

NOVEMBER 2017

DELIVERED MONTHLY TO 2,400 HOUSEHOLDS

WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER



**SANTA BREAKFAST
AND CRAFT MARKET**
NOVEMBER 25
SANTA ARRIVES AT 11:30AM

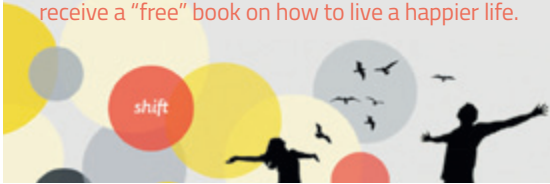
Hoffman INSTITUTE

"The Hoffman Process helped me enormously. It was pivotal, enlightening and life-changing"
W. Brett Wilson – Dragon Emeritus, Philanthropist and Hoffman Graduate

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

Make peace with your past
Release from negative behaviors
Emotionally heal and forgive
Discover your authentic self

Email shift@hoffmaninstitute.ca to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.



RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP

Investment Advisor
403-266-9655
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

DfI Del fisher Insurance

Calgary's Premier Neighbourhood Insurance Broker
Independently Owned and Operated

We cover all of your insurance needs



AUTO



HOME



BUSINESS



BONDING



MANUFACTURERS



LIFE

Multiple discounts available of up to 60% for property and 50% for auto for qualifying individuals

CALL NOW for a no obligation FREE QUOTE

iPad Mini Draw! Mention this ad with your free quote and be automatically entered into our quarterly draw.

Proudly representing:



...and many other of Canada's largest insurers

403-230-3811 • 2202 Edmonton Trail NE • www.delfisher.ca

COME IN
FOR OUR

Fall Special
Which includes:



**OIL CHANGE,
25 POINT INSPECTION**



3920 - 3A Street NE Calgary
403-230-2886
monzauto.com

YOUR FRIENDLY NEIGHBOURHOOD MECHANIC SHOP

In addition we offer many services such as,
Out of Province Inspections, Insurance Inspections,
Pre Purchase Inspections, Commercial Vehicle
Inspections, Dealer Maintenance Programs,
4 Wheel Alignments, Tune Ups, Tires And Brakes.

We are an AMA Approved Shop and for our neighbours in the area we are
**OFFERING A 25% DISCOUNT FOR YOUR FIRST TIME
VISIT AS WELL AS FOR AMA MEMBERS.**





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.

Published by Great News Publishing

Serving Calgary communities for 28 years

87 newsletters reaching over 391,000 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.

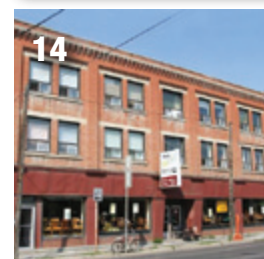
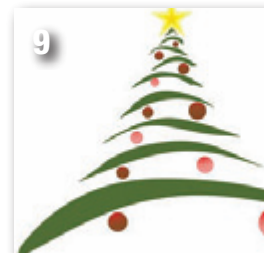
Great News Publishing and Winston Heights-Mountview Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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	

CONTENTS

6	PRESIDENT'S MESSAGE
7	WHMCA EVENTS
9	SANTA'S BREAKFAST & CRAFT MARKET
11	EARLY CHILDHOOD DEVELOPMENT NETWORK: CELEBRATE NATIONAL CHILD DAY NOVEMBER 20, 2017!
12	A SUMMARY OF SUMMER IN THE GARDEN
14	HISTORIC CALGARY: ALLIANCE (ARMOUR) BLOCK
18	MP LEN WEBBER'S REPORT
18	MLA CRAIG COOLAHAN'S REPORT



Cover photo by Philippe Put via Visual Hunt

PRESIDENT'S MESSAGE

October was a big volunteer month in Winston Heights-Mountview with dedicated community members volunteering their time for a number of big events and initiatives. From garage builds and rink construction to garden clean-up, an election forum and pumpkin carving, the community was alive! This was on top of the regular monthly activities that make Winston Heights-Mountview a wonderful place to live and play! A big thank you to everyone who came out to support these projects. We simply could not have done it without you!

The month of November is going to bring one of our biggest events of the year – the Annual Santa Breakfast and Craft Market on Saturday, November 25th. Please come join us for the fun, the artisans and an early visit from a very special guest who is sure to delight even the youngest of our community members! Volunteers are ALWAYS needed and many volunteer shifts are family-friendly, so please contact us at volunteers@winstonheights.ca. Speaking of volunteers, in order for our rink to be at its prime this winter, we need your help! If you can spare a few hours and want to get involved please contact rinks@winstonheights.ca.

As the snow really begins to fly, I also want to take the opportunity to remind everyone the impact you can have with just a small act of kindness. When you are out shoveling your walks, take that extra few minutes and shovel your neighbours sidewalk or brush off the step. You will certainly bring a smile to the face of an older adult for whom it is difficult to undertake the icy task, the new parents trying to juggle all the needs of a new addition to the family or the neighbour who had a long day and comes home to find a snow angel has made an appearance. It is these relationships, these connections that make our community great!

Boardroom Rental for WHM Residents

Do you run a business from your home in WHM? Need a space to conduct meetings?

Afternoon boardroom rentals for community members:

- Great for at home business owners
- Board table with seating for 12
- Air conditioned
- Use of Keurig coffee machine
- \$25/hour

If you're interested, please contact Suzanne at hallrentals@winstonheights.ca.

Northminster Church

3311 Centre Street North • 403-277-0322

Christmas Craft Fair

Saturday, November 18
9 a.m. to 3 p.m.

Quality handmade crafts, blown glass, knitting, sewing, kitchen crafts, baking and cookies by the dozen.

WHMCA EVENTS

winstonheights.ca/activities-events/activities/

Santa's Breakfast and Craft Sale

Saturday, November 25th at 9 a.m.

Winston Heights Mountview Community Centre



Mom's Night Out

Thursday, November 9th, 2017

7:30 p.m.

NIXX Neighbourhood Pub - 2418 Edmonton Trail NE

Come join us for the next Mom's Night Out! Meet new friends and catch up with those that you haven't seen in a while. New faces are always welcome! No RSVP is necessary, but if you want to let us know you are coming or if you are new and want to know who to look out for, please email Christine at president@winstonheights.ca.

Book Club

Meet on the third Tuesday of the month from 7-9 at WHM hall, winstonheights.ca/activities-events/activities/ for book details.

Save the Date!

Family Day Winter Carnival is on Monday, February 19th. Mark your calendar!

Volunteer and Build Your Community

Facilities and Operations Committee Members Needed

Are you interested in getting more involved with your community?

Do you have a knack for getting things done or an interest in how things are done?

Do you enjoy meeting and collaborating with great people who share your ideas and vision?

We are a small group of people who help with keeping our great community hall running smoothly and efficiently.

Our address is:

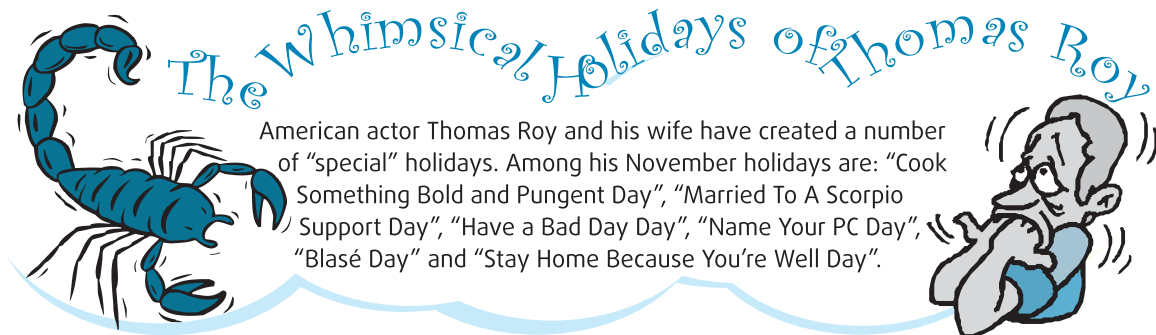
520 27th Avenue NE, Calgary, AB

Our main phone number is: 403-276-5474

The committee email address is: operations@winstonheights.ca

Activities and Events Committee Needs You!

Whether you have great ideas for events within our community or if you're more of a worker bee that is happier lending a hand getting community events off the ground, the Activities and Events Committee is looking for you! No experience planning events? No problem. Some experience? Even better! If you'd like to find out details regarding volunteering for our A and E Committee please email us at volunteers@winstonheights.ca.



American actor Thomas Roy and his wife have created a number of "special" holidays. Among his November holidays are: "Cook Something Bold and Pungent Day", "Married To A Scorpio Support Day", "Have a Bad Day Day", "Name Your PC Day", "Blasé Day" and "Stay Home Because You're Well Day".

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



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

BOARD OF DIRECTORS

Position	Name	Phone	Email
President	Christine Johns	403-510-9080	president@winstonheights.ca
Vice President	Caleigh Hanks	403-589-6828	caleigh.rabbitte@gmail.com
Acting Treasurer	Werner Harahap		werner.harahap@shaw.ca treasurer@winstonheights.ca
Secretary	Kari Major	403-554-6439	kari.major@gmail.com
Past President	DJ Kelly	403-714-8901	whmv@djkelly.ca
Director	Terence Evans	403-542-2855	twevansesq@yahoo.com
Director	Pat Hanson	403-226-0181	mchanson@telus.net
Director	Linda Sharp	403-276-4510	lasharp@telus.net
Director	Karl Sonnichsen	403-681-9142	communications@winstonheights.ca
Director	Andrew Strack	403-626-5716	strackinv@shaw.ca
Director	Kris Webb		planning@winstonheights.ca
Director	Sarah Wiedmer Jarabak	403-473-6414	sarahwj80@gmail.com
Director	Karim Zariffa	403-973-3500	kzariffa@shaw.ca

ONLINE

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

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	Sarah Wiedmer Jarabak	events@winstonheights.ca
Centennial Garden	Linda Sharp	centennialgarden@winstonheights.ca
Community Garden	Alison Glass	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	Terry Zimaro	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, Amanda Turvey
amanda.turvey@calgary.ca

Police Liaison
Cst. Gord Denison
gdenison@calgarypolice.ca



Santa's Breakfast & Craft Market



Bake Sale!

November 25, 2017

Breakfast: 9am-11am
Members: FREE
Non-Members: \$5/person
(over 12 years)

Vendors Email:
craftmarket@winstonheights.ca

Volunteers Email:
volunteer@winstonheights.ca



If you'd like to donate bake sale items please email:
craftmarket@winstonheights.ca

Proceeds to go to local charity!

Location:
WHMCA Community Centre
520 27 Ave NE

Santa Arrives @ 11:30AM
Craft Market from 9AM-2PM



Did you know that your restaurant can put a menu in our newsletter?



YOUR INSERT HERE



Turn local residents into local customers.
 Contact us:
 403-263-3044
sales@great-news.ca

87 Monthly Community Newsletters
 391,000 Households

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 Form 2017/2018

We are excited to have you join this great Community Association!

Membership # (if known): _____

First Name (required): _____

Last Name (required): _____

Resident (FREE): _____

Non-Resident/Business (\$10) (required): _____

Total # of Family Members at Home:(required): _____

Ages:

Baby (0-1 yrs): _____ Toddler (2-3 yrs): _____

Preschool (4-5 yrs): _____ Young Child (6-12 yrs): _____

Youth (13-17 yrs): _____ Young Adult (18-25 yrs): _____

Adult (26-39 yrs): _____ Middle Adult (40-64 yrs): _____

Older Adult (66-79 yrs): _____ Oldest Adult (80+ yrs): _____

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-Stampede 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.



Are you interested in volunteering to help with events, activities, join the board or to join a committee?

(please check all that may apply)

- Activities and Events Committee
- Board Member
- Casino Fundraiser
- Centennial Garden Committee
- Community Clean-Up
- Facility and Operations Committee
- Family Day BBQ
- Finance Committee
- Garden Committee
- Heritage Committee
- Membership Campaign
- Newsletter
- Planning Committee
- Playgroup
- Pre-Stampede Party
- Quiz Night
- Rink (flooding)
- Rink (organization and planning)
- Rink (setup/teardown)
- Santa's Breakfast and Craft Market
- Social Media Photography
- Traffic Committee
- Volunteer Coordination



first 2000 days
Early Childhood Development Network
North West Coalitions

Celebrate National Child Day November 20, 2017!

National Child Day is celebrated annually in Canada on November 20th in recognition of our country's commitment to upholding the rights of children. In 1959 Canada signed the United Nations Convention on the Rights of the Child (UNCRC) and in 1999, it was endorsed by Alberta. The UNCRC sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth. **The 2017 theme is a child's right to be safe.**

Supporting children's rights is a key factor in improving their quality of life. A community that promotes and invests in healthy childhood development, free from adversities, raises healthier and more engaged citizens. When children experience safe, stable, and nurturing relationships, they develop the strength necessary to cope with significant stressors or challenges. When they are placed in unsafe environments that do not uphold these rights, children are at risk for toxic stress, hindered brain development, and negative physical and mental health outcomes later in life.

At the core of respecting a child's right to safety is their voice being heard, believed, and valued in their community. Whether children and youth are at school, at home, on a sports team, with friends, or online, fostering a safe community involves creating positive relationships with caring peers and adults. We respect a child's right to safety by:

- being approachable;
- listening to, and believing their concerns; and
- advocating for safe spaces for them to learn, grow and play.

We encourage all community members to learn about children's rights and to make plans to celebrate the day. Wear blue, attend a special event or plan an activity with a child, read a story or watch a film on children's rights, encourage youth to use their voice on issues that affect them, or plan a fundraiser to support activities for children. Please visit www.nationalchildday.ca for more ideas and to learn more.



Explore expanded access to TumbleBookLibrary
Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at calgarylibrary.ca/tumblebooklibrary.

\$1M grant transforms early learning at the Library
The Calgary Foundation Early Learning Centre at Saddlestone Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

What does Calgary Public Library mean to you?
In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

Math is No. 1 at this free after-school program
Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit calgarylibrary.ca, click programs, and search Math Quest.

Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).



A Summary of Summer in the Garden

Hello from the garden!

It might be hard to believe, but for those of us who planted carrots in our beds, summer's not quite over yet. The best way to store carrots is to leave them in the ground. So, thanks to our root vegetables, some of us are still looking back over our shoulders to our incredible 2017 summer.

And wasn't it a beautiful summer to be in the garden? We feasted at our annual social. We welcomed a raft of new gardeners, walkers, picnickers, park bench sitters, bee keepers, and Little Free Library borrowers. We hosted workshops. We raised crops for the Legion Food Bank. We transplanted perennials from abandoned beds at the Midfield Mobile Home Park into our Centennial and Community gardens, hoping to pay tribute to the people who lived there and who were our friends and neighbours and fellow volunteers. We grew and harvested hops for Village Brewery as participants in their community beer program. We were invited—for the first time—to show off our garden as a destination on the Annual Calgary Horticultural Society garden tour. It seemed like whatever was happening in the garden, the sun smiled down on us.

And as great as our 2017 growing season was, we garden enthusiasts are already planning for next summer. So, for all of our returning gardeners, it's time to renew your bed for next year. We're holding your bed for you until Jan 18th, but hope to hear from you soon. For all of the new gardeners who would like to join us next season, your place on the reserve list is waiting. To renew or reserve, contact us at communitygarden@winstonheights.ca.

We're counting down till spring.
See you in the garden!

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Faith formation is a priority at the Calgary Catholic School District (CCSD). To guide us in our faith journey, we have an annual faith theme. For the 2017-2018 school year, we have introduced a new three-year faith theme –“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.” (Matthew 7:7)

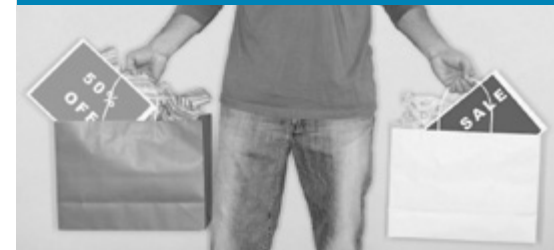
This year, we will focus on the first part of the theme, “Ask, and it will be given you.” This theme speaks to the power of faith and prayer. Fostering a faith relationship with God through prayer is part of the ongoing work of Catholic education, as it is through prayer that we come to know God's abundant love and mercy for us, are helped to become all that God wishes us to be and learn to live and act in God's abiding presence.

Faith formation remains one of our four district priorities this year, as well as student success, student wellness and success for First Nations, Metis and Inuit students. Together with our district administration, we will focus on our faith theme, as well as our district priorities. We are thankful to our district administrators, teachers and staff; we know that through working together we can meet these priorities and help our students succeed.

In recognizing the value and importance of Catholic education, we encourage our community to celebrate Catholic Education Sunday at their local parish on November 4-5. During this weekend, there will be a special collection at each mass, with some funds going to the Calgary Catholic Education Foundation (CCEF). The CCEF is a charitable organization that provides grants to support innovative programs and projects that touch the lives of students in our schools. We thank the CCEF for their support in providing enhanced educational opportunities for Calgary Catholic students and we look forward to celebrating the wonderful work that takes place throughout our province in Catholic schools.



DOLLARS & SENSE



Sometimes Cheaper is More Expensive

By Suzanne Smith-Demers – Financial Consultant

It can pay to pay more. Being thrifty isn't always about saving money, it means spending your money wisely. Many cost-conscious shoppers tend to gravitate toward the cheapest items, but less expensive is not always better.

Let's say you're buying a new car. There can be very good reasons for choosing a more expensive vehicle. If you've done your due diligence, checking out ratings and analyses to see which model is getting top marks. Or if you know you're getting a good deal – it's at the end of the model year so the price has been reduced and the interest rate is extra low. Also, if you intend to keep your new vehicle for a long time, paying more up front often means shelling out less for maintenance, repairs and other costs over the years of your ownership. So, in this case, you've made the right, although more expensive, choice.

Sure, it's tempting to walk away from a premium item and look for something similar at a lower price, but paying less almost always means you'll end up with a product of lesser quality, and quality often dictates lifespan.

Take that new mattress you want: consumer rating organizations have found that a \$1,200 mattress could last for 20 years or more, while you'll likely need to replace a \$200 mattress in four or five years.

The same reasoning can be applied to food, clothes, electronics and almost anything else you buy: choosing quality over quantity will almost always save you money in the long run. Of course, you shouldn't always go for the most expensive product. The best strategy is to do your research before you buy and save up your money to get the best-quality product you can afford.



Reliance (Armour) Block, est. 1910 – 15 4th ST. N.E., Crescents Heights

The Reliance (Armour) Block, better known as Armour Block, is one of the oldest mixed-use buildings in the area, and serves to symbolize the historical, vibrant, high-street character and importance of Fourth Street NE.

Construction of the building began in 1909 for Thomas Wiggins, a previously established Riverside grocer. The building originated as a small two-storey structure to house his grocery business, with his residential quarters above. In 1910 it was extended south to form the two-storey Reliance Block, providing increased space for Wiggins, as well as two additional storefronts for a hardware store and meat market with apartments above. In 1911 a third storey was added, increasing its residential accommodations. The three-storey extension Armour Block was added in 1912 with early tenants being the Dominion Bank and a billiard hall. From 1915, until at least the Second World War, a basement space known as 'Wiggins Hall' was a community/dance hall.

Originally the main route to Edmonton, Fourth Street's commercial importance was solidified in 1911 when it became a streetcar route. The Armour Block contributed to the retail street wall, serving local residents' regular needs, while other small retailers, plus a substantial department store (Slingsbys) created a retail corridor. While the retail importance of the area gradually faded, the building continued to function as home of the Riverside Department Store (1950-77).

The upper floors of the building were developed as residential quarters for recent immigrants and other citizens in response to the acute housing shortage which occurred during the 1909-13 boom. Exemplifying the historical demographic character of the neigh-

bourhood, residents included working-class occupants with a wide variety of nationalities. Notably, there were a disproportionate number of Jewish residents that called the building home over its early decades (relative to Calgary's small Jewish population) and in 1915 the basement hall inaugurated the first 'House of Israel' congregation, service and celebration. The diversity of the building's residents was illustrative of the community's traditional multi-ethnic, working-class character.

The Armour Block is also significant for its Edwardian Commercial-style architecture, and is a rare example of a substantial, historic mixed-use building in the community. Defined by its multiple development phases, the red-brick façade displays compatible but discontinuous detailing. Uniting the building are storefronts with large display windows and recessed entries. Extant elements of the interior, such as the store's pressed-metal ceilings, the basement hall's finishes and the upper-storey staircases and layout offer hints to the typical but attractive, original appearance.

Article and photo provided by Discover Historic Calgary via calgary.ca.

Celebrating 150 Years of Canadian Wildlife!

Yukon

Who Am I?

I howl in the wilderness, under the moon,
In search of the rest of my pack.
My thick grizzled fur is shadowy gray
With patches of white and black.

I've large pointed ears, a long pointed nose,
A tail that looks bushy and snuggly.
In the cool morning fog I may look like a dog,
But this canine is not at all cuddly!


Coyote


Gray Wolf


Red Fox

Turn page upside-down for answer!

Compliments of the Friends of the Bowmont Natural Environment Park Area



Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Cana-

dians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.


With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14.

AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

- 24/7 mental health helpline and 24/7 addictions helpline
- Crisis/Distress Lines:
 - Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)
 - Calgary 403-266-1605 / 403-266-HELP (4357)
 - For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>
 - Text: Calgary Connect Teen
 - Online Chat Distress Centre: <http://www.distresscentre.com/>



Large and Sparse

The sprawl of Calgary covers roughly the same area as New York City, but only has about 10% of the population.





November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or older).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit www.calgary.ca/adoptapet.

November is an annual event held every November to raise awareness for men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men show their support by not shaving for the duration of the month.



Winston Heights - Mountview Real Estate Update

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

	Average Asking Price	Average Sold Price
September 2017	\$779,450	\$741,000
August 2017	\$644,890	\$633,750
July 2017	\$497,450	\$491,250
June 2017	\$548,400	\$535,940
May 2017	\$579,900	\$577,600
April 2017	\$554,450	\$557,200
March 2017	\$441,250	\$427,750
February 2017	\$0	\$0
January 2017	\$574,900	\$540,000
December 2016	\$0	\$0
November 2016	\$499,900	\$492,500
October 2016	\$549,000	\$515,000

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

	No. New Properties	No. Properties Sold
September 2017	4	2
August 2017	3	4
July 2017	8	2
June 2017	4	4
May 2017	12	8
April 2017	4	4
March 2017	4	2
February 2017	1	0
January 2017	1	2
December 2016	1	0
November 2016	2	1
October 2016	3	3

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

Help Us Maintain a #buttfreeYYC

The City of Calgary is looking to citizens to help solve a littering issue; extinguishing cigarette waste. Smoker or non-smoker, you've likely witnessed someone flicking a cigarette butt on city streets (yes, that is a littering offense). While we have many systems in place to manage waste effectively, the solution begins with citizen responsibility when it comes to littering.

Proper disposal of cigarette waste at home:

1. Extinguished cigarette butts should be thrown away in the black cart.
2. Cigarette ashes need to be double bagged, tied closed and thrown away in the black cart.
3. Never flush cigarette butts or cigarette ashes down your toilet, sink or drain, as they are harmful to the environment and may cause damage to the pipes in your home.
4. Cardboard cigarette packaging goes in the blue bin for recycling.

As a safety protocol, the Calgary Fire Department encourages citizens to ensure that smokers in your home douse cigarette butts and ashes with water before placing them into a non-combustible container and to not ash out or dispose of cigarette butts in planters, mulch or flower beds. The components of soil include organic material that can smolder for hours before igniting.

The city centre is populated with cigarette butt receptacles for citizens to utilize while in public. Many communities and businesses self-manage receptacles for proper waste disposal or recycling purposes.

We want to maintain the standard of cleanliness and safety we work toward collectively. Help us maintain a #buttfreeYYC.

Remember, Remember the Fifth of November

Guy Fawkes Night is celebrated annually in Great Britain every November 5th, celebrating that King James I survived an assassination attempt on his life on that day in 1605. The people celebrated by lighting bonfires, a tradition that continues to this day.

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.

RELIABLE SNOW SHOVELLING! Seniors' discount. We also fix and install eavestroughs, downspouts, fascia, soffit, siding and roofs. A+ rated BBB member, 2017 Consumers Choice Award winner, 2017 Reader Choice Award winner, WCB covered and fully insured. We are Gutter Doctor! www.gutterdoctor.ca, 403-714-0711.

MUSIC LESSONS FOR ALL: The Lydian Studio of Music is accepting new students in piano, guitar, ukulele, voice, violin and cello. Join our exceptional instructors who are professional and highly-skilled. Additionally, group classes are available: beginner guitar, ukulele and cello. Call Christine at 403-230-2708. www.grouplessonscalgary.com.



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

Following the Great War in 1919, the Parliament of Canada, like other countries of the British Empire, passed legislation to mark November 11th as Armistice Day.

The day was to celebrate the Allied victory in the First World War but quickly became a day of remembrance to those who had died in WWI and conflicts before.

Many Canadians are not aware of a campaign that started in 1928, by many veterans and their families, to change the date of Thanksgiving Day.

At the time, Thanksgiving was celebrated on the second Monday in November and this put the two occasions on the same date much of the time. Activities of remembrance often conflicted with the celebration of Thanksgiving.

In 1931, Parliament decreed that Armistice Day would become known as Remembrance Day and be marked on November 11th every year. It also changed the occasion from one celebrating the political and military successes that lead to victory in WWI to instead focus on the memory and sacrifices of those who served and died in defence of our nation.

At the same time, they decreed that Thanksgiving would be moved to the second Monday in October. In the United States, Thanksgiving is still celebrated in November and they conduct their remembrance activities during the Memorial Day weekend in May.

Early ceremonies were observed primarily within the military community but with the passage of time it has become an occasion for the general population to show appreciation and remembrance for those who made Canada what it is today.

This November 11th, Canadians will again pause to



remember those who bravely volunteered at great risk to serve Canada, to go abroad to fight hate and oppression and to protect our peaceful nation. Let us not forget.



MLA Calgary-Klein
Craig Coolahan
 #9, 2400 Centre St NE
 Calgary, AB, Canada T2E 2T9
 403-216-5430 403-216-5432
 calgary.klein@assembly.ab.ca

Alberta Cannabis Framework Announced

This past summer, the Alberta Government heard from the public and stakeholders about Alberta's approach to cannabis legalization. More than 45,000 Albertans responded to the online survey! Based on these results, the draft of the Alberta Cannabis Framework has been released.

The Alberta Cannabis Framework proposes who will be able to buy and use cannabis once it is legal, where they will be able to buy it and where they will be allowed to use it.

The framework supports four policy priorities for legalization: keeping cannabis out of the hands of children, promoting public safety on roads, in workplaces and in public spaces, protecting public health and limiting the illicit market.

Details regarding the draft framework include:

- A minimum age of 18 to purchase and consume cannabis.
- Provincial oversight and regulation of wholesaling and distribution of cannabis products through the Alberta Gaming and Liquor Commission (AGLC).
- A public possession limit for adults of 30 grams.
- The ability to grow up to four cannabis plants, no taller than one metre, at home for personal use.
- Restrictions on retail locations selling alcohol, tobacco or pharmaceuticals together with cannabis.
- Strict rules around zoning retail locations and training for employees.
- Province wide restrictions on where cannabis can be used in public, with an emphasis on protecting children and limiting second-hand exposure.
- Ability for municipalities to introduce additional restrictions on public consumption.
- New tools to expand the ability of police to address drug-impaired driving.
- Development of an extensive public education program.

Full details of the draft Alberta Cannabis Framework are available online and Albertans are encouraged to provide feedback to the government. For more details, please visit <https://www.alberta.ca/cannabis-legalization.aspx>.

Holiday Open House

I'll be hosting my annual Holiday Open House on December 8th from 4pm - 7pm. Feel free to drop by my office for some festive treats, warm beverages and some great conversation!

As always if you have any questions or concerns, please contact my office.



Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

Thanks for all your help,
 Sincerely,
 Laura

Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

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

*Actual customer experience.

A FAMILY FOOTCARE CLINIC

Gentle Relief of Painful:
 Nails, Heels, Corns, Arches, Bunions



Dr. Edwin Medina

Se Habla Español

Specializing in:

Custom Arch Supports, Medical and Surgical Care, Children to Adults.

Evening Hours - No Referral Needed

Suite 650, Marlborough Mall
 Professional Building

403-235-5452

Renfrew Community Association

Jelly Bean Dance

November 24, 2017
 6 pm to 8 pm

*\$3 per youth
 Grades K to 5*

Bring your own water bottle!

*Prizes
 Live DJ
 Candy Bar*

renfrewjellybean@gmail.com



**ACHILLES
FOOT CLINIC**

Work, Play, Live
Pain FREE!

Heel Pain • Ingrown Toenails • Plantar Fasciitis • Foot/Achilles Injuries
Fungal Nails • Custom Orthotics • Foot Surgery • Diabetics

North Clinics: #606 - 1701 Centre St. NW • 403-277-9476

Oasis Medical at Deerfoot City • 403-910-4576

South Clinic: #203 6707 Elbow Dr. SW • 403-777-0085

www.achillesfootclinic.com

NO REFERRAL NEEDED
Saturday hours available

SAFETYSYNC

Manage Your Workplace Safety

safetysync.com



Renfrew Community Association

Candy Rave

November 24, 2017

8 pm to 10 pm

\$5 per person Grades 6 to 9 only

Prizes
Live DJ
Concession

Winter Holidays

renfrewcandyrave@gmail.com

**Bag to Earth®
Food Waste Bags**



Approved for use in the City of Calgary Green Bin Collection Program. Our Bags are a Proven Alternative to Keep Your Kitchen & Curb-side Food Scraps Collection Bins Clean & Odour-free.

- Our Paper Bag **is made entirely of renewable and sustainable resources**
- Features Unique Leak-Resistant Cellulose Lining... **it's "clear paper" - not plastic**
- Tough... **No need to double-bag as with other bag products**
- Environmentally Friendly... **and completely compostable**
- Certified Compostable... **Meets BPI/ASTM industry standards**
- Used in Households Across Canada
- Available in 2 Convenient Sizes ... **Small 10-pack & Large 5-pack**

Available at major Grocery, Club, Mass Merchandiser, Pharmacy and Home Improvement stores in the Calgary Area. **Made in Canada** 🇨🇦

Visit www.bagtoearth.com

for more product information & how to purchase

