

MAY 2019

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

# your WEST HILLHURST WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



North Hill Curling Club needs ladies for their Monday afternoon 1-3:30pm league!

## Young or old, experienced or inexperienced.

It runs from October through to March and is a great way to meet some new ladies and enjoy the sport in a non-competitive setting. Registration will happen in Sept as well as a clinic to brush up on your skills or learn the basics.

The Club is centrally located at 1202 2nd St NW.



Please call Laurie Holmstrom for all the details at 403-561-4663 or email me at t.l.holmstrom@shaw.ca

 **Lions Park** denture clinic  
Dhiren Bharadia, Denturist  
Tel: 403-284-1803  
Fax: 403-220-0486  
info@accufft.ca  
Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2

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1  
JUNE  
2019

10 am -  
2 pm

**Jumpstart  
tomorrow's  
entrepreneurs  
TODAY!**

Young entrepreneurs in grades 1-9 from North Point are vendors at this one-day Business Fair. FREE admission & parking. Rain or shine. JOIN US!!!

**NORTH POINT**  
SCHOOL FOR BOYS

4<sup>th</sup> ANNUAL FINANCIAL ACADEMY  
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NORTH POINT

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**North Point School Business Fair**

**65+ Young Entrepreneur BUSINESSES**

**SHOP**

*Crafts : Original Artwork : Food : Creative Services  
Toys/Games : Entertainment : Fashion Accessories*

**North Point School for Boys : 2445 - 23<sup>rd</sup> Ave. SW**

For info: [www.northpointbusinessfair.com](http://www.northpointbusinessfair.com)

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## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

### Nearby Community Newsletter Magazines:



To Advertise Call 403 720 0762  
Email [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**GREAT NEWS MEDIA**  
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## WHCA MEMBER CARD DISCOUNTS

by Kyle Ceelen

As a member of the West Hillhurst Community Association, families have access to an extensive range of activities, sports, seminars, and more.

Not only does your membership card give you access to these services, it comes with some exclusive benefits and discounts at local businesses. We're always adding new partners to our benefits program, so keep an eye out every month for new sponsors.

Exclusive Member Card Discounts:

- Holiday Inn Express & Suites (University of Calgary location only) - 10% off on room bookings
- Bowtown Music - 5% off products (excluding classes)
- Kensington Wine Market - 10% off wines, 5% off beer/ spir-its
- Framed on Fifth - 10% off framing services
- Cadence Chiropractic, Sport & Health - 20% off FIRST 60- or 90-min. massage & 20% off your initial Acupuncture & Treatment
- Ten Thousand Villages - 10% off purchases excluding rugs, food, and sale items

- District12 Photographics - 10% off regular portrait session
- The Barn Public House - 10% off total bill
- Trinity Wellness Centre - 15% off your initial Acupuncture assessment & treatment
- Benjamin Moore West Hillhurst Paint & Design - 15% discount on purchases
- Dignity Memorial - 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services\* National Transferability on prearranged series at no additional charge. Thirteen (13) months of unlimited access to 24-Hour Compassion Helpline. Access to the Dignity Memorial Bereavement Travel Programs

\*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of two discounts.

**Contact [marketing@westhillhurst.com](mailto:marketing@westhillhurst.com) or call 403.283.0464 ext. 3 for sponsorship and advertising opportunities.**

No membership card? No problem! Come see us at the administration office to get set up.

**For WHCA free member programs, registration preferred,** but drop-ins are also welcome! To register visit: [westhillhurst.com](http://westhillhurst.com)



# 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	Christian Wulff	president@westhillhurst.com
Vice President	Dion Lobreau	vice-president@westhillhurst.com
Past President	Craig MacLellan	pastpres@westhillhurst.com
Treasurer	Jordan Stuart	treasurer@westhillhurst.com
Secretary	Christine Fraser	secretary@westhillhurst.com

## Committee Chair Persons

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

## Directors

David Best	Jan Cerny
James Heater	Jason Holley
David Quaintance	Patrick Craddock

*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	
Arena	403-651-9678
Janitor	403-651-9679
Learn to Skate	skate@westhillhurst.com
Preschool	preschool@westhillhurst.com
Squash & Tennis Bookings	403-283-0464 ext. 1
Health Club Manager	fitness@westhillhurst.com 403 283-0464 ext. 1
Facility Administrator	Carla Fiorentino admin@westhillhurst.com 403-283-0464 ext. 6

## GENERAL MANAGER'S MESSAGE

by Bryan Polak, General Manager

Happy Spring everyone! It is great to see sunshine and no snow finally. With the snow finally gone it has allowed us to open the tennis courts. Get your membership and come out and play. If you don't know how to play or just want to improve your game, make sure to sign up for our programs:

<http://www.westhillhurst.com/tennis/>

This month we will have our casino at Cowboys. We want to thank all those people who volunteered to help us on Sunday May 5 and Monday May 6.

We are currently running a "2 for 1" squash coupon to encourage current members to bring in new members. See the coupon below.

Advertising spaces in the arena, gymnasium, and squash courts are available. If you are interested or know someone who is, please have them contact Kyle at (marketing@westhillhurst.com).

### Home Alone Safety

An interactive safety training course for youth ages 10+ (Squash & Tennis grade one and up should also register and attend)

**Course Skills Include:**

- This program prepares your youth for all of the important steps of being "home alone" without some basic skills, being on your own can be an unsafe and uncomfortable situation. Let's all work together to keep our youth safe and confident!
- Answer First Aid
- EMT System
- Fire Safety
- Personal Responsibilities
- Answering Door-B
- Telephone
- Appliance Safety
- Preventing Safety
- General Safety

**Date:** Sunday, May 26th, 2019  
**Location:** West Hillhurst Community Assoc. 1940-6th Ave. N.W.  
**Time:** 10:00a.m. – 12:00p.m.  
**Cost:** \$30.00  
**Bring:** Snack, drink and pencil to class

To register, please visit [www.westhillhurst.com](http://www.westhillhurst.com) or call 403-283-0464  
 Deadline for registration is Tuesday, May 7, 2019

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### West Hillhurst Community Association

### Babysitter Program

For youth ages 10+, this course teaches future babysitters how to be safe while also building self-esteem.

**Course Skills Include:**

- Being a responsible babysitter
- Becoming familiar with games for all children's ages
- Learning safety and preventing injury
- Handling an emergency – should one happen
- Learning about choking, bleeding, and burns.
- Preparing simple, nutritious meals
- Feeding a baby, changing diapers, and performing other important childcare skills.
- Coping with tantrums and crying.
- Creating a routine and finding other safe ways.

**Date:** Sunday, June 23, 2019  
**Location:** West Hillhurst Community Assoc. 1940-6th Ave. N.W.  
**Time:** 10:00a.m. – 5:00p.m.  
**Cost:** \$60.00  
**Bring:** Lunch, snack, drink, doll or teddy bear, & pencil to class.

To register, please visit [www.westhillhurst.com](http://www.westhillhurst.com) or call 403-283-0464  
 Deadline for registration is Tuesday, June 4, 2019

WEST HILLHURST | MAY 2019 5

### FACILITY RENTAL OPPORTUNITIES

#### Summer Camps

Are you looking for a space to hold your 2019 Summer Camps? Have you taken a look at the West Hillhurst Community Association spaces for rent?

The West Hillhurst Community Association has a multitude of options to accommodate your needs. These rentals spaces could be perfect for such Summer Camps as: Gymnastics, Dance, Yoga, Kids Club, Sports, Hockey and Skating camps and more.

In the summer of 2019, we have available space within our preschool, dance studio and upper studio A. These spaces are perfect for programs that run with children under the age of eight. We also have some ice times if you are looking to run a summer hockey or skating camp.

What are the benefits of renting through WHCA?

- Central location in the heart of West Hillhurst area
- The hub of other community events and programs ran through the WHCA
- Fully staffed center to ensure the safety of attendees and rental programs
- Green space / park on the north side of the building (This is City of Calgary property)
- Outdoor pool just East of the WHCA property operated by the Hillhurst Sunnyside Community Association opens during Summer months
- Free parking in large parking lot
- Competitive rental pricing

#### One-Off Rentals

WHCA loves to rent our spaces for special occasions. Are you looking to host a special event? Check out the options for rentals and host your event today.

Now booking into Summer 2019, these spaces would be perfect for: Birthdays, Anniversaries, Retirement, Baby Shower, Engagement Party, Graduation, small scale Sports and more.

Are you planning to cater your event? Did you know that you will receive rental discounts when catering through the Barn Public House? The Barn Public House is an all-age lounge upstairs at the WHCA with exceptional service and menu from Chef Van.

Check out the building rental schedule on our website to check availability: [www.whesthillhurst.com](http://www.whesthillhurst.com)

#### Long-Term Rentals

Are you looking for a space that you can book on a weekly basis? Do you have a program that you would love to run for an extended amount of time? Come check out the spaces that are available for your programs. This would be perfect for such things as: workout classes, youth groups, seminars, monthly meetings, etc.

Come take a look at the Hospitality Room, Upper Studio A and Dance Studio today.

To make your rental request, please review the schedules online prior to making your request. Your request will be accepted online, phone or email. Please contact Susan, Bookings supervisor at [bookings@westhillhurst.com](mailto:bookings@westhillhurst.com) or via phone at 403 283-0464 ext. 7

## SOCCER

### Triple Meg Soccer

*by Coach Steve Smith*

Summer FC/Triple Meg

Summer Camps July - August 2019

Summer FC/Triple Meg will be celebrating their 10th year of Summer Soccer & Swim Camps in the community of West Hillhurst.

Morning Soccer followed by an Afternoon Swim at the Bowview Pool for Ages 6-13 Early Morning Drop - Off and Late Pick Available.

Flexible Daily Rate option if you only need a few days a week over the Summer!

Please visit [www.summerfc.com](http://www.summerfc.com) for more info!

For more information contact: 403-875-5779 | [admin@triplemeg.com](mailto:admin@triplemeg.com)

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## WHCA EVENTS AND PROGRAMS

by John Mains

### Community Garden Plots Still Available!

We have a limited number of garden plots available to rent for the 2019 season. More info can be found at [westhillhurst.com/whca-green-committee/](http://westhillhurst.com/whca-green-committee/) or email [admin@westhillhurst.com](mailto:admin@westhillhurst.com).

### Summer Tennis Lessons – sign up open - new Kids Camp Weeks!

We are very excited to bring back Alicia Hampshire as our tennis instructor for 2019 for weekly youth and adult lessons in July and August. Check [www.westhillhurst.com/tennis/](http://www.westhillhurst.com/tennis/) for more details and to register for all outdoor tennis lessons. We are now offering daytime camps in July and August!

**July 4 to August 26** – one hour a week, once a week

Junior Beginner (4 to 6 yrs.) – Thursdays 5:00 – 6:00 pm

Junior Intermediate (7 to 9 yrs.) – Thursdays 6:00 to 7:00 pm

Junior Advanced (10 to 13 yrs.) – Thursdays 7:00 – 8:00 pm

Adult Beginner – Mondays 5:30 – 6:30 pm

Adult Advanced – Mondays 6:30 – 7:30 pm

**July 8 to 12 or August 26 to 30** – an hour a day every day!

Junior Beginner (4 to 6 yrs.) – Monday to Friday 8:30 am – 9:30 am

Junior Intermediate (7 to 9 yrs.) – Monday to Friday 9:45 to 10:45 am

Junior Advanced (10 to 13 yrs.) – Monday to Friday 11:00 am to Noon

### Neighbourhood Garage Sale - Saturday, June 15

Sign up now for our community garage sale on Saturday June 15 as part of Calgary's Neighbour Day. Clean out the basement, kids' rooms, and garage and host an event at your home. Registration is free to all WHCA member homes, bright yellow lawn signs will be provided, and maps will be available online and at the WHCA. Register at [westhillhurst.com](http://westhillhurst.com) or email [programs@westhillhurst.com](mailto:programs@westhillhurst.com) with your name and address.

### Summerfest '19! – Saturday, June 15 – 11 am to 3 pm

What a way to welcome in summer at West Hillhurst. Join us in the back fields for all kinds of summer fun with water games, carnival booths, sports games and demos, booths and exhibits, barbecue and cold drinks, ice cream, and so much more. Supported by local partners including Cadence Chiropractic and Amata Gelato. Watch [westhillhurst.com](http://westhillhurst.com) for more details closer to the event.

### Friday Night Family Gym – 6:00 to 7:25 pm Wraps up May 10th and will be back in September

Friday is Family Gym Night with activities like basketball, floor hockey, soccer, pickleball, ping pong, volleyball, and more. WHCA members only!

**Event sponsors needed!** If you are a local business owner looking to increase your profile and support the community, consider sponsoring a family event hosted by the West Hillhurst Community Association. Upcoming opportunities include the Summerfest fun day June 15, our soccer wrap-up event June 26, Community Garage Sale on June 15, the Stampede Breakfast on July 9 and our huge 'Taste of the Neighbourhood' evening of sampling happening September 28. Contact John at [programs@westhillhurst.com](mailto:programs@westhillhurst.com) to discuss how you can get involved.

### Stampede Breakfast – Tuesday, July 9th – 9:00 to 11:30 am



**West Hillhurst**  
Squash & Fitness Club  
1940 6th Ave. NW | 403.283.0464  
[westhillhurst.com](http://westhillhurst.com)



**Two-for-One Squash Coupon**  
**45-minute Court Pass**

Free Two-Hour On-Site Parking  
Racquet, ball, and shoe rental available  
Instruction available (additional fees apply)

Expires June 30, 2019  
Some restrictions apply.  
No cash value  
WHWrB, Feb. 19



## Public Skate and “Sticks & Pucks” times in May (closed May 20)

### Free Member Skate Times

Monday + Tuesday 10:15 am to 11:30 am + 1:15 pm to 2:30 pm  
Wednesday 1:15 pm to 2:30 pm  
Thursday 10:15 am to 11:30 am

### Sticks & Pucks Times

Monday, Tuesday, Wednesday 2:30 to 3:45 pm  
Thursday 1:15 to 2:30 pm

- No organized games or training during these times
- Be prepared to show your WHCA membership card or proof of membership

Email [programs@westhillhurst.com](mailto:programs@westhillhurst.com) for more info on any programs and events

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

## Tai Chi – Saturdays 9:30 to 10:30 am – Upper Studio A

Tai Chi embraces the mind, body and spirit and is one of the most effective exercises for healthier living.

## Yuan Gong – Tuesdays 5:00 to 6:00 pm – Upper Studio A

Yuan Gong focuses on promoting health and developing consciousness using effective and easy to learn techniques to open the energy pathways of your body and restore your total health and vitality.

## WHCA Tot and Baby Music

Join instructor Nynne Collins of Hummingbird Music Therapy in a combination of music & movement to enhance motor development, body consciousness, concentration and memory with your baby. Thursday Mornings in Upper Studio A.

## WHCA Tot Music (unparented)

Ages 3-5 yrs.

May 9 - June 13 (6 classes)

Thursdays 11:15am-12:30pm

Cost: \$97.50 +g.s.t.

## WHCA Movin' & Grov'n Baby (parented)

Ages 6 months - 2.5yrs

May 9 - June 13 (6 classes)

Thursdays 9:10am-10:10am

Cost: \$78.00 +g.s.t.

WHCA members receive a 10% discount, visit our website to register [www.Westhillhurst.com](http://www.Westhillhurst.com)

## NCHL / FUNTASTIC HOCKEY & SPORTS CAMP

by Jay Davidson / Matt Duncan

Funtastic Hockey & Sports Camp for Kids provides children aged 5-13 the opportunity to participate in multiple sports while honing their hockey skills with new friends. The Funtastic coaches are well trained and dedicated to providing your child a safe and fun environment. This week-long program is available to children of all levels and abilities.

Funtastic camps run August 19-23rd and August 26-30th at West Hillhurst Community Association.

For more information or to register, visit us at [www.funtastichockey.com](http://www.funtastichockey.com)

## SUMMIT KIDS

by Danny Yanko

### SUMMIT SUMMER REGISTRATION IS OPEN!

Summit Summer strives to provide Calgary families with the highest quality out-of-school time by way of innovative learning, nurturing environments and enriched programming. In addition to our supportive staff and environments, we provide creative learning experiences through relevant technology, performing arts, and child-led initiatives. Typical program plans include:

- Sports and recreational activities both outdoors and in the gym

- Daily swimming (weather dependent)
- Arts & crafts
- Challenge activities
- Tournaments
- Board games
- Puzzles, cards
- Building with manipulative equipment
- Endless opportunities to learn through play

Visit or [www.summitsummer.ca](http://www.summitsummer.ca) for more info and registration!





## WHCA SQUASH & FITNESS PROGRAMS

by Amanda Thompson

### WHCA SQUASH & FITNESS CLUB INFORMATION

Contact WHCA Directly: [fitness@westhillhurst.com](mailto:fitness@westhillhurst.com) | (403) 283-0464 ext. 1 |

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

Main Building Location: Fitness club entrance by tennis courts

#### Hours of Operation

Monday to Friday 6:30am-9:00pm

Saturday & Sunday 8:00am-5:00pm

Closed on stat holidays (Saturday & Sunday of long weekends 9am-4pm)

#### WHCA Personal Training - Doug Scheer

(AFLCA Certified in Resistance Training and Fitness for the Older Adults) and **Christine Shudra** [Certified Personal Trainer (MRU), AFLCA Group Instructor, Nutrition Coach (SAIT)]. Both are highly motivating individuals who will help you find the inner drive to want to reach your goals, all while working within your activity level to keep you safe from injury. For pricing information please visit our website [westhillhurst.com/personaltraining/](http://westhillhurst.com/personaltraining/) or contact [personaltraining@westhillhurst.com](mailto:personaltraining@westhillhurst.com)

ANNUAL MEMBERSHIP	Access to	Annual individual fees	Annual family fees
Annual Platinum (All access)	<ul style="list-style-type: none"> <li>Tennis courts</li> <li>Squash courts</li> <li>Weight room</li> </ul>	\$52.50/month or \$630/year	\$75/month or \$900/year
Annual Squash & Tennis	<ul style="list-style-type: none"> <li>Squash courts</li> <li>Tennis courts</li> </ul>	\$39.38/month or \$472.50/year	\$60/month or \$720/year
Annual weight room	<ul style="list-style-type: none"> <li>Weight room</li> </ul>	\$28/month or \$336/year	\$50/month or \$600/year
MONTHLY PASS	Access to	One-month individual fess	One-month family fees
One Month Platinum Membership	<ul style="list-style-type: none"> <li>Tennis courts</li> <li>Squash courts</li> <li>Weight room</li> </ul>	\$62/month	N/A
One Month Squash & Tennis	<ul style="list-style-type: none"> <li>Squash courts</li> <li>Tennis courts</li> </ul>	\$45/month	N/A
One Month Weight Room	<ul style="list-style-type: none"> <li>Weight room</li> </ul>	\$38/month	N/A
Spring/Summer Tennis (snow thaw- snow fall)	<ul style="list-style-type: none"> <li>Tennis courts</li> </ul>		\$200/season
DROP-IN PASSES			
Courts & weight room drop-in	<ul style="list-style-type: none"> <li>Squash and tennis courts</li> <li>Weight room</li> </ul>	\$12/visit	
Group fitness class drop-in	<ul style="list-style-type: none"> <li>Group fitness class</li> </ul>	\$15/class	

## WHCA Squash & Fitness Club Membership Prices

- **NEW 10% discount on all group fitness classes for annual/monthly members**
- *Access to WHCA member discounts* (see our website for a complete list)
- *Free towel service*
- *Online court booking*

## Membership Conditions

- An annual WHCA Membership is required for all Squash & Fitness Club Annual or Monthly pass holders
- A family is defined as you, your domestic partner, and children 16 years and under.
- Members must be at least 16 years of age
- Max 1 squash and 1 tennis court booking/day
- No restrictions on prime/non-prime time court bookings
- All prices do not include GST
- A valid credit card is required for monthly payment options
- A 60-day written cancellation request is required

## WHCA GROUP FITNESS CLASSES

**Full program group fitness classes work out to only \$13.00 per class with an added benefit for WHCA members as they will receive an additional 10% off the regular price.**

Register online at <http://www.westhillhurst.com> or call us at (403) 283-0464 ext. 1

### NEW Program!

**S/S - Spin with Sandra MINI SESSION  
May 27, June 3 & 10**

Have you wanted to try out a spin cycle class? She will take the time to show you how the bikes work and can be adjusted just for you - everything is easy once you know how! This class is open to all fitness levels and teaches you safe and effective technique.

We will challenge our strength and cardiovascular fitness, and the time will fly by with good music and a fun program. Come out and build a new fitness habit, meet new people from the neighbourhood, and give us your

DAY	TIME	PROGRAM	CLASS DATES
Monday	5:00 p.m. - 5:45 p.m.	S/S - Spin with Sandra	May 27 June 3 & 10
Tuesday	9:30 a.m. - 10:30 a.m.	Weight Room InterVALs	April 2 - June 18
Wednesday	9:30 a.m. - 10:25 a.m.	Cardio Dance & Barre	April 3 - June 19
Wednesday	12:45 p.m. - 1:45 p.m.	Yoga Strengthen & Stretch	April 3 - June 19
Thursday	9:30 a.m. - 10:30 a.m.	Weight Room InterVALs	April 4 - June 20
Thursday	5:40 p.m. - 6:25 p.m.	HIIT Bootcamp Xpress	April 4 - June 20
Friday	3:00 p.m. - 4:00 p.m.	Tot Yoga*	May 24 - June 14
Tuesday & Thursday	9:30 a.m. - 10:30 a.m.	2x Weight Room InterVALs	April 2 - June 20

\*no drop-ins

~continued next page~

## WHCA SQUASH & FITNESS PROGRAMS CONT'D

### WHCA SQUASH & FITNESS CLUB EXTERNAL 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. All ages, levels and sizes welcome, so come join her today!

**Classes:** Mondays and Wednesdays 6:00pm – 7:00pm

**Location:** Health Club North Entrance - Dance Studio

**Email Information:** Judy at: jazzed@telus.net

#### **JKA KARATE (jkaiwayama)**

Strengthen your mind, body, and spirit!

**Beginners (Youth and Adult):** Tuesday and Friday

5:00pm - 5:45pm

**Advanced (Youth and Adult):** Tuesday and Friday

5:45pm - 6:30pm

**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, wideranging and all-inclusive. All aspects of the martial arts are represented in its syllabus, including kicking, punching, throwing, falling, joint locks and pressure points.

**Visitors welcome** - *first two lessons are free* **Contact & Information:** [kuksoolwoncalgary.com](http://kuksoolwoncalgary.com)

**Yogamaya** - Debby at 403-283-9747

[www.yogamaya.ca](http://www.yogamaya.ca)

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 ex-

perience. Slow, deep practice focusing on alignment through breath and awareness.

**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

#### **HIGH Fitness AEROBICS is Back!**

Bigger, Better, HIGHer!

HIGH Fitness is an emerging leader in group fitness, HIGH transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love.

**GET ADDICTED TO FITNESS!**

**Wednesdays: 7:10pm – 8:10pm** To register visit:

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

#### **STREAMLINED CONDITIONING CAMP**

Kick it up a notch! A fitness boot camp & barre fusion class, without the use of a barre, this intense overall strengthening, toning and core workout will also increase your balance, coordination, and calorie burn!

**Tuesdays** 5:20pm-6:10pm and **Saturdays** 8:05am-8:55am Register [streamlinedphysique.com](http://streamlinedphysique.com)

#### **FENCING CALGARY**

(Calgary Community Fencing Association) is a non-profit Local Sport Organization dedicated to providing accessibility and the skills of fencing for children and youth at beginner and community levels. Wednesdays at WHCA, for more information please visit [fencingcalgary.com](http://fencingcalgary.com)

#### **SOLE GIRLS YYC**

is an empowerment program that combines a safe, inclusive environment with fun physical activity, discussion and mentorship to provide girls with tools to live a confident and healthy life. During the Sole Girls 8-week program, girls prepare mentally and physically to complete a 5km fun run with the support of their Sole Girls group and other Sole Girls from around the city. For

girls ages 6 – 8 yrs. at 4:30pm-5:45 and 9 – 12yrs at 5:30-7pm.at West Hillhurst Community Association. Girls will meet Wednesdays register at [www.solegirls.org](http://www.solegirls.org)

### **ADULT INDOOR/OUTDOOR PICKLEBALL –**

Monthly and Annual Registration available to members of both Calgary Pickleball and WHCA. Drop-in and 10 Session Punch Card options also available (must be a CPC member to buy punch cards)

Interested in learning the exciting and fun sport of Pickleball? Join the Calgary Pickleball Club (CPC) at [www.calgarypickleball.ca](http://www.calgarypickleball.ca) and scroll to “Join Us” Next scroll to “I’m a New Player” to sign up online for an Intro to Pickleball Clinic (free with membership)

Already know the game? Check out our schedule, on-line at [www.calgarypickleball.ca](http://www.calgarypickleball.ca) and scroll to “Schedule of Play” for the West Hillhurst calendar.

**Members of both the CPC and WHCA** can purchase monthly (\$25 + GST) or annual (\$200 + GST) registrations at the WHCA Admin office, Mon-Fri, 8:00am – 4pm. Credit cards accepted.

**CPC members** can purchase a 10-session punch card

for (cash only) at the WHCA Admin office and the WHCA Health Club reception desk.

\$8.00 drop-in fee (cash only), no large bills) for both CPCP and non-members is available at the WHCA Admin office and the WHCA Health Club reception desk.

**Indoor Days/Times:** Monday - Sundays

**Outdoor Days/Times:** Snow melt to snow fall, Monday - Sunday

Calendar Available On-line

**Website:** [calgarypickleballclub.ca](http://calgarypickleballclub.ca)

**Phone:** 403-283-0464 x 6

### **SPRING AND SUMMER SPORTBALL CLASSES 16 MONTHS - 6 YRS.**

Registration is now open for spring and summer multi-sport classes. In July-August we are offering t-ball, soccer and week camps. Register early to receive discounted pricing.

### **SPORTBALL BIRTHDAY PARTIES**

Looking to book a birthday party contact [CalgaryAdmin@sportball.ca](mailto:CalgaryAdmin@sportball.ca) or visit [www.sportball.ca/Calgary](http://www.sportball.ca/Calgary)

## WEST HILLHURST CA SPORTBALL CAMP

IT'S TIME TO GET ACTIVE AND MAKE THE MOST OF THE SUMMER. SPORTBALL HAS YOU COVERED WITH OUR HALF DAY CAMPS. MAKE NEW FRIENDS AND NEW MEMORIES.

## SUMMER CAMP DETAILS

JULY 15 - 19 9:00 - 12:00  
JULY 22 - 26 9:00 - 12:00  
AUGUST 12 - 16 9:00 - 12:00  
AUGUST 19 - 23 9:00 - 12:00

PRICE - \$125



## SCHOOL SHOUT-OUTS

### Queen Elizabeth School News

by Hamish MacAulay

Everyone at Queen Elizabeth School is looking forward to the warm, scented air of spring. The relief of outdoor play and learning will add to the school experience in these final months. Thank you to everyone who have given so much to QE already this year. Staff, parent volunteers and teachers all gave time and energy to each special event, especially the Spring Fling, Teacher's Appreciation and the start of swim lessons.

#### What's Up at QES

##### Swimming

School swimming lessons continue in May with swim days on May 1, 6, 8 and 13.

Spring Musical – Grades 1-4

On May 15, grades 1 to 4 will present Bugz, A Musical. Watch for information on performance times. Please check-in with the school office if you wish to help with costumes.

##### Fun Lunches

Fun Lunches are a Parent Council fundraiser that works with Healthy Hunger to run optional monthly hot lunches. For more information go to "Lunchtime" under the "Culture and Environment" tab of the school website (<http://school.cbe.ab.ca/school/queenelizabeth>).

##### Casino

Our Casino fundraiser coming up on June 6th and 7th. We are still looking for help for this important fundraiser. If you have not signed up already, please check your email for a Signup Genius invite. Not getting Signup invites? Please email [QEEschoolcouncil@gmail.com](mailto:QEEschoolcouncil@gmail.com).

##### Connections

**For timely updates of Council and school community events connect with Facebook @qparents or Twitter @qeeyyc.**

##### PATs

Our grade six students PAT (Provincial Achievement Tests) schedule is:

- May 8: English Part A (Writing)
- June 11: Social
- June 12: Math Part B
- June 13: English Part B (Reading)
- June 14: Math Part A
- June 17: Science

##### Important dates

- May 9 – Fun Lunch, Edo Japan
- May 15 – Spring concert, Grades 1-4
- May 17 – Non-instruction Day
- May 20 – Victoria Day (no school)
- May 30 – Fun Lunch, Boston Pizza
- May 27 – School Council Meeting, 6:30pm



### West Hillhurst Preschool News

by Hector Flores

#### The Role of Parents During Preschool

As parents, our attitudes about education can inspire our children and show them how to take charge of their own educational journey. These best practices will help you guide and encourage their learning process:

Be a role model! A parent's job is to show school learning can extend to all aspects of life. Be curious and explore the world with your child, trying to apply class themes.

Pay attention to what your child loves and encourage those interests.

Understand how your child learns. Some learn visually, others through tactile experiences, and others are auditory learners.

Read together. Having a reading routine helps develop this positive habit. Kids love to read with their parents, and this goes beyond preschool!

Avoid external rewards. Children should learn responsibility for their own successes and failures and to act by self-conviction.

Don't over-schedule your child. Children need downtime, and creative playing is a vital part of their development.

The West Hillhurst Community Preschool offers classes for three and four-year-old children. Using a play-based curriculum, our children develop the social, emotional and intellectual skills to lay a strong foundation as they move forward through more formal schooling. Using the in-house facilities of the community centre we are able to offer unique activities as part of our regular curriculum.

Our morning classes for 2019-20 are currently full but we still have availability in our afternoon classes, including our Spanish bilingual program!

For more details please visit our website: [www.westhillhurstpreschool.com](http://www.westhillhurstpreschool.com)

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**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.

**THE GUTTER DOCTOR!** Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

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

**LOTUS LANDSCAPING** is an independently owned and operated landscape and handyman company. At Lotus, we provide competitively low rates for high quality services specializing in snow removal, junk removal, irrigation, lawn maintenance, masonry, fence and decks and all other home and yard needs. 403-483-2162, [lotus-landscaping@outlook.com](mailto:lotus-landscaping@outlook.com).

**MUSIC LESSONS FOR ALL:** The Lydian Studio of Music is accepting new students in piano, guitar, ukulele, voice, violin and cello. Join our exceptional instructors who are professional and highly skilled. Additionally, group classes are available: beginner guitar, ukulele and cello. Call Christine at 403-230-2708. [www.grouplessonscalgary.com](http://www.grouplessonscalgary.com).

**INDEPENDENT SENIORS LIVING IN BRIDGELAND, BELOW-MARKET RENTS:** By Silvera for Seniors. Beautiful one- and two-bedroom suites with inner-city views in all directions. Six delicious dinner meals per month, cable and internet included. Exercise room, movie theatre, fireplace lounge and landscaped grounds. Let our placement team answer your questions! Call 403-567-5301. [silvera.ca](http://silvera.ca).

**STREAM ORGANIZING:** Would you like to see your home or home office organized? Downsizing, move-ins, file and paper management, sorting, de-cluttering, simplifying – all services I provide to busy professionals, home business owners, empty-nesters, seniors, active families and students. If you're ready to get organized, email [jill@streamorganizing.com](mailto:jill@streamorganizing.com), call 403-680-4229, or visit [www.streamorganizing.com](http://www.streamorganizing.com).

**TLC CLEANING:** Over 20 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. All staff licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.



## PLANNING COMMITTEE

by Karen Dahl

The West Hillhurst Planning Committee (WHPC) is a small but dedicated group of volunteers that meets on the third Monday of every month to review development applications received from the city. Should the meeting fall on a holiday, it will be held on the Tuesday night.

All residents and guests are welcome to attend!

For more information please access the following resources:

- WHPC upcoming meetings, past meeting minutes and the WHPC Terms of Reference are posted on [www.westhillhurst.com/planning](http://www.westhillhurst.com/planning)
- Go to <http://developmentmap.calgary.ca> to find details and timelines on specific development projects
- Email the WHPC directly at [planning@westhillhurst.com](mailto:planning@westhillhurst.com)



# RUN, WALK, CHEER, VOLUNTEER ON SUNDAY MAY 26

10,000+ participants, spectators and volunteers will take to the streets of Calgary on Sunday May 26. Visit [calgarymarathon.com](http://calgarymarathon.com) to register, to volunteer and for road closures that may impact your community.



REGISTER TODAY AT [CALGARYMARATHON.COM](http://CALGARYMARATHON.COM)

50K ULTRA | MARATHON | HALF MARATHON | 10K | 5K WALK & RUN | KIDS MARATHON



# LEARN TO SKATE

by Donella Swan, Learn to Skate Program Director

Spring 2019 West Hillhurst Learn to Skate Programs still have spots! Register online at <http://www.westhillhurst.com/learntoskate/> or email [skate@westhillhurst.com](mailto:skate@westhillhurst.com) for any questions.

## West Hillhurst Skating Club Spring 2019

Monday	Wednesday	Friday	Saturday/Sunday
<p><b>CanSkate &amp; AdultSkate Fundamentals</b> (Shared Ice, AdultSkate begins 4:30) 4:15 - 5:00 PM</p> <p><b>PreCanSkate</b> (Shared Ice) 4:30 - 5:00 PM &amp; 5:30 - 6:30 PM</p> <p><b>Junior STARSkate</b> Off Ice Placement Training (with Coach Cheryl Dance Studio) 4:15 - 4:45 PM</p> <p><b>Junior STARSkate</b> On Ice Group &amp; Private Lessons 5:00 - 6:45 PM</p> <p><b>INT/SR STARSkate</b> Off Ice Placement Training (with Coach Cheryl Dance Studio) 5:00 - 5:30 PM</p> <p><b>INT/SR STARSkate &amp; Adult Figure Skating</b> On Ice Group &amp; Private Lessons 5:45 - 6:30 PM</p>	<p><b>Squirrels Learn to Play Hockey</b> On Ice Skills Class &amp; Floor Hockey (On Ice 4:30 - 5:00, Floor Hockey in Gymnasium 5:15 - 6:45 PM) 4:30 - 6:45 PM</p> <p><b>PreCanSkate &amp; CanSkate</b> (Shared Ice, PreCan starts 5:00 - 6:30 PM) 4:30 - 5:15 PM</p> <p><b>Junior STARSkate</b> Off Ice Yoga &amp; Ballet Barre (with Coach Cheryl Dance Studio) 4:30 - 5:00 PM</p> <p><b>Junior STARSkate</b> On Ice Group &amp; Private Lessons 5:15 - 6:00 PM</p> <p><b>INT/SR STARSkate</b> Off Ice Yoga &amp; Ballet Barre (with Coach Cheryl Dance Studio) 5:15 - 5:45 PM</p> <p><b>INT/SR STARSkate &amp; Adult Figure Skating</b> On Ice Group &amp; Private Lessons 5:00 - 7:00 PM</p>	<p><b>INT/SR STARSkate</b> Off Ice Cardio &amp; Circuit Training (with Coach Cheryl Dance Studio) 4:30 - 5:15 PM</p> <p><b>INT/SR STARSkate</b> On Ice Group &amp; Private Lessons 4:30 - 6:15 PM</p> <p><b>AdultSkate Fundamentals</b> (Shared Ice) 5:15 - 6:45 PM</p> <p><b>Adult Figure Skating</b> (Shared with AdultSkate) 5:15 - 7:00 PM</p> <p><b>Bonus Adult Figure Skating</b> (May 2 - June 24) 7:00 - 8:30 PM</p>	<p><b>SATURDAY</b></p> <p><b>JR/INT/SR STARSkate</b> (Shared Ice, JR STAR begins 9:45 AM) 8:30 - 10:30 AM</p> <p><b>PreCanSkate &amp; CanSkate</b> (Shared Ice, PreCan begins 9:45 AM) 10:15 AM &amp; 10:45 AM 10:30 - 11:15 AM</p> <p><b>SUNDAY</b></p> <p><b>JR/INT/SR STARSkate</b> (Shared Ice, JR STAR begins 9:45 AM) 9:00 - 10:30 AM</p> <p><b>Adult Figure Skating</b> 10:30 - 11:15 AM</p>





# WEST HILLHURST GO-GETTERS ASSOCIATION



Councillor, Ward 7  
**Druh Farrell**

ward07@calgary.ca

druhfarrell.ca

@DruhFarrell f Druh Farrell

by Cassandra Towpich

Happy Mother's Day and Victoria Day and **it's our 40th Anniversary!** We were incorporated on May 3rd, 1979 and we are stronger than ever! We have several events planned culminating on May 24th with cake for our AGM at 1:30pm and we'll celebrate all we have accomplished in the last 40 years together. Come join our membership and help to make many more great memories in the years ahead!

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

Memberships are reduced and available for purchase/renewal and the cost is \$15.00/person for the rest of our membership year (Sept. 1, 2018 – Aug. 31, 2019). This is a great time to come give us a try. Please be sure to fill out the membership forms/surveys as they are required in order to purchase a Go-Getters membership.

Trips planned for this month include: Stage West, Okotoks Big Rock Singers and Deerfoot Casino. Special events include: Games Night, Our 40th Anniversary Luncheon, Northern Reflections fashion show and tea, Garden Planting and our 40th Anniversary AGM! Check out our website, call or drop in to see dates, times, cost and availability for all of our programs.

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.

*Volunteering*  
is good for the soul

## Bees

A good news story! City employees working on a roadside naturalization pilot in Canyon Meadows discovered a bumble bee species on Environment Canada's endangered list: The Gypsy Cuckoo Bumblebee (*Bombus bohemicus*). Reported endangered in 2014, the Gypsy Cuckoo Bee is large, fuzzy, and once had a geographic range across Canada.

The Gypsy Cuckoo bee is a parasitic bee that hijacks other bee hives. The decline of this species shows that other bee species are also in decline.

There are many factors leading to a decline in native bee and butterfly populations worldwide. Two of the biggest are the use of pesticides and loss of habitat. In an age of environmental instability, we need a fundamental cultural shift. The City of Calgary developed a 10-year Biodiversity Strategic Plan "to foster more resilient, biologically diverse open spaces and neighbourhoods." As a result, several naturalization projects are underway that include large plantings of native plants and flowers to support our pollinators and promote biodiversity.

Calgarians can also do their part. If we want more bees and butterflies, we need more flowers of every shape and size—tall flowers, short flowers, early bloomers, late bloomers, perennials and annuals, and every colour in the rainbow. Grow more native plants. Make flower beds bigger and lawns smaller. Add clover to grass seed. Plant flowering trees and shrubs. Make a bee-bath for hot, dry days. Leave the leaves on flowerbeds over the winter and pick them up later in the spring. Stop using pesticides.

If you live in an apartment, even a tiny patio with a few pots of flowers can help sustain life and be part of a network of nourishment across the city that provide for bumble bees.

Every little bit helps! It is important that we do all we can to protect bumblebees and other pollinators. They are vital to our ecosystems.

To sign up for community updates, visit [www.DruhFarrell.ca](http://www.DruhFarrell.ca) or [www.Facebook.com/DruhFarrellCalgary](http://www.Facebook.com/DruhFarrellCalgary).



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Friday: 9am – 4pm  
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[www.avaloncleaners.ca](http://www.avaloncleaners.ca)

\*Bring in this ad to redeem discount



## Empowerment for Girls Ages 6 – 12!



**West Hillhurst  
Community Association!**

Wednesdays  
April 17 – June 5

Ages 6-8  
4:30–5:45pm

Ages 9-12  
5:30-7:00pm

### Sole Girls YYC Teaching Girls to Thrive!

Join us for 8 weeks to:

- Connect with awesome mentors!
- Make new friends!
- Participate in fun physical activity & games!
- learn tools to overcome bullying and mean girls!
- Discover what you love about yourself!
- Have powerful discussions about friendship, body image, being unique and more!
- Train for a 5km fun run and have fun getting active!
- Build your confidence!



Register online now! [solegirls.org](http://solegirls.org) | 403-512-3792 | [erin.solegirls@gmail.com](mailto:erin.solegirls@gmail.com)

# Neighbour Day BLOCK PARTY

**When:**

Saturday, June 15<sup>th</sup>  
**11:00**<sub>AM</sub> to **2:00**<sub>PM</sub>

**Where:**

Made by Momma Resource Centre  
**66 21 Street NW**

Come celebrate Neighbour Day with

**Made by Momma** and **The Happy Birthday Project!**

Join us for some free family fun. There will be music, face painting, a petting zoo, bouncy castles and more! The delicious Avatara Pizza food truck will once again be attending!

Bring a donation of unopened diapers or formula to receive a discount coupon for your lunch.

For more information, please visit  
[MadebyMomma.org](http://MadebyMomma.org)



## JOIN **MADE BY MOMMA** FOR OUR ANNUAL STAMPEDE 10 CAN ROUNDUP CHALLENGE!

Help us restock the community pantry at Made by Momma!

Your non-perishable food donations will be packed into hampers and used to prepare meals for families facing adversity & crisis.

The demand for our services is at an all-time high! Through this food drive, we hope that we can rely on our community to help us meet the needs of those struggling!

1. Collect non-perishable food items for each day of Stampede!  
**10 Days ~ 10 Items**
2. Drop your donations off at the  
**Made by Momma Resource Centre:**  
66 21 Street NW

### WISH LIST

Pasta Sauce	Beans & Legumes
Coconut Milk	Cream Soups
Tomato Products	Dry Pasta
Vegetable, Chicken & Beef Broth	
Tuna, Salmon & Chicken	
Canned Fruit & Vegetables	

For more information, visit  
[MadebyMomma.org](http://MadebyMomma.org)



The challenge is simple; collect 10 CANS for those that can't.



📞 403.850.2560



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