

MARCH 2017

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WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER



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CLIMB FOR WILDERNESS

**SATURDAY, APRIL 22, 2017
THE BOW BUILDING**

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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

Editorial Submissions

newsletter@winstonheights.ca

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

Advertising Opportunities

403-263-3044 | sales@great-news.ca

All advertisements must be submitted by the 1st of the month for the following month's publication.

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Serving Calgary communities for 28 years

91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:

www.great-news.ca

GREAT NEWS PUBLISHING **28** YEARS

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Winston Heights-Mountview Community Association.

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

PRESIDENT'S MESSAGE

After our -- at times -- cold and snowy winter, it can be hard to believe that spring is just around the corner. With spring comes many new beginnings and opportunities, including a chance to get more involved in the community that you call home.

Are you interested in being more engaged in the community? Do you want to meet new friends and neighbours? Do you have ideas, skills or just the passion to make a difference and give back to the community that you live in? If you answered yes to any of these questions, we need you!

The WHMCA AGM occurs in May and we are looking for interested community members to join the Board. There are positions to suit whatever background you have and we need your ideas and experience around the table. Board meetings are the first Tuesday of every month from 7-9 p.m. If you think you might be interested in joining the Board, please contact Christine

at President@winstonheights.ca or drop by one of our monthly meetings as they are open to the community.

If a Board of Directors position is not of interest, but you are eager to be involved, please consider volunteering for one of our many events, activities or committees. From Planning and Development, Activities and Events, Communications, Facilities and Operations, Centennial Garden and everything in between, we have something that is right for you! Contact volunteer@winstonheights.ca for more information.

There will be a more formal opportunity to recognize all of the hard working volunteers in our community at our annual volunteer appreciation event later this spring, however, I want to say thank you to all of you. Please know that every day you are making a difference in the lives of your neighbours and helping to make Winston Heights-Mountview a great place to live, work and play.

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

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In addition we offer many services such as,
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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

www.winstonheights.ca
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 Rabbittie	403-589-6828	caleigh.rabbittie@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

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

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

IMPORTANT CONTACTS

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gdenison@calgarypolice.ca

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Gian-Carlo Carra
ward09@calgary.ca

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WHMCA EVENTS

winstonheights.ca/activities-events/activities/

Mom's Night Out

Thursday, March 16 2017
7:30 p.m.

NIXX Neighbourhood Pub - 2418 Edmonton Trail NE

No RSVP needed. Come join us for an informal evening of great conversation and an opportunity to connect with other moms. Whether you work in or out of the home, are expecting or have little (or bigger) ones at home, please join us. You are sure to meet new friends and have a few laughs along the way. For more information, please contact Christine at president@winstonheights.ca

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

The book club has just finished choosing our next round of books. Another set of exciting titles that further round out our overall selections. Here is the list and dates for the next seven months:

MAR 21	Small Great Things	Jodi Picoult
APR 18	Hidden Figures	Margot Lee Shetterly
MAY 16	Nutshell	Ian McEwan
JUN 20	Slaughter House Five	Kurt Vonnegut
JULY 18	The Nest	Cynthia D'Aprix Sweeney
AUG 15	Witches of New York	Amy McKay
SEPT 19	Tiny Wife	Andrew Kaufman

Playgroup –

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



Looking for Feedback

Currently we have 7 sandwich boards. We are looking at replacing them, but before we do, we would love some feedback regarding location placement!

Current Locations:

- Merrill Park
- Midfield Park (single sided)
- Victory Park
- 27th Ave & 6th St
- 20th Ave & 4th St
- 19th Ave & 6th St (single sided)
- Moncton Rd & 17th Ave

We are looking for a list of locations that would be suitable or better suited than the current locations. Suggest as many as you would like (current locations may still be the best spots, but we want to know what you think!)

Email: communications@winstonheights.ca or visit <http://winstonheights.ca/sandwichboards> to submit the feedback online!

Volunteer Opportunity

We are looking for people who are interested in joining our Facility and Operations Committee for the Winston Heights-Mountview Community Association.

If you have any special interests or skills in the line of facilities and or operations, such as experience with various government departments or agencies or the operations of buildings and/or overall properties, or if you just like contributing to your community in a meaningful way, please come out and meet us.

Chairman: Terence Evans
operations@winstonheights.ca
403-452-0485



Community Rink News

With winter winding down and warmer days on the way we prepare to say 'goodbye' to our rink for another season. We had a great group of volunteers helping maintain the rink again this year and look forward to them returning to help in the fall.

We would like to give a special thanks to Linda Sharp for organizing the Ice Tots program and Sarah for being an incredible instructor to all of our future skaters. This program was completely full before it started and the kids had a great time learning to skate with their friends and neighbours and always looked forward to enjoying a cup of hot chocolate at the end of class.

Also, another big thank you to Craig Baskett for taking care of the Marsden Road Park Adopt-A-Rink. Another great season! Again, thank you to all the rink volunteers... without you these programs could not happen in our community.

That being said we will be looking for a few more helping hands in April as we dismantle the rink boards and again in October for the rebuild. If you think you can help please keep an eye out on our website and our social media streams for specific dates and times. As well be sure to watch for our annual rink survey to share your thoughts and comments. Your feedback is always welcome!

If you would like information about volunteering, joining the rink committee or to be added to rink notifications please email: volunteers@winstonheights.ca.



The Community Relations and Heritage Committees announce the establishment of the Long Service Volunteer Award. The award will be presented to a volunteer, selected by the WHMCA Board, who has committed their time, energy and skills to the WHMCA for a period of more than 15 years, in multiple capacities. The Award recognizes the value of an enduring commitment to make Winston Heights Mountview a livable, attractive, safe, friendly, inclusive and sustainable community. Recipients of the Award will be acknowledged on a plaque in the front foyer of the Community Hall and receive their own plaque to display at home. The award will be presented annually.

We will announce our 2016 recipient shortly.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 12

BLUE CART RECYCLING TIP OF THE MONTH

Bag your bags!

Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting into your blue cart or community recycling depot.

Learn more tips for preparing your recyclables at calgary.ca/recycling.

YES! ✓

Bundle all stretchy plastic bags together in one bag and tie the handles closed. Acceptable plastic bags include:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Ziploc®/freezer bags
- Bread bags
- Dry cleaner bags
- Plastic stretch wrap
- Bubble wrap

NO ✗

Do not recycle these types of bags:

- No single or loose plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches



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 show off our wonderful 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. Your photo could end up on the cover of our newsletter!

Membership News

As another membership year comes to end (membership year runs from April 1 - March 31) we are excited to announce that we will be continuing our FREE membership program (free for community residents, \$10 for non-residents/businesses) for the 2017-2018 membership year! To renew your membership please submit the form below or visit us at www.winstonheights.ca. When completing the form, please include your membership number, if known (your membership # and status can be found in your eNewsletter). If you do not have or know the number we will check our files upon submission and reach out to you with it.

Membership renewals will begin on March 1, 2016. If you would like to volunteer for our door-to-door campaign (beginning in April) please email membership@winstonheights.ca.

Community Arts & Activities Centre
Fun stuff for the whole family!
Check out what's on at:

ecspaces.com

Mayland Heights
1709 8th Ave NE
403-228-1384

evergreen
community
SPACES
arts, activities & events

Membership Form 2017/2018 Membership # (if known): _____

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 (required): _____ Postal Code (required): _____

Phone #: _____ Email (required): _____

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

Spouse/Partner Email: _____

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 Pre-Stamped Bar-B-Que or rent a table at the Craft Market you also receive a discount.

Please make cheque payable to:
Winston Heights –Mountview Community Association
Please mail cheque and this form to:
520 - 27 Avenue NE, Calgary, AB T2E 2A6

Or Visit us at www.winstonheights.ca to complete it online.



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.

GREAT JOB for a Student! Easy/trained dog to walk around the neighbourhood after school. \$10 for each walk (3 afternoons per week) Must be reliable in various weather conditions. Email: margaretjaswal@gmail.com Thank you.



Winston Heights - Mountview Real Estate Update

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

	Average Asking Price	Average Sold Price
January 2017	\$574,900	\$540,000
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

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

	No. New Properties	No. Properties Sold
January 2017	1	2
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

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

BUSINESS CLASSIFIEDS

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

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

FLAMINGO MUSIC: accepting students for Piano, Guitar, Violin, Bass, Drums, Voice, RCM, and Band. Ages 4 to adult. Open 7 days per week. Special needs welcome. Band nights, field trips, and performance opportunities. Starts at \$70-75 per month. Phone 587-470-7988 or e-mail info@flamingomusic.ca.

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.



BRAIN GAMES SUDOKU

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

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March 17, 2017

8 to 10 pm

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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 Neighbours,

Businesses are integral to Great Neighbourhoods and it is my fundamental belief that great neighbourhoods are the most powerful tool we have to build a diversified economy. Additionally, on account of our industrial working landscapes, Ward 9 hosts Calgary's second largest economic engine behind the downtown.

Over the last few weeks, many of you have reached out to my office concerned about how the City of Calgary's revenue neutral tax policy has spread the pain of taxation across our local business community, as assessments in the downtown core have plummeted on account of historic vacancy levels; our non-residential tax base outside of the downtown having to pick up the tax slack has been exceptionally hard on Ward 9 businesses.

I wanted to take this opportunity to update you on the increases to non-residential property taxes and how we plan to help. At the end of January, City Council endorsed the Municipal Non-Residential Phased Tax Program (the PTP).

During the Mid-Cycle Adjustments in November 2016, City Council set aside \$15 million with the intention of shaving the peak off of the rising taxes that our small- and medium-sized businesses would be dealing with in 2017.

We quickly learned that defining what entities actually met a meaningful test for what constitutes a small- and medium-sized business was incredibly challenging, and in the face of this uncertainty, that \$15 million probably wouldn't be enough. Happily, on January 23, Council voted in favour of taking \$45 million from savings so we could broadly offer relief to all non-residential property tax payers.

The PTP will reduce taxes to a 5% increase for all non-residential accounts assessed. What this means is that, despite the increases pushed across the board due to lower downtown assessments, any business in Calgary facing an increase in the municipal portion of their non-residential property tax will not have to pay an increase of more than 5%.

On the whole, I'm very pleased that Council understands the challenges facing Calgarians right now, and that we've managed the City into a position where we're able to help. In total, Council has approved \$183 million in supports for Calgarians, which includes \$73 million in tax relief, \$66 million in user fees and utility rate freezes, \$9 million in targeted initiatives, and \$35 million in lower revenues absorbed by the City of Calgary through efficiencies.

I will continue to work on the behalf of my Ward 9 businesses, institutions, and residents.

Yours,

Gian-Carlo

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Renfrew Community Association

Prizes
Live DJ
Candy Bar

Fun for all Ages!

happy
ST. PATRICKS
DAY

Jelly Bean Dance

March 17, 2017
6 to 8 pm

\$3 per youth
grades K to 5

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,

Alberta's diversity is one of its greatest strengths. Alberta has always been a home to those seeking refuge, and this will not change. Refugees and immigrants to Canada enrich our society beyond measure, and make incredible contributions to our communities, our economy, and our thriving cultural fabric.

Alberta will welcome those fleeing persecution, terror and war with open arms because all people deserve to live in peace and security. My family and I feel incredibly fortunate to enjoy these things in Alberta. Our country was largely built by wave after wave of immigrants, who made new lives, sharing lands long home to Indigenous peoples. And so just as previous generations made their homes here thanks to the kindness of others, so too should we offer this same kindness to those starting new lives here. Hard work and a commitment to building strong and diverse communities have shaped this great province. As our economy recovers, let's work together to welcome newcomers and offer them care and opportunities to succeed.

Let's work together for a prosperous, diverse, and fairer Alberta.

Government goes back into session this month. Our office is happy to hear from you, and may be reached at calgary.klein@assembly.ab.ca or 403-216-5430. I'll be available for the next *Coffee with Craig* at the Velvet Café (502 25 Ave NW) on April 8th, from 9am-11am.

CANADIAN,
EH?

Macaroni and cheese is the most purchased packaged item in our country.



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

What's Your Excuse?

If you needed a life-saving organ or tissue transplant, would you expect our healthcare system to do everything possible to make that a reality and save your life? Of course you would.

However, the real reason you likely would not get that life-saving operation is because there is a shortage of organs in Canada ... well, not the organs, but the donors.

There are 4,600 Canadians in need of a transplant and hundreds of those will die this year waiting for a one. Shockingly, only 8% of adult Albertans are registered to donate their organs. (In Ontario, 29% are registered!)

We don't have a lack of healthy organs in Canada, but we do have shortage of people willing to donate them.

As one eight year-old girl recently said to me, "Why wouldn't you donate your organs? What are you going to do with them after you die?"

Is it fair not to offer your organs for donation, but expect others to donate to you if you need a transplant? That's a question only you can answer but I am a firm believer in the Golden Rule.

I will continue to encourage Canadians to register to be an organ donor. My proposed legislation would make registering to be a donor easier by allowing people to register as an organ donor through their tax return.

Research shows that 90% of Canadians support organ and tissue donation and yet only 24% have taken the time to register as donors. In real numbers, we have 2.84 million willing donors and the potential to increase that to 11.74 million.

Registering is only half the process, as you need to also discuss your wishes with your family. Sadly, many families overrule those wishes upon death. It is estimated that 10% of registered donors have their families veto their wishes. Imagine how many lives could have been saved.

It is critical that you discuss your intentions with your family and let them know you really do want to save another life when you have the opportunity. The life you save could end up saving theirs one day.

Registering is easy. Just visit www.lenwebber.ca/donate-today and follow the link to the Alberta registry.

While some have legitimate reasons why they cannot donate, most simply have an excuse. What is yours?



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A shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>



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