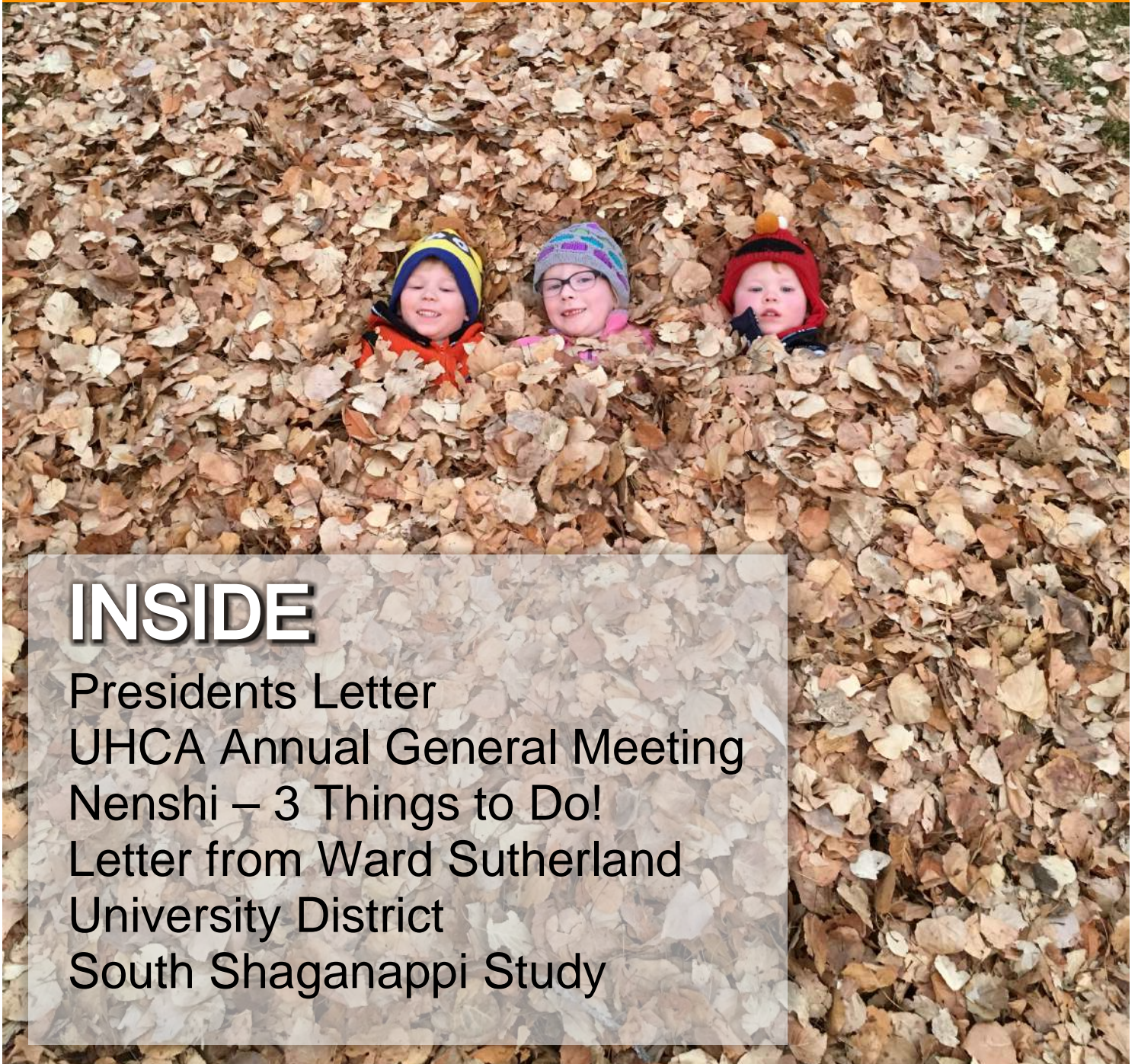


# UHCA Newsletter

Fall 2015



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## Letter from the President

Dear Friends and Residents:

The University Heights Community Association would like to express our deepest sympathies to the business owners, their employees, families and all those who were affected by the recent fire at stadium shopping center.

Some of the businesses have been part of the mall for decades and have been a cherished part of the identity of University Heights. They were more than just stores and restaurants,--they represented places to meet and build relationships, and places where we gathered to celebrate many milestones in our lives . Ours is a tight knit community where these businesses, their employees and families have grown with the community and have become very much a part of the fabric of University Heights.

Candace Schneider, the manager of The Cat House has started a Go Fund Me page to raise funds to rebuild The Cat House. ( <https://www.gofundme.com/pca4sddw> ) Over \$20,000 has been raised in less than 5 days. This will allow the store to open a small, pop-up shop before Christmas while its insurance claim is processed.

The Phui family has set up a Go Fund Me page to help reopen the Hi-Ball Restaurant in a new location. ( <https://www.gofundme.com/beafx5f8> )

The University Heights Community Association has also set up Go Fund Me pages to help the following businesses affected by the fire:

Billingsgate Fish Market - [www.gofundme.com/ccatddwc](http://www.gofundme.com/ccatddwc)

Cobs Bakery - [www.gofundme.com/arati64s](http://www.gofundme.com/arati64s)

Saigon Star - [www.gofundme.com/hpathdak](http://www.gofundme.com/hpathdak)

Please consider donating. These links can all be found on the UHCA Blog at [www.UHCACalgary.org/blog/2015/11/FireFund/](http://www.UHCACalgary.org/blog/2015/11/FireFund/)

During the fire, nearby business and both schools were evacuated. Two fire fighters were injured while putting out the fire and we wish them a speedy recovery. Thank you to all the first responders who worked quickly to contain the fire and keep the community safe.

We do have much to be thankful for: No one was seriously hurt in the fire and all the pets were rescued. The fire was contained and did not spread to the rest of the mall, schools, or nearby homes. It was fortunate that the Westmount Charter School was on a fall break and school was not in session. This made the mandatory evacuation of the University Elementary School more manageable. Our community pulled together admirably. Donations are flooding in to rebuild businesses and the Foothills Mennonite Church has offered their space as a shelter for future emergencies.



*Presidents Letter Continued...*

We are planning on having a pot luck to celebrate the resiliency of our community. Details will be announced in the New Year for a spring pot luck.

The next opportunity to gather and meet as a community will happen shortly after the New Year. Our Annual General Meeting will be held on January 21, from 7:00 to 9:00 pm at University Elementary 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.

Our annual Membership Drive begins this month. If you purchase a membership before the end of the year, you will get the remainder of 2015 for free. Membership can be purchased online at: [www.uhcacalgary.org/community/members](http://www.uhcacalgary.org/community/members)

A membership drive with mail-in envelopes will take place in December.

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

Peter Khu  
President  
University Heights Community Association

Find the GoFundMe Links on our Blog at:

[www.UHCACalgary.org/blog/2015/11/FireFund/](http://www.UHCACalgary.org/blog/2015/11/FireFund/)

**Membership Drive 2016**

Please take a moment and renew your community association Membership. If you join/renew for 2016, the rest of the 2015 membership will be free. Membership helps the community in three ways:

- ★ Advocacy
- ★ Community Events and Celebration
- ★ Communication 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 page 8 for the membership form and instructions.

***Special thanks for 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, our team of area specialists would love to setup a no obligation & FREE home evaluation.



Visit us at

[liveinuniversityheights.com](http://liveinuniversityheights.com)

or contact us directly at

**403.407.1900**



**REDLINE**

REAL ESTATE GROUP



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



## Update - Stadium Shopping Centre Fire

### Ward Sutherland, Councillor Ward 1

On November 12<sup>th</sup>, a fire broke out at the Stadium Shopping Centre. The fire was difficult to put out due to the roofing materials, a combination of drywall, straw, tar and metal. The 50 year old building also had multiple renovations, false ceilings and void spaces filled with straw. The fire reached in between the layers of straw and moved around the building itself.



The Calgary Fire Department had to bring in heavy machinery to dismantle the building in order to deal with the hotspots. Two firefighters sustained injuries while fighting the blaze. I would like to thank the Calgary Fire Department for working so hard to put out such a stubborn fire. The cause of the fire is unknown and it is still under investigation. The Calgary Fire Department is asking anybody who has any information, photos or video regarding the fire to email [piofire@calgary.ca](mailto:piofire@calgary.ca).

I was on site during the fire and I helped to coordinate needed information with the Calgary Fire Department. Several businesses were affected by the fire, four by flames, and several others by smoke. The affects of the fire will be particularly tough on the business owners and employees, especially at this time of year. Residents will also be left without their long established amenities and services from the shopping centre.

**You can help support the affected businesses.** Fundraising sites have started for the following businesses:

Billingsgate Fish Market - [www.gofundme.com/ccatddwc](http://www.gofundme.com/ccatddwc) \*

Cobs Bakery - [www.gofundme.com/arati64s](http://www.gofundme.com/arati64s) \*

Hi-Ball Chinese Restaurant - [www.gofundme.com/beafx5f8](http://www.gofundme.com/beafx5f8)

Saigon Star - [www.gofundme.com/hpathdak](http://www.gofundme.com/hpathdak) \*

The Cat House - [www.gofundme.com/pca4sddw](http://www.gofundme.com/pca4sddw)

*\* Set up by University Heights Community Association (UHCA) to help in supporting these businesses. See more information on our Facebook page at: [www.facebook.com/UHCACalgary](http://www.facebook.com/UHCACalgary)*

If you have any news or information you would like me to share, visit my Facebook page at: <https://www.facebook.com/Ward4Ward1/>



Please note that [Western Securities has released a statement](#) regarding the current situation at the Stadium Shopping Centre. They are working with the Calgary Fire Department, the City of Calgary and insurers for the tenants and the property. Once the Calgary Fire Department has completed their investigation and the appropriate professionals have completed an inspection of the property, they will be able to properly assess all conditions and will work with their tenants to determine the next steps. If you have any questions, please contact Western Securities at (403) 263-6940 or via e-mail at [stadium@westsec.ca](mailto:stadium@westsec.ca).

## UHCA Annual General Meeting Agenda

1. Introductions
2. Reading of Previous Minutes
3. Elections
4. 2016 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
  - Traffic Committee
  - (Traffic Calming and 24th Ave. Signs)
8. Community Partner
  - Westmount Charter School
  - University Elementary School
9. Development Updates  
(Subject to change)

### UNIVERSITY HEIGHTS



### ANNUAL GENERAL MEETING

**THURS. JANUARY 21<sup>st</sup> 2016**

**7-9 PM @ UNIVERSITY SCHOOL**

**WWW.UHCAcalgary.ORG**

## Gus's Pizza

**403-282-4005 or 403-282-7926**

1620 29 Street NW  
[www.gusspizza.ca](http://www.gusspizza.ca)

Dine in, Take out  
and Delivery



Monday Friday  
9 am-10 pm,  
Saturday 4 pm-10 pm  
Sundays / Holidays Closed

Bring this Ad into the  
restaurant to receive  
a free starter salad  
(Dine in only)

## Seniors Exercise Program

We would like to announce the Seniors Exercise Program that is currently ongoing through May 2016. The times will be 9:00 to 10:00 AM with refreshments and a social hour at the end of the session. Best of all the class is **free** for all to attend. Note: This is a low impact exercise program.

**Start Date:** Now through May 2016

**Time:** 9:00 – 10:00

**Where:** Mennonite Church, 2115 Urbana Road NW

**Cost:** \$FREE

**RSVP:** Just come on over, no need to rsvp. If you have any questions please call 403-289-7172 (and leave a detailed message, if needed).



[Click here to see more on our blog!](#)

### Class Description:

Our class focus will be on well-being through exercise with an emphasis on movement. As our physical backgrounds are in dance, we will be implementing dance techniques and structure to this exercise program. A general class might start by warming up through increasing the body's circulation and flexibility with the help of chairs. We will then stand up and move to the center of classroom and use dance exercises to increase mobility. The main goal of our class is to incorporate a sense of community through an inclusive and enjoyable exercise practice. Therefore all the movement taught in the class will be targeted towards all levels of ability. We are both extremely excited to share this experience with you!

## Christmas Choir Concert

Join us on Sunday, Dec. 20<sup>th</sup> at 7:00 pm for our Christmas Choir Concert – stay for snacks and conversation after the concert. Hosted by the Foothills Mennonite Church.

## Children's Christmas Musical "Felix Finds Christmas"



Join us on Sunday, Dec. 13<sup>th</sup> at 10:00 am for the Children's Christmas Musical - "Felix Finds Christmas" by Jeff Slaughter, a story of adoption and the longing for a place to belong.

## Open Choir Practice

The Foothills Mennonite Church is holding Choir Practice every Thursday evening from 7 pm to 9 pm. Everyone is welcome from the community to come and sing along to Christmas Carols. Don't worry about being a member of the church or how well you sing, just come out and have some fun singing carols with others. The show will be held on December 20<sup>th</sup> at 7 pm at the Foothills Mennonite Church.

**When:** Thursday evenings at 7pm

**Where:** Mennonite Church, 2115 Urbana Road NW

**Who:** Everyone!

**Show:** Dec 20<sup>th</sup> at 7pm

If you have any questions please call 403-289-7172.

## 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 playground, 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 this form below and dropping off or mailing it in the provided self-addressed envelop to Foothills Mennonite Church
- 3) At the AGM on January 21<sup>st</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 \_\_\_\_\_



## 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>

Michele Nowak, M.S., R.SLP, SLP(C)



Speech/Language Pathologist

Will provide assessment and therapy to preschool and school age children in your home. Will provide assessment and treatment in the following areas: early intervention, speech/articulation, dyspraxia, language, hearing impairment, traumatic brain injury, and cognitive communication.

Phone: 587-888-3610

Email: [slpnowak@shaw.ca](mailto:slpnowak@shaw.ca)

## CHRISTMAS BANQUET

Christmas Banquet, hosted by the Foothills Mennonite Church Senior Youth.

Saturday Dec. 5<sup>th</sup>  
5:30 pm – Refreshments  
6:00 pm – Dinner  
Program to follow

Contact the church office for tickets - \$15/age 16 & up; \$5/age 5-15; \$35/family (2 adults + school-age children); age 4 and under are free but still need a ticket to secure a seat.



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

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

## 2015 GOODWILL TRAIN

Make your holidays greener and neater. Support Westmount Charter School and the University School Parent Association's 2015 Goodwill Train. In the spirit of community and environmental awareness, clean gently used items will be given a new lease on life.

What: Donations of clean gently used books, toys, sporting equipment ( no helmets please) and outdoor wear ( jackets, boots, hats, etc.) will be made available to University School students and families who can make good use of them, in time for the holiday season.

Where & When: Items for donation can be dropped off November 20- December 1, 2015 at the front entrance of Westmount Charter School in containers provided beside the doors.

\* any leftover items will be donated to the goodwill.

## 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.



### Upcoming Events

**DECEMBER 5<sup>TH</sup>**  
**CHRISTMAS BANQUET**

**DECEMBER 9<sup>TH</sup>**  
**PUB NIGHT AT THE KEG**

**DECEMBER 13<sup>TH</sup>**  
**CHILDREN'S CHRISTMAS MUSICAL - "FELIX FINDS CHRISTMAS"**

**DECEMBER 20<sup>TH</sup>**  
**CHRISTMAS CHOIR CONCERT**

**DECEMBER 21<sup>ST</sup>**  
**WINTER SOLSTICE**

**JANUARY 13<sup>TH</sup>**  
**PUB NIGHT AT THE KEG**

**JANUARY 21<sup>ST</sup>**  
**UHCA ANNUAL GENERAL MEETING**  
**UNIVERSITY SCHOOL 7-9PM**



## New Train Park at University School

### **New outdoor classroom planned to replace existing train play area at University School – Committee seeking the financial support of University Heights residents**

The train play area found at the West side of University School has been the site for great memories of good fun for many years by both residents of University Heights and the many students who have passed through the doors of University School.

The time has come where the current structure is growing increasingly unsafe and plans for a new space have taken flight. A committee from University Elementary School Parents Association have been working in collaboration with the school and others to develop an outdoor classroom. The design selected will have a natural look and the pieces selected will both serve as a learning space but also a fun area for kids of all ages and their parents to meet, play and reflect.

Please help us take this.....



to this.....



All donations greater than \$25 are eligible for a charitable donation receipt issued through Parks Foundation Calgary. Donations of \$500 or greater will receive recognition to be located at the new outdoor classroom.

---

University Elementary Parent Association can count on our support!

Please find enclosed our contribution for \$\_\_\_\_\_

Please send our donation receipt to:

Name \_\_\_\_\_

Address \_\_\_\_\_

The name to display on the recognition plaque (for contributions \$500 or greater) is:

\_\_\_\_\_

Please make all cheques out to "Parks Foundation Calgary" with "UES Play Area" in the memo line. All contributions can be dropped off attention UHCA at the Foothills Mennonite Church.

# UNIVERSITY DISTRICT

CALGARY'S COMMUNITY.  
MINDFULLY MADE.



## A New Beginning

Fall is usually a time to wind down the hectic summer schedule and settle in for winter, but for the West Campus Development Trust team, it has been a time of exciting beginnings and new activity.

First, we were thrilled and gratified to finally reveal the identity for this community as **University District**— a connected, complete and 'mindfully made' place to live and work, shop, dine and visit. The name was chosen to demonstrate the community's intrinsic alignment with the world-renowned University of Calgary, which is to be its neighbour.

We also feel privileged to honour the University of Calgary's 50-year legacy through the naming of University District's streets. The naming of streets and avenues pays tribute to 13 current and former university chancellors and their 50-year legacy of community leadership and volunteerism. Chancellors are both a symbol of academic tradition and an active participant in furthering university excellence. They promote and connect the university with the rest of Calgary and Southern Alberta. A stroll down Thirsk Street or Perraton Avenue could be in our future very soon.

Over the coming 15 to 20-year build-out, University District will come to life as a world class urban village that everyone from residents and students to working professionals, travellers and day trippers will come to call their own.

### PEOPLES CHOICE

We are incredibly honoured to have been voted Calgary's People's Choice winner in the 2015 Mayor's Urban Design Awards. Thank you Calgary for voting!

### FOLLOW US ONLINE

Our new website and its social channels are live! Discover previews of what to expect as a resident and learn more about opportunities for retailers, homebuilders and other community investors.

### 3D FLYOVER

Wondering what the University District will look like when complete? Watch the new 3D Flyover to see an artist's rendering of the future community.



## 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 to live in.

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 **December 9, 2014**

Wednesday **January 13, 2015**

Wednesday **February 10, 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!

## Merry Christmas, University Heights residents!

### Merry Christmas, University Heights residents!

From Ward Sutherland, Councillor, Ward 1



Christmas is one of my favourite times of year and I truly enjoy the time with my family, friends and community. I also think it is an important time for us to recognize the role we can play in our ability to volunteer and share with those less fortunate. I would like you to consider volunteering or supporting the following organizations within Calgary: Inn from the Cold, The Mustard Seed, Calgary Drop-In Centre, Calgary Food Bank or help out at The Magic of Christmas, a non-profit charitable society that brings gifts and Christmas spirit to over 500 families and thousands of patients in care facilities in Calgary.

My family and I look forward to celebrating Christmas in Bowness Park, one of the most-used parks in Calgary. Since 1911, the year Bowness Park was first opened, ice-skating in the lagoon has been a tradition for thousands of Calgarians. The City of Calgary thanks everyone for their understanding and patience as the park was reconstructed after the 2013 flood. The wait was worth it as the park is more resistant to future floods and boasts a central pedestrian area by the new fire pits, easier access to the lagoon, and a teahouse which features a restaurant and market.

There have been changes in the different levels of government and in the economy this year. As Calgarians, we will have many challenges in the next couple of years. I will continue to advocate for University Heights as I have in the past. Some of the milestones and achievements that I am proud of this last year include such things as:

- The improvements to the operation of the intersection at Crowchild Trail and 24<sup>th</sup> Ave NW,
- commencement of the construction of the University District development at the University of Calgary campus, and
- reduced taxes.

Community associations play a vibrant role in bringing neighbours together and supporting youth, seniors and families. **I would like to thank the University Heights Community Association, its board members and all the community volunteers.** Volunteers contribute a considerable number of hours and are not always recognized and commended for their commitment. Ultimately, it is the people that make the community.

**Have a safe holiday and I look forward to serving you in 2016.**



## Councillor Ward Sutherland – Monthly Report

### Pedestrian Safety

The City of Calgary, Calgary Police Service, Alberta Health Region, the Alberta Motor Association and other traffic safety partners are working together to reduce the number and severity of pedestrian collisions. Through education, enforcement and engineering strategies, these partners are striving to improve intersection safety in Calgary.

Look out for each other! Make eye contact with drivers before crossing the roads. The safety of pedestrians on Calgary streets is the shared responsibility of all users of our roadways and sidewalks.

**Be aware** - Make eye contact with drivers turning right before you step into a crosswalk. Make sure they see you, plan on stopping, and have time to stop. Also, don't assume that because the car in the lane closest to you has stopped that other cars will stop too.

**Be safe** - Pedestrians do have the right of way at marked and unmarked crosswalks; but be careful, some drivers might not know that rule or always follow it. Being right won't keep you from being hit.

### Stay alert while walking

- Unplug headphones when crossing the street.
- Hang up your cell phone until you are out of the intersection.
- Texting can wait until you know you are safe.
- Look up and make eye contact with the approaching driver and make sure the driver sees you.

View the Look Out for Each Other Pedestrian Safety brochure here:

<http://www.calgary.ca/Transportation/Roads/Documents/Traffic/Traffic-safety-programs/pedestrian-safety-brochure.pdf>

### Seniors Age-Friendly Strategy

The City of Calgary, community partners, and Calgarians have created a vision to make Calgary a welcoming and empowering city for older adults. Calgary is reaching this goal through the development and implementation of a Seniors Age-Friendly Strategy. This plan will help create age-friendly communities by advancing six focus areas: Access to Information, Community Support and Health, Housing, Participation and Inclusion, Prevention and Response to Elder Abuse and Transportation and Mobility.

Every Calgarian can help change their community by taking action on three things in any of the focus areas. Learn more about the program and stay informed by visiting [Calgary.ca/SAFS](http://Calgary.ca/SAFS).

**UHCA Board Members and Contact Info**

Peter Khu	President	<a href="mailto:president@uhcacalgary.org">president@uhcacalgary.org</a>
Bill Crooks	Vice-President	<a href="mailto:vicepresident@uhcacalgary.org">vicepresident@uhcacalgary.org</a>
Jane MacDonald	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>
Lawna Hurl & 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.

## 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
- Mobile Web Sites
- Web Site Development
- Database Development

***information@VanninTechnology.com***



## Get Involved! South Shaganappi Study

The City of Calgary is starting a transportation corridor study for the south end of Shaganappi Trail. The study area includes the Shaganappi Tr. and 16 Ave. interchange, the Shaganappi Tr. and Bowness Rd. intersection and the Bowness Rd. and Memorial Dr. interchange.

Join us on November 19 at an open house where we will introduce the study and gather input to understand how it can contribute to a vibrant future for the area.

### Open House Details

Thursday, November 19, 2015

5 - 8 p.m.

Parkdale Community Association  
3512 Fifth Ave. N.W. Calgary, AB

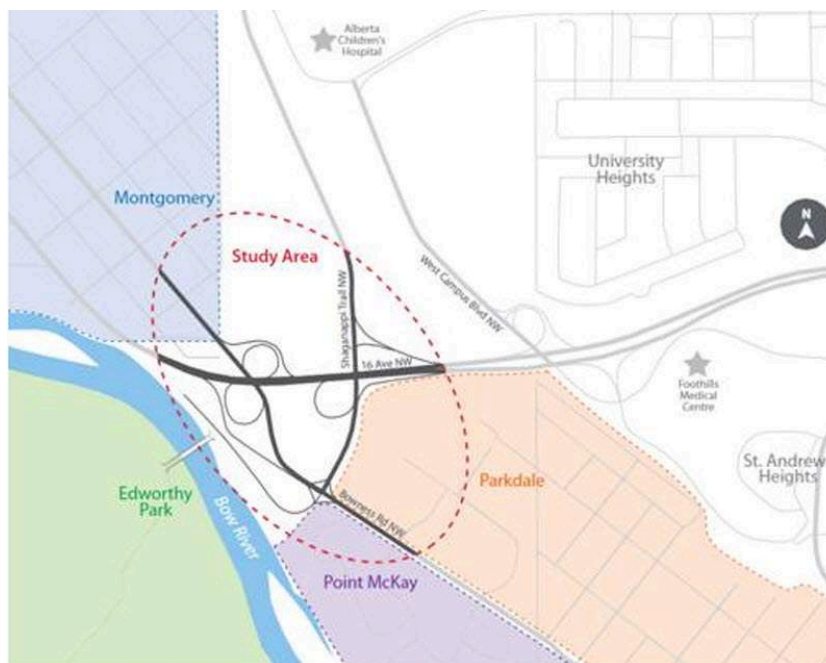
You are invited to participate whether you use Shaganappi Trail daily, a few times a month or not at all. Your feedback will influence the direction of the project at every step along the way and help us make better project decisions.

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

### About the study

In 2009, Council approved the [Calgary Transportation Plan \(CTP\)](#). It reclassified Shaganappi Trail to an [Arterial Street from a Skeletal Road](#). In addition, the CTP confirmed that the Bow River crossing recommendation would be removed. This means that Shaganappi Trail will no longer function as a major north to south connector.

These changes require us to revisit how Shaganappi Trail was designed in the south end. The study will work with stakeholders to determine the best way of addressing these challenges and ensure the future design of the study area meets the needs of the community.



## Become a Citizen Scientist & Protect Your Family From Cancer

Cancer researchers want you to test your homes for radon gas

*Written by The Robson DNA Science Centre (part of the Arnie Charbonneau Cancer Institute at the University of Calgary)*

Did you know that even non-smokers can get lung cancer? Did you know that the cause of these cancers may be in your home, but cannot be seen? Each year one to four thousand new Canadian lung cancer cases are caused by inhaling a colourless and odourless gas called radon, the leading cause of lung cancer in non-smokers. Radon is a natural part of soil gas, the air that exists in the ground underneath our homes that can seep through foundations and accumulate in houses. The problem is that radon is radioactive and, once inhaled, will damage the DNA of the lungs, enormously increasing the risk of those lung cells turning into cancer. What is especially scary is that decaying radon can even precipitate in lungs, where it sticks forever constantly emitting radiation. It is no wonder that the World Health Organization classifies radon as being just as cancer-causing as asbestos or mustard gas.

University of Calgary cancer researcher Dr. Aaron Goodarzi is helping understand radon-induced cancer in Alberta, and has been collecting data on the levels of household radon in the four quadrants of Calgary as well as Cochrane, Okotoks, High River, Canmore and many other surrounding towns. The data collected by his lab indicates an alarming trend: 1 in 5 of our homes contain radon over the maximum acceptable concentrations indicated by Health Canada.

“Radon gas is, for the Southern Alberta, a significant public health concern but one which is largely invisible to the public eye. Without question, if you live in a home with high radon, your lungs are being exposed to DNA-mutating radiation that can cause lung cancer even in people who have never smoked a day in their lives.” says Goodarzi, who is a member of the Robson DNA Science Centre at the University of Calgary’s Arnie Charbonneau Cancer Institute.

Dr. Goodarzi’s team, which includes doctors who treat lung cancer at the Tom Baker Cancer Centre, wants to collect as much data on household radon in Alberta as possible, and are urging the public to volunteer to test their homes starting this November, which is Lung Awareness Month. They have contracted certified professionals to provide tests which are very simple to conduct and are available (at cost) for only \$45. All data will go towards cancer research efforts in Alberta, and will be made anonymous (meaning researchers only get readings by postal code region) to preserve confidentiality. Volunteers will receive their own radon readings and professional advice on what to do if their home comes back high. Dr. Goodarzi stresses that the prospect of high readings are no reason to panic or avoid testing.

“Knowledge is power” he says, “and it is far preferable to know about a potentially life-threatening problem, and have the chance to remove it, than being in the dark until it is too late - meaning a cancer diagnosis. Having a high radon level is like finding you have a leaky roof, it is no reason to move from the home you love. You just fix it. And once fixed, the problem is gone. Home values are improved by radon testing (and mitigation of any problem) as you now KNOW that your home is 100% safe from a cancer-causing problem very common in the Prairies.”

If you are interested in becoming a citizen scientist and testing your house, please visit

<http://www.dnascience.ca/radon>



# WHAT IS THE ONLY THING BETTER THAN A CURE FOR **CANCER?** **PREVENTION**

**RADON = DAMAGED DNA = CANCER**



KNOWLEDGE IS POWER!  
TEST YOUR HOME NOW TO SEE IF  
YOU'RE AT RISK OF RADON  
INDUCED CANCER.



SIGN UP THIS WINTER TO TEST AND BECOME A CITIZEN SCIENTIST AT [WWW.DNASCIENCE.CA/RADON](http://WWW.DNASCIENCE.CA/RADON)

