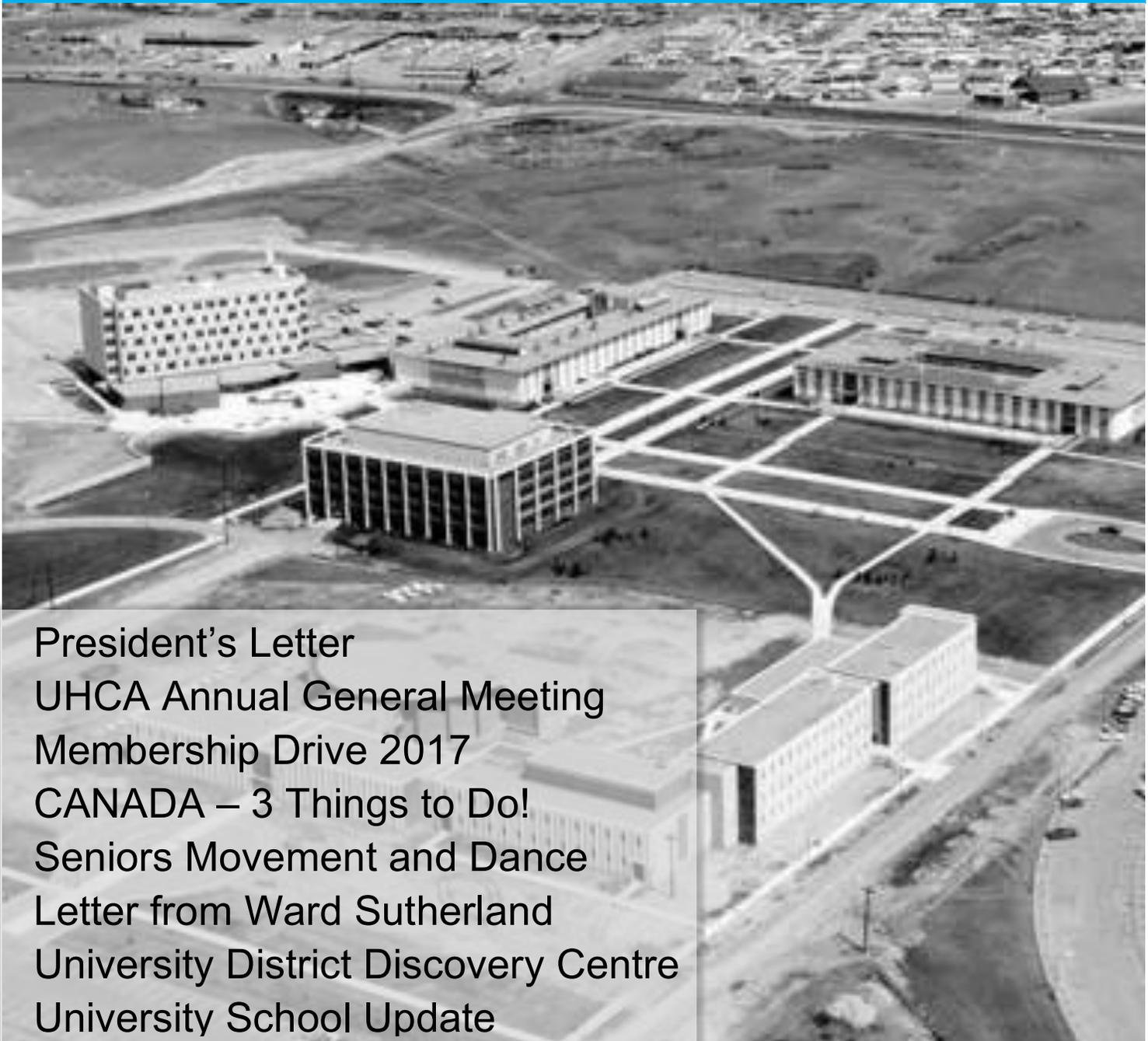


# UHCA Newsletter

Winter 2017

50<sup>th</sup> Anniversary Edition



President's Letter  
UHCA Annual General Meeting  
Membership Drive 2017  
CANADA – 3 Things to Do!  
Seniors Movement and Dance  
Letter from Ward Sutherland  
University District Discovery Centre  
University School Update

The official newsletter of the UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

## Letter from the President

Dear Friends and Residents,

Happy New Year.

Our Community Association turns 50 this year and we would like to celebrate with three special events: A Winter potluck, a Summer BBQ in the park and a Fall special event. It's going to be a great year!



Gather your neighbours and bring your friends to our 50th Anniversary Winter Potluck on Sunday February 12th, 2017 at 5pm (eating about 5:30) at Foothills Mennonite Church (2115 Urbana Rd NW). We would like to sincerely thank our community partner, the Foothills Mennonite Church for sharing their space to make this event possible.

Calgary has changed a lot over 50 years and our community with it. Our community has always been linked to the University of Calgary, which celebrated its 50th anniversary just last year. The picture on the cover was taken in 1966 and you can see how much things have changed on campus and in the surrounding communities. There were so few trees in the area! Residents might remember a time when the University was near the edge of the city and there were farms nearby.

Our Vice President and long time resident, Dave Yadav, is looking to compile a collection of memoirs, recollections and perhaps a bit of history about our neighbourhood. He'd like to make this a bit of a 50th Anniversary present to all current residents and for those who have lived in our community and now live elsewhere. Using our network of parents, friends and older neighbours we'd like to reach out and have them write a short narrative of their memories and send us some old photographs. If you have anything you'd like to contribute, please drop them off at Dave Yadav's house, 2431 Uxbridge Drive N.W. You can call Dave at (403) 585-4194. If you have photographs you'd like to include they will be scanned and safely returned to you. Emails can be sent directly to [vicepresident@uhcacalgary.org](mailto:vicepresident@uhcacalgary.org). Towards the end of the year, Dave plans to duplicate copies of our community's compilation and distribute it to people who would like a copy.

Please feel free to reach out to neighbors and friends who you've kept in touch with and ask them if they would like to contribute to our 50th Anniversary anthology.

Our Annual General Meeting will be held on March 2, from 7:00 to 9:00 pm at University School. It will be an opportunity for the Community Association to report on the previous year's activities, provide financial reporting and elections. Representatives from nearby projects including the Cancer Centre will be invited to provide development updates and answer your questions. I have also invited representatives from University District to provide an update and talk about the opening of their new discovery centre in March.

*President's Letter Continued...*

Finally, our annual Membership Drive begins this month. Membership can be purchased online at: [www.uhccalgary.org/community/members](http://www.uhccalgary.org/community/members). If you are not sure of your membership status, you can check it on line as well. You can also drop off the enclosed Membership Envelope at the Foothills Mennonite Church.

As always we are looking for volunteers who can contribute an hour or two a month to lend their support to community. Please contact [volunteer@uhccalgary.org](mailto:volunteer@uhccalgary.org) if you can spare just an hour or two a month.

If you have any questions or comments, please do not hesitate to contact me by phone at 403-870-2782 or by email at [khu7@yahoo.com](mailto:khu7@yahoo.com) or [president@uhccalgary.org](mailto:president@uhccalgary.org).

Peter Khu  
President  
University Heights Community Association

## Upcoming Events

**FEBRUARY 1<sup>ST</sup>**  
**SOCCER REGISTRATION**  
**OPENS**

**FEBRUARY 12<sup>TH</sup>**  
**UHCA 50<sup>TH</sup> ANNIVERSARY**  
**POTLUCK**

**MARCH 2<sup>ND</sup>**  
**SOCCER REGISTRATION**  
**EVENING**

**MARCH 2<sup>ND</sup>**  
**UHCA ANNUAL GENERAL**  
**MEETING (AGM)**

**WEDNESDAY MORNINGS**  
**SENIORS MOVEMENT AND**  
**DANCE CLASS**

## What's Happening YYC

Register your child for a spring nature adventure! Our half- and full-day camps explore bugs, birds, buds and beyond using hands-on activities and outdoor play. Childcare is available.

[Calgary.ca/ParksGuide](http://Calgary.ca/ParksGuide)

Register now for summer fun. Art, golf, swim camps, nature camps, sailing lessons and much more.

[Calgary.ca/Recreation/Programs](http://Calgary.ca/Recreation/Programs)

What are your kids doing for March break? Day camp space available

[Calgary.ca/Recreation](http://Calgary.ca/Recreation)

Never say the words "I'm bored" again. Calgary AfterSchool offers fun, safe and FREE after school programs for children and youth.

[Calgary.ca/AfterSchool](http://Calgary.ca/AfterSchool)

Several City-subsidized programs are available to those who qualify.

[Calgary.ca/FairEntry](http://Calgary.ca/FairEntry)

## Soccer Registration



# OPEN

The 2017 Soccer season is just about upon us. Time to go to the UHCA web site to register. The ages are walking through to 11 years old.



[www.UHCA Calgary.org](http://www.UHCA Calgary.org)

## Membership Drive 2017

Please take a moment and renew your Community Association Membership. Membership helps the community in three ways:

- **A**dvocacy
- **C**ommunity Events and Celebration
- **C**ommunication and Development Updates

Membership allows the community association to inform, invite and involve the community. We have tried to make it as easy as possible this year. Membership is \$20/year.

Please see the LAST PAGE for the membership form and instructions. **Special thanks to the Foothills Mennonite Church for volunteering as a drop off location.**



DID YOU KNOW THAT  
UNIVERSITY HEIGHTS  
CONTINUES TO  
**THRIVE**

IN TODAY'S LOW OIL ECONOMY?

If you are curious about the value of your home in today's market, Darren Langille, University Heights' Top Selling Agent 3 years in a row, would love to set up a free, no-obligation home evaluation.



Visit us at

**redlinerealestate.ca**



**DARREN  
LANGILLE**  
403-561-2190

**REDLINE**  
REAL ESTATE GROUP

## University School Update

Thank you to University Heights community residents for your support!

In August 2016, University School saw the new outdoor classroom built by volunteers from both the school and local community. The new outdoor classroom replaced the wooden train that had been there for many years but had come to the end of its life cycle. The teachers and students are greatly enjoying the new space along with local families. A huge thank you to the Foothills Mennonite church for helping out with volunteers and to the University Heights Community Association and community members for their financial contributions.

We also want to thank the community for their support of our Goodwill Train, now called the Green Store, in fall 2016. Donated items were collected at the school from the local and school community members. The items included gently used toys, books, clothes and sporting equipment which were then sorted, and set up for the students in a store format. The school selected items for those families in need prior to the store being opened up to the



students. In December 2016, students then had the opportunity to select one item as a gift for someone else at no cost. The children delighted in perusing the items until finally deciding on one special item – a gift for a parent, sibling, another loved one or special friend. All remaining items were then donated to Goodwill. Thank you again to the residents of University Heights for their support of this initiative! We look forward to holding it again next year. What a great way to clean-up your house and help out the local school!

The school has also started a new program called “Fuelling Learning”. The Fuelling Learning program provides bowls of fresh fruit and vegetables in each classroom each week. The program has been extremely successful, allowing students who need a little extra “fuel” during the day to help themselves to a piece of fruit or vegetable, with no negative stigma attached as there is no need to ask for something to eat! With the growth of the school population to over 400 this school year, the program currently funded through internal fundraising is stretched. The cost to the Parent Association is approximately \$80 a week. If you would like to sponsor a week or more of the program, your support would be extremely appreciated! Charitable donation receipts can be issued for contributions made directly to University School – please note on the contribution that it is for the Fuelling Learning program.

Have any questions, comments or information to share with the University School Parent Association? We can be reached at [universitieschoolcouncil@gmail.com](mailto:universitieschoolcouncil@gmail.com)

Patty Auger,  
University School Parent Association President (2016-17)

# UHCA Annual General Meeting Agenda

1. Introductions
2. Reading of Previous Minutes
3. Elections
4. 2017 Membership Drive
5. President's Report
6. Treasurer's Report and  
Approval of Financial Statements
7. Report of Sub Committees
  - Planning and Development
  - Recreation and Soccer
  - Membership
8. Community Partners
9. Development Updates  
*(Subject to change)*

## UNIVERSITY HEIGHTS



## ANNUAL GENERAL MEETING

**THURS. MARCH 2<sup>nd</sup> 2017**

**7-9 PM @ UNIVERSITY SCHOOL**

**WWW.UHCAcalgary.ORG**

**DOWNSIZE  
WITHOUT  
THE  
DOWNSIDE.**

**NORTHWEST of NORMAL.**

*Discovery Centre open  
March 2017.*

MYUNIVERSITYDISTRICT.CA

**UNIVERSITY  
DISTRICT**  
— CALGARY —

**YOUTH EMPLOYMENT CENTRE**

The City of Calgary Youth Employment Centre

**nextSteps.org**

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, aged 15-24, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge including employment counseling, career planning, networking assistance, resume assistance, industry training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [nextSteps.org](http://nextSteps.org).

## SENIORS MOVEMENT AND DANCE PROGRAM

UHCA Seniors... Here's an opportunity to participate with your neighbors in a fun program!

**Date:** Wednesday Mornings  
**Time:** 9:30 – 10:30 a.m.  
**Where:** Foothills Mennonite Church,  
 2115 Urbana Road

**Cost: \$FREE** (though a three dollar contribution is requested to defray the Community Association's cost for an instructor.)

We also take turns bringing a treat for the optional social time after the class. The Foothills Mennonite Church kindly provides coffee and the space at no charge – THANKS!!

Each session uses dance and seated movement to promote participants' health. A sense of community is fostered through enjoyable movement targeted at all levels of ability. Most participants enjoy socializing after the class with members of the community.

### **Who is a senior?**

Current participants range in age from 60 – 85+

### ***I'm not much of a dancer – you mentioned dance?***

You don't have to be much of a dancer to enjoy the class – honest!!

### **Why should I?**

- A great opportunity to get out of the house and build community
- Get healthier

### **Do I need to RSVP?**

No – just show up in comfortable clothes suitable for low impact exercising.

### **Additional questions?**

Phone (403) 284-3807 and leave a detailed message with your name and phone number.



*Anne Flynn, Professor Emerita (Dance) in the University of Calgary's Faculty of Kinesiology collaborates with the UHCA on our program.*



**NO.** Do not recycle these items:



- No single or loose plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches



**YES.** Bundle all stretchy plastic bags **together in one bag** and tie the handles closed. Put in your blue cart for recycling:



- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Ziploc®/freezer bags
- Bread bags
- Dry cleaner bags
- Plastic stretch wrap
- Bubble wrap

## BLUE CART recycling TIP OF THE MONTH

### Bag your bags!

Always bundle your plastic bags before recycling. Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays. **Bundle your plastic bags into a single bag before putting into your blue cart or community recycling depot.**

#### Acceptable plastic bags:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Ziploc®/freezer bags
- Bread bags
- Dry cleaner bags
- Plastic stretch wrap
- Bubble wrap

#### NO. Do not recycle these types of bags:

- No single or loose plastic bags.
- No crinkly bags like cereal or cracker bags.
- No food pouches



### RBC Make 150 Count

#Make150Count

RBC is giving \$150 to thousands of young Canadians and challenging them to make a positive impact in their communities. How they use the money is up to them – there are no strings attached. Read more at:

<http://www.rbc.com/make150count/>



CANADA 150

### Aging in place. What are the possibilities in Calgary?

So many of us face the challenge of safe, supportive housing for our loved ones and ourselves as we age. On February 9, please join the University of Calgary and Calgary Public Library for a public discussion on the future of healthy aging in Calgary.

#### Thursday, February 9

Doors: 6 p.m. | Showcases: 6 - 6:30 p.m. | Discussion: 6:30 p.m.  
Crowfoot Library | 8665 Nose Hill Drive NW

<http://go.ucalgary.ca/Idea-Igniters.html>

## 3 THINGS TO KNOW

### WHAT IS 3 THINGS FOR CALGARY?

3 Things for Calgary asks all Calgarians to:

#### 1. Think.

Think about 3 Things you can do to make Calgary better. These things could be for your street, your neighbourhood or for the entire city.



The 3 Things you do are up to you. What are your skills and passions? What issues are important to you and what can you do about those issues to make Calgary better? Not sure what 3 Things you can do? Take a look at our favourite things so far. We think you'll be inspired.

And, if you have an idea you'd like to put into action and a little money would make a difference, a grassroots grant might help! Check out [Stepping Stones](#) at the Calgary Foundation.

#### 2. Do your 3 Things.

Whether your 3 Things are large or small, every action you take to make Calgary better makes a difference. And if you have more than 3 Things you want to dive into, then do them! (We just think 3 has a nice ring to it.)

#### 3. Encourage (at least) 3 more people to do 3 Things for Calgary.

This part is so important. You might already do so much for your community, but others might not yet be living up to their potential. We're counting on you to help get all Calgarians taking action to make Calgary an even better city.

Share your 3 Things with all of us! Your actions can be an inspiration for others to do their 3 Things. If every Calgarian did at least 3 Things for Calgary, we'd have over 3 million actions making Calgary an even better city. And that's amazing!

<http://www.3thingsforcalgary.ca>

## SPREAD YOUR WINGS WITH A BIRDWATCHING COURSE

The City of Calgary's birdwatching courses are designed to improve your skills whether you are a beginner or advanced birder. Get expert information on bird species, viewing equipment and identification techniques, and put your learning into practice as we go in search of Calgary's winged wonders.

Courses are offered throughout the spring and summer at various park locations. Topics include:

- Learn to Birdwatch
- Migration Nation
- Birds of the Wetland
- Summer Birds

Calgary



Registration is \$26.25 per person (12 years and up). All courses are rain or shine, so please dress for the weather.

Book your spot before it flies away at [calgary.ca/parksguide](http://calgary.ca/parksguide) or call 403-268-3800.



- ◆ Dry Cleaning
- ◆ Shirt Laundry
- ◆ Alterations
- ◆ Leather / Suede

Stadium Shopping Centre  
 Bay #6 Uxbridge Drive NW  
 403-289-5995

## CAN YOU BE A SNOW ANGEL?

Keeping our community sidewalks ice and snow free is so important. Snow Angels is a social marketing campaign initiated by The City of Calgary, Community & Neighbourhood Services, and Animal & Bylaw Services to encourage people to be good neighbours. The campaign encourages citizens to clear snow and ice from the sidewalks of their neighbours who may be less able to do it themselves – particularly older adults and persons with disabilities. How can we help each other?



Visit [www.calgary.ca](http://www.calgary.ca) for more info.

## COUNCILLORS REPORT

### Tax cap for non-residential property owners

With the existing tax assessment system, an anomaly has occurred due to the significant decrease of assessment values in the downtown core. This in turn pushed extreme increases onto suburban businesses, some +30% or more. In the current economic environment, this scenario is untenable for business owners.

In January 2017, City council has approved a \$45-million subsidy - **a tax cap program** - that will limit non-residential municipal tax to a maximum of a five per cent increase. While it is not a long-term fix, it will have a positive impact overall. This \$45M non-residential tax-phased assistance will reach all businesses throughout Calgary equally, and will result in a maximum tax increase of 5% of the municipal part of tax bill. This addresses over 6000 properties, which in turn helps over 9000 businesses.

I've been asked why not commit to two years? Council does not know the position the City of Calgary will be in, in terms of budget and revenue, as well as the assessment outcome. The new Council will know this information and can decide according. The existing Council will decide the initial indicative tax rate for 2018. The newly elected Council will have to decide the parameters for the upcoming four year wage contract and the final tax rate for 2018.

If you have any questions, feel free to contact me at (403) 268-2430 or email me at [ward01@calgary.ca](mailto:ward01@calgary.ca).

Ward Sutherland



## City Crews Ready For Spring Street Sweeping Program

Spring is just around the corner! That means The City’s annual Spring Clean-up is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program improves safety and mobility for Calgary motorists, cyclists and pedestrians.

In order to sweep our city as efficiently as possible, crews will be sweeping on a compressed schedule, working 7 days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we’re asking all Calgarians to help us make the city beautiful by removing vehicles and carts from City roads when they see street sweeping signs in their community. This year, that includes weekends.

Once the program begins, visit [Calgary.ca/sweep](http://Calgary.ca/sweep) to:

- Find answers to all of your questions on our FAQ
- Track sweeper progress across the city on a live map
- Learn if there will be a parking ban in your neighbourhood, and
- Enter your address to confirm your street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don’t forget to watch for signs in your neighbourhood once the program begins.

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For the KIDS 😊

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# UNIVERSITY DISTRICT

CALGARY'S COMMUNITY.  
MINDFULLY MADE.



## A New Discovery In The City's Northwest

Discovery is defined as "Seeing what everybody has seen, and thinking what nobody has thought." At University District, we start 2017 as excited to satisfy Calgary's curiosity as we were to sparking it in 2016.

We have some news to share about the future place for in-person get-togethers.

We are pleased to reveal the University District Discovery Centre as it gets set to be a future central home for community connections and to showcase what's to come from a design perspective.

Personal connections both on and offline are at the forefront of our community — The Discovery Centre will further our commitment to fostering relationships. Our Fall Circle the Wagons festival was wildly entertaining, but those at our pond-side Meet the Builders event with Calgary Philharmonic Orchestra know exploring the future of University District together face-to-face is especially meaningful.

It's where we will meet, learn, and explore together what the near and long-term future of these important lands looks like, as Northwest Calgary's new community is conceived, takes shape and blossoms with character.

The Discovery Centre site is being built just north of the Alberta Children's Hospital on University Avenue.

The foundation has been laid for a 5,000 square feet interactive, informative, and oh-so inviting hub. And an agenda of planned activities is coming together so we can too, and often!

Circle the month of March for our opening. We will welcome Calgarians with University District's Discovery Centre door-opening celebration via [our newsletter](#) and on our social channels. Please follow and engage with us to keep updated on the latest and greatest within our community:

[+ Twitter](#)   [+ Facebook](#)   [+ Instagram](#)

"Quite literally, excitement is building," says Maureen Henderson, "University District Discovery Centre will surprise, stimulate and set the stage for the new wonders in the city's Northwest.

We look forward to welcoming everyone in March over plans, ideas, dreams and a great cup of coffee or three."



## What's "Pub Night"?

Pub Nights are a time to meet old friends and make new ones. Please feel free to join us in building community - part of what makes University Heights a great neighborhood in which to live.

They are held at The Keg Lounge from **8:30 to 10:30 pm**. Pub Night usually takes place on the Second Wednesday of the month. All (over 18!) are welcome!

The next Pub Nights are Scheduled on:

Wednesday **March 8<sup>th</sup>, 2014**

Wednesday **April 12<sup>th</sup>, 2015**

Wednesday **May 10<sup>th</sup>, 2014**



**WEST CAMPUS DENTAL**  
DR. JOHN K SCHMIDT

- RESTORATIVE DENTISTRY
- DENTAL CLEANINGS
- ROOT CANAL THERAPY
- FAMILY DENTISTRY
- CROWN AND BRIDGEWORK
- TOOTH WHITENING

Our Hours: Monday to Thursday 7:30 am to 4:00 pm, Fridays By Appointment Only

Our New Address: #4 Yamnuska Hall, 3500 - 24th Avenue NW

Our New Email Address: [info@westcampusdental.ca](mailto:info@westcampusdental.ca)

New and Emergency Patients Welcome!

Please Call us at **403-282-3380** to Book your Appointment!



## Councillor's Report for February

My office has received inquiries from seniors struggling with household cleaning and snow shoveling. I would like to inform residents about Fair Entry, programs and services for low income Calgarians. Fair Entry is an application process for City-subsidized programs and services. This process will assess your income eligibility for five City programs with one application.

The City funds a program called Seniors Services Home Maintenance (SSHM). SSHM helps low income seniors to live safely and securely in their own homes. The program provides these clients with basic yard care, snow removal, house cleaning, interior & exterior painting and minor repairs.

### Who is eligible?

Seniors (65+) who:

- Are unable to do basic house or yard work
- Do not own other property
- Have no person living in the home who could perform basic housecleaning, yard work or snow shovelling
- Are without family, community or other home maintenance service supports
- Meet one of Fair Entry's eight ways to qualify for this and several other City subsidized programs and services. Find out if you qualify and apply online at [Fair Entry](#).

Older adults who meet the eligibility criteria are placed on a wait list for service. An assessment of need based on the considerations noted below, determines priority for service as high, moderate or low. In most cases, those with high and moderate needs will be served first, and those with low needs referred to other support services where available. To meet operational needs, service may be provided based on proximity to current clients or geographic zone availability, regardless of priority rating.

To find out about other City of Calgary programs and services that are offered, visit

<https://fairentry.calgary.ca>

## WEST CAMPUS IS HIRING – Customer Experience Ambassador

West Campus Development Trust is looking for one part-time and one full-time Customer Experience Ambassador who will represent [University District](#) at the Discovery Centre – a central hub for community connections where you'll showcase the neighbourhood, home options, project updates and events. It's where people will come to meet, learn and explore University District.

<http://www.wcdt.ca/contact/employment-opportunities/>



IMAGINE IF EVERY CANADIAN DID  
THREE THINGS FOR THEIR  
NEIGHBOURHOOD, THEIR NATION,  
AND THEIR WORLD THIS YEAR.

WE WILL HAVE OVER 100 MILLION ACTS OF COMMUNITY  
BUILDING, AND WE AND THE WORLD WILL NEVER BE THE SAME!

For Canada's 150th birthday, let's all give a gift of three things—  
three acts of service. They can be large or small. Just ask  
yourself: What am I passionate about? What can I do to help?

A group of people are standing in a dark field at night, holding up sparklers to spell out the word 'CANADA' in large, glowing letters. The background is dark, and the sparklers create a bright, festive atmosphere.

WHAT ARE YOUR 3 THINGS FOR  
CANADA?

SHARE THEM USING #3THINGSFORCANADA  
OR

[SHARE ON FACEBOOK](#)

UHCA Board Members and Contact Info		
Peter Khu	President	<a href="mailto:president@uhcacalgary.org">president@uhcacalgary.org</a>
Dave Yadav	Vice-President	<a href="mailto:vicepresident@uhcacalgary.org">vicepresident@uhcacalgary.org</a>
<i>(your name goes here!)</i>	Secretary	<a href="mailto:secretary@uhcacalgary.org">secretary@uhcacalgary.org</a>
Patty Auger	Treasurer	<a href="mailto:treasurer@uhcacalgary.org">treasurer@uhcacalgary.org</a>
Simon Corrin	Membership	<a href="mailto:membership@uhcacalgary.org">membership@uhcacalgary.org</a>
Simon Corrin	Technology	<a href="mailto:webmaster@uhcacalgary.org">webmaster@uhcacalgary.org</a>
Simon Corrin	Newsletter	<a href="mailto:newsletter@uhcacalgary.org">newsletter@uhcacalgary.org</a>
<i>(your name goes here!)</i>	Volunteers	<a href="mailto:volunteer@uhcacalgary.org">volunteer@uhcacalgary.org</a>
Glen Gerlat	Soccer Coordinator	<a href="mailto:soccer@uhcacalgary.org">soccer@uhcacalgary.org</a>
David Richardson	Development	<a href="mailto:development@uhcacalgary.org">development@uhcacalgary.org</a>



## Newsletter Submissions

Advertise your business, promotions, or special services. The newsletter is delivered to residents four times a year – Winter, Spring, Summer and Fall. Ads are in black and white. Rates vary according to size. Have a community event to advertise? Let us know. Questions? Want to Advertise?

Contact Simon: [newsletter@uhcacalgary.org](mailto:newsletter@uhcacalgary.org)

## Volunteers Needed!

Community involvement is key to the success of our association. There are many opportunities out there (soccer, newsletter deliveries, development, community events, etc) and only take an hour or two a month. If you can spare some time, please email

[volunteer@uhcacalgary.org](mailto:volunteer@uhcacalgary.org).



## Bylaws Related to Snow and Ice

The City enforces bylaws related to snow and ice control on sidewalks. It is your responsibility to remove all snow and ice from sidewalks and pathways in front of or on the side of your property. Sidewalks and pathway surfaces should be bare and completely clear of snow and ice.

### Snow Angels

Keeping sidewalks shoveled, ice-free and safe can be very challenging for older adults and other Calgarians who have limited mobility. Snow Angels is a campaign that encourages Calgarians to help neighbours in need with snow removal.

#### Safe snow shoveling techniques:

- Space your hands on the shovel to increase leverage.
- Stand with you feet apart, knees bent and back straight.
- Place your front foot close to the shovel.
- Put weight on your front foot. Step forward and use your legs to load a small amount of snow onto the shovel. Remember the wetter the snow, the heavier it is.
- Lift with your legs; do not bend at the waist.
- Keep the shovel close to your body.
- Walk to where you want to dump the snow. Turn your feet in the direction you are throwing the snow. Do not twist the waist.
- Pace yourself. Take appropriate rest breaks.
- Apply road salt/de-icer wherever necessary.



**Vannin**  
Technology Consulting Inc.

- Mobile Apps
  - Web Site Development
  - Mobile Web Sites
  - Database Development
- information@VanninTechnology.com***



**Across**

- 1 Bathtub buildup
- 5 Husband of Isis
- 11 Almost passé movie player
- 14 Water-to-wine locale
- 15 Fidgety feeling
- 16 Debtor's letters
- 17 Eight: Prefix
- 18 Scuffle
- 19 Ages and ages
- 20 Spaghetti spoon, for example?
- 23 Took a drive
- 24 Randy Bachman's boy
- 25 Collectible disc popular in the '90s
- 26 < , in math
- 31 Watering hole for a "tea"-totaller?
- 35 Aerobic boxing program
- 36 "Give \_\_\_ whirl"
- 37 "\_\_\_ Q" (CCR hit)
- 39 Osaka okay
- 40 Can.-US space watch grp.
- 43 Clothing for the super smart set?
- 46 "The Mod Squad" co-star
- 48 Classical grp. in Ontario
- 49 Haifa's land: Abbr.
- 50 Halifax Harbour haze
- 54 Something taken by Nunavutians for exercise?
- 59 Sister or mother
- 60 Lunch time on graveyard shift, perhaps
- 61 Neet neighbour, at the drugstore
- 62 Spr. clock setting
- 63 Suavely cosmopolitan
- 64 They're in the mail: Abbr.
- 65 See 66-Across
- 66 Said "th" instead of 65-Across
- 67 Hairy Himalayan

**Down**

- 1 "Great \_\_\_!" ("By Jovel")
- 2 Place to hide gems
- 3 Pull some strings?
- 4 Kettle couple of '50s flicks
- 5 Like a jerry can toter, maybe

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59					60						61			
62					63						64			
65					66						67			

- 6 Up to \_\_\_ (satisfactory)
- 7 What "y" becomes, superlatively
- 8 It might be on the bum?
- 9 Spots in the ocean
- 10 Overlook, as flaws
- 11 Competes (for)
- 12 Crotchety oldster
- 13 Words with fever or risk
- 21 Beginning of day, often
- 22 Ian Tyson's home prov.
- 26 Kicks back
- 27 Julia's role as a legal clerk (2000)
- 28 Evil chuckle
- 29 Quatrain rhyme scheme
- 30 Pinot \_\_\_
- 31 Chinese: Comb. form.
- 32 Director Egoyan
- 33 Dr. Zhivago's love
- 34 Word with speed or baby
- 38 Highly regarded
- 41 Seed covering
- 42 All required items for a writing table
- 44 "Pronto!"
- 45 Feminine
- 47 A \_\_\_ (based on logic)
- 50 Classic Alan Ladd western
- 51 Ticked, and then some
- 52 Grass garb, in Hilo
- 53 Ankle-heel bones
- 54 They make connections
- 55 Unlikely hero
- 56 Aardvark's quarry
- 57 Core issues
- 58 Water or sand, at Glen Abbey

## MEMBERSHIP - UNIVERSITY HEIGHTS COMMUNITY ASSOCIATION

We encourage UH residents to purchase UHCA memberships. The nominal fees we collect allow UHCA to provide services that benefit the community as a whole, such as contributing to the new outdoor classroom, the community BBQ and assisting the soccer program. Memberships also allow us to maintain our webpage which we use to enhance communication to the community.

Registration and payment (paypal or cheque, payable to "University Heights Community Association") can be done in several ways:

- 1) Online at [www.uhcacalgary.org](http://www.uhcacalgary.org)
- 2) Filling out the form below and dropping off or mailing it in the provided self-addressed envelope to Foothills Mennonite Church
- 3) At the AGM on March 2<sup>nd</sup>, starting at 6:30 pm.

\$20 / one year    \$40 / two years    \$60 / three years

Special thanks for the Foothills Mennonite Church for volunteering as a drop off location.

Full Name	
Email	
Street Address	
Postal Code	
Phone Number	
Living in UH Since (year and month)	
How would you like to receive the UHCA Newsletter?	<input type="checkbox"/> Paper Delivery <input type="checkbox"/> Email

### Volunteers Needed

*Volunteering is an integral part of our programs. We would not be able to provide these programs at these fees if not for volunteer support. How can you help?*

**General Community:**

- Newsletter Contributors
- Newsletter Editor
- Web Site and Blog Contributors
- Grant writing for Capital Projects
- Grant writing for Special Events
- Park Corridor Initiative
- Advertising Coordinator
- Other \_\_\_\_\_

**Soccer Program:**

- Coaches Coordinator
- Team Coaches & Assistants
- Uniform Coordinator
- Equipment Coordinator
- Referee Coordinator
- BBQ Coordinator
- Other \_\_\_\_\_

