

St. Andrews Heights Community Newsletter



December 2009

As we head into the final month of 2009, I wish to thank the many people that have volunteered on behalf of the Community Association and many organizations that are active in our neighborhood. The new year will bring a number of events that promise to be enjoyable and interesting. If you're interested in helping out, we would be delighted to have you. Contact information is in the newsletter or website.

Congratulations to Marni Benson and her team for having delivered a delightfully frightful Halloween party at the Community Center. I have posted photos on our website and we are looking forward to making this an annual event.

In response to several requests to receive information by e-mail, we shall trial a program whereby residents may choose to receive this newsletter and notice of St. Andrews Heights Community Association events on a monthly basis. Additionally, it may be useful to receive information about damage arising from severe weather or matters of public safety. I anticipate having a signup webpage along with a statement of privacy available by mid January 2010.

Once again, congratulations to Betty Schmidt and those involved in the Seniors Program. A turkey dinner is planned for December 12, 2009.

We are looking toward February for a family-oriented event to be held at the Community Center. A number of ideas are being explored and if you'd like to help out, please contact Marni Benson.

The number of residents have commented on the pedestrian bridge that crosses Crowchild Trail at the 13th Ave. level. The structure is showing signs of age and without a ramp, crossing with young children or stroller is rather challenging. If you feel similarly, the Executive Committee asks you to communicate your support of an upgrade to the City of Calgary. Please call 311.

On Wednesday, January 20, 2010 at 7 PM, I shall host a town hall meeting at the Community Center to discuss your concerns about traffic and parking. Traffic problems can be complex and I wish to provide you with an opportunity to share you ideas.

On behalf of your executive committee, I wish you and your family a safe and happy holiday season.

Jeff Schaefer

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The deadline for submissions for the December issue of the St. Andrews Heights Community Newsletter is: January 22 , 2010

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 T2N 1L8

Community Executive 2009-10

President	Jeff Schaefer	403-289-0625
Past President	Liz Murray	403-282-8309
Treasurer	Gitte Julien	403-282-2795
Secretary	Lorna Beairsto	403-274-4431
VP Sports	Adev Ahluwalia	403-284-4110
VP Facilities	Michael Fuchs	403-282-5246
VP Comm & Events	Marni Benson	403-226-0315
VP Seniors	Betty Schmidt	403-282-8949
	VP Planning—	
Non-Residential	Liz Murray	403-282-8309
Residential	Adev Ahluwalia	403-284-4110
Hall Rentals	Heather McQuay	403-288-1022
Newsletter	Gwen Schaefer	
	newsletter@standrewsheights.ca	
Policing Officer	vacant	
Hall Telephone		403-282-5211
Webmaster	Jeffrey Schaefer	
	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

SAH HALLOWEEN SUMMARY!

The SAH Community Association hosted its First Annual Kids Halloween Party and it was a huge success! Who knew there were so many kids in the community? We estimate that there were at least 45-50 princesses and ladybugs, ghosts and goblins under the age of 12 who passed through the doors. They drank eyeball potions, ate mummy tomb and witch hat cookies, played with creepy crawlers and had their fortunes told. It was a very spooky night indeed.

We could not have successfully accomplished this event without the decorating help of Isabella and Rielle. They did such a great job, especially with the Spider's lair. Thank you Susan for your marvellous fortune-telling abilities. And last, but not least, thank you Gwen, Jeff and Heidi for your overall general assistance. I must admit that although I had never been one to celebrate Halloween in the past, getting involved with the event has sparked my interest! We had such a fun time. Perhaps your involvement in future events will have the same effect on you too! As the saying goes, many hands make light work so if there is ever an interest in volunteering for an event, your help will always be very much appreciated.

Jon and I moved into the community in May and we enjoyed meeting many of you. Although I do apologize that I was a little preoccupied mixing potions for the little ones and didn't have much time to visit or even finish putting on my costume and scary makeup!

We look forward to seeing you all at the next event!!



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WITH DEEPEST SYMPATHY FROM OUR COMMUNITY

Sandra Gayle Maurer (nee GLANVILLE) June 6, 1965 - October 29, 2009
Sandra died on October 29th, 2009 at the age of 44 years. Next to her loving parents, Walter and Irma Glanville, she leaves to mourn her husband Randy and two young sons Blake (8) and Gavin (5), her loving sister Janet (James) Furseth. She will also be missed by her in-laws Jim and Georgette Maurer, and brothers and sisters-in-law, as well as aunts and uncles, cousins and numerous friends.

Sandra was raised in our community and attended Chief Crowfoot, Parkdale and Queen Elizabeth Schools. As a girl Sandra was involved in community activities, including playing on the first girls' community soccer team, and was a Brownie. She also attended St. Andrews Anglican Church with her parents. Her life was full of activity.

Teaching for 22 years, she touched the lives of many former students in Nanton and Claresholm and was both a blessing and a gift to all who knew her. She will be sorely missed, and never forgotten by those who loved her.

If desired, memorial tributes may be made to the Crohn's and Colitis Foundation of Canada at 3100-246 Stewart Green S.W., Calgary AB T3H 3C8, or to one of Sandra's favorite teacher programs, Project Read, Box 1555, Claresholm, AB T0L 0T0.

Doreen Grace Fuchs (nee Pettet) d. Nov. 19, 2009

Following a brief illness at the age of 80 years, Doreen passed away peacefully. She is survived by her mother Edna Agnew, her five children, David (Gillian) Fuchs, Karen (Rick) Rimmer, Laura (Ralph) Wignali, Michael (Elaine) Fuchs, and Lisa (Perry) Colangeli, and her ten grandchildren. Doreen was predeceased by her husband Hubert, in 1986. Friends and family remember her warm smile, sincerity, kindness, compassion and love. She will be sadly missed by all. Funeral services were held at Fosters Garden Chapel on Tuesday November 24, 2009. If friends desire, memorial donations may be made directly to Alzheimer Society of Calgary.

Expressions of sympathy may be forwarded to the family via the website www.fostersgardenchapel.ca



Margaret (Marg) Knight January 30, 1923 - November 1, 2009

Marg Knight and her husband Alden (Al) moved to St. Andrews in 1957, where Marg became active in the community and formed lasting friendships. Marg was Secretary of the Community, and was one of the leading people to help form the Keep Fit program. In addition, she worked for twelve years as Treasurer of the St. Andrews Kindergarten, which met at St. Andrews Anglican Church, the church which Marg attended. She joined hiking groups, and participated in Tai Chi at the Kerby Centre.

Following the death of her husband Al (April 1, 1995), she moved to Valley View Alberta, to be closer to her son Bruce, his wife Marla, and three beloved granddaughters Katie 16, Victoria 14, and Charlotte 12 years.

Marg had entered another phase of her life, and due to health problems it was important for her to live in a Centre where she was well cared for, and where family could visit her most days. Bruce, Marla and girls live on a farm a few miles away, at Sunset House. Marla works at the Care Centre, and the granddaughters attend school close by, so Marg was well connected with family and they attended to her every need.

Besides her immediate family, Marg will be missed by her sister Lois (Toronto), a sister-in-law Margo Pattison (Calgary). Marg did miss her Calgary friends, but led a happy, quiet life to the end.

For contact: Bruce & Marla Knight, P.O. Box 62, Sunset House, Alberta.



St. Andrews Art Group



OPEN HOUSE

Wednesday, December 2nd, 2009

12:30 pm – 3:30 pm

St. Andrews Heights Community Hall
2504 - 13th Ave. N.W.
Calgary, AB

Drop by to View a Selection
of Original Art Work on Display
Small Affordable Original Paintings
for Sale, Art Cards

Meet the Artists, Enjoy a cup of Tea or Coffee

Cash or Cheques Only
Additional parking is available in the lower parking lot
on 13th Avenue just off University Drive.

Seniors Christmas Party

Turkey Supper

4:30 Saturday December 12th

Catered - BYOB

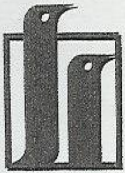
Piano Marilyn

Tickets \$12.00

Call Betty to reserve

(403) 282-8949

paulizschmidt@shaw.ca



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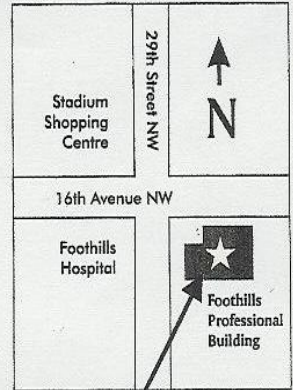
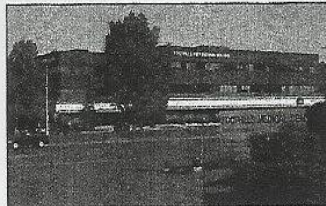
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SENIORS DECEMBER NEWSLETTER

We had our first meeting September 14th. Since then we have met regularly every Monday at 9:30. The two occasions when we have had a speaker have been reasonably well attended, 10 -20 seniors present. However, with the exception of the tour of Hotel Alma, the others have been disappointing, fewer than 5 if you exclude Jacquie and me. The Turkey Dinner and the Pot luck were very successful. I expect a great turn-out for the Christmas Turkey dinner on Saturday December 12th. This will also be Jacquie's final day with us. I know I speak for all of you when I say we will miss having her with us.

Schedule:

Monday Nov. 30 th	Trim the tree
Monday Dec. 7 th	TBA (We are hoping Robert will be available to help us with the computer and Internet) We now have a printer and scanner for your use
	Cookie exchange
Sat. Dec.12 th	Seniors turkey Supper \$12:00

Call me 282-8949 or email me @ paulizschmidt@shaw.ca

Activities will conclude on December 12th and resume on Monday January 11, 2010.

Merry Christmas and Happy New Year to all of you

Betty



Airdrie Festival of Lights

PRESENTED BY
VESTA

The Pharmasave Entertainment Tent
Santa's Workshop presented by Qualico
Co-op Kids Activity Tent
The Vesta Express Train Rides
Now serving Panago pizza and
Van Houtte hot chocolate
New Year's Eve fireworks and
family dance presented by Propak

December 1 - 31
6pm - 9pm Nightly
Free Admission, Free Parking
Get YOUR Glow On!

www.airdriefestivaloflights.com

2 for 1 Train Ride
courtesy of
St. Andrews Heights
Community Newsletter

VESTA QUALICO KIDS CO-OP Airdrie PROPAK



**Hounsfield Heights -
Briar Hill Community
Kindergarten**

Registration & Open House

Monday, January 11, 2010

Registration begins at 6:30 pm

Open House 6 - 7:30 pm

Room 11, West wing
Briar Hill School
1233 - 21 St N.W.

MEET the Teacher and parents of children currently in the program

SEE the classroom and sample work of current students

REGISTER your child for Kindergarten (2010/11)

ADVANTAGES

- Small class sizes, low student-teacher ratio
- Strong literacy focus
- Devoted teacher (winner of "Excellence in Teaching" award)
- Nurturing, creative environment
- Morning and afternoon programs
- Numerous field trips
- Outstanding sense of community
- Before and after school care available
- Parent executive

WHO IS ELIGIBLE?

Children must be 5 on or before March 1, 2011.

Community Membership is required in order for your child to participate.

(Memberships available on registration night.)

Registration forms will be available online mid-December at
www.calgaryarea.com/newbriarhill.htm

(Community Kindergarten Information 2010-2011)
or outside the classroom.

TO REGISTER, please bring:

- Completed registration form (forms will also be available at the Open House)
- Chequebook to pay the \$65 non-refundable registration fee (this includes Community Membership fee)
- Original birth certificate of the child
- Alberta Health Care number of the child

You are welcome to attend the Open House
even if your child(ren)
are not yet old enough for kindergarten.

For more information, contact the Kindergarten
at (403)220-9775. Your messages will be returned promptly.



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GLAZED MAPLE COOKIES

Makes 40 cookies



3 cups all-purpose flour
 (spooned and leveled)
 1 teaspoon coarse salt
 1 cup sugar

1 cup (2 sticks) unsalted butter
 (at room temperature)
 1½ cups pure maple syrup
 2 large egg yolks



- Preheat oven to 350 F, with racks in upper and lower thirds.
- In a medium bowl, whisk together flour and salt. In a large bowl, using an electric mixer, beat butter and sugar until light and fluffy. Beat in ½ cup maple syrup and egg yolks. With mixer on low, beat in flour mixture.
- Drop batter by tablespoons, 3 inches apart, onto two baking sheets. Using a flat-bottomed glass dipped in flour, flatten cookies to a ¼-inch thickness. Bake until golden at edges, 12 to 15 Min, rotating sheets halfway through.
- Transfer cookies to wire racks to cool. In a small sauce-pan, simmer 1 cup maple syrup until reduced to ¾ cup. Spoon over cookies.
- **TRY THIS:** Sprinkle cookies with coarse salt after glazing to enhance the maple flavor.

WHISHING YOU AND YOUR FAMILY A MEMORABLE CHRISTMAS

AND A HAPPY AND HEALTHY NEW YEAR 2010
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ARE YOU A PERSON WHO LIKES TO HELP?

Home-Start have openings for volunteers. We help families with at least one child under the age of 5. In the families own home.

You don't need to be a super nanny to help parents with young children . . .

Do you: Enjoy making new friends? Know first hand the stresses of bringing up children? Sincerely like to listen?; Relate well with children? Like to offer practical assistance? Have children of your own and would like to support another mom?

Being a parent is one of the toughest jobs in the world. All parents experience times of doubt and despair. Why not share your skills and knowledge with another parent?

**For more information, please contact Marion Paulson at
The Bowness Boys and Girls Club: 403 571-0516.**



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- Local St. Andrews Heights references provided on request.

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HOME ENERGY EFFICIENCY: TURN DOWN YOUR HEAT

How much do you spend on energy in your home each year? Take simple actions to save almost \$600 a year. **Like turning down your heat.** Turn down your heat by five degrees when you're sleeping and away at work. For every degree you lower the temperature, you save up to two per cent on your energy bill. Turning your thermostat down at night from 21 to 16 degrees Celsius will save you 10 per cent of your energy bill and up to \$56 each year.

For added convenience, consider installing a programmable thermostat to adjust your heat automatically. **But you can save even more.** Take other actions, too, like switching to energy efficient light bulbs and unplugging your old second fridge (older than 1995), to increase your savings to almost \$600 per year.

If every household in Calgary took these simple actions, we would reduce the energy we use and the greenhouse gases we produce that make up our carbon footprint. It would be the equivalent of taking 365,000 cars off our roads.

For more details on measuring your ecological footprint and to calculate your savings, visit calgary.ca/footprint.

Save money, save energy and protect our environment.



Season's Greetings!

from your voice
in the Alberta Legislature



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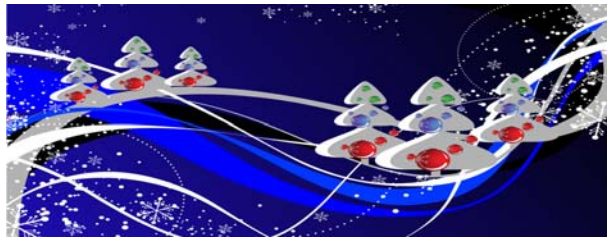
Community Events

Keep Fit Classes - Mondays and Wednesdays 7-8pm in the school gym. Call Karen 403-289-7820

Art Group - Wednesdays from 12 to 3:30 pm at the Community Hall. For information call Betty 403-282-8949

Classified Ads

For Sale: 3 sets of vertical blinds (2 with valance); each to fit window approximately 110" w by 40" high; wheat gold, white/grey tweed, pink/grey tweed. Professionally cleaned, 2 sets need a track. \$25 per set or offers. Call 403-289-0654



Food Bank Coffee Party

To all those who came to the Food Bank Coffee Break in early November, a hearty 'Thank you'. Together you donated \$2530.00 to the Calgary Interfaith Food Bank.

Snow Shovelers :

Jordan Fleck 403-875-8572

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

help

YOUR TIME IS OUR LIFELINE.

Heart disease and stroke are responsible for 1 in 3 Canadian deaths. Take a few hours this February and join our team of Heart Month volunteers. With your help, lives can be saved.

PUT YOUR HEART INTO IT.™ MAKE A DIFFERENCE.

HEART & STROKE FOUNDATION
 Finding answers. For life.

Visit heartandstroke.ca/HELP
 or call 1.888.HSF.INFO