

WINSTON HEIGHTS MOUNTVIEW NEWS

OCTOBER 2011

The Official Newsletter of the Winston Heights - Mountview Community Association

**New Playground Name
Submitted to City!**
Details inside

**Community
Halloween Pot Luck**
Friday, October 21st

**2nd Annual
Community Membership
Pancake Breakfast**
Saturday, October 1



We're on Facebook!

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Winston Heights - Mountview Community Association

520 - 27 Ave NE , Calgary, Alberta
 403-276-5474

www.winstonheights.ca Email: questions@winstonheights.ca

Mission: *Through effective leadership and with a proud sense of history and fun, the Winston Heights - Mountview Community Association meets the needs of our diverse community and membership by providing facilities, programs and services.*

President's Message

Fall has officially arrived and it's sad to see the summer slip away, but autumn is traditionally when we see many things start up.

School began last month, not just for residents who are attending an elementary, secondary or post-secondary school, but also for our local residents: Mount View Elementary and George P. Vanier Junior High School.

As previously mentioned, fall is also the season when social activities kick back into high gear, many of them taking place at the community hall. Visit winstonheights.ca to see if any of the dance groups, Sparks, fitness class, or Mom and Tots groups are of interest to you.

On September 11th we celebrated the grand opening of the new playground that community members built at 7 Street and 22 Avenue. It is truly a unique marvel that is already attracting attention -- not just from kids in the community, but from other neighbourhoods in Calgary and other groups in North America looking to build something similar. The party was great for all the neighbourhood kids and over 100 people turned out to hear the winner of the park-naming contest. (Flip to page 5 to find out the name we've submitted to the City.)

The following weekend, on September 18, we celebrated the anniversary of the opening of

Continued on page 4



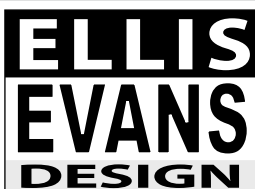
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Volunteer Opportunities

Technology Volunteer Needed!

Are you good with computers and do you have a knack for technology? Can you remove computer gremlins with a single stare? If so, Winston Heights-Mountview Community Association needs you! We are looking for a volunteer IT person to assist with all things technology (computer, printer, Internet). Only a few hours a month commitment. Please contact Christine Johns at christine.johns@ucalgary.ca for more information or to volunteer.

President's Message, continued from page 3

our previous big community project, the Centennial Garden. This garden party is always a great chance to celebrate the end of summer, and this year was no exception as we took the chance to thank some of the garden's biggest advocates.

This month however, on October 1st, all community association members are invited to celebrate the beginning of a new membership year at the 2nd Annual Membership Pancake Breakfast. If you haven't got your membership yet you're in luck because we'll be selling them for \$10. Please find additional details elsewhere in this newsletter.

D.J. Kelly, President

Winston Heights - Mountview Community Association

Thank You, Volunteers!

by Beth Lawton

Thank you again to everyone who volunteered for the last casino fundraiser. It was a great success due to the wonderful slate of volunteers. Your time commitment was very much appreciated. Our next casino fundraiser will be held March 28th and 29th, 2013 (Thursday/Friday) at the Deerfoot Inn Casino. Please put that date in your books and someone will contact you in about 12 months.

Thanks again!



Community Potluck Dinner

You're Invited to our Community Potluck Dinner!

Please join us for a family-friendly, Halloween-themed potluck dinner on the third Friday of October.

Where: WHMV Community Hall

When: Friday, October 21st from 6 to 9 p.m.

Please bring a dish to share and all your little ghouls, goblins, princesses and zombies! This is a kid-friendly affair and we'll have a Halloween craft to keep the little ones busy and lots of toys courtesy of the community Moms and Tots group. To top it off, we'll have a Halloween-themed dessert, too! Come by and mingle with your neighbours.

If you're interested in volunteering for this event or have any questions, please call Mary-Beth at 403-209-1691.

Stormwater Pond Update

The Greenview/McCall Lake Stormwater Pond is a part of the City of Calgary's Stormwater Quality Retrofit Program, which is an initiative to improve the water quality of stormwater before it is discharged into our water bodies. (Stormwater for Greenview/McCall Lake is discharged into the Nose Creek.)

A part of this project involves upgrading the regional pathway on the east side of the site. The landscaping and regional path is complete. Users of the pathway can now go under the 6th Street bridge instead of having to go across the road; users can also enjoy a wider pathway. Final landscaping including the installation of two park benches and a safety railing underneath the bridge is to be completed.

Construction of the stormwater pond, located on the west side of the site, is currently underway. The entire project will be completed by the end of October, 2011.



Crescent Heights Cowboys Football
Calling ALL former coaches & players!
First ever Home-Coming Football Game!
Oct. 13, 6:30 pm, Shouldice Field
4:30 Meet & Greet at Crescent Heights High School
5:00 Dinner
5:45 Buses depart for 6:30 Game
RSVP to 403-277-4743 or
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"Inspire the Future"



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Tues to Thurs: 11am - 7pm

Fri: 11am-5pm

Sat: 10am-6pm Sun: Noon-4pm

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AT THE HALL! 520-27 Avenue NE Upcoming Events

(The events requiring volunteers are marked with an asterisk.*)

- Oct 01 *Free Pancake Breakfast
- Oct 02... *Fall Garden Cleanup & Lasagna Garden Demo 9am-12pm
- Oct 21 *Community Potluck Dinner 6 p.m. – 9 p.m.
- Nov 17 *Winter Bird Feeding Workshop at 7pm
- Dec 10 *Santa Claus Breakfast and Craft Sale
- Dec 11 *Christmas Decorating in the Garden at 1pm

Celebrate!



The name selected by the playground committee from the community contest was “Victory Park”. This name has been submitted to the City - it is not official until they approve it.

The park is located at 7th Street and 22nd Avenue NE. Many thanks to all the volunteers for making this park a reality.

(Photo by Sarah Whately)

Are Your Child's Eyes Ready for School?

by Dr. Debbie Luk, BSc(Hons), OD, Micah Luong, OD, and Alison Leung, BSc

Vision is an integral part of a child's learning and development. Vision is the fourth most common cause of disability in North America. This is an important statistic as 80% of what children learn comes from their visual processing of the world. Vision problems can sometimes be the root of learning difficulties. Fortunately, they are treatable, especially with early detection.

FREQUENTLY ASKED QUESTIONS:

When should my child have an eye exam?

The first eye exam should be at six months old and yearly thereafter. Alberta Health Care covers children's annual eye exam until 19 years of age. Alberta's Eye See Eye Learn program also covers a pair of spectacles for a child attending kindergarten.

How do I know if my child is having vision problems?

Condition	Signs
Lazy Eye (Amblyopia)	Asymptomatic. Develops during infancy/childhood; early detection improves prognosis.
Eye Tracking (oculomotor) dysfunction	Skipping of words or losing place when reading, difficulty following or catching a ball.
Eye Focusing (accommodative) dysfunction	Headaches around the eyes during near work, intermittent blurry vision, trouble copying from the board, holding a book close to the face when reading.
Eye Teaming (binocular) dysfunction	Eyestrain, double vision, rubbing of eyes, leaning on desk when doing homework, tilting of paper when writing.
Visual Perceptual Deficits	Reversal of letters or words, difficulty in spelling, math, abstract thinking, and reading comprehension.

How is vision related to learning?

Vision is more than just seeing 20/20. Good vision means being able to read efficiently, clearly and comfortably for an extended period of time. Good vision is the ability to interpret visual information so we can discriminate similar looking shapes and letters such as b, d, p and q. Furthermore, good vision allows us to visualize information in our minds, enabling us to succeed in reading comprehension, math and abstract concepts. Many children who have difficulties in school often have a vision problem. It is important to emphasize that vision is a learned skill, similar to walking and talking. If your child is falling behind in school, vision therapy can help acquire these fundamental visual skills.

How can we treat vision problems?

Glasses, visual hygiene and/or vision therapy may be prescribed. Vision therapy is an individualized program of neuroptometric exercises performed both in-office and at home which will help remediate the aforementioned vision problems.

As parents, you play a vital role in your child's development. An annual eye examination can detect risk factors for vision problems. If additional testing and treatments are indicated, then a developmental optometrist will be able to help your child improve visual skills and excel to his/her full potential.

Visit www.covd.org or www.oepf.org for more information and find out whether your child needs vision therapy.



- Clip and Save -

Newsletter Delivery Concerns

How often is the newsletter printed?

The newsletter is published ten times per year. Two issues are combined month issues - July/August and December/January.

Where is the newsletter delivered?

All homes, apartments and condos in your community should receive the newsletter.

How is the newsletter delivered?

Your community newsletter is delivered by Canada Post except for a small section in the NE of the community. This area is delivered by the Girl Guides.

Who pays for the delivery?

The Winston Heights - Mountview Community Association pays for the newsletter delivery.

If I have a 'no-flyers' sign on my mailbox how do I get the newsletter?

Community newsletters are classified as official information and, as such, **must be delivered by Canada Post** to every address on every letter-carrier route.

There are no options for non-delivery of official information mail-outs.

If you don't receive your newsletter...

We need your help to monitor the delivery and to report delivery problems.

If you, your friends or neighbours are not receiving the newsletter please follow these steps:

- 1) Talk to your letter-carrier or leave a note or a sign on your mailbox insisting on delivery.
- 2) Call Canada Post at 1-800-267-1177 and insist they initiate a case file and reply to you with an explanation. Be persistent!
- 3) E-mail ellisevansdesign@shaw.ca and provide your address and postal code.

- Clip and Save -

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To everything, there is a season...

Fall has arrived and now is the time to get your yard ready for the winter so that the spring clean-up is less tedious and the lawn, plants, trees and shrubs are healthier.

Grass: Grass must be less than six inches (15 cm) tall according to the Community Standards Bylaw, but three inches is optimal. Late fall is the best time to apply fresh seed to renew a lawn; the seed lies dormant under the snow and germinates the following spring with the moisture of the melt.

Leaves: Raking the lawn ensures your grass won't suffocate under a burden of fallen leaves. Remember that under the Community Standards Bylaw, it is illegal to burn leaves and yard waste in Calgary.

Weeds: According to the latest version of the Alberta Weed Control Regulation, weeds are now divided into two groups: noxious and prohibited noxious. The growth of noxious weeds must be controlled and prohibited noxious weeds must be destroyed. Dandelions are not considered weeds but grass, and should be dealt with accordingly. The Oxeye Daisy (see photographs) is an example of a noxious weed commonly found in Calgary yards this year. Fall is the best time to get rid of weeds so they don't surprise you in the spring.



Plants: Leave perennials standing until next spring, but remove fallen fruit and leaves as these may house disease-causing organisms that can rise again next spring for a renewed assault. The City of Calgary Healthy Yards program provides guidelines for beautiful and healthy yards by using an environmentally friendly approach to yard, lawn and garden care.

Trees and shrubs: Keep trees and shrubs on your property trimmed so they don't interfere with pedestrians or vehicles. Consult the Street Bylaw for further information.

Reduce watering of trees and shrubs in the fall, but give all evergreens one heavy watering as close to freeze-up as possible. This will prevent dehydration over the winter.

For more information about yard maintenance, visit the new and more user-friendly City of Calgary website at calgary.ca and search "Bylaws". Enjoy the fall and its colours!



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Cardel Place and The City of Calgary, are excited to announce Go Girl 2011!! Girls will get an opportunity to participate in a variety of sport, recreation, wellness and arts opportunities. Try a sport, learn a new dance, explore your creativity and build self-esteem in this event created with 'girls' in mind.

When: November 12th, 2011
Time: 01:00 PM to 05:00 PM
Where: Cardel Place
Cost: \$15.00



Registration begins October 3rd, 2011
at 08:00 AM at cardelplace.com. Visit us
online for more information.



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Memberships are required for spring sport activity registration (eg: Deerfoot Soccer requires that you have an up-to-date community membership). If you want to rent the hall, members get a discounted rate.

If you want to attend a function such as the Stampede Bar-B-Que you get a discount on your ticket price.

If you wanted to rent a table at the garage sale, you get a cheaper rate when you have a membership.

The Best Pet Ever!

Immortalize your pet in print! It's FREE!

E-mail a pic to ellisevansdesign@shaw.ca and include a short message (50-75 words) explaining just why your pet is the best ever.

We'll place your nomination in the newsletter and your pet will be famous!

Also, if your pet is nominated you could win a **FREE PRIZE PACKAGE** courtesy of **DOGGYWOOD!** Please include a phone number or email address to receive your prize package.

"ROXY"



Best Pet Ever Nominee!

Hello everybody! My name is Roxy and I'm a 10-years-young yellow Labrador. Some of my favourite hobbies include rolling around in the grass, eating cheese, throwing tennis balls with my mouth, smiling at my friends and family, and using my stuffed animals as pillows. But my most favourite thing of all is my daily walk around my neighbourhood!

by Nydia & Brad

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Halloween Safety



Alberta Health Services EMS would like to remind parents and trick-or-treaters of some basic Halloween safety tips as October 31st approaches. As a member of the UNICEF *Partners for Safety*, ambulances, along with police, fire, bylaw, transit, and Shaw Cable vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks or well lit corners only. It is safest to work your way up one side of the street and then cross once to the other side.
- Stay away from houses that are not well lit and do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups of three or more.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods or wands, should be soft and flexible with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair vision or breathing.
- Be sure costumes are loose enough to be worn over warm clothing – but not so baggy or long they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

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Page 14**

Volunteer Opportunity

Escorted Transportation Seeking Drivers

Calgary Seniors' Resource Society mission is to: "Enhance the quality of life and human dignity of seniors, by supporting their independence through home services and community based programs.

Would you like to help a senior get to a medical appointment? We are pleased to provide Calgary seniors a safe and reliable volunteer transportation option. This escorted service is available to seniors 65 years of age and over who may be frail, unable to access public transportation and who cannot afford taxi service. The volunteer accompanies the client from the time they are picked up until they are returned home.

There is a huge need for this service! Volunteer drivers benefit from a sense of accomplishment in knowing they are providing safe transport to appointments and the added benefit of companionship to often isolated seniors. Mileage is reimbursed back to the driver at a rate of .46 cents/km. Using online methods, drivers are able to choose drives at home and times convenient to them. CSRS provides volunteers with AMA driver training as well as core training about CSRS.

To volunteer with this program, or, if you would like someone to do a presentation about this or any of our programs, please call Pia Brown at the Calgary Seniors' Resource Society at 403-266-6200 or volunteer@calgaryseniors.org. CSRS offers a number of volunteer based programs. Check us out at www.calgaryseniors.org

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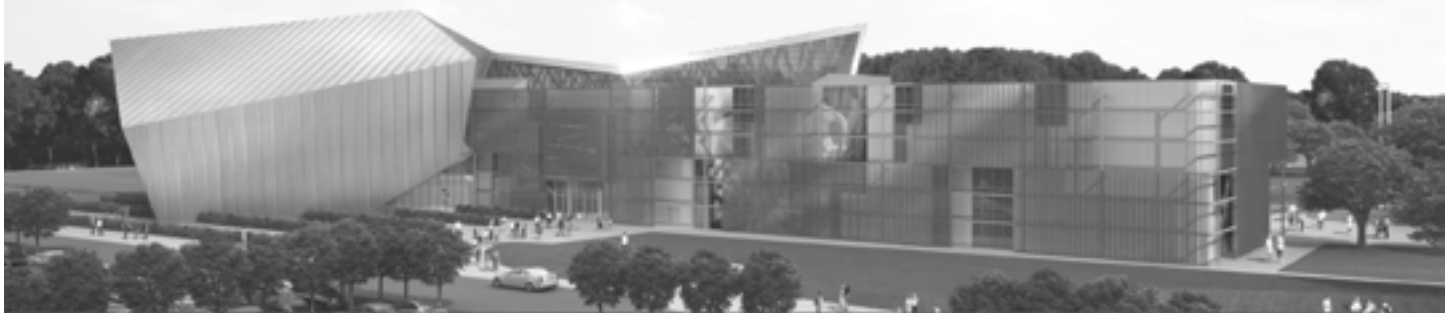
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At City Hall

By Councilor Gian-Carlo Carra

When I wrote the September update it was during the dog days of August and I assumed that my October update would be written amidst the craziness of the fall's budget debates. Because of the lag-time between writing and publishing, I find I'm writing the October update right after Labour Day, still during the calm before the storm. This actually works out well because I faced the difficult choice between writing a Winston Heights-Mountview-specific report or weighing in on the single biggest issue confronting Calgary. With the provincial election looming, I chose the latter and discussed Calgary's desperate need for a real urban agenda.

There is a provincial election on the horizon. I really hope that you are selecting your MLA candidate based on their commitment to forging a new relationship between our city and the province - a relationship that gives Calgary the capacity to solve the myriad of problems that confront us. My website is finally live, so if you didn't read my last report check it out at www.gccarra.ca. Our Mayor is also passionate about the issue of having an urban agenda and has recently launched a website based around the idea that cities matter, www.citiesmatter.com/. Finally, as City Council's representative on the Alberta Urban Municipalities Association (along with Ward 3's Jim Stevenson), I can attest that this is an issue facing all of Alberta's cities, towns, and villages. Check out the AUMA's website at www.auma.ca/live/AUMA/Local_Matters.

I look forward to seeing everyone of Winston Heights-Mountview at your annual Membership Pancake Breakfast on Oct. 1st. It's a great event that the Community Association puts on and it's a really fun way to find out about ways you can get involved in your community. Also, in mid-October, I'm excited to do a Ward 9 TV broadcast on the rain gardens in your community (check it out on our new website!). It's a pretty interesting water resources initiative happening and I hope you all get the chance to check out what's going on.

Team Ward 9 -- Jacqueline, Lindsay, and I -- are standing by at your service. Please visit www.gccarra.ca and let us know what you love best about Winston Heights-Mountview and submit your favourite community pictures for us to feature on our website. Here's to an exciting fall season that begins to see the transformation we're committed to achieving in Calgary.



Helping Hands Fair

Sunday October 30 10-3pm

Marlborough Park Community Hall

There's something for everyone from Christmas crafts to jewellery and toys to clothing. And of course a concession.

There will also be a Halloween themed carnival and a bake sale as a fundraiser for the East Calgary Beaver Scouts.



City Links - Helping Seniors

The City Links Employment Preparation Program, of The City of Calgary, Seniors Services Division, is currently accepting new clients for Light Housekeeping, Yard Maintenance and Snow Removal services.

Eligibility Criteria:

- Be 65+ years of age
- Have household income below current Low Income Cut-Off rate (LICO) e.g. one person (\$22,229), two persons (\$27,674), three persons (\$34,022), four persons (\$41,307)
- Own, co-own or rent property at or above the lowest subsidized housing rate
- Own no other property
- Live in the residence
- Have no other able bodied person living in the home who could provide services
- Have no other community support available to help, and not reside in a community where a Family & Community Support Services home maintenance program is available
- Current waiting period is 1 to 3 months depending upon service(s) needed
- Clients are requested to provide cleaning products for housekeeping and garbage bags for yard work services

For more information, call the City Links main switchboard at (403) 974-3112

We're on the Web!

Visit www.winstonheights.ca for the latest details on WHMCA events, programs and more!



Louise Riley Library
1904 14 Ave NW
Monday to Thursday 10:00 a.m. – 9 p.m.
Friday and Saturday 10:00 a.m. – 5:00 p.m.
Sundays 12:00 p.m. – 5:00 p.m.
www.calgarypubliclibrary.com

Programs are FREE with your library card.
Register in person, by calling 260-2620 or online at www.calgarypubliclibrary.com

At the Library you can get your paws on a great book!



Story Pals: Trained Pet Access League Society volunteers and their highly socialized dogs provide a calm, accepting presence for struggling readers to practice reading aloud. Ages 6 to 12. Thursdays, Oct 20 to Nov 24, 7:00 - 8:00 p.m.

Using the Internet for Career Planning: Learn effective strategies using websites and databases for career planning. In partnership with Alberta Employment and Immigration. Thursday, Oct 20, 5:30 - 8:30 p.m.

Coffee & Conversation: Join us for coffee, conversation, and presentations of interest. Ages 50 and up. Mondays, Sep 26, Oct 17, Oct 31, and Nov 14, 2:00 - 3:00 p.m. No registration required

Artist Within: History Under Construction: Join 'Living Book' Judith Umbach for an exploration of Calgary's buildings through the Library's Local History photographic collections and digital photographs of Calgary construction sites. Monday, Oct 03, 2:00 - 3:30 p.m.



Flipbook Animation for Teens: Learn to make your own cartoon animation by creating a take-away flipbook. Presented by Quickdraw Animation Society. Ages 13 to 17. Saturday, Nov 05, 2:00 - 3:30 p.m.

Teen Movie Night! Enjoy a feature length film at the Library. Call branch for movie title. Ages 13 to 17. Tuesday, Oct 18 7:00 - 8:30 p.m.

The Library will be closed on October 10 - Happy Thanksgiving!

See you soon at the Louise Riley Library!

Area Classified Ads



All Classified ads must be prepaid
Call 403-276-8108 to book your ad.

ART CLASSES

After School **Art Classes**, HS, Watercolor Chinese Brush Painting. Kids + Adults
CALL 403-244-1809 www.pinkmittens2.ca

BEAUTY

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1-877-7-BOOKS-5.
www.suresolutions.ca



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HELP WANTED

Bow Valley Lodge requires volunteers for Bingo, music programs, bus trips, visits
Contact: Pamela Vardabasso 403-264-6455

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FREE ROOF INSPECTION incl. flashing, gutters, downspouts. 20+ years experience
Quality roofing repair or replacement.
EK Construction. Call Kel at 403-605-2616

Tab tired looking-hard to clean-don't like the color? Why replace when you can resurface?
Call Obe or Arlene at **BathMaster** for all your refinishing needs! Call 403-293-4810 or
calgary.bath@bathmaster.com

KIDS SPORTS

FREE Kids Sports Night, Tuesdays
Now - Nov 29, Grades 5+, 6:30-7:30pm
Buchanan Elementary School Gym
3717 Centre Street North

LANDSCAPING / YARDCARE

ACTION LAWN CARE - Fall Clean-up
Aeration, Eavestrough clean, Power rake, Rototilling, Fertilizing, Hedge trim, Weekly lawn cuts. Call **Karl** at (403) 651-3900

RYAN'S LAWN SERVICE
Fall Cleanup, Yard and Lawn Maintenance.
Call 403-689-9459

MUSIC LESSONS

Violin, Piano Lessons. All ages welcome.
Marlborough Park studio. Contact: Tina
403-272-8680 or tjfisher@shaw.ca

Dale Jackson - experienced piano teacher.
Mt. Royal branch instructor. All ages, all levels.
Pleasure, performance, exams, competition.
116-6 Ave NW. Call 403-277-3307 for info.

Piano, Voice & Theory Lessons, All Levels
Home based studio in Marlborough Park
Info: Leith 403-816-0211 or lbellmusic.com

Piano lessons in pop, jazz, improve and classical. Qualified teacher in Abbeydale. Call Kay at 403-248-7249.

PETS / PET SERVICES

Travelling? Gentle and trustworthy care for your special cat in your own home. Call Linda Anne 403-277-2178. References available.

PERSONAL GROWTH

Counseling by Sharon Stopforth, MSW, RSW
Serenity Now Wellness Centre 501-30 Ave NW
Appointments? Call (403)454-7600 or email
sharon@serenitynowwellness.ca

PLUMBING SERVICES

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www.transcdatax.ca 403-212-1223

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Family Nutrition, Weight Loss
Sam Rafoss, RHN, NNCP, 403.988.7507
www.cherubconsulting.com

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Celest Yoga offers specialized pre-natal and basic yoga classes. Flexible schedule.
Call 403-230-8514. 1616 - 2A Street NW

E-mail: ellisevansdesign@shaw.ca or phone 403-276-8108 to place your ad!

Make composting a tradition. Nature does.

Leaf & Pumpkin Composting Program

Brown bag it this year! The City encourages you to bring your leaf and pumpkin waste to drop-off locations in large paper yard-waste bags.

Leaves and pumpkins collected are composted and used in parks, the Calgary Zoo and other green spaces.

Sept. 30 to Nov. 13, 2011.



Protecting what's precious.
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calgary.ca/waste | call 3-1-1



GMC    2011

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OVER 460 2011 VEHICLES PRICED TO CLEAR!!!
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CHEVY 1500 was \$36,105

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CHEVY TRAVERSE was \$37,770

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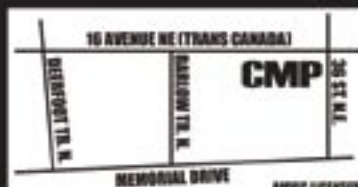
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