

# UNIVERSITY HEIGHTS NEWS

The official newsletter of the UNIVERSITY  
HEIGHTS COMMUNITY ASSOCIATION  
Summer 2019



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& Soccer Wrap-up  
Party

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**Our annual University Heights Community Association BBQ is coming up on Sunday June 23rd from 11AM - 2PM at the University School Park (south of the school by the playground).**

Come on out to share some good food and meet and greet your neighbours. All residents of our community are invited as well as all members of our 2019 soccer program!

UHCA will provide hot dogs, buns and condiments as well as plates, cutlery and napkins. Please bring your own dishes if possible to help us reduce our environmental impact.

BBQ attendees are also asked to bring a dish to share. Using the first letter of your last name, bring a dish that is either Sweet or Savoury:

*A - L Sweet (example: dessert, main or side dish)*

*M - Z Savoury (example: appetizers, main or side dish)*

As well, we are looking for volunteers to make this event a success. The more hands we have to help the shorter the shifts and the more we can all have time to socialize and eat:

- Set up BBQ (starting at 10:30am)
- BBQ Take down & Clean up at 2:00 pm
- Welcome Table Attendant
- Table Maintenance (make sure the plates, napkins, etc are available and tidy up garbage, etc)
- BBQ chefs (cook hotdogs)
- Entertainment / Activities Attendant for the inflatable obstacle course, help with games, etc. (A great role for teenagers!)

There will also be Door Prizes at the BBQ. Please contact us if you or your business has an item you would like to donate as a prize.

It will be a great time to enjoy the company of your neighbours and see what is happening and upcoming in this great community.

To volunteer, donate a door prize or ask questions, please contact the BBQ Coordinator at: [treasurer@UHCACalgary.org](mailto:treasurer@UHCACalgary.org).

See you on June 23rd!

- Board of the University Heights Community Association

## UHCA Board of Directors

### EXECUTIVE DIRECTORS

President	<b>Peter Khu</b> president@uhcacalgary.org
Vice President, Communications	<b>Quinten Beasley</b> vp@uhcacalgary.org
Secretary	<b>Mili Rowse</b> secretary@uhcacalgary.org
Treasurer	<b>Patty Auger</b> treasurer@uhcacalgary.org

### COMMUNICATIONS

Newsletter	<b>Laurel Smith</b> newsletter@uhcacalgary.org
Webmaster	<b>Simon the IT Guy</b> webmaster@uhcacalgary.org

### COMMUNITY EVENTS & PROGRAMS

Soccer Coordinator	<b>Karen Winchester</b> soccer@uhcacalgary.org
Seniors Dance & Movement	<b>Fred Krause</b> webmaster@uhcacalgary.org

### COMMUNITY ADVOCACY

Development	<b>David Richardson</b> <b>Peter Khu</b> development@uhcacalgary.org
Membership	<b>Keir Pittman</b> membership@uhcacalgary.org
Volunteer	volunteer@uhcacalgary.org
Directors-at-Large	<b>John McGregor</b> <b>Patricia Muir</b> <b>Andrea Trainor</b>
Community Garden	<b>Fred Krause</b> UHCAGarden@gmail.com

### COMMUNITY CONTACTS

Community Resource Officer	<b>Const. Richard Marshall</b> (403) 428-6300 pol5342@calgarypolice.ca
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### Community Meetings

We are **always** looking for people to join our core group of volunteers. It's a great way to learn/exercise leadership skills and a great way to build and connect your community.

The Board meetings are held in the basement of the Foothills Mennonite Church (unless otherwise posted) at 7:00 pm on the second Wednesday of the month (except July & December) and all UHCA members are welcome.

If you are planning to attend, please send an email to [secretary@uhcacalgary.org](mailto:secretary@uhcacalgary.org) at least 24 hours before the meeting.



#### Our mailing address is:

University Heights Community  
Association  
c/o Foothills Mennonite Church  
2115 Urbana Rd NW  
Calgary, AB T2N 4B9

#### Do you want to stay connected with University Heights?

**Check out our Website:**  
[www.uhcacalgary.org](http://www.uhcacalgary.org)

**Like us on Facebook:**  
[www.facebook.com/UHCACalgary](https://www.facebook.com/UHCACalgary)

**Follow us on Twitter:**  
[twitter.com/UHCACalgary](https://twitter.com/UHCACalgary)

## UHCA BOARD MEETING HIGHLIGHTS

### UHCA NEWSLETTER ARTICLES & ADVERTISING

Do you have an article idea or photos that would be of interest to your neighbours? We would love to hear from you!

**SUBMISSION DEADLINE:**  
**15<sup>th</sup> of each month**

**Please forward submissions to:**

**[newsletter@UHCACalgary.org](mailto:newsletter@UHCACalgary.org)**

### BUSINESS & SERVICES ADS

#### Advertising Rates\*:

Back Cover - \$350/issue (Colour)

Back Cover - \$220/issue (B/W)

Full Page (Inside) - \$200/issue

1/2 Page - \$140/issue

1/3 Page - \$100/issue

1/4 Page - \$80/issue

Business Card Size - \$40/issue

#### Classifieds Ads\*\*

5 lines - \$12 per issue

3 lines - \$5 per issue

\* Ask about discounts for non-profits

\*\*Free for UHCA members

### PAYMENT IS REQUIRED BY SUBMISSION DEADLINE

Contact

**[advertising@uhcacalgary.org](mailto:advertising@uhcacalgary.org)**

For quality reproduction, please ensure that all graphics are provided at high resolution (e.g. 300 DPI).



**CITY OF CALGARY's Catherine Gulinao**, Neighbourhood Partnership Coordinator met with UHCA Board members to provide a board orientation about Board governance and License of Occupation (Lease agreement) with The City of Calgary. Other topics of discussion included:

### CALGARY TRANSIT ROUTES UNDER REVIEW

Calgary Transit routes in central, west, and south areas of Calgary are currently being reviewed, with seven open houses and an online engagement portal. To see affected routes and dates/locations for providing your feedback, visit [engage.calgary.ca/routereview](https://engage.calgary.ca/routereview)

### RESIDENTIAL TRAFFIC SAFETY UNIT

The Calgary Police Service's Residential Traffic Safety Unit utilizes citizen feedback to inform operational response, focusing on playground zones, pedestrian-rich locations, and other high risk locations allow more specific and targeted visibility and enforcement.

Contact the UHCA Board Secretary at [secretary@uhcacalgary.org](mailto:secretary@uhcacalgary.org) if you wish to be involved in this initiative.

### CITY PARKING

The Calgary Parking Authority is launching a new sponsorship program to fund parking, transportation, or mobility-related projects that benefit members of the community. The total 2019 amount of funding is \$25,000, divided between successful applicants.

If you would like more information please visit:  
<https://www.calgaryparking.com/sponsorship>





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Experienced  
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Located in Yamnuska Hall  
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#4 Yamnuska Hall, 3500 - 24 Avenue NW, Calgary

Contact us for an appointment at:

[westcampusdental.ca](http://westcampusdental.ca)

403-282-3380

[info@westcampusdental.ca](mailto:info@westcampusdental.ca)

## UNIVERSITY NEIGHBOURHOOD TASK FORCE UPDATE

### BERMUDA SHORTS / LAST DAY OF CLASSES PARTY

2019 Bermuda Shorts Day (University end of year parties) on Unwin Road (Apr 12/19)



Calgary Police Services (CPS) estimated 1500-2000 partiers converged on Unwin Road on the afternoon of April 12th as part of celebrations for the last day of classes at the University of Calgary (U of C). The University Heights Community Association (UHCA) is sincerely grateful to CPS for keeping a constant presence throughout the day that prevented significant harm to people.

CPS contained the largest of the unsanctioned block parties to the front yard of homes on Unwin Road and closed a part of the road to vehicles for a few hours. The road closure impacted school and transit bus access for elementary and high school students, as well as families living in the immediate area. In

addition to the party on Unwin Road there were other incidents reported in other areas of the community. Thank you to all residents who contacted 3-1-1 throughout the day to report incidents which included witnessing party goers breaking municipal bylaws, provincial and federal laws as well as causing property damage.

The University Neighbourhood Task Force group met May 6, 2019 to debrief. The Task Force includes representatives from UHCA, CPS, The City of Calgary, U of C undergraduate and graduate students' unions, and administration. An impact report is being prepared for the University Task Force that will reconvene in early 2020.

If you have further concerns or suggestions, please contact [newsletter@uhcacalgary.org](mailto:newsletter@uhcacalgary.org).

## HELP US BE BETTER NEIGHBOURS

### SNOW ANGEL / GARDEN DARLING

As many of you may already know, The City of Calgary runs a Snow Angel program. The premise is individuals shoveling a neighbour's sidewalk just to be a good neighbour. UHCA wants to invite residents of the community to pitch in and lend a hand. If you notice a neighbor who could use a bit of assistance tending their grass, doing seasonal clean-up (raking leaves) or shoveling snow, we encourage you to reach out and offer help. This fosters community connections as we continue to grow a strong, diverse and kind neighbourhood. As a look ahead, when we move into the autumn season, there will be Snow Angel sandwich boards set up in the community to remind people that this is an ongoing and collaborative effort.

## COMMUNITY EVENTS & ACTIVITIES

### NEIGHBOUR DAY IS JUNE 15th

This year's Neighbour Day falls on Saturday, June 15! The City of Calgary is sponsoring events throughout the city. Please visit [calgary.ca/neighbourday](http://calgary.ca/neighbourday) for more information.

### GOOD NEIGHBOUR PRACTICES

As summer approaches and residents begin to clean up, plant gardens large or small, and set out furniture for summer celebrations it might be wise to refresh our memories about being good neighbours. The City of Calgary's reader friendly *Good Neighbour Practices Reference Guide* (including several translated versions) and accompanying links on topics such as property and home maintenance, public behaviour, responsible pet ownership, fire pits, and relevant City bylaws are all readily accessible through the following link: <https://www.calgary.ca/CSPS/ABS/Pages/Good-Neighbour-Practices.aspx>

We wish everyone a happy and safe summer!

**Tell us what you think makes University Heights a great neighbourhood. Please send your written +/or visual submissions (photos and art) to [newsletter@uhcacalgary.org](mailto:newsletter@uhcacalgary.org)**

### Volunteer needed to lead UHCA Garden Initiatives



The University Heights Community Association continues to have interest in the following garden initiatives:

1. Development of a walking path along the green space on the south side of the 16th Avenue sound barrier from Uxbridge Drive to the University District pond.
2. Renewal of the rock garden near the playground area adjacent to the University Elementary school.

If you are interested in leading either or both of these initiatives then please contact Fred Krause at: [uhcagarden@gmail.com](mailto:uhcagarden@gmail.com)

**Thank you to the Students of Westmount Charter School for distributing the UHCA newsletter throughout our community and wish the 2019 Graduating Class all the best in the future!**



## COMMUNITY PROGRAMS

### SENIORS MOVEMENT AND DANCE

The current session of the UHCA Seniors Dance and Movement program ended in May and will resume in September. During the past session participants mastered a number of dance styles (well, at least we had a lot of fun trying). Some of the things we learned:



- A Circle dance which is a style of dance done in a circle (obviously) to musical accompaniment. Circle dancing has been part of community life since people first started dancing. In many cultures this dance style marks special occasions and rituals, strengthens community and encourages togetherness. It is a dance anyone can join in without the need of partners. Modern circle dance mixes traditional folk dances, mainly from European or Near Eastern sources.
- Anyone who was hip during the 60's will tell you there were some good times in the groovy decade. Box step ... step touch and away you go!! We have learned some great moves and will be ready when the beat comes on!!!
- Experts in the history of dance believe that some of the Charleston's movements probably came from Trinidad, Nigeria, and Ghana. It first appeared in black communities in the US around 1903 and became internationally popular in the twenties. The music is ragtime jazz, in quick 4/4 time with syncopated rhythms. The dance has basic footwork and then a number of additional variations that can be added. To start, one first steps forward with one foot and then kicks backward with the other while the opposite arm moves forward. Soon dancers are doing a little hop in between steps and ... while, after that, it gets more complicated.

**Be sure to mark Wednesday, September 11th on your calendar to join us in the fall** when we will learn some new dances and mostly have a lot of fun! Plan to meet in the Mennonite church at 9:30 a.m.

### SOCCER:

We would like to thank all the volunteers that made our 2019 soccer season possible. Without your tireless efforts, we would not be able to provide these kids with programs like this in our community. We hope that everyone enjoys the post-season wrap-up BBQ on June 23<sup>rd</sup>.



### SPORT COURT:

Don't forget that the Sport court will be open all summer. Get out and shoot some hoops!

### FUTURE CHILDRENS PROGRAMMING:

Are you interested in heading up a new program in our community? Email: [volunteer@uhcacalgary.org](mailto:volunteer@uhcacalgary.org)

## DEVELOPMENT NEWS

### FOOTHILLS MEDICAL CENTRE PARKING UPDATE

The new Central Parkade is now open to patients, families and visitors. Public parking is available on the Skyline (second level at grade) and Mountain levels (third level) with an additional level opening in the coming months.

Most public parking at Foothills Medical Centre will be in the new Central Parkade, but there are two other public parking lots for your convenience: West Parking (Lot 10) and North Parking (Lot 6).

Further information with parking maps, directions and access details can be found at: <https://www.albertahealthservices.ca/fmc/Page14404.aspx>



### ROAD CLOSURES IN UNIVERSITY DISTRICT

University Avenue between 39 St and Collegiate Rd closed April 3 to facilitate the 2019 construction program. Pedestrian, cyclist and vehicular detours will be in place until the re-opening in mid-October.

Collegiate Rd between Physical Plant Rd and University Avenue will close April 3 to complete deep utility enhancements. Pedestrian, cyclist and vehicular detours will be in place until the re-opening in this August.

**Visit the University District Discovery Centre to explore the diverse housing options available and learn more about our dynamic urban community.**

**4410 University Ave. NW (North of the Alberta Children's Hospital) Tues-Fri 1-7pm, Sat-Sun 12-5pm, Mon CLOSED. Learn more at the [University District website](#).**

### EVICT RADON: Get Your Home Tested

University of Calgary researchers are working to find solutions to Alberta's radon problem as 1 in 6 homes tested in Western Canada had dangerously high levels of radon gas. Radon emits radiation that damages your DNA that can lead to cancer and currently, radon is the second leading cause of lung cancer, but it is entirely preventable. Knowing your home's radon level is the first step to determining if you're at risk. Go to [evictradon.ca](http://evictradon.ca) to find out how you can get a test for your home.

### ENGAGE CALGARY

Check out Engage Calgary for your chance to provide input to current and ongoing City of Calgary projects. In June 2019 there will be further opportunity for citizen input on the Residential Parking Permit Review (see Ongoing Projects). Online feedback dates (June 12 – 26th), Open House information, and results from the Phase One feedback are now available for review.

[engage.calgary.ca/?redirect=/engage/pages/engageportal.aspx](https://engage.calgary.ca/?redirect=/engage/pages/engageportal.aspx)



## DEVELOPMENT NEWS (cont'd)

### The City of Calgary Planning and Development Notifications Have Changed

UHCA recently received this message from The City of Calgary: "We are moving online! Approved Development Permit notifications in the newspaper will cease as of May 16th. Check out [www.calgary.ca/pdmap](http://www.calgary.ca/pdmap) to learn more about the development activity in your community."

Similarly, notifications in the newspaper for the Calgary Subdivision and Development Appeal Board (SDAB) ceased on March 28, 2019 as noted below: retrieved from <http://calgarysdab.ca/meeting.html>

On 2018 December 10, Calgary City Council passed Bylaw 83P2018 to provide more flexibility in how citizens are notified of development permit appeals. These changes have afforded the Calgary Subdivision and Development Appeal Board the ability to use other, more preferred, means of notifying citizens of appeals that may impact them.

As a result, the Calgary SDAB will cease advertising newly filed appeals in the Calgary Herald as of 2019 March 28. After that date, notices of newly filed appeals will be published on the Calgary SDAB's website at [www.calgarysdab.ca](http://www.calgarysdab.ca).

All of these changes mean that citizens need to be diligent in monitoring developments that may impact their neighbourhoods. Signage on affected properties is only in place for one week with area residents having limited time to respond. The community association is given 21 days for comment submission. Information including background and timelines from The City of Calgary website on the changes to notifications for Development Permits is shown at the link below. Changes were approved by Council on December 10, 2018 and IP2007 was amended accordingly. [www.calgary.ca/PDA/pd/Pages/Current-studies-and-ongoing-activities/PD-notifications.aspx](http://www.calgary.ca/PDA/pd/Pages/Current-studies-and-ongoing-activities/PD-notifications.aspx)

### How can a citizen find out about DP applications in their community?

Information on the status of DP applications is accessed through the City's interactive DP map at [www.calgary.ca/pdmap](http://www.calgary.ca/pdmap). Residents wishing to comment on DP applications can do so by clicking on the property map at the affected address. In the Application Summary box click on 'Details.' If the comment period is in effect you can click on the red 'Share your comments' banner at the top of the pop-up box. This will open an online form for sending your comments to the file manager with an option for File Attachment (10 MB limit). Contact information for the file manager can be accessed directly by clicking on the 'Contact Us' button.

At the link below, residents can see all development permit, land use amendment, or subdivision applications received by Planning and Development listed by community and by ward, posted by noon every Tuesday. [www.calgary.ca/PDA/pd/Pages/Public-notice/Planning-applications-by-community-or-ward.aspx](http://www.calgary.ca/PDA/pd/Pages/Public-notice/Planning-applications-by-community-or-ward.aspx)

### What about appeals on Approved DPs?

Residents can view approved DP applications in list form, published weekly online, at the following link. Once the DP application has been approved there is an appeal period with the SDAB. Information on appeal procedures and deadlines can be viewed at the end of the list.

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**Have you lived in the community for years? Did you grow up in University Heights? Or just have interesting stories from your time in the community?** We are looking for stories from University Heights past to feature in upcoming issues of the newsletter.

Email them to: [newsletter@uhcscalgary.org](mailto:newsletter@uhcscalgary.org)

## Jason Copping MLA, Calgary - Varsity



I want to thank the residents of Calgary-Varsity for electing me as your MLA and to represent your interests in Edmonton. On April 30<sup>th</sup> I was to be asked to be a member of Cabinet under the leadership of our Premier and take on the role as Minister of Labour and Immigration. Although this is a true honour; my first commitment is to the constituents who elected me. As your MLA, I am here to represent all of our residents in government.

Since being sworn in it has been a busy few months with the opening of the 30<sup>th</sup> Legislature on May 21<sup>st</sup> and our new government getting right to work. Bill 1, *An Act to Repeal the Carbon Tax* was passed and took effect May 30. Bill 2, *Open for Business Act*, Bill 3, the *Job Creation Tax Cut* and Bill 4, *Red Tape Reduction Act* have also been introduced and are a priority of our government as we restore the Alberta advantage.

Although I have been busy in Edmonton I have ensured that my first priority to my constituents was to find and open an office that would be fiscally prudent and ensure the service you expect. I am excited to announce that my colleague, Jeremy Nixon of Calgary-Klein, and I have opened a shared office. With sharing office space with our neighbouring MLA we are saving costs and will be able to provide better service to both our constituencies. Our office location in the same building as our federal MP, Len located at 2020 – 10<sup>th</sup> Street NW (corner of 10<sup>th</sup> and 20<sup>th</sup>). Our office will be open Monday-Friday from 9am – 4pm. Please feel free to drop by the office or email at [calgary.varsity@assembly.ab.ca](mailto:calgary.varsity@assembly.ab.ca).

I understand that making it into the office may be a challenge for some residents. To be accessible I will be hosting MLA Café's and meetings around the riding. Look to social media or sign up for my email distribution ([Calgary.varsity@assembly.ab.ca](mailto:Calgary.varsity@assembly.ab.ca)) for notification on times and locations. Your honest feedback and communication always helps me to better represent you. Remember, your voice matters!

I would like to wish everyone a safe and happy summer. I look forward to seeing many of you in and around Calgary-Varsity during the BBQ and Stampede circuit.

Contact Information:

[calgary.varsity@assembly.ab.ca](mailto:calgary.varsity@assembly.ab.ca)

Unit 201, 2020 10<sup>th</sup> Street NW



Facebook: [facebook.com/jasoncoppingMLA](https://facebook.com/jasoncoppingMLA)



@JasonCoppingMLA



Instagram: Jason\_CoppingMLA

### Calgary Ability Network wants to support your organization!

Are you interested in supporting your volunteers and staff with training and education relating to including people with disabilities in your organization's activities?

Contact Ermira Kusari at Calgary Ability Network at (403) 219-3606 or email her at [ermira@cpalberta.com](mailto:ermira@cpalberta.com).

### Give Furniture from your Community Clean-ups to the Move Out Program!

The Calgary Drop-In Centre wants to work with you at your community clean-up to collect any potential furniture dropped off to your location for their Move-Out program. Working with 70+ agencies, The Calgary Drop-In Centre through the Move-Out Program has provided furniture, housewares and other much needed items to 1,200+ people and families experiencing homelessness.

Contact Solange today at [community@thedi.ca](mailto:community@thedi.ca) to coordinate your pickup.

### Looking for Support for People Suffering from Addiction?

It's important to understand the best way to support those in our communities who may be struggling with addiction, or those who have a loved one who is. To assist your organization's awareness on supports and resources available, we have created a comprehensive list for communities. You can reach out to Alana-Dawn at [memberservices@calgarycommunities.com](mailto:memberservices@calgarycommunities.com) for more information.

## From the Office of City of Calgary Counsellor, Druh Farrell



### A good news story from the office of Councillor Druh Farrell!

City employees working on a roadside naturalization pilot in Canyon Meadows discovered a bumble bee species on Environment Canada's endangered list: The Gypsy Cuckoo Bumblebee (*Bombus bohemicus*). Reported endangered in 2014, the Gypsy Cuckoo Bee is large, fuzzy, and once had a geographic range across Canada.

The Gypsy Cuckoo bee is a parasitic bee that hijacks other bee hives. The decline of this species shows that other bee species are also in decline. There are many factors leading to a decline in native bee and butterfly populations worldwide. Two of the biggest are the use of pesticides and loss of habitat. In an age of environmental instability, we need a fundamental cultural shift. The City of Calgary developed a 10-year Biodiversity Strategic Plan "to foster more resilient, biologically diverse open spaces and neighbourhoods." As a result, several naturalization projects are underway that include large plantings of native plants and flowers to support our pollinators and promote biodiversity.



Calgarians can also do their part. If we want more bees and butterflies, we need more flowers of every shape and size—tall flowers, short flowers, early bloomers, late bloomers, perennials and annuals, and every colour in the rainbow. Grow more native plants. Make flower beds bigger and lawns smaller. Add clover to grass seed. Plant flowering trees and shrubs. Make a bee-bath for hot, dry days. Leave the leaves on flowerbeds over the winter and pick them up later in the spring. Stop using pesticides. If you live in an apartment, even a tiny patio with a few pots of flowers can help sustain life and be part of a network of nourishment across the city that provide for bumble bees. Every little bit helps! It is important that we do all we can to protect bumblebees and other pollinators. They are vital to our ecosystems.

## Youth Substance Abuse Prevention (Iceland Model)

“We didn’t say to them, you’re coming in for treatment. We said, we’ll teach you anything you want to learn: music, dance, hip hop, art, martial arts.” Dr. Harvey Milkman

Alcohol and drug use is growing in Calgary. In 2017, more Calgarians died from fentanyl overdoses than automobile collisions and homicides combined. In response to this crisis, I co-sponsored our city-wide mental health and addictions strategy to invest in mental health and harm reduction services to save lives. But band-aid solutions alone will not fix the problem. We need to examine mental health and addictions issues holistically to address root causes. That starts by rethinking how we create circumstances for kids to live healthy lives.

In 1998, Iceland was amidst a similar crisis. Youth alcohol and drug use were among the highest in Europe and social disorder left citizens afraid to venture onto the streets at night. Traditional education programs about the negative effects of drugs and alcohol were not helping. So parents, policy makers, and scientists decided to try a different approach: Planet Youth. Through a new community-based model, Iceland reduced youth monthly substance use rates to the lowest in Europe, from 42 per cent to 5 per cent over 14 years.

The success of Iceland’s Planet Youth model comes from their focus on community involvement and collaboration between families, researchers, community leaders, and policy makers. This unique, long-term approach focuses on fostering healthy families and coping behaviours. Two key outcomes resulted from their research: parents spending more time with their kids and strong upfront investment in after school programs for every child.

Today the Planet Youth model is being implemented across 23 countries with cities leading the charge locally. Calgary’s kids deserve a healthy and happy life without substance abuse and it is our duty, together, to build that future for them.

**To sign up for community updates, visit [www.DruhFarrell.ca](http://www.DruhFarrell.ca) or [www.Facebook.com/DruhFarrellCalgary](https://www.facebook.com/DruhFarrellCalgary).**

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**LOOKING FOR STUDENTS WITH A PASSION FOR WRITING?**

We are currently looking for Contributors like you! Email a writing sample to: [newsletter@uhcacalgary.org](mailto:newsletter@uhcacalgary.org)

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Sudoku - Hard

Sudoku - Easy



## COEXISTING WITH BOBCATS

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.



Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km<sup>2</sup>. Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing "nature to take its course" with the mother dependent milk drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

- Lisa Dahlseide B.Sc.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

## LOCAL CHURCH NEWS

### FOOTHILLS MENNONITE CHURCH: Summer Camps

You can now register for VBS please follow this link and sign up, hope to see you all there!"

<https://form.jotform.com/91415611125245>



## CLASSIFIED ADS

**FOUND PET:** A small, tame, but frightened guinea pig was found near the pond by one of our residents and surrendered to the Calgary Humane

**PLACE A FREE AD:** Don't forget, UHCA Member's can place a free Classified ad in our local newsletter. To submit a 3 – 5 line classified ad in the next newsletter, email: [Advertising@UHCACalgary.org](mailto:Advertising@UHCACalgary.org)

## MESSAGE FROM CALGARY POLICE SERVICE

### CALGARY POLICE SERVICES APRIL STATISTICS

Neighbourhood Calls to CPS April:	University Heights	University of Calgary	St.Andrew's Heights
Assault (non-domestic)	0	2	1
Commercial Robbery	0	0	0
Street Robbery	0	0	0
Violence "Other" (Non-domestic)	0	0	1
Residential Break & Enter	1	0	1
Commercial Break & Enter	2	4	1
Theft of Vehicle	1	0	1
Theft from Vehicle	3	0	1
Social Disorder	28	10	18
Physical Disorder	3	1	1

#### Calgary Police Services: 311 & non-emergency calls for 2019

Cst. Richard Marshall #4352

Calgary Police Service, Community Resource Officer

District 3 Zone 4

(403) 428-6342

[pol4352@calgarypolice.ca](mailto:pol4352@calgarypolice.ca)



### CALGARY FIRE DEPARTMENT HOME SAFETY PROGRAM

Fire safety is an important issue for everyone.

The Calgary Fire Department recognizes the complex needs of individuals with dementia, including the increased risk of home fire hazards.

During a fire, individuals with dementia may find it more difficult to escape or understand the situation.

Common dementia related fire hazards include:

- Leaving a pot on the stove unattended.
- Forgetting to turn off the oven.
- Mixing up the seconds and minutes when using a microwave.

If you are an individual with dementia or caring for an individual with dementia, the Calgary Fire Department can help reduce home fire hazards.

When you **contact 311 and request a free Home Safety Visit**, Community Safety Officers will visit the residence to:

- Share important home safety information.
- Inspect smoke and carbon monoxide alarms
- Replace and install free smoke alarms and batteries, if needed.

Together, we can help create dementia friendly communities and help individuals with dementia age-in-place safely in their homes.



### RESIDENTIAL PARKING PERMIT REVIEW

The City of Calgary is asking Calgarians to review the possible options and provide input, in person or online. They want to hear from all Calgarians, regardless if they live in a residential parking zone, this includes important stakeholders, such as yourself.

You can provide your input online from June 12 to 26 at: [www.calgary.ca/rpp](http://www.calgary.ca/rpp).

Alternatively you can join us at the in-person events below:

#### Open house #1

Date: Tuesday, June 18, 2019

Time: 5:30 p.m. - 8:30 p.m.

Location: Hillhurst Sunnyside Community Association (1320 5 Ave N.W.)

#### Open house #2

Date: Saturday, June 22, 2019

Time: 9 a.m. – 12 p.m.

Location: Cardel Rec South (333 Shawville Blvd S.E.) in foyer across from library

The input receive in this phase will help develop recommendations that will be presented to Council in early 2020.

## ANDREA'S KITCHEN

## HERE'S ANOTHER FAVORITE RECIPE FROM ANDREA'S KITCHEN!

Spring, it's here! Summer is on its heels and what a wonderful time to use the bounty that comes with warmer weather!

This is an incredibly simple pasta that can be used on busy or lazy days alike. It's best when made early in the day and left to sit on the counter marinating. Start with the freshest cherry or grape tomatoes you can find, add local garlic and basil, a few grates of parm & olive oil. Our little carbotarians love this served on pasta though I'm sure there are other, more creative ways to get these delicious tomatoes into your mouth (decrease the oil & it could be a warm salad or served on bread as a bruschetta hack)! Make, eat and repeat as often as you can while the tomatoes are in season.

**Simple Pasta Dish**

- 1/2 cup olive oil
- 6 garlic cloves, peeled & crushed
- 1 basket cherry tomatoes, halved (approx. 2 cups, no one complains if there are more)
- 2 tsp sea salt
- black pepper, a few grinds
- 2 cups fresh basil, chopped
- 1 cup freshly grated parm cheese

500g angel hair or capellini pasta

**Instructions:**

Prep the garlic, half the tomatoes, chop or ribbon the basil, grate the parm

Place the tomatoes, basil, salt, pepper & ¼ cup of finely grated parm in a heat safe bowl.

Heat the olive oil over medium until warm. Add garlic for a few seconds, until very fragrant.

Pour the olive oil and garlic over the tomato mixture and stir. Cover and set aside until later in the day.

Cook & drain the pasta, adding to the tomato mixture (or vice versa, depending on vessel size!). Mix and let sit. Can be served warm or cooled. Top with fresh parm & pepper.

This recipe is beloved and from a wonderful cookbook series, *The Whitewater Cooks*, by Shelley Adams in Nelson, BC.





Global News RADIO

770 CHQR

# STAMPS 2019 SCHEDULE

## PRE-SEASON

DATE	AWAY	HOME	PRE-GAME	KICKOFF
MAY 31	ROUGH RIDERS	VS. STAMPEDEERS	5:30 PM	7:00 PM
JUNE 7	STAMPEDEERS	VS. LIONS	6:30 PM	8:00 PM

## REGULAR SEASON

DATE	AWAY	HOME	PRE-GAME	KICKOFF
JUNE 15	REDBLACKS	VS. STAMPEDEERS	3:30 PM	5:00 PM
JUNE 29	LIONS	VS. STAMPEDEERS	3:30 PM	5:00 PM
JULY 6	STAMPEDEERS	VS. ROUGH RIDERS	6:30 PM	8:00 PM
JULY 13	STAMPEDEERS	VS. TIGERCATS	3:30 PM	5:00 PM
JULY 18	ARGONAUTS	VS. STAMPEDEERS	5:30 PM	7:00 PM
JULY 25	STAMPEDEERS	VS. REDBLACKS	3:30 PM	5:00 PM
AUG. 3	ESKIMOS	VS. STAMPEDEERS	3:30 PM	5:00 PM
AUG. 8	STAMPEDEERS	VS. BLUE BOMBERS	5:00 PM	6:30 PM
AUG. 17	ALOUETTES	VS. STAMPEDEERS	3:30 PM	5:00 PM
SEP. 2	ESKIMOS	VS. STAMPEDEERS	12:30 PM	2:30 PM
SEP. 7	STAMPEDEERS	VS. ESKIMOS	3:30 PM	5:00 PM
SEP. 14	TIGERCATS	VS. STAMPEDEERS	12:30 PM	2:00 PM
SEP. 20	STAMPEDEERS	VS. ARGONAUTS	3:30 PM	5:00 PM
OCT. 5	STAMPEDEERS	VS. ALOUETTES	12:30 PM	2:00 PM
OCT. 11	ROUGH RIDERS	VS. STAMPEDEERS	6:00 PM	7:30 PM
OCT. 19	BLUE BOMBERS	VS. STAMPEDEERS	3:30 PM	5:00 PM
OCT. 25	STAMPEDEERS	VS. BLUE BOMBERS	5:00 PM	6:30 PM
NOV. 2	STAMPEDEERS	VS. LIONS	6:30 PM	8:00 PM

## PLAYOFFS

DATE		PRE-GAME	KICKOFF
NOV. 10	WESTERN SEMI-FINAL	TBA	2:30 PM
NOV. 17	WESTERN FINAL	TBA	2:30 PM
NOV. 24	107 GREY CUP IN CALGARY	2:00 PM	4:00 PM



## MAKING THE MOST OF YOUR COMPOST

### Use the right bag for your kitchen compost pail

Some people prefer lining their kitchen pail to help it clean and tidy.

- Bags are not required, but if you choose to use one make sure to use only certified compostable bags – check for the logos on the box.
- You can also use old flyers and newspapers to line your green cart

× DON'T use plastic bags in the green cart – they don't break down and contaminate the finished compost.

*TIP: Calgary Co-op's new compostable grocery bag is ok to use in the green cart. Use it to carry your groceries home and then use it to line your kitchen pail.*

Learn more at [calgary.ca/compostright](http://calgary.ca/compostright)



### Calgary landfills summer hours

From April 1 to October 31, City landfills will run extended operating hours. All locations have a residential Throw 'n' Go area that accepts:

- household chemicals and propane tanks for safe disposal
- electronics recycling
- clothing and textiles recycling
- tire recycling

Visit [calgary.ca/landfill](http://calgary.ca/landfill) for driving directions and hours of each landfill site.

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### Next 20: Making Life Better

Planning for Calgary's next 20 years is underway.

You've told us what qualities are important for a great city, what priorities we need to focus on and how much more progress we need to make over the next 20 years. Now, we need your help to evaluate our options.

We're checking in on our long-range land use and transportation plans to see what's working well and contributing to the quality of life many Calgarians enjoy, and what needs to be updated or changed to make this a reality for more Calgarians over the next 20 years.

Visit [calgary.ca/Next20](http://calgary.ca/Next20) to share your input.

## OUR CITY



### Free Online Resumé Help Available

The eResource Brainfuse HelpNow is known for offering free online tutoring for Grades 2 to 12 students studying the Alberta curriculum. Now Brainfuse also offers free expert support for adult learners! The Brainfuse Adult Learning Centre's tools include live online career coaches to help you craft a winning resumé and cover letter, as well as job search and interview preparation tools. Online experts can also help with Microsoft Word, Excel, PowerPoint, and more. Use Brainfuse at [calgarylibrary.ca/resource](http://calgarylibrary.ca/resource).

### Did You Know? Join a Book Discussion Group

Did you know that Calgary Public Library offers free book discussion groups at multiple libraries every month? Join other book lovers and discover new or classic titles in facilitated discussions. There's also an Indigenous Reads Book Discussion Group focused on Indigenous books and topics. Find out what we're reading and when we're meeting by searching "Book Discussion Group" at [calgarylibrary.ca/programs](http://calgarylibrary.ca/programs).



### The City of Calgary Summer day camp & playschool registration now open

Registration is now open for City of Calgary day camps and year-long Playschool. Budget-friendly quality children's programs are available at City recreation and parks facilities across Calgary. Choose from over 35 camp types to keep your child active and having fun this summer such as Nature's Superheroes, Extreme Adventures or Swim, Sports and more to name a few. Visit [calgary.ca/register](http://calgary.ca/register).

### Birthday wishes.... no dishes! Plan your child's birthday with The City of Calgary

Birthday wishes....no dishes! Skip the work and plan your next birthday party with The City of Calgary. The City's many facilities offer an easy and affordable way to gather with friends and family in a fun setting. From waterparks to nature adventures, you'll find party planning simple and stress-free. Parties are tailored to the age group and available at City leisure centres, nature centres, aquatic and fitness centres, and art centres. Visit us online to see our list of themed adventure parties. Visit [calgary.ca/birthdays](http://calgary.ca/birthdays) for options.

### Free, fun community activities!

The City of Calgary offers a wide variety of free spring and summer activities for children, youth and families in communities across Calgary. Get outside, have fun and try something new. Visit [calgary.ca/free](http://calgary.ca/free) to find out what's

We are currently looking for local business to:

# ADVERTISE HERE

# 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.

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) Mailing or Dropping off this form to UHCA c/o Foothills Mennonite Church, 2115 Urbana Rd NW, Calgary, AB T2N 4B9
- 3) In Person at Community Events

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

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

## 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? Here are a few ideas!*

### General Community:

- Newsletter Contributors
- Newsletter Editor
- Online Contributors
- Program Coordinator
- Social Event Coordinator
- Park Corridor Initiative
- Advertising Coordinator
- Other \_\_\_\_\_

### Soccer Program:

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

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## UHCA Membership Application Form

Date of Application:	New / Renewal (circle one)
Name (Primary Contact):	
Name (Secondary Contact, if desired):	
Home Phone:	
Address:	
City:	Postal Code:
Email:	
Would you like to receive news of UHCA Community Events via email (circle one)? Yes / No	
Type of membership (circle one): 1 Yr. (\$20/household)    2 Yr. (\$40/household)    3 Yr. (\$60/household)	
Lived in University Heights since: (year & month)	

# Living & Selling

## IN UNIVERSITY HEIGHTS



### Being Part of Your Community

Redefining urban living, the new district is bringing a new level of sophistication to the city's NW. Embrace this change & enjoy the urban conveniences on hand from a nearby grocery store, green spaces to walkable transit. Raising the bar on the everyday, we have witnessed the upswing this new ambitious project has brought to our University Heights community with an increase in sales activity.

### What it's Worth?

We recently just sold two homes in your community within a 30 day period. Both homes were on the market less than 24hrs before accepting an offer. Give our office a call today at **403.283.4700** for a free home evaluation.

### COMMUNITY STATS



ACTIVE 10

SOLD 3

Our team had an active month in the community for the month of May. The average list price for University Heights is currently **\$726,670** averaging **63** days on the market. The average sale price for the month is **\$889,833**.



Jennifer Forbes &  
Vanessa Hare

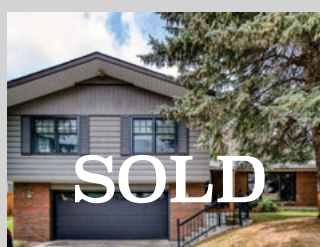
**semmens**  
& associates

Re/Max Real Estate (Central)  
206, 2411 4 Street NW  
Calgary, Alberta T2M2Z8



2023 Urbana Rd NW

Sold for 99% of asking



2019 Ungava Rd NW

Sold for 98% of asking



2120 Uxbridge Dr NW

Sold for 99% of asking

**403.283.4700**

**joelsemmens.com**