

Table of Contents

1. Letter from the Editor	Page 3
2. September Church Calendar	Page 4
3. Youth Group Fall Calendar	Page 5
4. Welcome to our Ministry Team	Page 5
5. Kingsland Haysboro Indigenous Friendship Day	Page 6
6. Financial Update	Page 8
7. Welcome Daryl George	Page 9
8. Bites & Stings – Wellness Ministry	Page 10
8. Summer Reflections	Page 11
9. Christmas Bazaar & Vendor Invitation	Page 15



Letter from the Editor

Hello St. Andrew's and welcome to our special September issue of ConnXions. Many folks have been enjoying their summer holidays and we did not have too many submissions for an August/ September issue so have decided to delay the issue by a month and include a bit of a photo album of all things summer from our St. Andrew's family. We hope you enjoy browsing through some of the photos that have been submitted to see what people have been up to. Hopefully it also brings forward some fruitful conversation after service as you chat with friends about your summer over coffee in the Karl English lounge.

Fall brings about many changes – in the weather, in daily routines, and it signals the return of familiar happenings. We hope our September calendar helps organize your own calendar a bit as you find out when things are starting up once again this fall at St. Andrew's.

The ConnXions team hopes to gather some regular submissions once we get back to our regular routine of publishing once every two months and our October/November issue is right around the corner! We are accepting submissions for that issue now and up until September 15th . Please send them our way to: ConnXions@standrewscalgary.ca.

Our small team is also looking for some new folks to join us! If you have skills in proof-reading, editing, organizing, etc. we would love to hear from you. We tend to gather via email once every couple of months to discuss the layout of the issue, who we should reach out to for articles, and what othe information is required to get us to publication. Our work tends to be done online and the only requirements from new folks are to have a working computer and a love of getting news to print!

Blessings to everyone at St. Andrew's from the ConnXions team as we move into Fall with comfort in God's strength and guidance. May you feel God's loving warmth and presence as the days grow shorter and the weather changes.

Lorna Andronikou, Editor, ConnXions



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	LABOUR DAY	3	Side-by-Side Volunteer Training (10am)	5 Choir Practice Resumes (7pm) GriefShare Resumes (1:30 pm) Heritage Seniors Registration (9am KEL)	6	7
Church School Resumes (blessing of leaders during service)	9 Heritage Seniors Activities Resume this week!	10	In-person Side-by- Side Resumes (9:45am) The Edge Resumes (3:30 pm)	Online Side-by-Side Resumes (3:30 pm)	Youth Group Resumes (7pm)	14
Sunday Morning Bible Study Resumes (11:15am)	16	17	18	19	20	21
22	23	24	25	26	Youth Group (7pm)	Indigenous Friendship Day (11am)
29	30 Biblical Narratives of Hope (9am)	There is a time for everything, and a season for every activity under the heavens. Ecclesiastes 3:1			ST. ANDREW'S	

YOUTH GROUP 2024

Every Youth Group event starts at <u>7pm!</u> We meet at the back door, and head upstairs to start our activities. The door is always locked, so if you happen to be running behind, please call <u>Matt at 403 408 7008</u> so he can come let you in! If you have any questions, please don't hesitate to reach out via email to <u>Lauren at laurenrosecole4@gmail.com</u>

September 13 - Welcome Back Bros.



September 27 - Aliens Bonanza



October 11 - It's all just a bunch of Hocus Pocus



November 8 - Board Game Blitz



November 22 - Scavenger Hunt



December 6 - Merry Christmas Charlie Brown



December 20 - Santa Claus is Coming to Town













Kingsland Haysboro Indigenous Friendship Day Saturday, September 28th

Time flies! It is hard to imagine that something we started talking about 18 months ago is now only weeks away. It has been a journey getting to this point. We have been so fortunate to benefit from several partners. We have received grants from The Province of Alberta, The City of Calgary, The Calgary Foundation, The Presbyterian Church in Canada, the Presbytery of Calgary-Macleod and our own Legacy Fund. By making these grants, these bodies are affirming what we are planning, all to the tune of \$34,700. Additionally, the City is supporting this event by leasing to us its portion of the old YMCA lot for just \$10. There is only one thing we can say in response: thank you!

Another partner is the Aboriginal Friendship Centre of Calgary. The weekly meetings with them has helped us shape the core focus of the day: an experience of Indigenous Culture. They have linked us up with Brown Bear Woman Events (a company from the Tsuut'ina Nation). They are a family-owned business that specializes in offering a variety of events to educate and showcase Indigenous history, traditions and culture. We will raise teepees, learning about their meaning. You can play traditional games and do crafts. We can listen to traditional stories and grow in our understanding of Indigenous spirituality. There will be displays to view and traditional foods to taste. And, if you wish to take something home, there will be Indigenous vendors.

The day will end with dancing. First, performances of different styles of dance. Then it will be our turn as we all join together in a Circle Dance. We are creating this event primarily (but not exclusively) for the two neighbourhoods our church is located in: Haysboro and Kingsland. But it is open to all! So invite your family and friends to come and learn and be a part of this cross-cultural experience.

You can also be a part of the organization for the day as a volunteer. <u>CLICK HERE</u> to read more about how you can help with supporting our Indigenous guests on event day, or help with set up and take down, food, activity stations....there is a lot to do. If you are reading a paper version of ConnXions, then go to <u>www.standrewscalgary.ca/ifd</u>

We look forward to seeing you there!

Submitted by Rev. Peter Coutts on behalf of the Mission Team



Schedule of Activities

11:00 - 12:00 Opening Ceremony, Help Us Raise a TeePee, Crafts, Games, Displays, Traditional Teachings, Drumming, Vendors

1:00 - 2:00 "FEAST" Free Meal

2:00 - 3:00 Dance Performance & Join in a Circle Dance

Where?

Heritage Drive SW at 11 Haddon Road (the old YMCA lot)





St. Andrews Presbyterian Church

Summary of Results to June 30, 2024

Receipts	Budget to	Actual to
	June 30,2024	June 30, 2024
Church Support (PAR, Envelope, Electronic)	180,000	177,197
Pledges	20,000	8,784
Other donations and income*	20,500	18,385
Transfer From Reserves/Restricted Funds	64,572	10,204
Total Receipts	285,072	214,570
Expenses		
Music & Choir expenses	6,350	4,764
Congregational teams	9,050	4,131
St Andrew's People & Education	185,212	124,876
Administrative expenses & Insurance	16,215	16,915
Maintenance & Operations	35,688	45,928
We Reach Out	32,505	30,910
Total expenses	295 020	227 525
•	285,020	227,525
Surplus (Deficiency)	(52)	(12,955)

^{*} Includes: other donations (ie bequests), open plate, use of space, investment income

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ASSETS	
Current Assets	
Chequing/Savings	
1.1 Connect First Credit Union	221,093.98
Total Chequing/Savings	221,093.98
Other Current Assets	
1.0 Petty cash	500.00
1.2 First Calgary shares	25.00
1.3 GST receivable	4,082.31
1.4 Prepaid Expenses	5,858.33
Total Other Current Assets	10,465.64
Total Current Assets	231,559.62
Fixed Assets	
5.0 Property & Equipment	1,000,986.83
Total Fixed Assets	1,000,986.83
Other Assets	
2 Memorial Fund	88,095.53
3.0 Investments	601,563.06
4.0 Externally restricted funds	844,680.99
Total Other Assets	1,534,339.58
TOTAL ASSETS	2,766,886.03





Daryl George - St. Andrew's new Caretaker/Maintenance staff.

Daryl is a "born and raised" Calgarian and comes to us with many years of experience in building maintenance and cleaning. His most recent job was as assistant maintenance manager at the Earl Grey Golf Club where he felt committed to continue working until the KPGA tournament was finished.

Daryl stated that he likes the "feel" of St. Andrew's. Let's make certain to make him feel welcome everywhere. We are blessed to have a person with such experience be part of our team.

Most of us have been bitten by a mosquito or an insect of some sort resulting in nothing but a mild annoyance. Scientists warn however, that a slew of insect transmitted diseases are on the rise across North America. This increase is fueled in part by high temperatures that are helping mosquitoes and ticks survive farther north and for longer periods of time. Increased global travel is also a contributing factor. In recent decades scientists also began seeing more urban transmission.

More than 500 species of wasps and 40 different types of ticks live in Canada. There are not yet vaccines approved to protect people from insect transmitted infections so proper support or medicines when people fall ill is crucial.

Some preventative measures are:

- o Walk on cleared trails whenever possible and avoid tall grassy areas.
- o Wear long, light colored clothing, avoiding floral prints. Choose shoes which are close toed and tuck pants into socks.
- o Avoid the outdoors at dawn or dusk if possible when insects are more prevalent.
- o Remove standing water which can be a breeding ground.
- o Use Health Canada approved insect repellant.
- o Check yourself and fellow hikers at the end of the trail for any sign of ticks.
- o Check pets for ticks around ears, eyelids, under collars between toes, around the tail, under front legs, between back legs.
- o Stay calm if you notice a bee or wasp as aggressive movements may lead to stings.

TREATMENT FOLLOWING A BITE OR STING

- ☐ Wash the area with soap and water.
- ☐ A paste of baking soda and water may be used to draw out venom.
- □ Cool pack for 15 minutes at a time to numb the area.
- ☐ A cream or spray with anti-histamine to isolate the swelling / itching.
- ☐ Oral anti-histamine for more severe itching or swelling.
- □ Avoid scratching the area due to bacteria under the fingernails which can lead to an infection.

Seek medical advice for signs of infection such as increased redness, hot to touch, pain, or pus. Also seek medical advice if you feel ill after 10 or more bites at the same time. More immediate attention is warranted for signs of significant swelling beyond the site of sting or swelling of the face, lips or tongue.

TREATMENT FOLLOWING A TICK BITE

Tick bites are not painful but noticeable. Ticks remain attached to the skin and attempt to crawl underneath. They can be found in the environment year round. Using a pair of tweezers grab tick as close as possible to the skin and gently pull straight out making sure to pull the entire insect. Do not jerk or twist and avoid crushing the body. Cleanse with alcohol and wash with soap and water. Tumbling dry clothing on high heat for 10 minutes kills any ticks possibly hiding. The risk of Lyme disease is lessened if the tick is removed within 24-48 hours.

Seek medical advice if you cannot completely remove the tick, if it is under the skin, if the bite becomes infected or if flu like symptoms or rash develop.

May we all remain vigilant and informed so that we may safely enjoy the beauty and marvel of nature in the majestic and wonderful great outdoors.

Submitted by Barbara Kearnes on behalf of the Wellness Ministry Team







- Rhonda Wishart and John Cuthbertson's grandsons Gabriel and Jackson at Sylvan Lake
- Lorie Nielsen & her 5 1/2 year old granddaughter Shasta. Her mummy is Heidi Nielsen. Taken in Squamish BC on holiday in June.
- Lois Kerslake taken by her daughter, Heather in June, 2024.







- Ian Judd playing Jenga with friends at Gas City Campground in Medicine Hat
- Cathy Millar with her 3 grandchildren Andrew Reimer and twins Karys Millar (middle) and Ashlyn Millar from Vancouver. Photo taken July 5 following the Stampede Parade.
- Karen Seetaram-McLeod and daughter, Kya on a boat while whale watching in LA.







- Jari-Lynn's mom, Geraldine Eckert celebrating her 90th birthday (July 29, 1934) at the Carriage House in Calgary. Madison Stevenson (my mom's youngest grandchild), me, Jari-Lynn Eckert, my mom, Geraldine Eckert, and two of my sisters, Bonnie Duquette and Kimberly Eckert.
- A photo of Jari-Lynn Eckert's sister Lee Ann Libin holding her youngest grandson, Sebastian Libin, and Jari-Lynn. Her husband, Michael Henry is in the background.







- A photo of our son, Mike, and myself (Maureen Amos) up at Sunshine Meadows this summer. We hiked the trails I believe one of God's very special places on earth!
- Tea time with friends Fran Koenders and Terry Zimmer.
- Fran Koenders with son Steve and daughter-in-law Amber visiting from Thousand Oaks.



Because of your smile, you make life more beautiful.







- Andreas and Lorna Andronikou in Disneyland. June 2024.
- Andreas, Lorna, and Michalis Andronikou in Jamaica. July 2024.
- Barb Kearnes and her sister Joyce Cordy in Budapest. July 2024







- Barb Kearnes and her sister Joyce Cordy in Amsterdam. July 2024
- Judy Bridgemohan visiting her home country of Trinidad & Tobago and helping release baby leatherback turtles back into the ocean.
- Judy's nephews Spencer and Stephen Bridgemohan kayaking on the river in Trinidad.





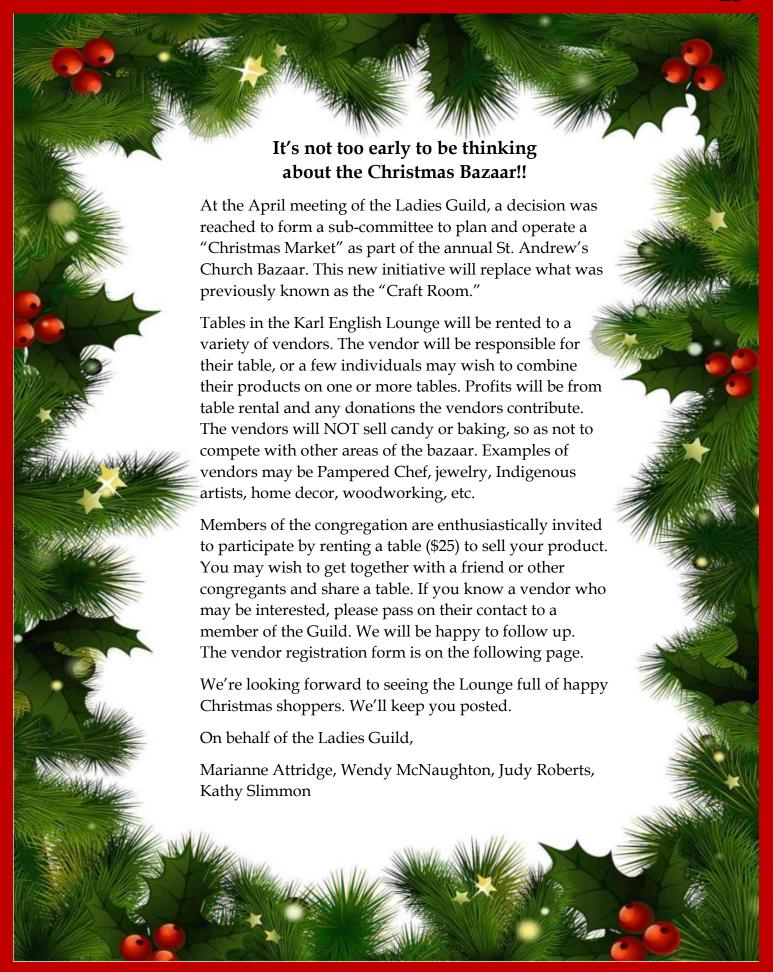


- Kevin and Barbara MacFarlane with the Stolees in Sun Lakes, Arizona. (July 2024)
- The Stolee family at Great Wolf Lodge in Phoenix this summer just before they hit the waterslides. So much fun!! Left to right: Bart, Adam, Sarah, Andrew and Jennifer Stolee.





- Another fun family trip for the Stolees was to the Fantasyland Hotel in Edmonton where they stayed in a pirate themed room. Adam, Sarah and Andrew Stolee are all dressed up to make the most of the adventure!
- Our St. Andrew's family ended the summer by coming together at our annual Family Camping weekend August 24-25th at Sandy McNabb Provincial Park. A wonderful way to wrap up a joyful summer 2024!



VENDOR INVITATION

St. Andrew's Presbyterian Church

Location: 703 Heritage Dr. SW

Saturday, November 16, 2024, 10am - 2pm

This annual sale has operated for many years and includes a book sale, Second Time Treasures, children's activity, giant bake sale and tearoom with light lunch, art sale and our newly minted Market Room. All proceeds provide support for community endeavours. The Market Room will be in the Karl English Lounge with approximately 18 tables.

We are currently looking for vendors to participate in the Market Room. If you are a vendor interested in purchasing a table, please read the following guidelines. Include payment and completed form (below) and remit to one of contacts below OR any member of the Ladies Guild. E-transfer to ladiesguild@standrewscalgary.ca. Cheques made out to St. Andrew's Ladies Guild.

Thank you.

Marianne Attridge Wendy McNaughton Judy Roberts Kathy Slimmon

whitens@telus.net wendy.mcnaughton@shaw.ca mroberts66@shaw.ca kathyslimmon@gmail.com

403-254-2495 403-617-4835 403-251-1024 403-256-5074

To ensure the success of the Market and a pleasant day for everyone, we ask that you observe and adhere to the following guidelines:

- \$25 includes one 6ft table, 1 chair and table cover, br you may provide your own.
- You must be at your table from 10am until closing at 2pm.
- Signage identifying your product/company is encouraged.
- · Sale of food items, including candy or chocolates will NOT be permitted.
- Due to allergies and sensitivity, scented material must be discreet.
- Table rentals are available until all tables are sold.
- · No open fire permitted e.g. lit candles.
- Power is limited and you must provide your own extension cords, if required. Battery powered lamps are permitted.
- Set-up is available on Friday, Nov 15, 10am 7pm and Saturday, Nov 16, 8am 9:30am. There is overnight security.
- Unloading can be done at the back of the church where temporary parking is permitted.
- Regular parking is available in the lot east of the church.
- St. Andrew's Presbyterian Church will not be responsible for any lost, stolen or damaged goods.
- · Table confirmation is made upon receipt of registration form below and payment.
- · Any questions or concerns should be forwarded to the contacts listed above.

VENDOR REGISTRATION

	VENDOR REGIONATION
NAME	_ Click or tap here to enter text
ADDRESS	
CITY	POSTAL CODE
EMAIL ADDRESS	PHONE
BRIEF DESCRIPTION OF PR	ODUCT
PAID METHOD: CASH	CHQ _ E-Transfer _ Click or tap here to enter text
MARKET APPROVAL	

The information you have provided is for the sole use of the St. Andrew's Presbyterian Church Ladies Guild Christmas Bazaar.



Is published every 2 months.

We welcome articles to be submitted on or before September 15, 2024, to:

ConnXions@StAndrewsCalgary.ca

Editorial Team

Coordinator: Lorna Andronikou
Team Member: Judie Coleman
Team Member: Barb English
Graphics and Formatting:
Kevin & Barbara MacFarlane

Delivery Coordinator: Flemming Nielsen