

SEPTEMBER 2017

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

# your **WEST HILLHURST** WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



**TASTE OF THE  
NEIGHBOURHOOD**

**SEE EVENT DETAILS ON PAGE 7**



a foundation for oral health

dr. douglas vincelli

100, 628-12th ave sw

calgary ab t2r0h6

phone 403-263-5193

www.drvincelli.ca



foundation  
oral surgery

oral and maxillofacial surgery

dental implants · wisdom teeth · jaw surgery · bone grafting

# CONTENTS

- 5 GENERAL MANAGER'S MESSAGE
- 7 EVENTS
- 8 WHCA PROGRAMS
- 9 CONFEDERATION PARK 55+
- 13 WESTHILLHURST GO-GETTERS ASSOCIATION
- 14 TRIPLE MEG SOCCER
- 20 WHCA GREEN COMMITTEE
- 20 TASTE OF THE NEIGHBOURHOOD
- 22 YOUR COMMUNITY BUSINESS OF THE MONTH
- 24 INTRODUCING SUMMIT RUCKUS AT WHCA CAMPUS
- 26 FOR ART'S SAKE: VOLUNTEERING IN THE ARTS



**OXBOW**

BENDING TRADITIONAL CUISINE  
oxbowyc.ca

1126 MEMORIAL DRIVE NW | CALGARY, AB T2N 3E3 | (403) 228-4442



## WEST HILLHURST COMMUNITY ASSOCIATION

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

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

### Editorial Submissions

news@westhillhurst.com  
 All editorial content must be submitted by the 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.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
 Calgary, AB T2C 2K2

Check out our website: [www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of West Hillhurst Community Association and Great News Publishing.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

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

## IMPORTANT NUMBERS

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

## GENERAL MANAGER'S MESSAGE

By Bryan Polak, General Manager

Hello WHCA Community,

Hope everyone had a wonderful summer and was able to enjoy vacation time!

I wanted to thank all the volunteers and Board Members that have helped in our Spruce Up the Neighborhood, Stampede Breakfast and most recently the WHCA Casino at the end of July. The Casino is our biggest fundraiser, with the most volunteer hours, going into the early morning. That being said, our community association wouldn't survive without it's volunteers, and some of our events wouldn't happen. So again, a HUGE thanks to everyone who's helped out recently, we couldn't run this place without you! With September coming fast, remember to get your "Taste of the Neighborhood" tickets. The event is our other major fundraiser of the year (Casino was the first) and helps us with so much upkeep for the building as well as our WHCA programs, like pre-school, soccer, tennis, and learn to skate. The event is Sat Sept 30th. We are also looking for volunteers to help with setup, running the event, and takedown. Connect with John (programs@westhillhurst.com) if you are interested and able to help.

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

Do you have thoughts on future growth or ideas for the building? Maybe want to volunteer your time or have a connection that could help us out? Interested in being involved with building a 2nd arena, adding another squash court, more tennis courts, or something program related, please stop by and talk with me or email me at generalmanager@westhillhurst.com. I would be interested to hear what you have to say.



**WIC**  
 WEST ISLAND COLLEGE  
 Grades 7 to 12

**French Immersion Grades 7-12**

Still accepting applications for Grade 7 and 8 for the 2017-2018 school year

Be Bold. Be Brave. Be Ready.  
**OWN YOUR FUTURE**

westislandcollege.ab.ca  
 403.255.5300  
 7410 Blackfoot Trail S.E.  
 admissions@mywic.ca

CAIS AP

# MONTHLY HEALTH CLUB PROMO

By Tammie Yearwood

## 15% off Annual Memberships when paid in full

**Note:** Not included in payment plan. WHCA Annual Membership required.



# 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

## EVENTS

By John Mains

### Taste of the Neighbourhood – Saturday September 30

Get your tickets now! This year's annual gala fundraiser is set for Saturday September 30<sup>th</sup> from 6:30 pm to 11:00 pm. Join us at the West Hillhurst Community Association for this great night of food and beverage sampling from local eateries and businesses. Enjoy an evening of music and mirth and bid on a wonderful variety of silent auction items. Visit westhillhurst.com for advance tickets, \$50 per person (\$60 at the door).

### Applesauce Basketball starts in September Ages 5 to 8 years

Hoops comes to West Hillhurst! This great new program starts September 25<sup>th</sup> and offers basketball skills, drills, fun and games for ages 5 to 8 years old. We will use lower baskets and smaller basketballs and all players get a reversible keeper jersey. This 8-week program is led by a certified teacher and current Calgary senior girls high school coach with tons of experience leading youth programs and clinics. Registration is only \$120 for 8 weeks plus a jersey, sign up now at westhillhurst.com or contact John at programs@westhillhurst.com for more information.

### Teen Night Friday Open Gym is back in September

Teen Night returns September 8<sup>th</sup> and then every Friday from 6:00 to 7:30 pm for drop-in activities like basketball, floor hockey, ping pong, volleyball, badminton and more. Free wifi and lots of snack machines onsite! All WHCA member youth between 12 and 18 years of age are welcome. Annual family memberships start at only \$35.

We are looking for volunteers to help supervise our Friday night teen gyms so if you are interested please contact John at programs@westhillhurst.com. If you are over 19, enjoy playing sports and supporting teens, and can commit one or two evenings a month, we would love to hear from you.

### Family Open Gym Times are here...starts September 9<sup>th</sup> after school

Members wanted some time for families to come in and play together so starting September 9<sup>th</sup> your WHCA opens up the gym for free family fun drop-ins every Tuesday and Thursday from 4 to 6 pm. We will put out a

variety of sports equipment and playballs or bring your own and enjoy our gymnasium.

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

### Holiday Craft + Bake Sale

The West Hillhurst Holiday Craft & Bake Sale will be held on Saturday November 25<sup>th</sup> from 10 am to 2 pm at the Community Centre. Tables will be available for \$25 each starting August 28 for WHCA members and September 18 for non-members (max. one table per household). Registration will be done in person or by phone/email – online registration is not available. This event is for homemade and handcrafted items only, all requests are subject to approval. Watch our facebook page and email blasts for details on how to register or email John at programs@westhillhurst.com to find out more!

### Call to All Artists!

We are looking at presenting a festival featuring local artists in spring 2018. If you are an artist and West Hillhurst resident or neighbor and would like to learn more and possibly participate in this show, please send a note to programs@westhillhurst.com – tell us a bit about yourself and what media you work in. The one-day exhibit would feature local artists displaying and working onsite, hands on workshops, kids crafts, demos, and more.

### Send Us Your Ideas...

Do you have an idea for a sports or recreation program/workshop or maybe even a special event we could be bringing to West Hillhurst? We are always looking for input from our members and residents about what their community centre can do for them so please send any ideas, questions, comments or suggestions to programs@westhillhurst.com.

### Like us on Facebook!

Liking us on Facebook is a great way to stay on top of all the latest news and notes from your West Hillhurst Community Association. Find us at www.facebook.com/WHCAab/ to learn about new programs, event details, schedule changes, and more news about what your community association can do for you.

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 23

## MONTHLY WHCA FREE MEMBER BENEFITS

by Tammie Yearwood

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

### Free C.A.T. Class

**\*\*\*NEW\*\*\* Critical Alignment Therapy** is a practice that integrates specific props, yoga related exercises, and breath awareness to release the tension and strain, caused by stress and injury, in our body's large surface muscles. Once this tension starts to release in our body, movement is integrated into the practice to activate the proper muscles so that we can move more effectively using correct muscle patterns. This effective movement brings ease and lightness into our physical body, and ultimately into our lives.

**When:** Wednesday Sept 20<sup>th</sup>, 6:45 -7:45pm, or Friday Sept 22<sup>nd</sup>, 9:15 -10:15am

**Room:** Upper Studio A

**Instructor:** Matthew (New instructor)

### 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:** TBA

**Room:** Upper Studio A

**Instructor:** Sabine

Come and listen to Keith Durling, a financial adviser with the country's largest financial planning company. Learn how the markets work and how you can succeed in an ever changing economic world.

Draw prizes and refreshments will be served.

This will be fun and interactive, so bring your questions!

Registration is preferred, as space is limited.

Drop-ins are welcome if room is available.

Visit our website, call or stop in to register.

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

## CONFEDERATION PARK 55+



By Judy Cairns

Memberships for the September 1, 2017 to August 31, 2018 year are on sale NOW for \$30.00/person and registration for fall classes has started. 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 Fall Activity Brochure or give us a call at 403.289.4780.

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

### Coming up

**Saturday Dances:** September 9 – For Olde Tyme Sake, September 23 – Badlanders  
Tickets \$12/person (Includes a snack) Everyone is welcome.

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

### Volunteer

Are you looking for a new opportunity? Have fun and make friends by volunteering with us. We are looking for help in the fall for our recycling program, kitchen, and special events. Contact Angela for more details at 403-289-4780 or email [angela@yycseniors.com](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 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 – Friday and Sunday Mornings or Raining (Calendar Available on-line, WHCA website)

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

**Teen Squash – 13 -16-year-olds Friday**

Teen Squash is designed for teens interested in learning

~continued on page 10~

On October 16  
**ELECT**  
**Dean Brawn**  
For Ward 7 Councillor

A third generation Calgarian committed to making Calgary the best place to live, work & raise a family!

- Bring jobs back to our city & expand our economy
- Demand City Hall get value for taxpayer dollars
- Protect our seniors & most vulnerable citizens

Dean Brawn For Ward 7  
403-589-4828

[www.DeanBrawnForWard7.com](http://www.DeanBrawnForWard7.com)

the basics or advancing their game Squash is a fast-paced game of skill, speed, agility, and concentration. Instructor will teach the game rules, skills and proper technique.

**Dates:** September 15 to December 15 (no class Oct 6 & Nov 10th) **Day and Time:** Friday's 2:00pm - 3:00pm

**Instructor:** Anna

### 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:** September 16 to December 16th (no class Oct 7th & Nov 11th) **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:** September 16 to December 16th (no class Oct 7th & Nov 11th)

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

**Instructor:** Anna

### Ashtanga Yoga – Monday Morning

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

**Dates:** September 11 – October 30 (No class Oct. 9th)

**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. 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!

**Dates:** September 11 – October 30 (No class Oct. 9th)

**Time:** 1:30pm – 2:30pm

**Location:** Dance Studio

**Instructor:** Val

### Spin with Sandra – Monday Evening

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

**Dates:** September 11 – October 30 (No class Oct. 9th)

**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:** September 12 – October 24

**Time:** 6:10am – 6:55am

**Location:** Dance Studio

**Instructor:** Karen

### \*NEW\* 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.

**Dates:** September 12 – October 24

**Time:** 9:30am – 10:30am

**Location:** Weightroom Upstairs in Healthclub

**Instructor:** Val

### Introduction to Nordic Walking – Tuesday Evening

Tried Nordic walking yet? Specially designed Nordic walking poles, will amp up your everyday walking experience into one that will work 90% of your body, increase heart rate, strengthen arms, engage core, and enable you to burn

more calories than walking alone! This one hour, hands on class will teach you the proper use of the equipment and Nordic walking technique. **Classes are designed for ALL ages & fitness levels, poles will be provided for you to use.** Join us and experience enjoyment & benefits of Nordic Walking.

**Dates:** September 5

**Time:** 5:15pm – 6:15pm

**Location:** The Great Outdoors

**Instructor:** Lorene

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

You've now mastered the basic Nordic walking technique. Well done! Now let's take our workout into Mother Nature's playground. In this 7-week session, we will continue to fine tune our Nordic walking technique. Increasing our cardio, then adding a variety of exercises that will strengthen our arms, legs, and core. Then finish off the class with a well-deserved stretch. **Classes are designed for ALL ages and fitness levels. Poles are provided for your use.**

**Dates:** September 12 – October 24

**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:** September 12 – October 24

**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:** September 12 – October 24

**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:** September 13 – October 25

**Time:** 6:10am – 6:55am

**Location:** Dance Studio

**Instructor:** Karen

### \*\*\*New Class\*\*\* Coming Wednesday Mornings TBA

**9:15 – 10:15am in Dance Studio**

**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:** September 13 – October 25

**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:** September 13 – October 25

**Time:** 12:45pm – 1:45pm. **Location:** Studio Upper A

**Instructor:** Vandana

### \*NEW\* C.A.T. – Wednesday Evening

**Critical Alignment Therapy** is a practice that integrates specific props, yoga related exercises, and breath awareness to release the tension and strain, caused by stress and injury, in our body's large surface muscles. Once this tension starts to release in our body, movement is integrated into the practice to activate the proper muscles so that we can move more effectively using correct muscle patterns. This effective movement brings ease and lightness into our physical body, and ultimately into our lives.

**Dates:** September 27 – October 25

**Time:** 6:45pm – 7:45pm. **Location:** Studio Upper A

**Instructor:** Matthew (New instructor)

~cont'd next page~



**\*NEW\* 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:** September 12 – October 24

**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:** September 14 – October 26

**Time:** 5:40 – 6:25pm

**Location:** WHCA Fitness Dance Studio

**Instructor:** Karen

**\*NEW\* C.A.T. – Friday Morning**

**Critical Alignment Therapy** is a practice that integrates specific props, yoga related exercises, and breath awareness to release the tension and strain, caused by stress and injury, in our body's large surface muscles. Once this tension starts to release in our body, movement is integrated into the practice to activate the proper muscles so that we can move more effectively using correct muscle patterns. This effective movement brings ease and lightness into our physical body, and ultimately into our lives.

**Dates:** September 29 – October 27

**Time:** 9:15am – 10:15am

**Location:** Studio Upper A

**Instructor:** Matthew (New instructor)

**Ballet Barre – Friday Afternoon**

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

**Dates:** September 15 – October 27

**Time:** 12:45pm – 1:45pm

**Location:** WHCA Dance Studio

**Instructor:** Sabina

**Ballet Barre – Friday Evening**

Combines Yoga, Pilates, & Ballet to provide a low-impact, total-body workout. Expect a fun workout, starting with an energizing warm-up and light weight series, followed by Barre work with intervals of light cardio. Finish the class strong with a core and stretch series. Accessible to those with all fitness levels - no dance experience required.

**Dates:** September 15 – October 27

**Time:** 6:00pm – 7:00pm

**Location:** WHCA Dance Studio

**Instructor:** Sabina

**Spin & SixPack - Saturday Morning**

We start this 60-minute class off on the bikes with a high energy 45 min ride. We're going have you sweating, heart pumping and legs working. We keep the burn going as we head to the mat for an ab series that will have you leaving with a strong core.

**Dates:** September 9 – October 28

**Time:** 7:05am – 7:55am

**Location:** WHCA Dance Studio

**Instructor:** Morgan

**Bike, Burn & Barre – Saturday Afternoon**

This **75min** combo class is a one stop shop. Morgan will start you off spinning, working your legs and lungs. After 35 minutes of digging deep, you will hit the floor for a total body workout. Morgan will give you a peek at all sorts of movements with various equipment, from weights to resistance bands and bosu balls...and show you why barre might be one of your new favourites. Whatever Morgan throws at you, you can expect to sweat hard and smile big!

**Dates:** September 9 – October 28

**Time:** 12:15pm – 1:30pm

**Location:** WHCA Dance Studio

**Instructor:** Morgan

**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:** September 10 – October 29

**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 [personaltraining@westhillhurst.com](mailto:personaltraining@westhillhurst.com). For pricing, scheduling, and general info.

**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:squash@westhillhurst.com).

**Dance Studio Rental Opportunities**

Looking for somewhere spacious to teach your class?

This gorgeous studio offers full length mirrors, ballet barres, stereo system and wood laminate flooring.

The studio currently offers a wide-range of classes, from Karate to Cycling and everything in between. **If you are a fitness, yoga, or dance instructor** and are looking for space to rent for classes, or private practice time, please contact us.

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

**Capacity:** 60. **Rate:** \$35/hour, \$50/booking slot

*The studio is rented on an hourly basis.*

**EXTERNAL WHCA PROGRAMS**

Contact Organizer/Organization Directly for information

**Jazzercise with Judy**

You might think this class belongs in the 80's - think again! Jazzercise is a 60-minute fitness class combining cardio, strength, and stretch moves for a total body workout. Judy takes moves from hip-hop, yoga, Pilates, jazz dance, kick-boxing, 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)

~cont'd next page~



Cassandra Towpich



September brings along the regular routine for most with the kids back to school, summer holidays officially over and sporting activities back into full swing. Go-Getters was open through the summer but we are no different as all our classes are now back and ready for participation. Check our schedule to register into some of our fun activities.

Memberships sign-up/renewals were due again September 1, 2017. The cost is \$25.00 for the membership year (September 1st, 2017 - August 31st, 2018). Please be sure to fill out your membership forms along with the survey to renew/join our centre.

Trips planned for this month include: Our annual Mystery Trip, Stage West and Deerfoot Casino. Special events include Games Night, Wine and Paint afternoon, Partners Bridge Tournament, Wiener Roast and a Flower Arranging class. Our exercise classes are all beginning too. 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.

**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:** Mon & Wed - 7:15pm - 8:15pm

**Contact:** Jocelyn at 403.667.0435

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



**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.

**KENSINGTON WINE MARKET**

**2017 FALL TASTING SCHEDULE**

Tastings start at 7 pm unless otherwise indicated

<b>Tight Wad: Back to School Bargains</b>	<b>\$20</b>	<b>Not Just a Man's World</b>	<b>\$35</b>
Summer's over, the kids have been kitted out and are back to school. Time to treat yourself to some great bang for your buck wines that won't leave you disappointed. <b>Fri May 12</b>		Join us as we introduce you to some of the world's best wine makers, who just happen to be women, and their fabulous wines! <b>Tue Oct 3</b>	
<b>High Octane Whisky</b>	<b>\$40</b>	<b>Canadian Harvest</b>	<b>\$30</b>
Does low alcohol whisky make you feel bored? Want to raise the stakes for greater reward? Some see 43 or 46 percent as 'a good place to start'. The bottles we taste are not for the faint of heart. High Proof? Cask Strength? Call it what you will! The higher the alcohol... the greater the thrill! <b>Thr Sep 14</b>		Let's all give thanks for Canadian wine and cheese. We show you some of the best Thanksgiving friendly Canadian wines, paired of course, with Canadian cheese. <b>Thr Oct 4</b>	
<b>Nature vs. Nurture</b>	<b>\$30</b>	<b>Awesome Acidic Ales All'Round!</b>	<b>\$25</b>
Natural wines have been garnering increasing attention over the last few years, but what exactly is a natural wine, and is it better than your favourite plonk? <b>Fri Sep 15</b>		The love of sour beers shows no sign of wavering. This tasting will satisfy the curious novice and the lip-puckered-veteran alike, with a taste of Lambic, kettle sour, fruity, hoppy and funky, we're running the gamut! <b>Tue Oct 10</b>	
<b>From Goa With Love</b>	<b>\$25</b>	<b>Balvenie with Jamie Johnson</b>	<b>\$35</b>
Hot on the heels of Amrut, Paul John single malt whiskies are taking the world by storm. Madhu Kanna of Goa's John Distillers will introduce you to one of Asia's hottest new whiskies! <b>Mon Sep 18</b>		For her first ever Master Class at KWM, we're going vertical with Balvenie's Brand Ambassador, Jamie Johnson. We'll tackle the range from 12 - 25 years of age. <b>Wed Oct 11</b>	
<b>Kilchoman with Anthony Wills</b>	<b>\$30</b>	<b>Millstone Whisky with Patrick van Zuidam</b>	<b>\$25</b>
Anthony Wills, will be our special guest as we launch our oldest ever single cask of Kilchoman. Bottled at 10 years of age, the Kilchoman 2007 KWM 25th Anniversary is the oldest Kilchoman yet to be sold in Canada! <b>Tue Sep 19</b>		Patrick van Zuidam is one of the Netherland's most respected distillers. He'll walk you through a range of some of the best single malt and rye whiskies in the world, including a new cask bottled for KWM! <b>Thr Oct 12</b>	
<b>Cheese Please</b>	<b>\$30</b>	<b>"I Ain't Afraid of no Spice"</b>	<b>\$30</b>
Peasant Cheese, our next door neighbor in Kensington, will guide us as we explore the world of cheese and a global tasting of Pinot Noir. Stand up format. <b>Thr May 25</b>		Dining on Thai, Curry or Sichuan? We've got a wine for that! We'll take you through a range of whites and reds that have got the right stuff to handle the spiciest of dishes! <b>Fri Oct 13</b>	
<b>Talking Terroir</b>	<b>\$35</b>	<b>Up and Coming</b>	<b>\$30</b>
Same grape, different soil, dramatically different wines. We'll explore the role terroir plays in shaping a wine's personality. <b>Thr Sep 21</b>		What do Ontario's Prince Edward County, Slovenia, the Republic of Georgia and Southern England all have in common? Let us introduce you to some of the World's new and rediscovered wine regions! <b>Tue Oct 17</b>	
<b>Gin, The Ruin of Many a Mother</b>	<b>\$30</b>	<b>An Introduction to Single Malt Scotch</b>	<b>\$30</b>
The Gnaissance the world has been experiencing over the last few years shows no signs of abating. We'll introduce you to some of our new favourite examples of "Mother's Milk!" <b>Fri Sep 22</b>		Your inception into the complex world of single malt whisky. We'll debunk the myth of regions while introducing you to a range of different styles. <b>Thr Oct 19</b>	
<b>Craft vs. Classics: American Whiskey</b>	<b>\$35</b>	<b>Cheese Please: French Edition</b>	<b>\$30</b>
American craft whiskey is on the rise, but is it ready to go toe to toe with the established Bourbon and Rye brands? There is only one way to find out! <b>Tue Sep 26</b>		You'll enjoy a carefully curated selection of French wines paired with fromage from our favourite neighbour, Peasant Cheese. <b>Fri Oct 20</b>	
<b>Heading Back to Alberta</b>	<b>\$20</b>	<b>Spectacular Speysiders</b>	<b>\$75</b>
It's been nearly 4 years since the minimum brewing laws were cut, and Alberta is well on its way to peak beer! It's high time to take another glance at our rock star brewers, see who's leading the pack! <b>Thr Sep 28.</b>		Quite simply this is a range of our favourite Speyside whiskies new and old... you won't be disappointed! <b>Tue Oct 24</b>	
<b>Cheese Please: Pinot Edition</b>	<b>\$40</b>	<b>All Things Bubbly Festival</b>	<b>\$30</b>
What do you get when you pair an amazing range of Pinots from KWM with some of the world's best cheese from our neighbour, Peasant Cheese? We could tell you, but you should come find out for yourself. <b>Fri Sep 29</b>		This bubbles festival will feature a wide range of Champagne, Prosecco, Cava and other sparkling wines. But it doesn't end there... we'll also feature some sparkling cider, ales and more! <b>Thr Oct 26</b>	
		<b>Red Wine Icons - America</b>	<b>\$50</b>
		Rich velvety Pinots, big bold Cabs and the jammiest Zyns. We'll highlight some of the best American wines we have to offer! <b>Fri Oct 27</b>	

1257 Kensington Road, NW

403 283 8000

www.kensingtonwinemarket.com



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

**A HELMET & SKATES IS ALL IT TAKES**

Learn to Skate with SKATE CANADA

**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**

Hamish MacAulay

Welcome back Queen Elizabeth Elementary students and parents! Back to school is exciting: reuniting with friends, meeting a new teacher or classmate, and getting back into the swing of school. The first day of school was September 5, and we have a busy month ahead.

With over 300 students and new staff, Queen Elizabeth Elementary strives to find ways for parents to meet the school community. Be sure to check out [qee.blogability.ca](http://qee.blogability.ca) for event information. Also go to the School Council page and the page for your child's teacher to subscribe for email updates.

**Meet the Teacher – September 14**

Watch for information coming home for our Meet the Teacher evening on September 14. Parents are always encouraged to contact the school or their child's teacher if they have questions, but this evening is a chance to see you child's classroom and ask any questions you might have about the school year.

**Walk for Thomas – September 24**

The Walk for Thomas unites Queen Elizabeth school and the West Hillhurst community in the fight against a rare form of childhood cancer called neuroblastoma. Thomas Mueller was a QE student when he passed away in 2011 from the disease. For more information about Thomas and this event, please visit [www.peloton65.com](http://www.peloton65.com)

**Terry Fox Run and Ice Cream Social – September 29**

As part of the annual Terry Fox Run the School Council will host an ice cream social. The social will make participating in the Run a great way to meet your school community.

**Casino!**

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

**Mabel's Labels**

Help keep track of the new clothes and supplies children leave behind at school. Buy labels online at [Mabel's labels](http://Mabel's labels) and raise money for the school. Go to [www.campaign.mabelslabels.com](http://www.campaign.mabelslabels.com) and search for Queen Elizabeth Elementary School (Calgary).

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

**West Hillhurst Preschool News**

By Meghan Stuart / Erin Hinton

West Hillhurst Preschool still has openings in our afternoon programs for the 2017/18 School Year. Register now for the opportunity for your child to participate!

West Hillhurst Community Preschool is a play-based, local preschool program that runs from September to June. We offer morning and afternoon classes for three- and four-year-old children and are located in the West Hillhurst Community Centre. Information and registration details can be found at: [www.westhillhurstpreschool.com](http://www.westhillhurstpreschool.com)



For all residents, we are selling Davison Orchard apples again this fall! This year, WHCA is able to offer Honeycrisp, Ambrosia, Royal Gala or Okanagan Blend mix cases (\$28-35/case). Mark your calendars to watch for an email or check online in early September for more details.

You will be able to order online through the WHCA website or by emailing [fundraising@westhillhurstpreschool.com](mailto:fundraising@westhillhurstpreschool.com) with your order. Orders are due by end of day September 23rd. Friends and families welcome to purchase, pending they are able to pick up.

Apples will be delivered fresh from the Orchard and ready for pick up on Oct.5 and 6th at the community centre.



**Create-A-Scape**  
Landscaping & Design

**Kent Sargeant**  
Certified Landscape Journeyman


Full Landscape Service  
Sodding | Retaining walls | Irrigation  
Tree & shrub planting | Tree pruning  
Landscape lighting | Pergolas / wood decks / fences  
Pavingstone patios and walkways




cell: 403-371-3440  
www.create-a-scape.ca




**Brent Alexander.ca**

For Ward 7  
Your Voice on Council



 Brent Alexander Campaign  
PO Box 22388  
Calgary, AB T2P 4J1  
 info@BrentAlexander.ca  
 @yycbrent  
 BrentAlexanderWard7  
 587.432.6777



Letter to the editor

Dear Great News Publishing,

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

Thanks for all your help,  
Sincerely,  
Laura  
*Owner of Buds and Blooms*

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

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

\*Actual customer experience.



Calgary Confederation  
**Len Webber, MP**  
2020 10 St NW, T2M3M2  
403-220-0888 | len.webber@parl.gc.ca

**Community Conversations**

This past summer was very busy in our community with many neighbourhood events, special Canada 150 festivities, cultural celebrations and, of course, the annual Stampede. With Parliament recessed over the summer, I was able to attend many more events and enjoy the very best our communities had to offer.

Our community is shaped by our vibrant mix of cultures, languages and interests, and yet we remain a strong community because we also share so much in common. I am always amazed at how welcoming one community is of another and their desire to share their passion for their cultures, their sports, their music, their art and many other things. If you have never attended a cultural celebration for a culture other than your own, I strongly suggest you do and you will find the experience both welcoming and educational.

Community events provided a great opportunity for me to informally speak with many residents and I found the conversations to be both insightful and thought-provoking as people shared ideas on many topics. I spoke with seniors, students, families and small business operators who also shared their concerns on several issues too. The economy, jobs, marijuana legalization and the payment to Omar Khadr were the top three issues raised with me throughout the summer and I expect they will be the top issues when Parliament resumes this month.

This summer I also spent time door-knocking in several communities and appreciated the warm welcome I received at virtually every door. Even those who openly stated they had not voted for me in the past were appreciative of the fact that I came to their door to hear their concerns so that I can better represent them in Ottawa. I find these doorstep interactions so candid and refreshing and they offer a great opportunity to speak with people who would not otherwise reach out to participate in our great democracy. We really are fortunate that we live in a country where this is possible as such activities in many other nations are unimaginable.

It is the volunteer efforts of hundreds of folks in our community that make our city such a great place to call home. On behalf of all residents, I want to thank all those who made this summer so memorable for everyone in our community.

My monthly email newsletter is received by thousands of households and it details many of the things I am involved in and provides critical information for all residents. Those who receive the newsletter often comment that they appreciate the balanced tone of the newsletter and its timely updates. Others remark that reading the community survey results is their favourite part of the newsletter and encourage me to keep providing them with the opportunity to share their opinions on important issues. If you are not receiving my monthly email newsletter and would be interested in receiving it, please visit my website at www.lenwebber.ca to sign up.

**the Gutter Doctor**



**EAVESTROUGH**  
Cleaning • Repair • Installation  
FASCIA • SOFFIT • SIDING • ROOFING  
20,000 happy customers since 2003!  
**403-714-0711 gutterdoctor.ca**

**SERIOUS FUN**  
Adults • Teens • Kids

- African • Tap • Indojazz • Lyrical
- Ballet • Hip-hop • Jazz • Mum & Baby
- Drumming • Musical Theatre • Modern
- Highland • Bellydance • Flamenco
- Latin & Ballroom • Zumba • Aerial Fusion
- Gyrokinesis • Triple T • Barre Fit
- and more!

**free house dance plus**

www.freehousedance.com  
2020, 12th Avenue NW 403-282-0555

By Chris Koper

If you read the last article, I had mentioned the Equinox Vigil at the Historic Union Cemetery September 23, 2017. I promised more information and here it is! Opening Ceremony 6:30 pm at the Spiller Road entrance. Lantern Processions at 8 pm and 9:15 pm. Everyone welcome.

Inspired by both ancient and contemporary traditions from around the globe, Equinox Vigil is a creative, respectful evening to honor the deceased and celebrate the natural cycle of Life and Death itself.

Each year on Autumn Equinox, people of all ages and beliefs gather in historic Union Cemetery. There, surrounded by fresh flowers, fluttering prayer flags and glowing lanterns, they join members of Calgary's vibrant arts community in creating bittersweet rituals of remembrance and reflection.

Inspiring art installations, video projections, and shrines created by professional artists form the heart of the Equinox Vigil experience. But this is not art displayed as in a formal gallery setting. Rather, these artworks come alive through public participation. By performing simple acts like lighting candles or sharing the names of deceased loved ones at the digital shrine, each visitor to Equinox Vigil becomes part of a community drawing close to mourn its dead through art and public ritual.

All evening, live acoustic music and the voices of the Union Choir softly resonate amidst the headstones. Under twinkling lights in the memorial craft tent you're invited to create personal memorial tributes. A hosted Tea

Garden offers a sanctuary for conversation. And at the end of the evening, join a lantern procession winding its way down the Union Cemetery hill. Each element of Equinox Vigil is thoughtfully designed to provide families with a rich and meaningful experience.

Here is a yard and garden to do list for September:

- Order your fall bulbs and get them planted so that they can have time to root before the ground freezes.
- If the weather is getting cooler, pull up your tomatoes before the first frost, hang them to dry and ripen in your garage or basement; or wrap them in paper and store at 60-65 degrees F.
- After onion tops have fallen over, dig the bulbs and let them cure on the soil surface for about a week before you store them. For garlic, after 2/3 of the plant has died back dig one up and look to see how it is doing. Do not leave in the ground too long or the cloves will start to separate and dry up.
- Plant late-season vegetables such as peas, kale, lettuce, arugula, spinach for example.
- Harvest corn, potatoes, apples, cucumbers, tomatoes, squash, and strawberries before a killing frost.
- Once your vegetable garden is finished, plant clover, alfalfa, or legumes as a cover crop. These "green manures" can be plowed under in the spring for a natural fertilizer and soil conditioner.
- After harvesting, spread compost over the soil surface.
- Rake leaves and clean up plant debris, then add them to the compost pile.
- Treat any plants with powdery mildew.
- Early fall is the best time to sow many types of wildflower seeds. The key to success is to make sure that your plants have enough time to germinate and estab-

lish themselves before the first hard frost. That's usually about 8 weeks.

- Move your houseplants indoors before the first hard frost. The best time to make the move is when inside temperatures are similar to those outdoors. Wash the leaves with a diluted mixture of mild soap and water. This will help your plants breathe and respond better to light. Then to eliminate any pests they may have picked up during the summer, treat with an insecticidal soap.
- Begin holding back on water and fertilizer on Christmas cactus until buds appear.
- Lift all tender bulbs and store till spring (Dahlia's, etc)
- Divide and/or transplant perennials, making sure to feed the roots with a good source of phosphorus.
- September is the month to plant or transplant peonies.
- The first half of September is prime lawn time! Take advantage of the season to ensure a strong, tough lawn in the future.
- Start with core aeration and dethatching, leaving about 1/2" of thatch to decompose.
- If you are planting seed, or if your lawn is thin or weedy, sow seed before mid-month. Let the new shoots grow through 2-3 mowings before applying regular-strength fertilizer or a "weed and feed" product.
- Fertilize with a 3-1-2 fertilizer to encourage top growth and winter hardiness.
- Now is a great time to clear out new planting beds and apply compost (or leaves and grass clippings) to be ready for spring planting.
- Attack those weeds! Commercial herbicides are particularly effective this time of year, as weeds are storing up nutrients in their roots and quickly absorb the herbicide where it counts.

- Check out our videos on how to safely target weeds and organic weed control using vinegar.
- Label your perennials and bulbs before they die back to the ground.
- Put out extra bird feeders to support migrating birds.
- Slugs are particularly active in September – apply slug bait, diatomaceous earth, or other slug-control products during this time.
- In the fall, slugs lay clusters of eggs about the size of a small BB. Look under stones, boards, and around the edge of your lawn for these colorless eggs and destroy any you find.

We love to see the foot traffic in the West Hillhurst Community Gardens. It used to be just grass and now there are so many interesting things to see that people now walk thru the gardens instead of the building to get to their destination. If there is anyone working in the garden, thank them for their commitment and if you have any questions feel free to ask! Make sure not to litter while in the garden, we as adults are trying to teach our children to be the future stewards of our environment! Enjoy the view!



## Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.



## Season Reason

In the fall leaves change colour because trees slowly stop producing chlorophyll. In years when a number of warm, sunny days and cool but not freezing nights come one after the other the reds in the leaves will be more vibrant because sugar sap gets trapped inside.



**RESIDENTIAL LEASING GROUP**

403.244.6944  
www.rlg.ca

f t

## YOUR PROPERTY IS OUR PRIORITY

Your high quality Calgary property deserves the right tenants. Do you know how to find tenants like that? We do! Contact us today for a **FREE** property management appraisal.

**Residential Leasing Group Inc.**  
Brad Currie, Broker/President

## Fall Back into Health with a Wellness Tune-Up

With the arrival of September, we welcome a period of renewal. Not only does September mark the beginning of a new season and a new school year, but it's also the perfect time to set new goals, start new habits, improve routines, and forge ahead in life with certainty! It's go time!

If you're ready to see what you're capable of accomplishing in the final quarter of 2017, then you'll want to continue reading. The truth is, people think, adapt and perform best when they're healthy! As Chiropractors and athletes, we are committed to helping our patients work, play and perform at their best! Here is how:

**1. Bathe yourself in nature.** Fall is the perfect time to take your exercise outdoors. There's no need to worry about overheating as you enjoy the shifting colours of nature and the beautiful areas in and around the city.

**2. Set goals.** Now that summer is behind us and routine can set in, it's time to start thinking about upcoming goals. Is there a race you'd like to train for? A course you'd like to take? A trip you'd like to plan? Setting goals can help you improve any area of your life that's important to you.

**3. Take time for you.** Parents, have you been giving your kids an unforgettable summer? Runners, have you been training hard in the heat? Whatever the case, you need time for you. When was the last time you had a massage or an acupuncture treatment? Review your schedule, find the gaps in your calendar and book the necessary appointments. Your body will thank you.

**4. Increase your vitamin D intake.** Our days are getting shorter, which means we don't have access to as much sunlight. If they haven't already, our vitamin D levels are going to start to drop. Supplementing with Vitamin D3 (D3 is naturally occurring, D2 is synthetic) can be helpful. For a more accurate analysis, have a D-Spot Test performed to find out where your levels fall and what your body's requirements are.

**5. Book a body tune-up.** We don't like to be the bearers of bad news, but muscles that are under strain aren't happy muscles. In fact, they might ache or burn or lead to other deficiencies down the road. Chiropractic Care, and other forms of soft tissue therapy like ART®, can help! Curious how? Get in touch!

**6. Check your sleep schedule.** During the summer months, it's not uncommon to stay up later to enjoy the long-lasting sun. However, some of us have problems adjusting our sleep schedule as we transition out of summer. Luckily, there are things that can help. Taking Magnesium before bed, along with Melatonin, can help you get back on track in no time!

### About Cadence Chiropractic, Sport & Health

We provide gentle, functional care that adheres to our patient's unique comfort levels. We take the time to ensure that you understand the adjustments, and can also provide alternatives to traditional treatment. The treatment you receive is entirely up to you. If you think you could benefit from Chiropractic care, get in touch! We're happy to talk through your questions. For more information, visit [www.cadencesportstherapy.com](http://www.cadencesportstherapy.com).

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

**ELLIPSIS LANDSCAPING:** Independently owned and operated Landscape/Handyman company specializing in lawn care, hedge trimming, snow removal, junk removal, window cleaning, tree planting/removal, gutter cleaning, painting, build and fix fence and decks and all other handyman work. The one call that can do it all at very affordable rates. 403-282-8766, [ellipsis2010@live.ca](mailto:ellipsis2010@live.ca).

**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.

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

**YARD BUSTERS LANDSCAPING:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

## BRAIN GAMES SUDOKU

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

**SAVE \$10**  
ON ORDERS OVER \$50

**Avalon Cleaners and Hi Neighbour Cleaners**

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

*Serving your community since 1984*  
Accepting BitCoin soon!

Avalon Cleaners 1105B Centre St. NW 403-230-0233 www.avaloncleaners.ca	Hi Neighbour Cleaners 309 - 19th Street NW 403-283-4123
---	---




\*Bring in this ad to redeem discount.



## Introducing Summit Ruckus at WHCA Campus

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

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

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

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

For more information, please call 403.477.0798 or email [whca.campus@summitkids.ca](mailto:whca.campus@summitkids.ca)



**Lions Park denture clinic**

*Dhiren Bharadia, Denturist*

tel: 284-1803 / 284-1829  
fax: 1-866-372-6948  
[accufit@telus.net](mailto:accufit@telus.net)

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



**Patricia BOLGER**  
for SCHOOL TRUSTEE

[PatriciaBolger.com](http://PatriciaBolger.com) | [#yyckidsmatter](https://twitter.com/yyckidsmatter)



Councillor, Ward 7  
**Druh Farrell**  
ward07@calgary.ca druhfarrell.ca  
@DruhFarrell Druh Farrell

### Pedestrian Safety

Pedestrian safety and cut-through traffic are top issues for Ward 7 communities. Most older neighbourhoods were built on grid networks, where streets connect at right angles with frequent intersections. The grid makes our communities easy to navigate by foot and by bike, but it also makes them easier to shortcut through, given that multiple routes can be taken to reach a destination. While communities that have "loop and lollypop" streets experience less cut-through traffic, they work poorly for walking and cycling. Both types of Calgary communities have their challenges, which is why we need a wide-reaching approach to make Calgary a better city for walking.

The City's new **Step Forward** pedestrian strategy is a long-term plan to improve the safety, accessibility, and desirability of walking in Calgary. The strategy includes 49 actions which were shaped by input from thousands of Calgarians. To learn more about Step Forward, visit: [www.Calgary.ca/StepForward](http://www.Calgary.ca/StepForward)

The world is also taking notice of Calgary's plan to become a more walkable city. In September, we will play host to the **International Walk21 Conference**. Previously hosted in global cities like Hong Kong, London, and New York, it is an honour to sponsor this prestigious conference in partnership with the University of Calgary. It comes as a direct result of Calgary's work to shift from a city known for its auto-dependent sprawl, to a city that offers real transportation choice. Delegates will include walkability experts from around the world. To learn more about Walk21 and how you can participate, visit [www.Walk21.com](http://www.Walk21.com)

As Step Forward rolls out, and as we celebrate Walk21 in Calgary, you can take action today to improve walkability and street safety in your community.

Many communities apply for community traffic studies to identify ways to redesign residential streets to prioritise walking, slow down traffic, and discourage cut through traffic. Due to high demand, a thorough traffic study can take time to complete. Sometimes what is needed is a quick, temporary, and inexpensive way

to address concerns. That is why Council supported my motion to create the **ActivateYYC microgrants**. Communities can apply for grants to fund "temporary local projects and events that motivate Calgarians to walk, play and be neighbourly." For details, visit [www.CalgaryCommunities.com/ActivateYYC](http://www.CalgaryCommunities.com/ActivateYYC)

If your community is interested in a **community traffic study**, residents should work with the local community association to generate broad support for a study. To learn more about how to apply for a community traffic study, visit [www.Calgary.ca](http://www.Calgary.ca) and search for "Community Traffic Concerns".

Let's foster healthier and more vibrant neighbourhoods by working together to make walking safer, more accessible, and more desirable.

To sign up for updates on key community and Ward 7 issues, please visit [www.DruhFarrell.ca](http://www.DruhFarrell.ca).

## DIVORCED? SEPARATED?

- WE CAN HELP -

DivorceCare is a weekly seminar/support group that will help you heal from the hurt.

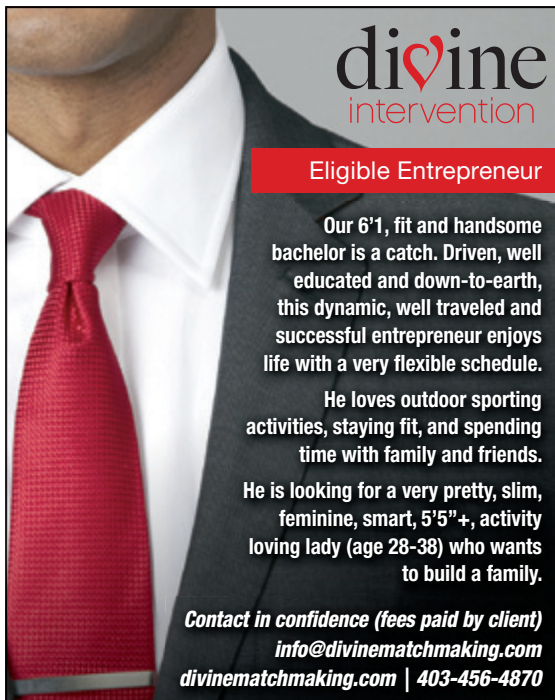
It's a warm, caring environment led by people who understand what you are going through.

Contact us today for more information  
403-720-2048 / 403-247-6673.  
Tuesdays at 7:00 pm

Central Church 1920 -13 Ave NW  
**NEW SEMINAR STARTS SEPTEMBER 19**  
FREE SEMINAR. \$30 FOR WORKBOOK

Find Help · Discover Hope  
Experience Healing





**di<sup>o</sup>vine**  
intervention

**Eligible Entrepreneur**

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5"+, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)  
info@divinematchmaking.com  
divinematchmaking.com | 403-456-4870

Best Price, Service & Warranty

**MARS**  
BLINDS & SHUTTERS

**ELITE**  
WINDOW FASHIONS

4519 - 1st Street SE  
email: mblinds@telus.net

**50% OFF**  
Hi Lites

**75% OFF**  
2" horizontal wood/fauxwood  
LIMITED TIME OFFER.

CHECK OUT OUR SPECIALS ON ALL OTHER PRODUCTS

**403-531-1500**

PRESENT THIS COUPON FOR AN EXTRA 5% OFF

## SAFE & SOUND

### Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

#### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

#### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

#### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Briar Hill Dental Family Care

## ACCEPTING NEW PATIENTS



Dr. Kelsey Syme, DDS

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



**RECEIVE AN ELECTRIC TOOTHBRUSH**  
with your cleaning and check-up!

Connect with us!



**\$99 Professional Whitening!**



Call: **1-833-289-9185**  
1515 19 St NW

**Our office hours are:**

Monday: 3:30pm-8pm  
Tuesday: 7:30am-5pm  
Wed-Thu: 7:30am-4pm  
Friday: 11am-4pm  
Saturday: 9am-3pm\*  
\*by appointment only

www.briarhilldental.ca

All services provided by a General Dentist

# CARDINAL

BY TREVOR RAMAGE

Re/Max Real Estate Central



📞 403.850.2560



**1916 10 Avenue NW**

\$3,250,000 • C4125053

An architectural marvel that is masterfully crafted to elevate all senses.



**1313 22A Street NW**

\$2,999,900 • C4125051

Elegant ambience flows throughout this sophisticated 5 bedroom home.



**2127 7 Avenue NW**

\$1,475,000 • C4121625

A rare opportunity to own a valuable revenue property.



**2735 1 Avenue NW**

\$699,900 • C4127184

Invest now and build later on this prime lot.

**CARDINAL**BYRAMAGE.COM