

St. Andrews Heights Community Newsletter



September 2009

President's Report by Jeff Schaefer

August 25, 2009 www.standrewsheights.ca

The Annual General Meeting was held in June. Your new Community Association Executive for 2009-10 is listed in the newsletter and on our website. I wish to thank the outgoing and current executive members as well as the many volunteers that make St. Andrews Heights a wonderful place to live. By way of introduction, Gwen and I moved to SAH in 1998 (daughter Heidi joined us that year). I am a physician with a variety of academic and administrative experiences. My email address is: president@standrewsheights.ca

I am pleased to report on the commencement of the SAH New Horizons for Seniors Program. Betty Schmidt (VP Seniors) and Jacqueline Keller (Program Coordinator) are leading this initiative. A survey was distributed which was well received. A summary of the results are available on our community website. From the survey, it is clear that we have large group of thoughtful, active, and enthusiastic Seniors. There are both diverse and shared interests. A high value was placed on receiving notice of events using a variety of methods including the newsletter, website, and personal communication.

Keeping the community informed about events, potential concerns, and opportunities is very important. Many have inquired about a Community Association email distribution list which would be supplementary to our newsletter. A proposal will be developed that incorporates the maintenance of privacy, avoidance of overuse, and maximizing relevance. Participation would be voluntary. Our community bulletin board has served us well, but alas it has weathered. We are exploring rejuvenation of this valuable communication tool.

Our annual MEMBERSHIP DRIVE is slated for the latter half of September. I encourage you to join the Community Association and refer you to John Howarth's article in this newsletter. With best wishes to all, Jeff Schaefer

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The deadline for submissions for the October issue of the St. Andrews Heights Community Newsletter is: September 25 , 2009

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

Community Executive 2009-10

President	Jeff Schaefer	289-0625
Past President	Liz Murray	282-8309
Treasurer	Gitte Julien	282-2795
Secretary	Lorna Beairsto	274-4431
VP Sports	Adev Ahluwalia	284-4110
VP Facilities	Michael Fuchs	282-5246
VP Comm & Events	Marni Benson	226-0315
VP Seniors	Betty Schmidt	282-8949
VP Planning—		
Non-Residential	Liz Murray	282-8309
Residential	Adev Ahluwalia	284-4110
Hall Rentals	Heather McQuay	288-1022
Newsletter	Gwen Schaefer	
newsletter@standrewsheights.ca		
Policing Officer	vacant	
Hall Telephone		282-5211
Webmaster	Jeffrey Schaefer	
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



SAH COMMUNITY ASSOCIATION MEMBERSHIP DRIVE

This Year's Dates: September 12 to 27, 2009

Whether you are a home-owner or a renter there are good reasons to support our Community with the purchase of a membership. Your fees help to support a variety of programmes (soccer, art, and several social groups); this Newsletter; and the operation of Community facilities (hall, tennis courts, skating rink). Very importantly, as a member of the SAH Community Association, you show your support for the Executive Committee which represents all residents in their relations with the City and other outside interests, particularly builders and developers. The more members we have, the more community support is demonstrated for the Executive and, consequently, the stronger is their voice in representing our interests in matters that may be critical to the well-being of our Community as a whole. Although invisible to many of us, a lot of work goes into making St. Andrews Heights the wonderful place to live which it is, and a lot of that effort is contributed by our Executive Committee. Please support them, and the Community, with your membership.

For a fourth year the fees remain the same: \$25 for Family Households or \$15 for Senior Households where the Owner/Renter is 65 years of age or older. For additional family members who are over the age of 18 and who wish to participate in Community programmes and/or to have voting rights at Community meetings, an Additional fee of \$5 also applies. We are running the Drive in the second half of September again this year, when it should be a little warmer outside and lighter than in October. **Please welcome our volunteer canvassers when they call on you between Saturday, September 12 and Sunday, September 27.**

If we miss you at your door during the Drive, the canvasser will leave a letter inviting you to join the Association, or you may use the form below. If you drop off the form early, I will try to coordinate with your canvasser so that we do not knock on your door. John Howarth – Membership Chairman

SAH Membership 2009-2010

Name: _____

Address: _____

Telephone: _____ E-mail: _____

Membership Type(s): Family @ \$25:__, or Senior @ \$15:__ (plus Additional: #__ @ \$5 ea:__)

Please return form with cheque made out to SAH Community Assoc to:

John Howarth, 2911 – 11th Avenue NW, T2N 1J1.



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ST. ANDREWS HEIGHTS ART CLUB

The St. Andrews Heights Art Club is composed of dedicated Artists who meet weekly on Wednesdays, from 1:00 pm to 3:30 pm. The club is instructed by Ms. Myrna Johns, a highly regarded local artist. Critiquing and additional instruction is offered by various group members. The group is continually learning new techniques in the use of a variety of mediums; **primarily acrylics**, water colors, conte, charcoal, pastels and pencil. **Oils are not used.** Easels are provided. Acrylic paints (Artist quality), brushes and other supplies are not provided. Class members are expected to participate in the spring art show. Fall classes will commence on September 23, 2009. The second semester will begin in January 2010. **Fees are \$25.00 per semester.** Painters of all skill levels are welcome. We look forward to having you join our group. Contact person Betty Schmidt 403-282-8949 paulizschmidt@shaw.ca

We were saddened to hear that one of our art club members, Lorraine Head, lost her husband Tom on June 17. The members of the art club would like to extend our sympathy to Lorraine and her family.

SYMPATHY FROM ST. ANDREW'S COMMUNITY

This news report is as we understand it, and with a summer break from the Newsletter, it is obviously somewhat late in being reported. We have no other information at this time.

MIKELLE HENDRICKSON (18) July 19, 2009

Sadly we report the death of 18 year old Mikelle Hendrickson, on July 19th. Mikelle was granddaughter of Olga and David Hendrickson, and daughter of Bobby and Gen Hendrickson. Olga and David raised their family in St. Andrew's.

The four 18 year olds were on a 3 week road trip to celebrate their graduations (three from Bowness High School, one from Springbank High School). After driving to Arizona and California they were returning through Washington State, when near Olympia the vehicle left the road. Mikelle and her friend Kylie Doxtater died at the scene, the driver and Lena Elliott were seriously injured. Our community grieves for all the families involved.

KEEP FIT CLASSES

Classes start Mon. Sept. 14th until Mon. Dec. 14th and Wed. Sept. 16th until Wed. Dec. 18th. The cost will be \$42 for one class per week and \$84 for 2 classes per week. You are welcome to drop in for a class at a cost of \$5. We welcome you to join us in September at the Chief Crowfoot Gym from 7pm to 8pm. We offer warm-up, low impact aerobics, weights, stretching and cool down. Join your neighbours for fun and an excellent work out. To enquire call Karen Durbeniuk at 403-289-7820.

IT'S TIME TO RENEW YOUR RESIDENTIAL PARKING PERMITS

This is a reminder that **Residential Parking Zone X** permits **expire Sept. 30th, 2009**. You may obtain your year 2009/2010 permits now from the Calgary Parking Authority. Your permits may be renewed in one of the following ways:

1. The permit may be picked up at our office at the address listed below. The by-law requires that you present a **valid ALBERTA vehicle registration for each vehicle requiring a permit**, showing the correct address within the restricted zone.

PLEASE DON'T FORGET YOUR VEHICLE REGISTRATION!

2. If you wish, you may mail or fax a photocopy of your **entire valid vehicle registration(s)** along with a copy of some other **proof of address**, such as a **cable or utility bill** (Drivers' license does not fax well). We will mail your permit to you. See address and fax number below. **Be sure to allow enough time for mailing.**

Calgary Parking Authority

620 – 9th Avenue SW

Calgary, AB T2P 1L5

Phone: 537-7000 Fax: 537-7001

Business hours - 8:00 am – 4:15 pm Mon-Fri.

It is your responsibility to renew your permits in a timely manner in order to avoid receiving a parking violation tag.

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"THANK YOU to all our 60+ customers in the St Andrews Heights Community during the 2009 season!"

FREE ESTIMATES

HOW TO STOP WOOD FLOORS FROM SQUEAKING

Squeaky wooden floors are often caused by boards rubbing together. If this problem seems to occur at certain times of the year, it may be due to either seasonal swelling or shrinkage. If so, the squeaks can be temporarily remedied by sprinkling talcum powder in the affected area. However, chronic squeaking is caused by loosened flooring nails. Depending on the location of the nail(s), resolving the problem may simply be a matter of re-securing the board with a similar sized screw (which may stay in place longer than a nail). Be sure not to put the screw in the same nail hole. If the floor is a tongue-and-groove installation, this might be more difficult, because the nail heads will likely be out of sight unless the adjoining board is removed. In such cases, you should speak to a floor expert, who may simply recommend countersunk screws covered by wood filler. If you have a main floor squeak, you could also try to access the floorboards from the basement ceiling, and drive a screw upwards through the sub-floor below-but be sure the screw won't poke through. Measure the combined thickness of the floorboards and sub-floor first, by checking an existing hole that's been cut for a register, duct, pipe or cable.



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FALL PROGRAMS 2009

Check out www.calgarypubliclibrary.com for our spring program guides.

Programs are FREE with a library card.

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

www.calgarypubliclibrary.com

Coffee and Conversation for Moms

If you have a baby or toddler at home, bring them along and socialize with other Moms!

Thursdays, Sep 10 to Dec 03

1:00 - 2:00 p.m.

No registration required

50+ Coffee and Conversation

Join us for coffee, conversation, and informal presentations of interest.

Ages 50 and up

Mondays, Sep 14 to Dec 07

(No program on Oct 12)

10:30 - 11:30 a.m.

No registration required

We're Still Renovating!

You can look forward to Self Check Out machines, more space, a new computer area, fresh décor and layout, new flooring and ceiling, new furniture and shelving, a new window, and new meeting space. Over the next few months, everything in the Library will be moved, changed and in general disarray. We pledge to do our very best to help during the transition. We ask for your understanding, sense of humor and patience while things aren't quite right. The finished space will be bright, spacious and welcoming. We look forward to sharing it with you!

At *your* Library



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START OFF THE SCHOOL YEAR WITH THE TERRY FOX RUN

Early September is a time when life seems ripe with possibilities. The new school year has begun and children are excited about what the year will bring. If you are looking for ways to inspire your children to live up to their potential this school year, try introducing them to Terry Fox's story.

"Even if I don't finish, we need others to continue. It's got to keep going without me."

The Terry Fox Run for Cancer Research offers more than just a run. Families are welcome to run, walk, rollerblade or bike the route, which offers 1km, 5km, or 10km loops so that anyone of any age or fitness level can participate. Former Calgary Stampeder Jay McNeil will be there to speak about his battle with cancer and Terry's legacy.

This September, when the hectic schedule of the new school year is underway, take the time to participate in the Terry Fox Run for Cancer Research with your family. It is the perfect way to begin a new school year. **The run begins at 10:00 a.m. at Eau Claire Market on Sunday, Sept. 13th.** For more information go to www.terryfoxrun.org.

ARE YOU A PERSON WHO LIKES TO HELP?

Home-Start have openings for volunteers. We help families with at least one child under the age of 5. In the families own home.

You don't need to be a super nanny to help parents with young children . . .

Do you: Enjoy making new friends? Know first hand the stresses of bringing up children? Sincerely like to listen?; Relate well with children? Like to offer practical assistance? Have children of your own and would like to support another mom?

Being a parent is one of the toughest jobs in the world. All parents experience times of doubt and despair. Why not share your skills and knowledge with another parent?

For more information, please contact Marion Paulson at The Bowness Boys and Girls Club: 403 571-0516. Next training will start the second week of September.



MUSIC - VISUAL ARTS - NATURE - FAMILY ACTIVITIES**Art In The Park Festival**

Sunday, September 13, 2009

11:00 am - 4:00 pm

*FISH CREEK PROVINCIAL PARK
SIKOME AQUATIC FACILITY*

Join us for this one-day celebration of the arts and nature. Enjoy your day with natural delights such as artists demonstrating, and showing and selling their artwork, musicians filling the air with melody, and activities to engage your wild side. This event is free and fun for the whole family!

Discover new and exotic art forms and try out special interactive displays. With more than twenty artists participating, including painters, photographers, sculptors, stone masons, musicians, as well as guided nature walks through this beautiful and historic area, *Art In The Park Day* is a great chance to come down to the Park with your family and enjoy a relaxing afternoon.

FOR MORE INFORMATION:

403-297-7827 OR 403-238-3841

FISHCREEK@GOV.AB.CA OR INFO@FRIENDSOFFISHCREEK.ORG

**Presented by the Friends of Fish Creek Provincial Park Society****PHOTOGRAPHY COURSE**Sunday, September 27th, 2009

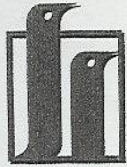
9:00 am - 4:00 pm

Instructed by Annette Wichmann and John Warga

A walk through Fish Creek Provincial Park provides a myriad of opportunities for any visitor with a camera to photograph the unique flora and fauna that resides in the Park. Whether you are just starting out or are a seasoned veteran, this one-day course will expand your knowledge and enhance your photography skills through elements such as composition and lighting.

Please bring your digital or film camera and accessories such as your camera manual, a tripod (optional), various lenses (optional), and a bag lunch.

Please contact the Friends of Fish Creek for more information or to register for this course 403- 238-3841 or info@friendsoffishcreek.org



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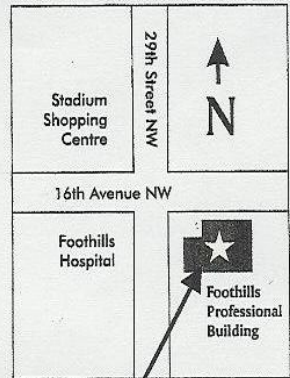
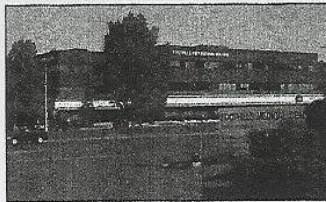
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Community Events

Keep Fit Classes - Mondays and Wednesdays starting Sept 14th 7-8pm in the school gym. Call Karen 403-289-7820

Art Group - Resumes Wednesday, September 23 from 1 to 3:30 pm at the Community Hall. For information call Betty 403-282-8949

Blood Donor Clinic
Give Blood and Save Lives

Bow Valley Church

5300 53 Ave NW
Gymnasium

Saturday, September 19th
9:00 am – 2:00 pm

Call **1 888 2 DONATE** to book
your appointment today.

Call **1 888 2 DONATE**
for more information or to book an appointment.
www.blood.ca

 Canadian Blood Services
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Classified Ads

St Andrews Heights NW—**Double det'd Garage** \$200/mth. Storage or parking only. 403-282-8526

For Sale: 10 chrome nesting chairs with black fabric covered back and seat with arms—like new. Used 4 times. \$10 each. Call Colin or Doreen 403-289-3927

A color version of the newsletter is available on the SAH website!
www.standrewsheights.ca

Imagine That!

Playgroup for caregivers and children 0-4 Join us at the Banff Trail Community centre as you and your rambunctious and/or inquisitive child(ren) exuberantly celebrate all the wonderful qualities that make them special. Enjoy playing and discovering complete with kitchen sets, arts&crafts, sand and water tables, dress-up clothes and a monthly fun-cooking and "science experiments".

When: Thursday 9:45- 11:00

Sept 10- May 27

Bring: Snack (NUT FREE)

For more information or to register contact us at: Email: imaginethatplaygroup@gmail.com or 403 465-9222