

FEBRUARY 2017

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WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER



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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

PRESIDENT'S MESSAGE

As we are still in the deep of winter it can be a challenge, especially on the coldest days, to not look ahead and wish for the warmth of spring, however, the cold weather months are some of the best ones in Winston Heights-Mountview. While events and activities at the hall bring neighbours together, the true heart of winter in our community are our outdoor rinks.

The WHMCA rink was recently named, once again, one of the best outdoor shinny rinks in and around Calgary! This is a huge recognition and our rink leaders and volunteer teams deserve a congratulations and thank you on behalf of the entire community. Please know that we see you out there, dedicating your weekends to putting up boards and nets at the beginning of the season, flooding the rink even on the coldest of days and dedicating countless hours to snow-clearing to ensure that the rink is open all season. Our rink brings our littlest

community members together for our popular (and sold out!) Ice Tots program that offers free skating lessons for pre-schoolers. It brings young and old(er) alike out to enjoy a shinny game and provides a wonderful surface for families to skate together. For those looking for a quiet pleasure skating experience (no hockey please!), the City of Calgary's Adopt-A-Rink on Marsden Road has been adopted annually by a dedicated community volunteer ensuring that skating is a activity for all members of Winston Heights-Mountview.

Next time you are out for a skate or a walk and see one of your community volunteers out at the rink or around the neighbourhood, please take a moment to say thank you and let them know that the time, energy and heart that they put into this community matters. If you would like to know more about getting involved with our rink volunteer teams, please emailrinks@winstonheights.ca.

COME IN FOR OUR Winter Special **OIL CHANGE, 25 POINT INSPECTION**

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want you
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See how at heartandstroke.ca

Winston Heights-Mountview Community Association

520 27 Avenue NE Calgary, AB T2E 2A6
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 Email: questions@winstonheights.ca
 Hall Rentals: hallmanager@winstonheights.ca

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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.

COMMITTEES

Committee	Chair	Email
Activities & Events	Kari Major	events@winstonheights.ca
Centennial Garden	Linda Sharp	centennialgarden@winstonheights.ca
Community Garden	Tyler Roscoe, Stephanie Phillips	communitygarden@winstonheights.ca
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 Gian-Carlo Carra
ward09@calgary.ca

FREE MOVIE NIGHT

"Pete's Dragon"
Friday, February 10th 7:00 p.m.

Everyone Welcome! Popcorn & Drinks provided.
 Children must be accompanied by an adult.

NORTHMINSTER UNITED CHURCH
 3311 Centre Street N (403) 277 0322
www.northminster.ca



WHMCA EVENTS

winstonheights.ca/activities-events/activities/

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

Mom's Night Out

February Date TBA – Please check our website!
 7:30 p.m.
 Nixx Neighbourhood Pub
 2418 Edmonton Trail NE

Come meet other neighbourhood moms for a drink, a bite or just some great conversation! All are welcome. There is no RSVP needed, but if you would like more information or to just let us know that you are coming, please email 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)



Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many, many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a toddler:

1. Eye contact with all conversations. This will mean that you will have to get down to their level and talk to them.
2. Have routines that are predictable for your toddler.
3. Always let them know that they matter to you.
4. Be positive when they try something new. It doesn't matter if they succeed or not.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nccemap@weconnectyou.ca.



A Letter Regarding Weekly Play Group

I would like to thank all the moms, dads, grandparents and caregivers who make our playgroup a cozy, entertaining and fun place to be with our little ones. We recently grew the toy collection at the community center to make the children's experience that much more exciting. Please come and check it out every Monday between 10 – 11:30 a.m. at the Winston Heights Community Centre.

We would also like to inform you that another mother and I plan on cleaning the toys on a more regular basis. We would really appreciate if some others who come and use the toys could pitch in whenever it is convenient. The cleaning will occur partially during the playgroup hours and on the second Monday of every month. We thank you for your help and contributions in advance for supporting the playgroup and our fabulous community.

Kind regards,

Sarah



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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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 CORNER

Free weekly morning **ESL conversational class** on Wednesday mornings, 10 a.m. until noon in the **North Hall** of WHM community centre. We are experienced ESL facilitators and are looking for New Canadians who want to practice their English.

If you know of anyone 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 Marie at 403.276.6335

Mark your calendar for Wednesday, **February 22, 2017, 7:30 PM** for an informative session on:



How will Canada's new assisted dying law affect you?

Come and learn! Please join us for an informative discussion on the implementation, challenges and future implications of Medical Assistance in Dying (MAID) under Canada's Bill C-14.

Featured speakers will include:

Patricia Remmers and Sigrid Wili from "Dying with Dignity"

Green sleeves with Goals of Care - Advance Care Planning documents and Personal Directives will be available along with people to answer questions on their usage.

Yoga classes (for the older adult) continue every Tuesday and Thursday 9:30 AM in the East Hall. Drop in with \$5 fee

Stitch and Chat

Are you handy with a hook? Nifty with needles? Are you blessed with the gift of gab?! Beginning in January, there will be a group meeting at the WHM community centre to *Stitch & Chat* every Friday from 1 p.m. to 3 p.m. Watch the WHM website for more details!

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

What the Heck is the Community Relations Committee???

We are so glad you asked! If you've ever considered volunteering within our community this just might be the committee for you. The WHM Community Relations Committee will be hosting an open house in the coming months to show you what we're all about and perhaps have an informal Q&A session. Please keep a watchful eye on the website for more details.

NEWS FROM THE COMMUNITY GARDEN

Hello Gardeners! It's 2017, and we are already planning for the upcoming garden season. If you'd like to reserve a bed in the community garden this spring, you'll want to make a note of the following important dates:

If you were a garden member in 2016, we are reserving your bed for you again in 2017. Please confirm with Stephanie whether or not you'd like us to continue to hold onto your spot, and make sure that she has your deposit by February 4th.

If you are on the waitlist to reserve a bed for 2017, know that we are looking forward to having you on our team, and please be prepared to have your deposit to Stephanie by Feb 28th.

If you are hoping to join us for the first time this year, we encourage you to join the waitlist before the end of February.

If there are any unreserved beds available after February 28th, they will be available to Community Members from March 1st - 31st, 2017. Please be aware that during this period, we also open up this invitation to gardeners in the surrounding communities. Payment will be required in full upon reserving a bed.

To reserve a bed, please email communitygarden@winstonheights.ca.

There is a fee of \$50 per bed per season. In addition to this fee, gardeners must hold a current Winston Heights-Mountview Community Association membership and be willing to contribute six hours of volunteer time in the garden over the course of the summer; that means working along with your fellow gardeners to maintain the beauty, cleanliness, and safety of the communal areas of the garden. Payments can be made by dropping off a cheque at the community hall weekday mornings, or by email transfer to hallmanager@winstonheights.ca. The password is *garden*.

We are always happy to welcome new gardeners. If you'd like to become part of the garden project, but are not interested in renting a bed, you can still join us by registering as a Friend of the Garden. In this role, you

can participate in special projects, join work parties or join the committee, and attend social events.

From the Community Garden: Sage

*****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. Combining other medications with sage can have side effects. This is only a brief summary of what sage can be used for, if you are interested in learning more please consult a medical professional. Furthermore, the Lodgepole School of Wholistic Studies offer classes on wholistic medicine.**

For this article we will explore the uses of Sage, specifically *Salvia officinalis*. Found in the community medicinal garden, Sage is native to the Mediterranean region, but has been naturalized throughout the world. The plant is in the mint family and is often characterized by woody stems, grey leaves and blue to purple flowers. You may know Sage for its uses in culinary dishes such as turkey stuffing, however there is a long history of use for medicinal purposes. Medicinally, sage can be used to improve brain function, reduce inflammation internally and externally (skin conditions), regulate digestion, boost the immune system, relieve indigestion and more.

The sage leaves can be harvested several times over the growing season. The plant is perennial, however after about four years of growth, the plant starts to degrade. Cuttings can be used to start a new plant or the plant can be removed and re-seeded. The leaves can be used fresh, or they can be dried in a dehydrator or in a warm, dark place and used for tea, tinctures or essential oils.

Tea – steep 1-2 tsp of the dried leaves in 1-2 cup of water for 10-15 minutes. Enjoy!

Sage Honey – used for irritated throat from excessive coughing and runny sinuses (reference: <https://theherbalacademy.com/making-sage-honey/>)

1. Fill sanitized Mason jar half way with fresh sage (chopped finely), or quarter of the way with dried sage.
2. Fill jar with raw honey, let sit open until all air bubbles are released then top off with additional honey (1/2 - 1/4 inch space left at the top).
3. Cover and let sit for two to four weeks. Enjoy!

Renfrew Community Association

Candy Rave

February 24, 2017

8 pm to 10 pm

\$5 per person

Grades 6 to 9 only



Prizes

Live DJ

Concession

Mardi Gras

renfrewcandyrave@gmail.com



AHS Public Health Forum Invite

Alberta Health Services (AHS), in partnership with Alberta Health, is initiating conversations across Calgary and Central Zones to look at the delivery of health services in 2031 and beyond.

A public blog on AHS' website invites all community members across both zones to share their perspectives and participate in conversations about how healthcare could be structured in 15 years.

The blog site builds upon in-person meetings that have taken place across both zones through late November and early December. These included visioning sessions, smaller group workshops and meetings that involved community members (including individuals typically under-represented in formal engagement activities), health partners and stakeholders. They were asked to examine ways to co-design and co-deliver a sustainable, quality health system that promotes healthy communities and provides appropriate access to services, programs and facilities across Alberta.

"We are exploring new, innovative ways to structure and deliver care," says Lori Anderson, Senior Operating Officer at the South Health Campus. "It's important that we work together because the healthcare model of the future involves more community-based services and shared opportunities between AHS and community partners."

Projections of health service delivery in 15 years show an increase in older demographics and more chronic health conditions.

"In the healthcare system of the future, the emphasis needs to be more preventative with proactive measures that will keep all Albertans, including our children and grandchildren, healthier," says Larry Albrecht, Chair of the Prairie Mountain Health Advisory Council. "It's also expected that health services will be more community-based."

Opportunities for community member input will continue throughout the year-long planning process. The feedback and ideas will contribute to informing a high-level health system strategy proposal, which will be further developed in 2017.

AHS is currently focusing long-range planning efforts on Calgary and Central Zones. Similar planning in Edmonton Zone is ongoing. Long-range planning for North and South Zones will follow. For more information on how you can be involved, please contact community.engagement@ahs.ca or join the conversation at www.ahs.ca/longrangeplanning.



Registration for the 2017-2018 school year is now open!

Open House for new families
March 9, 5pm-6:30pm

For the 2017 - 2018 school year, Highland Park Preschool will be offering morning and afternoon classes for 3 & 4 year olds

Monday/Wednesday/Friday - \$170/mo - 4 year olds
Tuesday/Thursday - \$130/mo - 3 year olds
Registration fee \$65.00



Please see our website for more details
www.highlandparkcommunity.ca
Contact Carolyn by email at hpca@shaw.ca or phone 403-276-6969

*Flexibility on days of week and ages is possible on a case by case basis.
**4 and 5 day rates are available if families are interested in additional days
***Afternoon classes will be waitlisted until enough children are registered to confirm running the class.

BUSINESS CLASSIFIEDS

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

CALGARY JAZZ DANCE: Kids Dance Classes! Meet new friends and stay active. Winter session for acro/jazz (ages 4+) on Mondays. Certified and professional instruction. We are located in Mayland Heights at the Evergreen Community Spaces. Acro, Jazz, Tap, Ballet and Hip Hop classes coming soon! Visit our website at calgaryjazzdance.com to register or call Arlene at 403-835-4535. New students welcome.

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.



Trivia

Black History Month

The 21st Black History Month is celebrated this February, it was formally recognized following a motion introduced in the House of Commons by the first black Canadian woman elected to

Parliament, the
Honourable
Jean Augustine.

Community Rink News

With the winter weather finally here, volunteers began flooding the WHMCA outdoor rink on Sunday, Dec 4th. The ice is slowly building up and should be ready for skating in the near future. As Calgary is famous for its Chinooks, it's essential that we take advantage of this current polar vortex to build the ice so that it lasts all season. Maintaining the ice will be an on-going process to ensure optimal skating conditions and the rink committee is always seeking new volunteers to help out. If you would like to get involved, please contact JF Gagnon at 587-438-3827.

Marsden Road Park Adopt-A-Rink!

Great news: The Marsden Road Adopt-A-Rink is coming back!

The rink will be returning to the bermed area in the Marsden Road Park for this winter, where there is proper lighting and water service!

Please remember that this rink is intended for recreational skating only and that pucks and sticks are not allowed. Hockey is permitted at the main rink at the community hall.

Craig Baskett creates and maintains the Adopt-a-Rink at Marsden Road Park, so if you see him around the neighbourhood, please say thank you!

Renfrew Community Association

Jelly Bean Dance

February 24, 2017
6 to 8 pm

\$3 per youth
Grades K to 5

Prizes
Live DJ
Candy Bar

Bring your own
water bottle!
get free koolaid

renfrewjellybean@gmail.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

Hello Calgary-Klein!

As of November 2016, approximately 110,000 families, caring for an estimated 200,000 children, have received the Alberta Child Benefit (ACB).

The ACB, which came into effect this past summer, helps families to make ends meet and support the well-being of their children.

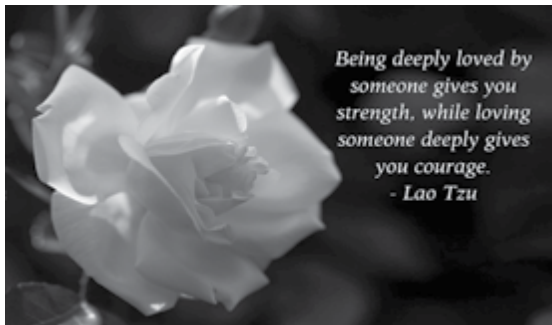

If you have a child under the age of 18, have been an Alberta resident for at least one month and earn less than \$41,220 per year in net family income, you may be eligible for the benefit.

To qualify for the ACB, Albertans must file their tax return. The current benefit year for the ACB runs from June 2016 to June 2017, and eligibility is based on 2015 income tax returns.

If you have not yet filed your 2015 tax return, you are encouraged to do so to benefit from the ACB and other programs that you may qualify for.

Visit humanservices.alberta.ca/childbenefit or call the Alberta Supports Contact Centre at 1-877-644-9992 (780-644-9992 in Edmonton), for more information on the ACB.

As always, our office is happy to hear any feedback from constituents, and we may be reached at calgary.klein@assembly.ab.ca or 403-216-5430.

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!

I hope that you enjoyed the last couple weeks of 2016.

With the recession that we Calgarians have suffered through for the past two years, it's important that we reflect on what we have, maintain hope for what may be, and roll up our sleeves together and work towards making our neighbourhoods prosper—as we always do.

We have seen our quality of life shaken by the hit to our local economy. As your City Councillor, I have seen and heard about it from you at events, through email, social media, and in one-on-one meetings. Things are tough, but we are still optimistic.

In 2016, your Team Ward 9 supported increasing affordable housing stock for seniors, reformed the secondary suite process, increased the potential space for child care services, lowered property taxes, and removed the "Greenfield" development subsidy for new developments on the edges of our city - decreasing the tax burden on tax payers to the tune of \$6,000 to \$20,000 per residential unit built.

We have also supported moving up the time tables of, and building, infrastructure projects to get Calgarians back to work, and amended the sliding scale subsidy for our less fortunate neighbours to ensure that they do not get left behind as we all tighten our fiscal belts.

I am proud to report that just over 8 out of 10 (82%) Ward 9 residents still say the quality of life in Calgary is good, and that almost 9 out of 10 (88%) residents are proud of the neighbourhood they live. This is the very basis of our upcoming success, as it is this togetherness that will ultimately see us out of the current rut that we are in.

This year, your Team Ward 9 and I will continue to focus on infrastructure, transit and traffic (and congestion), crime, safety, sustainable community growth and planning, and supports for people living in poverty and affordable housing.

I continue to hear you, and work towards creating the environment that will help our friends, families and neighbours flourish.

As always, I encourage you to contact me to let me know what your priorities are. I also encourage you to sign up for our updates at calgary.ca/ward9connect to stay in the know.

See you soon and let's make this a great 2017.



Calgary Confederation
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 403-220-0888
 len.webber@parl.gc.ca

It's tax time!

It is tax time and you may require assistance when filing your taxes and the Canada Revenue Agency (CRA) can help. They offer service in both official languages as well as via TTY service. Their website at www.cra.gc.ca is an invaluable source of information for the 26 million tax filers in Canada.

Most Canadians get a tax refund and so it pays to file your taxes. Low-income Canadians must file a tax return to access certain income support programs. Free tax preparation software is available at www.cra.gc.ca/netfile.

It is important to avoid tax scams! The CRA will NEVER communicate with you via email. If you get emails regarding your taxes, they are not legitimate and should be deleted immediately without opening the attachments. If you receive a phone call from someone saying they are from the CRA and you are unsure if it is legitimate, hang-up and call the CRA directly and they will be able to call up your file and address any issues. Never give personal information to a stranger.

Through the Community Volunteer Income Tax Program (CVITP), community organizations host free tax preparation clinics and arrange for qualified and security-cleared volunteers to prepare income tax and benefit returns for eligible individuals who have a modest

income and a simple tax situation. To see the clinics in Calgary, please visit www.cra-arc.gc.ca/tx/ndvdl/vlntr/clnccs/calgary-ab-eng.html or call 1-800-267-6999.

If your enquiry requires CRA to access your account and release or update personal information, they will ask you to identify yourself. Please be prepared to provide the following:

- your social insurance number or business number;
- your name or business name;
- your complete address or complete business address;
- your date of birth (individual accounts only);
- for individual and trust accounts, details from your account or your most recently assessed return, notice of assessment, reassessment, or other tax document; and
- for business accounts, details from your business account or your most recently assessed business-related tax information return.

If you wish to deal with the CRA on someone else's behalf, you must be an authorized representative.

For a full list of contact numbers for the various departments at CRA, please visit www.lenwebber.ca/need-help-with-your-taxes/.

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

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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
December 2016	\$0	\$0
November 2016	\$499,900	\$492,500
October 2016	\$549,000	\$515,000
September 2016	\$0	\$0
August 2016	\$524,900	\$520,000
July 2016	\$919,950	\$908,750
June 2016	\$729,000	\$712,000
May 2016	\$0	\$0
April 2016	\$430,000	\$447,500
March 2016	\$379,900	\$390,000
February 2016	\$1,550,000	\$1,551,000
January 2016	\$489,900	\$475,000

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

	No. New Properties	No. Properties Sold
December 2016	1	0
November 2016	3	1
October 2016	3	3
September 2016	3	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

To view more detailed information that comprise the above MLS averages please visit winstonheights.great-news.ca

At the end of the Beatles' song "A Day in the Life", an ultrasonic whistle, audible only to dogs, was recorded by Paul McCartney for his Shetland sheepdog.



Trivia

PLU #1110118

Healthy Savings Coupon!

\$5 OFF a purchase of \$25 or more!

Present this coupon at cash register to receive discount. Minimum \$25 purchase required. One coupon per purchase. Cannot be combined with any other offer. No cash value. Expires Mar. 31, 2017.

*See our flyer at blushlane.com



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