

JANUARY 2026

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# WINSTON HEIGHTS MOUNTVIEW NEWS

THE OFFICIAL WINSTON HEIGHTS-MOUNTVIEW NEWSLETTER



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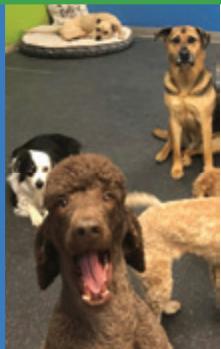
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## Rent a Hall

Do you need a larger space for an upcoming birthday, family reunion, or Christmas party? Do you have a wedding, christening, or special anniversary on your calendar? Do you have an at-home business that needs a commercial kitchen?

Consider renting one of our four halls or our kitchen. Three halls have capacity for 60 people, one for 140, and two can be combined for 200. We have a portable stage, two BBQs, a stereo, and even a disco ball. We are fully air conditioned, and three halls are fully accessible.

For more information, go online or contact our Facility Manager at [hallmanager@winstonheights.ca](mailto:hallmanager@winstonheights.ca) or 403-276-5474. WHMCA members receive a 20% discount.



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# WHMCA

## Board of Directors

### EXECUTIVES

President	Alex Reed	<a href="mailto:president@winstonheights.ca">president@winstonheights.ca</a>
Vice President	Scott Duncan	<a href="mailto:vicepresident@winstonheights.ca">vicepresident@winstonheights.ca</a>
Treasurer	Eric Hepler	<a href="mailto:treasurer@winstonheights.ca">treasurer@winstonheights.ca</a>
Secretary	Jile Meyn	<a href="mailto:secretary@winstonheights.ca">secretary@winstonheights.ca</a>

### DIRECTORS

Tyler Ellis	Werner Harahap	Marcia Xavier
Melanie Williams	Jeff Haussecker	

### COMMITTEE CHAIRS

Communications	Jile Meyn <a href="mailto:communications@winstonheights.ca">communications@winstonheights.ca</a>
Newsletter	Shannon Smith <a href="mailto:newsletter@winstonheights.ca">newsletter@winstonheights.ca</a>
Facility and Operations	Alex Reed <a href="mailto:operations@winstonheights.ca">operations@winstonheights.ca</a>
Planning and Development	Jeffrey Haussecker <a href="mailto:planning@winstonheights.ca">planning@winstonheights.ca</a>
Events and Programming	Suzanne Mott <a href="mailto:events@winstonheights.ca">events@winstonheights.ca</a>
Community Garden	Stephanie Phillips <a href="mailto:communitygarden@winstonheights.ca">communitygarden@winstonheights.ca</a>
Centennial Garden	Marcia Xavier
Rink	Blair Cosgrove <a href="mailto:rink@winstonheights.ca">rink@winstonheights.ca</a>
Power Line	Craig Baskett <a href="mailto:powerline@winstonheights.ca">powerline@winstonheights.ca</a>

### STAFF

Facility Manager	Suzanne Mott <a href="mailto:hall@winstonheights.ca">hall@winstonheights.ca</a>
Custodian	Derek Browne <a href="mailto:caretaker@winstonheights.ca">caretaker@winstonheights.ca</a>
Relief Custodian	Gabrielle Lee

Interested in submitting content to the newsletter? Please contact  
Shannon Smith at [newsletter@winstonheights.ca](mailto:newsletter@winstonheights.ca).



### PRESIDENT'S MESSAGE

We had a very successful Santa Breakfast on December 6 at the WHMCA hall. About 236 parents, children, grandparents, neighbours, and friends attended the event and had a great meal of pancakes, sausage, eggs, and apple cinnamon oatmeal. There were kid's crafts and activities, smores by the fire, and Santa Claus made a grand entrance to say hello to everyone. The horse and wagon ride provided by Authentic Western Productions was a great hit and toured the neighbourhood that was freshly covered in snow. A great big thank you is owed to each of the 38 volunteers who made it all possible. An extra thanks is also due to our new Santa Breakfast coordinator Lindsey Snyder, our retiring chief cook Ben McKenzie, and also to hall manager Suzanne Mott. This event received financial and in-kind support from the City of Calgary Ward 4 Councillor's Grant (DJ Kelly), Rayacom, Calgary Co-op, Sarjesa, and the Urbana Group.

The outdoor skating rinks at the WHMCA grounds and Marsden Park got off to a great start with the cold weather in late November and early December. The Marsden Park rink has been taken care of by Craig Baskett and Shawn Gostola and is a small rink intended for families. The large WHMCA rink has boards and nets and can be used for family skating and hockey games. The volunteer team for the latter rink is headed by Blair Cosgrove, Joseph Chan, and Dave Ironside. If you see any volunteers clearing or flooding the rinks, please thank them. If you would like to volunteer, please email [rink@winstonheights.ca](mailto:rink@winstonheights.ca). There will also be a learn-to-skate program for young children and maybe even hot chocolate on weekends! If you would like more information on these programs, please contact [hallmanager@winstonheights.ca](mailto:hallmanager@winstonheights.ca).

Finally, the WHMCA Board of Directors is looking for additional board members and committee members. The Board of Directors meets the first Tuesday of every month except August starting at 7:00 pm. As a board member you can see all aspects of how the community association works and have a say in its direction. Want to be more focused instead? The Communications and Facility and Operations committees need additional members to progress ongoing activities and larger projects. If any of these roles are of interest to you, please contact Alex Reed at [president@winstonheights.ca](mailto:president@winstonheights.ca) or 587-582-5342.

# Powerline Committee Update – January

The Winston Heights–Mountview Powerline Committee is continuing to monitor Enmax's planning process for the transmission line replacement. Here's a summary of the latest developments.

## Enmax Consultation Sessions

Committee members attended both Enmax consultation sessions and spoke with residents about the project. Almost 90 people turned up for both sessions - we added several new contacts to our mailing list.

## Highlights

- Some attendees reported hearing that undergrounding the line would cost "eight to ten times more" than an overhead route. Enmax's earlier figures suggested an increase of about 25%, not 800 to 1,000%. We will continue watching for inconsistent or inaccurate information as consultation continues.
- Strong opposition to a route option for 20 Ave.
- Strong support for a route along 16 Ave or underground through the community.

## AUC Application Process

Because the Alberta Utilities Commission declined Enmax's first application, all route options are back on the table. ENMAX is reviewing possible routes along:

- 16 Avenue
- The alley south of 16 Avenue
- 17 Avenue (overhead or underground)
- 18, 19, and 20 Avenues

The endpoints—Substation 3 and Nose Creek Valley—stay the same; only the route between them may change.

## Consultation Timeline

ENMAX shared the following schedule:

- December 2025: Public input sessions
- Q1 2026: Route concepts presented for feedback
- Q2 2026: Preferred routes shared
- June 2026: New application submitted to the AUC

A final AUC decision is expected in 2027.

## Why This Matters

The expanded study area reaches up to 20 Avenue, meaning many parts of Winston Heights–Mountview could be affected. Please stay informed and take part in consultations so our community's concerns are clearly represented.

## Enmax Online Survey

If you haven't yet completed the Enmax survey, please take a few minutes to do so—your input matters.

## Next Steps

Once Enmax confirms which route options will be included in their new application, the committee will decide whether to act as interveners again. If we do, McLennan Ross LLP will represent our community.

For questions or feedback, you can contact Enmax at [stakeholderrelations@enmax.com](mailto:stakeholderrelations@enmax.com).

Please share this newsletter with neighbours who may not yet be aware of the project.

To join our mailing list, simply send an email with "subscribe" in the subject line to [powerline@winstonheights.ca](mailto:powerline@winstonheights.ca).



## The Birth of a Legend!

On January 8, 1935, in Tupelo, Mississippi, a star was born! Elvis Aaron Presley, who would go on to be one of the most culturally significant figures of the 20<sup>th</sup> century was born. Can you believe that he would be 91 if he were still alive today?! What a legend!



## Message from the Santa Breakfast 2025 Coordinator

Thank you to everyone who joined us for Santa Breakfast 2025—we served 236 breakfasts!

A special thank you goes out to the incredible army of volunteers who made the event possible. The event would not be possible without you!

Big thanks to our amazing sponsors—City of Calgary, Calgary Coop, Rayacom, The Urbana Group, and Sarjesa Tea—for helping make Santa Breakfast 2025 merry and bright!

Mother Nature cooperated this year, allowing us to run the hayride. The cooler temperatures didn't deter the s'mores makers gathered around the fire.

In addition to a visit from Santa himself, we were delighted to have representation from Corey Hogan's office and a visit from our local councillor, DJ Kelly.

As this was my first year coordinating the event, I can't express enough gratitude for the support of our wonderful community.

Wishing everyone a very Merry Christmas, and I look forward to seeing you around the community in the New Year!

Cheers,  
Lindsey



## Word of the Month

**Zenith: noun (zee-nith, zen-ith)**

*The highest point of something.*

*Their career reached its zenith in the 1970s.*



# Join Us for the First-Ever WHMCA Community Puzzle Swap!

Do you love jigsaw puzzles? Are you looking for a fun winter activity that brings neighbours together? The Winston Heights–Mountview Community Association is thrilled to host our first-ever Community Puzzle Swap — and you're invited!

Join us on Saturday, January 31, from 10:00 am to noon in the Main Hall for a lively, family-friendly event celebrating a time-honoured hobby and community connection.

Participants are welcome to bring up to eight puzzles to swap. Simply drop off your puzzles to earn puzzle points, and "shop" the swap tables for something new to take home. To keep things fair and fun, each puzzle receives a coloured sticker representing its point value, based on factors like piece count, quality, material, and approximate retail value. You can then use your points to choose puzzles that match your interests and skill level — or even purchase extra points if you spot something irresistible.

We'll also have free coffee, tea, and hot chocolate to keep you warm while you browse, plus homemade baked goods for sale. Don't forget to enter our raffle for a chance to win one of four brand-new puzzles!

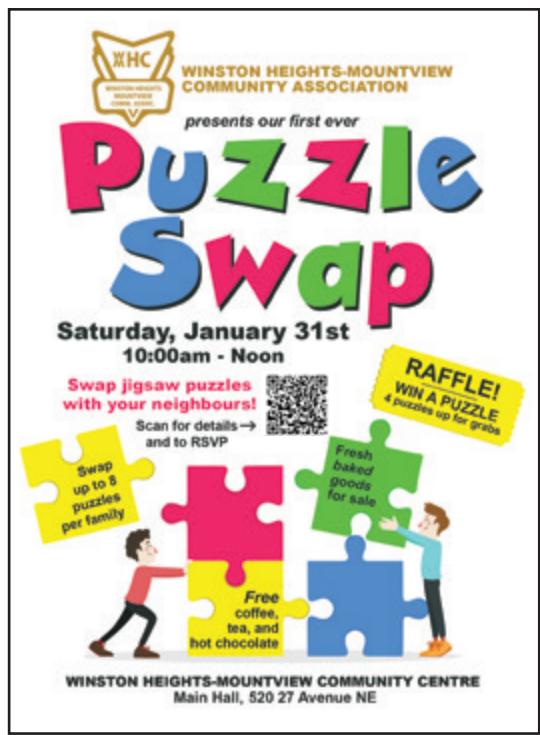
Want to beat the line? Early drop-off is available on January 28 and 29 between 6:00 and 7:30 pm.

Whether you're swapping a favourite 1,000-piece challenge, a whimsical wooden puzzle, or a children's

starter set, the Puzzle Swap is a perfect way to refresh your collection, meet neighbours, and support WHMCA programming.

RSVP on the event website so that we can plan accordingly. We'll also need volunteers. If you're interested in volunteering for this event, please contact [volunteers@winstonheights.ca](mailto:volunteers@winstonheights.ca).

Mark your calendars — we can't wait to see you there!



## Consider Volunteering

The more the merrier! Would you like to meet new friends or reconnect with old ones? Want to get more involved with your community? We may have a volunteer opportunity that will interest you and meet your physical abilities. Currently, we can use help with our Centennial Garden, events, and Sunday afternoon concerts. Contact our Volunteer Coordinator at [volunteers@winstonheights.ca](mailto:volunteers@winstonheights.ca).

B-A-N-A-N-A-S

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!

## WHAT'S HAPPENING AT THE HALL – CALENDAR OF EVENTS!



### Back by Popular Demand! Learn to Skate Classes

WHMCA is bringing back instructors from Alien In-Line Skating to teach three one-hour ice skating.

Classes on our outdoor rink on:

- Saturday, January 10 at 10:00 am
- Saturday, January 24 at 10:00 am
- Saturday, January 31 at 10:00 am

You can register for one, two, or all three classes. Students do not need to attend the one(s) before.

Students must be no younger than five years. Adult students are welcome. Students must wear a helmet and bring their own skates.

Class size is capped at ten for each instructor (30 for full program). Advance registration is required through our Communal software system. A waiver will be provided by Alien In-line Skating which must be signed prior to start of class.

Instructors will assess students at the start of each class before separating the group into three levels:

- Beginner - Students will gain confidence on their skates; learn to fall and get up safely; work on balance, walking, and stopping on their skates.
- Intermediate - Students will learn basic knowledge of gliding and stopping; will gain the confidence to fall and stand up completely without support.
- Advanced - Students will gain confidence with pushing, gliding and stopping; develop their crossovers and edges.

The North Hall (annex building next to the rink) will be open for changing, getting warm, and washrooms. We'll have the coffee pot on and serve hot chocolate and cookies after the lesson.

Each class costs \$20. However, WHMCA members receive a 20% discount, with the discount automatically deducted by our Get Communal registration system. Payment is accepted online by VISA or Mastercard. For anyone wishing to become a member or renew a past membership, please go to our website at [www.winstonheights.ca](http://www.winstonheights.ca).

Registration is open. Go to [winstonheights.getcommunal.com/parent\\_programs/2587](http://winstonheights.getcommunal.com/parent_programs/2587).

Questions? Contact Suzanne at 403-276-5474 or [events@winstonheights.ca](mailto:events@winstonheights.ca).

### New Program! Kids' Aikido Classes with Calgary Rakushinkan

#### Kids' Aikido Classes - Mondays, 5:00 to 6:15 pm

Teen/adult classes follow immediately afterward

Calgary Rakushinkan will bring a dedicated kids' Aikido program to Winston Heights—Mountview Community Centre, starting January 4. This training helps children develop strong, flexible bodies and clear, steady minds — cultivating balance, posture, awareness and calm under pressure.

Here is a description of the experience, as written by Josh MacDonald, Calgary Rakushinkan:

In each class we focus on three core areas:

- Safe Foundation: Kids learn how to fall correctly (ukemi), move with stability, and understand how their body moves.
- Partner and Weapons Training: We practice age-appropriate partner exercises—throws, joint control, body alignment—as well as introductory sword (ken) and staff (jo) work to deepen coordination and focus.
- Mindful Martial Environment: This isn't about competition or "play-martial-arts". It's real training in a friendly setting — casual enough for kids to enjoy, serious enough to instill genuine skill, awareness, discipline, and respect.

What sets Calgary Rakushinkan apart is our unique grounding in classical Japanese martial traditions. While many kids' programs stay strictly modern, sporty, or performance-focused, our curriculum is informed by both modern Aikido and the older jūjutsu and sword arts. Children receive exposure to tradition, real technique, and martial mindset—not just games or belts.

In our classes:

- The instructor engages each student directly to help them feel "I can do this".
- We avoid unsafe shortcuts — each progression is measured and age-appropriate.
- We teach respect for others, for self, and for the training space — reflecting the values of budo.

If you're looking for a meaningful martial arts experience for your child — one that builds confidence, coordination, discipline, and presence — Calgary Rakushinkan's kids Aikido class is a perfect fit. Let your child explore the depth of Japanese martial tradition in a safe, fun, and supportive community setting.

Kids' Aikido Classes will be held Mondays from 5:00 to 6:15 pm. Teen/adult classes follow immediately afterward. Included are Wednesday classes at the Mount Pleasant Community Association (602 22 Ave NW).

For more information or to register visit <https://calgaryrakushinkan.com/rakushinkan-kids>.

### **Notice North Hall Open for Skaters**

The North Hall (annex building next to the rink) will be open to skaters from noon to 4:00 pm most Saturdays and Sundays, January 3 to February 28 (closed January 17 and February 15).

Skaters can change, use the washrooms, and get a drink of water. Young skaters do not need to remove their skates inside. However, adult skaters are asked to use skate guards to protect the carpet.

### **Snow Shovellers Needed!**

Each winter, we pride ourselves on keeping our sidewalks and pathways around our buildings and through the Community Garden clear of snow and ice. Some mornings, that work can be too much for either of our custodians, who also must clean and re-set our halls within just a few hours. Sometimes, they need help.

We use both snow blowers and shovels – whichever is best for the job. This work does not include clearing the parking lot or laneway - that is cleared by a snowplow contractor.

If you are interested in some occasional hours of work, usually being texted between 6:00 and 8:00 am, please let us know. We will pay \$20 per hour in cash. You could be working on your own or alongside a custodian or another volunteer. There is no guarantee of hours and sometimes it could snow but the custodians don't need help.

If this interests you, please contact Suzanne, Facility Manager, at 403-276-5474 or at [hallmanager@winstonheights.ca](mailto:hallmanager@winstonheights.ca).

### **Playgroup**

#### **January 5 to May 11**

#### **Mondays from 9:30 to 11:00 am (not held on statutory holidays)**

A relaxed, engaging time for kids age 0 to 5 to play with toys and with each other, as well as for parents and caregivers to be able to visit with each other. Coffee and tea. Occasional light snacks, crafts and activities provided for the children. For more information, contact Sharayah at 403-968-8001 or she and her co-host Arden at [playgroup@winstonheights.ca](mailto:playgroup@winstonheights.ca).

### **Elder Book Club**

#### **First Friday of each month from 9:30 to 11:00 am North Hall (annex building)**

A monthly book club for older adults and seniors. Coffee and snacks. Free. For more information, contact Neil through the office at 403-276-5474.

### **Letsgetscrappin'\***

#### **Saturday, January 10**

A full day of scrapbooking. For more information and to register, contact Stephanie at [stephaniebell@shaw.ca](mailto:stephaniebell@shaw.ca).

### **Fancy Double "C" Cloggers\***

#### **Wednesday evening classes for Beginners, Easy to Easy Intermediates, \* Int. to Low Advanced January 14 to March 25 (11 weeks) and April 18 to June 17 (11 weeks)**

Clogging is a rhythmic percussive dance done to pop, country, or traditional fiddle music. No partner is necessary for this fun and social activity. Only comfortable clothes and shoes are required for this mild workout. For more information and to register, contact Janet at [janet\\_rae@shaw.ca](mailto:janet_rae@shaw.ca). [www.squaredancecalgary.com](http://www.squaredancecalgary.com).

### **Amala Hangout\***

#### **Friday, January 16**

#### **5:00 to 10:00 pm**

Up for a culinary adventure? Each month, Forks'n Fingers Catering cooks up a feast which is sold as takeout as well as enjoyed as a sit-down meal/social evening in our East Hall with music and cash bar. For more information or to reserve a seat call 403-404-7614. Everyone is welcome! For more information, visit our Instagram.

### **Foundational Pilates\***

#### **Wednesdays at 10:00 am**

Pilates is exercise that strengthens your core and improves posture, flexibility, and body awareness. It focuses on strengthening deep core muscles in your abdominals, hips, and back to improve stability and control. Pilates promotes attention to alignment, balanced muscle development, mindful movement, and breath support. It can be customized for all ages and fitness levels. If you are interested in learning more contact the instructor, Andrea, at 403-836-3892 or [andreasatveit@live.com](mailto:andreasatveit@live.com). \$30 per class. Andrea offers a free trial class and a 15% discount for WHMCA members.

*continued on next page*

## WHAT'S HAPPENING AT THE HALL – CALENDAR OF EVENTS! *CONTINUED*

### Cue Steps Round Dance\*

#### January 18 to April 19

At a glance, round dancing looks like social or ballroom dancing, since the rhythms and movements are the same. However, round dancers have the advantage of pre-choreographed and cued dances which use defined (and practiced) figures and steps. A variety of classes are offered from Beginner to Phase IV. [www.rounddancecalgary.com](http://www.rounddancecalgary.com).

### Embers, Sparks, and Girl Guides\*

#### Mondays, Wednesdays, and Thursday evenings during the school year (with Christmas break)

The Girl Guide organization believes in the power of fun and hands-on activities that inspire girls to grow, lead and connect. Their programs are designed for girls ages 5 to 17 and cover everything from outdoor adventures and STEM projects to arts and leadership training. Whether your child loves the outdoors, enjoys creative projects, or wants to build new skills, their programs offer something for everyone. For more information and to register, go to [www.girlguides.ca](http://www.girlguides.ca).

### Yoga Classes – Prevail Yoga\*

#### Tuesdays and Thursdays from 7:00 to 8:00 pm

#### North Hall (annex building)

Four to six-week sessions run from September to June. Pre-registration required. WHMCA members receive a 15% discount. For more information and to register, contact Karl at [karl@prevailyoga.ca](mailto:karl@prevailyoga.ca) or 403-681-9142.

### Calgary Community Day Services (CCDS)\*

#### Monday to Friday

#### 8:30 am to 4:30 pm

#### Year-round

A unique day service dedicated to seniors and mature adults with developmental disabilities. It emphasises community presence while caring for the unique needs of seniors. It focuses on recreation and leisure with an objective of an enhanced quality of life. [www.ccdsinc@shaw.ca](mailto:ccdsinc@shaw.ca).

### Kids' Aikido Classes – Calgary Rakushinkan\*

#### Mondays, Kids: 5:00 to 6:15 pm, Teens/Adults: 6:15 to 7:30 pm

#### Sundays, Teens/Adults: 10:00 am start

Aikido helps children, teens and adults develop strong, flexible bodies and clear, steady minds – cultivating balance, posture, awareness, and calm under pressure.

## Interested in Starting a New Club, Group, or Class?

Community members often inquire about new clubs or programs. If you'd like to start a club, group, or be part of organizing a class, let us know. Some recent ideas are Poker Nights (with instructor), Fitness and Nutrition Classes for Older Adults, and a weekly Coffee and Conversation group. Let us know if you have an idea and we can help you connect with others of like mind. Contact our Events and Programming Chair at 403-276-5606 or [events@winstonheights.ca](mailto:events@winstonheights.ca).



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TICKETS / INFO

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# WHMCA

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MOUNTVIEW COMM. ASSOC.

**Every Monday  
9:30am - 11am**

**Sept 22<sup>nd</sup> - Dec 8<sup>th</sup> 2025  
& Jan 5<sup>th</sup> - May 11<sup>th</sup> 2026**

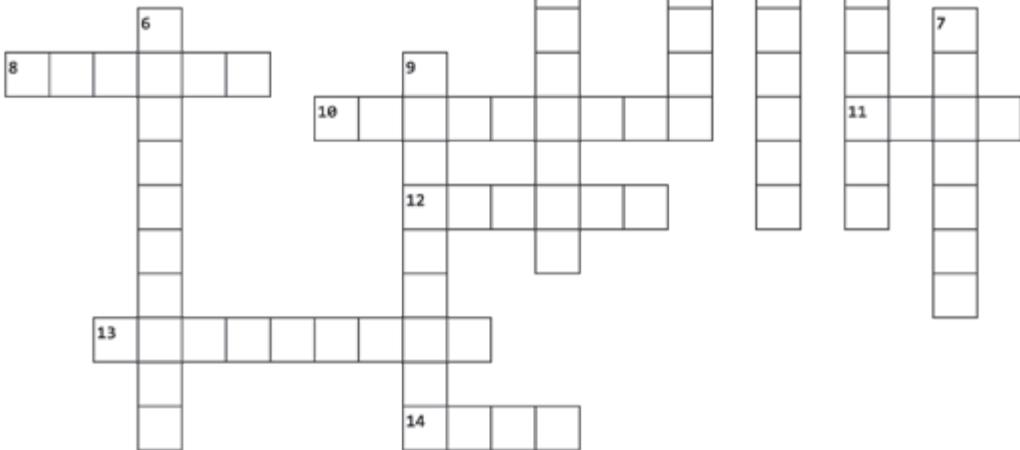
**location:  
Winston Heights - Mountview  
Community Centre  
520 - 27<sup>th</sup> Avenue NE**



# January Crossword



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or  
scan the QR code for  
the answers



## Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an \_\_\_\_\_ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

## Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World \_\_\_\_\_ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, \_\_\_\_\_ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in \_\_\_\_\_, Scotland.
6. The crime drama series, *The Sopranos*, starring James \_\_\_\_\_ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in \_\_\_\_\_, Alberta.
9. Jane Austen's romance novel *Pride and \_\_\_\_\_* was originally published on January 28, 1813.

## Cats, Canines, & Critters of Calgary



Betty White, Cranston



Dazi,  
North Glenmore Park



Jack, Seton



Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

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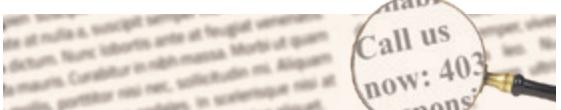
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