

JANUARY 2019

DELIVERED MONTHLY TO 2,400 HOUSEHOLDS

# WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER

**FINAL ISSUE OF THE  
PRINTED NEWSLETTER**

SEE INSIDE FOR DETAILS





**Upcoming Events**

Save the Date! Family Day Celebration - Feb 18, 2019. Details to follow please watch the website and social media for details!

**Yoga for The Older Adult**

\*Changes in Schedule\*

Our regular yoga instructor, Diane, is unable to teach the yoga classes from January to June 2019. She has secured a replacement instructor for the Tuesday morning classes but we must cancel Thursday classes until further notice.

Tuesday classes will resume in January but at time of printing we cannot confirm the date. Please look for a notice at the Hall or check the website for more information.



**Moms' Night Out**

Join us on Thursday, January 17th for a Moms' Night Out! We are a group of community moms (all ages of kids) who love an opportunity to get together casually to chat, connect and enjoy a bottle of wine (or other beverage). Come once or join us regularly. The group changes every month. No RSVP is needed, but if you want to let us know that you are coming and who to look out for when you arrive, contact Christine at president@winstonheights.ca

Thursday, January 17  
7:30 p.m.  
NIXX Pub  
2418 Edmonton Trail NE

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**CONTENTS**

5	PRESIDENT'S MESSAGE
6	COMMUNITY RINK UPDATE
7	SAFE & SOUND: TOBOGGAN SAFETY
8	COUNCILLOR DRUH FARRELL'S REPORT
8	MLA CRAIG COOLAHAN'S REPORT
9	MP LEN WEBBER'S REPORT
10	INTENTION IN MOTION WITH TINA CLAVELLE MEYER
11	COMMUNITY GARDEN





## COMMUNITY NEWSLETTER MAGAZINE READERSHIP STATS

- 95% believe newsletter magazines are a credible source of community news.
- 90% read their newsletter magazines and value staying aware of community news.
- 90% believe newsletter magazines strengthen their connection to the community.
- The dominant source for community news awareness remains newsletter magazines.
- There is implicit trust between businesses that advertise in community newsletters and residents.
- There is an average of 2 readers per household.
- 68% of newsletter magazine readers are female.
- Millennial, Gen X, and Baby Boomer readership is evenly distributed.
- 65% of respondents are married or common law.
- 70% of respondents own their homes.
- 85% of households surveyed have 2 or more residents.

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## Winston Heights Mountview

**Community Newsletter Magazine**  
Delivered monthly to 2,400 households and businesses (4,800 readers) since 2017.

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### Disclaimer

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Great News Media and the Winston Heights Mountview Community and/or Residents' 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.

## PRESIDENT'S MESSAGE

Happy New Year! On behalf of the Winston Heights-Mountview Community Association I would like to wish you and your family a joyous 2019. While winter is often the time of year when we like to hibernate at home, the WHMCA has a number of activities and events to keep you active and out and about this season. We offer both a day time yoga class (targeted at older adults, but all are welcome!) and, new for 2019, an evening yoga class. We have a weekly playgroup for parents and tots and two book clubs (one targeted at older adults and another open to everyone) to name just a few. Our skating rinks are up and running (remember, no hockey for the 2019-20 season while we wait for new boards) and the Sportsplex is open every Saturday morning as a warming hut. Our annual Family Day event is scheduled for Monday February 18th - so join us for some family fun. A big thank you to all of the volunteers that make these events happen!

As you may have heard, the WHMCA is moving away from a monthly print newsletter starting in February 2019 and will be focusing on other communication channels. Please go to the website to sign up for the eNewsletter to get timely information pertaining to events and activities happening in the community. Also, follow us on Facebook, Twitter or Instagram. Stay tuned for more sandwich boards throughout the neighbourhood and you are always welcome to drop by the hall Monday, Tuesday, Thursday or Friday mornings during office hours. We look forward to the opportunities that this change will bring and to engage with all residents of Winston Heights-Mountview.

# BIG CHANGES in 2019

Welcome to 2019 and some big changes for communications from the Winston Heights-Mountview Community Association (WHMCA)! After much consideration and many conversations, the WHMCA has decided that the January issue will be the final paper newsletter printed on a monthly basis. We will continue to send (via email) the eNewsletter and event updates. If you haven't already, you can sign up for our mailing list online. In addition, you can follow us on Facebook, Twitter and Instagram:

Twitter: @winstonheights  
FB: [www.facebook.com/winstonheights](http://www.facebook.com/winstonheights)  
Instagram: @winstonheights

The eNewsletter sign-up can be found at: [www.winstonheights.ca](http://www.winstonheights.ca)

If you have any questions regarding our social media, eNewsletter or our website, please email us, and we will be happy to assist you: [communications@winstonheights.ca](mailto:communications@winstonheights.ca)

To submit your news or photos to be included in our eNewsletter, please send it to [newsletter@winstonheights.ca](mailto:newsletter@winstonheights.ca).

-Community Relations Committee and the WHMCA Board

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THÀNH NGỮ

“Once in a blue moon”

**Meaning:** The phrase refers to something that happens very infrequently.

**Origins:** Confusingly, a blue moon doesn't refer to the actual colour of the moon; it refers to when we see a full moon twice in one month. This happens every two to three years.

## COMMUNITY RINK UPDATE

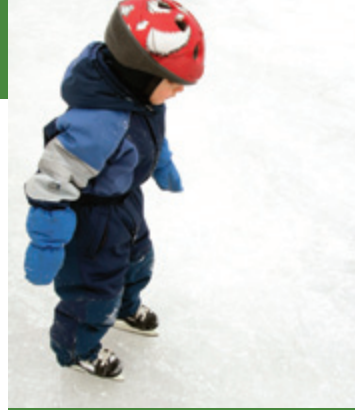
It is now January and the winter sports are in full gear. Of course, this includes skating on the ice rinks throughout the Winston Heights-Mountview neighbourhood. This year there are three ice rinks: the main rink at the WHMCA community hall, a small rink in the Marsden Road park, and another small rink in Merrill Park on the corner of 32nd Avenue and 6th Street NE.

The latter two rinks are part of the “Adopt-a-Rink” program where one or two volunteers do the cleaning and flooding of the rinks with water provided by the city. Since they are surrounded quite closely by houses, and there are no boards or netting in place, please do not play hockey on these small rinks. Damage to neighbouring properties has happened in the past, and complaints have caused these rinks to be shut down.

Similarly, the main community hall rink is functioning without boards or netting this winter. Please refrain from playing hockey as damage to neighbouring houses can be a serious problem.

Please thank the volunteers for the efforts they are putting into build and maintain all three rinks. If you would like to help with the main rink, please contact the new chair of the Rink Committee Jarret Dalton. You can email him at Jarret@unitrealty-services.com.

The Rink Renewal subcommittee is currently looking at quotes for replacement boards and regrading the main rink field. Applications are also being made to the provincial Community Initiatives Program and the city’s Community Capital Conservation Grant to fund this project. We are also doing fundraising in the community: the bake sale at the Santa Breakfast in November raised \$450 for the rink renewal! If you would like to donate to this project, or help in any other manner, please watch the winstonheights.ca website or contact Alex Reed at reedalex@hotmail.com or 587-582-5342.



## Ice Tots Update

Sarah, our superb Ice Tots instructor from seasons past, has returned to her native Switzerland and we have been unable to secure an appropriately skilled instructor for Ice Tots. While we cannot offer lessons, we encourage families to come out on Saturday mornings in January to enjoy our rink. There will be bathrooms open and a place to get warm and lace up. Possibly hot chocolate and coffee... Make the most of our Calgary winter!

## YOUR CITY OF CALGARY

### Calling for Calgary Awards Nominations

The Calgary Awards is one of the largest citizen recognition programs in our city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards.

The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For additional information, nomination criteria and

the online application form visit: calgary.ca/calgaryawards phoning 403-268-8881, or e-mail calgaryawards@calgary.ca. Nominations open on Wednesday, January 16, 2019.

#### Fun Fact

The Calgary Awards began in 1994 as a Centennial project to commemorate Calgary’s 100th year as a city and to recognize outstanding citizen achievements. The Calgary Awards celebrate Calgarians who have helped make Calgary the best place to live. Visit calgary.ca/calgaryawards for more information.

## FOR ARTS’ SAKE

### New Year Drama in January

by Aaron Chatha

A new year and a bevy of new theatre to watch!

The biggest event in the arts world this January is undoubtedly the High Performance Rodeo, Calgary’s biggest International Festival of the Arts. Running throughout the month, shows include locally produced pieces, like Live Your Prime, with Damien Frost – a hilarious satire about getting old, featuring the award-winning John Murrell – or the French absurdist dance and circus show Cow Love, which “mixes haute couture with the sour taste of milk, with a hint of romance.”

Other plays include monologues by a member of Kids in the Hall, Hammered Hamlet and the always popular 10-minute play festival – all part of the Rodeo.

Meanwhile at the Calgary Philharmonic Orchestra, the conductor Sarah Hicks is kicking off the New Year with Music of the Movies – a tribute to great film scores and composers. Timeless tunes from Singin’ in the Rain, Ennio Morricone’s Once Upon a Time in the West and – of course – Star Wars will be featured in the set list.

At Theatre Calgary, Rick Miller premieres BOOM X, a one-man, multimedia show taking us through media and pop figures from 1969 through 1995. The production follows Generation X as they navigate the tangled legacy of the baby boom.

For a uniquely Canadian tale, Café Daughter at Alberta Theatre Projects takes audiences back to 1950s Saskatchewan, where a half Chinese, half Cree girl struggles to find her place in a small-minded community – until an unexpected ally steps in.

Finally, join The Search for Life Beyond Earth with astrophysicist Kevin Hand in the latest Arts Commons Presents: National Geographic Live series. Hand’s job with NASA is to search for life in the stars, but interestingly, his research begins in the extremes of Earth, in places like Alaska and Mount Kilimanjaro.

Start the new year off with a little art Calgary!

*This column is provided by Arts Commons. Located in the heart of Calgary’s vibrant downtown core, Arts commons is home to six different distinct performance venues.*

## SAFE & SOUND



### Toboggan Safety

Emergency Medical Services (EMS) would like to remind parents and children of some basic toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees or rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these simple reminders.

#### Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

#### Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or snagged.

#### Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn’t affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.





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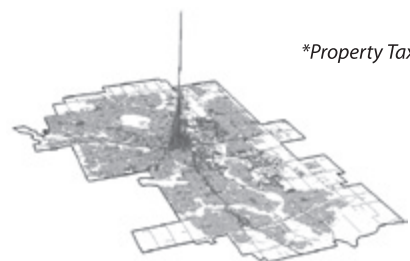
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# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media  
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The disruptive change in Alberta's economy has had severe implications for Calgary. While economists report signs of recovery, unemployment rates remain high and the downtown's vacancy rate peaked at 28 per cent in 2018.

The City provided a report in late 2018 on Calgary's real estate market and the impact on property taxes. The collapse of downtown assessed values has led to a shift of non-residential property taxes to businesses outside the core. The chart shows the extent to which the downtown subsidized the rest of the city in 2017 and for decades prior. City Administration anticipates that downtown office property values will continue to decrease in 2019, causing substantial property tax increases to other parts of the city.



\*Property Tax Revenues 2017

This crisis is real. Fundamental changes are needed to promote sustainable economic growth. In 2017, I convened a one-day summit that identified solutions to restore and strengthen the downtown economy. Some solutions included office-to-residential conversions, attracting post-secondary institutions, and improving public spaces to attract private investment in our city centre. I also pushed for the creation of a task force to ensure that all City and external stakeholders work together to develop a downtown recovery strategy, as well as an expert team to find financial solutions to the tax shift.

Strengthening and diversifying the downtown core is essential to addressing this historic tax shift. Calgarians are innovative problem-solvers. Together we can make the necessary changes.

To sign up for community updates, visit [www.DruhFarrell.ca](http://www.DruhFarrell.ca) or [www.Facebook.com/DruhFarrellCalgary](https://www.facebook.com/DruhFarrellCalgary).

## Providing Stable, Predictable Supports for People with Disabilities and Low-Income Albertans

An economic recovery that doesn't reach every kitchen table is no recovery at all. Our government is committed to helping make life better for all Albertans—including our most vulnerable citizens, to help ensure everyone has the chance to succeed and live with dignity.

*An Act to Combat Poverty and Fight for Albertans with Disabilities* will index social benefits like Assured Income for the Severely Handicapped (AISH) with inflation. It would also recognize increases to the cost of living by providing a one-time increase to AISH and Income Support.

The legislation would mark the first increase to AISH benefits since 2012. In future years, benefit rates for financial assistance programs, including AISH, Learners Benefits and Barriers to Full Employment supports, would be connected to the Consumer Price Index.

This legislation will provide greater predictability for vulnerable Albertans who rely on these benefits. For too long, Albertans with disabilities have struggled to pay rent and put food on the table. This legislation will provide better supports today and ensure people on AISH and low-income Albertans won't need to fight to afford the basics tomorrow.

Nearly 250,000 Albertans receive support through AISH, Income Support or Seniors Benefits. The legislation would make Alberta one of only four jurisdictions that indexes disability and income support benefits, and one of only two that indexes seniors' benefits with inflation.

To ensure Albertans with disabilities can plan for the future without eroding their savings, the legislation will also increase savings limits to match general eligibility criteria for the AISH child allowance (\$100,000 instead of \$3,000), and the AISH supplementary personal benefits from \$3,000 to \$5,000.

The legislation is a key component of Alberta's Action on Poverty plan, which includes actions across government to make life more affordable, support wellness and social inclusion, enhance skills and employment opportunities and invest in affordable housing and homeless supports.

## Important Notices & Recalls

From time to time, we hear about product recalls, vehicle recalls, food and health product recalls, but not all of them make the daily news. The federal government provides valuable resources for Canadians to ensure that they are safe and healthy.

On my website at [www.lenwebber.ca/safety-notices-recalls](http://www.lenwebber.ca/safety-notices-recalls), I have put a link to the following resources. You can also download a mobile app.

The Health Canada website provides information about consumer product, food and health product recalls and safety notices. Sometimes these notices contain information about potentially deadly issues and other times it may draw attention to a mislabelling or packaging issue. For instance, finding out that a product you bought at the grocery store may have come into contact with peanuts may not be an issue for you, but it could be deadly for someone else. With the right information, you can decide on your best course of action.

Each notice will explain what product is affected, how to identify it (including photos) and what you should do. You can also report health or safety concerns about a product which can help identify widespread concerns.

The notices on recalls also identify information on place of origin, how many units were sold, the time period in which they were sold and what store(s) they were sold in. Please note that the Canada Consumer Product Safety Act prohibits recalled products from being redistributed, sold or even given away in Canada.

Transport Canada maintains the Motor Vehicle Safety Recalls Database which allows you to search by vehicle type (including recreational vehicles) and see all recalls and safety notices that may apply. This is particularly helpful if you are not the original owner of a vehicle or are considering buying a used vehicle as the manufacturer may not have your contact information. You can also subscribe for updates.

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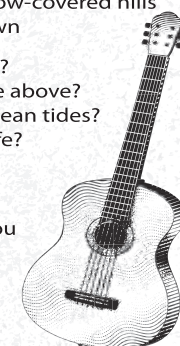
**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

## Name That Tune

I took my love, I took it down  
 Climbed a mountain and I turned around  
 And I saw my reflection in the snow-covered hills  
 'Til the landslide brought me down

Oh, mirror in the sky, what is love?  
 Can the child within my heart rise above?  
 Can I sail through the changin' ocean tides?  
 Can I handle the seasons of my life?  
 Mmm

Well, I've been 'fraid of changin'  
 'Cause I've built my life around you  
 But time makes you bolder  
 Even children get older  
 And I'm gettin' older, too



Solution: "Landslide" is a song written by Stevie Nicks and performed by the band's self-titled 1975 album Fleetwood Mac. It was first featured on British-American music group Fleetwood Mac.

# INTENTION IN MOTION

WITH TINA CLAVELLE MEYER



Join Tina for a six-week series of yoga classes in a relaxed community setting. Explore breath and movement in the moment. Improve balance and mobility, and build functional strength. Develop awareness that will translate off the mat and into your day-to-day. Most importantly, take some time out for yourself!

## WHEN

Thursdays  
7 to 8:15 pm  
January 10, 17, 24  
February 7, 14, 28

## WHERE

Winston Heights -  
Mountview Community  
Centre, North Hall  
520 27 Ave NE, Calgary

## INVESTMENT

Investment \$75  
Bring your own mat,  
cotton blanket, water bottle

## TRAINING & CERTIFICATIONS

200-hour Yoga Teacher  
Training, Gaiatri Yoga, Heart  
Yoga (2011)

Therapeutic Yoga Teacher  
Training Intensive, Functional  
Synergy Inc. (2011)

Pre- and Post-Natal Yoga  
Teacher Training Workshops,  
Gaiatri Yoga (2013)

Nutritious Movement (TM)  
Certified Restorative Exercise  
Specialist (2016)

300-hour Yoga Teacher  
Training, Heart and Bones  
Yoga (ongoing)



# Community Garden

Another summer in the garden is behind us. Our crops have been harvested and our gardens have been put to bed. And for now, there is nothing more for we gardeners to do but to long for spring.

Before we say farewell for 2018, we'd just like to take a minute to say thanks. Thank you to all of our gardeners for helping to make our community a greener and more welcoming place to live. Thanks, not just for pitching in all summer to keep our little corner looking so pretty, but also for being positive, engaged community members. Thanks to all of our team captains for keeping us organized. And thank you to our sponsors: Village Brewery, Italian Grocery, Il Chianti, Jubilations, and Jerusalem Shawarma for your contributions to our social events. Thanks to the Friends of the Garden, for your volunteer spirit and for supporting all of our endeavors. Finally, thanks to everyone who visited the garden this year for your encouragement and kind words, and for helping to populate our garden with friendly faces.

We invite all of our returning gardeners to renew their membership for next year, and we invite new gardeners to join our wait list for 2019.

Please contact us at [communitygarden@winstonheights.ca](mailto:communitygarden@winstonheights.ca)

## VANGUARD MEDICAL AESTHETICS NOW OPEN



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# Winston Heights

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