

# St. Andrews Heights Community Newsletter



June 2010

The Annual General Meeting will be held Monday, June 28, 2010 at 7:00 pm at the Community Centre. The Executive Committee is elected annually at this meeting and at least 25 members are needed for quorum. Please refer to the website under the 'by-laws' section. I will post the agenda shortly.

The community has enjoyed many successes this past year. The Seniors Program, Social Events (e.g. Halloween, Ice Man, Volunteer Appreciation...), Sports (Soccer, Ice Rink, Tennis...), Newsletter, and maintenance of a beautiful, safe, livable, and desirable community is to the credit of all. Residential and Non-residential Planning activities contribute to our neighbourhood and Community Centre maintenance and rental help to offset our costs. The number of Community Members is now well over 300 which may be the highest we've ever had (or very close).

We are in need of a VP Seniors and Hall Rental Coordinator. I've had a promotion of sorts at the Faculty of Medicine (Internal Medicine Residency Program Director) which in addition to my usual work creates some time pressures. In the event that any one is interested in the role of Community Association President, please let me know. Otherwise, I will let my name stand for one more year.

In my last report, I speculated about snow on Clean-Up day... sorry about that... I'm hoping for nice weather on June 5 (Sat) at 10:00 for Clean-Up. In the event of a second rain-out, we'll try for June 19<sup>th</sup>... check the website.

I'm in receipt of vandalism reports... please use the Calgary Police Service Online reporting system (if the situation is not emergent). Reporting helps to allocate resources. Otherwise, I need to gather a couple administrative approvals for the traffic study application. It appears that applications are reviewed in the fall.

See you at the AGM....

Jeffrey P Schaefer

president@standrewsheights.ca

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The deadline for submissions for the September issue of the St. Andrews Heights Community Newsletter is: August 27, 2010.

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	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	vacant	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
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Hall Telephone		403-282-5211
Webmaster	Jeffrey Schaefer	
	webmaster@standrewsheights.ca	

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**South Shaganappi Regional Context Study  
Information Session: June 16, 5 - 8 p.m.  
Olympic Volunteer Centre (Olympic Room)  
1833 Crowchild Trail NW (north end of McMahon Stadium)**

The City of Calgary Land Use Planning and Policy Unit has begun developing a Regional Context Study (RCS) for the area known as South Shaganappi.

An RCS is a non-statutory plan for large areas intended to provide a level of strategic planning between the Municipal Development Plan (MDP) and subsequent Area Redevelopment Plans (ARPs) and/or community plans.

The RCS will:

- Refine and implement the City's broader planning objectives in the area
- Identify key land use, transportation, deep utility servicing, municipal facilities and environmental components
- Establish the sequence of subsequent area redevelopment plan/master planning and community plan preparation to ensure that urban growth proceeds logically and efficiently.

Preparation of this study will involve the co-ordinated planning of land use, transportation, environmental, facility and servicing studies; input from landowners and other stakeholder groups and public consultation.

The RCS area is expected to accommodate both residential and employment growth in the city's northwest, an area that could have an overall population of approximately 19,000 residents.

South Shaganappi includes the communities of Varsity, Montgomery, Parkdale, St. Andrews, Point McKay, and University Heights. The boundaries of the study area are Crowchild Trail in the east and north, the west boundary of Varsity, and the Bow River in the south.

The first stage in the process of producing a RCS will be to produce a Baseline Review and Key Issues Report. The aim of this baseline review will be to set the context for the preparation of the draft report by reviewing existing studies, reports and information.

Plan to attend the public information session June 16 to learn more about this important study.

**For further information on the scope and purpose of the study please contact Brian Green at 403 268 1735 [brian.green@calgary.ca](mailto:brian.green@calgary.ca) or contact your Community Planning Representative.**

## 2010 'A YEAR OF BIRD WATCHING IN CALGARY'

According to Bob, the Mailman, a Peregrine Falcon visited SAH a few days ago. Considering they were nearly wiped out in the last century, they have become remarkably adapted to nesting on tall buildings in Calgary and Edmonton including the University or Foothills Hospital. Perhaps they visited us to enjoy the buffet of Rock Doves that hang out in our Community, although they are also partial to feeding on gulls down by the river.

Many unusual birds pass through in late May and early June. They may pause briefly in our Community but it becomes a matter of luck whether you see them. Chipping Sparrows and White Crowned Sparrows are already recorded but we hadn't seen any warblers when I wrote this. One of the more recognizable is the American Goldfinch which we see sporadically through the summer.

We used to have House Wrens nesting in our yard; their bubbly song livened up the garden. We hadn't seen them for a number of years but they returned last year so we'll be watching out for them.

Many of the migrants, particularly the males, will already have headed south by the time the next SAH Newsletter comes out in September. The earliest we've seen hummingbirds is 26<sup>th</sup> June; they love the bright coloured flowers – especially our neighbour's honeysuckle.

For information on the Bird Watching Competition, check the Birds Calgary 2010 page on the Nature Calgary website at **Error! Hyperlink reference not valid.** or call Bob, the Mailman at 403-239-9847.

Let us know if you see something unusual in SAH.  
Enjoy the birds this summer.

Dave & Susan Russum, 403-284-4775,  
[dave@geohelp.net](mailto:dave@geohelp.net)



**Cut the costs of vandalism!** *How to reduce vandalism in your neighbourhood***Did you know . . .**

That vandalism is never a victimless crime?

Vandalism takes time and money to clean up or repair, whether it happens on private or public property.

Vandalism that includes hateful messages can hurt individuals or groups of people.

Vandalism can be dangerous, too — how would you feel if a child was injured because a stop sign was removed, for example, or if someone couldn't call 9-1-1 because a phone had been broken?

Every member of the community can help prevent vandalism. Here's how!

**What does vandalism look like?**

Vandalism takes many forms, some of which include:

Graffiti; Broken street lights; Spray paint on road signs; Knocked-over mailboxes; Damaged fences; Overturned garbage cans; Broken glass left on playgrounds or roads

**What should I do if I see vandalism?**

If you see vandalism or graffiti in progress, call the Calgary Police Service at 9-1-1.

To report vandalism that has already occurred, call the Calgary Police Service non-emergency line at 403-266-1234.

To report graffiti that has already occurred, call the City of Calgary at 3-1-1.

**How can I help to prevent vandalism?**

When vandalism and graffiti occur in a neighbourhood, they tend to attract further incidents — that's why it's so important to clean up or repair the damage as quickly as possible. (The City of Calgary requires, for example, that graffiti be removed or painted over within 72 hours.) Other preventive measures include:

Using good lighting and locking gates and garages around your business or home.

Knowing your neighbours, and being watchful for strangers.

Working with Calgary Block Watch ([www.calgaryblockwatch.com](http://www.calgaryblockwatch.com); 403-509-2565) to help build strong communities.

Visiting [www.calgary.ca](http://www.calgary.ca) for tips on graffiti clean-up, including paint discounts.

Requesting presentations or information about vandalism prevention from your Calgary Police Service community liaison officer or from the City of Calgary.

Calling the City of Calgary at 3-1-1 to report abandoned cars, so that they can be removed as quickly as possible.

Supporting recreational programs for young people in your community.

Organizing clean-up or repair projects in your neighbourhood.

Adopting a street or park in your neighbourhood to care for it and keep it clean

Hello everyone! A big thank you to all who joined me and participated in May's River and Pathway Cleanup- it was a great success! Make sure to save the date for my annual Stampede breakfast on July 17<sup>th</sup>. Now that the Spring session of Legislature is finished, I look forward to spending more time in my constituency and getting a chance to meet you! [Please feel free to contact my office at calgary.mountainview@assembly.ab.ca](mailto:calgary.mountainview@assembly.ab.ca) or 216-5445 with your thoughts and questions.

**Office of Dr. David Swann**  
**MLA Calgary – Mountain View**

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Check out David's blog: [www.davidswann.ca](http://www.davidswann.ca)

## Maury's Yard Care Ltd.

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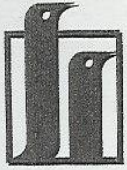
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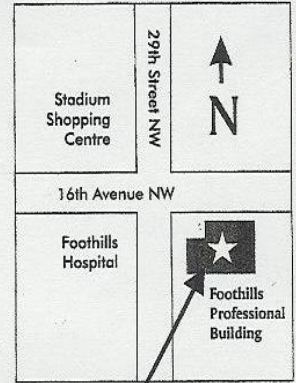
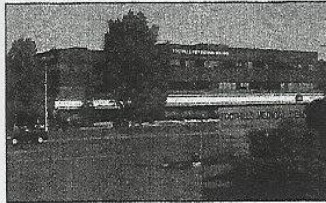
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## **VOLUNTEERS NEEDED**

Home-Start (run through the Boys and Girls Club) in Calgary, are looking for volunteers who are Moms, Grandma's or individuals with parenting experience to visit young families. The time commitment is about three hours once a week. Training will be provided. Make a difference to a young family it is a very rewarding experience.

For more information please call Marion @ 571-0516.



HOME-START



Boys & Girls Clubs  
of Calgary

## A Mother's Guide to Preschools

By Tina Liaridis

When my daughter was two I started seriously thinking about preschools. I wasn't sure of which preschool would be the best choice for my daughter. I had heard rumours of preschools with year long waiting lists and preschools with line-ups for registration. Then I would hear about all the choices: Montessori, the art centered ones, the academically focused ones, etc. My head was in a whirlwind and I was also in a panic because I thought that age two might have been too late to make a decision about this stage in my daughter's life!

I finally decided to visit a number of preschools that were on Calgary's Child's preschool list to get a better understanding of the programs offered, the environment and the teaching styles. I visited quite a few schools, award winners and all.

Then I visited a fantastic preschool. I was greeted with a genuinely warm smile and a welcoming attitude. I was encouraged to look around and I got a tour of the class and all it had to offer. I loved what I saw: bright colors, a clean environment, children's artwork on the walls, a big variety of hands-on centers, children engaged in interactive play and independent play. Above all, I saw smiles on the faces of the children and the adults supporting their learning. I felt welcome and safe and I knew right then and there that this was the place for my daughter.

My daughter went to the 3 year old class and continued on into the 4 year old class. I am a teacher myself and I can't say enough about the program offered to our children by the two amazing teachers at this preschool. This wonderful place is called **University Heights Preschool** and it is located in Terrace Road Elementary! If you are wondering where to send your child go and visit the schools you are thinking about. Your feeling will be your best guide. As a mother, your instincts are always right!

For more information about University Heights Preschool, please contact by phone at 403-286-7770 or visit the website at: [www.calgarypreschool.com](http://www.calgarypreschool.com) .



## KITCHEN VENTILATION CONCERNS - MORE THAN JUST SMOKE

Kitchen ventilation is not just about controlling smoke and odors from baking and cooking. It's also an important method of maintaining air quality in your home. The toxic fumes from gas cooking appliances and the excessive humidity created by boiling liquids can contribute to breathing discomfort and can damage drywall, plaster and insulation. For these reasons, every kitchen should have an exhaust fan in operation whenever foods are heated or cooked on the stovetop. However, if you have any other combustion appliances in your home (such as a fuel-burning furnace, fireplace, dryer or heater), you must be sure that your kitchen fan does not draw so much air out of your home that it creates a backdraft from these other appliance vents. For this reason, any high-powered range hood should be installed by a professional who can ensure it doesn't exceed any building codes for operational volume.



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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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**T-shirts: More Stylish Than You Think!** By Meagan Kelln

When it comes to clothing and outfits, fashion magazines have a habit of focusing on the young and carefree. As a young and busy mom who loves fashion, this drives me crazy! I have fashion needs too, the kind that involve kids. And really, who can justify spending \$400 on a blouse that your kids will muck up with markers and juice? A lot of moms I meet are just like me, wanting to stay in style, be comfortable and stick to a budget.

One way to do just that is to go back to a staple in the mom wardrobe – the t-shirt. It's easy creating a great t-shirt wardrobe for yourself that gives you great style and fits with your life. Just follow these few simple rules, and remember, be creative and have fun!

1. Buy new T-shirts each year. T-shirts don't last long – maybe a year or two depending on how often you wear them. Pills, warped seams and yellow armpits are a sign your t-shirt is ready for the rag bin.
2. Look for detail. V-neck, scoop-neck, boat-neck, cap sleeve, blouse sleeve, bracelet length, Empire waist detailing, ruffles, ruching, grommets, snaps, embroidery and great patterns can make a tee look more grown up and help camouflage areas we'd like to hide.
3. Make sure it fits *your* body. Your husbands and man-friends should wear their own T-shirts! Men's shirts are cut to flatter their physiques – they don't highlight all of the lovely curves on a woman's body.
4. Accessorize! Just because you are wearing a simple t-shirt doesn't mean you can't add a scarf, earrings, bracelet, belt or broach. Even though you're only wearing a t-shirt, don't be surprised if you try out this tip and get a heap of compliments!
5. Try out seasonal trends. T-shirts are inexpensive, so this spring, have fun with your t-shirts. Try out a nautical stripe, boat-neck or a large bow-accent on the collar. You'll be trendy, budget conscious and comfortable.

The best thing about T-shirts is probably how versatile they are. Try out any of these ideas with jeans, trousers and skirts. Dressed up or down, t-shirts will continue to be the staple of the stylish urban mom's wardrobe.

**For more tips and fashion tricks for the busy urban mom, check out my website and blog at [www.houselifefoodfashion.com](http://www.houselifefoodfashion.com), or phone me, Meagan Kelln, at 403.464.5665**





**Join us for the 12<sup>th</sup> Annual  
Purge-the-Spurge weed pull  
Saturday, June 19, 2010, 10:00 am  
Bow Valley Ranch - Fish Creek Provincial Park  
Free Barbeque for all volunteers!  
Why Do All Your Weed-Pulling at Home?**



Help the Friends of Fish Creek Purge the Spurge. This annual event will help contain and control Leafy Spurge in Fish Creek Provincial Park. Leafy Spurge displaces native vegetation, reduces wildlife habitat, and decreases biodiversity. Today, more than 10 million acres in North America are infested with this weed. The Friends will once again be purging this invasive weed and we need your help!

**Purge-the-Spurge is ideal for volunteers of all ages who want to give back to nature. Make sure to bring weather appropriate clothing, gloves, a smile and some friends!**

**Registration is required. Volunteers under 18 must be accompanied by a legal guardian. Please contact the Friends of Fish Creek Provincial Park Society at: 403-238-3841 or [info@friendsoffishcreek.org](mailto:info@friendsoffishcreek.org)**

June Speaker's Series presentation

**Thursday, June 24, 2010**

**Keeping the Peace - The Roles of Different Law Enforcement Agencies within Fish Creek Provincial Park and the City of Calgary**

Presented by a Fish Creek Provincial Park Conservation Officers, Alberta Fish and Wildlife Officer, and Community Liaison Officer - Calgary Police Service

**Fish Creek Environmental Learning Centre, 13931 Woodpath Rd. SW, Shannon Terrace Area, Fish Creek Provincial Park.** (Access via 37<sup>th</sup> St. SW at 130<sup>th</sup> Ave. SW) **7:00 pm** (sharp) to **8:00 pm** (Doors open at 6:30 pm, so please come early). Free for Friends' members and \$5.00 for non-members. Please register by contacting the Friends at **403-238-3841** or **[info@friendsoffishcreek.org](mailto:info@friendsoffishcreek.org)**.

## Community Events

**Keep Fit Classes** -  
Resume in September

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

## Classified Ads

**For Sale:** Hammond Organ with double keyboard, 1 main pedal, 5 short pedals, 8 long pedals, silent sound, touch temple, Philharmonic strings, pull cord, padded bench, mint condition. \$1,695 Firm Call 403-284-3420

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### Westwood Hockey Association

Residents of St. Andrew's are in the Westwood Hockey boundaries and register through the West Hillhurst Community Association ([whca.ca](http://whca.ca)). Westwood Hockey is a boys and girls league running from Timbits (5 years old) to Junior level. This is part of the Calgary Minor Hockey Association program. Please see our website at [westwoodhockey.com](http://westwoodhockey.com) or contact Janice Paskey at [janice.paskey@gmail.com](mailto:janice.paskey@gmail.com)