

St. Andrews Heights Community Newsletter



December 2007

President's Report by Liz Murray November 26th, 2007 www.standrewsheights.ca

Thanks to Pia for organizing a great Volunteer Appreciation Night and thanks to Al for updating the community on the South Shaganappi Communities Sustainability Plan. The newly renovated hall looks great thanks to Doug and his contractor Leo of TriOmega.

Just a reminder that the **City's snow bylaw** states that snow must be removed from the public sidewalks within 24 hours of a snow fall. The occupant is responsible for this regardless of whether they are renters or owners. Uncleared sidewalks are a great hindrance to those in the community with mobility problems so please be considerate of your neighbours. The Community will be reporting households that fail to clear their sidewalks to By-law Services.

The **Ice Rink Crew** is already hard at work preparing for the upcoming skating season. Their job should be easier with the acquisition of a new piece of ice cleaning equipment, made possible by an anonymous donation from a community member. There are now pages on the website to recognize community donors and volunteers. If you know of someone who should be recognized, let me know (president@standrewsheights.ca).

Anyone still wanting to purchase a community membership can contact **John Howarth** at 284-3518. Cost is \$25 for families, \$15 for seniors. Those who were involved with the recent development permit appeal by the community saw first hand how hard the SAHCA works for this community. Our community voice is stronger when we have everyone as members.

I want to wish everyone a safe and happy holiday season. I've enjoyed working with many of you throughout the year and I look forward to a great 2008 in St Andrews Heights. Please take some time and help those around you this holiday season and in the coming year. Happy New Year.

The next meetings of the Community Executive are at 7 pm on January 28th, February 25th, March 24th and April 28th. All community members are welcome.



Happy Holidays !



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Community Executive 2007-08

President	Liz Murray	282-8309
Past President	Guy McLaughlin	284-0554
Treasurer	Gord Miller	282-7210
Secretary	vacant	
VP Sports	Adev Ahluwalia	284-4110
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 McQuay	288-1022
Newsletter	newsletter@standrewsheights.ca	
Policing Officer	Ron Brown	567-6300
Hall Telephone		282-5211
Webmaster	webmaster@standrewsheights.ca	

Newsletter Advertising Rates

- Half page \$45.00
- Quarter page \$35.00
- Business card \$25.00
- Classified ad \$3.00
- Lost or found no charge
- Large items, houses for sale or rent \$25.00

Delivered nine times a year, September through December, and February through June, to over 400 homes.

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



*A special thank you to the anonymous resident whose generous gift to the community
has resulted in the acquisition of a power snowbrush.*

*The world-renowned St. Andrews Ice Rink Crew will put it to excellent use this winter as
they demonstrate once again why we enjoy Calgary's best outdoor ice surface.*

ICE MATTERS By Nik Rasula

Well the results are in! For the few that didn't tune in to the live satellite broadcast, I will proudly make the announcement. Your all-star ice-rink team for the 2007-2008 season; Larry 'the best neighbour ever' Lozinski, Roger "how's that?" Smith, Walid "what speed limit?" Hamadeh, John "I dare you to knock this off" Ross, Tom "they call me Mister" Stubbs, Dave 'Hail Britannia' Russum, Jeff 'Newby no More'Gehl, Peter 'Z-Man' Ziriada, Dave Browne, Bryan Smith, Charles Whitaker, John Nesbitt, Brian Hunter and Tony Hamblin. Thanks guys, through all the stages of testing, your training paid off.....you are the best!

In related news, acclaimed California trainer Michael Mejia, who selected this year's crew, was duly impressed with our ice candidates. He noted the great spirit, the oozing athletic ability, and a nozzle-handling acumen, that set the gold standard (or was it the hose-standard?). So impressed was Mejia, he petitioned Governor Arnold Schwarzenegger for special National Guard status for our crew. Our guys were placed on stand-by, and at the ready, to help put an end to the recent rash of wild-fires back in his home state. "California could use guys like them" Mejia was overheard telling the Governor. Quite the affirmation!! Here's to short days, to cold nights, and to a long skating season!

The Select,

The Few,

The Ice-Rink Crew.

VOLUNTEER RECOGNITION NIGHT AND COMMUNITY HALL-OPEN HOUSE

Submitted by Pia Blum - VP Communication and Events

On November 14, 2007 we held our yearly Volunteer Recognition Night and at the same time we had an Open House to celebrate the completed renovations of our community hall that Doug had capably stewarded. The new skating room looked just awesome and can now be used as a separate meeting room if needed. The weather was great, around 60 people showed up for our event. Thanks everybody for coming. Al Rasmuson gave a very interesting presentation on the South Shaganappi Communities Sustainability Plan as well. Everybody enjoyed the evening and the feedback on our renovated hall was just great. Thanks again to all volunteers for making St. Andrews Heights one of the nicest Communities in Calgary.

SAH COMMUNITY ASSOCIATION MEMBERSHIP DRIVE

Submitted by John Howarth – Membership Chairman

Our annual St. Andrews Heights Community Association membership drive was held from October 1 to 20. The Community Association Executive and I would like to thank all of the volunteers who assisted me in canvassing, and all of the residents who supported us and their Community by buying memberships. The Community has a stronger voice in the city with your active support of the Association. This year we again have a very high participation rate in comparison to other communities in the city. At time of writing in mid November, 281 homes have joined which represents 69.4% of the total in the community. This is slightly down from the final numbers we attained last year (71%), but with a few late sign ups, for example from those who were away during the drive, we may yet equal that percentage. We have raised over \$6100 which will go towards such causes as the expenses of the ice rink, some new equipment for the rink and new chairs and tables for the community hall.

While the Drive is officially over, I am still accepting memberships on behalf of the Association. Fees may be dropped off with me, and I will get a membership card to you promptly. Our membership year runs from October 2007 to October 2008; if you need more information, please give me a call.

John Howarth, 2911 – 11th Avenue NW. 284-3518.

INTERIOR HALL RENOVATIONS COMPLETED!

The interior renovations at the hall were completed just hours before the grand opening of the skate room and the volunteer recognition evening on Wednesday Nov. 14. The long awaited cabinetry arrived in pieces Nov. 9 and contractors worked over the Remembrance Day weekend assembling cabinetry and building and installing the counter tops. The plumbers did not arrive as planned on the following Tuesday but they did show up on Wednesday to install the basins, taps and toilets. There are a few touch-ups that need to be done and should be completed before press time.

The skate room and bathroom are now finished and ready as a multi-purpose room for meetings or as a warm-up room for the skating rink. The rubber floor will protect skate blades or it could be used for exercise/yoga activities. Nik and the ice making crew could use this room for yoga before or after their upcoming ice making shifts!

The women's washroom has also been redone and the Seniors art group have plans to do a painting over the winter that will be mounted in the window frame instead of installing a curtain.

There is one more renovation project that we hope to complete in early December (weather dependent). An anonymous community member made a cash donation towards purchasing an ice sweeper to help the ice crew keep the ice clear of snow. The sweeper will be too wide to fit in the west exterior store room door so the doorway will be widened and double doors installed.

Finally new tables and chairs have been purchased for the hall. Seven new light weight folding tables will replace the worst of our old heavy duty folding tables. Fifty light weight folding chairs complete with a rolling rack will replace 50 of the old orange stacking chairs. These chairs can be easily rolled out into the main hall for larger events. We are in the process of test sitting several stacking chairs with arms before a decision to purchase is made. These chairs will be left in the main hall around the tables and will replace more of the old orange

chairs. Doug Connery: VP Facilities



Leo Porier, Contractor and Doug Connery, VP Facilities
celebrate the opening of the skate room.

RESULTS FROM FOOD BANK COFFEE BREAK

WE'RE ELATED!! Although we had to change from a Friday to a Monday, it didn't change your hearts! Contributions were generous. Total cash and cheques for the Food Bank were \$2,435. THANK YOU! There were 31 contributors; 28 stayed for coffee and (lively) conversation. Our sincere thanks to our special helpers: Dorothy Charlton, Alan Nixon, Mary-Lou Ditta, Frank and Audrey Miklos. For Marge and Betty - this is our 12th and FINAL Food Bank 'race'. It will be a nice feeling to pass the torch to new, willing, 'younger', enthusiastic folk with new ideas. We will pass on all our information, and encouragement to new volunteers. Farewell.

VOLUNTEERS: THIS IS YOUR BIG OPPORTUNITY...to make a difference in lives of those greatly in need; to continue to give kids their breakfast, and food for families and single folk to stretch their meager dollars. **IMPORTANT:** The hall needs to be booked a YEAR ahead. **NEW VOLUNTEERS,** Plan ahead. **CHOOSE YOUR MONTH AND DAY NOW.** We suggest **THREE** compatible planners, for starters. It's fun to work with friends. **THANK YOU AGAIN.** Sincerely, Marge Bahan, and Betty Proudfoot (Further information: Phone Marge 282-5418 or Betty 282-7395)

CHOCOLATE CASHEW CRUNCH



Makes about 3 dozen

$\frac{1}{2}$ stick (1/4 cup) unsalted butter
1/3 cup (packed) light brown sugar
1/4 cup light corn syrup
1/3 cup finely chopped salted cashews

1/3 cup all-purpose flour
 $1\frac{1}{2}$ teaspoon vanilla extract
6 ounces milk chocolate chips
(about 1 cup)



- Preheat oven to 350° F. Butter and flour a cookie sheet.
- In a small saucepan, melt the butter over medium heat. Add the brown sugar and corn syrup, then bring to a boil over medium heat, stirring constantly, until the sugar dissolves, 3 to 5 minutes. Remove from the heat.
- Stir in the cashews, flour, and vanilla. Drop the batter in $\frac{1}{2}$ -teaspoon mounds 2 inches apart onto the prepared cookie sheet. Using a small spatula, spread each mound into a circle.
- Bake for 8-10 minutes, or until browned, rotating the pan back to front after 4 minutes. Cool on the cookie sheet for about 30 seconds, then transfer to wire rack to cool completely.
- In a small bowl set over a small saucepan, melt the chocolate over hot, not simmering, water. Dip the cookies halfway into the chocolate and return to the racks to set.

**WISHING YOU AND YOUR FAMILY A MEMORABLE CHRISTMAS AND
A HAPPY AND HEALTHY NEW YEAR 2008
YOUR COMMUNITY REALTOR PIA BLUM 284-2526**



**Real Estate
Company**
...and more

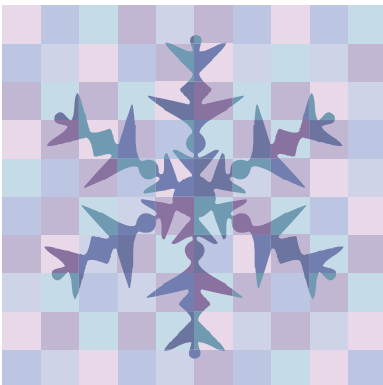
ART CLUB


The Artists are 'spreading their wings' by trying interesting techniques, even doing paintings of a variety of beautiful woodland mushrooms, bark with moss, and more from Myrna's country property. Speaking of Myrna, I'm proud to announce that Myrna's 'Grove of Aspen' painting was one of only two juried paintings accepted for the Foothills Silent Auction, where it brought over \$1000 as part of the program to enable the Enhanced Technology Program to take place for the Foothills Medical Centre. Another example of what a difference one volunteer can make. ART CLUB resumes Jan. 9th, 2008; cancelled Jan. 16th (hall rental); normal schedule Jan. 23rd. Betty 282-7395, or Myrna 286-3223

SENIORS NEWS


We continue to welcome you on Thursdays 10 a.m.-1:30 p.m. Coffee's always on, so is conversation, cards, other table games, or a good book (you may borrow books from our library). Bring your sandwich, soup & dessert supplied. Oh yes, occasionally we enjoy a delicious pot luck lunch. SUPER Pot Luck was held Nov. 21. SENIORS will continue to meet through Dec. 6, then in 2008 will resume on Thursday Jan. 10th, but the hall is rented for Thurs. Jan. 17th. Then back to normal schedule, Thurs. Jan.24. See you Thursday. Audrey Patrick 282-4584

SENIORS and ART CLUB wish all a MERRY CHRISTMAS..SEE YOU IN 2008!





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KARIN GOODRICH - LONG TIME VOLUNTEER

In this month when the community celebrates its VOLUNTEERS, I would be remiss if I didn't write about a volunteer who has done many volunteer jobs in our community, over many years. In 1988 Karin sold 1000 Olympic books, as well as many 'Calgary' books, all profits for our community. Since 1992 Karin has sold 2000 + colorful Pac Sac bags at \$2 per bag for community coffers. We could always count on her to help at the cash desk at garage sales. I also remember how good her many loaves of fresh grain bread smelled as she would bring them for a bake sale. Some years ago Karin even helped out with art class. Have you ever seen the WELCOME folders prepared by Karin? Each book is updated each year, and delivered to new arrivals to St. Andrew's, giving much information about our City, and our community. A lot of work goes into each folder, and paid for out of her own pocket. It was a plan that she had years ago, and put it into action, meant to say WELCOME TO ST. ANDREW'S. Over many years, as treasurer and substitute Treasurer, Karin kept our community funds well invested, and had a careful approach to spending. Karin helped with soccer, tennis, (hockey and hockey rink flooding in early days). She took turns supervising skating and supplying hot chocolate, led Brownies and Guides, and even helped out with Moms & Tots and Seniors. Karin does her own 'Brand' of on-going bottle collection by collecting from some folk who are shut-ins. WE THANK YOU, KARIN, FOR SUPPORTING AND HELPING YOUR COMMUNITY IN THESE WAYS. (Betty Proudfoot)

West Valley Softball District

2008 Season Registration Starting Jan. 15, 2008

Fastpitch softball is a fun team sport for kids of any ability from ages 7-19. Our season runs from early March (indoor tryouts & practices) until late June to mid July depending on the age category. Player seeding tryouts are in March and the games start in

April. Registration commences on January 15, 2008. Registration is available online at <http://www.calgaryarea.com/nw/silversprings/silversprings.htm> and scroll down to Online Softball Registration or call 288-2616. Information about age categories and the upcoming season is available at www.calgaryminorsoftball.com. Softball is a game for life with many players continuing on with various forms of the game as adults. There's a place for everyone on our teams.



LOUISE RILEY LIBRARY

All Calgary Public libraries will be closed on: Tues, Dec 25, Wed, Dec 26 & Tues, Jan 1, 2008. The library will be open from 10:00 am- 4:00 p.m. on Mon, Dec 24 & Mon, Dec 31. Happy Holidays!

Prepare for that special holiday party with some beauty tips from Cosmetics 101. A skin care/cosmetics representative from Shopper's Drug Mart provides information on a wide variety of cosmetics. Program includes makeup demonstration. TUES Dec 11 7:30 - 8:30 p.m.

Look for our new Program Guides in mid-Dec listing exciting programs for all ages for Jan to April 2008! Register in person, by phone or online at www.calgarypubliclibrary.com

Make your New Year's resolution reality with Resolutions Into Revolutions.

Stan Dunster presents a 12-point program to assist participants in setting and achieving their personal goals. TUES Jan 22 7:00 - 8:30 p.m.

Maybe your New Year's resolution includes eating better. Attend Nutrition for Life to learn how nutrition affects the body including cholesterol, diabetes, blood pressure, and more.

Co-sponsored by Simply for Life. TUES Jan 15 7:00 - 8:30 p.m.

Investment Workshop - Just for Retirees

Learn how long your money will last in retirement and how to protect your estate from taxes. Lunch is included. Presented by Dave Kanary, CFP, Investment Representative, Edward Jones. SAT Jan 26 10:30 a.m. - 2:30 p.m.

E-Bay Shopping Tips for Seniors

Learn the fundamental information you need to know to shop online.

Ages 50 and up MON Jan 28 10:30 a.m. - 12:00 p.m.

Six-Week Series Storytimes. Through a six week program of regular storytimes, your child will develop literacy and social skills as well as having fun! Registration begins Jan. 8, 2008. Choose from either:

Toddler Storytime

Join us for stories, songs, and fingerplays especially for toddlers.

Ages 2 to 3 with a parent/ caregiver.

Thursdays, Jan 24 to Feb 28 10:15 - 10:35 a.m.

OR

Preschool Storytime

Join us for stories, songs, and fingerplays especially for preschoolers.

Ages 3 to 5 independent of a parent/ caregiver.

Thursdays, Jan 24 to Feb 28 2:15 - 2:45 p.m.



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- I am a former long-time resident of St. Andrews Heights.
- Local St. Andrews Heights references provided on request.

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ALBERTA PARKS AND PROTECTED AREAS

A Five Part Slide Show Series

Second Thursday of the month starting October 11th (October 11th, November 15th, January 10th, February 14th and March 13th) 7:00 p.m. - 9:00 p.m., The Cochrane Ranche House (Located .7 km north on Highway #22 from the Highway 1A and Highway #22 junction) Admission: \$6.00 per person includes GST. (Space is limited). For more information consult our website at www.fish-creek.org.

THIRD PRESENTATION:

The Beaver Hills - Preserving a Unique Resource

Thursday, January 10th, 2008

Presenter: Cecelia Goncalves is the Visitor Services Specialist with Alberta Parks - East Central Area. She has worked as an interpreter for the past 17 years with a variety of park related agencies.

For more information or to book your seats in advance, **phone 297-7927.**

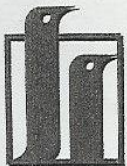
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www.calgarynewcomersclub.com

MESSAGE FROM DR. DAVID SWAN, MLA, CALGARY-MOUNTAIN VIEW

This Christmas marks my third year as MLA of Calgary Mountain View. I want to express to all of you what an honour it is to serve and represent you in my duties as member of the legislature. Christmas is a wonderful season to give thanks for the abundance we share in Alberta. It's also a time to remember those in our midst that are being left behind by the rampant growth we've experienced. In particular, I'd like to think of the homeless and those ravaged by war and famine in Darfur this year.

I wish you and yours a very Merry Christmas and a Happy New Year!
 Address: #102, 723 14 Street NW, T2N 2A4 Phone: 216-5445 Fax: 216-5447
 E-mail: Calgary.mountainview@assembly.ab.ca Website: www.davidswann.ca

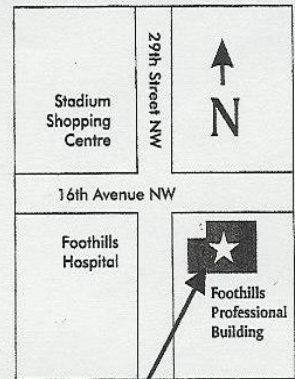
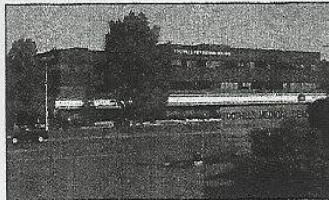


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Community Events

Keep Fit Classes - Mondays and Wednesdays (drop in) 7-8pm 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)

Seniors - Thursdays from 10 am to 1:30 pm at the Community Hall. Call Audrey Patrick (282-4584)

SIRENS FOR LIFE

Please book an appointment today to help reach the target of collecting 72 blood donations at the next St. David's United Church blood donor clinic.

Where: St. David's United Church,
The Sanctuary
3303 Capital Hill Cres NW

When: Saturday, January 12th
9:00 AM - 1:00 PM

Call 1 888 2 DONATE (1 888 236-6283) for more information, or to book an appointment to donate. Appointments are recommended to help reduce clinic line-ups and waiting times.



A color version of the newsletter is available on the SAH website!
www.standrewsheights.ca

Classified Ads

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

Bernita's Day Home Fun-filled home with healthy home cooked meals and snacks. Located here in St. Andrews Heights. Available Care: Full-Time \$750/month and Part-Time \$45/day Open from 7:00-5:00PM Daily Please call Bernita for more information (668-7353)

Tutoring Available: Elementary and junior high science and math & high school science and biology. For more details please email Ashlie, ashliemacdonald@hotmail.com

Snow Shoveling - Looking to pay someone to shovel our sidewalk for several weeks throughout the winter. Please call 470-5568

BRIAR HILL SCHOOL

OPEN HOUSE

WEDNESDAY FEBRUARY 20, 2008

7:00 - 8:30 p.m.

1233 - 21 Street N.W.



Calgary Board of Education