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WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER

COMMUNITY HALLOWEEN PUMPKIN CARVING!

HOSTED BY TONY NICASTRO
FRIDAY, OCTOBER 28 2016
AT THE COMMUNITY HALL

POTLUCK
OCTOBER 21

QUIZ NIGHT
NOVEMBER 4

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Community Association

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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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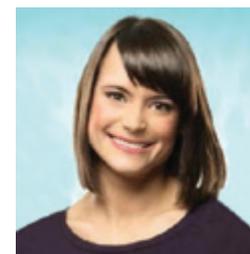
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PRESIDENT'S MESSAGE



I would like to start with a big thank you to the dedicated volunteers who put together the Winston Heights-Mountview Community Clean-Up. Our community is just a little bit brighter as a result of your hard work

as you have made the difficult fall clean-out job just a little bit easier. Thank you also to all of the Community members who helped organize and attend the Re-Tree Events. Hopefully we will see some of this new found knowledge emerge in yards and gardens across the neighbourhood. Speaking of gardens, our Community Garden has had another bountiful season. The continued work of the garden volunteers ensure that our eye-catching garden remains a benchmark for community gardens across the city. Our Centennial Garden out front of the hall has also had a bit of a refresh this summer with newly painted benches and bridge and new-to-us reclaimed plants that have found a new home in our garden. We are always looking for volunteers, so if you have a green-thumb and are interested in helping out with our Centennial Garden, please be in touch with us. Would you like to volunteer but gardening is not your thing? There are dozens of volunteer opportunities within the Winston Heights-Mountview Community Association and I assure you that one is the right fit for you! Contact us at volunteer@winstonheights.ca

RINK

Although it is still summer and hopefully you are enjoying it to its fullest, it is coming to the time when we start planning for the upcoming skating/hockey season. 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.

- We have purchased safety netting for the end boards to protect the neighbours' houses and the skaters on the oval. We will need some new, taller fence posts to hook these onto.
- The rink boards and other essentials need to be erected before the first snow.
- Teams of "hosers" 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.
 - In case you are wondering, "hoser" is term used to describe someone who waters or hoses rinks.
 - We have snowblowers and power-brooms to make the job easier. We also have a large "fire" hose and nozzle for watering the surfaces.
- We need to convene a meeting of interested skaters, shinniers, parents and community members to make these things happen. Please contact Terence Evans @ 403-452-0458 or by email: twevansesq@yahoo.com if you can help.

Remember, this will only happen with people like you helping.

Watch the website for the rink set-up date!

WHMCA EVENTS

winstonheights.ca/activities-events/activities/

Act III – Yoga classes (for the older adult) will resume September 6 at 9:30 a.m. Tuesday and Thursdays!

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

Mom's Night Out

All Winston Heights-Mountview moms are invited to join us for great food and conversation. Thursday, Oct. 20 @ 7:30pm Nixx Neighbourhood Pub 2418 Edmonton Trail Contact: Christine at President@winstonheights.ca. Mail to: President@winstonheights.ca

Playgroup – Every Monday from 10am-11:30am (Sept-June) starting September 12

Potluck – Oct 21 @ 6pm

Quiz Night – Nov 4 @ 7:45pm

Book Club - Oct 18 @ 7pm



Halloween hazards! Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 8



Act III

Older Adults of Winston Heights Mountview and surrounding communities, aka 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, day trips, book studies, book club, games and cards and

Regular monthly meetings occur the third Wednesday of the month in the North Hall of the Community Centre, September through June at 1:30 pm.

October 19 1:30PM Guest speaker on a health topic of interest
November 16 1:30PM Games – bring your favourite and a friend?

November 16 1:30PM Games – bring your favourite and a friend?

December 21 1:00PM Holiday potluck, party, *White Elephant gift exchange game*

We have decided to discontinue the book study replacing it with a monthly daytime book club beginning Friday Oct. 7, 10am-noon in the WHM NORTH HALL. 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 and when. She is going to try and get us one for the Oct. meeting to get us started on a read for Nov. Subsequent meetings will be held on the first Friday of the month, 10 am -noon. We will discuss things like choosing to lead a certain book discussion and snack sign-up, if we want them on Oct. 7.

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. Hope to see you on the 7th of Oct.! Interested in more information, email actiii@winstonheights.ca or phone Myrna (403-283-8391).

Act III is sponsoring a free weekly morning ESL conversational class beginning on Wednesday mornings, October 12 from 10am until noon in the North Hall of WHM community centre. We 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, please 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?

Contact: actiii@winstonheights.ca or phone Pat at 403.226.0181

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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.

BRAIN GAMES SUDOKU

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

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

UPDATE FROM WHMRR

Furniture, house wares etc required to furnish 3 bedroom house for Syrian refugees
Exciting news!

At the end of June, we met Manal and Ali, two lovely women who are now part of our collective families. Ali is a generous Calgarian who has sponsored a number of refugee families over the years. Through her church, she helped bring Manal, her husband and two children from Syria this past Christmas. Taleb, the father of the family we are sponsoring, is Manal's brother. Manal told us of her family's struggles in Syria, their warm welcome in Canada and how it is her goal to ultimately reunite with her siblings and parents in Calgary. It was inspirational to talk to Ali and Manal and we are more excited than ever at the prospect of Taleb and his family arriving in Calgary.

While we wait on the edge of our seats for word that flights from Lebanon have been booked, we are slowly amassing enough in-kind donations to furnish a 3-bedroom house.

Kristine Sare - WHMRR

COMMUNITY GARDEN

Greetings from the Community Garden.

September in the garden is the best of times and the worst of times. The best, because we get to harvest the crops that we planted back in the spring and tended all summer long. The worst, because the growing season is almost over, and our time remaining in the garden is growing short.

We got lots done this year. We added a new rain barrel watering system, added edging around the perimeter of the garden to help keep the weeds out. We added some bee and ladybug houses, and we spent a day adding and spreading a new layer of mulch throughout. We also had some challenges in the garden this year. Mostly related to disappearing produce. Sadly, some of the gardens were harvested without the knowledge or approval of their gardener. For those gardeners who nurtured their crops all summer only to turn up one day and find an empty bed where their carrots, and potatoes and strawberries used to be, was a blow for sure. For some of us, at least for a while, it made us angry and sad and it took our focus away from the great things about belonging to the garden.

So thanks to all of the lovely respectful visitors who came day after day and who wandered through, sampled from the tasting garden, picnicked under the pergola, borrowed and shared books at the little free library, chatted with us about what to do with all of that kale, and generally kept us focused on the most important aspects of the garden: being part of a project that is purposeful and beautiful and that brings people together as a community.



From the Garden: Catnip

Most people recognize this plant as their cat's favourite play toy. Cats can be seen rolling and crushing the plant and appear stimulated by the plant. However, not many people know this plant can be used medicinally often producing the opposite effect on humans compared to cats. Catnip is a member of the mint family and is found commonly in North America and Europe. It is characterized by square, upright and branched stems and commonly grows between 2 and 4 feet. The flowers are small and tubular and grow in dense clusters. Generally, catnip has a natural relaxing and soothing effect for people both internally and externally. There are a variety of preparations for this herb. Below are just a few preparations and their medicinal uses in people:

Tea – steep flowers in boiling water. Mild tea can be used for infants and children. In babies it can relieve colic, restlessness and nervousness and in children the mild tea can relieve nervousness. Stronger brews for adults can relieve fevers from colds and flu and relieve stomach problems including nausea and diarrhea.

Poultice – wrap cleansed fresh leaves on skin to relieve skin irritations.

Bath – added to the bath, catnip can relieve skin irritations and aching muscle due to cold and flu.

Essential oil – can be used for aromatherapy, creating a calming effect. Used in a variety of homemade sprays stronger infusions can be used as insect repellants.

The plant should be harvested when it blooms by cutting everything above ground and hanging upside down to dry.

Disclaimer – the information contained in this article is for educational purposes only and is not intended or implied to be a substitute for professional medical advice. This is only a brief summary of what catnip can be used for, if you are interested in learning more there are many articles on the internet. Furthermore, the Lodgepole School of Wholistic Studies offers classes on holistic medicine.



Reap What You Sow...

By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...

Protect Yourself, Immunize Your Pet

Jennifer L. Scott, D.V.M.



In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month quarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago.... bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.

Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warm-blooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form

where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

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SAVE THE DATE

*Santa Breakfast
and Craft Market*

Saturday, November 26, 2016

Breakfast: 9am-11am
Craft Market: 9am-2pm
Santa arrives at 11am

Craft Market vendor applications, please visit:
www.winstonheights.ca/activities-events/craft-market-vendor-2016/

Volunteers needed! Email volunteers@winstonheights.ca or call Christine at 403-510-9080.



IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

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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.

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IN & AROUND CALGARY

October Fire Prevention Week. October 9-15th

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)

- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will “chirp” when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit Calgary.ca/CSPS/Fire

Please watch and share our new fire safety video with your family:



Fire Safty Tips with Flint
<https://youtu.be/QbE3tCBzeY0>

DID YOU KNOW: that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

Calgary Fire Department. Yours for life.



**MP. CALGARY CONFEDERATION
LEN WEBBER**

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

Put Your Stamp on the Process

Times have changed since the first letter was sent in Canada in 1693. The postal service provided by Canada Post is no longer as dominant in our daily lives as it used to be. With cell phones, email, texting, paperless billing, e-transfers and courier services, Canada Post has seen its role in our daily lives diminishing annually since 2006. At the same time, an average of 169,000 new addresses are added each year to the existing 15.8 million existing addresses.

With more places to deliver mail each year and less mail being sent, this has had a dramatic effect on revenues and costs. Canadians need to take a good look at our postal system and figure out a way to make it both sustainable and affordable. It is a vicious circle - stamp costs increase to cover growing operating costs which, in turn, results in less mail being sent and revenue dropping even further.

However, we still have a critical need for a national postal system as many Canadians and businesses rely on it for many reasons. Last year alone, Canada Post delivered almost nine billion items to every corner of Canada.

The time has come for Canadians to look at the future of our postal system to ensure it is both sustainable and affordable for everyone. A review of Canada Post is now underway and you can participate.

Canadians are being asked to contribute their comments, concerns and, most importantly, their ideas on how we can achieve these goals. For example, the most common idea I have heard so far is the suggestion to make mail delivery every second business day. This would save money and the impact on the environment. Canadians are known for being a resourceful and creative bunch and I am sure there are many more ideas to come.

An independent Task Force is currently gathering facts and developing options for consideration. Next, a Parliamentary Committee will consult Canadians on the options and make recommendations to the Government on the future of Canada Post.

To share your input, please send your ideas to TPSGC.ExamendeSPC-CPCReview.PWGSC@pwgsc-tpsgc.gc.ca, fax 1-844-836-8138, or even better, MAIL your comments to Canada Post Review, CP2200, Matane, QC, G4W 0K8. As your Member of Parliament, I am interested in knowing your views, and would appreciate being copied on your submission.



**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 Neighbours!

If you are a gardener like me, you've worked hard over the summer and now fall is a time to reap the benefits of the harvest. It is also a time to celebrate with family and friends by giving thanks for all that we have as Calgarians, Albertans and Canadians.

I know that many of us have personally been affected, or have had a loved-one affected, by the changes to our economy. Uncertain times like these remind me how important it is that we have strong social connections through our families, friends, faith centres, social institutions and communities. Getting involved in your community is an incredible way to give back to our city and those who may be in experiencing hardship.

To those who are already involved in active volunteerism, I would like to extend my heartfelt thanks to all of you for your incredible work.

This month I wanted to report on some exciting news around our public transportation infrastructure. In September, the federal government, in concert with the province and the City of Calgary, announced that they will be funding the construction of a dedicated transitway across Deerfoot Trail and the Bow River from our beloved International Avenue (17th Avenue). This will also include new pathway systems for pedestrians and cyclists. This new dedicated transitway is a huge win for our neighbours in Dover and all across Ward 9. Not only will it significantly improve the transit connection for people living east of Deerfoot Trail, it will greatly enhance access to one of Calgary's best kept secrets - the exhilarating, vibrant and burgeoning main street known as International Ave.

We are also making huge improvements to the way we access our river systems. In June, my office and the Ward 12 office drafted a Notice of Motion for Administration to prepare a report on the implementation plan for a river access strategy, which would include input from users. I am happy to report that over the fall Administration will be engaging with stakeholders. For more information please go to www.calgary.ca/riveraccessstrategy.

Finally, as fall is now in full swing, I wanted to remind everyone that The City is offering its Leaf & Pumpkin Composting Program, again. This is a chance for all of us to divert waste from our landfills and reduce greenhouse gasses by composting yard waste. More information can be found at www.calgary.ca.



**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



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	6	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

IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!

 **Cloverdale Paint CLUB MEMBER**




TRIVIA
Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him "creature" and "demon".

617 Meredith Rd NE (Memorial Dr. & Edmonton Tr.)
Free 30 Minute Underground Parking



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Gourmet Prepared Foods, Freshly Baked Goods & Deli
Health Supplements & Body Care

NOW OPEN! DAILY 9-9



PLU# 1110114

Bring this coupon in for:

\$10 off your purchase of \$100 or more!

Minimum \$100 purchase required. No cash value. Expires Oct 31st, 2016. Cannot be combined with other offers.



Bob Dawe
& ASSOCIATES
403-276-SOLD



FREE REPORT ON WINSTON HEIGHTS / MOUNTVIEW HOUSE PRICES

If you are curious about what your **WHMV Area** home may be worth, here's an easy way to find out what homes like yours are selling for in today's market.

Plus: Get a free report with up-to-the-minute statistics based on all the homes for sale and sold in the **WHMV Area** over the past six months in all price ranges.

To get your free report on **WHMV Area** house prices, just call **403-276-SOLD**, or go to **WHMVhouseprices.com**

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