

# St. Andrews Heights Community Newsletter



November 2008

## President's Report by Liz Murray October 27th, 2008

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

Thanks to Pia for organizing **Volunteer Appreciation Night** on October 27<sup>th</sup>. This community is such a wonderful place to live because of all the volunteers we have. Thank you to all of you who take the time to help in the community.

St Andrews lost a long time community member and a great volunteer last week. **Verna MacKenzie** passed away after a very long life. St Andrews has benefited for many years from the volunteer work Verna has done, especially with the seniors. We were pleased to put her name forward and see her receive an Alberta Centennial Medal in 2005 recognizing all of her efforts. Our condolences go out to Verna's family.

The SDAB hearing for the **Stadium Mall office tower development** was scheduled for Monday October 27<sup>th</sup> and Tuesday October 28<sup>th</sup>. Thanks to Guy and Al for representing the community at the appeal hearing. The outcome was not available at the time of the newsletter printing. For an update – see the community webpage at [www.standrewsheights.ca](http://www.standrewsheights.ca).

**Leaf and Pumpkin Recycling** is available in the gravel parking lot on the east side the hall. You can also recycle all other garden plants and vegetables here. **DO NOT** include any branches, rocks, sod, sofas, clothing, car batteries, mattresses, garbage or other household items. These items are considered illegal dumping. Please do not leave your bags at the hall as some people have already done this year. The site will be closed November 9th.

**The St Andrews Heights annual membership drive was September 13<sup>th</sup> to 28<sup>th</sup>.** If we missed you, give John a call at 403-284-3518 and we can get you signed up.

The next meetings of the Community Executive are at 7 pm on November 24th, January 26<sup>th</sup>, February 23<sup>rd</sup> and March 23rd. All community members are welcome.

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**Community Executive 2007-08**

President	Liz Murray	282-8309
Past President	Guy McLaughlin	284-0554
Treasurer	Gitte Julien	282-2795
Secretary	Michael Fuchs	282-5246
VP Sports	Adev Ahluwalia	284-4110
VP Facilities	Doug Connery	282-3540
VP Comm & Events	Pia Blum	284-2526
VP Seniors	vacant	
	VP Planning—	
Non-Residential	Liz Murray	282-8309
Residential	Bob de Wolff	289-3894
Hall Rentals	Heather McQuay	288-1022
Newsletter	newsletter@standrewsheights.ca	
Policing Officer	vacant	
Hall Telephone		282-5211
Webmaster	webmaster@standrewsheights.ca	

**Newsletter Advertising Rates**

- Half page \$45.00
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- Classified ad \$3.00
- Lost or found no charge
- Large items, houses for sale or rent \$25.00

Delivered nine times a year, September through December, and February through June, to over 400 homes.

Please direct all requests to the Editor: newsletter@standrewsheights.ca, or Gwen at 289-0625 or mail to: St. Andrews Heights Community Association 2504 – 13 Ave NW Calgary, AB T2N 1L8

**"NEW HORIZONS FOR SENIORS" PROGRAM**  
"Community Participation and Leadership Funding"

The Government of Canada grant which we applied for in June, appears to be under consideration. Time is flying, immediate planning is essential, to allow us a prompt start if the grant is accepted. This grant would provide funding to hire a Program Coordinator/Facilitator @ 40 weeks X 10 hrs. per week X \$20 per hr. Although the programs and activities will ensure a variety that will be inclusive of mid-age folk through Seniors, I foresee some entertainment, clinics, dinner theatre, concerts, etc. will be open for community participation. In addition, we will ALL benefit from further user- friendly equipment provided by this grant.

**\*\*NOW\*\*** come the questions!

Are you an energetic, enthusiastic person?

Do you like working with people?

Would you enjoy a challenge?

Is Part-Time work just right for you at this time?

Age is not what dictates the right person.

This challenge may be just right for YOU.

We need to have: your name, address, tel. no.

And something about you.

Deadline for applications: December 1/08

Further information: Phone Betty (403-282-7395)

Further direction will be given for mailing or application drop-off.

**ST. ANDREWS HEIGHTS ART CLUB**

**REMINDER: HAVE YOU MARKED YOUR CALENDARS?**

On Saturday, November 15 from 10 a.m. to 5 p.m. The St. Andrews Art Club will hold their Christmas Art show and sale. Look for "Christmas Corner" for small, affordable paintings for sale. We will also raffle a painting done by the club. Bring friends and spend some social time browsing and speaking with the artists.

We also remind you that all are welcome to join us during the Second Semester in January 09. Information: Betty Schmidt (403-282-8949)

## INTER-FAITH FOOD BANK COMMUNITY COFFEE BREAK

The annual coffee party in support of the Calgary Inter-Faith Food Bank will be held on Saturday, November 8th. Join us at the community hall between 10 and 1 for coffee/tea and treats. **Monetary donations** will be gratefully received (no food, thanks) and passed on to the Food Bank. See you there!

## SEPTEMBER BLOCK PARTY BUILDS COMMUNITY

A note of thanks to the fabulous block party on 13th Ave (Kingston to London Street) hosted by Connie and Theresa and spouses. They were able to get City permission to block off the street for the evening, and organized a huge BBQ that brought together neighbors that had lived in the community anywhere from 2 months to over 45 years. It was a wonderful way to continue to build the great sense of community that most of us experience in St. Andrews Heights, and we encourage other areas of the community to consider this wonderful way of connecting with your neighbors.

Thanks from the neighbors on 13th Ave.

### Don't Forget to Prepare Your Home For Winter!

**1. Storm / Thaw Water Management & Winterize Outside Taps:** With the freeze, then thaw type of climate that we experience in Calgary, it is essential to remove debris from the roof and then thoroughly clean out the gutters and downspouts. This will ensure proper drainage and prevent damage. All of the downspout extensions should be in position to carry the roof melt away from the foundation. If water is allowed to pool next to the foundation it could seep into the basement. Cleaning stairwell and driveway drains will also prevent backups during the winter. Winterizing the outside hose taps is important to prevent freezing and splitting of the pipes. Failure to do this may go undetected until spring.

**2. Chimney Caps:** All chimney caps and flue covers should be checked for damage and ensure that they are properly in place. Damaged or loose flues or bird screens can pose a safety concern.

**3. Heating System:** The most important part of our home during the winter is the heating system. The furnace filter should be changed at least twice a year. A clean filter means better performance of the furnace no matter what age the furnace is. Furnace fan belts should be checked for damage and proper tension. The humidifier should be cleaned and serviced to ensure proper performance. The heating system should be serviced on a regular basis to ensure safe, reliable heating of the home.

**4. Weather Stripping:** Examine all window and door weather stripping for any damage and replace as necessary. This will prevent cold breezes from getting in and heat escaping out. **Wishing us all a mild winter!**



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### TRICK-OR-TREAT FOR UNICEF

In 1950 a group of young Philadelphia trick-or-treaters, along with their pastor, began the tradition of knocking on doors for UNICEF on Halloween. A few years ago, UNICEF Canada stopped giving kids the orange boxes to collect change on Halloween. Although they are still available in the US, UNICEF Canada dropped them because of concerns expressed by parents that children were at risk carrying money while trick-or-treating. It's a shame that after two generations of success, such a program had to be abandoned. There are still ways to support UNICEF this Halloween:

1. **Donate online.** Instead of boxes, UNICEF encourages schools to run their own campaigns. Go to [UNICEF.ca](http://UNICEF.ca) and click on the Trick-or-treat for UNICEF link. Follow the "**Kids**" link click on "**Start Fundraising**", then "**Alberta**" and finally "**Donate to your Neighbourhood School**". Next, enter the name of the school you wish to support. Some schools in our area are University Elementary, Briar Hill Elementary or even Rundle College Elementary. From there you can make a donation.
2. **We'll pick up your change.** Our son, William, became a "Team Captain" for the U.S. Trick-or-Treat for UNICEF. He independently tried to get friends and family to join his team and collected change throughout the Halloween season. If you have any change you would like to donate to UNICEF William would still be happy to pick it up ([sdfraser@telus.net](mailto:sdfraser@telus.net) or 403-208-6186) and add it to his coin collection for his Trick-or-Treat for UNICEF campaign. To follow William's campaign or to join his team go to: [http://inside.unicefusa.org/goto/williams\\_wacky\\_team](http://inside.unicefusa.org/goto/williams_wacky_team).

Thanks! Happy (belated) Halloween! Sherri and Geoffrey Fraser

**Choosing the right program:  
Public education options in Calgary**  
George Lane, Wards 6 & 7



In order to help our students succeed, the Calgary Board of Education offers several programs, in addition to the regular school program, that students and their families can choose from based on their individual needs and personal preferences. Although some of our Alternative programs may focus on a particular style of learning or on a certain discipline, all of them follow the Alberta Mandated Program of Studies.

- 1) **Language Programs** – The CBE offers four different language programs. Previous experience in the language of choice is not necessary and parents do not need to know the language for their child to enroll. Students can enter any of the language programs in Kindergarten or grade one. There is also a late French immersion program that accepts students entering grade seven. Language options include: French, Spanish, German, and Chinese Mandarin.
- 2) **Traditional Learning Centre** – This program fosters a structured and orderly learning environment. Student instruction is teacher lead and sequential. There are 11 CBE schools offering the TLC program.
- 3) **Montessori** – This is a multi-age and multi-grade grouping for students in K- 6. Montessori features self-directed, hands-on co-operative learning experiences for students. Studies of ecology, global issues and peace issues are featured.
- 4) **Sports Programs** – The CBE offers programs for developing and elite high-performance athletes representing a variety of Olympic sports. There is flexibility in the students' academic courses to accommodate training schedules as well as traveling for competition.
- 5) **Fine and Performing Arts** - This program focuses on teaching skills related to music, art, drama and dance. Four CBE schools will offer the alternative program, which is available for Grades 5 – 12. High school students can receive the Fine and Performing Arts Certificate by completing 40 credits in arts and related courses.
- 6) **Science School** – Scientific ideas guide the learning, which is suited to students who are risk takers in their learning and are curious about the way the natural world and/or technological world works. This program is offered at Langevin School and Louis Riel School for students in grades 5 – 9.
- 7) **All Girls School** – Offered at Alice Jamieson Academy for girls in grades 4 – 9, this program ensures that girls will develop academic, leadership and organization skills for success in their personal life and their future careers.
- 8) **Canadian Studies** – This program is offered at Juno Beach Academy for students in grades 7 - 12 and helps students develop a deeper sense of their country through learning about Canada and applying the foundational principles of Canadian citizenship, leadership and development, personal fitness and academic endeavours.

For more information on the Calgary Board of Education or any of these alternative programs please visit our website at [www.cbe.ab.ca/programs/prog-choice.asp](http://www.cbe.ab.ca/programs/prog-choice.asp). As your Trustee I can be contacted at [gslane@cbe.ab.ca](mailto:gslane@cbe.ab.ca) or by calling 403-294-8265.



Calgary Board of Education

## Fire Pit Regulations - What is the law?

Fire pit regulations are within the Community Standards Bylaw 5M2004 sections 11-18. This information provides an overview of fire pit regulations. For more details, please refer to the actual bylaw. Original copies of the bylaw are available at the City Clerk's office or can be viewed at the City of Calgary website - [www.calgary.ca](http://www.calgary.ca)

All fires must be:

- In a fire pit or receptacle constructed of non-combustible material.
- In a fire pit built into the bare ground or set upon non-combustible material such as brick or stone (if not in a receptacle).
- Not within 2 metres of the property line, building or fence, or beneath any trees or branches (or other combustible materials).
- Kept to a reasonable size (under 1m both height and width) so the fire, embers, sparks or dense smoke do not endanger anyone or cause a nuisance on any neighbouring properties.
- Fully supervised at all times.
- Be fully extinguished by 1:00 a.m. You may relight the fire after 8:00 a.m. the following morning.
- You must have a means to extinguish the fire on hand at all times.

You cannot burn:

- Treated or painted lumber
- Lumber products containing glue or resin
- Wet or unseasoned wood
- Leaves, brush or yard waste
- Garbage
- Rubber, tires or plastic
- Any animal carcass or part

## THANK YOU St. Andrews Heights

We are proud to celebrate our 12th anniversary serving individual investors in St. Andrews Heights.

To those we have met, our thanks for your warm reception and patronage.

To those we have not met, we look forward to meeting you soon.

For anyone not currently a client, it would be a pleasure to meet with you to discuss your financial requirements.

Please call to schedule an appointment.



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**COLD WEATHER TIPS FOR CATS** by Jorinda Rankin

Calgarians need no reminder that winter is upon us. Of course animal rescue groups do not advocate cats as outdoor pets but, if your cat goes outside, there are things you can do to ensure a little “field trip” into the tundra will not result in tragedy. These tips will also help protect any other outdoor or stray animals exposed to the dangers of winter.

- Be careful with antifreeze. It is a tantalizing but lethal treat for outdoor, stray or roaming cats.
- When cats have nowhere warm to go, they often crawl up into a warm car or truck engine. During the winter, make it a habit to pound on each side of the hood of your vehicle before starting it up in case a cat crawled in to try to stay warm.
- If your cat has any food or water bowls outside, make sure the water isn't frozen. As well, don't use metal bowls in the winter. A cat's warm tongue will not adhere to ceramic bowls in cold weather.
- If your cat goes out at all increase his or her food intake: being outside depletes energy and they'll need a healthy fat layer to be comfortable. A cat that spends any time indoors has less hair and softer paw pads than they need to face cold temperatures.
- Make sure your cat does not stay out for long and, even if trips outside are brief, prepare a box with some blankets or other insulating material for your cat to crawl into to conserve body heat. The mercury doesn't have to dip very far below zero for frostbite and hypothermia to become very real threats and a simple box may save your cat's ears and feet.

The best advice cat owners can take is to keep cats indoors during the winter months. If it is too cold for you to do more outside than run from the car to heated buildings, it is definitely too cold for your cat.

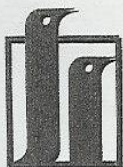
*The MEOW Foundation is a no-kill cat rescue charity operating in the Calgary area. MEOW has helped thousands of homeless cats since 2000.*

 Meow Foundation

**[www.meowfoundation.com](http://www.meowfoundation.com)** (403) 230-6033







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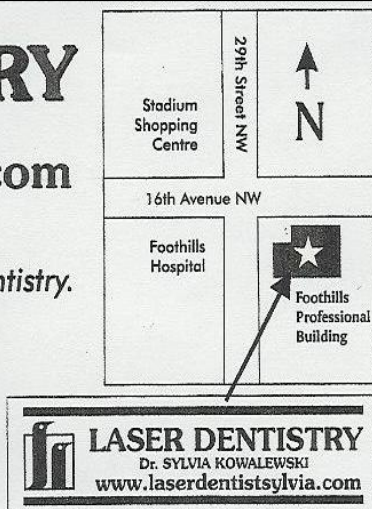
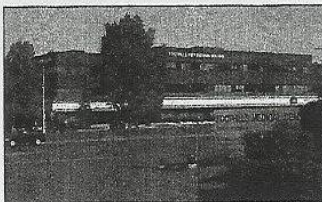
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- I am a former long-time resident of St. Andrews Heights.
- Local St. Andrews Heights references provided on request.

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# At *your* Library

## LOUISE RILEY LIBRARY

1904 14 Ave NW

### Hours

Mon - Thurs 10 a.m. - 9 p.m.  
Fri & Sat 10 a.m. - 5 p.m.  
NOW OPEN Sun 12 p.m. - 5 p.m.

### Homebound Readers

Customers who are unable to visit the library due to illness or disability can arrange to have a library volunteer regularly select, deliver and exchange materials. This free service is available to customers who live in their homes, continuing care centres, auxiliary hospitals, or seniors' residences. To arrange homebound library service call (403)260-2702.

### Programs Fall 2008

Programs are FREE with a library card.  
Register in person, by calling 260-2620 or online at  
[www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)

### Baby and You for Moms

Topics include infant crying, sleeping, toys, games, health, nutrition, and community resources. Co-sponsored by the Calgary Health Region.  
Ages 2 to 9 months with a parent/caregiver  
Wednesdays, Nov 5 to Nov 26

### Drop-In Family Storytime

Drop in for stories, songs, and fingerplays the whole family can enjoy.  
Ages 2 to 5 with a parent/caregiver  
Fridays, Sept 19 to Dec 5  
10:30 - 11:00 a.m.  
\*No Registration Required\*

### On the Loose with Dr. Seuss!

The troupe from Calgary Young People's Theater is back with 45 zany minutes in the crazy world of Dr. Seuss! Join us for this free performance, exclusively at the Calgary Public Library.  
Ages 5 to 11  
Saturday, Nov 22  
10:30 to 11:15 a.m.

### Parent and Child Book Club

Explore some of the best children's novels with your child, then meet for a lively discussion of the book and author.  
Ages 9 to 12 with a parent/caregiver  
Tuesdays, Nov 04, and Dec 02  
7:00 - 8:30 p.m.





## PUBLIC SERVICE ANNOUNCEMENT

Every 7 minutes, a Canadian dies from heart disease or stroke. Every 7 minutes, another family is thrown into crisis.



**HEART &  
STROKE  
FOUNDATION  
OF ALBERTA,  
NWT & NUNAVUT**

Be a part of the solution: volunteer for February is Heart Month. Every year, volunteers across Canada donate a few hours of their time - from fundraising in their neighbourhoods to organizing a team of local volunteers - in support of the Heart and Stroke Foundation. Sign up today and become a real life-saver - go to [heartandstroke.ca](http://heartandstroke.ca) or phone 1.888.HSF.INFO.

***Finding answers. For life.***

## ALBERTA PARKS AND PROTECTED AREAS

A Five Part Presentation Series

Second Wednesday of the month beginning October 8<sup>th</sup> (October 8<sup>th</sup>, November 12<sup>th</sup>, January 14<sup>th</sup>, February 11<sup>th</sup> and March 11<sup>th</sup>) **7:00** p.m., The Cochrane RancheHouse 101 RancheHouse Road, Cochrane (Located .7 km north of the Highway 1A and Highway #22 intersection in Cochrane). Admission: \$6.00 per person includes GST. (Space is limited). For more information consult our website at [www.fish-creek.org](http://www.fish-creek.org).

### **SECOND PRESENTATION:**

**Kananaskis Country: More than the sum of its Parks!**

**Wednesday, November 12<sup>th</sup>, 2008**

**Presenter:** Don Carruthers Den Hoed is the Outreach Coordinator with Kananaskis Country, and has been with Visitor Services since 1993. He grew up in Bragg Creek and is a true child of the K-Country...

For more information or to book your seats in advance, **phone 297-7927.**

## Community Events

**Keep Fit Classes** - Mondays and Wednesdays 7-8pm in the school gym. Call Karen (403 289-7820)

**Art Group** - Wednesdays from 1 to 3:30 pm at the Community Hall. For information call Betty (403 282 -7395)

**St. Andrew's Anglican Church,** 1611 St. Andrew's Place N.W. invites you to our Annual Christmas Tea and Bazaar - Saturday, November 22nd.  
Time: 1:00 - 3:30 pm  
Crafts, Bake and Gourmet Table, Frozen Foods, Gifts and Treasures.  
Admission: \$3.00 includes refreshments and a light lunch.  
St. Andrew's is wheel chair accessible

A color version of the newsletter is available on the SAH website!  
[www.standrewsheights.ca](http://www.standrewsheights.ca)

## Classified Ads

**Snow Shovelers Needed:** Support your community and earn extra cash. If you would like to join the St. Andrews Heights team of winter angels, please contact Gwen at newsletter@standrewsheights.ca. I will place your name in the community newsletter at no charge and you will be contacted by community members who require your snow shoveling services.



## SAVE OUR SCHOOL

Add your name to a growing list of parents who want to see Parkdale Elementary re-open.

Email [parkdaleSOS@live.com](mailto:parkdaleSOS@live.com)