

# St. Andrews Heights Community Newsletter



September 2010

Lost: 2010 summer weather. If found, please send to St. Andrews Heights. Which reminds me that residents periodically find small items... such as keys, inexpensive jewellery, etc. We keep a lost and found box at the Community Centre and should you find something small enough to fit into an envelop, please drop it off at the Community Centre mailbox.

Looking ahead to 2010-11, we shall be hosting a Halloween Party (Sun, Oct 31) at the Community Centre and a volunteer appreciation night on Mon, Nov 22 at 7:30 pm.

Thanks to those attending the Annual General Meeting. Among the items discussed was the future of the Community Centre. A preschool has signaled its interest in being permanently located at our facility. We had a good discussion about that and many wondered about the long term future of our facility. By way of background, the land on which the Community Centre resides is owned by the City of Calgary and the Community Association 'owns' and manages the Community Centre. The building is subject to renewal in the next few years and your executive wants to know what the residents would value.

I view Community Centres as places where residents can gather, socialize, learn, or be physically active. A great Community Centre should have something for everyone.... Your Executive would appreciate having your thoughts. What would you like to have at your Community Center? email me ... [jpschaef@ucalgary.ca](mailto:jpschaef@ucalgary.ca)

**In this Issue**

President's Report	1
Membership Drive	3
Art Club	4
Keep Fit	4
After Hours	5
Sympathy	6
Bird Watching	6
Parking Permits	7
MLA Message	8
Fish Creek Park	8
Fire Pits	10
Library News	11
Community Events	12
Classified Ads	12

The deadline for submissions for the October issue of the St. Andrews Heights Community Newsletter is: September 24, 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 2010-11**

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	Kevin Noakes	
VP Facilities	Michael Fuchs	403-282-5246
VP Comm & Events	vacant	
VP Seniors	vacant	
	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	

**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 11 to 26, 2010**

John Howarth – Membership Chairman

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 (for example, soccer and the art group); 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 fifth 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 over 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.

**Please welcome our volunteer canvassers when they call on you between Saturday, September 11 and Sunday, September 26.**

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.

### SAH Membership 2010-2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

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 – 11<sup>th</sup> Avenue NW, T2N 1J1.

### St. Andrews Heights Art Club General Information

**We meet every Wednesday, from 12:30 to 3:30. Starting Sept 15 - Dec 1**

We are an interactive group who meet to share our love for art. No formal instruction is given on a one-to-one basis but we are fortunate to be guided by an instructor for the benefit of all levels in the Club. Myrna Johns donates her time freely to help develop our skills and appreciation of painting. We all learn from each other, from our mistakes, from critiquing our own works and others.

Myrna will be organizing informal demonstrations once a month to cover the basic tools that will help us all with the learning process. These techniques could be on colour theory, brush strokes, working with other mediums, etc. Some demos will be given by Myrna, others by our members. The rest of the time we will be working on our own paintings.

**Art Supplies** Paints: Primarily acrylics, no oils. Always use artist's grade paints and the best bristle brushes you can afford. There are numerous art supplies stores in town, or you can order online or by phone from Currys Art store in Toronto: <https://www.currys.com/>. (Free shipping on orders over \$35.00).

**Canvases:** Do not use canvas boards or cheap ones. Masonite with no finish (1/8" from Totem) can also be used. It has to be primed before using it. The paints used for priming are from Rona's "Expression Gallery" flat finish (primary red, primary yellow, infinite blue or white). Easels are provided

**A list is also available of recommended supplies for all members.**

**Getting to Know Everyone** New members are encouraged to join in with the existing group - this is best achieved by changing your seating arrangement frequently and sharing ideas. We work as a whole group in our love of art and our growth in art.

**Art Shows** An art show is held once or twice a year as decided by the membership. Information is provided closer to the show.

**Fees \$25.00 per semester Community membership required / Call Betty at 403-282-8949 or email: [paulizschmidt@shaw.ca](mailto:paulizschmidt@shaw.ca)**

### KEEP FIT CLASSES

Classes start Mon. Sept. 13 until Mon. Dec. 20 and Wed. Sept. 15 until Wed. Dec. 22. The cost will be \$45 for one class/week and \$90 for 2 classes/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.

### The After Hours Advantage By Laura Lushington

You're sick and can't get in to see your doctor. Waiting in emergency or a walk-in clinic for hours doesn't sound like an appealing option.

The Calgary Foothills Primary Care Network's After Hours Clinic is an urgent care centre available to patients living in northwest Calgary and Cochrane. "What we do is provide medical service to individuals who need to be seen within 24 hours," says Nowel Parsons, clinic manager at After Hours.

You can access the clinic by phoning HealthLink at 403-943-LINK (5465) where a nurse will assess your symptoms and recommend appropriate care. Your family doctor can also refer you when they have no appointments available.

"If [patients] weren't seen here they would be in a walk-in or they would be in emergency," says Parsons, who explains that busy emergency rooms don't need to see patients with strep throat or minor injuries. "That's a service we can provide."

The After Hours Clinic is open weekdays from 6 p.m. to 9 p.m. and on weekends and stat holidays from 10 a.m. to 3 p.m.

*Calgary Foothills Primary Care Network is an arrangement between a group of family physicians and Alberta Health Services - Calgary to provide primary care services to patients living in northwest Calgary and Cochrane. For more info visit [www.cfpcn.ca](http://www.cfpcn.ca).*

On Oct. 18 Re-elect

**Druh Farrell**

Alderman Ward 7



I grew up in Ward 7 and care deeply about Calgary.

From curbside recycling, to LRT upgrades, to the downtown beat police, I believe in long-term investment in our city. For years the residents of the ward and I have worked together to build stronger communities, yet there is much good work to be done. I look forward to serving you again.

**VOTE OCT. 18**

Find out more and add your voice.

Visit [druhfarrrell.com](http://druhfarrrell.com) or call 403-283-3770

### Sympathy from the Community

David C. Stokes (1953-2010) was born in Regina, Sk to Bill and Mary Stokes. They moved to Calgary in 1958 where Dave attended Chief Crowfoot School, QE School and graduated with a degree in Mechanical Engineering from the U of C in 1978. In 1990, Dave married Sandy. They had three sons, Ian was born in 1992, Jeff in 1994 and Graeme in 1997.

Dave's professional life as an oil and gas production engineer spanned 30 years from 1978 until 2008 in Calgary, Ft St John, Elk Point and Hardisty.

An adventurer since his teens, he enjoyed biking, hiking, cross-country skiing, canoeing and photography. Dave shared his love of the outdoors first with many special friends and later with his boys and Sandy.

He will fondly be remembered by many as a faithful friend.

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

There are few new species to report in Calgary during the summer months as most birds are on their breeding grounds. In our yard, we have had the pleasure of watching young families of American Robins, Red Breasted Nuthatches, Black Capped Chickadees and Northern Flickers learning the ropes from over worked parents. The brilliant yellow and black of the male American Goldfinch has been a regular visitor since early July.

By August, some birds, particularly warblers, are already heading south through Calgary. They are far more challenging to identify because they are relatively quiet, have changed into winter plumage and seem to disappear into leafy trees and shrubs. (As I wrote this I looked up to see a Tennessee Warbler flitting through our front tree feeding on berries). We finally saw our first hummingbird in our yard on the 17<sup>th</sup> August (Rufous) and a Ruby Throated on 21<sup>st</sup> August.

There should be a wide variety of migrating birds from songbirds, shorebirds, ducks and others passing through or near Calgary in the next few months.

If you are interested in learning more, checkout Nature Calgary's website (<http://cfns.fanweb.ca>) where you will find information on the numerous free, bird watching trips that are available in the Calgary area.

Let us know if you see something unusual in SAH.

Happy Birding.

Dave & Susan Russum,

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



## IT'S TIME TO RENEW YOUR RESIDENTIAL PARKING PERMITS

This is a reminder that **Residential Parking Zone X** permits **expire Sept. 30<sup>th</sup>, 2010**. You may obtain your year 2010/2011 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 – 9<sup>th</sup> Avenue SW T2P 1L5 Phone: 403-537-7000 Fax: 403-537-7001 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.**

### TREE ROOTS CAN BLOCK YOUR DRAINAGE

Mature trees can cause expensive damage to your underground drainage system. Here are some preventative maintenance and damage control ideas you can implement to help avoid serious problems.

#### UNDERSTAND YOUR SYSTEM AND ITS VULNERABILITY

Anyone who has trees near a home should be concerned about the potential underground damage the trees' roots can cause to the drainage system. While certain trees have deeper and stronger roots, all trees will seek out needed moisture whenever required. So it stands to reason that tree roots are attracted to damp drainage pipes. These roots can become strong enough to crack right into the pipe. The roots will continue to grow inside, thriving on the moisture in the pipe, and ultimately resulting in a costly blockage. With that in mind, be sure you know the location of your pipes, and do not plant trees in their path.

#### REGULAR MAINTENANCE

Even if you have no choice in the placement of your drainage system or surrounding trees, you can still help keep your drains intact, by regularly adding a drain treatment, or having your drain pipes scoped with modern camera probes to detect any growing problems. With regular maintenance, you can respond to growing roots before they clog or crack your pipes.



Agent

*P*erformance

*I*ntegrity

*A*ction **PIA BLUM: 284-2526**

**The Real Estate Company.**  
LIMITED

PLEASE CALL ME FOR ALL YOUR REAL ESTATE NEEDS

**From Dr. David Swann, MLA Calgary Mountain View:**

Greetings! I hope you all had an enjoyable and restful summer! As back-to-school season arrives, I myself am getting ready for the new fall session of Legislature, and look forward to hearing from my constituents what issues are most important to you. My office staff is happy to hear your concerns and suggestions- please call (403) 216-5445 or email [calgary.mountainview@assembly.ab.ca](mailto:calgary.mountainview@assembly.ab.ca) to get in touch. Let's keep this government accountable!

**September Speaker Series**

Each month, the Friends of Fish Creek host guest speakers on a variety of topics relevant to the Park and the Calgary community. Presentations will take place at the **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) From **7:00 pm** (sharp) to **8:00 pm** (Doors open at 6:30 pm, so please come early). These events are free for Friends' members and \$5.00 for non-members. Because of the interest in the Speaker's Series program, patrons are now asked to register for each presentation by contacting the Friends at **403-238-3841** or **chris@friendsoffishcreek.org**.

Thursday, September 23, 2010 7:00 pm – 8:00 pm

Fish Creek Environmental Learning Centre

**Butterfly Gardening and Hibernation**

Presented by Lindsay Watkinson Master Gardener & Horticultural Therapist



---

**Autumn and Winter Birding Course**

The autumn and winter months are an ideal time to learn about birds because there are fewer species present, and with the leaves off the trees they are easier to identify. Most of the two-hour sessions will be conducted within Fish Creek Provincial Park, and occasionally within other City of Calgary parks. As a fundraiser for the Friends, these outings will be conducted by Gustave J. Yaki, a life-long naturalist and bird watching expert who has birded around the world.

**Reserve early as the group size will be limited to approximately 12 participants.** Friends Members \$40.00/Non-Members: \$75.00

**Sessions will be on Tuesdays, Thursdays, or Saturdays.**

**Course runs for 14 wks starting Tues, Sept 7; Thurs, Sept 9 or Sat, Sept 11.**

**Meet at the Cookhouse - Bow Valley Ranch - 9:15 am sharp**

Registration and Pre-payment Required. To register please contact the Friends at (403) 238-3841 or [chris@friendsoffishcreek.org](mailto:chris@friendsoffishcreek.org)



**MAILING ADDRESS:**

Kevin Taylor  
Fundraising Committee  
104, 1240,  
Kensington Rd. NW  
Suite #326  
Calgary  
Alberta, T2N 4X7

## Kevin Taylor for Ward 7

*I want to represent you and be your voice*

I am a results-oriented small business owner who has lived in Ward 7 since 1999. I have heard increasing concerns from Ward 7 residents over the years concerning issues in the Ward, and in Calgary as a whole.

*I pledge to provide for Ward 7 and Calgary:*

- **Financial Accountability**
- **Community Connection**
- **Safety in our City**

***Taylor-made for Alderman***

Kevin@KevinTaylorWard7.Com

Fax: 403 338 0056

Phone: 403 214 1388

www.KevinTaylorWard7.Com

# Computer Problems? In-Home Repairs & Tutoring

Extensive experience in:

- Virus removal & prevention • Internet & E-mail problems • Windows errors
- Installing programs • Backing up files • Fixing hardware problems • Tutoring on a wide variety of programs • Setting up new equipment (computers, printers, scanners, etc.) • Hard drive cleanup • Computer upgrades • Removing spyware
- Computer security - Firewalls & Antivirus programs.

Call **Paul McGinn** for professional and guaranteed service.

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

## 295-7413

**McGinn Computer Sales & Services Ltd**

### Don't Let Your Fire Be the "Pits"

Calgarians love their fire pits and rightly so. They are great gathering places for family and friends on those gorgeous, summer evenings. Did you know that most complaints that are received by Animal & Bylaw Services about fire pits are a result of smoke? This and the sometimes louder than normal backyard partying that accompanies the use of fire pits are easily resolved issues.

To avoid excessive and unpleasant smoke, use only clean, dry firewood in your fire pit. Materials such as treated or painted lumber, yard waste, garbage, tires or plastic are strictly prohibited under the Community Standards Bylaw.

Wind conditions are also important to consider before lighting your fire. Low wind speeds may contribute to poor air quality because smoke will settle and is less able to dissipate. High wind speeds may pose a fire hazard.

Ensure that your fire is supervised at all times and that there is a suitable means to extinguish the fire nearby. The open flame area cannot exceed one metre at its widest point. We recommend placing a metal grill or screen on top of the fire pit to help reduce the size of the flame and prevent sparks from escaping. For safety, a fire pit must be situated at least two metres from a building, structure or any combustible material and cannot be located under trees or branches. Fires are not allowed to burn on a premises past 1:00am and cannot be ignited before 10:00am. See the Fire on Premises section of the **Community Standards Bylaw 5M2004**.

Part of being a good neighbor is knowing when to shut down your backyard get-together so you don't disturb others. Citizens have a right not to be disturbed by noise of any kind. Noise can include, but is not limited to, yelling, shouting and loud music. See the Regulation of Noise section of the **Community Standards Bylaw 5M2004** for more information.

Call 3-1-1 to report a fire pit or noise complaint. To view the Community Standards Bylaw visit [calgary.ca/animalservices](http://calgary.ca/animalservices) and search "bylaws".

# LOUISE RILEY LIBRARY

1904 14 Ave NW

## Hours

Mon - Thurs 10 a.m. - 9 p.m.

Fri & Sat 10 a.m. - 5 p.m.

Sun 12 a.m. - 5 p.m. (Starting September 5)

Programs are **FREE** with your library card.

Register in person, by calling 260-2620 or online at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)

*No registration required for these programs, just drop in!*

**50+ Coffee & Conversation:** Join us for coffee, conversation, and informal presentations of interest. Ages 50 and up. *Monday, Sep 13, 2:00 - 3:30 p.m.*

**Coffee & Conversation for Moms:** If you have a baby or toddler at home, bring them along and socialize with other Moms! *Tuesdays, Sep 14 to Nov 30, 11:00 a.m. - 12:00 p.m.*

**Quickdraw Animation Week at Your Library:** Support community action through animation during Alberta Arts Days! Drop in any time for ongoing viewings of innovative and independent community films from the Youth Animation Project. *Friday, Sep 17, 10:00 a.m. - 5:00 p.m.*

*Reserve your spot for these great programs starting Aug 23!*

**Introduction to Adobe Premiere Elements:** Have fun and learn how to edit videos. Basic computer skills required. *Thursday, Sep 16, 7:30 - 8:00 p.m.*

**Living Library Information Night:** Learn about this volunteer program and how you can help promote the understanding of diversity in Calgary. *Thursday, Sep 23, 7:00 - 8:00 p.m.*

**Introduction to Photoshop:** Learn how to edit digital images using Adobe Photoshop Elements. Basic computer skills required. *Monday, Sep 27, 7:00 - 8:30 p.m.*

*Reserve your spot for these great programs starting Aug 30!*

**Alberta Art Days; Flower Faeries:** Celebrate Alberta Arts Days at your library with local artist Larissa Johnston. How? By creating a poseable flower faery from your own imagination! Ages 8 to 12. *Saturday, Sep 18, 11:00 a.m. - 12:00 p.m.*

**Alberta Art Days; Quickdraw Animation Flipbook:** Celebrate Alberta Arts Days by learning about basic animation and creating your own flipbook. Ages 8 to 12. *Saturday, Sep 25, 11:00 a.m. - 12:00 p.m.*

# At *your* Library



CALGARY  
PUBLIC  
LIBRARY

© Calgary Public Library 08-11-04

## Community Events

**Keep Fit Classes** - Mondays and Wednesdays starting Sept 13th 7-8pm in the school gym. Call Karen 403-289-7820

**Art Group** - Resumes Wednesday, September 15 from 12:30 to 3:30 pm at the Community Hall. For information call Betty 403-282-8949

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

## Classified Ads

**Wanted: P/T Housekeeper/Organizer**  
 Responsibilities include cleaning, laundry, some food preparation, and other tasks necessary to keep a home running smoothly. Driver's license and references required. Please call 403-510-3968 after 6 pm, please.

**Looking to Rent in SAH**  
 Young, professional male seeking a house to rent in SAH. References available. Please call 403-510-3968 if you have a property that is available.

**Found:** Silver jewelry call Gwen: 403-289-0625



**A CALGARY TRADITION  
 SINCE 1921**



**GREG KELLER  
 Meat Head**

Stadium Shopping Centre  
 #10 1941 Uxbridge Dr N.W., Calgary, Alberta, T2N 2V2  
 Cell: (403) 862-5995 [gkeller70@hotmail.com](mailto:gkeller70@hotmail.com)  
 Bus: (403) 282-3132 Fax: (403) 284-4875  
[www.bontonmeatmarket.com](http://www.bontonmeatmarket.com)

October is the month for **National Autism Awareness** so come and take part in a silent auction to raise funds for the Behaviour Therapy & Learning Centre (BTLC). The event is October 16th at 7:00 pm. The venue is Shanks located at 9620 Macleod Trail South. Prizes can be viewed on Facebook - Deanna Leoppy-Halyk. For tickets (\$10 each), questions or donations, please contact Marni at 403-226-0315.