

# WINSTON HEIGHTS MOUNTVIEW NEWS

MARCH 2011

**It's not too late!  
Rink and oval are open  
Come and enjoy the fun!**



**Garden Committee Workshop #1  
Basic Garden Design  
March 10, 2011 - 7:00 p.m.**

*The Official Newsletter of the Winston Heights - Mountview Community Association*

2011 Calgary

# Seedy Saturday is coming...

New location!

Saturday, March 19, 10am - 3pm

Hillhurst Sunnyside Community Centre

1320 - 5 Ave NW

Admission \$2 Children under 12 free

<http://seedysaturdaycalgary.shawwebspace.ca>

Supported by the Calgary Horticultural Society - Community Garden Resource Network  
[www.calhort.org](http://www.calhort.org)

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# SC The Spanish School of Calgary

## Welcome!



## Bienvenido!

Weekend location  
Forest Lawn High School  
1304 - 44th Street SE  
Classes start Sat., April 9th

New Location - Weekdays  
Suite 201  
1710 Centre Street N.  
Classes start Mon., April 11th

### SPRING CLASSES: April 9 to June 25, 2011

**SPANISH  
FOR TRAVELERS!**  
Centre Street N. location,  
starts Wed. April 13.

Phone: (403) 235-6340 Fax: (403) 235-6230  
School Coordinator Direct Line: (403) 585-6070

**Email: [spanish1@telus.net](mailto:spanish1@telus.net)**  
[www.spanishschoolofcalgary.com](http://www.spanishschoolofcalgary.com)

**Spanish is the second most used language in international communication!**

93 years ago...we got the right to vote.  
82 years ago...we were ruled a 'person'.  
74 years ago...we entered space.  
45 years ago...we got maternity leave.  
43 years ago...we could divorce him.  
42 years ago...it was legal for us to buy the pill.

Imagine what the next 100 years will bring!

International Woman's Day - March 8, 2011

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# Winston Heights - Mountview Community Association

520 27 Ave NE  
Calgary, Alberta

403-276-5474

[www.winstonheights.ca](http://www.winstonheights.ca)

Email: [questions@winstonheights.ca](mailto:questions@winstonheights.ca)



# WINSTON HEIGHTS MOUNTVIEW COMM. ASSOC.

**newsletter@winstonheights.ca**

## BOARD OF DIRECTORS

President .....	DJ Kelly, 403-714-8901 <a href="mailto:president@winstonheights.ca">president@winstonheights.ca</a>
Vice-President .....	Linda Sharp, 403-276-4510
Treasurer .....	Don Phillips, 403-277-3166
Secretary .....	Vacant
Past President .....	Mike Jones, 403-230-9169

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Communications .....	Vacant
Finance .....	Don Phillips, 403-277-3166 <a href="mailto:qtax@shaw.ca">qtax@shaw.ca</a>
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Social .....	Lara Grimm, 403-837-8466 <a href="mailto:lara.grimma@gmail.com">lara.grimma@gmail.com</a>

**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

The past couple of months have seen some “bigger picture” items land on the Community Association’s to-do list.

The biggest one is no doubt the “Future of Edmonton Trail” project we are undertaking with the help of the Federation of Calgary Communities, the University of Calgary Urban Studies Program and the Tuxedo Park Community Association. The goal of this project is to work with the future planners from U of C to create recommendations for how to build Edmonton Trail into what community members would like it to be.

The first step in that process, obviously, was to find out what community members wanted in their Edmonton Trail of the future. So, on February 12, we had a great day of conversations with community members from Winston Heights - Mountview and Tuxedo Park. The results of the hard work of all the residents who turned out to share their opinions have been passed on to the students where they will apply their experience to create recommendations on how to make the participants’ vision of Edmonton Trail a reality.

I feel truly blessed to live in a community where not only are these kinds of conversations possible and welcome, but a community where residents from such diverse backgrounds are willing to put aside a Saturday morning to take ownership of their community by sharing their thoughts and experiences to help build a plan together.

We look forward to the students returning with their reports on April 21 at 7 p.m. Be sure to mark your calendars now!

In the meantime, we have many great activities planned as we move into spring. I hope you come out and enjoy as many of them as you can.

**D.J. Kelly, President, WHMCA**

**Disclaimer:** *The opinions and statements in the articles and advertising found in the Winston Heights-Mountview News newsletter are not necessarily those of the publisher or of the Winston Heights- Mountview Community Association.*



**PLEASE RECYCLE  
THIS NEWSLETTER!**

# WHMCA - COMMUNITY NEWS

## Used Book Sale

Mark your calendars! The dates of the sale are as follows:

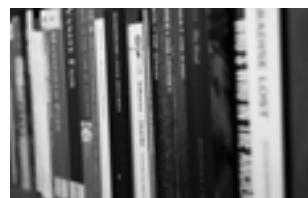
Thursday, March 24th from 8:00 a.m. to 8:00 p.m.

Friday, March 25th from 8:00 a.m. to noon

The book fair will be held in the Mount View School gymnasium.

Start gathering your gently-used children's and adult's books. We are able to accept novels and cookbooks, but please no textbooks, encyclopedias, National Geographic magazines or reference books. Bring your donations to the school starting on Monday, March 21st

(through the playground doors, turn left to reach the office). Hope to see you all at what is sure to be a busy and successful book fair! If you are able to volunteer for a few hours before, at, or after the event, please contact Jennifer Koppe at 276-8119 or [jenniferandersen@yahoo.com](mailto:jenniferandersen@yahoo.com).



Mountview School and the Winston Heights - Mountview Community Association are pleased to be working together to make the upcoming Used Book Sale a resounding success!

## Grassroots Hockey Program

Every Tuesday 6:30 p.m. - 8:30 p.m. ALL ARE WELCOME!

Come and learn to play hockey or just participate in a game at the Winston Heights - Mountview Community Association rink just north of the Community Hall (520 - 27 Ave N.E.). The Sportsplex will be open and hot chocolate will be available. Goalie equipment is also available.

The Grassroots program is accepting donations of your used, CLEAN hockey equipment, helmets, skates and sticks.

For more information, and to book ice time, please contact Coach Stacy Nephin, "WHMCA Lead Iceman", at [sjnephin@shaw.ca](mailto:sjnephin@shaw.ca) or 403-276-3798.

## Garden Committee Workshop #1

Basic Garden Design - March 10, 2011 - 7:00 p.m.

North Hall (Sportsplex) of the WHMCA Community Hall

Are you bored with your flower garden? Are you building a new garden? Bring your friends and neighbours and take in our Garden Design presentation. Topics will be centred on how to employ design basics such as location, shape, scale, colour and texture in your own garden.

Presenting the information will be Sue Fulkerth. Sue is a resident of Winston Heights, a member of the WHMCA Garden Committee, a Calgary Zoo Master Gardener Volunteer and an avid gardener.

There is no admission charge for this workshop.

Be sure to mark your calendars for the next Garden Workshop, "Spring Bird Feeding", coming April 14th.



## "Flicker"

The kids were so happy to see Misty in the newsletter and then requested that we do a profile on our gecko and fish. I told them the fish would be too difficult but here is the gecko. This is our Leopard gecko Flicker. She sleeps a lot during the day but when her sun goes down and her moon comes out she starts to hunt. When she sees a cricket that she wants to eat, she flicks the tip of her tail and pounces on the unsuspecting cricket. After she eats a lot she grows bigger and becomes quite an acrobat as she begins to shed her skin. She pulls her skin off and flips her cave over, then eats her skin. When this process is over her colors are amazing!! She is interesting and very beautiful! **Mickelle L.**

The WHMCA Playground Committee  
is pleased to Announce:

## The 7th Street Park Naming Contest!

- Now is your opportunity to name the park at the corner of 7th Street and 22nd Avenue NE.
- This park has never had a formal name and as part of the playground redevelopment we now have a chance to name it what you want!
- Entries will be accepted until April 30th, 2011.
- Our panel of judges will select the best name and announce it at the playground opening ceremony in the summer of 2011. The winner of the contest will receive a picnic lunch hamper to eat and enjoy in the park they named!
- Please submit the name you think the park should have, your name, phone number and email address to:
  - By email: [playground@winstonheights.ca](mailto:playground@winstonheights.ca)
  - By mail: Alex Reed, Playground Chairman, 616-26th Avenue NE, Calgary, Alberta T2E 1Z5.

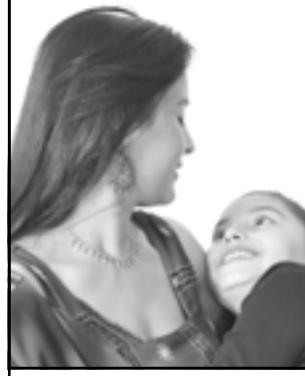
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Jassie's  
Photography

In-studio or mobile.  
Packages include  
a CD of at least  
20 printable images.

Call Jassie for an appointment at 403-612-8804

## Community Exercise Group

"Cardio and Strength in Tempo"  
Led by a Certified Trainer

Tuesdays & Thursdays  
6:45 - 7:45 p.m.

12 sessions, March 8 - April 14, 2011

Winston Heights - Mountview Community Hall  
West Hall • 520 - 27 Avenue N.E.

WHMCA Members - \$120

Non-Members - \$144

(Minimum registration - 10 people)

Pre-registration is required



For details and registration contact  
Lenore at 403-276-3798 or [ipeaton@shaw.ca](mailto:ipeaton@shaw.ca)

## RENFREW AUTO SERVICE

Personalized service for your vehicle...

Owner/Operator: Earl Reimer

### Did you know...

The most common cause of transmission failure is fluid breakdown. Regular maintenance can **save you \$\$\$\$** and prevent breakdowns away from home!

Most vehicle manufacturers recommend a complete fluid exchange every 2 yrs or 48,000 km.

- Brakes and Tune-ups
- Fuel injection diagnostics
- Oil/Lube/Filter
- Coolant flush
- Transmission and Power Steering flush
- General Repairs
- Vehicle Inspections
- Brake flush
- Tires/Batteries
- New car and old car scheduled maintenance



**403-277-8621**  
**1212 Edmonton Trail NE**

# WHMCA - COMMUNITY NEWS

*Community News, continued from page 4*

## Stone Soup Lunches

*"And to think," said the monks, "To be happy is as simple as making Stone Soup."* - Jon J. Muth's retelling of an old folk tale

The Winston Heights - Mountview Community Association will be hosting 10 lunches from February till June, 2011. These lunches are for anyone who is in the community at lunchtime:

- Stay at home parents
- Parents with small children
- People who work from home or have flexible schedules
- People looking for work or taking a break
- Seniors and retirees.

Based on the Stone Soup story, each lunch will provide the opportunity for sharing stories, laughter, ideas and dreams. Lunch will start at noon and go until 1:15 p.m. Doors will open at 11:30 a.m. The cost is \$2.00.

Schedule for Stone Soup Lunches:

- Friday, March 11th and 25th
- Friday, April 8th and 29th
- Friday, May 13th and 27th
- Friday, June 10th and 24th

Please contact Doreen Knopp at 403-276- 5474 or Sarah Arthurs at [sarah.arthurs@prairiesky.ab.ca](mailto:sarah.arthurs@prairiesky.ab.ca) for more information.



## Casino Fundraiser

**Our next casino event will be held Friday, August 5th and Saturday, August 6th, 2011 at the Elbow River Casino.**

We are looking for volunteers to work at the casino for all shifts – both daytime and nighttime – and all jobs. Would you like to be a cashier? Chip runner? Money counter? If you are available and interested in lending a hand, please contact Beth Lawton at 403-276-3500.

If you have never worked at a casino before, not to worry! On-the-job training is provided, as well as dinner.

Please come and join us for some high-rollin' fun!

## Toast 'n' Jam

Toast 'n' Jam is a youth program coordinated by The City of Calgary Community & Neighbourhood Services to develop the musical talents of young Calgarians.

The program leads the way to give musicians and bands under the age of 18 a chance to improve and expand their skills, play a live show and showcase their talent.

Band Application Deadline: Friday, May 6th at 4 pm

Check out these websites for more information:

<http://www.calgary.ca/toastnjam>

<http://www.facebook.com/toastnjam>

## Alderman's Message

Happy March, Winston Heights - Mountview! Council duties at City Hall have been busy through February with the Airport Tunnel, fluoride, the launch of our unprecedented Budget engagement, Enmax, and now secondary suites. Last month I promised a WHMV-specific update, so here it goes.

Over the past few months I've been working with the Federation of Calgary Communities, the University of Calgary, and citizens from Winston Heights - Mountview and Tuxedo Park to re-envision Edmonton Trail. On February 12th I participated in a workshop where over 20 Winston Heights - Mountview and Tuxedo Park residents came out. We spoke about the potential for a more mixed-use, transit-supported Main Street future for Edmonton Trail. As the natural connector between Tuxedo Park and WHMV and home of many of the communities' best businesses, Edmonton Trail deserves particular attention as we determine the future of our neighbourhoods. The University of Calgary students will be sharing their work with the community in late April, so stay tuned for details on what promises to be a very provocative and interesting event.

Finding certainty and securing community continue to be top priorities of mine as the Midfield Mobile Home Park saga continues to unfold. The frustrations expressed by the community at the way residents have been treated are not without merit, and my office is committed to finding the best-case solution for the residents of Midfield, WHMV, and the citizens of Calgary. Check out Episode 3 of Ward 9 TV, in which I visit Midfield to pass out letters outlining my support: <http://www.rabbitview.com/gian-carlo-carra/ward-9-tv-episode-3>.

In other news, the hot issue of secondary suites is on the drawing board again, heading to Council in early March. We've been hearing lots of feedback from WHMV residents, and are committed to finding the best solution for Ward 9's neighbourhoods. One of Mayor Nenshi's core campaign promises was to address Calgary's housing supply by legalizing secondary suites, thereby making current illegal suites safer for the tenant, more beneficial for the owner, and in line with the aspirations of Calgary's communities. We recognize the legitimate parking and community issues associated with secondary suites, but are also aware of the benefit that increased density can provide, when placed appropriately and responsibly.

The lines of communication at the Ward 9 Office are always open, and we love to hear your thoughts on the issues affecting Winston Heights - Mountview, Ward 9, and the City. Please email us at [ward09@calgary.ca](mailto:ward09@calgary.ca) or give us a call at 403-268-2430.

Also, keep an eye out for our new website, [www.gccarra.ca](http://www.gccarra.ca), and while you're on it, check out Ward 9 TV, our newest way of letting you know what we're up to. Look forward to hearing from you, Winston Heights, and stay warm these last few months of winter!

*Continued on page 8*

**-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](mailto:ellisevansdesign@shaw.ca) and provide your address and postal code.

**-Clip and Save -**

# **AT YOUR COMMUNITY HALL**

## **March 2011**

### **Monday**

Swinging Singles – Every Monday in March at 8:00 p.m.

Que Step Dancing – March 7th, 14th and 28th at 1:00 p.m.

### **Tuesday**

City of Calgary Rain Garden Workshop, March 1st from 6:30 – 9:00 p.m.

Parent Group – Every Tuesday in March at 10:30 a.m.

Monthly Board Meeting – Tuesday, March 1st at 6:30 p.m.

### **Wednesday**

Lions Dinner – March 2nd and 16th at 6 p.m.

Rain Garden Community Engagement, March 2nd from 6:30 – 9:00 p.m.

### **Thursday**

Community Exercise Group – March 10th, 17th, 24th and 31st at 6:45 p.m.

Gardening Workshop – March 10th at 7:00 p.m.

### **Friday**

Stone Soup Lunch – March 11th and 25th at 11:30 a.m.

### **Saturday**

City of Calgary Rain Garden Workshop – March 5th from 10 a.m. – 4 p.m.

### **Sunday**

Que Step Dancing – March 6th, 13th and 27th at 1:00 p.m.,

also March 20th at 11:30 a.m.

## **We're on the Web!**



Visit [www.winstonheights.ca](http://www.winstonheights.ca) for the latest details on WHMCA events, programs and more!

# WHMCA - COMMUNITY NEWS

*Community News, continued from page 6*

## SAVE THE DATE!



Event: *WHMCA's Introduction to Italian Wines*

When: Saturday, April 30th

\*More information to follow in the next newsletter. If you're interested in volunteering for this event, please contact Lara at [lara.grimm@gmail.com](mailto:lara.grimm@gmail.com)

## On-line Safety Week

On-line Safety Week is March 14 - 19, 2011

Be smart, safe and savvy! For information on events, resources for parents and teachers, presentations, contests and other activities, call the Calgary Educational Partnership Foundation at 403-457-5822 or visit [www.youthlinkcalgary.com/onlinesafety](http://www.youthlinkcalgary.com/onlinesafety).

## Become a Friend of the Winston Heights - Mountview Community Centennial Garden

To support the continued maintenance and enhancement of the Winston Heights - Mountview Centennial Garden, we invite community members and others to become Friends of the Centennial Garden, by making a financial donation.

Donations will be recognized on a scroll in the Winston Heights - Mountview Community Hall foyer and you will receive an official certificate.



Donations to be sent to:

**Yvette DuBois, Garden Committee Chair**  
**Winston Heights - Mountview Community Association**  
520 – 27th Ave. NE  
Calgary AB, T2E 2A6

*We regret we are unable to provide a tax receipt, as the community association is not a registered charity.*

## Garden Committee 2011 Events Calendar

March 1, 2, 5

Rain Garden Community Engagement

(City of Calgary) – Stuart Peters

March 10, 7:00 p.m. - North Hall

Garden Workshop – Garden Design

April 14, 7:00 p.m. - North Hall

Bird Attraction / Feeding Workshop #1.

May 7, 9:30 a.m. - North Hall

with Mac Brown of the Wild Bird Store

June 2, 7:00 p.m. - East Hall

Adult Container Workshop and

June 12, 9:00 a.m. - East Hall, Garden

Children's Mother's Day Container Gift activity.

June 12, 11:00 a.m. - Garden

Healthy Yards (City of Calgary program)

Sept 18, 1:00 – 3:00 p.m. - East Hall/Garden

Annual Spring Garden Cleanup

Oct. 2, 9:00 – 12:00 a.m. - East Hall

Plant Exchange

Oct. 2, 11:00 a.m. - Garden

Garden Anniversary Celebration

Nov. 17, 7:00 p.m. - North Hall.

Annual Fall Garden Cleanup

Dec. 11, 1:00 p.m. - East Hall, Garden

Lasagna Garden Demonstration Class

Winter Bird Attraction / Feeding Workshop #2

with Mac Brown of the Wild Bird Store

Annual Xmas Decorating the Garden and craft activity

## We Want Your Travel Stories

*“Travel is fatal to bigotry, prejudice and narrow-mindedness. Broad wholesomeness and charitable views cannot be acquired by vegetating in one tiny corner of the globe.” – Mark Twain*

Whether you've trekked across Europe, sailed the seven seas or survived a family road trip we'd like to hear about it! Wanderlust is an affliction that many of us share and the second best thing to actually embarking on a journey is to hear someone else's globe-trotting tales. Still reeling over an amazing meal? Still swooning over ancient architecture? Still thinking of the people you crossed paths with? Tell us about a single moment that's remained with you or about a year you spent abroad. Your story may inspire someone else to pack their bags and set out on the same journey. Don't forget to add pictures too! Email your stories and art to [newsletter@winstonheights.ca](mailto:newsletter@winstonheights.ca).



## Community Photo Contest!

**1st Prize \$75 • 2nd Prize \$25  
(Community Prizes)**

**GRAND PRIZE - Quality Digital Camera  
(The best of all ten communities!)**

### GUIDELINES

1. Digital photos only so they can be emailed to us.
2. Pictures should have family or community content.
3. Pictures should be large (at least 1 MB in size).

**NOTE: By emailing your photo entry you give us the right to use your photo in the community newsletters. Photos will not be used in any paid advertising.**

**CONTEST RUNS TO JUNE 15th. Winners in July issues.  
Email your entry to [ellisevansdesign@shaw.ca](mailto:ellisevansdesign@shaw.ca), include your name and the name of your community.**

**Sponsored by your community association and by Ellis-Evans Design Ltd.**

**UNDER THE BRIDGE FASHIONS**

**Bridgeland's Fashion Boutique**  
*Designer Lines (Sizes 2-18)*



**36 - 4th Street NE**

**1½ blocks north of Memorial Drive  
on southbound Edmonton Trail.**

**Mon: Noon-6pm**

**Tues to Thurs: 11am - 7pm**

**Fri: 11am-5pm**

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

**FREE On site Parking!**



## 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 - 5:00 p.m.

[www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)

*Programs are FREE with your library card.*

Register in person, by calling 260-2620 or online at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)

## March 2011

### *Programs for 50+*

**50+ Coffee & Conversation:** Join us for coffee, conversation, and informal presentation of interest. Mondays, Mar 28, and Apr 25 from 2:00 p.m. - 3:00 p.m.

**Unlocking Alzheimer's disease: More than memory loss:** Monday, Mar 14 from 2:00 p.m. - 3:30 p.m.

**Healing with Home Remedies:** Learn how to prepare rejuvenating remedies with everyday household items at minimal cost. Monday, Apr 11 from 2:00 p.m. - 3:30 p.m.

### *Programs for Adults*

**Medications Used in Child and Adolescent Mental Health:** Gain an understanding of medications used for common mental health diagnosis, common side effects and how to manage them. Presented by the Community Education service, Child & Adolescent Addictions Mental Health Program. Wednesday, Apr 27 from 6:30 p.m. - 8:00 p.m. Register online at [www.fcrc.sacyhn.ca](http://www.fcrc.sacyhn.ca)

### *Programs for Families*

**Coffee & Conversation for Parents:** If you like the songs and rhymes you learn in the library's baby storytime, and Mother Goose programs come and practice at the library! Bring your baby or a toddler and enjoy an hour of socializing with other parents. Tuesdays up until Mar 29 from 11:00 a.m. - 12:00 p.m.

### *Programs for Kids & Teens*

**Game On!:** Hang out with other teens at the Library and test your skills at games like Rock Band, Guitar Hero, and more! We've got lots of room to swing those controllers around! ;) Ages 13 to 17. Tuesday, Mar 29 from 7:00 p.m. - 8:30 p.m.

Receive a great gift and want to start using it? Come to the library and ask us about how to download e-books and audio from our E-Library or visit our website at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com). It works just like the regular Library. You can borrow both audio and e-books or place a hold for books that are already out. The items borrowed automatically expire on their due date, or you can renew if no one else is waiting for the title. Only for Calgary Public Library cardholders!



See you soon at the Louise Riley Library!

# Renfrew 50+ Club

## 1318 Regal Crescent NE

### Bizarre March Holidays

- March 1 – National Pig Day
- March 3 – If Pets Had Thumbs Day
- March 6 – Dentists' Day
- March 10 – Middle Name Pride Day
- March 14 – National Pi Day  
(Why today? Because today is 3.14!)
- March 20 – Extraterrestrial Abductions Day
- March 24 – National Chocolate-Covered Raisins Day
- March 28 – Something on a Stick Day
- March 30 – Take a Walk in the Park Day

### WANTED:

- 60 - 70 large boulders for the Centennial Garden Enhancement Project
- Personnel and equipment to lift and place boulders into the garden

Contact: Sue - fulkerth@telus.net

Yvette - yvd@shaw.ca

Linda - lasharp@telus.net

Many Winston Heights - Mountview residents take advantage of activities offered at the Renfrew 50 Plus Club. For those who are not familiar with these activities or are new to our community, below is a partial list of events:

#### DAILY EVENTS:

<b>Monday</b>	Tea & Conversation Crib	9:30 - 11:30 am 1 - 3 pm
<b>Tuesday</b>	Stretch & Breathe Billiards	9:30 - 10:30 am 12:30 - 3:30 pm
<b>Wednesday</b>	Billiards	12:30 - 3:30 pm
<b>Thursday</b>	Lunches	Noon - 2 pm
<b>Friday*</b>	Stretch & Breathe	9:30 - 10:30 am

\* Crib Tournament, last Friday of the month, starts at 7:30pm.

Please contact Renfrew 50 Plus Centre at (403) 276-4747 or e-mail: renfrew50club@shaw.ca for details and more special events.

# International Women's Day Celebration

**Join us for a free afternoon to learn about, and celebrate, the experiences of women of all cultures.**

**Sunday March 13, 2011, 1:30 to 4:30pm**

**Village Square Library, 2623 - 56 Street NE**

**Panel Discussions • Entertainment**

**Collective Art Project • International Food and Display**

**Free food and free childcare provided. Cultural dress is encouraged.**



# VOLUNTEER CORNER

## Volunteering Builds Connections

By Linda Sharp

We live in a busy world and it seems like every hour is planned and scheduled and rushed. The traditional ways we became linked to our community, like time to talk over the fence or a have a beer with a neighbour, have declined. One way to build those connections and bond with the neighbours, in a fun way that also yields a feeling of accomplishment, is to volunteer with the Community Association.

While we do have key volunteer assignments like Board membership, that require regular and sustained commitment, many of our volunteer opportunities are episodic. They require only two or three people so you get the chance to meet some new folks without being overwhelmed. For example, you could help cook and serve the Lion's Club dinners, stain the garden bridge and benches, help plant trees on the NeighbourWoods tree-planting day or help us implement a new filing system for the community records. Or if you like to be with a crowd of people, we have garden cleanups and we'll need to organize some other "work bees" like the playground building day, as time goes on.

If you're a planning and processing person why not join one of the committees? If you're interested in how we manage the Community Hall, from rentals to maintenance, sign up for the operations committee. If you like to organize a special event, sign up for the social committee. Have an accounting and finance background? Join the finance committee. Got some communications skills? Contribute to the communications committee. Good on the telephone? Join the volunteer engagement committee and help match other volunteers to opportunities.

The point is that volunteering is really about the volunteer more than the assignment. What skill do you have? How would you like to contribute? How would you like to spend your time? Offer to be involved in the community and you'll get something positive out of it. You'll meet new people, you'll have some fun and you'll come away feeling you've done your bit. And that will make you feel connected to the community, just like in the good old days, when we all knew our neighbours.

Interested in volunteering? Email: [Volunteer@winstonheights.ca](mailto:Volunteer@winstonheights.ca)



## Edmonton Trail Visioning

Edmonton Trail in 30 Years – Can You Imagine?

On Saturday, Feb 12th over 20 residents of Winston Heights/ Mountview and Tuxedo Park did just that. They participated in the Visioning Workshop with Alderman Carra, Professor Ghitter and his Urban Studies Students from the University of Calgary, and the Federation of Calgary Communities. Based on the information gathered at the Visioning Workshop, Professor Ghitter's students will be working hard to create a comprehensive plan for the future of Edmonton Trail through the communities of Winston Heights, Mountview and Tuxedo Park. You and attend their presentation on Thursday, April 21st at 7:00 p.m. at Winston Heights Community Hall. For more information you can check out the Urban Studies students blog at <http://edmontontrail2030.wordpress.com/>



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**enRoute** Challenge!

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Send your pic to: [ellisevansdesign@shaw.ca](mailto:ellisevansdesign@shaw.ca)

**WH Mountview News in front of the ancient observatory at the Mayan ruins of Tulum, Mexico.**



# MEMBERSHIP FORM

**Best deal in town! Only \$10 per family per year!**

**Please make cheque payable to:**

Winston Heights - Mountview Community Association

**Please mail cheque and this form to:**

Winston Heights - Mountview Community Association

520 - 27 Avenue NE, Calgary, AB T2E 2A6



**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Postal Code** \_\_\_\_\_

**Phone** \_\_\_\_\_

**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 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.

**To serve you better, please tell us about your areas of interest:**

**Please check all that apply...**

Gardening

Home Renovations

Social Events

Sports

Dancing

Games

Arts & Crafts

Kids Programs

Travel

Traffic/Safety

Civic Issues

Crime Prevention

Teen Programs

Health & Fitness

History

Other

If you checked 'Other' please provide details: \_\_\_\_\_

**May we contact you regarding potential volunteer opportunities?**

Y

N

The information provided on this form will be used to keep you informed about future Winston Heights - Mountview Community Association activities. It will not be sold or shared with any other organization. For more information or to be removed from a potential mailing list please contact the Winston Heights - Mountview Community Association at 403-276-5474 or [questions@winstonheights.ca](mailto:questions@winstonheights.ca).

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