

# St. Andrews Heights Community Newsletter



February 2009

## President's Report by Liz Murray

January 19th, 2009

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

I would like to start by thanking **Bob deWolff** for all of his work with the Board these last several years. Bob has held the position of VP Planning (Residential) which he has now stepped down from to enjoy retirement in the Victoria area. We wish Bob lots of stress-free fun in his future endeavors. Adev Ahluwalia (VP Sports) will be filling in for Bob until the AGM in June.

By now, I'm sure most residents have received their **property tax assessments**. Did you know that as of December 21st, 2008, the province has capped the amount the City can charge for residential assessment appeals at \$50? The fee indicated on your assessment is incorrect if it is greater than \$50.

**The coyotes are back** – please be careful when leaving pets unattended in your yards and when using the off-leash park.

If anyone in the community is looking to earn some extra pocket money, we are looking for a community resident to shovel the sidewalk and parking lot at the **community hall** when it snows. Young people are encouraged to apply – contact Doug at 403-282-3540 for details.

Just a reminder that the **City's snow bylaw** states that snow must be removed from the public sidewalks within 24 hours of a snow fall. The occupant is responsible for this regardless of whether they are renters or owners. We have had some problems in the community this winter and the City has been dealing with residents who don't keep their walks clean.

Please note the community newsletter will be a bit delayed next month.

The next meetings of the Community Executive are at 7 pm on February 23<sup>rd</sup>, March 23<sup>rd</sup>, April 27<sup>th</sup> and May 25th. 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	Adev Ahluwalia	284-4110
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
- Quarter page \$35.00
- Business card \$25.00
- 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

**ICE MATTERS** By: Nik Rasula

You asked for it! Well here it is! Your All Star Ice-Crew for the 2008-2009 season:

Roger Smith, Larry Lozinski, Peter Ziriada, Croft Axsen, Chuck Whitaker, Dave Russum, Dave Browne, Jane Burke-Browne, John Nesbitt, John Ross, Tom Stubbs, Bryan Smith, Jeff Gehl, and Tony Hamblin.

Congratulations to all! You are the best!

As a reminder, each volunteer is assigned one week and one week only. The selling of weeks is strictly prohibited and is in strict violation of the Ice-Maker's Constitution. Posting weeks for bid on *E-Bay*, in an attempt to determine monetary value, is also forbidden.

After twenty five years of loyal service, our old snow blower, suffering from a seized auger, has been assigned to the big ice-rink in the sky. No longer capable of cutting the crystals, the blower has been replaced with a model more able of completing the myriad of tasks at hand. Special thanks to our Community Executive for expediting this purchase and thereby enabling the installation of the rink on schedule.

For those that watched the December 20<sup>th</sup> edition of the Global National News, yes, that was our ice-crew being featured in the story about the cold weather gripping Western Canada. For those that missed it, copies of the newscast are available in either DVD or VHS format by contacting either Roger Smith or myself.

Here's to cold weather, to smooth ice, and to being Canadian!

The Select,

The Few,

The Ice-Rink Crew



Come join us for the  
**FREE 2009 Seniors Housing Forum**  
Saturday, May 2nd, 2009 from 9:30 am – 2:15 pm  
Mount Royal College. FREE Parking!

**Register Early! Space is Limited!**

To Register:  
Contact Ayda at 403-705-3230  
or email [housing@kerbycentre.com](mailto:housing@kerbycentre.com)

## **Computer Problems? In-Home Repairs & Tutoring**

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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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## Committed to reducing our eco-footprint

George Lane, Wards 6 & 7



Calgary Board of Education

The Calgary Board of Education is committed to reducing our system's ecological footprint. In June of 2006, the Education\*Energy\*Environment Team (EcoTeam) was created to provide leadership to advance environmental literacy through strategic facility, curricular and community initiatives.

One initiative that has come about is the EcoSites initiative, which was officially launched on Earth Day, April 22<sup>nd</sup>, 2008. Starting as a pilot project this year, EcoSites will be available to all schools in the Fall of 2009. The initiative encourages schools and service areas of the CBE to reduce their ecological footprint. There are three pillars it focuses on including:

- **Eco-Literacy** – Learning about the Earth and ecology.
- **Eco-Relationship** – Learning about how humans are tied into the systems of life and developing a relationship with nature.
- **Eco-Planning & Action** – Developing lifestyles that are more harmonious with the Earth.

The EcoSites initiative is mandated by the CBE – our goal is to have all of our schools and service areas participating in the EcoSites program by 2012. The program encourages students, teachers, building operators and planners to consider how the decision they are making, both inside and outside our schools, impact the environment. They are encouraged to modify their practices in our classrooms, offices, and other areas of our schools and to develop a process for continual improvement in environmental education and operational practices.

EcoSites ties into life-long learning, builds citizenship, and engages staff and students in “doing what is right and acting morally.” The program participants receive the intrinsic incentive of doing something good for the earth, while at the same time reducing financial costs associated with over-consumption.



Participating schools and service areas strive to implement the three pillars, which identify them as *Emerging Green, Green, or Leading Green*. Aside from the intrinsic incentive of doing something good, the CBE provides the schools and services areas with incentives for their participation in the program. They are also recognized for their efforts at a ceremony to be held each year.

One example of the CBE's commitment to becoming 'greener' was the system's participation in Earth Hour on April 22, 2008. Staff and students turned out the lights for one hour in a collective effort to reduce electricity consumption. The success was in the numbers, with a 23 per cent drop in consumption from the same hour in the previous week. At some CBE schools the reduction was incredible - West Dalhousie School reduced its electricity by 77% and Fairview School by 60%.

To find out more about EcoStewardship at the CBE please visit our website at <http://www.cbe.ab.ca/community/ecoStewardship/>. If you have any comments or concerns I would be happy to hear from you. Please contact me at [gslane@cbe.ab.ca](mailto:gslane@cbe.ab.ca) or call 403-294-8265.

#### 4 Easy Ways to Save Hot Water Energy

- 1.) Install new showerheads and faucet aerators that reduce volume with no noticeable change in pressure.
- 2.) Wrap hot water pipes with insulating tape, and wrap your hot water tank with an insulating blanket. (Be sure to check with the manufacturer for guidelines.)
- 3.) Always shut off faucets completely, and fix any dripping faucets.
- 4.) Only operate your dishwasher and clothes washing machine when you have a full load.



Agent

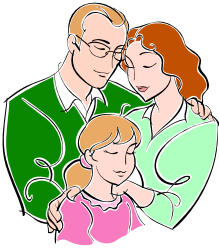
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# VOLUNTEERS NEEDED

Home-Start in Calgary, is looking for volunteers who are Moms, Grandma's or individuals with parenting experience to visit young families. The time commitment is about three to four hours a week. Training will be

provided. Make a difference to a young family.

Home-Start is an International program that is running in 16 countries throughout the world. It originally came from Great Britain, and has been supporting families in their homes for over 34 years.

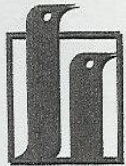
For more information please call Marion @ 571-0516 (if you live in



the North) or Dee @ 717-2678 (if you live in the south).



Boys & Girls Clubs of Calgary



## LASER DENTISTRY

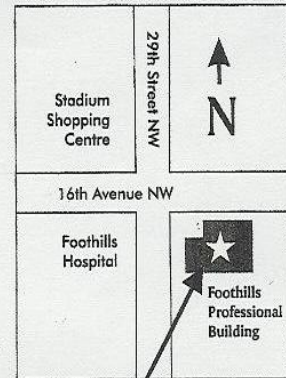
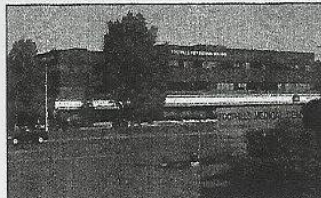
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## Learn Something New!

### Speaker's Series – February 2009



Each year, the Friends of Fish Creek host guest speakers on a variety of topics relevant to the Park and the surrounding community. We are delighted to offer an informative and exciting series for 2009.

Presentations take place each month at the theatre at the

**Fish Creek Public Library - 3<sup>rd</sup> Floor**

**7:00 pm to 8:00 pm**

(Doors open at 6:45 pm, so please come a little early)

An elevator is available for those needing assistance.

11161 Bonaventure Dr. SE, on the east side of South Centre Mall and beside the Safeway.

These events are free for Friends' members and \$2.00 for non-members.

Because of the interest in the Speaker's Series program, patrons will now be asked to register for each presentation by contacting the Friends at 403-238-3841 or [info@friendsoffishcreek.org](mailto:info@friendsoffishcreek.org).

**Thursday, February 26, 2009**

**Roland Dechesne, President of the Calgary Centre of the Royal Astronomical Society of Canada**

### **Astronomy and Fish Creek Provincial Park**

As an amateur astronomer with over 30 years' experience, Roland Dechesne has popularized astronomy to the public for much of that time. His interests are astrophotography, meteorites and light pollution abatement. Roland 'moonlights' as an oil and gas geologist during the day.

The night sky is full of wondrous objects, and this presentation will highlight some of the sights visible on clear nights. From constellations to planets to galaxies, you'll tour the visible universe in this presentation. Light pollution threatens not just the beauty of the night sky, but has alarming potential negative effects on the biology of plants and animals of Fish Creek Provincial Park. We'll look at the problem, what can be done by ordinary citizens, and what Park staff and the RASC are doing to help make the Park a better sanctuary from the city next door.

# At *your* Library

## LOUISE RILEY LIBRARY

1904 14 Ave NW

### 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.

### WINTER PROGRAMS 2009

Programs are FREE with a library card.

Register in person, by calling 260-2620 or online at

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

### Hero Storytime: Nurse

Share some books and stories with us, and then learn what it's like to be a nurse

Ages 5 to 12

Saturday Feb 21

10:30 – 11:00 a.m.

### StoryPALS

Trained Pet Access League Society volunteers and their highly socialized dogs provide a calm, accepting presence for struggling readers to practice reading aloud.

Ages 6 to 12

Thursday, Feb 26 to Apr 2

7:00 – 8:00 p.m.

### Wii for Seniors

Get some exercise by trying tennis, bowling, and golf on the Nintendo Wii video game system.

Ages 50 and up

Tuesday, Feb 10

10:30 – 12:00 p.m.

### Hours

Mon.-Thurs. 10 a.m. – 5 p.m.

Fri. & Sat. 10 a.m. – 5 p.m.

Sun 12 p.m. – 5 p.m.

### New Eco-Friendly Bags

The Calgary Public Library is playing their part in helping to make us a plastic bag free world - our rich purple eco-friendly bags can be purchased for \$1.25 at any of our locations.



**What Can a Child Learn at Preschool?** - by Jennifer Marr

For some parents, preschool is a time to prepare a child for the rigours of academia. Getting a jump start on pre-math and reading skills is increasingly viewed as being the biggest challenge a child can meet at this age. However, more and more families are seeing how important being a kid really is and how many skills can best be learned through play.

That's why many preschools, like **University Heights Preschool**, have embraced a "play centred" approach to their teaching. Skills like cooperation, effective listening skills, and being a "team player" are all highly valued in today's work world. Where better to learn how to cooperate and negotiate than around a pile of blocks? Listening skills are honed at circle time while reading a story. And how can you play parachute at gym time without cooperating, taking turns and working together? It's important to let kids be kids.

**University Heights Preschool will be hosting an Open House and Registration night at 7pm on Monday, March 2, 2009 in Room 8 at Terrace Road School. For more information phone 286-7770, email [uhpreschool@hotmail.com](mailto:uhpreschool@hotmail.com) or visit [www.calgarypreschool.com](http://www.calgarypreschool.com).**

**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).

**FOURTH PRESENTATION:**

**William A. Switzer Provincial Park - *Hub of the Northern Rockies***  
**Wednesday, February 11<sup>th</sup>, 2009**

**Presenter:** Scott Sunderwald is the Visitor Services Supervisor for the northern Rockies. Scott has worked the last 17 years in Alberta, BC and Saskatchewan Parks. He has a deep passion for Alberta's northern Rockies, and loves to share his stories and experiences.

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)

### Snow Shovelers :

Jordan Fleck 875-8572

If anyone would like to have his/her name added to this list, please contact Gwen at: [newsletter@standrewsheights.ca](mailto:newsletter@standrewsheights.ca)



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



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### **PUBLIC SERVICE ANNOUNCEMENT**

Every 7 minutes, a Canadian dies from heart disease or stroke. Be a part of the **s o l u t i o n** - - support **February Is Heart Month**. Volunteers across Canada will visit their neighbours to raise awareness of heart **d i s e a s e** while collecting donations for the Heart and Stroke Foundation. One of your neighbours may be at your door this February, and we hope you will show your support.

For more information or to donate online, please visit [heartandstroke.ca](http://heartandstroke.ca). With your help, we can secure a healthier future!

The expected delivery date of the March issue of the St Andrews Heights Newsletter is the weekend of March 6th.