

JUNE 2017

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your WEST HILLHURST WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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WEST HILLHURST COMMUNITY ASSOCIATION

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

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

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

IMPORTANT NUMBERS

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

GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

Hockey Arena Update! The plant room which helps keep the ice solid and cold has had some issues which means that there will be no ice for the month of May. We are working on the problem and hope to be up and operating again in June. This also means the "grand re-opening" celebration has also been cancelled. When we do re-open, we will be having lots of free member skating during the spring and summer months. The schedule will be posted on our website, under "Building Schedule".

Our first 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.

Community soccer and Tennis are now half over. We hope everyone that wanted to be involved did sign up and has enjoyed themselves.

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!

Chris Koper, with the help of her friend Patrick, did a wonderful job creating our chessboard right beside the gardens. Ramage Group donated \$900.00 for the stone tiles. A big THANK YOU to all three of them.

Do you have thoughts on future growth or ideas for the building? Maybe a second 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.



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West Hillhurst Community Association

West Hillhurst Community Association
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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

MONTHLY HEALTH CLUB PROMO

Tammie Yearwood

June 1st – 30th

\$10 off the 10x pass plus GST. (Regular \$100)

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

Friday Youth Open Gym Nights (12 to 17 years) – 5:00 to 7:30 pm

Join us in the gym each week throughout June for Youth Open Gyms. Play basketball, soccer, ping pong, floor hockey, volleyball, and more - equipment is available or bring your own. Admission is free thanks to our youth night sponsor, Dairy Lane.

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

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

Wednesday, July 12 – WHCA Stampede Breakfast

Come on down for the first annual WHCA Stampede Breakfast from 9:00 to 11:00 am and feast on pancakes, sausages, coffee and juice while enjoying a live local band and other fun stuff for the family. Volunteer flippers and servers are welcome and needed so if you want to help out, just email John at programs@westhillhurst.com

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

Ashtanga Yoga

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

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

When: Thursday June 27

Time: 1:30 – 2:30pm

Room: Dance Studio

Instructor: Vandana

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



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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

Register now for your spring and summer tennis programs for youth and adults! Basic skills covered include groundstrokes, footwork, serve and return, net game, and developing consistency



WHCA Youth Team Tennis League – Starts July 14

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

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

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

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

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

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

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

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

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

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

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

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

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and Twitter



www.twitter.com/westhillhurstca

Morning Warrior – Tuesday Morning

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

Dates: April 11 – June 13

Time: 6:10am – 6:55am

Location: Dance Studio

Instructor: Karen

NEW! Intro to Nordic Walking - Tuesday Morning

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!

Dates: June 6

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: June 6

Time: 9:15 – 10:15am

Location: Meet in Healthclub, and head outdoors.

Instructor: Lorene

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Dates: June 13 – June 27

Time: 9:15 – 10:15am

Location: Meet in Health club, and head outdoors.

Instructor: Lorene

Spin Fit – Tuesday Evening

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

Dates: April 11 – June 13

Time: 6:35pm – 7:25pm

Location: Dance Studio

Instructor: Karen

~cont'd next page~

Morning Spin Fit – Wednesday Morning

Spin n Strength is 50 minutes of efficient, quality functional movements that will enhance your overall full body strength and conditioning. This class will utilize the bikes, resistance training as well as core exercises to give you a total body blast!

Dates: April 12 – June 14

Time: 6:10am – 7:00am

Location: Dance Studio

Instructor: Karen

Work-It Circuit – Wednesday Morning

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

All levels welcome.

Dates: April 12 – June 14

Time: 9:10am - 10:10am

Location: Dance Studio

Instructor: Kiran



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

Drop-ins welcome

Time: 7:15am – 8:15am

Location: Dance Studio

Instructor: Morgan (New Instructor)

Bike, Burn & Barre – Saturday Afternoon

This 75min combo class is a one stop shop.

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

Dates: May 13th – June 24th (no class May 20th) Drop-ins welcome

Time: 1:15 – 2:30pm

Location: Dance Studio

Instructor: Morgan (New Instructor) ~cont'd next page~



New! Intro to Nordic Walking - Tuesday Morning

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!

Dates: June 6th

Time: 9:15 – 10:15am

Location: Meet in Health club

Instructor: Lorene

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.

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

~cont'd next page~

JKA KARATE (jkaiwayama)

Strengthen your mind, body, and spirit!

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

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

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

Contact Information: Kelly Novak at 403-804-5007

Email: jkaiwayama@gmail.com

Website: jkaiwayama.com

KUK SOOL WON – Korean Martial Arts & Self Defense

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

Visitors welcome - first two lessons are free

Contact & Information: www.kuksoolwoncalgary.com



YOGA

ALL LEVELS

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

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

Thursdays 6:15pm - 7:15pm

LEVEL 1 / BEGINNER

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

Registration: Ongoing

Contact: Debby at yogamaya.ca for more information)

Date/Time: Thursdays 5:00pm – 6:00pm

YIN YOGA

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

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

Contact/Registration: Debby at 403-283-9747
www.yogamaya.ca

ZUMBA

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

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

Contact: Jocelyn at 403.667.0435

Email: zumbajoc@yahoo.com or visit www.zumbajoc.ca

FALL/WINTER 2017 LEARN TO SKATE PROGRAMS

Donella Swan, Learn to Skate Program Director

Learn to Skate | Fall Programming

To our valued Community Members,

Despite the obstacles we have faced this year, we would like to thank you all for your patience this season.

Although we were disappointed we could not return to our beloved home rink for Spring classes, we are determined to continue to provide valuable programming in our community.

Fall classes, which will be ran out of the West Hillhurst Community Association Arena, are now open for registration at:

www.westhillhurst.com/learn-to-skate

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



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 27

Did you know we offer after school hours?



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COME CHECK US OUT!

SOCCER

ROYAL WEST SOCCER PROGRAMS - CITY LEAGUE SOCCER

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

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

OUTDOOR FALL PROGRAM:

September 9 - October 14
U4/U6/U8 - Saturdays 11am
\$60

OUTDOOR CITY LEAGUE REGISTRATION AND DETAILS AVAILABLE MAY 1ST!

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

HIGHER LEVEL SPORTS ACADEMY

Summer at HLSA!

MULTI SPORT CAMP

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



SOCCER CAMP

Soccer is our specialty and we love soccer camp! We spend our morning learning skills and drills and cool down in the afternoon at the waterpark. We wrap the day up with soccer matches between participants. Full day camp option is available for ages 7 - 14. We offer morning, half day registration to ages 5 - 14. \$150/Week full day \$75/Week half day

ADVENTURE CAMP

It's always an adventure at HLSA! Adventure camp combines sports and activities including; Trampoline park and bowling! \$195/Week

FALL REGISTRATION-

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

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

For more information, contact:
Romeo Forezli: programs@higherlevelsportsacademy.com

Program Director

Phone Number: 403 836 7416

TRIPLE MEG SOCCER

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

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

PROGRAMS AVAILABLE:

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

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

SUMMER FC

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

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

Perfect for folks commuting to and from the downtown core!

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

Full Day Camps July and August are Monday to Friday 9-4pm with drop off between 8-9am and pick up between 4-5pm

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



Planning Committee

Jennifer Cardiff

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

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

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

Did you know?

The West Hillhurst community began as a farm owned by the Riley family; a prominent pioneer family. The area was annexed by the city in 1907, but substantial development did not begin until after 1945 when Victory homes were built for returning soldiers. Many of these homes exist today and are a symbol of our community's history (citation: Federation of Calgary Communities).



WEST HILLHURST GO-GETTERS ASSOCIATION

Cassandra Towpich

Happy Father's Day to all the dads out there. Remember to give your dad, grandpa or any great grandpas your appreciation with a call, hug, smile and/or your time. It only takes a moment to make the day special! Senior's week also falls the week of June 5th – 11th, 2017. As this is our membership, we want you all to know how special you are to us and how much you are appreciated!

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: Coutts Centre, our Lethbridge Overnight trip and Stoney Nakoda Casino. Special events include games night, our monthly luncheon, planting our garden, a baking day and our annual Tea & Bake Sale. We also have a card making class and a wine & paint afternoon planned in June. 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.



West Hillhurst Preschool News

Erin Hinton

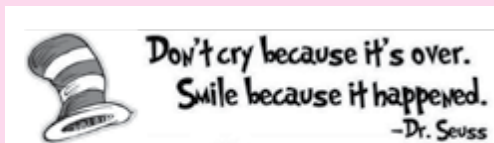


**WE HAVE
OPENINGS
IN OUR
AFTERNOON
PROGRAMS
FOR 2017/18**

The children of West Hillhurst Community Preschool are having a great time wrapping up the year! They spent the year enjoying music, crafts, dancing, learning the alphabet and playtime with all their new friends. Come join the fun at our West Hillhurst preschool in September 2017!

WHCA Preschool still has openings in our afternoon preschool programs for 2017/18. Register now for the opportunity for your child to participate!

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



TRANSPORTATION REPORT

David Quaintance

The consultation process for Crowchild Trail has been completed (phase 6). The recommendations were presented to SPC Transportation and Transit on April 19th. They were approved unanimously and presented to City of Calgary Council meeting on April 24th as an order of urgent business regarding the short-term plans for Crowchild in a package including other infrastructure projects. The funding for the Crowchild short term plans is basically in place and will be dealt with in the current budget for Transportation. They include changes at Richmond Rd SW, Kensington Rd NW, Crowchild Trail bridge over the Bow river, 16th Ave and 24th Ave N.W. "Funding for the short-term plan would provide Calgarians immediate benefit in the near term, capitalizing on the Administration's ability to leverage shared efforts and resources that combines existing work required with the ability to adapt the plan to meet corridor needs today" (Transportation report to SPC on Transportation and Transit, Apr19,2017). Bridge remediation and interchange at 16 Ave. Details on all stages of the recommendations can be found at:

<http://www.calgary.ca/Transportation/TP/Pages/Projects/Current-Planning-Projects/crowchild-trail-study/Crowchild-Trail-Study.aspx> or search City of Calgary Crowchild in your browser and follow the links.

The recommendations will be forwarded to Council for final approval May 8, 2017.

We have been involved in the consultation process going back to 2012 and in the development of a transportation corridor policy which would lay the groundwork for corridor consultation going forward, including Crowchild Tr. This process was as a result of the strong negative reaction to the 2012 plan for Crowchild. Three key principles were developed out of that process:

1. Maintain and enhance bordering communities;
2. Improve travel along the corridor; and
3. Improve mobility across the corridor.

The medium-term recommendations (projected 10 yrs.) are estimated to cost \$1.3 billion dollars (today's dollars) and there is currently no budget for them. Council will have to debate and approve funding in a future budget process. Administration plans to bring the medium-term plans forward as part of the next update to the 10-year investing in Mobility Capital Plan.

There is no doubt that a number of properties, homes, businesses and organizations will be impacted by the proposed changes. Some public consultation will probably occur regarding sound barriers. The City has indicated that if funding is approved, construction could begin in the spring. No further details are available as of this writing.



Park Lark

Fish Creek Provincial Park in Calgary is Canada's second largest urban park behind St. John's Pippy Park. People enjoy walking and biking on the park's 80 km (49.7 miles) of trails.

SUMMIT KIDS

Summer Camps for your Child's Summer!



Not a Summit Kids member? No problem- let us be your solution for care in the summer.

We offer different themes for different age groups and are located conveniently in the **West Hillhurst Community Association** (1940-6 Avenue NW, Calgary, AB T2N 0W3). We cater to both the public and Catholic school board spring breaks

For more information, please call 403.797.1488 or email info@summitsummer.ca
OR
Check out our website at summitsummer.ca

SummitU June Schedule



Every parent wants the best for their kids- to be happy, healthy and safe...
Summit Kids can help you with that.

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

Safe Sport

Safe Sport is a comprehensive child safety course that encourages children to get involved in sports, and emphasizes the fundamental safety aspects of doing so. Safe Sport discusses how to be a Super Sport, stay safe at away games, prevent injuries, increase self-esteem, deal with sport-bullies, and the health benefits of keeping active. Sports can be an excellent source for kids to grow, learn and develop team spirit, but it is important to ensure kids are taught boundaries, limitations and skills to make safe choices in often difficult situations.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$30 +gst Thursday, June 1

At Home Alone

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

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

~ continued on next page~

SUMMIT KIDS

First Aid for Kids

First Aid for Kids class is an active and informative two (2) hour program that teaches students how to safely respond to medical emergencies such as cuts, burns, choking, broken bones, allergies and accidents. First Aid training at a young age helps to build confidence and self-esteem, as well as teamwork and communication skills. This program is a valuable addition to your child's safety education plan - excellent when added to the At Home Alone Program or Babysitter Training!

2-hour session (2:30 p.m. – 4:30 p.m.) - \$30 +gstSaturday, June 17

Bullyproofing

In a two hour interactive, non-threatening manner, children learn how to become 'Bullyproofed'. This program is designed to be preventative and proactive, so that children can avoid being bullied, and if they are bullied, know how to stop it. The focus is on understanding complete acceptance, not just tolerance of others. Students learn by working through scenarios, role play and group activities to help reinforce important messages.

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

Social Netiquette

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

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

Cybersafe Early Years

It is impossible to ignore any longer, and vital to prepare kids at an early age to be cyber safe. The Internet is a place, not a thing. With the increasing use of tablets, mobile games, learning software and eBook readers, parents and schools are turning to the Internet as a teaching tool, with many kids starting as young as preschool. The early years is the best time to begin to lay the foundation of what safe online behaviour is, how to be a good online citizen, and the differences between the real world and the online world.

1-hour session (6:30 p.m. – 7:30 p.m.) - \$20 +gst Thursday, June 15

Cybersafe Intermediate

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

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

Program Descriptions & Registration Information:

Kidproof safety programs are a fundamental need for children and families alike. But what makes us even more special is that our programs are never scary, and always non-threatening, empowering, and entertaining.

Online: www.summitkids.ca/summit-u • Call: 587.432.0471 • Email: info@sk4u.ca

WHCA GREEN COMMITTEE

Chris Koper

On April 29th, Earth Day, the WHCA Green Committee and Association hosted the first ever Garden, Health and Wellness Event. It was a great success do to the great teamwork of all involved, from the WHCA staff to the vendors and volunteers! I think over 400 people came through!



We built a Giant Chess Patio on this day, sponsored by the Ramage Group! Patrick and his group from Charter Landscapes donated their time to install this patio for the WHCA! Thank you to these two companies for their generosity! We are looking to buy Giant chess pieces for the giant board and if you or your company would like to contribute please contact the head office at 403-283-0464 ext. 6. The Calgary Chess Club has told us they will contribute to kids' t-shirts with the pictures of the chess pieces on them, so we can play chess, using the kids as the pieces and they in turn learn how to play. The Calgary Junior Chess Club will help guide us in starting a chess club at the WHCA. Please contact us if you are interested in joining a club, weather you are an adult or you have children let us know if you are interested!

A big thank you to the following companies that participated in our Earth Day event and who took the time to talk and help community members with information and who handed out some swag for our participants:

Home Depot – brought a great team to help kids build bird houses, rain gauges, bird feeders that they donated for the event. During the event, they built a portable garden bed and donated it for a lucky person to win!

Blue Grass Garden Center – Pulled in with carts of edible flowers, herbs and vegetables to help people make beautiful planters for their decks! So springy and cheerful!

Bert from the Calgary Bee Keepers Association – Brought a live bee display that mesmerized child and adult alike along with tastes of honey for all! My favorite was the Lemon honey!

Sunnyside Natural Market – launched their new Non-GMO in house labelling products that are called Sunnyside Verified and gave away organic apples!

Retree (City of Calgary) – Answered people's questions and gave them guidance as to the best trees and shrubs for their yards.

The Light Cellar – Educated everyone on the art of fermenting (sour kraut, kim chi) and captured everyone's attention with stone ground dark chocolate samples with wonderful herbs like lavender. Really delightful. Even brought a real cocoa nib for all to see!

Soap and More – Showed everyone how to make soap with a method that stems from the old Homestead Days only with a modern twist. How fun to make and take home your own soap!

Eco Yards – showed how to landscape your yard in a way that is eco - friendly and easy care that saves on the environment.

Dafoe Designs – Joanne – a yard designer and celebrity who does the AM 770 Radio show titled "Let's talk Gardening" with Merle from "Spruce it Up Garden Center. A great way to get our questions answered!

Janet Melrose – Calgary's Cottage Gardener – answered gardening questions and showed gardening techniques guaranteed to help you have a successful vegetable garden. Janet puts on monthly talks at the WHCA if you want to take advantage of her vast knowledge.

Mike Dorian of Living Soil Solutions – showed everyone all about vermicomposting, and how worms can work their magic in your garden. He also does deep root fertilizing for your trees and shrubs!

Munira Jiwa showed how Spring Forest Qi Gong has a calming effect and great health benefits with mini demos!

Sullivan Tree Service – Scaled up and down the big poplar tree outside the WHCA. They are great arborists who really know what they are doing.

Full Circle Adventures – Spoke the benefits of staying active even when you don't have time to get to the mountains, they have some great half day hikes and wild edible walks right here in Calgary's wildland parks!

Poppy Innovations – Planted sprouts with the kids and teach gardening, cooking and more.

Pages Book Store of Kensington – had a huge selection of Garden Health and Wellness books to help!

Lastly, the WHCA Green Committee had tomato seedlings for everyone, a kid's craft and tons of information for everyone. What a remarkable event! Keep your eye out for this event next year! In May, you planted hardy vegetables from seed such as leaf lettuce, carrots, peas,

spinach, parsley, turnips, beets and radishes. Also, onion sets (which are real onions specifically for growing other onions!) You also could have planted seedlings of broccoli, cabbage, kale, and brussels sprouts.

After May 24, plant other vegetable seed, seedlings and bedding plants. NOTE: Be ready to cover plants with row covers if frost is predicted! Row cover is a filmy material that lets light and water thru but protects the plants from frost and bugs. You can purchase it at most garden centers and Lee Valley.

If you compost, be sure to: Layer your greens and browns like lasagna in the compost bin and spray with water until moist but not wet. If you have snow left over, add it to the bin. Mix, stir and turn it to provide oxygen.

GREENS

Kitchen scraps

Tea bags

Houseplant clippings

Cut flowers

Grass clippings

Garden waste

Coffee grounds

Hay

Seaweed

BROWNS

leaves

straw

corn cobs and stalks

sawdust and woodchips

dryer lint

pet bedding

felt

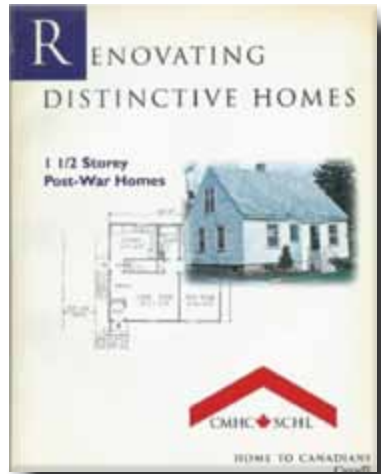
plant prunings

newspaper

What is compost? Green Calgary says it is a rich mix of organic matter, premium soil conditioner, provides nutrients and improves soil texture & drainage. Great to give back to your tired flower beds too! Be sure to save your bottles for the WHCA Green Committee. We are well on our way to having our garden shed. If you have some to contribute, bring them into the front office and they will get them to the Green Committee! Remember, you can't buy happiness, but you can buy local and that's kind of the same thing!

COMMUNITY HERITAGE

Karen Smith



Whenever I meet people from other Calgary communities and they ask which neighbourhood I live in, they often remark, 'oh, the one with all the 1 1/2 story houses.' According to the CMHC, between 1945 and 1960, over 300,000 of these houses were built across Canada. These Victory houses were built to be constructed quickly to deal with a severe housing shortage and were expected to have a life span of only 4-5 years. Again, according to CHMC, in 1945, 31% of Canadian homes lacked running water and 14% lacked electricity. Our house still has the old chimney stack space where the stove used to be to heat the home. The design and construction have proven to be more durable than that. Over the decades many have been renovated, expanded, redesigned, relocated and yes, demolished. At one point, I went around the neighbourhood taking photos of 1 1/2 story houses and gave up after shooting over 50. Like snowflakes, no two were the same and had been made unique. The build of 1 1/2 story houses in West Hillhurst was perhaps one of the first major development changes in our community. I have been told stories by a neighbour about the building of these houses on 5th Ave with a wooden sidewalk. We have encountered these houses in our travels across Canada from East coast to West coast. They are part of our unique community and history.



West Hillhurst Real Estate Update

Last 12 Months West Hillhurst
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2016	\$799,900	\$790,000
May 2016	\$824,950	\$789,000

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

	No. New Properties	No. Properties Sold
April 2017	18	10
March 2017	22	15
February 2017	11	7
January 2017	14	7
December 2016	4	8
November 2016	13	11
October 2016	17	8
September 2016	13	9
August 2016	11	6
July 2016	14	10
June 2016	13	15
May 2016	18	10

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

SCHOOL SHOUT-OUTS

Queen Elizabeth School

Deb Hamilton

Great things happen when community helps community! The transformation of the Queen Elizabeth School play yard is a testament to this belief. While the students watched with anticipation and patience, the school yard changed before their eyes. Now is the time for school playground committee to say THANK YOU!

This project could not have been completed without the determination and dedication of many. Throughout this project, our committee has been overwhelmed with the amazing support of community members at every stage of this process: from planning, fundraising, grant writing, designing and executing the vision of enhancing our school play yard, while maintaining the integrity of those committees who came before us.

At this time, we would especially like to acknowledge the many organizations, businesses and community supporters that provided services, time and financial support to this project. In particular, our major supporters including: Government of Alberta, Truman, Bluebird - A Trotter & Morton Company, Parks Foundation Calgary, BDI Play Design, and ULS Maintenance & Landscaping. Please find a complete list of supporters on our recognition board located at the entrance of our new play area. Your contributions to our project made a dream a reality.

We would also like to thank the many local restaurants that contributed to helping to fuel our volunteers during the playground build: Spolumbo's Deli, Domino's Pizza, Peters Drive-In, Dairy Lane, Starbucks, McDonald's, Cobbs Bakery, Higher Ground Cafe, and Safeway. Your tasty contributions on the build days were a welcome treat.

Our volunteers came together to construct and provide an amazing outdoor place for children. We were fortunate to have community volunteers gather - whether they were a parent or grandparent with a child at Queen Elizabeth; an employee given an opportunity to participate in a community outreach project; a SAIT student keen to help and learn; or a community member with a little flexibility in their schedule, your help with the playground build was invaluable and very much appreciated. We could not have accomplished this giant structure without your efforts, sweat, and blisters.

"If we strive to work together imaginatively and unselfishly, we will be helping to achieve each other's personal goals, and the combined legacy that we leave as a result will be brighter and more valuable than any of us could have achieved unilaterally." Paul McCabe, Feed the Good Dog

We invite all community members, families, volunteers, and supporters to join us in celebrating our new playground, by attending our ribbon cutting ceremony on June 9 at 11 a.m.

Many thanks,
Sheila Kilpatrick and Kristina Sherriff
Playground Project Co-Chairs



NOSE HILL

CALGARY PUBLIC LIBRARY
1530 Northmount Dr NW
403-221-2030 • calgarylibrary.ca

Monday - Thursday: 9 a.m. - 9 p.m. • Friday: 9 a.m. - 6 p.m.
Saturday: 9 a.m. - 5 p.m. • Sundays (mid-May to mid-Sept): Closed

School's Out: 3 Things for Canada Party!

We're celebrating Canada and the launch of our Summer Learning Program. Join us for games and food for the whole family. No registration required and all ages welcome. This event will be held at all Library locations June 17 from 10 am to 4 pm.

Celebrate Canada Day at Central Library!

For the first time, Central Library will be open on Canada Day and we invite you to join our indoor campfire, 150+ Acts of Reconciliation, LEGO construction site, and storytimes throughout the day from 10 am to 5 pm.

#Read150

Read 150 books in 2017! Pick up your free *Great Reads 2017* Reading Guide from any community library in Calgary. It's full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca or call 403.260.2600 to find out how you can be entered to win great prizes just for reading!

CONSUMER CHOICE AWARDS

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Dhiren Bhargava, Denturist

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fax: 1-866-372-6948
accufit@telus.net

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YOUR CITY OF CALGARY

Seniors' Week

In 2017, The City of Calgary will celebrate Seniors' Week from June 5 - 11 to acknowledge the contributions of seniors to our communities.

Whether it's their time, talent or life experience, seniors' contributions are at the heart of many Calgary communities improving the quality of life for many Calgarians. The City of Calgary supports seniors in many ways throughout the year; learn more at www.calgary.ca/SeniorsWeek.

West Hillhurst

mybabysitterlist

Name	Age	Contact	Course
Adam	14	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

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

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

CONFEDERATION PARK 55+

Judy Cairns

Summer is just around the corner and things will be slowing down at the Centre. However, we will be offering a few activities over the summer – Tai Chi, Seated Yoga, Whist and Bridge Drop-in. Check the Centre's website, yycseniors.com, for the most up to date information on activities and events. Registration for the summer activities will start Thursday, June 1. Drop by our facility any weekday between 9:00am and 3:00pm to register. (Payment by cheque or cash ONLY.)

Please note: a membership is required to register in activities. Memberships will be FREE for the Summer Session (expire on August 31).

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

Coming up:

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

- June 10: Badlanders
- June 24: Black Velvet

Reflections of Red: A Tribute to Red Skelton – Friday June 16 at 1:30pm Tickets \$15.00/members \$20.00/non-members (includes show, coffee/tea and dessert)

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

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sales@great-news.ca



91 Monthly Community Newsletters
415,000 Households
152 Calgary Communities



News from the Friends of Nose Hill

by Anne Burke

The FONHS hosted a free guided walk (2 hours) on Nose Hill to identify flowers and discuss the May Count of Plants in Bloom. Our guide was John McFaul, a professional naturalist who has been leading nature walks and hikes for 30 years. He received a BSc degree in Environmental Biology from the University of Calgary. John is an accredited Professional Interpreter with the Interpretive Guides Association, a member of the Friends of Nose Hill, and an honorary member of the Calgary Field Naturalists' Society (Nature Calgary). He has the Loran L. Goulden Award and the Frank & Alice Harper Memorial Award from the Federation of Alberta Naturalists.

The Alberta May Count of Plants in Bloom is an annual event sponsored by Nature Alberta to record plants in bloom in Alberta during the last week in May, using a standardized approach. The purpose is to provide information on the distribution of flowering plants in Alberta. This monitors the spread of non-native species and provides insights into the response of plants to variations in climate.

The City is responsible for the planning, design, construction, maintenance, and programming for 800 kilometers of pathways. Calgary has the largest urban bike

path system in North America. Let's keep this in mind while Nose Hill needs restoration and trails are closed to protect wildlife habitat.

You can download the new Pathways & Bikeways App from www.calgary.ca. The map is now in three formats: Mobile Application, Online, Paper Copy. Please note that Pathways are off-street routes and Bikeways are on-street routes. The speed limit along pathways is 20 k.p.h., unless posted. Wear a helmet. Yield to the right of way. Stay on the right side of the pathway, unless passing. Use a bell, whistle or horn to protect walkers and joggers. Do not pass in sections with a double yellow line. You cannot cycle or in-line skate on a pathway with a leashed dog.

All pathways and trails are for non-motorized use, except for powered wheelchairs. A regional pathway is part of the city-wide network, paved with asphalt, and off-street. A local pathway has routes in communities, linking to neighbourhood parks, schools, and other community destinations. Trails are unpaved paths and may be granular or compacted dirt. If you know of a bylaw infraction and would like to report it, please call 311.

BRAIN GAMES SUDOKU

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

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.

You're invited to the 13th annual Calgary Mountain View constituency

STAMPEDE BREAKFAST



Hillhurst / Sunnyside Community Centre
1320 5th Ave NW

Saturday, July 8, 2017
9:00-11:00am

BRING YOUR OWN DISHES AND CUTLERY TO CUT DOWN ON WASTE AND YOU'LL BE ENTERED IN OUR DOOR PRIZE DRAW!

***LIVE MUSIC - GREAT FAMILY FUN* DONATIONS FOR THE CALGARY FOOD BANK ACCEPTED**

If you're interested in volunteering, please contact calgary.mountainview@assembly.ab.ca or call (403) 216-5445 to see how you can take part!

www.calgarymountainview.ca

About Wine

Nik Rasula

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

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

2015, Stoller Family Estate,

Pinot Noir Rosé, Dundee Hills - Willamette Valley, Oregon, USA

Stollerfamilyestates.com

About the Maker: A successful businessman, founder Bill Stoller has a distinguished history in international business, from founding international human resources firms to his partnership in Chehalem Winery.

Passionate about both wine and the environment, his vision was to establish a business that could be sustained for centuries.

About the Vineyard: Stoller reacquired the family farm in 1993 and recognized potential in the south facing, rocky and well-draining Jory slopes (300 – 600 feet a.s.l.). Hiring consulting viticulturalists he set about strategically laying out his acreage, planting select clones of the noble grapes of Burgundy - Pinot Noir and Chardonnay.

100 per cent estate produced, the Stollers control every aspect of the winemaking process, from pruning and growing, to making and bottling.

About the Wine: Pleasing salmon appearance, this rosé opens with fresh aromas of watermelon and white peach. Lighter-bodied, the crisp notes of lime and melon delight the palate as this rosé finishes with mouthwatering acidity.

About Sustainability: The world's first winery to receive LEED Gold[®] (Leadership in Environmental Engineering & Design) certification. Certified LIVE[®] (Low Input Viticulture Enology) and Salmon Safe[®].

About Pairing: Pair with camembert, chimichurri chicken, canapés, or good friends on the patio.

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

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

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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.

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.

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

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.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

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

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

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YOUR CITY OF CALGARY

Neighbour Day is fast approaching



Saturday, June 17!

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

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

The idea is to meet your neighbours, make new friends, and have fun.

Create a gathering of your own, or find out if some of your neighbours or your community association is hosting a gathering, and make **Saturday, June 17** the day you get to know your neighbours!

Visit Calgary.ca/NeighbourDay for more information.

New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more information, visit calgary.ca/newcomers.

SAFE & SOUND

EMS: Window and Balcony Safety

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

Windows and screens

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

Balconies

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

Further prevention tips

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

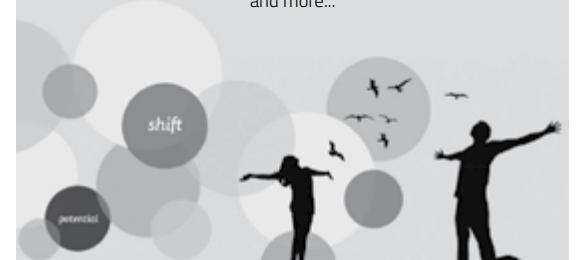
EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca.

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361 New Jobs for Calgary Confederation

For the past two years in communities across Alberta we have witnessed personal hardships, challenges and dashed hopes caused by the economic downturn and jobs crisis.

Calgary Confederation communities have not been immune to this impact, as has been evident in feedback from many constituents over the past few months, but there is help.

We know that services from non-profit organizations and community associations often increase in the summer months and many are concerned about their ability to offer employment opportunities again this year.

Many of these organizations provide critical employment experience and skills training for young Canadi-

ans. Statistics show us that unemployment amongst young Canadians is the highest of any age group and so the real job experience they obtain through summer jobs is critical to future employability.

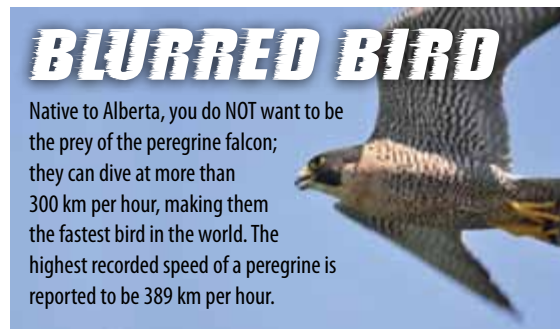
How fortunate we are to build upon the Youth Employment Strategy which was introduced in 2006 by the Conservative Government. Today, thanks to the Canada Summer Jobs program, our constituency, together with constituencies across Alberta (and Canada) can provide funding to assist employers to create summer opportunities for young people aged 15 to 30 years who are full-time students intending to return to their studies this fall.

I am proud of the application initiatives of our not-for-profit organizations, public sector employers and small businesses who have taken the time to make their opportunities known to Service Canada. As a result, the Calgary Confederation communities, through 132 agencies, small business and non-profit employers, will be in a position to offer 361 jobs for a total of 3,229 weeks of work this summer.

What does this mean for our community?

- Investment in our small business, organizations and non-profits.
- Opportunity for young people to learn or improve job skills and gain work experience with local employers in areas such as retail, hospitality, marketing, technology, research and communications.
- The chance for non-profits to extend their services across the summer, allowing a variety of camps, children's programs, specialized teaching opportunities, and unique community service programs for all ages, among others.
- All project participants will benefit through personal growth, increasing employability, determining career goals/paths, and ultimately through our investment in them, contribute to the strength of our future workforce and community stability.

I am very pleased to support this important program and extend my best wishes to each and all for a successful summer job experience.



BLURRED BIRD

Native to Alberta, you do NOT want to be the prey of the peregrine falcon; they can dive at more than 300 km per hour, making them the fastest bird in the world. The highest recorded speed of a peregrine is reported to be 389 km per hour.



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

YOUR CITY OF CALGARY

YOUR CITY SECTION

Check out these important updates from The City of Calgary

- Calgary Recreation is celebrating Seniors Week (June 6-12). As a token of our appreciation, we are offering free fitness classes for seniors. For drop in times and locations visit Calgary.ca/Recreation.
- The Youth Passport is coming this summer! Unlimited swimming, skating, and gym activities for only \$50. Calgary.ca/YouthPassport
- It's skateboard season! For information on lessons, day camps, skate jams, locations of our mobile skateparks or the locations of our new permanent skateparks, visit Calgary.ca/Skateparks.
- 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
- Neighbour Day (June 17) is an opportunity for neighbours to come together to celebrate our strong community spirit. Calgary.ca/NeighbourDay
- Learn about The City's accessible programs including accessible transportation, accessible 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



Meet your Neighbours & Join us for our Sidewalk & Backyard Festival

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BREAKFAST ON THE BRIDGE

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Dear Neighbour,

On the morning of June 17, 2017, we will be celebrating the 150th anniversary of Canada by honouring our military families with a sunrise breakfast on the Peace Bridge. This is a private event, commencing at 5 AM, as such the Peace Bridge will be closed to pedestrian and bike traffic from 4:30 AM to 8:00 AM.

We apologize for any inconvenience this may cause.

Sincerely,
Breakfast on the Bridge Organizing Committee

Photo credit: Neil Zeller



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