weight?



Do people want to weigh less? Yes of course. But, deep down I believe what people are really searching for by investing over 60 billion dollars per year, is not merely weight loss, but a way to feel better. People are searching for a way to feel happier, more peaceful, and to have more energy. It is predicted by the year 2020, depression will be the leading cause of disability. The transformation that most people are seeking has more to do with the way they feel on the inside and less to do with the weight of their body. And there is only one diet that changes how we feel on the inside.

It is what I call the "no blame, zero criticism" diet. The first thing we need to change if we wish to feel better within our lives is the way the way we talk to ourselves. Nope, it's not food-related, it's not sexy, and it is very far from magic pill thinking. It is something that most of us will not be able to do for more than 5 minutes. Try it, I dare you. It's so hard. For most women, our inner critic is always speaking. I am not good enough, I am not thin enough, I am not smart enough, and I am not strong enough. And this is the voice we are listening to.

The fastest way to feel better about your body is to shift your focus from "not good enough" to "appreciation." Learning to be grateful for what you can do with your body and finding things to appreciate within your current level of health and well-being transforms how you feel. It may take time and practise to allow self-care and self-acceptance to lead your life, but it paves the way for deep, lasting transformation.

"Use your body, use it every way you can. Don't be afraid of it, or what other people say about it. It is the greatest instrument you will ever own." – Baz Luhrman

South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. See below for some of the programs happening in July 2017. Registration information and full program guide can be found at www.ahs.ca/ shcwellness or call 403-956-3939.

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1. I.U. I.I.U.

The South Health Campus Wellness Centre and YMCA have opened an outdoor sports court for community use. or more information call the South Health Campus YMCA at 403-956-3900.

EMOTIONAL WELL BEING Meditation Drop-in Every Tuesday 5:00-5:45pm

Drumming Up Wellness Every Friday 1:30-2:30pm

Happiness Basics (4-Week Series) Begins July 5 4:30-6:30pm

Mindfulness Practice Sessions July 20 6:30-7:45pm

SUPPORT GROUPS SupportWorks Wednesdays 6:00-8:00pm

Alcoholics Anonymous Wednesdays 8:00-9:00pm Narcotics Anonymous Thursdays: 8:15-9:15pm Saturdays: 6:30-8:00pm Sundays: 7:00-8:00pm

Smart Recovery: Sundays: 3:00-4:30pm

PARENTS/PARENTS TO BE Feeding Your Baby July 4 9:30-11:30am

Healthy Eating for Pregnancy July 10 6:30-8:00pm

Story Time & Play Date July 21 or 28 10:00-11:30am

FOOD, NUTRITION & COOKING Kids Summer Cooking Camps: (Note: Fees apply.) **Culinary Masters:** July 5 or 19 9:00am-4:00pm

Science in the Kitchen: Plants We Eat: July 6 or 20 9:00am-4:00pm

Science in the Kitchen: Chemistry: July 12 or 26 9:00am-4:00pm Farm to Fork: July 13 or 27 9:00am-4:00pm

The Truth About What Works in Weight Management July 26 5:30-8:00 pm

Canning: Jellies with a Twist: (*Note: Fees apply.*) July 20 6:00-8:00pm

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939. Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!





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Saving Lives Through Better Predictions

On July 31, it will be 30 years since a powerful and damaging tornado ripped through Edmonton and area. On what became known as Black Friday, 27 people lost their lives, hundreds of homes were destroyed and damage totals exceeded \$330 million. To this day, quickly darkening clouds on the horizon bring back horrifying memories for thousands of Albertans.

There were seven other tornados in Alberta that summer day. Originally, weather forecasters had warned of unusually severe thunderstorms but the sheer power, size and destruction of the weather to come was not known. Enhanced warnings of tornados went out when the first one was spotted near Leduc but for many that was too late.



The federal government has invested substantially over the years to upgrade radars, upgrade satellites and the computer systems behind them. In the 30 years since, weather forecasting has improved by leaps and bounds and our ability to share critical weather warnings is unmatched in our history. New computer models can now more accurately forecast the weather and even predict tornados and their probable paths in advance. We now have accurate lightening, wind-chill, humidex, pollen, ice and other types of forecasting that did not exist just a few years ago. For some areas, weather forecasting is now available for different neighborhoods within the city.

While we all can remember a day when the forecast was wrong, and we like to curse the 'weatherman', we take for granted how accurate the forecasts generally are. Accurate weather forecasting is a critical part of our economy as it helps farmers, mariners, pilots, construction crews and the general public make important and life-saving decisions ahead of time.

Canadians now have the ability to track weather through radio, television, computers and various other methods. The ability to send weather warnings to people via their televisions, computers and smartphones has saved lives and property across Canada. As we head into the severe summer weather season, Canadians are encouraged to consult the weather on a regular basis, especially if they plan activities outside or may not have easy access to safe cover from the weather. There are a number of free weather alerts available through weather forecasting websites, including Environment Canada at www. weather.gc.ca.

Those who take risks with the weather should realize they often put their lives, their loved ones' lives and the lives of emergency workers at risk unnecessarily. As the saying goes, "If it is predictable, it's preventable". Let's have a great summer and thank those who work invisibly behind the scenes to ensure we have a safe summer, no matter what the forecast may be.

RESIDENT PERSPECTIVES

Book Review by Barbara Sharrock

Are you at a place in your life where you are facing a new path? Has a new path been chosen for you by the loss of a job or change in your health? Has there been an event in your family – a new baby or loss of a loved one? Outgrown your house? Want to downsize? Move to Mexico? Is it time once again to step back and do some serious thinking about the next chapter? Richard Leider and David Shapiro have written Repacking Your Bags: Lighten Your Load for the Good Life with you in mind.

This book is for students, homemakers, businesspeople, professionals and retirees. It is about making choices, after having a courageous conversation with yourself (and perhaps others). Consider these questions:

What's next for me? Why doesn't all this make me hap-

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py? What do I want to be when I grow up? How can I find my life's work? How shall I reimagine my life?

We have a long life span, and the career and relationship choices we made in our youth may have served us well for our whole lives, but chances are some of them have been discarded for new adventures along the way. Imagine you have a backpack crammed with all the stuff you have in your life, including people. Is your stuff weighing you down? "The Packing Principle" states that we keep adding things and responsibilities until we get to a point where we cannot carry them anymore. It is time to lighten your load. Cleaning out the closet and donating to charity helps. Going through the pantry and discarding unused and out-of-date food is easy. Putting your home on the market and buying a different one may be appropriate. Or not. It isn't what we have, it's how we have it. The challenge is to match our values today with our stuff, so that what we have is what we want, both literally and figuratively.

What is The Good Life? It is a life that gives an authentic sense of joy. Here is Leider and Shapiro's definition: Living in a place you belong, with the people you love, doing the right work...on purpose.

We reimagine over and over again as circumstances change. Our lives do not proceed in a tidy straight line, but contain hills and valleys, switch-backs, and unexpected zig-zags. A little help is sometimes required. In this wise and practical guide, the authors offer the reader exercises and stories to assist with the challenging work of examining what is in the backpack and determining what should be kept and what should be left, this time, at this junction in the road.

Barbara Shorrock is a reader, writer, gardener, traveler, ESL coach and retired realtor. She can be found most first Wednesdays at the Queensland Garden Club, which welcomes all gardeners, new and experienced. We don't care where you live.



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