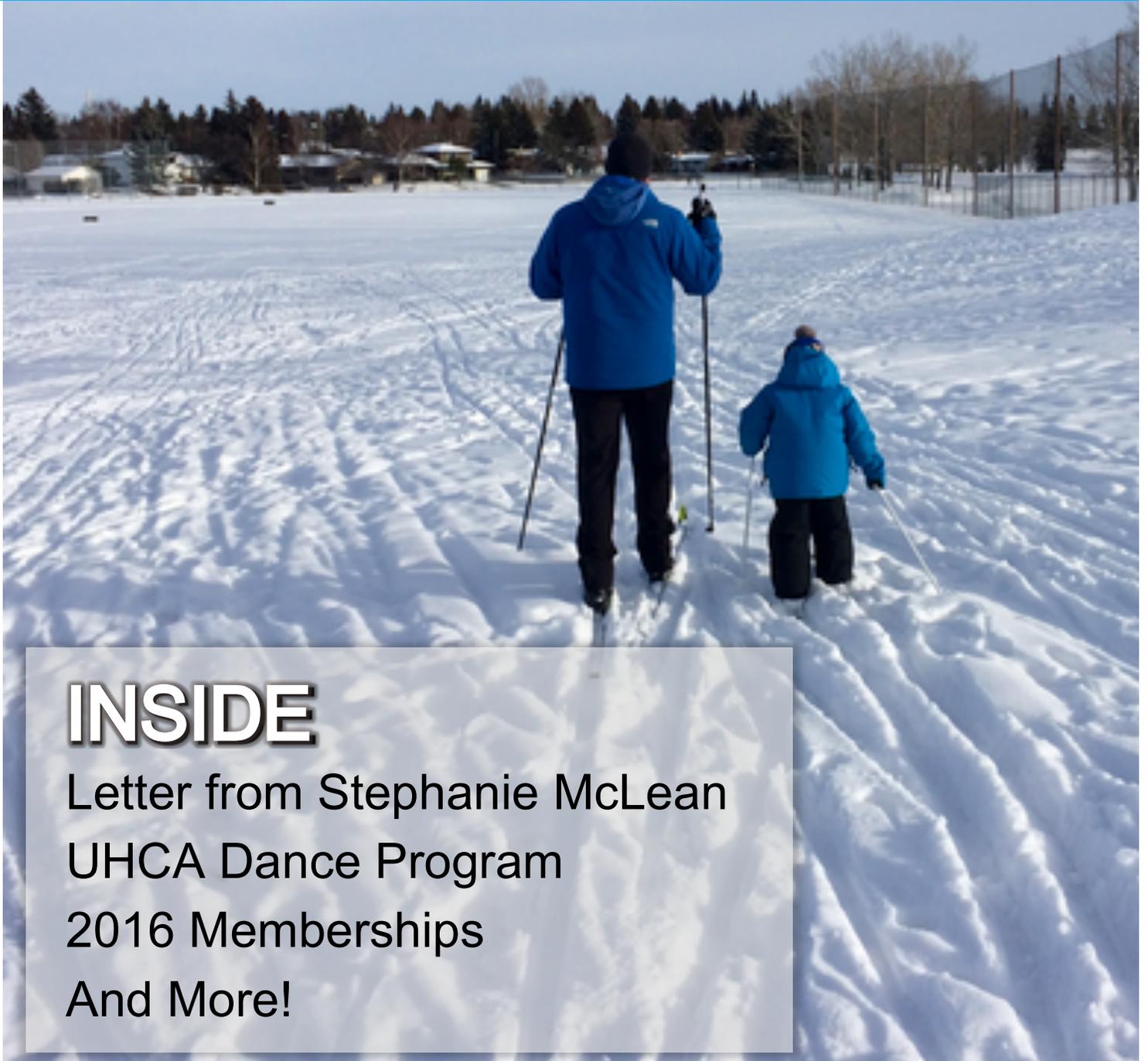


UHCA Newsletter

Winter 2016



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Letter from Stephanie McLean

UHCA Dance Program

2016 Memberships

And More!

Letter from Stephanie McLean, J.D., M.L.A

Friends,

January provided our office with the opportunity to further connect with our constituents. Our office was closed at the end of December and part of the first week of January, so that our staff could enjoy the holiday season with friends and family, and we hope you had the opportunity to do the same.

Throughout January, we were able to engage more closely with some of our community associations within the Varsity constituency. We had the opportunity to meet with members of the Dalhousie Community Association, and the Brentwood Community Association. Over the next few years I look forward to every opportunity to engage more fully and frequently with our Community Associations, as they are the heart of community building and organization. We also had the opportunity to attend the University Heights Annual General Meeting. We find our Community Association AGM's very informative, as our office continues to build our knowledge of local community programming and services.

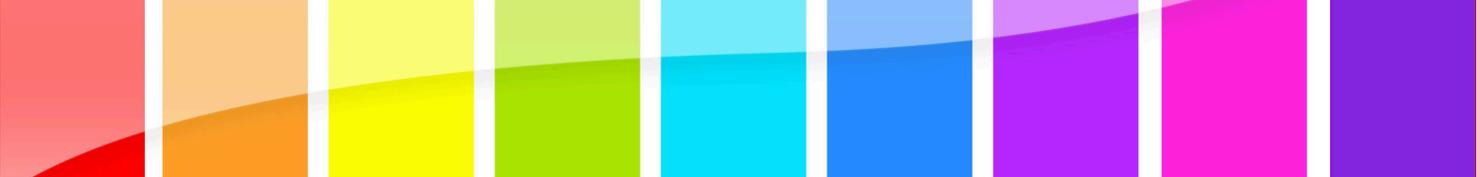
As we head into February we are all getting prepared to brave some of the coldest days of the year. This time of year can bring out the "blahs" in many folks, as we long for Alberta's sunny summer months. If any of you find yourself in need of a little extra support for your well being at this time of year I encourage you to reach out. Calgary has many fantastic resources such as the Distress Centre. As always, our office is happy to connect you with a variety of community resources, and can point you to free services and events to help you beat the winter "blahs".

As you may know, I will be welcoming a new member to my family as my husband and I expect our first son at the beginning of February. I want to take this opportunity to assure my constituents that my office and I will continue to serve the community throughout February and thereafter. I am looking forward to introducing each of you to my son when he arrives!

Stephanie McLean, J.D., M.L.A



Advertise with us!



This spot could be yours! Email newsletter@UHCA Calgary.org

A BIG THANK YOU FROM ALL OF US AT REDLINE TO YOU

Thank you for trusting in our team to help you with 60% of the university heights transactions in 2015



If you would like to know how the current economic situation may be affecting the value of your home please contact **Darren** at **403.407.1900** or complete our home value request at liveinuniversityheights.com

We are really looking forward to making 2016 another successful year!

403.407.1900
liveinuniversityheights.com
redlinerealestate.ca

REDLINE
REAL ESTATE GROUP



VOLUNTEERS NEEDED 😊

Content Contributor – Gather content for the Newsletter and Web Site

Soccer Volunteer Positions:

- Referee Coordinator
- Advertising Coordinator
- Assistant Equipment Coordinator
- BBQ Coordinator

Contact volunteer@UHCACalgary.org for more information.

Membership Drive 2016

Please take a moment and renew your community association Membership. 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 the next page for the membership form and instructions.

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

UHCA Dance and Mobility Program for Older Adults

We would like to announce the UHCA Dance and Mobility Program for Older Adults Program that is currently ongoing through May 2016. The times will be Wednesdays 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: Wednesdays - 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!



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
- 2) Filling out this form below and dropping off or mailing it in the provided self-addressed envelop to Foothills Mennonite Church at 2115 Urbana Rd NW.

* 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 _____

EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

SUDOKU Fun 😊

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							5	9
		7						2
	9		4	5				
	3				9		1	

Find Solution on a later page

Upcoming Events

FEBRUARY 1 TO 29
YYC HOT CHOCOLATE FEST

FEBRUARY 10TH
PUB NIGHT AT THE KEG

MARCH 9TH
PUB NIGHT AT THE KEG

APRIL 13TH
PUB NIGHT AT THE KEG

Cork Connection

On Saturday, February 20 the Federation of Calgary Communities is hosting *Cork Connection* Wine Tasting and Silent Auction at the Riverbend Community Association to raise money to help support Calgary's community association network - the largest collective volunteer movement in the city, with more than 20,000 strong!

Spend an evening with Constellation Brands travelling around the world through wine! Enjoy the company of fellow tasters and bid on an array of exciting silent auction items. No experience necessary. Tickets are very affordable at only \$30 for an individual or \$50 for a pair.

Date: Saturday, February 20
Time: 7-10pm
Location: Riverbend Community Association
 19 Rivervalley Drive SW
Tickets: \$30/single \$50/pair

Visit calgarycommunities.com/events to get your tickets today!



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Technology Consulting Inc.

- Mobile Apps
- Mobile Web Sites
- Web Site Development
- Database Development

information@VanninTechnology.com



New Outdoor Classroom at University School Needs Your Financial Support!

The committee is seeking the financial support of University Heights residents to help build a new outdoor classroom that will replace the existing train play area at University School

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.

Clearing Snow and Ice from Sidewalks

Clear and safe sidewalks are essential for many Calgarians, especially those with disabilities, older adults, and children who walk to and from school. Under the Street Bylaw 20M88, the owner(s) and/or occupant(s) of a private property are required to clear snow and ice from sidewalks in the front or to the side of their property within 24 hours of a snowfall. If the sidewalk is not cleared within that time, The City may have the snow and ice removed from the sidewalk at the property owner's expense. If you own a rental property, you are responsible for ensuring that adjacent sidewalks and pathways are cleared.



Snow Angels

Keeping sidewalks shoveled, ice-free and safe can be very challenging for older adults and other Calgarians who have limited mobility. The Snow Angels campaign encourages citizens to clear snow and ice from the sidewalks of their neighbours who may be less able to do it themselves. Watch for people in your neighbourhood who could use help removing snow and ice and lend them a hand. For more information please visit www.calgary.ca/snowangels.

Tips for Shoveling Snow and Ice

- Stretch before you begin to shovel;
- Keep warm and wear layered clothing;
- Use an ergonomic shaped snow shovel to help reduce back pain and make shoveling easier;
- Space your hands on the shovel to increase leverage;
- Lift with your knees, not your back;
- Clearing snow soon after it falls can prevent snow and ice from building up on your sidewalk;
- After removing the snow, you can apply road salt/de-icer wherever necessary. This makes it easier for pedestrians to walk past your house;

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

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 **February 10, 2016**

Wednesday **March 9, 2016**

Wednesday **April 13, 2016**



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

New and Emergency Patients Welcome!

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

Councillor Ward Sutherland – Monthly Report

COFFEE WITH THE COUNCILLOR – TWO-YEAR REPORT CARD PRESENTATION

Interested in what’s going on in your community? Do you have any community, ward, City or Council-related questions? Now is your chance to ask me. In 2016, I am presenting a [two-year community report card](#) to inform you on what’s happened, changed or planned for the future since I was first elected in 2013. Following my 30 minute presentation, there will an opportunity for a Q&A period. *If you have any questions or would like to RSVP, please contact Ward 1 communication and research analyst Christine Louie at ward01@calgary.ca.*



Coffee with the Councillor
Thursday, March 3, 2016
7:00 pm – 8:30 pm.
Varsity Community Association
4303 Varsity Dr NW, Vista Room

Please note that the two-year report card presentation will begin exactly at 7:10 p.m. The Q&A session will begin at 7:40 p.m.

I would like to thank the Varsity Community Association for allowing me to use their facilities.

Stay connected! Sign up at www.wardsutherland.com to receive my monthly e-newsletter, which contains council-related news, community Q&A, and my [Vice Chair Finance Blog](#). To view my February issue, visit: <http://bit.ly/1NE0mGi>.



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

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

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1	7	8	3	4	2	6	5	9
4	8	7	1	3	6	5	9	2
2	9	1	4	5	7	8	3	6
6	3	5	2	8	9	7	1	4

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



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

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.





Property Assessments

On Jan. 5, 2016, The City of Calgary mailed 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into Assessment Search
- Dates to contact Assessment if you have questions.

Go to Assessment Search to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account. When you receive your 2016 assessment notice go to Assessment Search at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.



Help shape the future of the University of Calgary's main campus

The University of Calgary would like your feedback on **Campus Forward, the long range development plan for the main campus.**

Join us at our upcoming public open house:

- **February 9, 2016**
5:30 p.m. to 8 p.m.
Varsity Acres
Presbyterian Church
4612 Varsity Drive NW

Visit ucalgary.ca/campusforward for more information.

CampusForward
MAIN CAMPUS LONG RANGE DEVELOPMENT PLAN

Your City Section (City of Calgary)

Check out these important updates from The City of Calgary

Learn about the inner workings of Council and its Committees. Explore the many ways you can connect with your City, Mayor, and Councillors.	calgary.ca/cityhall101
The City is recruiting census takers for the annual Civic Census. Applications are available until the end of February. For more information visit calgary.ca/census or call 403-476-4111.	calgary.ca/census
Check out the Citizen Dashboard pilot, an online tool that gives Calgarians access to information about City performance and how City services contribute to Calgary's quality of life.	calgary.ca/citizen-dashboard
Spend the Family Day weekend in nature! Enjoy outdoor skating, nature-themed activities and playtime in the park at our free We Are Family events.	calgary.ca/parks
Register your child for a spring break nature adventure! Our half-day and full-day camps explore the exciting world of bugs, birds, plants and animals using hands-on activities and outdoor play. Before and after camp care is available.	calgary.ca/parksguide
The City is looking for more Calgarians to join Calgary's online panel. Sign up at CitizensView.ca .	citizensview.ca
The Spring & Summer Recreation Program Guide hits the stands February 24. This issue includes summer day camps & sailing school. Don't miss picking up your guide to fitness and adventure.	calgary.ca/recreation
The whole family is welcome to our special Family Day weekend climbing and gymnastics drop-in.	calgary.ca/leisure-centres

Stay connected to the City of Calgary

facebook.com/thecityofcalgary twitter.com/cityofcalgary calgarycitynews.com

Celebrate Freedom to Read Week!

Who chooses what you read, listen to, and view? **Freedom to Read Week**, February 21 – 27, is an annual event that raises awareness about censorship and encourages Canadians to reaffirm their commitment to intellectual freedom. Celebrate your right to read with Calgary Public Library's online contest. Starting Feb. 1, post your favourite banned book to the Library's Facebook page or Twitter account (@calgarylibrary). On Feb 19, one lucky entry will be chosen to win a bundle of banned books. Be sure to watch and see which challenged book is officially presented to City Council to mark this annual event.

City of Calgary Citizen Dashboard

Citizen Dashboard in the works to give Calgarians insight into City performance and Calgary's quality of life

The City of Calgary is building a Citizen Dashboard, an online tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at calgary.ca/citizendashboard, the tool displays performance measures and data using interactive graphs, charts and maps.

"The Citizen Dashboard is just getting started, but it's a great example of our efforts to be more open and accountable to Calgarians for the programs we offer at The City," said Jeff Fielding, City Manager.

"The Dashboard provides citizens with easy access to City performance measures, provides explanations of what those measures mean and what we are doing to improve service," said Mac Logan, General Manager, Transportation and Chair of a committee designed to oversee and champion customer service and digital innovation at The City. "We look forward to hearing from Calgarians during the pilot as they explore our new tool."

Powered by The City's [Open Data Catalogue](#), the Citizen Dashboard pilot currently displays select performance measures for 311; Roads Maintenance: Summer; Calgary Transit Access; and Building Regulations. Additional performance measures will be added to these services as the Citizen Dashboard evolves and feedback is collected.

The following services will be added over the coming months:

- Roads Maintenance: Snow and Ice Control and Spring Clean-up
- Transit: Safety and Security, CTrain and Bus
- Water Resources
- Water Services
- Waste & Recycling Services
- Recreation
- Fire

Calgarians can check out the new tool and provide feedback at calgary.ca/citizendashboard.

