

The Saints' Scandal Sheet

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Editor's Message

As another year draws to a close, it's time to look back at the year that was, and look forward to the year ahead. To be sure, 2011 was a good year for the club, both on and off the field.

In order to ensure we can build on these successes in 2012, come to the club's Annual General Meeting. It's the single most important meeting for the club, so it's important that all members attend, in order to give direction to the incoming executive.

If you want to get more involved in the operation of the club, why not let your name stand for election? We're always in need of good, passionate people to keep this organization moving forward.

F*** the off-season,

Jack Mason
Scandal Sheet Editor
scandal@saintsrugby.com

President's Message

Saints,

On behalf of the executive I want to thank the players, coaches, trainers and fans for an exceptional season. We should all be proud of how quickly we turned things around both on and off the field this year. The increase in numbers at training is a direct result of our improved product on the field, but if there is anything we've learned from the past is that we can't get complacent. We have to keep working to grow and improve our club for years to come.

Please come to the AGM at noon on Saturday 26 November at Ceili's South. We'll recap the season and discuss how we can keep the momentum rolling through further planning and execution. Agenda to follow.

A huge thank you to all the executive and volunteers who helped bring this club back to the level we have come to expect!

Marc Rampaul
President
president@saintsrugby.com

Recruit

There are many important jobs that need to be done in the off-season to ensure the club will have a successful 2012 campaign, but the most important job is that of recruiting new players. If you know anyone who wants to play rugby (or maybe they do, but don't know it yet), make sure they choose to play for the Saints.

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Saints Rugby Club
established 1958

www.saintsrugby.com

Annual General Meeting

The Saints' Annual General Meeting will take place on Saturday 26 NOV 2011, beginning at 12:00 noon at Ceili's South (9737 Macleod Trail).

All club members are encouraged to attend. Business will include election of the 2012 Executive, review of financial statements, and charting a course for success on and off the field next season.

If you have any questions about the AGM, please contact Marc Rampaul at president@saintsrugby.com.

Off-Season Training

We all need to work hard to stay in shape (or get into shape) during the off-season. Nate Kreiger has an in with Peak Power (www.sportdevelopment.com), and is looking for some training buddies. If you're interested in this opportunity, get in touch with Nate at training@saintsrugby.com.

Mozac Samson has a great offer from the Athlete Factory, too. (www.athletefactory.net) If you're interested, contact him at mozac@saintsrugby.com.

For the women, Stacie is organizing training sessions for February and March. Please get in touch with her at social@saintsrugby.com.

Banquet Wrap-Up

Thank you to everyone for making the 2011 Saints Awards Dinner such a success. With over 70 people in attendance, the night was a lot of fun, although Rosey's speech was too long, and Marc was too short. (Not his speech, just him. Also, "crouch, hold, engage"? Really, Marc?) Congratulations to this year's award recipients:

MVP – Most Valuable Player
MIP – Most Improved Player
PP – Player's Player
ROY – Rookie of the Year
MBA – Mandy Barker Award

Women

MVP: Carrie Prout
MIP: Paige Adamson
PP: Mia Jovic
ROY: Ashley Tether
MBA: Mia Jovic

The Mandy Barker Award is presented to the person that shows the most spirit and heart on and off the field. This is a new award, named after a former female Saint who passed away a few years ago.

Men First Division

MVP: Marc Rampaul
MIP: Simon Ross
PP: Nick MacAuley (Vinnie)

Men Second Division

MVP: Stanley Wallis
MIP/ROY: Josh Jess
PP: Tom Hendrickson (Lego)

Men Third Division

MVP: Mitch Way
MIP: Rob Vrecic
PP: Bernie Dowhan

President's Award

Chris Price

Thanks to Marc, Riley, Megan, Nate and Tarin for their help with this issue. Thanks for Devon Knuttila for helping me with communications during the play-offs. Thanks for reading the Scandal Sheet. Watch for the pre-season issue in winter 2012!

Interview with Tarin Arndt

Tarin Arndt is a Saint, both in that she plays for the club, and cares for HIV orphans in Africa. The Scandal Sheet interviewed her about her charity work.

Scandal Sheet: Hi Tarin. Start off by telling us how long you've been a Saint.

Tarin Arndt: I just joined the club this year. I played high school rugby at Winston Churchill, and played a couple of years with the Saracens before coming to the Saints.

SS: We'll forgive you for that Saracens thing. Tell the good readers of the Scandal Sheet about your charity.

TA: It's called the Napenda Foundation, and we offer support to women and children in eastern Africa that have been affected by HIV/AIDS. We provide daycare, home visits, counseling, and our newest initiative is the Saints' Rescue Home for orphans. We're naming the home after the club because club members have been so generous and encouraging.

SS: Wow. Now, I'm guessing that building a rescue home isn't free... how have you been raising money for this initiative?

TA: I started earlier this year by making tie-dyed shirts and selling them, putting the proceeds towards the cause. I didn't expect to do much with the tie-dyeing, but it really took off, we got some good exposure being featured on CTV Calgary, and we've raised \$4000 for Napenda and our partner, the Living Positive Program.

SS: So how did you get into this?

TA: Well, I've always wanted to go to Africa, so about a year ago, I just decided to drop out of school, got a full-time day job, and focused my efforts on this dream. Basically, I work two full-time jobs.

SS: Tell me about your upcoming trip.

TA: Yeah, in March, I'm going to Kenya for three months. Ashley Jennings from the club is coming too. We're trying to convince Alby Iamartino to come too, but he hasn't committed yet... Basically, we're hoping that we'll have \$10,000 by then, which will give us enough to buy land for the rescue home, and then we can start building it.

SS: So what are you doing to raise money?

TA: Well, there's always the tie-dyeing, but Brad Hett is helping us plan a fundraising event this winter, with drinks and a silent auction, etc. Watch out for that, it'll be a great night.

SS: How can people get involved and help out with donations?

TA: If you want to make a donation, best is to contact me at t4a@saintsrugby.com. You can friend us on Facebook, just search for T4A. You can also buy tie-dye at www.t4aapparel.com, and follow my blog at www.tarininafrica.blogspot.com.

SS: So, you'll be there for three months, will you have time to teach the kids how to play rugby?

TA: I would hope so. We'll have eight kids at the rescue home, so that's enough for a sevens team, plus a sub, right?

SS: That's great. Anything else you'd like to say to the club?

TA: Yeah, just thanks to everyone for the support. When you're reaching out to Napenda, you're really reaching out to women and children in Kenya, which is wonderful. It's great to play for such a sweet rugby club.

SS: Thanks so much for the interview, Tarin. Good luck with the fundraising effort.