

SEPTEMBER 2016

DELIVERED MONTHLY TO 2,400 HOUSEHOLDS

# WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER



**QUIZ NIGHT &  
POTLUCK**  
SEPTEMBER 16

**COMMUNITY  
CLEAN-UP**  
SATURDAY, SEPTEMBER 24  
9AM - 2PM AT THE  
COMMUNITY HALL



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Winston Heights - Mountview  
Community Association

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

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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/](http://www.winstonheights.ca/activities-events/craft-market-vendor-2016/)

Volunteers needed! Email [volunteers@winstonheights.ca](mailto:volunteers@winstonheights.ca) or call Christine at 403-510-9080.



# Winston Heights-Mountview Community Association

520 27 Avenue NE Calgary, AB T2E 2A6  
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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](mailto:president@winstonheights.ca) for more details.

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## PRESIDENT'S MESSAGE

September is a month of welcoming as children are back to school, neighbours are returning from summer holidays and your Winston Heights-Mountview Community Association welcomes everyone back with programs, events and services designed to meet the needs of the youngest to the oldest residents in the community. From the Community Clean-Up (bring your garbage, electronics and metal recycling to the WHMCA Hall on Sept. 24) to garden events, pot lucks, book club, playgroup, mom's night out, seniors activities and ReTree YYC, to name just a few, we have a lot in store for you. A Community Membership is needed to access many programs - but a 2016-17 Community Membership is FREE, just sign-up at [winstonheights.ca](http://winstonheights.ca).

Do you want the most up-to-date information on activities and events? It is available in the newsletter with the most recent updates on our website and in our e-newsletter (sign-up at [winstonheights.ca](http://winstonheights.ca)). Stay in touch between events through social media: like us on Facebook and follow us on Twitter and Instagram. I hope you are enjoying the new newsletter format and are finding it easier to access the information that you are looking for. This is the first month with our new publisher and we are excited to be working together to ensure that you have the information you need when you need it.

Finally, I would like to give a shout out to the amazing volunteers in this community. You are the heart of Winston Heights-Mountview and are what make the events, programs and services listed in this newsletter possible. Are you looking to give back to the community, do you have a particular skill or interest to share or would you just like to meet some new friends and neighbours - come join us. Email [volunteers@winstonheights.ca](mailto:volunteers@winstonheights.ca) and let's talk.

## UPDATE FROM WHMRR

**Furniture, housewares etc required to furnish three 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 three-bedroom house.

*Kristine Sare - WHMRR*

## WHMCA EVENTS

[winstonheights.ca/activities-events/activities/](http://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! And book study will begin on September 15 at 11:00 a.m. every other Thursday.  
 moms are invited to join us for great food, drink and conversation. Thursday, September 15, 7:30pm  
 Nixx Neighbourhood Pub  
 2418 Edmonton Trail  
 Contact: Christine at [President@winstonheights.ca](mailto:President@winstonheights.ca)

**Bookclub**  
 Third Tuesday of the month from 7-9, see [winstonheights.ca/activities-events/activities/](http://winstonheights.ca/activities-events/activities/) for book details

**Mom's Night Out is Back!**  
 All Winston Heights-Mountview

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

**Potluck**  
 September 16 at 6pm

**Quiz Night**  
 September 16 at 7:45pm





**WHEN:** Saturday, September 24, 2016 9am-2pm\*  
\*City Trucks LEAVE at 2pm

**WHERE:** Winston Heights-Mountview Community Centre

**Services provided by:**

City of Calgary • Action Tyre Ltd. • Recon Metal • Technotrash AB Ltd.

Sponsor	Accepted
Action Tyre Ltd.	Tires, wheels, car batteries
City of Calgary Solid Waste Services	Larger items and/or yard waste that are not picked up by weekly garbage trucks
Recon Metal (Metal Recycling)	Metal (stoves, washers, dryers, etc.) Small clean appliances Rebar, scrap metal, cast iron Motor blocks
Technotrash AB Ltd. (Electronics Recycling)	Computer and related items Cell phones and accessories Home entertainment (stereos, TVs, etc.) Office electronics Wires and cables

# Calgary Elks Golf Club Recognized for Environmental Excellence

Calgary Elks Golf Club has achieved designation as a "Certified Audubon Cooperative Sanctuary" through the Audubon Cooperative Sanctuary Program for Golf Courses. Cory Brown, Superintendent, led the effort to obtain sanctuary designation on the property and is being recognized for Environmental Stewardship by Audubon International. Calgary Elks Golf Club is one of 19 golf courses in Alberta and 896 in the world to hold the title of Audubon Cooperative Sanctuary.

"Calgary Elks Golf Club has shown a strong commitment to its environmental program. They are to be commended for their efforts to provide a sanctuary for wildlife on the golf course property," said Tara Donadio, Director of Cooperative Sanctuary Programs at Audubon International.

"To reach certification, a course must demonstrate that they are maintaining a high degree of environmental quality in a number of areas," explained Donadio. These categories include: Environmental Planning, Wildlife & Habitat Management, Outreach and Education, Chemical Use Reduction and Safety, Water Conservation, and Water Quality Management.

"Over the past ten years I have made significant changes to the property and our maintenance practices, which reflects on my commitment to maintain a high quality golf course as the number one priority and at the same time protecting the environment. Many hours of work have gone into achieving this certification and I am very

proud of the fact that we have made it to this point," said Cory Brown, Course Superintendent at the Calgary Elks Lodge and Golf Club.

The Audubon Cooperative Sanctuary Program for Golf Courses, endorsed by the United States Golf Association, provides information and guidance to help golf courses preserve and enhance wildlife habitat and protect natural resources. Golf courses from the United States, Africa, Australia, Canada, Central America, Europe, New Zealand, and Southeast Asia have achieved certification in the program.

The Elks Club is located in the central core of the City of Calgary. The club sits on 185 total acres. Approximately half of this area is left natural, making it an ideal environment for wildlife species to thrive.

## BRAIN GAMES SUDOKU

			8			1	4	6
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9			3	5				
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5	3	6				7		

FIND SOLUTION ON PAGE 17

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# Happy 100<sup>th</sup> James Holiday!

There are many numbers in Jim Holiday's life, starting with the biggest number...100. On May 24, 2016, this long-time resident, still living in his own house, turned 100 years old.

Born on a farm north of Drumheller, he came to Winston Heights-Mountview in 1949. He remembers getting a team of horses with a scoop shovel to dig the basement of the house he built himself, labouring until 11:00 at

night, and then taking the streetcar back down to his residence. His was the first house on his block.

Like many in the community, he is a proud veteran, although he doesn't like to talk about the War, except to share that he rode a Harley Davidson to accompany truck convoys across Europe. Another important number in Jim's life is 70, the number of years he has been a member of the Royal Canadian Legion no. 1.

He learned drafting at SAIT and then became an estimator, generating numbers for a living. Married for 63 years to Betty, who passed away in 2008, they raised a daughter, Joyce, while helping out with numerous community association events, particularly fundraising. An avid gardener, he grew a big vegetable garden and loved to try to grow new and different things in his greenhouse. He still enjoys the African violets that thrive in his front window. He likes to read the Community Association newsletter and we are very pleased to bring you his story in the inaugural issue of Community Matters.

Belated happy birthday Jim!

-Linda S.



## The Understory

- a program about planting under trees, brought to WHMCA by the City of Calgary Re-tree initiative.

September is not too early to plan for our yards and gardens in the spring!

Join us Wednesday September 28 from 7 to 8:30 in the East Hall of the Community Centre for "The Understory" a program about planting under trees, brought to WHMCA by the City of Calgary Re-tree initiative.

Are you finding it difficult to grow anything under that tree in your backyard? In the Under Story you will learn all about successful ways to plan and create a personalized garden under and around your trees. This program describes a variety of plant species that could be perfect for planting near your tree. We also show you real garden examples of how an understory can evolve over time. After this program you will walk away with a wealth of information that you can apply to 'sprucing' up the area around your trees.

The learning objectives of The Understory are:

1. What is the understory and why is it important.
2. How to plan and create your understory.
3. The challenges of creating an understory.
4. Design tips for creating the understory.
5. The various plants to grow in your understory.
  - a. Shade loving plants.
  - b. Shrubs.
  - c. Conifers.
  - d. Ground covers.
  - e. Vines.
6. The difference between mulch and compost.
7. The various mulch options and benefits of each.

Sign up at [winstonheights.ca](http://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, shinners, parents and community members to make these things happen. Please contact Terence Evans at 403-452-0458 or by email: [twevansesq@yahoo.com](mailto:twevansesq@yahoo.com) if you can help.

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

**Editorial Content Deadline** 10<sup>th</sup> of each month for the next month's issue

[newsletter@winstonheights.ca](mailto:newsletter@winstonheights.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**

# COMMUNITY GARDEN

## Hello from the Community Garden,

The community garden is in full bloom right now. If you haven't wandered through this summer, this would be a great time to see it.

While you're there, please remember that while everyone is welcome, only those who have rented beds are permitted to harvest produce. Visitors are invited to try an apple, snip a few herbs from the medicinal bed, or take home a little lettuce from the tasting garden, but we ask that they not pick from the individual unsigned beds.

Gardeners pay a \$50 fee each year, in addition to committing to provide six hours of volunteer service in the garden maintaining the paths, pulling weeds, tending to the perimeter plantings, and generally keeping things looking tidy. That's in addition to the time they spend tending to their own crops. They also purchase the plants and seedlings for their own beds and invest in compost, manure, and other soil enhancers. They have a huge investment in their harvest.

Unfortunately, this year, many of our gardens have experienced a significant amount of theft. We're sad to report that two of the beds most heavily targeted are the beds from which the produce is donated to the Legion Food Bank and to our Syrian Refugee Family.

Please respect our garden and do not damage or pick from the individual beds. The sharing beds are there for everyone's enjoyment and are signed and easily identified. As for the rest... if you didn't plant it, please don't pick it!

If you'd like to have your own bed next year, we'd love to welcome new gardeners. Please email [communitygarden@winstonheights.ca](mailto:communitygarden@winstonheights.ca).



## From the Community Garden: Lemon Balm

This is the second installment in our series of articles on medicinal plants. For this article, we will explore the uses of Lemon Balm. Found in the medicinal garden, Lemon Balm is part of the mint family and is characterized by wrinkled, ovate, light to dark green leaves and comes in pairs on square stems. It is commonly used in herb gardens for its lemony-scented leaves.

Uses: lemon balm can be used to promote mental alertness, memory, liver productivity and restful sleep, and to help alleviate anxiety, upset stomachs, and cold sores. It also serves as an antioxidant. There are a few preparations for this herb as described below:

Tea – drink for colds and flus. It helps to induce a sweat to relieve fevers. Furthermore, it is said to have anti-viral effect, which can be helpful for breaking a flu or helping cold-sores heal. The tea can also be used for calming the stomach, to lower blood pressure, and ease anxiety.

Essential Oils – the essential oil can be used directly as an antihistamine and can repel insects. The essential oil can also be used for aromatherapy to relieve asthma, colds and the flu.

Poultice – applying the fresh leaves on insect bites and wounds may help with relieving the itch and irritation.

**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 lemon balm can be used for. If you are interested in learning more there are many articles on the internet; also the people at the Lodgepole School of Wholistic Studies offer classes on wholistic medicine.



## 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 & conversation, guest speakers, TED talks and discussions, day trips, book studies, book club, games & 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 note: September, 2016 only will meet at 10 am

September 21	10AM	TED talk and discussion about climate change
October 19	1:30PM	Guest speaker to be decided
November 16	1:30PM	Games – bring your favourite and a friend?
December 21	1:00PM	Holiday potluck, party, White Elephant gift exchange game

Look for more information on the next book study beginning September 2016 at [winstonheights.ca](http://winstonheights.ca).

Interested in finding out more or to be part of the monthly email list?

Contact: [actiii@winstonheights.ca](mailto:actiii@winstonheights.ca) or phone Pat at 403-226-0181

# DOES YOUR CHILD LACK CONFIDENCE?

## SHE DOESN'T!

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## Alberta Health Services EMS

### Back to School safety

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

### Motorists

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

### Around school buses

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

### Pedestrians

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

## When your smoke detectors do go off, now what?

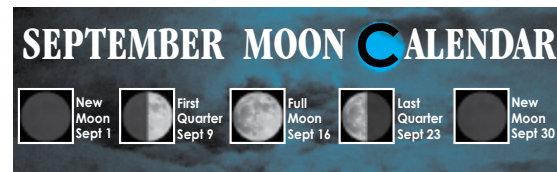
September greetings from your Calgary Fire Department!

### GET OUT...STAY OUT...CALL 911!

Making and rehearsing a home escape plan is essential for your family’s safety in the event that there is an emergency in your home

Draw a floor plan of your home making note of all windows and doors.

- Every room in your home requires two ways out. The first way out would likely be the door, the second way out could be a window... IF it can be done safely.
- Make sure all windows can be opened easily by the occupant.
- Windows in basement bedrooms NEED to be a minimum of 3.76 Square feet, AND any security bars that may be on the window need to allow opening without keys or special tools. When planning, consideration needs to be giving on how the occupant of that bedroom will get up to and safely out of the window
- If you live in a multi-level building , when alarms are going off and you are evacuating, use the stairs, never the elevator,
- It is important that you familiarize yourself with the fire safety plan for your building.
- Once you do get out, determine a meeting place such as a tree in a neighbour’s yard . When the first arriving fire truck pulls up, you’ll be able to tell firefighters that everyone is either out safely or still in the building. This is **important** information for the fire crews.
- Practice your home escape plan at least twice a year, perhaps once during the day, and once at night.
- Once you get out, STAY OUT!
- For further information visit Calgary Fire Department at Calgary.ca and watch this fire safety video with your family



Renfrew Community Association

# Candy Rave

Welcome Back  
September 16, 2016

8 pm to 10 pm

\$5 per person Grades 6 to 9 only

Prizes  
Live DJ  
Concession

Bring your own  
water bottle!  
get free koolaid

Volunteer  
and get in Free

email us for more info.

renfrewcandyrave@gmail.com

## Writings about Reading

### Parents as Partners

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby . . . and your role continues. Here are ways to help your child build their language and reading skills:

### Get to know your child's teacher

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

### Read aloud with your child every day

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

### Incorporate literacy activities anywhere

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

### Teach phonemic awareness and phonics (letter names and their sounds)

Young children hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

### Keep the fun and encouragement flowing!

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

**For resources to help your child develop critical literacy skills and the joy of reading, visit [calgaryreads.com](http://calgaryreads.com).**



**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](mailto:calgary.klein@assembly.ab.ca)

Hello Calgary-Klein!

It's the middle of the summer, and time to look back at another successful Stampede season. There's been a lot of amazing events taking place, and one of those events was our 2<sup>nd</sup> Annual Calgary-Klein Stampede BBQ. On July 8<sup>th</sup>, 2500 Calgarians joined us at our 2400 Centre St N plaza for our office's BBQ in collaboration with Palmer Salmon Insurance and Registries Direct.

I really valued getting to meet so many constituents a second year in a row, and it was a great opportunity to hear directly from Calgary-Klein constituents on what they think about everything our government has accomplished this past year. I talked to people about our plan to end predatory lending, the Climate Leadership Plan, and what diversifying our economy looks like.

Our little contribution to the Calgary Stampede 2016 truly had a great atmosphere, and with such delicious burgers and classic country music why wouldn't it! I want to say a big thank you to all the incredible people, who put so much effort into the event. We are extremely grateful to all our volunteers, who helped us run the Stampede BBQ without a hitch.

Until next year Calgary,

Yahoo!!!



**MP CALGARY CONFEDERATION  
LEN WEBBER**  
2020 10 St NW, T2M3M2  
403-220-0888  
[len.webber@parl.gc.ca](mailto:len.webber@parl.gc.ca)

### No Opportunity Like It!

There is a way to get your post-secondary education for free. In fact, those eligible can also be paid a full-time salary, with benefits and a pension plan, while they get their free education and training.

This offer is available for careers that range from doctors and accountants to mechanics and air traffic controllers. These opportunities are available across Canada and offer the opportunity for travel.

The Canadian Armed Forces is one of Canada's largest employers and provides Canadians with hundreds of career options in every career field imaginable.

While many think of a career in the Forces as being a soldier, a pilot, or a sailor, the reality is that most in the Forces support these roles through jobs that resemble the careers we see every day in our communities. There are accountants, lawyers, cooks, dentists, psychologists, social workers, welders, and every job in between. There are also careers that do not require any post-secondary education because specialized training is provided by the Forces.

If you are looking for part-time jobs, they offer those too through the Reserves. The Reserves provide a unique way for Canadians to serve their country while maintaining a professional career in their community. This is also a great option for those who are also working on completing their education.

The Forces offer many advantages to its members including three years of guaranteed employment following initial training and on-going career development. Given the size of the organization and its variety of roles, there are endless opportunities for growing or changing your profession while staying in the Forces in the years ahead.

Their competitive salary and benefit packages are often better than those offered in the private sector. In addition to an attractive pension program, members are provided with 20 vacation days per year and this increases

to 25 days after five years. Qualifying veterans are also entitled to significant additional programs and benefits.

Do you have questions? Not sure where to start? Visit [www.forces.gc.ca](http://www.forces.gc.ca) to see the hundreds of career opportunities available today. You can speak directly to a recruiter by calling the Canadian Forces recruiting center at 403-974-2900 or emailing [info.calgary@forces.gc.ca](mailto:info.calgary@forces.gc.ca). A recruiter will walk you through the entire process and answer any questions you may have.

In closing, I would like to thank those who have chosen to serve their country through the Canadian Armed Forces at home and abroad. Your professionalism and dedication is appreciated and respected by all Canadians.

## BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto: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."

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

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.





## COUNCILLOR, WARD 9 GIAN-CARLO CARRA

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

Greetings Ward 9,

I hope that everyone has had a great summer and have been able to recharge themselves. As we turn our attention towards the fall and get back into our routines, many items in the immediate future will affect all communities in Ward 9. Some of these include, the Green Line North design charrettes, the Calgary Hospital Legacy Fund committee update, the Community Representation Framework report, discussions surrounding Area Redevelopment Plans (ARPs), the Developed Areas Guidebook (DAG) and the Green Line report, coming to Council this month.

Other items, spearheaded by your Team Ward 9, can't possibly fit into this article. If you are interested in knowing more, please sign up for email notifications from at [www.calgary.ca/ward9connect](http://www.calgary.ca/ward9connect). Also, visit my website ([www.gccarra.ca](http://www.gccarra.ca)), follow me on Twitter ([www.twitter.com/gccarra](http://www.twitter.com/gccarra)) and Facebook ([www.facebook.com/gccarra](http://www.facebook.com/gccarra)). You will find videos, updates and issues of the day, where I look forward to your feedback and responding to your concerns.

Team Ward 9 has always been committed to being accessible to you. As such, your Team Ward 9 will continue to engage each community with our well-received Community Objectives Workshops (COWs).

To date, we have held them for the communities of Park Hill, Erlton, Rideau-Roxboro, Renfrew, Bridgeland-Riverside, Inglewood and Ramsay. From this concrete feedback, our office has been able to get more work done. If you are seeing increased activity from Parks, Roads, Neighbourhood Services or any other City department in your neighbourhood, it's likely a direct result of those workshops.

For the communities of Riverbend, Tuxedo Park, Winston Heights-Mountview, Fairview, Acadia and Dover, we ask for you to **save the dates below** in your calendar and send an email to [ward09@calgary.ca](mailto:ward09@calgary.ca) to RSVP, as space is limited and they do go quickly.

- **Riverbend**  
September 17 (10:30 AM – 2:30 PM)

- **Tuxedo Park/Winston Heights-Mountview**  
October 1 (10:30 AM – 2:30 PM)
- **Fairview/Acadia**  
October 15 (10:30 AM – 2:30 PM)
- **Dover**  
November 19 (10:30 AM – 2:30 PM)

Finally, please join me in welcoming Blair Hone to Team Ward 9. Blair has been an avid proponent of creating great, liveable and vibrant neighbourhoods. He succeeds Shelaine, who has accepted an amazing opportunity outside of The City. We will certainly miss her energy, passion for, and success at, community outreach and engagement. I am excited to introduce Blair to you all, and know that he will be a great fit for Team Ward 9.

*See you all soon.*

## IN & AROUND CALGARY

### Join Citizens' View: Calgary's online panel – over 2,000 members and growing

You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at [citizensview.ca](http://citizensview.ca)."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at [www.citizensview.ca](http://www.citizensview.ca).

## 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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**Deadline – 1<sup>st</sup> of each month for  
the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

## BRAIN GAMES SUDOKU

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

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## Winston Heights - Mountview Real Estate Update

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

	Average Asking Price	Average Sold Price
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
September 2015	\$474,900.00	\$467,000.00
August 2015	\$489,900.00	\$430,000.00

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

	No. New Properties	No. Properties Sold
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
September 2015	8	5
August 2015	3	3

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [winheights.great-news.ca](http://winheights.great-news.ca)



## IN & AROUND CALGARY

### The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit [calgary.ca/puppy](http://calgary.ca/puppy) for details.

Renfrew Community Association

# Jelly Bean Dance

Welcome Back  
September 16, 2016

6 pm to 8 pm

\$3 per youth

Grades K to 5

Bring your own  
water bottle!  
get free koolaid

Prizes  
Live DJ  
Candy Bar

Be a Parent Volunteer  
and your Kids get in Free

email us for more info.

[renfrewjellybean@gmail.com](mailto:renfrewjellybean@gmail.com)



**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.

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