

JUNE 2025

DELIVERED MONTHLY TO 2,325 HOUSEHOLDS

WINSTON HEIGHTS MOUNTVIEW NEWS

THE OFFICIAL WINSTON HEIGHTS-MOUNTVIEW NEWSLETTER



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YOUR CITY OF CALGARY

Property Tax Is Due Monday, June 30, Pay or Join TIPP By Then to Avoid Late Payment Penalties

by The City of Calgary



Property tax bills were mailed out on May 14, with a payment due date of Monday, June 30.

New this year, property owners will also be able to access online their current year's tax bill, and four previous years, through the City of Calgary's secure website, calgary.ca/mytax.

The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments. TIPP makes budgeting easier, and you reduce the risk of late payment penalties.

Signing up for TIPP is easy and you don't need to re-apply each year. The easiest and fastest way to join is using TIPP Online. It's easy, safe and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the 'Join TIPP' box.

You can also request a TIPP agreement by calling 3-1-1. If calling from outside Calgary dial 403-268-2489.

Plan enrolment must be completed by the due date shown on your tax bill to avoid a late payment penalty.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

BRAIN GAMES

SUDOKU

		7	3		5	9		
	6	3		9		5	4	
5								1
			1		2			
		6				2		
			9		6			
4								6
	9	1		3		8	5	
		2	7		9	1		

SCAN THE QR CODE FOR THE SOLUTION



CONTENTS

- 6 WHAT'S HAPPENING AT THE HALL – CALENDAR OF EVENTS!
- 8 STAMPEDE BREAKFAST
- 10 WINSTON HEIGHTS-MOUNTVIEW COMMUNITY HALL RENTALS
- 11 VOLUNTEER OPPORTUNITIES
- 15 BUSINESS CLASSIFIEDS



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**News, Events,
& More**



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Statistics**



**Real Estate
Statistics**



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A central white oval contains the text 'HAPPY Father's DAY' in blue, with a blue mustache icon below it. Surrounding this oval on a light blue background are various Father's Day-themed items: a black fedora, a black bow tie, a pair of black-rimmed glasses, a gold 'HAPPY DAY' sign, a black necktie, a black mustache, a gold 'DAD' sign, and several purple and blue streamers.

**HAPPY
Father's
DAY**



SCAN ME

WHMCA Board of Directors

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Interested in submitting content to the newsletter? Please contact Carolyn Slipp at newsletter@winstonheights.ca.



PRESIDENT'S MESSAGE

Hello and welcome to the Winston Heights-Mountview Community Association newsletter!

This is the first paper edition of the newsletter since 2016. Many thanks to Kris Webb and Carolyn Slipp for leading the electronic communications over the last number of years. Going forward, this paper newsletter will reach every house in our neighbourhood each month, with e-newsblasts being sent to WHMCA members to highlight upcoming events.

By the time you read this newsletter, the Annual General Meeting will have happened on May 27. In addition to the business aspects of the association, we honoured a number of volunteers. Beth and Dave Lawton received the Long Service Volunteer Award for their organizing work for the casinos and hall maintenance (HVAC). Trish Kotow received the Michelle Hogaboam Annual Volunteer Award to recognize her efforts for the Power Line Committee. We also recognized the following volunteers: Blair Cosgrove (rinks), Alison Glass (community garden), Karen Allen and Shelagh Mutch (centennial garden), and Craig Baskett (power line).

Neighbour Day is coming up on Saturday, June 21. This will be a great event for adults and children alike!

Looking forward to meeting you in person!

Alex Reed

President



WORD OF THE MONTH



Acumen: noun
(uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.

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What's Happening at the Hall – Calendar of Events!

EVENT	DETAILS
Elder Book Club	June 6 at 9:00 am. Meets in North Hall on the first Friday of each month.
Weekly Farm Stands, Broxburn Vegetables*	Thursdays from 3:00 to 6:00 pm.
Freebird Music*	Children's music classes. Saturday mornings until June 10. Will resume in the fall. freebirdmusicstudios@gmail.com
Foundational Pilates*	Wednesdays at 10:00 am until June 18. andreasatveit@live.com
Playgroup	Thursdays at 9:30 am until June 26. Resumes in September. playgroup@winstonheights.ca
Square Dance Calgary*	June 17 and 24 at 7:00 pm. Resumes in August. squaredancecalgary.com
CueSteps Round Dance*	June 23 at 5:00 pm. rounddancecalgary.com
Crochet Retreat and Trunk Sale	June 28. hallmanager@winstonheights.ca

* This is a third-party rental and not affiliated with WHMCA.

TAKE ON WELLNESS

Unwrap the Teen Brain

by Recovery Alberta – Community Health Promotion Services



One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the “feel good” chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are “bored” unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to “pump the brakes” when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.



Neighbour Day Fair

LIVE MUSIC
BEER GARDEN
MARKET
VINTAGE CARS
SMOKIES & S'MORES
BOUNCY CASTLE
PETTING ZOO
AND SO MUCH MORE!!

12PM
-3PM
**SATURDAY
JUNE 21**

RAIN OR SHINE
520 27 AVE NE

Neighbour Day 2025

Join us for the annual WHMCA Neighbour Day party!

Performers on our live stage include:

- Amber Adams (rock and soul)
- Bloco Vivo (Brazilian-inspired street music)
- Trent Agecoutay (singer/songwriter)

Please consider bringing along your own refillable water bottle so we can reduce waste.

Stampede Breakfast

We are excited to be partnering with the Mount Pleasant and Tuxedo Park Community Associations to host a Stampede Breakfast. In addition to a full pancake breakfast, join us for live music, a magic show, and much more! Stay tuned for more details!

The poster features a large, stylized sign with the text "Stampede Breakfast" in a brown, cursive font. Below the sign is a cartoon character of a stack of pancakes wearing a cowboy hat and boots, waving. To the left of the character is a smaller sign that says "8 AM - 12 PM". At the bottom, there is a dark brown banner with the date "JULY 6, 2025" in white. Above the banner, the location "Our House Parking Lot" and "2411 4th Street NW" are listed. Logos for the Tuxedo Park Community Association and Mount Pleasant Community Association are also present.

Stampede Breakfast

8 AM - 12 PM

Tuxedo Park Community Association

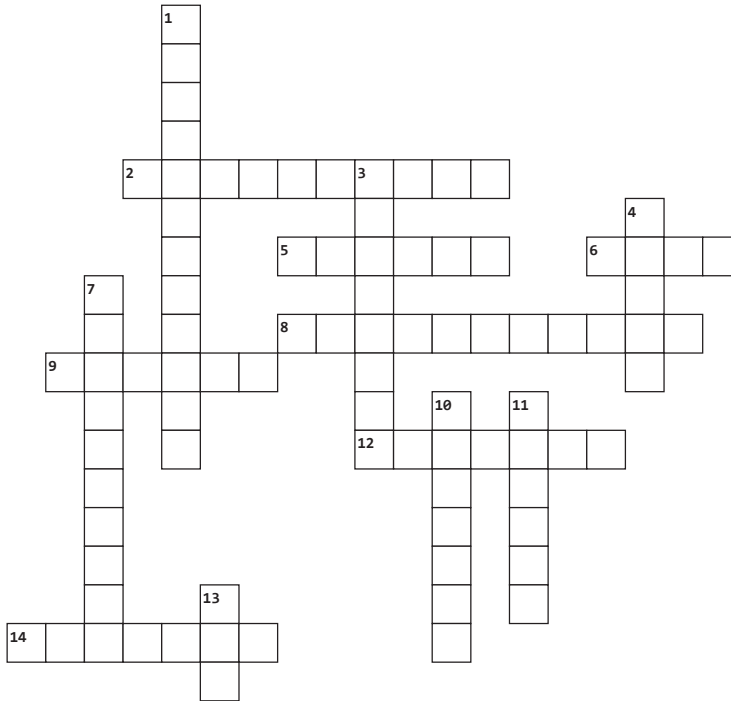
Mount Pleasant Community Association

Our House Parking Lot
2411 4th Street NW

JULY 6, 2025

TUXEDOPARKCOMMUNITY.CA WINSTONHEIGHTS.CA MPCA.CA

June Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

Winston Heights-Mountview Community Hall Rentals

Do you need a larger space for an upcoming birthday, family reunion, or Christmas party? Do you have a wedding, christening, or special anniversary coming up? Consider renting one of our four halls.

We have three with capacity for 60 people, one for 140 people, and two which can be combined for up to 200 people. We have a portable stage, two barbeques, a stereo system, and even a disco ball. We are fully air conditioned and three of our halls are fully accessible. We have a commercial kitchen which two halls are connected to, and a reheating kitchen within another hall.

For more information, contact our Facility Manager at hallmanager@winstonheights.ca or 403-276-5474. WHMCA members receive a 20% discount.



Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



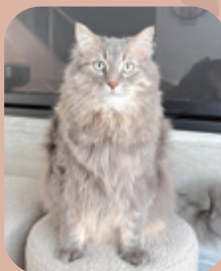
Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



Jagger, Richmond



Millie, North Glenmore Park

To have your pet featured, email news@mycalgary.com

Volunteer Opportunities

Would you like to meet new friends or reconnect with old ones? Want to get involved with your community? We have a volunteer opportunity that will meet your needs and physical abilities.

We could use help with our Centennial Garden, with event planning and execution, with our Sunday afternoon concert series, and with filing archival material. Contact us at volunteers@winstonheights.ca.



GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



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ANSWERS!

YOUR CITY OF CALGARY

Farm Stands Across Calgary Are Coming to a Neighbourhood Near You This Spring!

by *The City of Calgary*



Since 2017, The City has partnered with local and regional farms to offer Calgarians more options for fresh and local food through The Farm Stand Program. This program supports nine incredible farmers and vendors with over 30 farm stands to bring more fresh fruit, vegetables, and artisanal products to more Calgary communities.

Beyond increasing accessibility for Calgarians to purchase healthy, fresh and local food, the Farm Stand Program supports local and regional growers by creating more places for them to sell their produce.

When you shop at a farm stand, you get to participate in your food shopping in a new and personal way. You can ask questions about how your food was grown, get recipe ideas, get to know your farmer, connect with your neighbours and keep your dollars spent in the local economy. You also help to build a stronger local food system, which keeps us all stronger when we face various disruptions to our food systems, such as a pandemic, fuel price increases, or political instability.

Launch dates for each farm stand vary throughout May to June and most of the stands run weekly for two to five hours. We encourage all Calgarians to stop by your local farm stand, grab some delicious seasonal produce, chat with a farmer and learn more about where your food comes from.

To learn more about the program, or find a location near you, visit calgary.ca/localfood.

Can Physiotherapy Help You?

by Alberta Health Services

Physiotherapy can provide many benefits for anyone of any age. The goal of this treatment is to make daily tasks and activities easier and can help with recovery after some surgeries. Your healthcare provider may suggest physiotherapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease (COPD).

Physiotherapy may be used alone or with other treatments. It can help you move better and may relieve pain, along with improving or restoring your physical function and fitness level.

What Does a Physiotherapist Do?

Your physiotherapist will examine you and talk to you about your symptoms and your daily activity. Your therapist will then work with you on a treatment plan. The goals are to help your joints move better and to restore or increase your flexibility, strength, endurance, coordination, and/or balance.

First, your therapist will try to reduce your pain and swelling. Your physiotherapist also may use manual therapy, education, and techniques such as heat, cold, water, ultrasound, and electrical stimulation.

Physiotherapy almost always includes exercise. It can include stretching, core exercises, weightlifting, and walking. Your physiotherapist may teach you an exercise program so you can do it at home.

Treatment may cause mild soreness or swelling. This is normal but talk to your physiotherapist if it bothers you.

What Should You Look for in a Physiotherapist?

You'll want a therapist who has experience with your health problem. Some physiotherapists are certified in areas such as orthopedics, sports, and neurology and may offer more specialized care. Physiotherapists can also specialize in certain types of care, such as:

- Back and neck pain
- Cardiac rehabilitation (rehab)
- Wound care
- Cancer-related problems
- Treatment of children or older adults

When Can Physiotherapy Help?

Physiotherapy and Recovery from Injury

Physiotherapy can help you recover from an injury and avoid future injury. Your physiotherapist can help you reduce pain in the soft tissues (muscles, tendons, and ligaments), build muscle strength, and improve flexibility, function, and range of motion. They can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

Physiotherapy and Chronic Health Conditions

Physiotherapy can help you live more easily with chronic or ongoing health conditions such as spinal stenosis, arthritis, and Parkinson's disease. Your physiotherapist will work with you to establish your goals. Then they will create a program of educational, range-of-motion, strengthening, and endurance activities to meet your needs.

Physiotherapy and Health Conditions Requiring a Rehabilitation Team Approach

Some conditions involve several body systems and can lead to significant disability. These conditions—such as stroke, spinal cord injury, and major cardiopulmonary (heart and lung) problems—are usually addressed by a team of health professionals through programs such as cardiac rehab and stroke rehab. The team can include doctors; nurses; physiotherapists, occupational therapists, and speech therapists; psychologists; and social workers, among others.

Physiotherapists are a critical part of this team. They address the issues of range of motion, strength, endurance, mobility (walking, going up and down stairs, getting in and out of a bed or chair), and safety. The physiotherapist may also get you the equipment you need, such as a walker or wheelchair, and make sure you can use the equipment appropriately.

Physiotherapy and Significant Health Conditions of Childhood

Physiotherapists also work with children who have major injuries or health conditions, such as cerebral palsy. They address the usual issues of range of motion, strength, endurance, and mobility. Also, the therapist considers the child's special growth and developmental needs.

Treatment is often provided in school or in a facility just for children. The way physiotherapy and other services are delivered in schools varies among the provinces. Talk to your child's doctor, school, or your local health unit if you think your child may qualify for evaluation or treatment services.



We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon
The saying goes inside the staff rooms
Most teachers' tanks are running empty
Low fuel within, they're all teached out

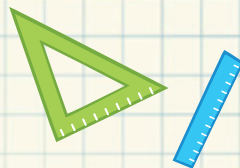
Ignition sequence slowly starting
Young astronauts awaiting lift off
Dreaming, gazing out the windows
The students now in countdown mode

Long year it was for sharpened minds
10 months of grinding education
The pencils short, good patience shorter
Toss learning's shavings to the wind

Yes, summer's here, it's time to fly
Fold lesson plans like paper airplanes
Let's rocket launch to outer space
New frontiers bold beyond the schoolyard

Calgary Public, Calgary Catholic
Deep down it's true we're all the same
We dream in June of summer breezes
That blow the cares of school away





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or we can send a volunteer to pick up the items

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Winston Heights | Mountview Real Estate Update

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

	Average Asking Price	Average Sold Price
April 2025	\$725,000	\$755,000
March 2025	\$899,900	\$930,000
February 2025	\$845,000	\$847,444
January 2025	\$599,900	\$558,000
December 2024	\$814,450	\$776,500
November 2024	\$725,000	\$722,000
October 2024	\$719,900	\$705,000
September 2024	\$614,950	\$620,000
August 2024	\$684,950	\$681,950
July 2024	\$820,000	\$805,000
June 2024	\$699,400	\$707,500
May 2024	\$600,000	\$645,000

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

	No. New Properties	No. Properties Sold
April 2025	8	7
March 2025	8	5
February 2025	4	2
January 2025	6	3
December 2024	0	4
November 2024	5	5
October 2024	8	6
September 2024	9	2
August 2024	10	6
July 2024	5	7
June 2024	5	10
May 2024	17	11

To view more detailed information that comprise the above
MLS averages please visit winsth.mycalgary.com

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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, 403-269-2707.

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CANADIAN SHREK

Before Shrek had his iconic Scottish accent, Mike Myers originally voiced the ogre with a thick Canadian accent! After recording all his lines, Myers changed his mind and re-recorded everything in a Scottish accent which he felt better countered Lord Farquaad's English accent. Talk about an ogre-achiever!

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RENT DOWN**



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OPPORTUNITY**



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