Your

WARBLER-

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



403.850.2560





CARDINAL

BY TREVOR RAMAGE

HONESTY • INTEGRITY • EXPERIENCE







Why Spend Winter Alone?

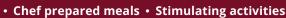
Find Warmth In The Comfort Of New Friends



One Month

Limited Time Offer

Cambridge Manor offers a range of seniors' lifestyle options in our beautiful new community in NW Calgary's University District with award-winning care from The Brenda Strafford Foundation



Housekeeping • Care and support



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- 403-289-9185
- reception@briarhilldental.ca
- mww.briarhilldental.ca



All services provided by a general dentist

GENERAL MANAGER'S MESSAGE



2023 is shaping up to be a busy one for us. Here are some of the highlights so far.

The HVAC project servicing the dressing rooms as well as the road repair on 19 Street NW are still ongoing. Sorry for the inconveniences.

WHCA will be celebrating our 75th anniversary in May. The Board and staff will be working on some type of celebration for this. We will also be finishing the memorial Zen Garden for David Quaintance.

June 26 and 27, we will be having our casino at the Deerfoot Inn & Casino. We will need volunteers for this so please sign up at https://www.signupgenius.com/go/10c0e49aaa829a3fdc07-whca4.

July and August, we will be pulling out the ice to do some work on the compressors in the plant room.

September will be the re-opening of the upstairs lounge. We are all excited for this to happen.

WHCA would like to thank all those community members who have purchased the yearly community membership and are enjoying the benefits offered by companies in our community, as well as the programs classes and community events. Please talk to your friends and neighbours about getting the membership and helping to support the community and building.

Thank you,

Bryan Polak

General Manager

generalmanager@westhillhurst.com Facebook @WHCAab | Instagram @westhillhurstca

WEST HILLHURST GO-GETTERS ASSOCIATION

If you are age 50 plus, the West Hillhurst Go-Getters Association is the place for you! Go-Getters' memberships are available for purchase/renewal and cost \$25 per person for our full membership year (September 1, 2022, to August 31, 2023). Please be sure to fill out your yearly membership forms/surveys as they are required in order to purchase a Go-Getters Membership.

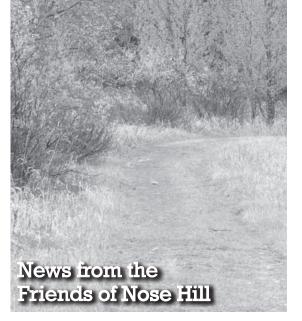
For our membership, regular events for this month include Games Night, Canasta, Whist, Crib, and Euchre. We also have FitWalk, line Dancing, and Gymmy classes. Bingo is held every Wednesday starting at 12:00 noon and you don't have to be a member to join us for Bingo (you do have to be 18 or older though). Check out our website, call, or drop in to see dates, times, cost, and availability for all of our programs.

Visit us online at www.gogetters.ca or call us at 403-283-3720. Drop in and visit us anytime, Monday through Friday from 8:30 am to 3:30 pm.



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.

WHCA Board of Directors

Willow Dould of Dil	001010	
President	Cher Jacobs	president@westhillhurst.com
Vice President	Jan Cerny	vice-president@westhillhurst.com
Past President	Patrick Craddock	pastpres@westhillhurst.com
Treasurer	Christine Brown	treasurer@westhillhurst.com
Secretary	Vacant	secretary@westhillhurst.com
Directors		
David Best	Dylan Richards	Julie Impey
James Heater	Peter Studen	Leigha Pidde
Marc Coyte	Lawrence Braul	
Committee Contacts		
Planning		planning@westhillhurst.com
Transportation		transportation@westhillhurst.com
Newsletter		admin@westhillhurst.com
Community Engagement		volunteers@westhillhurst.com
Capital Projects		capitalprojects@westhillhurst.com
Community Garden		admin@westhillhurst.com
Community Events		events@westhillhurst.com
Green Committee		greencommittee@westhillhurst.com

WHCA Gardens

Spring is in the air, and it is time to think about purchasing your WHCA garden plot.

The garden plots will be open for returning gardeners from April 1 to 15. Then will be open to the public community members to purchase.

Requirements: A current WHCA Membership (\$35 + GST = \$36.75)

Garden Plot: \$40 + GST = \$42

Stay tuned for updates on our website.

Any questions? Please contact Carla at 403-283-0464, ext. 6.



SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT

Crime

& More

News, Events,









Medieval New Year

In the northern hemisphere, March signals the start of spring, and traditionally, planting season. As a result, in many European countries, March 25 was once the start of the new year. It wasn't until 1752 that Protestant countries like England adopted January 1 as New Year's Day. Can you imagine?!



WHCA EXTERNAL/INTERNAL PROGRAMS

The West Hillhurst Community Association and its external renters offer a wide variety of programming with activities for all ages, schedules, and fitness levels. (Please contact organizer/organization directly for information).

WHCA Member Programming (Included with Annual WHCA Membership)

Our WHCA member programs, which are included with your WHCA annual membership are back - Tai Chi, Tai Chi pushing hands, member skate, member sticks and pucks, discounts on WHCA programs, WHCA events, and special family ice rates.

ww.westhillhurst.com/memberprograms. Questions? info@westhillhurst.com.

• WHCA Skate Club: Contact skate@westhillhurst.com 403-283-0464, ext. 6 - please send email inquiries.

WHCA Preschool:

Contact registrarwesthillhurstpreschool.com 403-283-0464, ext. 7

- WHCA Pickelball: Contact admin@westhillhurst.com | 403-283-0464, ext. 6
- Other WHCA Sport Programs: Contact whfitness@ westhillhurst.com | 403-283-0464, ext. 1

Youth Programming

• WHCA Preschool 2023-2024
Registration open at www.westhillhurstpreschool.com

• New! Jugando

Spanish Centre for Kids! www.jugando.ca

• New! Engineering for Kids

Ages 5 to 12. www.engineeringforkids.com/calgary

New! Young Rembrandts

Drawing classes for kids ages 4 to 12 years. www.youngrembrandts.com

Summit Kids Before and After School Care Monday to Friday. www.summitkids.ca

Triple Meg Soccer Summer registration open. www.triplemeg.com

Sportball Spring registration open. www.sportball.ca/calgary

Kinder Studios

Dance for ages 3 months to 12 years. www.kinderstudios.ca

Baby/Toddler Music

www.mosspostpartum.com

Irish Dance

www.bradyacademy.ca

Karate jkaiwayama

www.jkaiwayama.ca

Hybrid Hockey

Hockey development programming. www.hybridhockey.net

Calgary Roller Derby Jr.

www.calgaryrollerderby.com. juniors@calgaryrollerderby.com

Breakaway Hockey & Ringette Development

www.breakawaypowerskating.com

CHILD SAFE

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 resume and finding jobs the safe way.

Date: Sunday, June 11, 2023

Location: West Hillhurst Community Association

Time: 10:00a.m. - 5:00p.m.

Cost: \$62.00

Bring: Nut free lunch, drink, doll or teddy bear, & pencil to class.

To register, please visit www.westhillhurst.com or call 403-283-0464

Deadline for registration is Friday, June 2, 2023

Adult Sports and Fitness Programming

WHCA Women's Squash

www.westhillhurst.com/adult-programs

NCHL (Adult non-contact hockey league)

Monday to Sunday. www.nchl.com

Jazzercise with Judy

Mondays and Wednesdays. 6:00 to 7:00 pm. jazzed@telus.net Pre and Post Natal Fitness and Yoga Programming Tuesdays and Wednesdays.
 www.mossportpartum.com

Yogamaya

Yin, gentle, and flow yoga classes. www.yogamaya.ca

Lisa Scott Bootcamp

Indoor and outdoor bootcamp. scottlj@telus.net

High Fitness

HIGH fitness has brought aerobics back in a hip and unique way. maddier.highfit@gmail.com

JKA Karate (jkaiwayama)

Adult and youth karate. www.jkaiwayama.ca

• Fight 34 Krav Maga

We teach the Krav Maga system of realistic self defense. info@fight34.com

Yarn Ball

Drop-in adult floor hockey. robvh2@gmail.com

Calgary Sport & Social Club

Volleyball, pickleball, floor hockey. www.calgarysportsclub.com

Calgary Roller Derby

Adult roller derby. www.calgaryrollerderby.com

Chinook City Roller Derby

Adult roller derby. michael.p.willie@gmail.com



Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.

WHCA Member Card Discounts

Members of the West Hillhurst Community Association have access to a variety of activities, sports, events, seminars, and more. A WHCA membership also comes with exclusive benefits and discounts at local businesses. We are always adding new partners to our benefits program, so keep an eye out each month for new sponsors.

Exclusive Member Card Discounts: Our members receive promotional discounts with local businesses when they present a WHCA membership card.

• Amato Gelato: 10% off

- Holiday Inn Express & Suites University Calgary:
 10% discount on room bookings
- **Bowtown Music:** 5% discount, excluding classes
- **Kensington Wine Market:** 10% off wine, 5% off beer and spirits
- Framed on Fifth: 10% off picture framing services
- Cadence Chiropractic, Sport & Health: 1 to 20% discounts

• Canary Goods: 10% off

• Dignity Memorial: 10% savings

- EcoEquitable: Use promo code 'WHCA' for a 15% discount
- **Showhome Furniture:** 20% off regular priced items, 10% off custom furniture
- SunnyCider: 10% off any cider purchase at the Tap Room
- **Superior Vacuums:** 5% off any purchase or service
- Trinity Wellness Centre: 15% off your Initial Acupuncture Assessment & Treatment
- Villages Calgary: 10% off purchases excluding rugs, food, and sale items
- Vine Styles: 10% discount, excluding already discounted products
- Tipperary's Pub: WHCA Team Specials

Contact generalmanager@westhillhurst.com or call 403-283-0464 for sponsorship and advertising opportunities, including spaces in the arena, gymnasium, squash courts, and more.

No membership card? No problem! Come see us at the administration office to get yours. To register for WHCA's free member programs, visit westhillhurst. com. Membership cards must be shown. Online administration fees go back to WHCA.



Squash and Fitness

New Private/Semi-Private Training

Please reach out to trainers directly for pricing and scheduling. Christine Shudra: beattles@telus.net | 403-815-4016 lan Coburn: ian.t.coburn@gmail.com | 403-714-3578 www.westhillhurst.com/meet-the-instructors

Membership info can be found here: www.westhillhurst.com/membership-pricing. Questions? whfitness@westhillhurst.com | 403-283-0464, ext 1





Personal Trainer Nutritional Coaching Weight Training

STINE SKUDGA

Christine loves helping people become the best version of themselves. She believes that movement, of any type, is one of the main components of a healthy lifestyle. She is a certified personal trainer and group fitness Instructor. Christine is excited to talk about your fitness goals and help you figure out realistic changes you can incorporate into your lifestyle!

☑ beattles@telus.net⁴ 403•815•4016



Bsc Kinesiology (Major Biomechanics) UofC Registered Kinesiologist Canadian Kinesiology Alliance Certified Personal Trainer - CSEP Functional Movement Systems - Level 2

My own injury rehab and athletics journey uncovered the changes that are often needed in the building blocks of movement, to improve people's health and performance. I share this with others by screening movement and lifestyle for injury risk factors and limitations that are hindering their improvement. Then, whether for individual or group, personalize programs designed to remove limitations so that a strong foundation can be built for reaching your goals. I have a decade of experiences with teens to octogenarians in positions with community gyms to elite sport. I offer in-person, online, 1 on 1, and small group training. I look forward to working with you!

☐ ian.t.coburn@gmail.com ⑥ @coburncoaching

403•714•3578



Ozzie started playing squash when he was 15 in Ottawa where he competed nationally reaching a high of #5 overall in the Canadian Junior Rankings.

Once Ozzie turned 19 he continued to compete and took up coaching while in University eventually moving to Yellowknife becoming the Head Pro at the Yellowknife Racquet Club as well as becoming the Vice President of Squash NWT. In his time in the north Ozzie was able to grow the adult and junior program as well as competing on Team NWT for the Canadian Mens Team Championships helping them finish 5th overall.

Ozzie became one of the youngest provincially certified coaches and was the NWT junior coach for the 2015 Canada Winter Games and in 2017 Ozzie moved to Calgary. From moving, he coached at the Glencoe Club where he continued to play at a high level and competed in the 2018 Canadian Nationals while also working as the Tournament Director.

In 2018 Ozzie moved to Toronto and became the assistant head pro of the Toronto Cricket Skating and Curling club further developing the Squash program in the Toronto scene at one of Canada's oldest most prestigious squash clubs.

Ozzie returned to Calgary in 2019 to the Glencoe Club and coached many of the top adults and juniors in the city before switching careers. Ozzie now works for the City but continues to coach at various clubs around the city part time.

☑ ozzievallejos@aol.com

Learn to Skate

WHSC | Spring 2023 Skate Registration



Spring 2023 skating registration is now open at the West Hillhurst Skating Club. We have Pre-CanSkate, CanSkate, and Adult and Teen Learn to Skate programs, as well as our extensive STARSkate programming. Registration is now open, complete program details (date/time/location), equipment requirements, are in the registration details.

Register for Spring Skating 2023

Please note, our skating programs only operate at the WHCA Arena in the spring on Mondays, Wednesdays, Fridays, and Saturdays.

Important Registration Tips

Prior to registering for any programs, please check that you have a valid annual WHCA and Skate Canada membership. If you don't have one or both memberships, or if either has expired, you will need to purchase or renew your memberships before you register for any of the programs. This will prevent errors in your registration process.

If you forgot your WHCA account password, please do not create a new account. Call Carla at 403-283-0464, ext. 6. to reset your password.

Questions about the WHCA Skate Club program? Contact skate@westhillhurst.com.

Facility Bookings/Rentals

WHCA arena, gymnasium and studio spaces for rent! Now taking bookings. Please check our online calendar for available ice times:

www.westhillhurst.com/facility-rentals.

Questions? bookings@westhillhurst.com.

WHCA EVENTS

Rink Maintenance

If you would like to help with the rink maintenance this winter, please contact bookings@westhillhurst.com.

We Need You! We Are Better Working Together!

We are looking for people who are interested in helping with events at West Hillhurst Community Association. If you have any ideas or are interested in helping, please contact events@westhillhurst.com.



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.
- Go to http://developmentmap.calgary.ca to find details and timelines on specific development projects.
- Email the WHPC directly at planning@westhillhurst.com.

Preschool News

by Lisa Kelly



REGISTRATION 2022-2023

Registration for 3-5yr old programs for 2022-23 school year will open on the following dates:

Returning (current) students | Feb 28, 2022 - March 3, 2022

Students of Alumni families | March 4, 2022 - March 6, 2022

→ Open Registration | March 7, 2022

West Hillhurst Preschool is participating in the Provincial Affordability Program.

All parents of children zero - kindergarten age, will benefit from reduced fees through affordability grants. Funding is provided directly to operators and is to be used specifically to reduce fees. Fee reductions for 2022-2023 is a minimum of \$75/month, which will be automatically applied monthly to each students account.

REGISTER

www.westhillhurstpreschool.com

Questions: registrar@westhillhurstpreschool.com

Another busy but fun month at Preschool! We continued with our Construction topic, and we celebrated friendships with Valentine's Day. We learned that being a good friend means developing skills such as cooperation, sharing, giving and accepting compliments and apologies.

The children built their own city, complete with roads, houses, and road signs. We learned about famous structures around the world, including 'The Great Wall of China' and the 'Pyramids'. Our class construction site was a great success and a very popular area in the classroom! The children loved playing together with the construction vehicles and learning new songs about construction.

March brings us many wonderful projects. We will continue to learn about animals, moving our focus to new life and spring animals as we get ready for the first day of spring. We will also celebrate St. Patrick's Day and discuss the customs and traditions around this celebration.

The West Hillhurst Community Preschool is a place where kids play, grow, and learn. We offer morning and afternoon classes for three and four-year-old children in both English and Spanish Bilingual in our bright and inviting classroom on the second floor of the West Hillhurst Community Centre. General registration is open. For more information, please visit our website at www.westhillhurstpreschool.com.

Green Committee

Living Green Tips: Fast Fashion

by Julie Impey

Did you know that the fashion industry is responsible for about 10% of carbon emissions, and 20% of wastewater worldwide.

One way to take action on climate change is to think of buying and consuming less clothes.

How can you take action in your family?

- **1. Buy Less.** Remember-the most sustainable clothing item is the one already in your closet. Extend the life of your clothes by buying high quality, wearing what you already own, and mending/repairing when you can.
- **2. Buy sustainable.** Choose brands and products that are eco-friendly.
- **3. Buy better quality.** Choose higher quality clothes that will last longer.
- **4. Buy second hand.** Participate in a clothing swap or rent clothes.

If you are interested in joining the Green Committee to help with sustainability projects in our neighbourhood, email greencommittee@westhillhurst.com.



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www. official-plumbing-heating.ca.

WEST HILLHURST MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.

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

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.



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#317, 4620 Bow Trail SW



CARDINAL

BY TREVOR RAMAGE





└ 403.850.2<u>560</u>











2047 íĽ,





3615



List Price: \$1,399,900 MLS #A2021891

The intermingling of detailed & thoughtful design with simplistic living encompass this hillside home. Features include a 2-storey vaulted entrance, top-floor bedroom oasis with incredible views & a park-like backyard.

1334 Windsor Street NW

List Price: \$1,899,900

MLS #A2017896

A beautifully appointed home with outstanding craftsmanship boasting a radiant layout, dream kitchen & unique third floor loft with private deck & downtown views.



81 Tusslewood Heights NW

List Price: \$667,500

New home, new beginnings. Heartfelt congratulations to my client.



712 53 Avenue SW

List Price: \$600,000

Congratulations to my longtime clients and friends.

Not intended to solicit buyers or sellers currently under contract with a broker.





#1 OFFICE WORLDWIDE