

JANUARY 2017

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WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER



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January 13, 2017

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\$5 per person

Grades 6 to 9 only

Prizes
 Live DJ
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renfrewcandyrave@gmail.com





WINSTON HEIGHTS/MOUNTVIEW COMMUNITY ASSOCIATION

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

www.winstonheights.ca • questions@winstonheights.ca

Delivered monthly to 2,400 households and businesses

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newsletter@winstonheights.ca

All editorial content must be submitted by the 10th of the month for the following month's publication.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Winston Heights-Mountview Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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



EVENTS COMMITTEE

By Kari Major

Hello neighbours! I want to start with a huge thank you to all of those who came to our annual **Santa's Breakfast and Craft Market** on November 26th. The event started with 30 tables, piled high with precious hand-made treasures to fill your loved one's stockings. **Head Market Elf, Suzanne** ensured that all the vendors had what they needed to set up their wares. We also had our volunteer elves, under the supervision of **Head Kitchen Elf, Doreen**, whipping up scrumptious pancakes, scrambled eggs and sausages. Eating together is such a huge part of the holidays, it was wonderful to see everyone chatting and laughing over breakfast and coffee. Over the day of the event, 25 members of our community volunteered for the event and helped to make it a wonderful success. Overall 255 people attended, 189 breakfasts were enjoyed, and the bake table raised 200 dollars for the Foodbank. Santa sat and listened to the wishes and dreams of 45 children and nothing is better than the smiles and looks of wonder on those children's faces.

Today it is -21 outside and I know that we have many winter months yet to come. Some of our time as a community can be shared outside, for example at our **Family Day Party on February 20th** and some days our time is more comfortably spent inside. Please check out our weekly and monthly events at the hall. Also, starting in January a new group will be meeting in the Hall Friday afternoons: **Stitch and Chat** is an inclusive group



of individuals who quilt, knit, stitch and crochet and meet to share knowledge, ideas and friendship. If you have any ideas for a new group in our community or an event that would bring us together, please email me at events@winstonheights.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!
Please check the WHM website for January date and venue!

Unwind after the holiday hustle and join us for the first MNO in 2017. Come meet some new moms in the neighbourhood or catch up with old friends. We are a super friendly and casual group and new faces are al-

ways welcome! No RSVP is necessary, but feel free to email Christine at president@winstonheights.ca for more information.

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)

Winston Heights-Mountview Community Association

520 27 Avenue NE Calgary, AB T2E 2A6

Phone: 403-276-5474

Email: questions@winstonheights.ca

Hall Rentals: hallmanager@winstonheights.ca

ONLINE

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

BOARD OF DIRECTORS

Position	Name	Phone	Email
President	Christine Johns	403-510-9080	president@winstonheights.ca
Vice President	Caleigh Rabbitte	403-589-6828	caleigh.rabbitte@gmail.com
Treasurer	Don Phillips	403-615-2774	treasurer@winstonheights.ca
Secretary	Karim Zariffa	403-973-3500	secretary@winstonheights.ca
Past President	DJ Kelly	403-714-8901	whmv@djkelly.ca
Director	Terence Evans	403-542-2855	operations@winstonheights.ca
Director	Pat Hanson	403-226-0181	mchanson@telus.net
Director	Kari Major	403-554-6439	events@winstonheights.ca
Director	Linda Sharp	403-276-4510	heritage@winstonheights.ca
Director	Karl Sonnichsen	403-681-9142	communications@winstonheights.ca

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

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
Community Relations	Karl Sonnichsen DJ Kelly	communications@winstonheights.ca whmv@djkelly.ca
Executive	Christine Johns	president@winstonheights.ca
Facilities & Operations	Terence Evans	operations@winstonheights.ca
Finance	Don Phillips	finance@winstonheights.ca
Heritage	Linda Sharp	heritage@winstonheights.ca
Munro Park Redevelopment	Karl Sonnichsen	communications@winstonheights.ca
Planning & Development	Kris Webb	planning@winstonheights.ca
Rinks	JF Gagnon	rinks@winstonheights.ca
Traffic	Ian Wacker	traffic@winstonheights.ca

IMPORTANT CONTACTS

Newsletter Editor
Danielle K
newsletter@winstonheights.ca

Facility Manager
Suzanne Mott
hallmanager@winstonheights.ca

NPC
NPC, Rosanne Pinchin
rosanne.pinchin@calgary.ca

Police Liaison
Cst. Gord Denison
gdenison@calgarypolice.ca

Ward Councillor
Gian-Carlo Carra
ward09@calgary.ca



Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

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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.

Ice Tots

The Winston Heights Mountview Community Association is bringing back **Ice Tots** this season!

Ice Tots is a learn-to-skate program for three- to five-year-olds taught in a group format. Each child must be accompanied on the ice by an adult. (The adult should wear skates or non-slip footwear on the ice.)

Brittany Jones, a very qualified skating instructor with coaching and first aid certification will again teach our pro-

gram, which will consist of eight weekly 45 minute classes starting January 7th at the community rink. We will hold one set of classes at 10:00 a.m. and another at 11:00 a.m. We can take up to 10 adult/child pairs in each.

Because the Community Association will again underwrite the costs of the program, we can offer it free of charge to Community Association members and for a nominal cost of \$20.00 for non-members. Similar indoor programs cost around \$70.00/child.

Preregistration is required and children must have skates and a CSA helmet. If you and your child wish to participate, please register at winstonheights.ca

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!

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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.

There will be a Christmas break from Dec.23 – Jan. 8. We will pick up the playgroup starting again Jan. 9.

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



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 funtion 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

Renfrew Community Association

Jelly Bean Dance

January 13, 2017

6 to 8 pm

\$3 per youth
Grades K to 5

Bring your own water bottle!
get free koolaid

Prizes
Live DJ
Candy Bar

renfrewjellybean@gmail.com



MOUNTVIEW CHURCH OF GOD
637-17 Avenue NE
Calgary, 403-277-7219

SUNDAY MORNING SERVICES:
Sunday School & German Worship Service
10 am
Family Worship Service
11 am
Please join us!

COMMUNITY CORNER

Monthly **daytime book club** is held on the first Friday of the month, 10 a.m. -noon. You are welcome in joining; it is open to everyone. For more information, email actiii@winstonheights.ca or phone Myrna 403-283-8391. *Please note: this book club is separate from the Tuesday evening book club.

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

Traffic Committee Update

The speed hump and curb extensions have been installed on 27th Ave NE by the 4th Street intersection. The City is also measuring traffic on 27th Ave now that these measures have been installed. The hope is that traffic speeds will be reduced, it might also impact volumes. Please let us know if you have any comments about these changes to this street by emailing traffic@winstonheights.ca.

Based on community feedback, the Traffic Committee has followed up with the City in regards to concerns on the east side entrance to Monroe Park, and how the ramp directs foot traffic and bikes onto 4th street near 17th Ave NE with no marked crosswalks and cars that are often parked blocking this exit. There is a request into the City regarding this, the Committee will keep the Community informed regarding the progress.

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 and the Feb. newsletter for more details.

COMMUNITY GARDEN

We in the garden believe it's never too early to begin thinking about spring. With that in mind, we ask that garden members returning next year and new gardeners hoping to join us in 2017, make a note of these important dates:

If you were a garden member in 2016 and you'd like to reserve your bed for 2017, please have your deposit to Stephanie by February 4th.

If you are on the waitlist to reserve a bed for 2017, please have your deposit to Stephanie by Feb 28th.

Any unreserved beds will be available to the public from March 1st - 31st 2017. 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 volunteer for six hours of service working together with your fellow gardeners to maintain the common areas of the garden over the course of the summer. 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: Echinacea

***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 echinacea can have side effects. This is only a brief summary of what echinacea 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 Echinacea. Found in the community medicinal garden, Echinacea is native to North America, often found in the central

and eastern prairies or open wooded areas. The plant has been used by Great Plains First Nations tribes for more than 400 years. Echinacea is often characterized by large pink to purple flowers with a spiky seed head that resembles a cone, and will grow up to 1 to 2 feet tall. Generally, Echinacea is used for relieving infections and symptoms caused by the cold or flu. Additionally, the plant can be used to relieve pain both internally and externally. It can be effective in treating headaches, sore throats and eczema. The active ingredients in Echinacea are said to boost the immune system or act as an anti-inflammatory. The entire plant can be used for medicinal purposes; however the flowers and leaves are used more often as they can be harvested several times over the course of the plant's lifetime. The flowers and leaves can be harvested starting in the second year of growth. Leaves can be harvested at any time and flowers should be harvested just as buds start to open. The leaves and flowers can be dried in a dehydrator or in a warm dark place and can be used for tea, or to make tinctures. The roots can also be harvested, details not included here.

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



The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythroneura)
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.

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.

Part-time Employment Opportunity

Relief Custodian - WHMCA is looking to hire casual Relief Hall Staff. The main priorities of Relief Hall Staff would be to clean and prepare the hall for renters. The time commitment would be two days every other weekend and two weeks in the summer - this role would be great for a retiree, student, or newcomer to Canada! We would also be interested in somebody for the immediate short term, if you are not interested in long term work. Please call Caleigh Hanks at 403.589.6828 (no resume needed) or e-mail a resume to caleighjdh@gmail.com to apply. Visit: winstonheights.ca/relief-hall-staff/ for more details on the position.

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!

Share Your Community Pics

Do you like photography? Do you like Social Media? Combine the two and help share our community on Instagram! Follow and tag us @winstonheights. Follow our hashtag #whmca.

Submit photos to publish: communications@winstonheights.ca or maybe you can join our team of volunteers and post directly, email us for more details!

BUSINESS CLASSIFIEDS

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

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

CALGARY JAZZ DANCE: Kids winter session on Mondays! Acro/Jazz Combo: 4-6 yrs 5:30-6:15 p.m. and 7-10 yrs 6:15-7:00 p.m. Certified and professional instruction, located in Mayland Heights at the Evergreen Community Spaces. Arlene 403-835-4535 calgaryjazzdance.com

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.

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403.668.6402

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 Real Estate Update

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

	Average Asking Price	Average Sold Price
November 2016	\$499,900.00	\$492,500.00
October 2016	\$549,000.00	\$515,000.00
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

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

	No. New Properties	No. Properties Sold
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
December 2015	2	0

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

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.



Little Free Library

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



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!

Last month, Prime Minister Trudeau and his government approved important energy infrastructure projects, which are critically important to the economic future of the people of Alberta. Our province has experienced a dramatic oil price shock over the last two years, and these new pipeline approvals give us a chance to break our landlock. We're getting a chance to sell to new markets at better prices, and reduce our dependence on a single market. We're getting a chance to pick ourselves up and move forward again.

Our made-in-Alberta Climate Leadership Plan is getting results. Albertans are used to being leaders, and these pipeline approvals demonstrate the benefits of our leadership. By leading the way in addressing

climate change and phasing out of coal, we are getting real results for our energy industry. We are proving that you don't have to choose between jobs and the environment: we are doing both. Working families shouldn't have to choose between making a decent living versus protecting the environment for our kids and future generations.

This decision will mean:

- Access to the largest market in the world for oil and gas resources.
- Jobs and prosperity for Albertans and Canadians alike.
- Fairer value for our oil and gas exports.
- An end to Alberta's energy resource landlock.

Let's work together across our province to protect our environment, create jobs, and work for a greener future.

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AMA

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Winter/Spring 2017 New Friends & Neighbourhood Groups Calgary Immigrant Women's Association



CIWA
Calgary Immigrant Women's Association

- Practice English and make new friends
- Sessions run from September to December and January to June
- Join anytime
- Free childcare (6 months - 6 years)

Contact:
Debra Colley at (403-444-1752) or debrac@ciwa-online.com

Thornhill Group (Judith Umbach Library) 6617 Centre Street N (Judith Umbach Library) Mondays 10AM - Noon (Jan 9 - June 19)	Shawnessy Library Group 333 Shawville Blvd S.E (Program Room) Mondays 1-3 PM (Jan 9 - June 19)
Manchester Group 5717 2nd Street SW (2nd Floor Program Room) Tuesdays 10AM - Noon (Jan 10 - June 20)	Varsity Group 4612 Varsity Drive N.W (Varsity Acres Church Cafe) Tuesdays 10AM - Noon (Jan 10 - June 20)
Beddington Group 16 Bermuda Drive N.W (Agape Language Centre) Tuesdays 1-3PM (Jan 10 - June 20)	Fish Creek Library Group 11161 Bonaventure Drive S.E (Program Room) Tuesdays 1-3 PM (Jan 10 - June 20)
Westbrook Group (Nicholls Family Library) 1421 33 Street SW (Program Room) Tuesdays 1-3 PM (Jan 10 - June 20)	Bowness Group 4712 21st Avenue N.W (New Life Church Basement) Wednesdays 10AM - Noon (Jan 11 - June 21)
Edgemont Group 224 Edgeburn Lane N.W Wednesdays 10AM - Noon (Jan 11 - June 21)	Marda Loop Group 3818 14A Street S.W (River Park Church - Room 110) Wednesdays 10AM - Noon (Jan 11 - June 21)
Saddleowne Library Group 7556 Falconridge Blvd N.E (Program Room) Wednesdays 1-3PM (Jan 11 - June 21)	CIWA Evening Group - Ongoing all year round <i>Free Childcare (19 months - 6 years)</i> 138 - 4th Avenue S.E (Room 232) Wednesdays 5-7 PM
Ranchlands Group 7750 Ranchview Dr NW, Unit #23 (NW Islamic Centre) Thursdays 10AM - Noon (Jan 12 - June 22)	Village Square Library Group 2623 56th Street N.E (Library Program Room) Thursdays 10AM - Noon (Jan 12 - June 22)
Forest Lawn Library Group 4807 8th Avenue S.E (Program Room) Thursdays 1-3 PM (Jan 12 - June 22)	Chinatown Group 114 - 3rd Avenue S.E (Room 208) Fridays 1-3 PM (Jan 13 - June 23)

Calgary Immigrant Women's Association
#200, 138 - 4th Ave SE | (403) 263-4414 | www.ciwa-online.com



Calgary Confederation
Len Webber, MP
2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

Make Sure You're Heard

As your Member of Parliament for Calgary Confederation, it is my job to represent you in Ottawa.

To effectively represent you I use a variety of methods to gauge your input on a number of issues.

I read your letters, your emails and canvass homes in the riding by going door-to-door.

These interactions allow me to know what issues you feel are the most important, how you want to be represented and get critical feedback on issues of the day.

Another way I get input from all residents is to send mailings to your home. I use these mailings as a way to inform you of critical information as well as getting your feedback on issues before Parliament.

For example, while I supported making our national anthem gender-neutral, the response I receive via my community mailings was clear. When asked, 82% of constituents favoured keeping the existing lyrics for our national anthem. As a result, I voted in favour of keeping the existing wording as it is my job to represent you.

If you don't respond to my mailings, you may not be represented on issues before Parliament in the way you want to be. I can't encourage you enough to participate in these surveys to ensure you are heard.

Recent issues I have focused on in my mailings are unemployment, electoral reform, organ donation, seniors, carbon taxes and voting rules.

Each month, thousands of constituents are kept regularly informed through my timely email newsletter.

While thousands receive this free email, there continues to be thousands who do not because I don't have your email address. Please go to my website at www.lenwebber.ca to sign up. If you decide later that you

wish to unsubscribe from my newsletter, I can remove your email at any time. In the meantime, you may be quite surprised at the useful and interesting information I pass along.

Included in that email newsletter is a poll that has proven to be one of the most popular features. Again, I would like to have your opinions on these issues.

A healthy democracy requires a good dialogue between citizens and their elected representatives. Those who do not participate in their democracy are destined to be represented by those that do. Please consider getting more involved and ensure you are heard.

STEP INTO WINTER



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

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

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

By completing the 3 questionnaires you will receive:

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

To participate contact Research Coordinator:
perryr@ucalgary.ca

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



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2016-2792



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403.620.3634 tony@tonynicastro.com www.tonynicastro.com