

NOVEMBER 2016

DELIVERED MONTHLY TO 2,400 HOUSEHOLDS

WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER

**SANTA BREAKFAST
AND CRAFT MARKET,**
NOVEMBER 26, 9AM - 2PM
WHM COMMUNITY CENTRE

**WHMRR
NEEDS
DONATIONS!**

STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of Movember



Winston Heights - Mountview
Community Association

520 27 Avenue NE • Calgary, AB - T2E 2A6
Phone: 403-276-5474

www.winstonheights.ca • questions@winstonheights.ca

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520 27 Avenue NE Calgary, AB T2E 2A6

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ONLINE

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www.instagram.com/winstonheights/
www.flickr.com/photos/winstonheights/

BOARD OF DIRECTORS

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President	Christine Johns	403-510-9080	president@winstonheights.ca
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Planning & Development	Kris Webb	planning@winstonheights.ca
Rinks	JF Gagnon	rinks@winstonheights.ca
Traffic	Ian Wacker	traffic@winstonheights.ca

The Winston Heights-Mountview Community Association strives to be open and transparent with its members in its governance and work. You can join us at our monthly Board Meeting at the Winston Heights-Mountview Community Centre Board Room: First Tuesday of each month at 7pm. Please contact president@winstonheights.ca for more details.

IMPORTANT CONTACTS

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PRESIDENT'S MESSAGE



Written by Christine Johns

November in the community of Winston Heights-Mountview is a time of preparation as we close out the warmer weather activities and ready ourselves for the winter fun ahead. Our dedicated

rink team was out in full force last month building our community rink that will be up and operational before you know it! Rinks always needs extra sets of hands throughout the winter, so if you are interested in helping out, please contact rinks@winstonheights.ca. The annual Pumpkin Carving event was another great success. A special thank you to Tony Nicastrò for organizing and sponsoring the popular family night out. The Community Association's next big event is just around the corner and we need your help! The Santa Breakfast and Craft Market is coming up on Saturday, November 26th. This is one event that you don't want to miss! We need a few extra volunteers to help make the day a success. Volunteer shifts are as short as 1.5 hours. Call a friend and volunteer together! Many volunteer shifts can also be a family affair, so bring your family along. The bake sale is also back - with all proceeds going to the Food Bank. So pull out those cookie, pie and tasty treat recipes and get baking! For more information or to volunteer, please email craftmarket@winstonheights.ca.

RINK



We have had a skating/shinny rink and oval for many years on the field at the community centre. This winter we are planning some exciting things for the rink.

The boards are up and ready to go, now we just wait for the mercury to drop. The Rinks committee is always on the lookout for new volunteers to help keep our rink in tip top shape! Teams of "hosers" (someone who waters or hoses rinks) need to be assembled to ensure the rink is maintained on a consistent basis. For the last couple of years Dave has done an amazing job, but sadly, he has moved to sunnier climes. We have a large "fire" hose and nozzle for watering the surfaces. We have snow blowers and power-brooms to make the job of clearing the ice surface easier. We are always in need of gently-used items for our Tuesday night community skates, as well. Please contact Terence Evans @ 403-452-0458 or by email: twevansesq@yahoo.com if you can help. Remember, the rink is only a realization with help from people like you who volunteer their time.

Keep watching the website and the newsletter for information on Ice Tots registration dates and special community events. And keep warm out there!

WHMCA EVENTS

winstonheights.ca/activities-events/activities/

Act III – Yoga classes (for the older adult) every Tuesday and Thursday at 9:30 a.m.

Mom's Night Out
Meet new friends at Mom's Night Out! Join other moms in the Winston Heights-Mountview Community for some great conversation and a bite of food - all are welcome!

November 17, 2016
7:30 p.m.
NIXX Pub - 2418 Edmonton Trail NE

No RSVP is required, however, if you would like more information please contact Christine at president@winstonheights.ca

Book club – Third Tuesday of the month from 7-9, winstonheights.ca/activities-events/activities/ for book details

Playgroup – Every Monday from 10 a.m.-11:30 a.m. (Sept-June)

Quiz Night – Nov 4 Doors open @ 7:45 p.m.

Treasurer Wanted!

Our dedicated, long-time volunteer, Don Phillips, is planning to step down from his role as Treasurer at the end of his term. The WHMCA is sad to see Don retire from his role, but is now in search of a community member who might be interested in exploring the Treasurer position on the board. We would invite anyone interested to come join the WHMCA Finance Committee and learn more about what the Community Association is all about. The Finance Committee is always looking for members, so if you have an affinity for numbers, talents in the area of accounting, or strengths that would benefit the WHMCA, please contact volunteer@winstonheights.ca or visit us at winstonheights.ca for more information.

Interested in Starting a New Club/Group

We've had several community members inquiring about shared interests and if anyone had a Club/Group organized. An example of an existing club is the Book Club, however there is potential for many more!

If you'd like to start a club/group and get your information out there, let us know! Some ideas that have been put forward are, knitting, sewing, running and photography.

Let us know if you are interested in anything and we can help connect you!
communications@winstonheights.ca

WHM Activities and Events



Written by Kari Major

As I write this it feels as though winter's chill is already upon us. I was hoping for a long, warm autumn but when life gives you snow - you make Christmas crafts, cookies, and lists to Santa!

This year's Craft Market will have over 25 tables of handmade and produced items. We will also have our wonderful Santa Claus Breakfast again.

Sharing a hot breakfast on a cold day with friends and neighbours is already awesome, and the guest of honour will be Santa Claus himself. After breakfast, Santa will greet the little ones. There will also be an opportunity for the kids to pose for a free digital photo with the Jolly Old Elf.

Don't forget to put aside some of those Christmas goodies you are making to donate to the bake sale table. All proceeds from the bake sale will go to the Calgary Interfaith Foodbank and there will be a donation box for non-perishable items.

I am new to the board and this is my first Santa Claus Breakfast and Craft Market as an organizer. I was a vendor last year and was amazed at the variety of talented crafters in attendance. This year we have had a good start and almost half the tables are already taken! As this is my first year, Suzanne (our wonderful facilities manager) and I would love to have people volunteer for a number of different small tasks on the day of the event. 'Many hands' as they say... and I know the amazing volunteers we have in our community. I look forward to seeing you all on Saturday, November 26th!





Santa's Breakfast & Craft Market

November 26, 2016

Breakfast: 9am-11am
Members: FREE
Non-Members: \$5/person
(over 12 years)

Vendors Email: craftmarket@winstonheights.ca
 Volunteers Email: volunteer@winstonheights.ca

Bake Sale!

If you'd like to donate bake sale items please email: craftmarket@winstonheights.ca

Proceeds to go to local charity!



Location:
WHMCA Community Centre
520 27 Ave NE

Santa Arrives @ 11AM
Craft Market from 9AM-2PM



Little Free Library

We are so pleased to see that our Little Free Library at the WHM community hall is so well-loved and so frequently visited. It is so well-loved, in fact, that we are fresh out of books for visitors to borrow. If you have any children's books that you would be willing to donate to our Little Free Library we would be very appreciative! Please just pop them in our LFL outside the community hall at 520 - 27 Ave NE. Thanks and happy reading!



STEP INTO FALL

Are you thinking of becoming more active?
 The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca

Ethics ID: REB15-2944
 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



Exciting Update from the Winston Heights-Mountview Refugee Response!

The WHMRR now has an official date for our family of five that is arriving from Syria! They will be here on *November 14* which means we have our work cut out for us. We are looking for support in the following ways:

Rental Unit: We are looking for a rental unit with at least three bedrooms that is in our budget and price range where the family can afford to live for years to come (\$1400 or less including utilities). The preference is a unit near reliable and regular transit and a walking distance to a grocery store as well as other services. Please contact Caleigh.Rabbitte@gmail.com if you know of something suitable. We will need a space by early November.

In kind donations: We still need the following items (in good condition).

- Kitchen: Measuring cups and spoons, mixer, kitchen cloths, serving tray, garbage bin
- Dining room: placemats/cloths, potholders
- Living room: Chairs, entertainment unit, coffee table
- Home office: telephone, pens, pencils, stapler, organizers
- Bedrooms: space heater, dressers, bedside tables
- Bathroom: bathmat, wastebasket
- Clothing (parents and 3 boys ages 14-18): Shirts, Sweaters, Pants, Socks, Hats, Mittens, Shoes, Boots, Umbrellas
- Misc.: Ironing board, laundry baskets, laundry hamper, broom and dust pan, mops, cleaning supplies
- Gift cards: Grocery cards would be fantastic and always useful, but we would love to be able to provide the family with some freedom in terms of their clothing choices with gift cards as well. We were all teenagers once and we want to give the entire family some autonomy, if at all possible.

Please contact us at whmrrdonate@gmail.com if you have anything to donate! This list is not exclusive!

Setting up: If you want to help but can't donate, we are going to need a LOT of help setting up their home and accepting donations there! Please contact us at whmrrvolunteer@gmail.com to volunteer with setting up their home from November 1-13. We will need ev-

erything from people to haul furniture from its current storage location, to folding dishtowels!

We invite everybody to check our Facebook Page or our website at: <https://whmrefugeeresponse.wordpress.com/>

We will provide regular updates there, as well as our plans to greet the family when they arrive (we do not have an arrival time as of yet). We are so excited that this community has been and will continue to be a part of this amazing journey. Thank-you for all of your support.

With gratitude, the Winston Heights-Mountview Refugee Response

Carya's Fall Learning Event For Older Adults

WHEN: November 2nd, 2016

TIME: 10-2:30 PM

WHERE: Highwood Community Association, 16 Harlow Avenue N.W.

Registration opens October 5th

Please register to Cherie@caryacalgary.ca or online www.caryacalgary.ca/events

Phone: 403-705-7564



Winston Heights - Mountview Real Estate Update

Last 12 Months Winston Heights - Mountview MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$0.00	\$0.00
August 2016	\$524,900.00	\$520,000.00
July 2016	\$919,950.00	\$908,750.00
June 2016	\$729,000.00	\$712,000.00
May 2016	\$0.00	\$0.00
April 2016	\$430,000.00	\$447,500.00
March 2016	\$379,900.00	\$390,000.00
February 2016	\$1,550,000.00	\$1,551,000.00
January 2016	\$489,900.00	\$475,000.00
December 2015	\$0.00	\$0.00
November 2015	\$499,900.00	\$480,000.00
October 2015	\$625,000.00	\$617,500.00

Last 12 Months Winston Heights - Mountview MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	4	0
August 2016	4	9
July 2016	5	4
June 2016	5	7
May 2016	4	0
April 2016	2	5
March 2016	5	5
February 2016	7	1
January 2016	6	1
December 2015	2	0
November 2015	2	3
October 2015	4	5

To view the specific SOLD Listings that comprise the above MLS averages please visit winheights.great-news.ca

LIVERight[™]
Health Forum

EDMONTON - SATURDAY, NOVEMBER 19

A free educational session on liver health and liver disease

Visit liver.ca/edmontonhealthforum today!



LIVERight[™]
Gala

CALGARY - FRIDAY, DECEMBER 9

3rd Annual LIVERight Gala in support of liver research

Visit liver.ca/CalgaryGala today!



liver.ca

Canadian Liver Foundation
Fondation canadienne du foie

Bringing liver research to life
Donner vie à la recherche sur le foie



Act III

An Elder Friendly Community looking for older adults who would like to join us in monthly meetings and activities including coffee and conversation, guest speakers, TED talks and discussions, book club, games and cards, day trips and ...???

Regular monthly meetings occur the **third Wednesday** of the month in the **North Hall** (the small stand-alone building closer to the field/rink/garden!) of the Community Centre, September through June at 1:30 p.m.

November 16 1:30 p.m. Games – bring your favourite and a friend?

December 21 1:00 p.m. Holiday potluck, party, *White Elephant gift exchange game*

Act III...RIP? Because of the apparent lack of interest and participation in Act III, the question has been raised as to whether Act III should cease to exist. Your comments on this situation are desired. Please email Neil at actiii@winstonheights.ca.

We have decided to discontinue the **book study** replacing it with a monthly **daytime book club**. Our thoughts are to look through the library's book club bags and each come up with a few titles that we would be interested in, compile a list and then Myrna would see what might be available. <http://calgarylibrary.ca/book-club-in-a-bag/> Meetings will be held on the first Friday of the month from 10 a.m. - noon. You are absolutely welcome in joining us and inviting anyone else that you think might be interested! While Act III is sponsoring, it is open to anyone. For more information, email actiii@winstonheights.ca or phone Myrna 403-283-8391.

Act III is sponsoring a free weekly morning **ESL conversational class** on Wednesday mornings, 10 a.m. until noon in the **North Hall** of WHM community centre. Some of us are experienced ESL facilitators and are looking for new Canadians who want to improve their English. If you know of someone that you feel may benefit by attending or would like to join in the conversation with our new Canadian neighbours, please join us. For more information, email actiii@winstonheights.ca or phone Pat at 403-226-0181.

Interested in finding out more or to be part of the monthly email list? actiii@winstonheights.ca

COMMUNITY GARDEN

While the growing season is over, you will notice that some gardens still contain root vegetables. Carrots can stay in the ground long after the temperature drops below zero. Leaving them in the ground is one of the best ways to store them. They haven't been forgotten, their grower is just trying to make summer last as long as possible.

And although winter is on the way, the garden is still a great place to walk. Visitors can enjoy our Little Free Library all year long. Its part of a network of 40,000 libraries worldwide and you can find us on the official map at littlefreelibraries.org. Everyone is welcome to borrow or donate a book anytime.

And finally, farewell to Freddie the Frog. Fred is being retired from his on again/off again stint as our garden mascot. Although he'll be missed by many, there's comfort in knowing that our green guardian is going to a good home where he will continue to commune with birds, bunnies, and cats.

Gardeners who would like to reserve or renew their bed for next year can contact the garden committee at communitygarden@winstonheights.ca

VOLUNTEERING.... *Good for the Soul*

IN & AROUND CALGARY

EMS: Yielding to Emergency Vehicles

Time is the enemy in any emergency. For everyone's safety it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one!) before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders or left hand turning lanes in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way.
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00.
- Always leave plenty of space between your vehicle and an emergency vehicle should it be required to stop suddenly.

Calgary Northeast Events

Remembrance Day Ceremony Nov. 11, 10:30 am – The Aero Space Museum of Calgary will be hosting a family-friendly Remembrance Day Ceremony again this year. The service will be outside unless the weather is un-seasonably cold. Please dress appropriately for the weather. The museum will be open, after the service, with admission by donation. Come join us to help keep the memory alive. 4629 McCall Way NE.

Free Skate at Stew Hendry / Henry Viney Arenas Friday, November 11, 2016, Arena is open for Free public skating from 1 to 2:30 p.m. Address: 814 13 Ave NE

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgaryans in need at this busy time of year.

Join our Craft Sale, Beddington Co-op Nov. 20, 2 pm – 6 pm, Nov. 21, 10 am – 4 pm. All of our proceeds go toward our Adopt-A-Family Christmas Fund. Tables are \$30.00 each. Phone 403 299 4445 to reserve a prepaid table. 8220 Centre St NE.



Daylight Saving Time

Ends Sunday, November 6th at 2:00 a.m.

When changing the time on your clocks, copiers, recording equipment, etc., change the batteries in your smoke detectors at the same time to keep your family safe.



**WINSTON HEIGHTS
MOUNTVIEW COMM. ASSOC.**

Membership Form

We are excited to have you join this great Community Association!

First Name (required): _____ Last Name (required): _____

Resident (free) or Non-Resident / Business (\$10) (required): _____

Unit #: _____ House #: _____ Street Address (required): _____ Postal Code (required): _____

Phone #: _____ Email (required): _____

Spouse / Partner First Name: _____ Spouse / Partner Last Name: _____

Memberships are required for spring sport activity registration (eg: Deerfoot Soccer requires that you have an up-to-date community membership. If you want to rent the hall, members get a discounted rate.

If you want to attend a function such as the Stampede Bar-B-Que you get a discount on your ticket price. If you wanted to rent a table at the garage sale, you get a cheaper rate when you have a membership.

Please make cheque payable to: Winston Heights - Mountview Community Association

Please mail check and this form to: 520 - 27 Avenue NE, Calgary, AB T2E 2A6



On behalf of Community Standards & Waste and Recycling Services

Thank you Winston Heights / Mountview

Congratulations on a successful **Community Cleanup** on September 24, 2016.

The weights collected for this year:

Garbage: 12,065 kg

Organics: 3,330 kg

Total: 15,395 kg

Truck Loads Hauled: 4

Thank you to the Community Association and residents for your commitment to help create healthy, safe and vibrant communities



**CALGARY PUBLIC
LIBRARY**

Winter Word Fair

Kickoff the holiday season with Calgary Public Library's Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments.

Take advantage of the Library's in-house expertise to buy great reads during the most popular book-giving period of the year.

Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

Central Library

Thursday, December 1 | 5:00 pm–8:00 pm

Everyone welcome!

Calgary Public Library Foundation Tours

The Library has 18 community libraries across the city—how many have you visited? Join the Calgary Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location.

You'll hear about a patron's personal experience, learn about what's planned for the future, and be taken on a tour led by Library staff. You'll leave with a new perspective on your local library!

To register, visit LibraryFoundation.eventbrite.com or call 403.260.2631.

Library Updates

The Library will be closed Friday, November 11, for Remembrance Day.

The Children's Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre!

Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space!

The November/December *Library Connect* is now available. Pick up your guide to the Library's free programs and events at any community library, or download a copy at calgarylibrary.ca.

BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Winston Heights and Mountview. 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."

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

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

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Also move in and move out. Licensed, insured and bonded. We work according to our clients' needs. Call 403-470-6548.

UPCOMING EVENTS AT NORTHSMINSTER CHURCH

3311 Centre Street N • (403) 277 0322 • www.northminster.ca

CHRISTMAS CRAFT FAIR – Saturday November 19th 9:00 a.m. – 3:00 p.m. Free Admission.

Local artisans, cookies by the dozen, baking, hand-made crafts, sewing and knitting, woodcrafting and more.

FREE MOVIE NIGHT "Life of Pets" - Friday November 25th 7:00 p.m. All Welcome! Children please bring a parent.



MP, CALGARY CONFEDERATION LEN WEBBER

2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

Remembering Is Something You Do

During Veterans' Week, November 5th to 11th, I will join Calgarians and people across the country as we pay tribute to all Canadian Veterans. Throughout the week, thousands of commemorative ceremonies and events will take place across our country to honour Canada's Veterans, current serving members of the Canadian Forces and those who have made the ultimate sacrifice. The sacrifices and achievements of our Veterans have helped define and defend Canada's values of freedom and democracy. They will always be remembered.

Here are some ways to engage in Remembrance: Wear a poppy above your heart, attend local Remembrance Day ceremonies, and vow never to forget; Change your profile picture on Facebook to a poppy and blog or tweet about the importance of remembrance; or listen to Veterans talk about their experiences and thank them for their service. Remembrance IS more than something you think about – it's something that you do.

Another way to help remember is to find your connections to the past. You can obtain information on where the graves of all Canadian soldiers who died while serving abroad are located. Here's how to do a search for your connection to the past.

Visit the Veterans Affairs Canadian Virtual War Memorial online at www.virtualmemorial.gc.ca. (If you are looking for an Allied soldier you could also try a similar search through the Commonwealth War Graves Commission at www.cwgc.org as they keep track of all Allied cemeteries.)

Search by name and select the soldier you are looking for. (Keep your search terms broad to yield the best results. This is especially important with first names or common misspellings of names.)

Review the results of the search. When available, it will include photos, a copy of the page from the Book of Remembrance, vital personal details and possibly even a summary of the circumstances surrounding the soldier's death.

A quick Google search using the name of the cemetery often yields a link to photos of all the tombstones, lists of those buried (alphabetical and regimental) and a good description of the cemetery itself. Please don't consider the Veterans Affairs Canadian Virtual War Memorial as the only possible source of information and don't underestimate the power of a good online search engine like Google.

Share your findings and experiences with others in a gesture of Remembrance. I would be interested to hear from anyone who uses this process and finds it as rewarding as I have.

Gardening by the
phases of the moon

November 7 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

November 14 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

November 21 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

November 29 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



MLA CALGARY-KLEIN CRAIG COOLAHAN

#9, 2400 Centre St NE
Calgary, AB, Canada T2E 2T9
Phone: (403) 216-5430 • Fax: (403)216-5432
calgary.klein@assembly.ab.ca

Hello Calgary-Klein!

Economic diversification is a key element of Alberta's economic recovery. Alberta's economy must become more resilient to changes in the international price of oil. Our government is supporting small businesses to create jobs and get Albertans back to work.

Alberta's small businesses and investors create new jobs and diversify our economy. Small businesses in Alberta have a bigger economic impact than small businesses anywhere else in Canada, and make 35 per cent of all jobs in Alberta.

As part of the Alberta Jobs Plan, our government is creating a tax credit for investments in small Alberta businesses that will support up to 4,400 new jobs over three years, and contribute up to \$500 million to the province's GDP.

The Alberta Investor Tax Credit (AITC) will offer a 30 per cent tax credit for investments in Alberta small business made between April 14, 2016 and December 31, 2019. The tax credit will be offered to investors who provide capital to Alberta small business in a variety of sectors, including:

- Research, development, and commercialization of proprietary technology, products and processes,
- Development of interactive digital media and game products,
- Post-production, visual effects, and digital animation, and
- Tourism operations – like resorts, skiing facilities, amusement and recreation industries, hunting and fishing camps, and scenic and sightseeing tours.

Legislation establishing the AITC is being introduced this session. We know from similar legislation in other jurisdictions that this will provide a strong incentive for Alberta investors, increasing access to capital when and where small businesses need it most.

As always, my office is happy to hear from constituents. If you have any feedback about this initiative, or any other matter, feel free to contact my office at calgary.klein@assembly.ab.ca or 403-216-5430.

YYC INTERNATIONAL TERMINAL 101

New Processes at YYC

A new and exciting experience awaits those travelling to and from U.S. and International destinations through the new International Terminal at YYC. The opening of our new terminal October 31 will bring new processes for check in, security and connections. Here are some quick travel tips:



The terminal is equipped with **self-service check-in** and **bag drop services** for a seamless check in experience.



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Enjoy a ride on our Canadian designed **YYC LINK passenger shuttle** from concourse A to D/E.



Connect easily to your next destination thanks to the streamlined processes in our new **Connections Centre**.



Approach one of our new **Customer Care Ambassadors** with any questions you may have, or ask one of our friendly **White Hat Volunteers** to help you on your way.

To learn more about our new International Terminal visit yyc.com



YYC CALGARY INTERNATIONAL AIRPORT



COUNCILLOR, WARD 9 GIAN-CARLO CARRA

c/o Office of the Councillors
PO Box 2100, Stn 'M', Mail Code #8001A
Calgary, AB T2P 2M5

Hello Ward 9,

Your Team Ward 9 has been working on many projects. Some stem from my Great Neighbourhoods platform, while the majority come directly from you.

Some of these projects, like the Green Line Area Redevelopment Plans, the Developed Areas Guidebook, the Zoo flood mitigation project, 12 Street SE bridge construction, Memorial Drive and Edmonton Trail N road improvements, 17 Avenue SE transitway, Blackfoot Trail and Southland traffic upgrade, and the Glenmore Interchange construction, can and do create major inconveniences for community members. I know that it can be frustrating at times with the seemingly indefinite workshops, public sessions, and construction activity. The consolation though, is that their completion will do exactly what we have worked so hard together to do – to make our Great Neighbourhoods even better.

Director and General Manager Meetings

One of the tools that your Team Ward 9 has implemented to manage and mitigate these projects is publishing my upcoming monthly meetings with city managers, directors, and general managers. For November and early December, they are:

- General Manager of Parks – Nov. 1
- Calgary Police Chief – Nov. 10
- General Manager of Planning & Development – Nov. 10
- General Manager of Transportation – Nov. 18
- Director of Community Planning – Nov. 18
- Director of Roads – Dec. 6

I invite you to submit your agenda item propositions to my office at ward09@calgary.ca.

Mid-Cycle Budget Adjustments

During the week of November 21, The City's focus will turn to reviewing the budget during the **Mid-Cycle Budget Adjustments**. At this week-long meeting, City Council will be discussing:

- Taxes & Fees
- Business
- Community

- Service Savings & Efficiencies
- Infrastructure

Your voice matters in this conversation, and I ask you to submit your priorities to my office so I can address these issues at the Council table.

The Road Ahead - Snow Removal

As you know, winter is officially here. Our office started meeting a few months ago to discuss improvements to the snow removal process that were identified by residents last year. I am happy to report that these improvements will be implemented. Your Team Ward 9 asks that should you see gaps in operations during snow removal that you call 311, go to 311 Online or download the mobile app, get a service request number and call our office to follow up, if you don't see an adequate response to those concerns.

As always, your Team Ward 9 remains accessible to you, and encourages you to reach out if you have any questions.

Yours truly,
Gian-Carlo

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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

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

Editorial Content Deadline **10th** of each month for the next month's issue

newsletter@winstonheights.ca

Poppy Facts

The poppy came to prominence after Canadian Artillery doctor John McCrae wrote the poem *In Flanders Fields* in 1915.

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