

MARCH 2017

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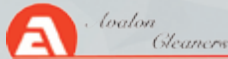
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Dhiren Bharadia, Denturist

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

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

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news@westhillhurst.com
 All editorial content must be submitted by the 10th of the month for the following month's publication.

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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

PRESIDENT'S MESSAGE

Craig MacLellan, President



WHCA President, Craig MacLellan celebrating the Canada 150 funding announcement with Calgary Mayor Nenshi

Funding Our Renovation

As the arena renovation nears completion, it's a great occasion to celebrate and recognize our funding partners. The Capital Projects Committee and WHCA Board have been working hard for many months managing and coordinating details with a series of committed partners to make our facility a better place, not just for West Hillhurst, but for the City of Calgary and the many surrounding communities that consistently use our facilities.

The Federal government and the City of Calgary are the major funding partners on this project. The WHCA accessed the Canada 150 Community Infrastructure Program through Canada 150 Celebrates. This infrastructure program is contributing \$46.2 million to projects across Western Canada and an additional \$150 million over the next two years for local improvements across the country. Thirteen projects were selected in the

Calgary area. The arena has garnered \$500,000 contribution which makes it one of the largest projects on the list.

Through the Accelerating Capital for Economic Resilience (ACER) program the City of Calgary is the largest funding partner on this project with a contribution of over \$3.5 million. The ACER program and its proponents have brought together the stakeholders necessary to help accelerate delivery of this capital project. We simply wouldn't be in a position to improve our facility without the contribution of this program, a sincere thank you is order for the City administration and council that helped make this happen. We look forward to welcoming both of these groups to the renovated arena to recognize their contributions when we re-open this spring.



West Hillhurst Community Association

West Hillhurst Community Association
1940 – 6 Avenue NW, Calgary AB T2N 0W3
P: 403-283-0464 • F: 403-270-0482
info@westhillhurst.com • www.westhillhurst.com
Facility Administration Hours: Mon-Fri 8-4
Building Closed all Civic/Stat Holidays

WHCA Board Of Directors

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

Committee Chair Persons

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

Directors

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

The Warbler is the community newsletter for the resident of West Hillhurst. Our goal at the Warbler is to capture the attention and interest of the local community and keep residents informed of community news, events and programs.

On Site Facility Contacts

On site after hours assistance	403-714-5972
Learn to Skate	skate@westhillhurst.com
Preschool	preschool@westhillhurst.com
Squash & Tennis Bookings	403-283-0464 ext. 1
Health Club Manager	Tammie Yearwood healthclub@westhillhurst.com 403 283-0464 ext. 1
Facility Administrator	Carla Fiorentino admin@westhillhurst.com 403-283-0464 ext. 6



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



www.twitter.com/westhillhurstca

WHCA GREEN COMMITTEE

By Chris Koper

For the 150th Birthday of Canada, the West Hillhurst Green Committee is opening a series of garden talks that anyone across the City is invited to attend. To register go to: <http://www.westhillhurst.com/whca-green-committee>.

We have great surprises in store for you!

SAVE the DATES! It's going to be a blast...

"Growing On"

Educational Opportunities for Community Gardeners at West Hillhurst and other CG's + General Community Outreach

SERIES OF TALKS 2017

February 22nd – A Start to Growing 6:30 – 8:30pm

Calgary's changing weather and how it is affecting our growing season;

Seeds – what makes a good seed, best seeds, sources;

Indoor Seeding – benefits and detriments to seeding crops indoors, which ones to focus on;

Winter-Sowing- what it is, technique, benefits, which crops to focus on; Including creating a milk jug to take home

****Bring rinsed plastic gallon milk jug for sowing activity**

March 15th – Growing Great Garden Soil

6:30 – 8:30pm

Garden Soil – what it is, how to get it, and keep it for a healthy harvest;

Preparing beds so you can get gardening early;

Dig versus no dig – the controversy explained

Testing your own soil:

Including doing a jar test for soil composition

March 21st – Lyndon Penner – Gardening Rockstar and Expert 6:30 – 8:30pm

Are milkweeds really weedy

Are they suitable for Alberta gardens

Are some better than others

Trying green flowers in your garden

MILKWEED & THEIR RELATIVES:

(One variety has been named 2017 Perennial of the year)

With the increased interest in pollinators and how we can help them, many gardeners are discovering milkweeds (*Asclepias*) for the first time! Their popularity is increasing so much that one species (with the pretty common name of butterfly weed) has just been named the 2017 perennial of the year! Not only are the flowers beautiful and the seedpods interesting, milkweeds are the only plants that monarch butterflies can use as the host for their caterpillars.

GREEN FLOWERS:

Gardeners are always interested in bright, vibrant colors but we usually think of green as being reserved for foliage and stems. In recent years, there has been a great deal of interest in plants with "green" blossoms! Have you tried any in your garden? They can add a fascinating depth to a cut flower arrangement or add some spice to the garden in unexpected ways. There are green flowered annuals, perennials and even shrubs! If you're looking for a way to add something fun and maybe even a little peculiar to your garden, you're likely to find something really interesting here!

If you are interested in adding plants to your garden that are both gorgeous and helpful, you'll not want to miss this presentation! There will be Milkweeds available for purchase to save the Monarch Butterflies and giveaways to celebrate Canada's 150th Birthday!

April 4th –What Grows Best Here? 6:30 – 8:30pm

What plants are the best crops for Calgary

Annuals – edibles and flowers

Perennial edibles to consider in the community garden;

Herbs;

Greens;

Fruit

Role of pollinator plants

Invasive plants and others to avoid

May 2nd – Growing through Techniques and Systems 6:30 – 8:30pm

Planting techniques:

square foot gardening, using your space wisely

Containers

~continued next page~



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WHCA GREEN COMMITTEE CONT.

Companion planting
Crop rotation
Seedlings: buying, hardening off, planting and protecting
Tomatoes and potatoes
Planning the garden
Creating a custom planting plan for your garden bed

June 3rd – What's happening in the Garden Saturday 10:00am – Noon

Thinning and staking
Weeding – recognizing early emerging weeds and eliminate perennial weeds;
Protecting the soil and plants from the weather
Early harvesting & succession planting
Bugs and other problems:
A match the problem to the cause exercise

July 29th– Don't Forget about the Garden now! Saturday 10:00am – Noon

Water conservation methods: mulching, diffusion watering
Urban critter control, including human activities
Harvesting- garlic and other mid-season crops
Cover crops
Early fall crop protection
Preventing food crop waste – sharing the bounty

September 9th– Fall is Coming! Saturday 10:00am – Noon

Seed Saving
Protection against frosts and prolonging the harvest including cold frames;
Harvesting techniques -simple preserving
The composting system

October 14th– Putting the Garden to bed Saturday 10:00am – Noon

Soil – amending the soil now rather than in the spring,
Fall crop planting and seeding: Garlic and seeds
Planning for next year: crop rotation, enhancing the garden
Leaving the garden looking beautiful and cared for – throughout the winter months

December 5th – Seasonal Celebration 6:30pm – 9:00pm

Making a large outdoor arrangement out of seasonal greens and decorating it
Care of the arrangement so it lasts into spring
Celebrating the year with fellowship
Includes all materials and planter

Gardening adds years to your life and life to your years - Unknown

GENERAL MANAGER'S MESSAGE

Bryan Polak, General Manager

Hello WHCA Community,

Update on the Arena renovation. Dawson Wallace is nearing completion of the roof. Reinforcing the beams inside the arena, new lighting, and the lines for the heat pad are all finished. Soon we hope to see concrete being poured for the new pad and the work will focus on the plant room. The fencing in the parking lot should be gone soon. We are still on target for a May 2017 re-opening of both the arena and lounge.

We are looking at many events in the upcoming year, including a grand re-opening of the arena, celebrating our 80th birthday in 2018, Spruce and Taste 2017 events, and many more. If you are interested in helping with some of these, please contact us at programs@westhillhurst.com.

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.

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

MONTHLY HEALTH CLUB PROMO

Tammie Yearwood

March 1st – 31st

Buy 1 Drop-In for \$12 and bring a Friend for Free (*must sign waiver at Front Desk*)

MONTHLY FREE MEMBER CLUB BENEFITS

Tammie Yearwood

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

Postural Performance Part 1 Talks #2

What computer work does to the upper body.

When: March 6th

Time: 7:30

Room: Upper Studio A

Instructor: Dr. Trevor Danridge, Chiropractor

Postural Performance Part 2 Talks #3

What sitting does to lower extremity function.

When: March 27th

Time: 7:30

Room: Upper Studio A

Instructor: Dr. Trevor Danridge, Chiropractor

Tai Chi

In this class, students will begin learning the 108 move Yang sequence. Principles of alignment and instruction on foundational patterns will also be taught. No previous Tai Chi experience is necessary, but please bring flat shoes and loose fitted clothing. All levels welcome.

When: Saturdays, 9:30am – 10:30am

Room: Upper Studio A

Instructor: Aaron

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



WHCA PROGRAMS

by Tammie Yearwood

WHCA INTERNAL PROGRAMS:

Contact WHCA Directly: Email: programs@westhillhurst.com

Phone: (403) 283-0464

Visit Our Website: www.westhillhurst.com

Main Building Location: Use South or East Building Entrances

All Program registrations can be done online at

www.westhillhurst.com/programs

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

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

Bring your Pickleball racquet and enjoy this exciting sport that's growing in demand! Low impact activity, perfect for adults and seniors who enjoy the game but could do without running a full length court. \$8.00 drop-in option available on-site, \$25 + GST/month per member or \$200 + GST/year per m

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

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

Spring Tennis

• WHCA is excited to announce our new 2017 Tennis Coach Zara Lo! Pro Tennis Coach & Former Player, Zara teaches the #TennisLifestyle for improving your game on and off court. There is much more to Tennis than just sport or competition. Learning to improve and challenge yourself through Tennis will change and improve your life.

- Groundstrokes: How to hit good forehands and backhands from anywhere on the court.
- Footwork: How to position yourself better on court.
- How to overcome exhaustion on court.
- Serve and Return: How to hit a flat serve, a kick serve, or a sliced serve.
- How to add power to your serves.
- How to serve accurately.
- How to be more aggressive on returns.
- Net Game: How to win points at the net.
- How to hit volleys.
- How to hit overheads.
- Consistency: Consistency in rallies.
- Consistency in defense.

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April – June 2017

- New this year West Hillhurst is offering team tennis!
- Tennis leagues are one of the most popular activities in the tennis world. At the beginning of each season, leagues are often the first program to fill up!
- Leagues operate in team formats. U8 and U10 teams compete against one another in doubles tennis. 4 players are on a court at one time. One player from each team is on all four courts. After instruction teams compete on their own against other team members and bring back points to their team, depending on how the rally went. 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!
- Kids Beginner – Ages 4 & 5 – Fridays 5-6pm
- Kids Intermediate – Ages 6 – 8 – Fridays – 6-7pm
- Kids Advanced – Ages 9-12 – Fridays 7-8:30pm
- WHCA Junior Programs Singles and Doubles
- Junior Beginner – Saturdays – 9-10am
- Junior Intermediate – Saturdays – 10-11am
- Junior Advanced – Saturdays – 11-12:30pm
- Junior Pro – Saturdays – 1 – 3pm
- Please see our website for further details.
- www.westhillhurst.com/tennis

Total Body Conditioning - Monday Afternoon

MoAs we age, functional fitness becomes a matter of necessity. We need to target muscles that are required to carry out our activities of daily living, including our heart muscle! Cardiovascular fitness is just as important as traditional resistance training. This class will contain all components of fitness, including a proper warm-up, cardiovascular workout, muscular strength & endurance exercises, balance, and cool-down and stretch. There will be a focus on core strength and stability throughout all components of the workout, which may improve postural alignment and coordination, but foremost, this workout will be functional and fun! All levels welcome.
 Dates: January 16 – March 20 (no class Feb. 20)
 Time: 1:30pm - 2:30pm
 Location: Dance Studio
 Instructor: Dawn

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: January 17 – March 14
 Time: 6:10am – 6:55am
 Location: Dance Studio
 Instructor: Karen

Spin Fit – Tuesday Evening

Spin n Strength is 60 minutes of efficient, quality functional movements that will enhance your overall full body strength and conditioning. This class will utilize the bikes, resistance training as well as core exercises to give you a total body blast!
 Dates: January 17 – March 14
 Time: 6:35pm – 7:25pm
 Location: Dance Studio
 Instructor: Karen

Work-It Circuit – Wednesday Morning

Can't decide which exercise is the right one for you? Then Work It Circuit is the class for you! Focusing on total body conditioning. This circuit training class incorporates strength and stamina into one high impact workout!
 All levels welcome.
 Dates: January 18 – March 15
 Time: 9:10am - 10:10am
 Location: Dance Studio
 Instructor: Kiran

Bootcamp Express – Thursday Evening

This fast paced 45 minute class will challenge every muscle group, utilizing body weight, bosu Balls, kettle bells, bands, and weights while always incorporating bursts of cardio to improve strength, cardio, and coordination.
 Dates: January 19 – March 16
 Time: 5:30pm – 6:15pm
 Location: Dance Studio
 Instructor: Karen

Spin and Strength – Sunday Morning

Spin n Strength is 60 minutes of efficient, quality functional movements that will enhance your overall full body strength and conditioning. This class will utilize the bikes, resistance training as well as core exercises to give you a total body blast!
 Dates: January 15 – March 19 (no class Feb. 19)
 Time: 9:00am-10:00am
 Location: Dance Studio
 Instructor: Karen

Squash Fundamentals – 6 - 8 years old Saturday

A great class for young children, ages 6 to 8, to learn the basics of the game, or improve their skills if they have taken some lessons. Sessions will introduce basic techniques, movement, and improve their fitness level. Fun squash-specific games will be played to make sure kids have a great time while learning the game. All equipment is provided. Non-marking, indoor court shoes required.
 Dates: January 14 to April 29 (no class Feb 18, Mar 15, Apr 1 & 15) Day and Time: Saturdays 9:30am - 10:15am
 Instructor: Anna

Squash Intermediate - 9 – 13 year old Saturday

This class is aimed at 9-13 year olds with 1-2 years playing experience. Juniors in this session should know the rules and be able to consistently hit the ball. This session will incorporate fun conditioned games and the basic techniques required to improve your child's game. All equipment is provided. Non-marking, indoor court shoes required.
 Dates: January 14 to April 29 (no class Feb 18, Mar 15, Apr 1 & 15)
 Day and Time: Saturdays 10:15am – 11:30am
 Instructor: Anna

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.
 General Health Club Information

WHCA Health Club Packages

Note: A current WHCA membership is required for most health club package holders / purchasers.
 Email: healthclub@westhillhurst.com
 Visit us online for more details: www.westhillhurst.com

Health Club Memberships

Annual, Monthly, and Drop-In Memberships Available
 Visit www.westhillhurst.com or call 403-283-0464 ext 1.

WHCA Personal Training

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

Dance Studio Rental Opportunities

Looking for somewhere spacious to teach your class? This gorgeous studio offers full length mirrors, surround-sound stereo system and wood flooring. The studio currently offers a wide-range of classes, from Karate to Cycling and everything in between. If you are a fitness, yoga, or dance instructor and are looking for space to rent for classes, or private practice time, please contact us.
 34 x 40ft (1360 sq ft)
 Capacity: 60
 Rate: \$35/hour
 \$50/booking slot. The studio is rented on an hourly basis.

External WHCA Programs

Contact Organizer/Organization Directly For Information

Jazzercise with Judy

You might think this class belongs in the 80's - think again! Jazzercise is a 60-minute fitness class combining cardio, strength, and stretch moves for a total body workout. Judy takes moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundles them into one hour. All ages, levels and sizes welcome, so come join her today! You will burn up to 500 calories in one session and get your first week for free. You have nothing lose but a few pounds and gain a few friends in the process.
 Classes: Mondays and Wednesdays 6:00pm – 7:00pm
 Location: Health Club North Entrance - Dance Studio
 Email Information: Judy at jazzed@telus.net

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WHCA PROGRAMS CONT'D

JKA Karate (jkaiwayama)

Strengthen your mind, body, and spirit!
 Beginner Children: Tuesdays 5:00pm - 5:45pm and Fridays 5:00pm - 6:00pm
 Beginner Adults: Tuesdays 5:45pm - 6:30pm and Fridays 5:00pm - 6:00pm
 Intermediate/Advanced: All Ages Thursday 7:30pm - 8:30pm and Friday 6:00pm - 7:00pm
 Contact Information: Kelly Novak at 403-804-5007
 Email: jkaiwayama@gmail.com
 Website: jkaiwayama.com

Kuk Sool Won – Korean Martial Arts & Self Defense

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

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

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 20

FALL/WINTER 2016 – 2017 LEARN TO SKATE PROGRAMS

Donella Swan

Our Learn to Skate Programs are still operational during Arena Renovations. All classes will be held out of the Brentwood Sportsplex from September 2016

- March 2017. Reserve your registration spot online at www.westhillhurst.com/learn-to-skate.

For further details, please contact skate@westhillhurst.com

Learn to Skate Spring 2017			
Monday	Wednesday	Friday	Saturday
PreCanSkate & CanSkate (Shared Ice) 4:45 - 5:45 PM	Squirts Learn to Play Hockey On-Ice Skills Class 5:00 - 5:30 PM	STARSkate Ballet & Yogalates With Coach Jaclyn, Dance Studio 4:15 - 5:00 PM	AdultSkate Figure Skating Private & Group Lesson Time 8:00 - 9:00 AM
STARSkate Conditioning Class With Coach Jaclyn, Dance Studio 5:00 - 5:45 PM	PreCanSkate & CanSkate (Shared Ice) 5:30 - 6:30 PM	STARSkate Prelim Prep Group Lesson Time with Coach Sara 5:15 - 6:15 PM	AdultSkate Fundamentals (Shared Ice) 8:30 - 9:00 AM
STARSkate Prelim Prep Group Lesson Time with Coach Sara 6:00 - 7:00 PM	Squirts Floor Hockey With Coach Charlee, WHCA Gymnasium 5:45 - 6:15 PM	STARSkate Warm Up Super Spins with Coach Donella 5:15 - 5:30 PM	STARSkate Prelim Prep Group Lesson Time with Coach Sara 9:00 - 10:00 AM
STARSkate Warm Up Stroking Class with Coach Craig 6:00 - 6:15 PM	STARSkate Prelim Prep Group Lesson Time with Coach Sara 6:45 - 7:45 PM	STARSkate & AdultSkate Private & Group Lesson Time 6:30 - 6:45 PM	STARSkate Warm Up Power Skating with Coach Donella 9:00 - 9:15 AM
STARSkate & AdultSkate Private & Group Lesson Time 6:15 - 7:15 PM	STARSkate Warm Up Flexibility Training with Coach Jaclyn 6:45 - 7:00 PM	AdultSkate Bootcamp (Shared Ice) 6:30 - 7:00 PM	STARSkate & AdultSkate Private & Group Lesson Time 9:15 - 10:00 AM
STARSkate Cool Down Edges & Turns with Coach Craig 7:15 - 7:30 PM	STARSkate & AdultSkate Private & Group Lesson Time 7:00 - 7:30 PM	STARSkate Cool Down Jump Technique with Coach Kevin 6:45 - 7:00 PM	PreCanSkate & CanSkate (Shared Ice) 10:00 - 11:00 AM
	STARSkate Cool Down Creative Expression with Coach Jaclyn 7:30 - 7:45 PM		Squirts & CanPowerSkate (Shared Ice) 11:15 - 12:15 PM



"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

- Oscar Wilde

WHCA COMMUNITY SOCCER



West Hillhurst Community Soccer is open for registration!

Ages U4 –U12

WHCA House League soccer is a fun, recreational soccer league. Our soccer program is designed to introduce young children to the basics of soccer, the excitement of being part of a team and provide an opportunity to build new friendships with your community!

Please note this program relies on volunteers to step forward in the community to help execute an organized soccer program. Parents are to be actively involved with their children at every game/practice in the U4 and U6 age category. Our coaches are volunteering their time to help the team learn soccer and have fun! All of our soccer participants must be accompanied by an adult at ALL practices and games – it is NOT the responsibility of the coach.

Equipment Details:

- Soccer cleats are optional but shin guards are mandatory for U6 and up.
- U4 and U6 Participants receive a t-shirt included in registration fees.
- U8-U12 Participants receive a Jersey, Shorts, and Socks to keep included in the cost of registration.

ROYAL WEST SOCCER PROGRAMS - CITY LEAGUE SOCCER

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

One more month left to register for this outdoor season! Tryouts will be held on April 1st & 2nd 2017!

Royal West, a passionate inner city soccer club, catering to age groups: U8 - U18. The three basic tenets of RWFC are Competitive, Fun, and Respect. The 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. At RWFC it is not about winning at all cost - it is about development - and through proper development comes success. Success at RWFC is defined not only by winning matches - but rather through development of physical, mental, social, and emotional player development in a supportive environment.

HIGHER LEVEL SPORTS ACADEMY

Come play in a safe and fun environment with supervised and organized games schedules. Spring Break is coming up and what better way to spend it than playing sports and making friends! HLSA is introducing our 1st annual Spring Break Multi-Sport Activity camp. Players will have a chance to jump from the racket station, to the soccer field, to our indoor Frisbee golf game and much more. Our camp teaches basic movement skills progressing towards learning sport specific skills. Exercises and complexity varies by age groups and abilities.

Itinerary; 8-9am - Early Drop Off Available, 9-12pm - Structured Sports Program, 12-1pm - Lunch, 1-3pm - Structured Sports Programs, 3-4pm - Creative Gym Time (players can play their favorite games of the day amongst themselves, jump on bouncy castles, create obstacle races around the facility and any other fun thing they can think of - it's time to be creative!), 4-5pm - Late Pick Up Available

NEW PROGRAM - SAMBA SOCCER; Learn to dance past your opponent the Brazilian way. Samba soccer is a fun creative way to learn new foot skills while moving to the beat.

Proration available for Winter programs or join us for Spring!

For more information visit our website www.higherlevelsportsacademy.com or contact:

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: td.hlsacademy@gmail.com
Phone Number: 403-836-7416

TRIPLE MEG SOCCER

After School Soccer for U8, U10, and U12

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

PRE-SCHOOL SOCCER AGES 3-5

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

For more information, please visit www.triplemeg.com

Email: admin@triplemeg.com

EVENTS

April 22 – Earth Day

Hands on Growing and West Hillhurst are working together to create community & sustainability. We will be celebrating earth day with our neighbors building portable garden beds, enjoying music, games, and a wellness market.

Hands on Growing is based on the concepts of mobile gardens, hands on growing, provides teachers and corporate stakeholders with awareness, education and ability to enhance classrooms and the community with fresh gardens. Check out our website for details and registration!

Spruce up the Neighbourhood

Almost that time of year again for a good spring clean! On May 27th West Hillhurst will host their 4th annual Spruce Up the Neighbourhood. This event has been bringing our neighbors together for four years! This year we will also host the 2nd annual Spruce Cup. A community soccer tournament for ages U6 – U8.

Stay tuned for more details...

www.westhillhurst.com/whca-events



WEST HILLHURST GO-GETTERS ASSOCIATION

Cassandra Towpich

Welcome to March and the first day of spring! We are looking forward to those bits of colour with the early flowers after such a cool winter. Happy St. Patrick's Day to you all as well and wishing you all a bit of the luck of the Irish.

Trips planned for this month include: Atco Blue Flame Kitchen, Jubilations Theatre and the Deerfoot Casino. Special events include games night, our monthly luncheon, a tax clinic, card making class and our first ever paint afternoon. We are also hosting a partner's bridge tournament Saturday, March 18th, 2017. You do not need to be a member for this tournament but registrations must be paid in full to our office by cash or cheque by Friday, March 10th, 2017. 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 \$25.00 each. Come on in and check us out. We'd love to see you.

BINGO is held every Wednesday starting at 12:00 noon and you don't have to be a member to join us (you do have to be 18 or older though). Visit us online at www.gogetters.ca 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 mybabysitterlist

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



In Kentucky, it is illegal to carry an ice cream cone in your back pocket



West Hillhurst Real Estate Update

Last 12 Months West Hillhurst
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$699,900	\$700,000
December 2016	\$731,450	\$713,500
November 2016	\$769,900	\$760,000
October 2016	\$1,140,000	\$1,093,250
September 2016	\$788,000	\$770,000
August 2016	\$684,900	\$668,750
July 2016	\$774,900	\$757,500
June 2016	\$799,900	\$790,000
May 2016	\$824,950	\$789,000
April 2016	\$709,000	\$682,500
March 2016	\$724,900	\$695,000
February 2016	\$977,400	\$927,500

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

	No. New Properties	No. Properties Sold
January 2017	15	7
December 2016	4	8
November 2016	15	11
October 2016	17	8
September 2016	13	9
August 2016	11	6
July 2016	14	10
June 2016	13	15
May 2016	18	10
April 2016	12	12
March 2016	24	11
February 2016	25	4

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

IN & AROUND SCHOOLS

The Queen Elizabeth School News

iMake-eh-Nation Learning Fair

Queen Elizabeth School is gearing up to celebrate Canada's 150th Anniversary with a special "iMak-eh-Nation" learning project. We will be working closely with our *In-school Technology resident* to plan curricular connected projects and activities. These learning projects will be highlighted at a special Learning Fair scheduled for May 18, 2017. There will be opportunities for families to share/participate in learning activities as well.

Grade 5/6 Outdoor School

Grade 5-6 students ventured out to YMCA's Camp Chief Hector Jan. 30 – Feb. 3 to participate in Outdoor School. Students went hiking, sang songs around the campfire, played games, and developed environmental awareness. Bonds of friendship were strengthened and leadership skills were discovered and nurtured. All in all, they had a GREAT time! Who wouldn't enjoy the winter wonderland at the foot of the mountains?

Compost Crew and Caring for the Environment

Queen Elizabeth School is proud to announce that we have begun a composting program throughout the school. A huge 'Thank you!' to ConocoPhillips for a generous, \$1000 grant to help purchase the bins and bags necessary for this initiative.

Two students in each class have been chosen to be part of a Peer Leadership Club, the Green Elizabeth Compost Crew. The Compost Crew have been training their class in how to reduce waste and take care of our Earth, and we are all getting into the habit of composting all paper towel and food. Every child is also encouraged to be a leader at home, in training their families about composting.

Our school would also like to offer advice or assistance to any community businesses that are interested in starting up their own programs. Please contact dgconnell@cbe.ab.ca for any further information.

Playground Update

We are working towards a playground structure build of May 3 – 6, 2017. Mark your calendars as we will be needing MANY volunteers to make this happen. Landscaping revitalization will follow. Thank you again for your ongoing support of this exciting project!

A Shout Out to All Our Staff and Volunteers!

In the January / February school newsletter, our principal wrote, *'Together we are strong. Together we can continue to teach our children that they can be even stronger in participating as active and engaged citizens.'* The commitment and passion of the staff at Queen Elizabeth School and of the parent volunteers that help every single day instill in our children the value of civic engagement and participation. Thank you for all that you do.

CONFEDERATION PARK 55+ ACTIVITY CENTRE

By Judy Cairns

Registration for the spring session will be starting on Monday, March 13. Check the Centre's website, yycseniors.com, for the most up to date information on activities and events. Drop by our facility any weekday between 9:00am and 3:00pm to register. (Payment by cheque or cash ONLY.)

Please note: a membership is required to register in activities. Memberships are \$30.00/person per year (September 1 to August 31).

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

Coming up:

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

March 11: For Old Tymes Sake

March 25: Black Velvet

High Tea & Fashion Show – Friday, March 31. Tickets go on sale March 6.

Qigong Class – Wednesday, March 15 at 9:30am. Everyone is welcome to sign-up for this FREE class.

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

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



News from the Friends of Nose Hill

by Anne Burke

We are often contacted by individuals concerned about loss of green space, such as linear parks, golf courses, and other connectors used as wildlife routes. People need the outdoors for healthy lifestyles. In a recent media interview, I was asked to describe what Nose Hill means to the quality of life in North Calgary. In addition to hiking, walking, and cycling, I thought of wildlife sighting and plant studies, especially in the spring. However, there are butterfly enthusiasts too. Nose Hill has been the subject of photography, for decades, and there are paintings of the park in different seasons.

The Citizens for Nose Hill was an early preservationist group. Two other Calgary parks (which had been recognized as property of City-wide significance) were recently re-designated as municipal historical resources, under Section 26 of the Alberta Historical Resources Act. The aim is to protect each site in perpetuity, since they are eligible for provincial grant funds, in order to support on-going conservation.

Confederation Park was once known as the rough and featureless North Hill Coulee. This Park was added to Calgary's inventory of evaluated historic resources, in 2010, based on the community effort to establish the park, on the centennial of Canadian Confederation. Harry Boothman, a Superintendent of Parks, and Eric Musgrave, founder of the Centen-

nial Ravine Park Society in 1965, were influential in its 18th-century garden design. Boothman was a long-time supporter and board member of the Canadian Parks and Recreation Association. There is a bursary operated in his name.

William Reader, a garden designer, was a City Parks Superintendent from 1913 – 1942. Reader Rock Garden, established in 1914, was added to the inventory in 2007, with native plants, local materials, gardens and rock pathways. It reflects the optimism in our city's early 1900s. It was the first Legacy Park to open. (www.readerrock.com)

This bylaw protection is intended to prevent demolition but will pertain to the parks by ensuring any future changes or conservation work follow best practices in handling historical resources. The change has no impact on City operating or capital budgets.

However, the conservation of cultural landscapes can often have significant environmental benefits, as many have biodiversity being conserved as part of the landscape. In turn, their conservation contributes to biodiversity in Calgary.

There were letter of support for this designation from both the Calgary Parks Department and Calgary Heritage Authority.

SUMMIT KIDS

Need care for your child's spring break



It may seem so far away but don't forget that spring is just around the corner. Need care for your kids during their spring break? We have a camp for that- Summit Spring!

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

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

SummitU Spring Schedule



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

Summit Kids can help you with that.

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

Safe Sport

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

important to ensure kids are taught boundaries, limitations and skills to make safe choices in often difficult situations.

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

Stranger Smarts

Stranger Smarts is a dynamic, non-threatening two hour child safety workshop that captures the attention of students and allows them to learn how to make safe choices when approached by strangers. The lessons

help to reduce fear and anxiety by providing children with skills, knowledge and confidence they need to react safely and make safe choices in potentially unsafe situations.

2-hour session - (6:30 p.m. – 8:30 p.m.) - \$30 +gst
Thursday, May 18

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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 +gst .
Saturday, June 17

First Aid for Kids

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

2-hour session - (2:30 p.m. – 4:30 p.m.) - \$30 +gst
Saturday, 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
Tuesday, March 28

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

Babysitter Training

This popular course is packed full of advice, guides, tips, and information based on real life experiences, from kids and experts in the know. A trained Kidproof Babysitter is safe, reliable and in demand! Becoming a babysitter is serious business. The life of a child is in your hands. What you do, or don't do, can make the difference.

2, 4-hour sessions - (12 p.m. – 4 p.m.) - \$55 +gst
Saturday, Apr 15 & Apr 22

Safe Kids

This one hour program is a fun and entertaining child safety class designed to help kids learn about injury prevention and how to safely respond to an emergency. Safe Kids delivers valuable skills in a non-threatening and memorable way. Safe Kids focus is on preventing common household, playground and traffic injuries, as well as teaching kids about Emergencies and calling for help.

1-hour session - (6:30 p.m. – 7:30 p.m.) - \$20 +gst
Thursday, May 4

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BRAIN GAMES SUDOKU

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

I Wanna Walk

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

2-hour session - (6:30 p.m. – 8:30 p.m.) - \$30 +gst
Thursday, May 25

Never Bee Lost

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

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

Cybersafe Early Years

It is impossible to ignore any longer, and vital to prepare kids at an early age to be cyber safe. The Internet is a place, not a thing. With the increasing use of tablets, mobile games, learning software and eBook readers, parents and schools are turning to the Internet as a teaching tool, with many kids starting as young as pre-school. 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 .
Tuesday, March 7

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. idproof s yber 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
Tuesday, March 14

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

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
Tuesday, March 21

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

A Girl's Way

A Girl's Way is a three hour safety education program that teaches teenage girls how to recognize and respond safely to dangerous people, places and situations. Most girls make unsafe decisions based on low self-image and self-esteem. A Girl's Way is a unique and life altering program that supports the transition from childhood to teenage years, while setting limits and boundaries when it comes to behaviour (both in person and online), self-respect and personal safety.

3-hour session (12 p.m. – 3 p.m.) - \$35 +gst .
Saturday, April 8

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SUMMIT KIDS

Conflict Resolution

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.

2-hour session (6:30 p.m. – 8:30 p.m.) - \$20 +gst
Thursday, April 27

Program Descriptions & Registration Information:

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

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

Summit Kids- WHCA Campus



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

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

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

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



A shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>

BUSINESS CLASSIFIEDS

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

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

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

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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.

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.

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.

HANDYMAN/CONTRACTOR: Hire-a-husband type of jobs performed: interior repaints carpentry, doors installed, trim and baseboard, laminate and vinyl flooring, drywall repair, ceramic tiling, minor plumbing and electrical, fence and deck building and repair. Contact Rob Ziffle 403-606-8876, robziffle@gmail.com.

VOLUNTEERING

is good for the soul

Summertime Fun

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

free house
dance plus

[@freehousedance | freehousedance.com](http://freehousedance.com)





Is your Child Ready for Preschool?

Having a new baby is such a joyous time, full of so many milestones – the first snuggle, first solid foods, first steps, first class... As your child grows from being a toddler to an energetic three year old, you may be considering sending him/her to preschool for the first time. But how do you know they are ready? Here are a few things to consider in the decision:

Is your child **independent**? Putting on a jacket by themselves, going potty on their own, having a snack or washing hands are all examples of independent behavior age-appropriate for a 3 year old. Also consider the time they have spent apart from you and whether preschool is something they would be comfortable doing independent of their parents.

Is he/she ready to **participate** in a group? While children at this age are still engaging in “parallel play” (play along-side another child), your child may be showing social signs where they want to play with other children. Many preschool activities allow children to participate at the same time, allowing them to interact and learn together during things like circle time and interactive centers



“If one cannot enjoy reading a book over and over again, there is no use in reading it at all.”

- Oscar Wilde

Is your child able to keep a **regular schedule**? Many children feel most comfortable when they keep a predictable routine. Similarly, preschools usually follow an active schedule so that children know what to expect during their time there - establishing one beforehand will make the transition easier.

Is your child **inquisitive**? Has he/she started questioning the world around him? As your child grows, so does his/her brain and how it's able to process new details and knowledge. As their curiosity grows, preschool can be a great tool to seek new information and support your child's cognitive development.

What are **your reasons** for preschool? Whether it's to give yourself a few hours of extra time per week, prepare your child for school or to give him/her an outlet to explore, think about why you wish to send them to preschool. While it does allow your child to expand their social horizons and learn new things in a positive, caring environment, it is not the only option (ex - care from relatives, play dates, organized activities)

Before making any decisions, remember that you don't need positive responses to all of these questions to determine “preschool readiness”. Many items like socialization, routine, cognitive development and physical fitness can also be learned within the classroom when the school year begins.

When you are ready, please consider your local West Hillhurst Community Preschool. WHCA 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.



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Even during the current economic downturn, interest in new infill housing remains strong. While housing development brings investment and new families into our neighbourhoods, there are often challenges that come with construction.

Some of the most common calls to our office from communities experiencing redevelopment are about public property damage, noise, and unkempt sites during construction. While we have bylaws to deal with noise and site conditions, damage to public property is usually discovered after the fact.

The costs are significant. When we added up the damage to public trees, sidewalks, laneways, and roadways, we discovered there was an average of \$163 in tree damage and \$1,391 in concrete damage per infill site. Historically, The City has been on the hook for covering the costs. Between 2011 and 2015, contractor damage to public property cost Calgarians over \$9 million.

This is why I put forward a motion to Council to ensure that contractors, not Calgarians, are responsible for covering all the costs of property damage. We are already seeing improvements and responsible contractors are working to prevent damage in the first place. The City's new strategy has three parts:

- Increase oversight of construction sites and work with the construction industry to improve behaviour.
- Encourage all citizens and City employees to use the 311 service to track and measure damage.
- Require pre- and post-construction photographs of nearby City property including trees, sidewalks, laneways, and street signs. Please note: Similar documentation can be used to protect your own property if you live beside or behind a construction site.

This work will help save Calgarians millions and encourage infill developers to be good neighbours. You can help by reporting damage and other infill concerns. If you see unsafe construction sites, unkempt sites, noise bylaw violations, or property damage, please call 311 or report online at www.calgary.ca/311.



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What's Your Excuse?

If you needed a life-saving organ or tissue transplant, would you expect our healthcare system to do everything possible to make that a reality and save your life? Of course you would.

However, the real reason you likely would not get that life-saving operation is because there is a shortage of organs in Canada ... well, not the organs, but the donors.

There are 4,600 Canadians in need of a transplant and hundreds of those will die this year waiting for a one. Shockingly, only 8% of adult Albertans are registered to donate their organs. (In Ontario, 29% are registered!)

We don't have a lack of healthy organs in Canada, but we do have shortage of people willing to donate them.

As one eight year-old girl recently said to me, “Why wouldn't you donate your organs? What are you going to do with them after you die?”

Is it fair not to offer your organs for donation, but expect others to donate to you if you need a transplant? That's a question only you can answer but I am a firm believer in the Golden Rule.

I will continue to encourage Canadians to register to be an organ donor. My proposed legislation would make registering to be a donor easier by allowing people to register as an organ donor through their tax return.

Research shows that 90% of Canadians support organ and tissue donation and yet only 24% have taken the time to register as donors. In real numbers, we have 2.84 million willing donors and the potential to increase that to 11.74 million.

Registering is only half the process, as you need to also discuss your wishes with your family. Sadly, many families overrule those wishes upon death. It is estimated that 10% of registered donors have their families veto their wishes. Imagine how many lives could have been saved.

It is critical that you discuss your intentions with your family and let them know you really do want to save another life when you have the opportunity. The life you save could end up saving theirs one day.

Registering is easy. Just visit www.lenwebber.ca/donate-today and follow the link to the Alberta registry.

While some have legitimate reasons why they cannot donate, most simply have an excuse. What is yours?



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