

# St. Andrews Heights Community Newsletter



March 2007

## President's Report by Liz Murray - February 26th, 2007

Wacky Welly was held on Sunday Feb 11<sup>th</sup> at the Community Hall. Pia and Gwen did a great job with this event and even pulled in some special favours to make sure we had some snow this year. Unfortunately, my reign as Welly champion came to a end and I have passed on my crown to Terry Nail. Terry is a worthy champion and will do the community proud.

The Community's Valentine Tea was held at the Community Hall on Saturday, February 17<sup>th</sup>. It was a great success and big thank you goes to all those who helped organize and to those who volunteered.

St Andrews has been invited to participate in the City's Neighbourhoods Program. This program involves planting a number of new trees in designated communities with input from community members. More information will be provided in future newsletters.

The new Land Use Bylaw has been submitted to Council and will be available for comment at a public hearing of Council starting March 19<sup>th</sup> at 9:30 am.

Welcome to Heather Chiovetti who is our new hall coordinator. She is replacing Pia who will remain on the Board as VP Communications & Events. We are still looking for a VP of Seniors. You can call me at 282-8309 for more information.

It has been suggested that St Andrews create a walking map of the community for recreation and for community interest. If anyone is interested in heading up this project, let me know and I can provide more details.

We will be making a motion to change one of the by-laws at the community AGM. Currently, Bylaw 4 - MEMBERSHIP MEETINGS states "An Annual General Meeting for the election of Officers will be held in the first week of June each year." We will be changing this to read "An Annual General Meeting for the election of Officers will be held in the month of June each year." This is being done to give us more flexibility in scheduling the meeting.

The next meetings of the Community Executive are at 7 pm March 26<sup>th</sup>, April 30<sup>th</sup> (new date), May 28<sup>th</sup> and June 25<sup>th</sup>. The AGM is scheduled for June 4<sup>th</sup>. All community members are welcome.

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**Community Executive 2006-07**

President	Liz Murray	282-8309
Past President	Guy McLaughlin	284-0554
Treasurer	Colin Catley	289-3927
Secretary	Deb Deimert	289-2429
VP Sports	Walid Hamadeh	283-1717
VP Facilities	Doug Connery	282-3540
VP Comm & Events	Pia Blum	284-2526
VP Seniors	Vacant	
VP Planning—		
Non-Residential	Liz Murray	282-8309
Residential	Bob de Wollf	289-3894
Hall Rentals	Heather Chiovetti	288-1022
Newsletter	Gwen Schaefer	289-0625
Police Communication and Liaison Officer	Cnst. Liz Flesch	284-3393
Hall Telephone		282-5211
Webmaster	webmaster@standrewsheights.ca	

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Please direct all requests to the Editor: newsletter@standrewsheights.ca, or 289-0625 or mail to: St. Andrews Heights Community Association 2504 – 13 Ave NW Calgary, AB T2N 1L8



## Calgary Winterfest “Wacky Welly” at St. Andrews Heights Community

February 11, 2007 - submitted by Pia Blum

Our Wacky Welly Winterfest was quite a success. The weather was just great, perhaps a little cold, but it didn't matter to the kids and their parents. We had lots of snow so we could play all the nice winter games. We offered snow golf, thanks to Liz who brought some golf clubs, snow painting, Welly toss, candy toss, Scavenger Hunt thanks to Courtney McLaughlin who helped me in writing the poems. The ice rink was as always well prepared for our Winterfest thanks to everyone who makes this ice rink the best you can find in Calgary.

Everybody enjoyed the newly renovated hall to warm up after the games. Hot chocolate, coffee, doughnuts and some other munchies were offered as well. My thanks goes also to Gwen Schaefer who gave a helping hand during the Wacky Welly.

I hope to see everybody and more people again next year.

### **Ice Matters** - submitted by Nik Rasula

What can you say?! An early freeze, a mid-December Chinook, a massive February dump of snow, and through it all, Calgary's finest volunteers (in Calgary's finest community) kept the skating-rink in great shape. All skaters were provided with the opportunity of a great winter experience.

In recognizing that many hands make light work, your great cast of volunteers went above and beyond in making this happen. I'd like to give special mention to Tony Hamblin, Charles Whitaker, John Ross, Roger Smith, Larry Lozinski, Tom Stubbs, Dave Russum, and Dave Browne all of whom performed an inordinate amount of work, through some very difficult conditions, and kept the ice-surface in excellent condition. The rink was at the mercy of some wild winter conditions and would have been rendered unusable, if not for their substantial efforts.

Thanks to each and every one of you!!! You personify the spirit of St.Andrews.

The rink is now, well into it's third month of operation. Barring some unforeseen circumstances, we will be closing-in on our objective of a four month skating season. An accomplishment few can boast of, and one we can all be proud of!

That's it for now....

Here's to short days, cold weather, and to smooth surfaces!

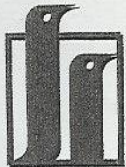
**Valentine Tea**

February 17, 2007 - submitted by Betty Proudfoot

A group of community ladies put their experience to work, and cooperatively put together a special Valentine Tea. Due to a lot of folks on vacation it took a bit of doing, but "THE SHOW WENT ON" successfully. As well, our newly renovated hall certainly is a crowd-pleaser, and so nice to work in.

Caddie McKinnon had pre-arranged many details, and the kitchen was a-buzz with activity. As last year, donated prizes added a bit of fun.

Sincere "Thanks" to Caddie, Meriel Light, Dorothy Charlton, Marilyn Palsgrove, Lois Hanigan, Mary Zdunik, Marge Bahan, Audrey Patrick, Marg Brewer, Marian Sayers. Without all the food supplied, and the workers at the tea, it couldn't have happened. Several guests were from outside our community. Thanks to all who supported the tea.

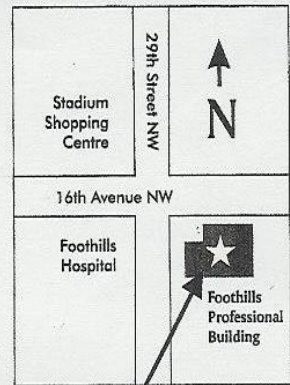
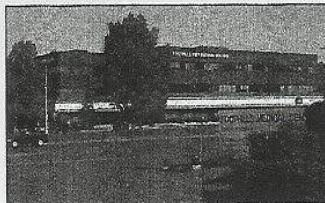


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### **Community Musings** - submitted by Betty Proudfoot

After the busyness of the Valentine Tea was over, and I kicked back to watch the curling on TV, my mind kept wandering back to the "WHY" we work so hard to make a success of this tradition of serving tea and coffee, fancy sandwiches, and sweet treats to this mixed group from youngsters to the elderly. Wouldn't it be easier to "NOT" do so?

The answer is, of course, "YES", BUT... we would miss seeing the delight in the eyes of a senior former resident, one who had worked for more than forty years serving others in this community hall and now being happily welcomed by community friends; we wouldn't see the gleaming eyes and smiles of children who ended up reaching to the bottom of a HUGE plastic bag to collect their winning prize; we wouldn't see the happy smile of a Grandma with her daughter and grandchild enjoying tea together and spending quality time among a community of people who care. We wouldn't get to meet a new young lady who came to help us serve our guests, and the friends from other communities who come to our tea each year, knowing that it is done with graciousness and good food and good company.

People showed much interest in seeing the new layout of cupboards in the kitchen, the Seniors new roomy cupboard, and then those who thought the "reading corner" was a great idea. After all, this is THEIR community hall.

Oh, there is more, but hopefully I have shown you another side of the word COMMUNITY, that you may think of our community hall not just as a place to rent out, not just for keeping the rink open, the tennis courts, and sports fields, but a place and opportunity for ALL to meet under one roof, regardless of age and gender, and to be glad this community is here.

We do thank all of you who are serving our community, but REINFORCEMENTS are critical to carry on. IT WON'T, AND CAN'T continue to serve ALL unless we have some continuous flow of support.

If this 'FEELING' of community is important to you, please offer your time. It takes more effort in today's world, but let's give it HOPE.

## SOCCER REGISTRATION AND EQUIPMENT EXCHANGE

Saturday, March 10, 10am – 12 noon  
and

Thursday, March 22, 6pm – 8pm  
At the Community Centre

### REGISTRATIONS CANNOT BE ACCEPTED AFTER MARCH 26

U18 (1989-1990), U16 (1991-1992),

U14 (1993-1994), U12 (1995-1996) - Fee: \$70

U10 (1997-1998), U8 (1999-2000), U6 (2001-2002) – Fee: \$60

Starters (2003-2004) – Parent Participation Required – Fee: \$25

Registration Fee includes: shirt (new shirts will be ordered at the time of registration no returns or refunds), team and individual photos (Starters do not receive shirts)

- You must hold a current Community Membership to register
- Please bring cheque payable to St. Andrews Heights Community Association
- Bring any equipment you would like to exchange
- Season goes from mid-April until the end of June
- **It is possible that we may be able to have a U16/U18 team**
- We are looking for volunteers for coaching and other duties
- Volunteers required to run the Soccerfest Party – perhaps two couples to take on the duties
- This is a great way to meet neighbourhood parents and children!
- For further information call Mary Lou Ditta at 220-0285



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**March is:  
“Community Association  
Membership Awareness  
Month”**

### How to paint like a pro

- Always begin by "prepping" the room completely. Fill and sand cracks and holes throughout; Smooth out shadowy creases, especially near light fixtures; Clean anything to be painted; Prime untreated surfaces; and, remove or cover anything that will not be painted.
- Buy at least one good roller, and two good brushes. Paint larger areas with a roller. Use proper sized brushes for trim areas and "cutting in" edges where rollers won't fit.
- Use latex paint wherever possible. Apply painter's tape on edges wherever different colors will meet. Ask about other time saving recommendations at your paint store.
- Mix paint thoroughly. Before pouring, drill or punch holes in the can "lip-trough" to recapture paint and prevent excessive dripping on label information. Pour up to 2/3 in. paint into a ribbed paint tray, roll-coat the roller surface evenly.
- Do the ceiling first. Save your neck and shoulder by attaching an extension handle on the roller and applying at arm's length in straight, slightly overlapping lines. Then apply a thinner coat in the perpendicular direction. Do not paint directly overhead.
- When on a stepladder, ensure it is stable at all times, and work with a small quantity of paint.
- On walls, apply in a "Z" pattern, then repeat in an "N" pattern. When the application thins, gently roll over the same area in straight parallel lines without replenishing with paint, thereby correcting any uneven spots.
- Allow paint to dry before determining if another coat is necessary. Do not paint doors, windows, and trim areas until walls and ceiling are finished.



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### Louise Riley Library

**Hours:** Monday-Thursday 10am - 9pm  
 Friday&Saturday 10am - 5pm  
 Sundays (mid Sept-mid May) 12pm-5pm

**Did you Know?** You can now access wireless internet in every Calgary Public Library branch! All you need is your personal wireless-enabled laptop and your library barcode number and PIN number!

**March is Career Month at the Calgary Public Library!**

Register for the career program **Where Can I Find the Right Career in Calgary's Booming Economy?** Saturday Mar 10 - 2:00 - 3:30 pm Register on-line or call 260-2600.

Register for programs on-line or call 260-2600

**Reiki & Reflexology** Tuesday Mar 27 10:30 AM to 12:00 PM

**For Teens** Toastmasters International - Youth Leadership Program Ages 13 and up Thursdays Mar 01 to Apr 26 (No Class on Apr 05) 6:30 - 8:30 pm

**For Kids Drop-In Family Storytime** No registration required.

Fridays from 2:15-2:45 and Sundays from 1:30 - 2:00 pm

**Baby Storytime** Ages 6 - 23 months with parents/caregivers.

Tuesdays Mar. 6, Mar. 13, Mar. 20 10:15 - 10:45 am



**Message from Dr. David Swann, MLA, Calgary-Mountain View**

I would like to thank everyone who attended my recent events: the Town Hall Meeting on water pricing and the Calgary premier screening of The Refugees of the Blue Planet!

My next Town Hall Meeting will be on Thursday March 8th, 7:30pm in the drama theatre of Crescent Heights High School. The topic will be climate change in Alberta and Albetan policy options with guest panelists Chris Turner (author and journalist), Bruce Smedley (director of EcoAcces) and one other to be confirmed. I encourage you all to come and join the discussion!

Also, I have started a contest for questions to be asked in the Legislature. I am asking people to send me a question that they would like to ask Environment Minister Rob Renner. I will ask the top three questions directly to the Minister during the next sitting of the Legislature, and the best question will win a prize. All contestants will also receive a copy of Kevin Taft's new book Democracy Derailed.

#102, 723 14 Street NW, T2N 2A4 Phone: 216-5445 Fax: 216-5447

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- Local St. Andrews Heights references provided on request.

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**2006 TAX SEASON – LOW INCOME FREE CLINICS**



If you would like assistance with preparing your 2006 income taxes, the following is a list of available services.

**West Hillhurst Go-Getters**

This year’s clinic will be on March 14, between 5:30-8:00 pm. To inquire about eligibility based on income and to schedule appointments please contact Linda @ 283-3720. Must be a member of the Go-Getters.

**Parkdale Nifty Fifties Seniors Association**

Volunteers will be available from March through April to prepare taxes for those individuals who have earnings below 25,000 annually.

To receive a complete list of documents required by the volunteers please call Pamela Wilson 283-7334 or Joan Buhr 270-0826.

**Hillhurst Sunnyside Community Association**

Free Tax Clinics are offered on March 13 6pm-9pm and April 3 6pm-9pm to low-income residents of the Hillhurst Sunnyside community. Appointments can be scheduled through Elizabeth by calling 283-0554 ext. 225.

**Revenue Canada – Shut-in Program**


This program is available for individuals who cannot get out of their home to complete their income tax. Income guidelines – singles less than \$27,500, couples 35,000 & cannot have interest income greater than a thousand dollars. For further information on this program contact Wendy 691-6996

**Volunteers are not paid  
not because they are  
worthless, but because  
they are priceless.**  
*Anonymous*




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**“Never doubt that a small group of people can change the world. Indeed, it is the only thing that ever has.”**

Margaret Mead

### Compassionate Moms and Grandmas Needed

The Boys and Girls Clubs of Calgary's Home Start Program is looking for Moms and Grandmas to do volunteer work with families in our community.

Home Start matches volunteers with young Moms who may be struggling in their new role. They may be new to the city, or to Canada and don't have family or friends to help or support them, or just lonely and need a friend.

Our volunteers provide both emotional and practical support to the Moms they are matched with. It can be anything from looking after the children while the Mom has a nap or sharing in an activity. You would be an extra pair of hands or simply someone to talk to, to laugh with, and to cry with.)

Volunteers are required to attend a 30 hour training program, three hours a week over a ten week period. After completion of the course volunteers will then be matched with Moms in need. The volunteer commitment is four hours a week for a minimum of one year.

For more information about the program please contact Marion Paulson at 571-0516 if you live in the north and Dee Monroe at 717-2678 if you live in the south or visit [www.calgaryboysandgirlsclub.ca](http://www.calgaryboysandgirlsclub.ca).

*The Boys and Girls Clubs of Calgary provide safe, supportive places where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.*



HOME-START



Boys & Girls Clubs  
of Calgary



***WHAT'S IN IT FOR ME?*** - submitted by Colin Catley

This is a good question and a fair one. It is hoped that this provides some good answers. So – what are we talking about? “**VOLUNTEERISM**”. We hear that Alberta and Calgary lead the Country in our ratio of volunteers. The 1988 Olympics probably saw it peak and there is no doubt it couldn't have happened without these people who donated their time, expertise and experience to make it happen.

***What did they get out of it?*** A great feeling of satisfaction when it was over and they knew it was done right. (We have friends who met while volunteering during the Olympics and got married shortly after so you never know!) It appears volunteers firstly have to believe in the value of the project or service. They have to have some general guidelines of what is expected of them. They also require the support of the organization for which they are working and their fellow volunteers.

Yes – we are leading up to our great community of St. Andrews Heights. As our city grows we often feel more removed and alienated from many areas of the City's operations. We have Aldermen who represent a large diversified group and City employees who have objectives that are not consistent with our thinking. We retreat into our Community – like a little village of its own. We still venture into many other regions but are happy to return. We can have some say in some areas of our Community. We can work to retain our own uniqueness. This takes time and effort. We have been fortunate in having talented, dedicated and smart individuals serving on our executive over the years. Burnout can occur here too, as their lives get busier with family responsibilities that must be met, and other areas also demand time and attention. Our “Baby Boomers” are getting ready to retire. What will they do with their time when they do? Travel, ski, hike and participate in other sports probably – but in order to fill the “Satisfaction” need – ***WHY NOT VOLUNTEER?***

Saint Andrews Heights Community Association will be finishing another fiscal year in March and, as in other years, some members of the Executive will retire and move on. One position opening is that of Treasurer. After more than 11 years in this position I find it's time to move on to other endeavors, If you are nearing a point in your life when you are changing your life pattern consider volunteering for a position on the Executive. This is really a winning team that will both challenge and reward you – there really is much in it for you.

## Community Events

**Keep Fit Classes** - Mondays and Wednesdays in the school gym. Call Karen (289-7820)

**Art Group** - Wednesdays from 1 to 3:30 pm at the Community Hall. For information call Betty (282-7395)

**In Group** - Every Thurs. from 10 am to 2 pm at the Community Hall. Call Audrey Patrick (282-4584)

### TRAVEL-ALL-CITY

#### FREE PROGRAMS FOR 9-12 YR OLDS!

Come join The City of Calgary, Community & Neighborhood Services as we travel throughout Calgary participating in amazing Saturday activities! All programs run from 1-4pm. Bus p/u locations vary.

February 24: Telus World of Science

March 24: Loose Moose Theatre Sports

April 28: Outdoor Adventure

May 26: Calgary Zoo

September 22: Art Gallery of Calgary

October 27: Heritage Park

November 24: Super Sports Day

**Call 3-1-1 for more information  
& to register!**

## Classified Ads

**Babysitter** - I have completed my Red Cross Babysitter's Course and have experience with children of all ages. Please call Erica (289-0674) or e-mail me at Erica\_crowe@hotmail.com

**Pet Sitting** available for busy working people. Call Bonnie (270-2851)

**Found** key on Toronto Crescent on January 20, 2007. Please call (850-0306)

**Wanted** to rent garage space to store items during remodeling in SAH. Call Manfred (282-2177)

**Free:** white, standard, fairly new inside doors, an outside door and screen door left over from our home reno, available at no charge to anyone living in SAH. If you can make use of them, please call me to arrange viewing and/or pick-up. Merrill Cooper (263-9164)

**Searching** for a part-time administrative assistant for non-profit organization in SAH, with great computer & writing skills to work 2 mornings a week. Please call Katherine (282-2177)