

St. Andrews Heights Community Newsletter



May 2010

It was heartwarming that 40 people attended our SAH Volunteer Appreciation Night. The community is richer for the contributions of our volunteers. If you are interested in volunteering your time please drop me an email at president@standrewsheights.ca. Volunteering is a great way to meet your neighbours and need not be onerous. The administrative year will be drawing to an end and those interested in joining the Executive Committee should feel free to contact myself or any of the committee members.

We shall be holding our Annual Spring Clean-Up on Saturday, May 29th. We shall meet at the corner of Windsor Street and Toronto Crescent at 10:00 am. In the event of any amount of rain (or snow, it is Calgary after all), we shall postpone to Saturday, June 5th at 10:00 am. All ages are welcome and garbage bags will be provided. We shall tidy the green spaces as well as our pedestrian pathways that connect a few of our streets. Even if you're able to collect any litter in your back alley, that would be appreciated. 'Keep St. Andrews Heights Beautiful!'

It appears that our local graffiti vandal has visited us again. I am asking all residents to keep an eye out for this individual or individuals and contact the police if you observe suspicious activity.

A reminder of our Annual General Meeting that will be held on Monday, June 28th at 7:00 pm. We do need quorum and your attendance is appreciated.

All the Best, Jeff Schaefer

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Community Executive 2009-10

President	Jeff Schaefer	403-289-0625
Past President	Liz Murray	403-282-8309
Treasurer	Gitte Julien	403-282-2795
Secretary	Lorna Beairsto	403-274-4431
VP Sports	Adev Ahluwalia	403-284-4110
VP Facilities	Michael Fuchs	403-282-5246
VP Comm & Events	Marni Benson	403-226-0315
VP Seniors	Betty Schmidt	403-282-8949

VP Planning—

Non-Residential	Liz Murray	403-282-8309
Residential	Adev Ahluwalia	403-284-4110
Hall Rentals	Interim-Liz Murray	403-282-8309
Newsletter	Gwen Schaefer	

newsletter@standrewsheights.ca

Policing Officer	Con. Kastamonitis	403-567-6300
Hall Telephone		403-282-5211

Webmaster Jeffrey Schaefer

webmaster@standrewsheights.ca

The deadline for submissions for the June issue of the St. Andrews Heights Community Newsletter is: May 24, 2010.

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

TENNIS REGISTRATION


Tennis Registration will be held on Tuesday May 11th at 1347 Hamilton Street across from the Community Hall. Please bring your St. Andrews Heights Community Membership Card. Contact Gisela Durlacher at 403-282-0848 if you have any questions. If you are unable to register in person please use the form below.

Tennis Registration	
Name _____	Phone No. _____
Address _____	
Email Address _____	
Under 16 - \$30.00	___
Adult - \$40.00	___
Family - \$60.00	___
Please deposit this form and <u>cheque</u> in the community hall's mailbox and an executive member will contact you with details of combination lock and rules.	

ANNUAL SPRING CLEAN-UP

It's been a long winter! On **May 29th at 10am** come out with your neighbours and friends to help clean up the green space around the community. All ages are welcome and garbage bags will be provided. Meet at the corner of Windsor Street and Toronto Cr. (An alternate date is scheduled for June 5th if Mother Nature does not co-operate).





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SENIORS REPORT

Our final function was held on April 12th. Helen Yuen from the Horticultural Society gave a presentation on getting your garden ready for the coming season. Topics included soil preparation, dividing of perennials, easy care plants, and general gardening tips. There were 12 seniors present.

I would like to thank all of you who have helped me in my role of VP Seniors. Thanks, Betty

ART CLUB

The St Andrews Heights Art Club now has a membership of 16 artists, which is near capacity. We had 6 new members join this year. A community membership is required to join. We primarily paint with acrylics under the guidance of Myrna Johns. Our final painting session for this season is Wednesday May 12th. We will be hosting an Art Show on Saturday May 15th at the Community Hall. There will be approximately 150 original paintings on display. We have partnered with the Alberta Children's Hospital. A number of the paintings will be auctioned with the proceeds going to ACH. Help us make this a success.

St. Andrews Art Group



Invites you and your friends to attend its

Spring Art Show and Sale

Saturday, May 15, 2010

10:00 a.m. - 4:00 p.m.

St. Andrews Heights Community Hall

2504 - 13th Ave. N.W., Calgary, AB

Silent Auction

(Proceeds will be donated to the Children's Hospital)

Cash or Cheques only

2010 'A YEAR OF BIRD WATCHING IN CALGARY'

Had the opportunity to travel to the most southerly part of Arizona last week; an area where some of our summer residents (both two-legged and winged) spend their winters. Many of the birds most familiar to us in Calgary have already left their wintering grounds and are making their way north.

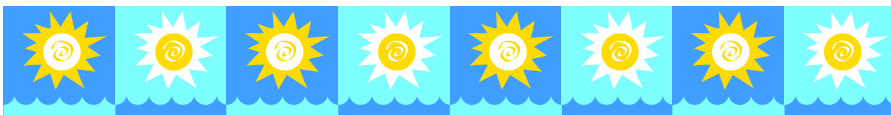
Any open water around Calgary is a great place to see a wide variety of ducks, geese and swans on their northward migration. They will be replaced by waves of shorebirds passing through as the weather warms up. Among the ducks on Glenmore Reservoir, an alert birder spotted a Mute Swan earlier in the month which made an exciting sighting for many in the birding community.

One of the neatest sights in the City is to watch osprey patrolling the Bow River for fish, nesting, and raising young. Cycling to work I've had the pleasure of watching these birds on the lights at the soccer field on Memorial Drive. Those lights had to be removed last fall – so kudos to the City for putting up a new nesting platform between Crowchild Trail and the pedestrian overpass on the south side of Memorial Drive. There were two birds on the nesting platform when I cycled by tonight. Keep your eye out for them but please don't bird and drive!

For information on the Bird Watching Competition, check the Birds Calgary 2010 page on the Nature Calgary website at <http://birdcomp.fanweb.ca/2010/index.html> or call Bob, the Mailman at 403-239-9847.

Let us know if you see something unusual in SAH.

Dave & Susan Russum, 403-284-4775,
dave@geohelp.net



St. Andrew's Anglican

1611 St. Andrews Place NW
 your community church WELCOMES you
Traditional BCP service 8:00 am
Traditional BAS Service with Sunday School 10:30 am
 and now something different...
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JUBILATION!

a celebration of song & supper
a monthly service with inter-active sermon & prayers
 a 'soft' area for little ones to be part of the gathering

followed by a
FREE spaghetti dinner 5:30pm
 May 16, Jun 20, Sep 19, Oct 17, Nov 21, Dec 19
www.st-andrews-anglican-calgary.ca

NEW AWNINGS CAN SAVE YOU ENERGY

Experts agree that placing awnings strategically over household windows and doors can result in a significant reduction in residential air conditioning costs, as well as provide protection of frames from damaging wind, precipitation and ultraviolet light. There are several effective awning materials to choose from, including metal, vinyl and fabric. Lighter mesh types are also becoming popular, as they provide optimum ventilation and visibility. Awnings are available with various installation options, including manual and motorized retractable units, as well as fixed and removable laminated panels. The impressive designs and attractive styles that are now available have increased the usefulness and popularity of awnings.



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PIA BLUM: 284-2526

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- Local St. Andrews Heights references provided on request.

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“ 64 Satisfied customers in the St-Andrews Heights community in 2009 ”

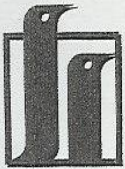
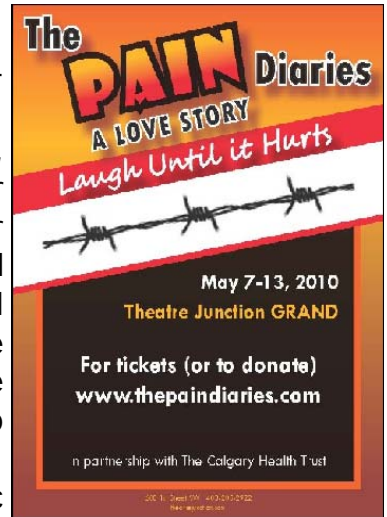
FREE ESTIMATES

THE PAIN DIARIES: A LOVE STORY

Laugh or cry? When those are your only two options, wouldn't you rather laugh?

Isabelle and Brad are living the suburban dream, soccer practices and piano lessons dominate their evenings, and dreams of retirement dominate their nights - the normal happy couple next door. And then one day they aren't. Isabelle gets sick and their lives change forever, soccer practices become doctors appointments, retirement savings become pharmaceutical purchases and friends either help out too much or disappear altogether.

The Pain Diaries: A Love Story takes a comedic look at how lives are changed by chronic events, and how the human spirit can survive almost anything. Laugh until it hurts, there will be doctors in the house.



LASER DENTISTRY

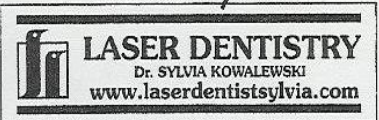
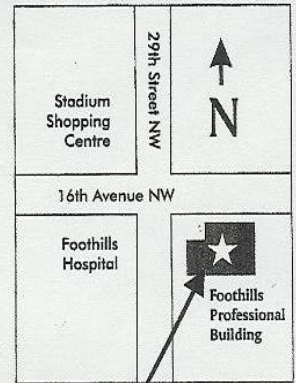
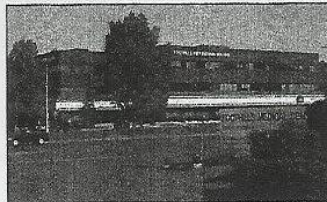
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Greetings everyone,

In this edition of the newsletter, I would like to write about the importance of getting involved in your community and working together with the Calgary Police Service.

Involvement in your community can be as easy as getting to know your neighbors and the vehicles they drive.

If you do notice an individual or vehicle that just doesn't seem to belong, or an activity that seems suspicious, you should report it to the police. This is especially important if you live near a shopping mall, commercial complex, LRT Station or a public park, where the activity may be overlooked.

So often, I have heard from residences that, "I didn't want to **bother** the police."

I would like to clarify this myth; calling police about a concern or issue is not a nuisance. In fact, the opposite is true. By reporting these incidents, you are assisting police in identifying individuals that may be responsible for emerging crime trends in your community.

The Calgary Police Service asks you to report any suspicious individuals or activities through the non-emergency line at 403-266-1234. Always call 9-1-1 to report a crime in progress.

If possible, obtain a physical description, including clothing, along with a direction of travel of any suspicious individuals, as this information is crucial to responding police officers.

I'd also like to remind you that certain non-emergencies, such as lost property, graffiti and certain thefts with a value under \$5,000 can be reported online, through our website at calgarypolice.ca. There is also a crime-mapping application on our website, which enables Calgarians to learn about what types of crimes have occurred within the last six months in their communities and surrounding areas.

If you have any questions or concerns, I can be reached at the District 3 office at 403-567-6300.

Volunteers Needed!**Fish Creek Clean-Up**

Saturday, May 29, 2010

10:00 am - 12:30 pm

Time: Sign-in starts at 10:00 am**Bring:** Weather appropriate clothing, gloves, drinking water, a smile and some friends!

Spring has arrived and the snow has melted, the litter that has accumulated all winter is easy to spot. Litter can be especially harmful to wildlife and to the delicate land in Fish Creek Provincial Park. You can help this year by helping to clean up trash and refuse following the spring run-off. The annual Fish Creek Clean-Up improves the health and appearance of the Park and benefits the wildlife community, especially for those animals and insects that live near wetlands.

FREE BBQ AT 12:30 AT THE BOW VALLEY RANCH FOR ALL CLEAN-UP VOLUNTEERS!

SPONSORED BY FIRST CALGARY SAVINGS!



Volunteers under 18 must be accompanied by a legal guardian.

Registration required. Please contact the Friends of Fish Creek Provincial Park Society at: info@friendsoffishcreek.org or 403-238-3841

Friends of Fish Creek Speaker's Series Presentation**Thursday, May 27, 2010.****Invasive Alien Plants - Garden Invaders**

Don and Virginia Battiste, Alberta Invasive Plants Council

7:00 pm (sharp) to **8:00 pm** (Doors open at 6:30 pm)**Fish Creek Environmental Learning Centre, 13931 Woodpath Rd. SW, Shannon Terrace Area, West end of Fish Creek Provincial Park.**(Access via 37th St. SW at 130th Ave. SW)

Free for Friends' members and \$5.00 for non-members.

Please register for each presentation by contacting the Friends at **403-238-3841** or info@friendsoffishcreek.org



The Scotiabank Calgary Marathon is coming on Sunday, May 30th Get Ready to Run Calgary!

Canada's longest running marathon, the Scotiabank Calgary Marathon, is coming to your community on Sunday, May 30th, so get involved! In 2009, over 8,600 participants took to the streets and raised close to \$130,000 for charity and we expect 2010 to be bigger and better.

With a two day health and wellness Expo, the new Scotiabank Group Charity Challenge and race day festival, the Scotiabank Calgary Marathon is more than a race - it is a community event that celebrates sportsmanship, healthy lifestyles and community participation.

How to get involved:

Walk or Run

Sign up for a race today at www.calgarymarathon.com

Volunteer: 1,000 Volunteers are needed for 2010

Thank you to those of you who have already registered to volunteer. Visit the Volunteer section on www.calgarymarathon.com.



Raise money for charity with the Scotiabank Group Charity Challenge

Participants of this year's event can now go on line and sign up to fund raise for the charity of their choice.

Got Talent – Be an on-course entertainer!

We are looking for musicians, bands, jugglers and various other entertainers to showcase your talents along the race course.

Cheer

Help support your fellow Calgarians along the route by getting out there to cheer them on!

For more information or to register today, visit www.calgarymarathon.com. Call us at 403-264-2996 or email info@calgarymarathon.com

Road Closures:

There will be some road closures and traffic disruptions on Sunday, May 30, 2010 so that we can put on the Scotiabank Calgary Marathon. We apologize for any inconvenience this may cause you. Please go to www.standrewsheights.ca for important road closure information.

Community Events

Keep Fit Classes -
Resume in September

Art Group - For information
call Betty 403-282-8949

Classified Ads

Available mid-May, about 210, 4 inch by 8 inch pavers/edging blocks. Excellent for borders, around garden beds or at the base of coniferous trees and low garden walls. Just in time for that landscaping project you've been creating all winter. 403 284-0554.



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

Were you or was someone you know a Mount Royal Kantorei choir member between 1995-2010? Join us to celebrate our 15th anniversary with an alumni workshop and concert in May. Contact us to find out more at www.kantorei.ca or 403-440-8509.

Bring your family to the EARTH SCIENCE FOR SOCIETY EXHIBITION at the Stampede Corral May 10th & 11th 2010. This FREE exhibition provides an ideal opportunity for youth to learn about the Earth Sciences through interactive exhibits. Discover the importance of natural resources in your everyday life. Presented in association with GeoCanada 2010, Canada's largest gathering of Earth Science professionals.

For more information visit our website <http://www.geocanada2010.ca/geocanada/earth-science-for-society.html>