

JULY 2025

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WINSTON HEIGHTS MOUNTVIEW NEWS

THE OFFICIAL WINSTON HEIGHTS-MOUNTVIEW NEWSLETTER



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**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Tigger,
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PRESIDENT'S MESSAGE

Welcome again to the WHMCA newsletter! There are two items I would like to highlight in this issue.

Firstly, at the Annual General Meeting held on May 27 we paid tribute to many volunteers of our community association and highlighted three members in particular. The Michelle Hogaboam Volunteer Award honours recent achievements in volunteering and was this year given to Trish Kotow for her work on the Power Line Committee. She read every Enmax and Alberta Utilities Commission document and gathered every email from residents. Her behind the scenes work was critical.

The WHMCA Long Service Award was given to Beth and Dave Lawton. Beth has been instrumental in organizing and Dave has participated in each of WHMCA casinos for about two decades. Dave has also volunteered time to repair and maintain the facility's HVAC systems and more. Their contributions have touched many aspects of our association's success.

Secondly, the Alberta Utilities Commission hearing on the proposed Enmax 138 kV power line along the south side of Munro Park, 17 Avenue NE, and Midfield Heights occurred from May 26 to 28. Enmax presented their preferred option of having the entire length on 22 to 28 m tall poles, with the alternative being buried along Munro Park and 17 Avenue. The WHMCA and community members living nearby advocated strongly for burial along the entire route. The AUC commissioners and lawyers asked numerous questions of both sides and will present their conclusions by August 26.



Hogaboam Award. Alex Reed with Trish Kotow and Kyle Hogaboam.



Long Service Award. Alex Reed with Beth and Dave Lawton.

Typewriter

What is the longest word you can think of? Now how many rows of keys would you need to type it? Interestingly enough, the word 'typewriter' is the longest English word that can be typed out using only one row on a computer keyboard.



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

EVENT	DETAILS
Elder Book Club	August 1, 9:00 am. Club meets in North Hall first Friday of each month
Weekly Farm Stands, Broxburn Vegetables*	Thursdays from 3:00 to 6:00 pm.
Square Dance Calgary*	August 5, 12, 19, and 26, 6:30 pm. squaredancecalgary.com
Crafts and Collectibles: A Collaborative Market	Saturday, August 30, 10:00 am. Presented by Elevated Events*

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

Consider Volunteering

Would you like to meet new friends or reconnect with old ones? Would you like to get more 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, events, our Sunday afternoon concert series, and filing archival material. Contact our Volunteer Coordinator at volunteers@winstonheights.ca.

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



Rent a Hall

Do you need a larger space for an upcoming birthday, family reunion, or Christmas party? 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. 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 reheat kitchen within another hall.



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Calgary



Started May 8th!



Weekly farm stands

Support local calgary.ca/localfood

Thursdays 3-6pm

Winston Heights Mountview: Community Association
520 27 Ave NE

In partnership with The City of Calgary and WHMCA,
Broxburn Vegetables is running a farm stand in our community.
Get some fresh Alberta veggies, dairy, and baked goods!

MOUNT
Pleasant

WINSTON HEIGHTS
Mountview

TUXEDO
Park

Stampede Breakfast

Free

8 AM - 12 PM



MAGICIAN



OUR HOUSE PARKING LOT
2411 4TH STREET NW

LIVE MUSIC



JULY 6, 2025

MOUNT
PLEASANT
COMMUNITY
ASSOCIATION



TUXEDO PARK
COMMUNITY
ASSOCIATION

Staying Safe This Summer

by Chima Akuchie



Hello neighbours,

Summer is finally here—and with it comes longer days, park strolls, BBQs, and plenty of sunshine! But as we enjoy this beautiful season together, it's also a great time to think about how we can keep each other safe, especially our kids and seniors.

Stay Cool, Stay Hydrated

Whether you're gardening, heading to the splash park with the little ones, or simply enjoying a walk, remember to drink water often. Calgary's dry heat can sneak up on us quickly! Keep reusable water bottles handy and wear light, breathable clothing.

Look Out for Our Elders and Young Ones

Hot weather and busy sidewalks can be tough on seniors and children. Let's check in on elderly neighbours and keep an eye out for kids biking or playing near roads. A friendly wave or offer to help can go a long way.

Road Safety Matters

More people are out walking, biking, and rolling, so please slow down in residential zones, and remind young ones to use crosswalks and wear helmets.

Fire Safety and BBQs

Backyard fires and cookouts are a summer staple but always be sure to follow city fire bans and keep water nearby. Never leave a fire unattended, and double-check your BBQ is turned off properly.

This season is a time for joy, connection, and community. Let's look out for one another and make this summer not just fun but safe for everyone.

See you around the neighbourhood!

Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



SCAN THE QR CODE FOR THE ANSWERS!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



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 rehear 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.



BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!



Winston Heights | Mountview Real Estate Update

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

	Average Asking Price	Average Sold Price
May 2025	\$930,000	\$926,000
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

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

	No. New Properties	No. Properties Sold
May 2025	6	5
April 2025	9	7
March 2025	7	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

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



Word of the Month

Lugubrious: Adjective
(loo-GOO-bree-us)

Looking or
sounding very
gloomy and sad.

He droned on
in his lugubrious
tone.



Bow River

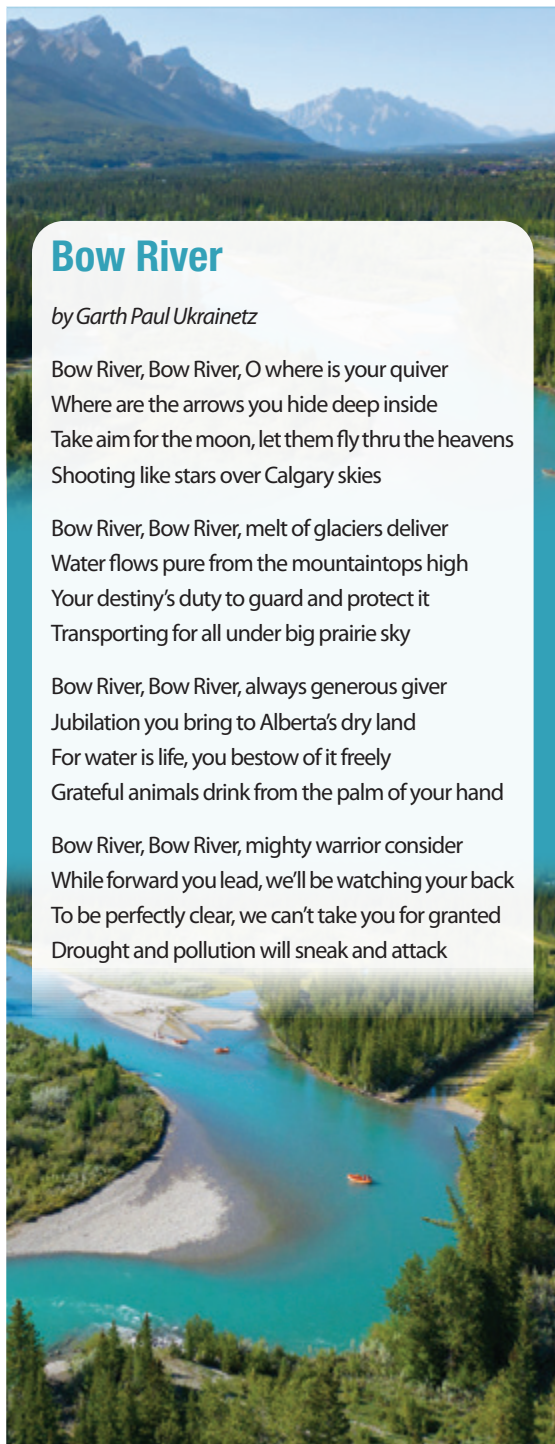
by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver
Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver
Jubilation you bring to Alberta's dry land
For water is life, you bestow of it freely
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider
While forward you lead, we'll be watching your back
To be perfectly clear, we can't take you for granted
Drought and pollution will sneak and attack



BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

July Crossword



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

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

What Are Imaging Tests?

by Alberta Health Services



Imaging tests (also called diagnostic imaging tests) let your healthcare team look for clues inside your body. They can help your doctor find out what's making you feel unwell and find disease early, even when you don't feel sick. Your healthcare team uses the results of your imaging tests along with other information to find out what's causing a health problem (called a diagnosis).

Each type of imaging test shows different details and information about the organs and structures in your body. Your healthcare team chooses which imaging test you need based on your symptoms and the part of your body they want to look at. They'll often send you for more than one type of imaging test to help them understand the problem or cause of your symptoms.

How Imaging Tests Are Done

Imaging tests use different types of machines and procedures to take pictures of the inside of your body. These tests show what your organs and structures look like. And some even show how well they're working. The information from imaging tests helps you and your healthcare team decide the care and treatment that's best for you.

Many imaging tests are quick, painless, and easy. Some tests are done while you're lying inside of a machine. Imaging tests can be very short, and others take longer to do.

Some imaging tests use a small amount of radiation and others don't. Most imaging tests are non-invasive, but some are minimally invasive. Your healthcare team will let

you know if your test is non-invasive or minimally invasive. Non-invasive means your healthcare team doesn't put a tool or device inside your body. Minimally invasive means your healthcare team passes a tool or device through a small cut in your skin during a test or procedure.

Your healthcare provider will give you instructions for how to prepare for your test. Be sure to follow the instructions carefully.

Imaging Tests and Your Health and Safety

Some imaging tests use radiation (a wave of energy), and contrast dye. Image-guided test may also use sedation or anaesthesia (medicine to numb an area or make you sleepy and comfortable). When you or your child has one of these tests, you might have questions about health and safety.

Your imaging healthcare team will watch you closely to keep you safe. Ask them any questions you have about health and safety. You can also talk to your healthcare provider to learn more about safety and imaging tests.

The Healthcare Team

When you have an imaging test, you'll meet a technologist. Technologists are healthcare professionals who work in a diagnostic imaging department. They're often the ones who use the equipment and machines to do your test. They make sure the pictures show the right amount of detail and information to help the radiologist make a diagnosis.

Radiologists are doctors who work in a diagnostic imaging department.

- Diagnostic radiologists diagnose diseases. They look at your test results and let other doctors know what they find.
- Interventional radiologists treat diseases with therapeutic imaging procedures. They use imaging tests to guide needles, probes, or other tools inside the body.

Diagnostic imaging departments may also include nurses. Nurses help prepare you for your procedure, support the radiologist, and keep you as comfortable as possible during the procedure. They're also the healthcare team members who watch you as you recover after any type of imaging test or procedure.

Find out more about medical specialists on healthcare teams (<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=specl>).

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Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!



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Forest Lawn

LUXURY NEW BUILD



Winston Heights

DUPLEX



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SCAN ME

