

NOVEMBER 2017

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# your **WEST HILLHURST** WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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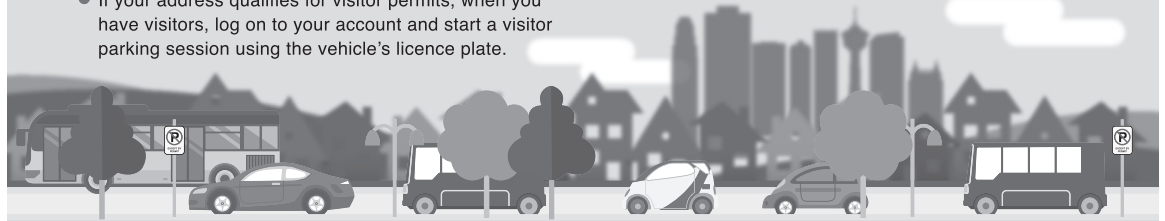


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[EZRAONRILEYPARK.COM](http://EZRAONRILEYPARK.COM)



## WEST HILLHURST COMMUNITY ASSOCIATION

1940-6th Ave NW  
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 Phone: 403.283.0464 | Fax: 403.270.0482  
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Delivered monthly to 3,600 households and businesses for 9 years!

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

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
 All advertisements must be submitted by the 1<sup>st</sup> 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		
Weather Information		511
Gamblers Anonymous		403-237-0654

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# MONTHLY HEALTH CLUB PROMO

By Tammie Yearwood

## 20x pass on sale for \$150

### Regular \$175

*Note: Pass is good for weightroom and squash only.*

*NEW! 10x Class Pass on sale for \$130*

*Note: Pass is good for WHCA Programs only.*



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# 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

# WHCA EVENTS & NOTES

By John Mains

## Holiday Craft + Bake Sale

**Nov. 25th – 10 am to 2 pm**

The West Hillhurst Holiday Craft & Bake Sale is Saturday November 25th from 10 am to 2 pm at the Community Centre. Free public admission with lots of tables full of gift ideas, ornaments, tasty treats and more. Tables may still be available for \$25 each and registration is done in person or by phone/email – online registration is not available. This event is for homemade and handcrafted items only. Email John at [programs@westhillhurst.com](mailto:programs@westhillhurst.com) or call 403-283-0464, ext. 4 to find out more!

## Teen Night Friday Open Gym

**6 to 7:30 pm**

Teen Night is every Friday from 6:00 to 7:30 pm with drop-in activities like basketball, floor hockey, ping pong, volleyball, badminton and more. Free wifi and lots of snack machines onsite! Free to all WHCA member youth between 12 and 18 years of age, \$2 for non-members. Annual family memberships start at only \$35. We need volunteers to help supervise our Friday night teen gyms so if you are interested please contact John at [programs@westhillhurst.com](mailto:programs@westhillhurst.com). If you are over 19, enjoy playing sports and supporting teens, and can commit one or two evenings a month, we would love to hear from you.

## Vin Gogh Painting Night

**Friday, Nov. 17**

Enjoy a social evening out to express your creative side at the WHCA with Vin Gogh Paint. Each budding artist will produce their own mini masterpiece inspired by a selected painting with hints and tips from the instructor in a two-hour session. Bring a friend...or two! All supplies provided along with coffee, wine, and dessert. \$50 per person, WHCA membership required. Register now online

**Like us on Facebook!**  
[www.facebook.com/WHCAab/](http://www.facebook.com/WHCAab/)

## Letters to Santa

**Starts November 19th!**

Drop your letter to Santa in the festive mailbox in the front lobby of the building and wait for a personalized reply mailed to you at home. Use our holiday stationery or whatever you want to write on. Deadline for letters is Saturday December 16 at our Christmas Open House.

## Free Member Skate Times for November

There will be free member skate times scheduled most days throughout the month of November. Please check the website for exact times or call 403-283-0464. Like us on Facebook! [www.facebook.com/WHCAab/](http://www.facebook.com/WHCAab/)



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87 Monthly Community Newsletters  
391,000 Households

## GENERAL MANAGER'S MESSAGE

By Bryan Polak, General Manager

Hello WHCA Community,

I am taking an online course though Mount Royal University and for one of the assignments it asked us to look at our mission statement. I thought before I do that I should re-read the history of WHCA.

"WHCA began with both vision and volunteerism. A group of men back in the 1940s talked about the need for greater community cohesion and opportunities for children, and decided to form a community association in order to create playgrounds and provide other facilities for West Hillhurst residents. This group had good humor: they called themselves "The Grand Trunk Hot Shot League. The Grand Trunk Hot Shot League's slogans were "We can make our community 'Big' if we would all help just a little" and "People who aren't afraid to roll up their sleeves seldom lose their shirts". For the past 70-plus years, West Hillhurst has proudly nurtured and built upon the Grand Trunk Hot Shot League's founding vision of a community association that that is the heart of the West Hillhurst community. For these reasons—to carry on the legacy of the Grand Trunk Hot Shots and to see that West Hillhurst remains one of Calgary's most desirable communities to live in—the West Hillhurst Community Association is revitalizing its home to better serve West Hillhurst citizens and the many groups and organizations that use WHCA's services. WHCA still holds true to the vision of the Grand Trunk Hot Shots but recognizes that the community's needs have changed over the last 70 years. The WHCA knows that we require a community centre that is as vibrant and dynamic as the community itself, one that reflects West Hillhurst's diverse needs." For those that did not know how we began, there is a book in the Go Getters that has wonderful stories and pictures.

If you have time, a talent, wisdom that you want to share with others, or ideas for us to think about, come and talk to us. We need volunteers to help us and ideas to inspire us. This community centre is all of ours! Let's continue the spirit that started us do long ago and make the original members proud. Please connect with us at [info@westhillhurst.com](mailto:info@westhillhurst.com).

We have ad space available in the arena, gymnasium, and squash courts. If you are interested or know someone who is, please have them contact me at [generalmanager@westhillhurst.com](mailto:generalmanager@westhillhurst.com).

[nager@westhillhurst.com](mailto:nager@westhillhurst.com).

## CONFEDERATION PARK 55+ ACTIVITY CENTRE

By Judy Cairns



Memberships for the September 1, 2017 to August 31, 2018 year are \$30.00/person. Registration for the winter session will start November 27. Drop by the office to purchase a membership and register in an

activity - weekdays from 9:00am to 3:00pm. Check our website, [yycseniors.com](http://yycseniors.com), for the Winter Activity Brochure or give us a call at 403.289.4780.

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

### Coming up

- **Saturday Dances:** November 11 – Badlanders, November 25 – Black Velvet
  - Tickets \$12/person (Includes a light lunch)
  - Everyone is welcome.
  - Doors open at 6:30pm – dance starts at 7:30pm
  - Door prizes and 50/50 draw
- **Remembrance Day Ceremony:** Friday, November 10 at 10:30am
- **Brunch & Turkey Bingo:** Friday, November 17 (call 403.289.4780 for details)

### Volunteer

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

### Donate

We are accepting donations of gently used clothing and jewelry for our Next-to-New Shop/Boutique. Items can be dropped off any weekday from 9:00am to 3:00pm.

**To learn more give us a call at 403.289.4780, visit [yycseniors.com](http://yycseniors.com) or drop by the Centre at 2212 13 Street NW.**

Stay Active • Stay Involved • Stay Connected • Join Us





## WHCA PROGRAMS BY TAMMIE YEARWOOD

### WHCA INTERNAL PROGRAMS:

#### **Drop-ins welcome**

Contact WHCA Directly:

Email: [programs@westhillhurst.com](mailto:programs@westhillhurst.com)

Phone: 403-283-0464

Visit Our Website: [www.westhillhurst.com](http://www.westhillhurst.com)

Main Building Location: Use South or East Building Entrances

All Program registrations can be done online at [www.westhillhurst.com/programs](http://www.westhillhurst.com/programs), in person, 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. Non-Member \$8.00 drop-in option available on-site, \$25 + GST/month per member or \$200 + GST/year per member and a 10 times Punch card for \$55.00 (Cash only)

**Indoor Days/Times:** Monday – Fridays. Sundays (*Calendar Available on-line, WHCA website*)

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

#### **Ashtanga Yoga – Monday Morning**

Ashtanga Yoga is based on a specific series of asana (physical poses), always done in the same order, and combined with specific breathing patterns. Ashtanga Yoga practice focuses on constant movement, which Sabina will help guide you through one pose to the next. All levels welcome.

**Dates:** November 6 – December 18

**Time:** 6:10am – 7:10am

**Location:** Dance Studio

**Instructor:** Sabina

#### **Total Body Conditioning - Monday Afternoon**

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, with a focus on core strength and stability. But foremost, this workout will be functional and fun!

**Dates:** November 6 – December 18

**Time:** 1:30pm – 2:30pm

**Location:** Dance Studio

**Instructor:** Val

#### **Spin With Sandra – Monday Evening**

Start your week off with an energized! This dynamic work-out is designed to not only strengthen your lower body and cardio train, but to be kind to your joints. Enjoy good music and race along varying terrains, speeds and intensities. All levels of fitness are welcome! Expect the time to fly by and to feel great! Bring your water bottle!

**Dates:** November 6 – December 18

**Time:** 5:00pm – 5:50pm

**Location:** Dance Studio

**Instructor:** Sandra

#### **Morning Warrior – Tuesday Morning**

Morning warrior is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Everything you need is in our morning boot camp to keep you going!

**Dates:** November 7 – December 19

**Time:** 6:10am – 6:55am

**Location:** Dance Studio

**Instructor:** Karen

#### **Weightroom InterVAL Training - Tuesday Morning**

Push and pull your way into a fitter, stronger YOU!

Learn how to use equipment, whether you are new to the weightroom or experienced, this class will meet your challenge. All levels welcome.

~continued on next page~

### Weightroom InterVAL Training - Tuesday Morning Cont'd

**Dates:** November 7 – December 19

**Time:** 9:30am – 10:30am

**Location:** Weightroom Upstairs in Healthclub

**Instructor:** Val

### Nordic Walking, Stretch & Strength – Tuesday Evening

You've now mastered the basic Nordic walking technique. Now let's take our workout into Mother Nature's playground. In this 4 week session, we will continue to fine tune our Nordic walking technique, increasing our cardio, adding a variety of exercises that will strengthen arms, legs, and core. All levels welcome. **Poles provided.**

**Dates:** November 7 – November 28

**Time:** 5:15pm – 6:15pm

**Location:** The Great Outdoors

**Instructor:** Lorene

### Piloxing – Tuesday Evening

This class blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high-energy interval workout.

*To date, Lorene is only one of two certified Piloxing instructors in the City of Calgary.*

**Dates:** November 7 – December 19

**Time:** 6:30pm – 7:30pm

**Location:** Studio Upper A

**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:** November 7 – December 19

**Time:** 6:35pm – 7:25pm

**Location:** Dance Studio

**Instructor:** Karen

### Morning Spin Fit – Wednesday Morning

Indoor Cycling is a low-impact cardiovascular workout on a stationary Keiser bike. This high energy class will take you on a challenging journey of climbs, hills and flats.

**Dates:** November 8 – December 20

**Time:** 6:10am – 6:55am

**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! Set to upbeat music, the hour will fly by! All levels welcome.

**Dates:** November 8 – December 20

**Time:** 9:15 – 10:15am

**Location:** Dance Studio

**Instructor:** Rahmi

### Yin Yoga – Wednesday Morning

Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice. Suitable for all levels of students.

**Dates:** November 8 – December 20

**Time:** 11:40am – 12:40am

**Location:** Studio Upper A

**Instructor:** Vandana

### Push Up Yoga – Wednesday Afternoon

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.

A great way to start your day with a positive outlook, and bringing in unity to body, mind, spirit?

**Dates:** November 8 – December 20

**Time:** 12:45pm – 1:45pm

**Location:** Studio Upper A

**Instructor:** Vandana

### **\*NEW\* Spin & Core \*NEW\* - Thursday Morning**

Join Cycle & Core for an energetic, upbeat cycling workout, followed by core strength and stretching. Whether you are a seasoned spinner or just beginning, Morgan's easy-to-follow drills and fantastic tunes will get your heart & legs pumping.

**Dates:** November 9- December 21

**Time:** 6:50am – 7:00am

**Location:** WHCA Dance Studio

**Instructor:** Morgan

### **Weightroom InterVAL Training - Thursday Morning**

Push and pull your way into a fitter, stronger YOU!

Learn how to use equipment, whether you are new to the weightroom or experienced, this class will meet your challenge. All levels welcome.

**Dates:** November 9- December 21

**Time:** 9:30am – 10:30am

**Location:** Weightroom Upstairs in Healthclub

**Instructor:** Val

### **CSI – Cardio, Strength Intervals - 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:** November 9 – December 21

**Time:** 5:40 – 6:25pm

**Location:** WHCA Fitness Dance Studio

**Instructor:** Karen

### **\*NEW\* Early Barre Class – Friday Morning**

Barre combines Yoga, Pilates, and Ballet exercises to provide a low-impact, total-body workout. Expect a fun workout that focuses on low-weight, high-repetition exercises to tone your muscles. All fitness levels welcome.

**Dates:** November 3 – December 15

**Time:** 12:45pm – 1:45pm

**Location:** WHCA Dance Studio

**Instructor:** Sabina

### **Full Body Barre Workout – Friday Afternoon**

Barre combines Yoga, Pilates, and Ballet exercises to provide a low-impact, total-body workout. Expect a fun workout that focuses on low-weight, high-repetition exercises to tone your muscles. All fitness levels welcome.

**Dates:** November 3 – December 15

**Time:** 12:45pm – 1:45pm

**Location:** WHCA Dance Studio

**Instructor:** Sabina

### **Spin n 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:** November 5 – December 17

**Time:** 9:00am – 10:00am

**Location:** WHCA Dance Studio

**Instructor:** Karen

## GENERAL HEALTH CLUB INFORMATION

### **WHCA Health Club Packages**

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

**Email:** [healthclub@westhillhurst.com](mailto:healthclub@westhillhurst.com)

Visit us online for more details: [www.westhillhurst.com](http://www.westhillhurst.com)

### **Health Club Memberships**

Annual, Monthly, and Drop-In Memberships Available  
Visit [www.westhillhurst.com](http://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](mailto: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](mailto:Anna.squash@westhillhurst.com).

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### 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. If you are looking for space to rent, for classes, or private practice time, please contact us.

**Capacity:** 40 34 x 40ft (1360 sq ft)

**Rate:** \$40/hour \$50/booking slot

## 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](mailto:jazzed@telus.net)

### JKA KARATE (jkaiwayama)

*Strengthen your mind, body, and spirit!*

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

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

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

**Contact Information:** Kelly Novak at 403-804-5007

**Email:** [jkaiwayama@gmail.com](mailto:jkaiwayama@gmail.com)

**Website:** [jkaiwayama.com](http://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-rang-

ing 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](http://www.kuksoolwoncalgary.com)

### YOGA

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

**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](http://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](http://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](mailto:zumbajoc@yahoo.com) or visit [www.zumbajoc.ca](http://www.zumbajoc.ca)

## FREE MEMBERSHIP BENEFITS

By Tammie Yearwood

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

### Yuan Gong

This class is targeted to people with chronic or acute injuries.

Yuan Gong is widely used for rehabilitation from injuries. Since it is very effective, short, daily practices can already bring huge health and other benefits. It uses highly skilled movements that we apply with gentleness and focus in order to help the body heal safely. Yuan Gong will not only help you work gently on and around the injured areas, it will also boost your energy levels to support your healing. In fact, your whole life will start healing through this process.

**When:** September 12th (usually every Tuesday at 5:00pm)

**Room:** Upper Studio A

**Instructor:** Sabine



## WEST HILLHURST GO-GETTERS ASSOCIATION

by Cassandra Towpich



Time to reflect this November for Remembrance Day and take a moment to thank all of those who have given for our freedoms and way of life. We are so lucky and Go-Getters is proud to have some veterans amongst our membership.

Daylight savings time falls on Sunday, November 5th, 2017. Be sure to turn your clocks back one hour for the time change. Hopefully this will give us a few more hours of daylight before winter comes.

Trips planned for this month include: A Turkey Dinner at the Wild Rose United Church, Fort Calgary Brunch, Spruce Meadows Christmas Market, Stage West and Century Casino. Special events include Games Night, our Monthly Luncheon, a Card Making Class and a Painting Afternoon.

Check out our website, call or drop in to see dates, times, cost and availability for all of our programs.

If you are age 50 plus, the West Hillhurst Go-Getters Association is the place for you! Among our many programs are Carpet Bowling, Tai Chi, Qi Gong, Canasta, Crib, Euchre, Whist and Bridge. We have our own bus and do day trips to various locations within Calgary and Alberta. We have a monthly luncheon and lots of opportunities for volunteers.

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

## SAFETY SYNC

Manage Your Workplace Safety

[safetysync.com](http://safetysync.com)





# The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

**Fun Facts:**

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards,

parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.

- House Sparrow make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

*If you find an injured or orphaned House Sparrow or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.*

## BRAIN GAMES SUDOKU

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	7					9	2	
9	8		6					

FIND SOLUTION ON PAGE 23

# 2017 WHISKY ADVENT CALENDAR

1992 **25** years 2017



**Our Kensington Wine Market 2017 Whisky Advent Calendar features 25 all new, never before featured premium whiskies.**

There are 24 50ml whiskies, one for each day of Advent, a 100ml Scotch Malt Whisky Society whisky for Christmas Day and a custom logo Glencairn Glass. **\$375+GST**

**403-283-8000**

## 2017 FALL TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

### Autumn Ales

Comforting spicy brews, pumpkin ales and marzens as far as the eye can see! This is the perfect time to start that transition into the darker side of beer! **Fri Nov 10**

### Tesseron Cognac with Jacque Chastenet

Tesseron is a unique brandy, more masculine and Scotch-like than any other Cognac. Tesson Director Jacque Chastenet will be our guest as we sample their portfolio up to an including the Royal \$2200. **Tue Nov 14**

### Discovering the Douro

We'll gently journey down the storied Douro River with "Cavalerio do la Confraria do Vinho do Porto" (AKA Port Exper) Cindy Opsal as we drift past the iconic port houses of Taylor, Fonseca and Croft. **Thurs Nov 16**

### Wine Fest

We'll clear the floor to make room for more than 80 of our favourite pours. There is no better way to spend a Friday night than with some good friends, great food, and even better... wine. It includes a KWM 25th Anniversary logo tasting glass. **Fri Nov 17**

### Beyond Burgundy and Bordeaux

There is more to French wine than Burgundy and Bordeaux! We'll explore some of the lesser known French wine regions you should know! **Tue Nov 21**

**\$20**

**\$75**

**\$40**

**\$50**

**\$35**

### Masters of Malt

Only the rarest and very special whiskies are showcased at this tasting which always highlights some of the most exciting new whiskies in the world! **Thurs Nov 23**

### Cheese Please: Christmas Party Edition

Planning a holiday wine and cheese party? With the help of our neighbor Peasant Cheese we'll show you how to put together the perfect holiday wine and cheese pairings. **Fri Nov 24**

### 37. Red Wine Icons - Bordeaux

Is Bordeaux really the world's most prestigious wine growing region? The critics and collectors think so, and Bordeaux sets the benchmark for wine pricing worldwide. You be the judge! **Tue Nov 28**

### Whisky Advent 2017 Launch Party

Twas the night before Whisky Advent and all over the floor there were tables full of whiskies for sampling throughout the store! A mini whisky festival celebrating the launch of our 2017 Whisky Advent Calendar, includes a glass... FREE WITH THE PURCHASE OF A CALENDAR! **Thurs Nov 30**

### Glenfiddich with Beth Havers

Glenfiddich is launching three new expressions this year, and our friend Beth Havers, Glenfiddich Canadian Brand Ambassador, is making a special trip to Calgary just to showcase them! **Tue Dec 5**

**\$125**

**\$30**

**\$125**

**\$25**

**\$30**

# LEARN TO SKATE

Donella Swan, Learn to Skate Program Director

## Fall Registration Now Open

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

Registration is open online at [www.westhillhurst.com/learn-to-skate](http://www.westhillhurst.com/learn-to-skate). Please contact [skate@westhillhurst.com](mailto:skate@westhillhurst.com) for any questions.

If you have any questions, please do not hesitate to contact me directly at [skate@westhillhurst.com](mailto:skate@westhillhurst.com)



## Learn to Skate Fall 2017

September 11 - December 16

Monday	Wednesday	Friday	Saturday
<b>STARSkate Jump Technique</b> <i>(dance studio with Coach Craig)</i> 4:00 - 4:45 PM	<b>STARSkate Ballet Class</b> <i>(dance studio with Coach Jaclyn)</i> 4:30 - 5:30 PM	<b>**Skating at Brentwood Sportsplex**</b>	<b>STARSkate &amp; Parent Yoga Class</b> <i>(dance studio with instructor Linda)</i> 8:15 - 9:00 AM
<b>PreCanSkate &amp; CanSkate</b> <i>(shared ice)</i> 4:15 - 5:00 PM	<b>Squirts Skills Class</b> <i>(shared ice)</i> 4:15 - 4:45 PM	<b>STARSkate Performance Presentation</b> <i>with Coach Jaclyn</i> 4:15 - 4:30 PM	<b>AdultSkate Session</b> <i>(18 years + includes beginner to advanced)</i> 8:15 - 9:15 AM
<b>STARSkate Cardio Class</b> <i>with Coach Craig</i> 5:00 - 5:15 PM	<b>PreCanSkate &amp; CanSkate</b> <i>(shared ice)</i> 4:30 - 5:30 PM	<b>STARSkate &amp; AdultSkate</b> <i>Private &amp; Group Lesson Time</i> 4:15 - 5:45 PM	<b>STARSkate Power (figure) skating</b> <i>with Coach Donella</i> 9:15 - 9:30 AM
<b>STARSkate Prelim Prep</b> <i>Group Lesson Time with Coach Sara</i> 5:00 - 6:00 PM	<b>Squirts Floor Hockey</b> <i>(gymnasium)</i> 4:30 - 5:30 PM	<b>STARSkate Jump Technique</b> <i>with Coach Kewn</i> 5:30 - 5:45 PM	<b>STARSkate Prelim Prep</b> <i>Group Lesson Time with Coach Sara</i> 9:15 - 10:15 AM
<b>STARSkate &amp; AdultSkate</b> <i>Private &amp; Group Lesson Time</i> 5:00 - 6:30 PM	<b>STARSkate Flexibility Training</b> <i>on ice with Coach Jaclyn</i> 5:45 - 6:00 PM		<b>STARSkate &amp; AdultSkate</b> <i>Private &amp; Group Lesson Time</i> 9:15 - 10:15 AM
<b>STARSkate Synchronized Skating</b> <i>with Coach Kristin</i> 6:00 - 6:30 PM	<b>STARSkate Prelim Prep</b> <i>Group Lesson Time with Coach Sara</i> 6:00 - 7:00 PM		<b>STARSkate Dynamic Dance</b> <i>with Coach Donella</i> 10:00 - 10:15 AM
	<b>STARSkate &amp; AdultSkate</b> <i>Private &amp; Group Lesson Time</i> 5:45 - 7:00 PM		<b>PreCanSkate &amp; CanSkate</b> <i>(shared ice)</i> 10:30 - 11:30 AM
	<b>STARSkate Precision Edges</b> <i>with Coach Jaclyn</i> 6:45 - 7:00 PM		<b>Squirts &amp; CanPowerSkate</b> <i>(shared ice)</i> 11:30 - 12:15 PM

a **HELMET & SKATES**

is **ALL it TAKES**

**WEST HILLHURST SKATING CLUB**  
 Skate Canada's National Learn to Skate Programs

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

Please visit: [westhillhurst.com/learn-to-skate](http://westhillhurst.com/learn-to-skate)  
 for online registration or email: [Skate@westhillhurst.com](mailto:Skate@westhillhurst.com) for more details



### Queen Elizabeth School News

By Hamish MacAulay

Hallowe'en excitement is just behind us, and busy school days fill November. Queen Elizabeth School will host Remembrance Day celebrations to honour the men and women who serve and have served in Canada's armed forces. Be sure to check out [qee.blogability.ca](http://qee.blogability.ca) for the school calendar and information on specific activities. November is also Novel Writing Month and the school is encouraging students to write and share their writing experiences.

#### School Patrols

If you have driven down 18th Street in the morning or after school, you have seen our School Patrols back at work at the crosswalk directly in front of the school. Fifty of our Grade 5 and 6 students have signed up for this important role. Thank you to Constable Ross for leading our training and thank you to all our neighbours and those driving past for slowing down and keeping our children safe.

#### Winter Weather

October showed once again that winter weather can appear anytime during the school year. The school encourages students to get outside for a break as often as possible, and the general guidelines for the CBE state that students remain indoors at temperatures lower than minus 20. If families require any winter boots or jackets to keep their children safe in cold weather, the school can help. Please contact the school office. Also, on cold, wintery days, students should avoid arriving at school too early!

#### Student Clubs

Student clubs are getting into full swing and there many choices for students to explore their interests outside of the classroom. There really is something for every child's interest! Keep an eye open for information coming home with your children so they can take advantage of these extra-curricular activities. Thanks to all the teachers who make these clubs possible.

#### Important Dates

QE parents, please mark these important dates in your calendar:

November 3 – PD Day #3 – No Classes  
November 10 – Early Dismissal – 12:00 pm  
November 17 – PD Day #4 – No Classes  
November 20 – School Council Meeting 6:30 pm  
November 24 – Fun Lunch Day!  
November 28 – Early Dismissal – 12:16 pm

*Queen Elizabeth (QE) School is the designated elementary school for the community of West Hillhurst. QE School is a thriving inner-city community school that offers a number of in-house residencies and field trips for students over the school year to enhance the CBE curriculum. These activities are made possible by active parent participation.*



### West Hillhurst Preschool News

By Hector Flores

#### Explaining Remembrance Day to our Preschoolers

Remembrance Day is celebrated annually in Canada on November 11th to honour soldiers and civilians who lost their lives on behalf of our country. Many people wear a poppy to remember those lost. Across the globe, other countries have similar holidays (ie, Veterans Day in the US).

Talking with preschool aged children about complex topics like war can be a challenge, granted important, and it can be difficult for our little ones to understand the meaning of Remembrance Day. Without needing to provide the details of war, it is important to share the courage and bravery of those protecting our freedom and our country. **Talking about "Peace" and "Respect for Others"** is a great way to start the conversation.

Here is an **easy at home craft** you can do with our preschooler to create their own poppies for an at-home Flanders field using muffin liners. Have your child paint 3-4 muffin liners with red paint. Once dry, help them

*~cont'd on next page ~*

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jim.s@goelectriccalgary.com

## REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



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

**If You Feel the Same Let's Talk.**

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## SCHOOL SHOUT-OUTS CONT'D

to stack and secure the liners together with a green pipe cleaner and a black button! Voila!

Some quick tips to talk to our kids about this commemoration, and the honour and courage of our Canadian Armed Forces are: check out **a book with pictures from the library**, tell the truth, make it personal, and participate in local ceremonies. (Check out the Kensington Legion if looking for a nearby ceremony).

### Join the West Hillhurst Community Preschool

We offer classes for three and four-year-old children. Using a play-based curriculum, our children develop the social, emotional and intellectual skills to help them lay a strong foundation as they move forward through more formal schooling. Using the in-house facilities of the community centre including the ice rink and playground, we are able to offer a selection of unique activities as part of our regular curriculum.

Visit our website for more information and registration details: [www.westhillhurstpreschool.com](http://www.westhillhurstpreschool.com)



Spanish Centre for Kids

Presents....

## SpaMusArt

Learn about music, language and art from experienced professionals in a fun and safe environment.

Tuesdays &  
Thursdays

12:30 - 3:00pm

From Sept. 12th  
to Dec. 14th

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28 classes in the  
fall semester  
\$25.00 per  
2.5 hr. class.  
Total of \$780.00

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options

Children ages 3 - 6  
Location:  
Upstairs preschool room  
West Hillhurst Community  
Association  
1940 5th AVE. NW



Spanish (Giulliana)

- Playing
- Singing
- Dancing
- Cooking

Music (Nuna)

- Rhythm
- Dancing
- Singing
- Drumming
- Instrument playing

Art

(Anthea or Karina)

- Painting
- Drawing
- Sculpture
- Collage/mixed media
- Printmaking



Please contact:  
Giulliana  
at  
[giulliana@jugando.ca](mailto:giulliana@jugando.ca)  
or visit  
[www.jugando.ca](http://www.jugando.ca)





# News from the Friends of Nose Hill

by Anne Burke

Join us on Wednesday November 15 at Triwood Community Centre Lounge at 7 p.m. for our annual members meeting. Details on [www.fonhs.org](http://www.fonhs.org).

The Supreme Court of Canada played a role in the creation of Nose Hill Park. Planned public purchase of land for a park can be a legitimate reason for refusing to grant a building permit or for a refusal of an application for rezoning.

In 1973, Calgary passed a resolution restricting urban development on 4100 acres in the Nose Hill area and requiring investigation by the City of “all available means” to acquire the land. In 1976, the City reduced the size of the proposed Nose Hill Park by deleting the western parcel of 1500 acres. The Municipal Plan in 1979 said there will be a plan for Nose Hill Park. Then the City passed an area structure plan called Crowchild III which refers to the “proposed Nose Hill Park”.

The City adopted the Nose Hill Master Plan by Parks and Recreation to outline the types of recreational activity desirable in the park. This plan put forward 3 alternative park concepts which were evaluated and with recommendations. As a policy document, it was incorporated in the Municipal Plan in June 1980. (There was a Master Plan Review in 1993). With approval of its plan

for Nose Hill Park, the City authorized the purchase of land in the park.

The Court determined that: when a municipality makes a firm decision to create a park and demonstrates this in a land-use bylaw, this does not mean that the municipality must create the park immediately.

Under the 1963 law, land could not be zoned as parkland unless the municipality owned the land at the time. Once the decision was made, it had to acquire the land within 6 months. Otherwise, the bylaw was no longer in force.

In 1984, the Court observed that the law has gradually moved away from the rights of the property owner as paramount to planning flexibility and public interest as more important. Alberta decided that, if the rights of individuals and the public conflict, then to the extent necessary, the “greater public interest” must prevail. Ottawa agreed. In other words, *there is nothing inherently wrong with a development freeze*. The Appeal was dismissed with costs.



## SOCCER

### 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](http://www.triplemeg.com) for schedules and registration.



# Northwest Warriors 2017 City Finals

We had 2 champion teams, 1 city finalist and 1 city champion combined team. Go Warriors!

Midget 1 2017 City Champs Roster: Cayden Murray, Eijaz Kassam, Jack Moroney, George Moroney, Brendan Durant, Braden Wright, Brett Broten, Mason Freer, Jack Siemaszkiewicz, Josh Fernandez, Noah Laursen, Rory McCabe, Ryan Davis, Jett Leonard-Bedier, Ethan Woodward, Harry Osler, Jace Kent, Aliya Strong. Coaches Ted Osler, Barry Burrows, Shaun Laursen

Bryce Halverson TM: Laura Strong

PeeWee 3 City Champions Roster: Adam Reid, Alex King, Arjun Sarin, Brodie Brown, Brodie Gohmann, Carter Blumes, Cole Verweire, Ethan Conroy, Evelyn Lawrence, Jack Wiwchar, Kieran Ferguson, Jackson Romeril, Maxence Guay, Sasha Caron, Scott Radke, Shaan Shergill, Ty McKay, Tyler Ritchie. Coaches: Adam Verweire, Brian McKay, Dave Brown, Corey Conroy, Stovel Ferguson, Mark Ritchie Team Manager: Stephen Caron. Go Warriors!

NWW Warriors joined West Wolves Jr C team this year and won the City Champions. Roster: Shylo McConnell, Mitchell Pinsent, Lucas McLeod, Daniel Alaire, Alexander Lane.

Northwest Warriors is a co-ed minor hockey league and partnership between West Hillhurst, Triwood, Brentwood Community Associations and Crowchild Hockey. Check out out on Facebook at Northwest Warriors Hockey Calgary.

## Hoffman INSTITUTE

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*W. Brett Wilson – Dragon Emeritus, Philanthropist and Hoffman Graduate*

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## Introducing Summit Ruckus at WHCA Campus

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

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

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

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

**For more information, please call 403.477.4346 or email [whca.campus@summitruckus.ca](mailto:whca.campus@summitruckus.ca)**

### Parents & Tots is back!

Located inside the dance studio, SummitSK4U invites you to bring your tots by to explore, jump, run, bounce and play! Check out SK4U.ca for more info.

## FOR ART'S SAKE



## November

By Hilary Angrove

November: the month where there's too much snow for hiking but not enough for skiing, when the snowbirds go south and potential tourists stay south. Not a snowbird and don't have a November vacation lined up? Luckily, November in Calgary offers many opportunities to get cultured, from just a stone's throw away.

The Calgary Underground Film Festival elevates Calgary's cultural landscape with the best in local and international independent cinema. Recently, they noticed Calgarian's growing desire for non-fiction films so from November 16th – 19th they will be presenting a unique roster of never before screened in Calgary documentaries.

Without a doubt, Calgarians have an appetite for engaging, educational, cinematic output. From November 16-19, The Marda Loop Justice Film Festival will be screening films on issues important to us as individuals, Canadians, global citizens, and humans. Improve your dinner table discussion and hang out for post-show discussions with local and international cinematographers, and take advantage of the Festival's different opportunities to interact with experts.

Not a cinephile? Explore the untold stories of lemurs in Madagascar with Mireya Mayor during the National Geographic Live presentation at Arts Commons on November 5th and 6th. The talk includes a post-show Q & A - a chance for you to fully engage with this inspiring explorer.

Calgary is a wonderful place with much to offer - and there are a multitude of places to get cultured, beyond this list.



## The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of "special" holidays. Among his November holidays are: "Cook Something Bold and Pungent Day", "Married To A Scorpio Support Day", "Have a Bad Day Day", "Name Your PC Day", "Blasé Day" and "Stay Home Because You're Well Day".



## WHCA GREEN COMMITTEE



By Chris Koper

Last month the WHCA Community Garden was involved with the Annual Fall Harvest Fair at Hillhurst Sunnyside Community Assoc. As you can see, there were some pretty wild and fun submissions. The winning spaghetti squash that looked like a pumpkin was 28 lbs. The carrot that was 8 lbs. ended up on the news! The giant rhubarb leaf that won was huge! The WHCA garden had many winning entries! We had 1st place for biggest garlic, 1st place for best looking garlic, 1st, 2nd, and 3rd for Community Garden pictures, 1st place for pickled garlic scapes and kids from our garden had 2nd place for giant kale leaf and honorable mention for wierdest cucumber! Congrats to everone for their great work and enthusiasm!



**Lawrence and Kathy Laderoute** who live in our community have had a garden in the Community Gardens since its inception in 2012. He built the big hexagonal composter

you see at the garden that has won an award, and has now tried his excellent creative woodworking skills at building his own version of square foot gardening on his own garden. It is a spectacular work of art! Thank you for all you do!



**Look online at the WHCA for the fantastic class on making your own decorative planter! Anyone can come but you will need to register ahead to make sure there are enough supplies. Availability goes fast on this class!**

**December 5<sup>th</sup>**

**Build Your Own Winter planter** with Janet Melrose (6:30pm – 9:00pm) Information and Register online at the WHCA! \$85.

- Making an 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



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**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](http://www.communitymediation.ca), 403-269-2707.

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**GET FIT, STAY FIT:** Dislike the gym? No time to work out? Feeling weak and flabby? Is it finally your time to start? 15-minute 1on1 workout in private room. Free Consultation. Call 403-244-1377 or book online at [evolvedhealth.ca](http://evolvedhealth.ca). Get started in Kensington or Lake Bonavista. Intelligent exercise that is safe and effective.

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## BRAIN GAMES SUDOKU

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



## CALGARY PUBLIC LIBRARY

### Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at [calgarylibrary.ca/tumblebooklibrary](http://calgarylibrary.ca/tumblebooklibrary).

### \$1M grant transforms early learning at the Library

The Calgary Foundation Early Learning Centre at Saddle Towne Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

### What does Calgary Public Library mean to you?

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

### Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search Math Quest.



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## West Hillhurst Real Estate Update

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

	Average Asking Price	Average Sold Price
September 2017	\$849,900	\$846,000
August 2017	\$784,400	\$767,750
July 2017	\$849,000	\$819,000
June 2017	\$824,900	\$805,000
May 2017	\$724,900	\$716,900
April 2017	\$764,450	\$755,450
March 2017	\$783,000	\$769,000
February 2017	\$659,900	\$650,000
January 2017	\$699,900	\$700,000
December 2016	\$731,450	\$713,500
November 2016	\$769,900	\$760,000
October 2016	\$1,140,000	\$1,093,250

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

	No. New Properties	No. Properties Sold
September 2017	25	7
August 2017	20	8
July 2017	14	7
June 2017	18	11
May 2017	29	19
April 2017	16	10
March 2017	18	15
February 2017	10	7
January 2017	14	7
December 2016	3	8
November 2016	13	11
October 2016	17	8

To view more detailed information that comprise the above MLS averages please visit [west\\_hillhurst.great-news.ca](http://west_hillhurst.great-news.ca)



## **Learn more about your Calgary Catholic School District Board of Trustees!**

Faith formation is a priority at the Calgary Catholic School District (CCSD). To guide us in our faith journey, we have an annual faith theme. For the 2017-2018 school year, we have introduced a new three-year faith theme –“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.” (Matthew 7:7)

This year, we will focus on the first part of the theme, “Ask, and it will be given you.” This theme speaks to the power of faith and prayer. Fostering a faith relationship with God through prayer is part of the ongoing work of Catholic education, as it is through prayer that we come to know God’s abundant love and mercy for us, are helped to become all that God wishes us to be and learn to live and act in God’s abiding presence.

Faith formation remains one of our four district priorities this year, as well as student success, student wellness and success for First Nations, Metis and Inuit students. Together with our district administration, we will focus on our faith theme, as well as our district priorities. We are thankful to our district administrators, teachers and staff; we know that through working together we can meet these priorities and help our students succeed.

In recognizing the value and importance of Catholic education, we encourage our community to celebrate Catholic Education Sunday at their local parish on November 4-5. During this weekend, there will be a special collection at each mass, with some funds going to the Calgary Catholic Education Foundation (CCEF). The CCEF is a charitable organization that provides grants to support innovative programs and projects that touch the lives of students in our schools. We thank the CCEF for their support in providing enhanced educational opportunities for Calgary Catholic students and we look forward to celebrating the wonderful work that takes place throughout our province in Catholic schools.



## **Snow Angels**

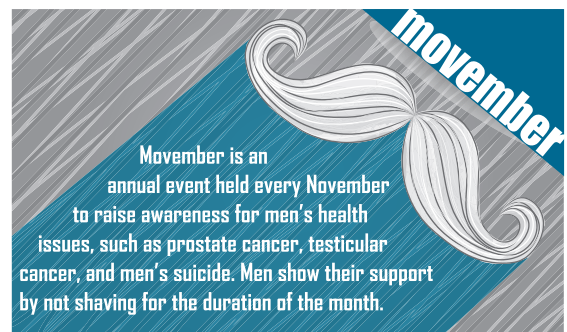
The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It’s a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!


### **Benefits of Snow Angels**

1. People who are less mobile may fear losing the homes they love or having to leave the communities they’ve lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.


For more information, you can find it on the Federation of Calgary Communities website ([calgarycommunities.com](http://calgarycommunities.com)) under the Building Safe Communities menu item.





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Following the Great War in 1919, the Parliament of Canada, like other countries of the British Empire, passed legislation to mark November 11th as Armistice Day.

The day was to celebrate the Allied victory in the First World War but quickly became a day of remembrance to those who had died in WWI and conflicts before.

Many Canadians are not aware of a campaign that started in 1928, by many veterans and their families, to change the date of Thanksgiving Day.

At the time, Thanksgiving was celebrated on the second Monday in November and this put the two occasions on the same date much of the time. Activities of remembrance often conflicted with the celebration of Thanksgiving.

In 1931, Parliament decreed that Armistice Day would become known as Remembrance Day and be marked on November 11th every year. It also changed the occasion from one celebrating the political and military successes that led to victory in WWI to instead focus on the memory and sacrifices of those who served and died in defence of our nation.

At the same time, they decreed that Thanksgiving would be moved to the second Monday in October. In the United States, Thanksgiving is still celebrated in November and they conduct their remembrance activities during the Memorial Day weekend in May.

Early ceremonies were observed primarily within the military community but with the passage of time it has become an occasion for the general population to show appreciation and remembrance for those who made Canada what it is today.

This November 11th, Canadians will again pause to



remember those who bravely volunteered at great risk to serve Canada, to go abroad to fight hate and oppression and to protect our peaceful nation. Let us not forget.

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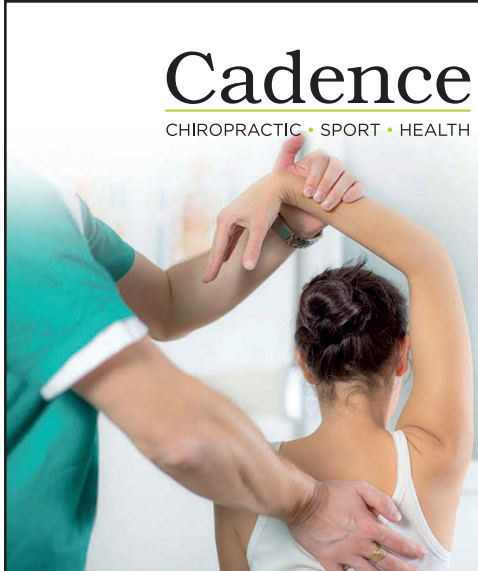
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