

Monthly Minders



A Newsletter from Community Building West

Wanted: Community Stories

Wonderful stories about community life happen all around us every day – we want to hear from you! The process of sharing stories energizes us to connect with one another. Tell us about the people centered activities that are making your community the place you want it to be.

Tell us about a time when...

You felt really proud to be a part of your community

Or,

You were really inspired by what was going on around you in the community

Or,

You encountered challenges in your community and overcame it.

We'd love to hear from you!

Stories should be short and sweet! To submit or for more details: contact your CRC.

West Edmonton Community Safety Fair 2010

Date: May 29, 2010

Time: 11:00 – 3:00 pm

Location: Woodcroft Community League (13915 115 Avenue) and Coronation Sports Fields

All residents living in the West Service Area are invited to attend this resource fair and tradeshow. There will be games, food, and fun for the whole family along with a number of resources available to help you and your family stay safe in your home, vehicle, and community.

This event is being planned in partnership with representatives from local community leagues, Edmonton Police Service and City of Edmonton.

Big Bin Event!

Big Bin events are held in various communities city-wide to collect large household items that can't be set out for regular collection. Examples include old couches, mattresses, broken lawn furniture, large and small electronics (computers), large/small appliances (dishwashers, toasters) and yard waste.

Will take just about anything **except:**

- Household hazardous waste like paint, varnish, used oil, and antifreeze
- Used clothing

2010 Dates include:

June 5 & 6 Woodcroft, 13915 115 Ave

June 12 & 13 Castledowns, 11520 153 Ave

June 19 & 20 Northlands, 11203 73 St

August 14 & 15 Callingwood, 11740 69 Avenue

August 21 & 22 Kennedale, 12810 58 St

August 28 & 29 Blue Quill, 11304 25 Ave

Sept. 11 & 12 Millwoods Town, 23 Ave & 66 St

Sept. 18 & 19 Commonwealth, 112 Ave & 90 St

For more information, visit

www.edmonton.ca/capitalcitycleanup

National Commuter Challenge Week May 30 – June 5

The Commuter Challenge is a national competition between workplaces and cities that encourages healthier commuting practices as an alternative to single occupancy vehicles for trips to and from the workplace.

The City of Edmonton wants you! As part of our commitment to support healthier commuting, the City of Edmonton is participating in the 2010 Commuter Challenge and is encouraging organizations and individuals like you to join us.

To register or get more information go to

www.commuterchallenge.ca

SUPPORT HEALTHIER COMMUTING AND CONTRIBUTE
TO A CLEANER AND HEALTHIER EDMONTON!

4 Wheel Drive Program

(A bicycle safety program for 4 – 6 year olds. Bike helmet and bell is required)

Westmount Community League, 10950 - 127 Street (in hall parking lot)

Saturday June 5, 10am - 12pm

Course code: 359026

Parkview Community League, 9135 - 146 Street

Saturday June 5, 10am - 12pm

Course code: 357975

Rio Terrace Community League, 15500 - 79 Ave

Sunday June 6, 1 - 3pm

Course code: 359627

Lessard Community League, 17404 - 57 Ave

Saturday June 12, 10am - 12pm

Code: 359032

Willowby Community League (6315 184 Street)

Saturday June 19, 10am - 12 pm

Code: 359031

Cameron Heights,

Saturday June 19, 2010, 12 - 2pm

Contact Carrie: 780-482-7661

cmwiklund@shaw.ca



Ride to Survive:

(A bicycle safety program for 6 – 10 year olds. Bike helmet and bell is required).

Parkview Community League, 9135 - 146 Street

Saturday June 5, 1 - 3pm

Course code: 357972

Westmount Community League, 10950 - 127 Street (in hall parking lot)

Saturday June 5, 1 - 3pm

Course Code: 359027

Rio Terrace Community League, 15500 - 79 Ave

Sunday June 6, 3 - 5pm

Course code: 359626



Cameron Heights

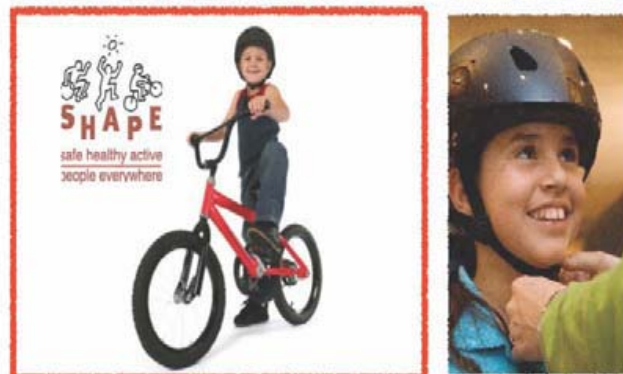
Saturday June 19, 2010, 2 - 4pm

Contact: Carrie 780-482-7661 cmwiklund@shaw.ca

All programs cost \$10.00.

For more information or to register in these programs please call 311.

BIKE 2 SCHOOL DAY



BIKE 2 SCHOOL DAY

Get on your helmet, dust off your bike and join us on June 3rd for the first Alberta Bike to School Day.

Schools or individuals can participate! Come on Alberta bike to school!

Register online at www.shapeab.com and ideas and suggestions to organize your day will be sent to you.

June is Bike Month

After this long cold winter of snowy roads it is time to dust off your helmet, tune up your bike and get your wheels spinning! Edmonton celebrates Bike Month during the month of June. This celebration highlights all the benefits of cycling as a sport, a mode of transportation and as a way of life. Bike events will be happening throughout the city to promote two wheeled transport.

For more information on events around the city check out www.bikeology.ca/ and join their Facebook Group and find Bikeology on Twitter!

For new gear or a tune up check out the many wonderful bike shops throughout the city, or if you want to get your hands dirty go to the Edmonton Bicycle Commuters Society.

www.edmontonbikes.ca

Also, get your hands on a Cycle Edmonton Map, Information and Trail Guide!

Summer Program Information July 5th to August 27th



Playground Program –

Children ages 6 to 12 are invited to drop by their local playground for a free fun-filled summer! Join the exciting games, crafts, music, drama and special events. Leaders are easily identifiable by their blue City of Edmonton shirts. Playground staff are required to pass a security clearance and have been trained in First Aid. Most importantly, all of our leaders are certified specialists in FUN! It is highly recommended that a parent or guardian supervise children under 6 years old at all times.

Registered Programs

The 2010 Registered Program Guide has been delivered to all elementary schools and public libraries.

Registration for all registered programs began on May 4th at 8:00 a.m. To register for a program please call 311, or go online to <http://ereg.edmonton.ca> or drop by any City Recreation Facility. Didn't get a copy of the Guide? Visit www.edmonton.ca

A big THANK YOU to the Community League for partnering with Community Services to offer a wide range of summer recreation opportunities for preschoolers, children and youth.

Leaders In Training – Get the Leading Edge!

Are you ready to meet new friends and discover the amazing leader within? The Leaders In Training (L.I.T.) program gives youth ages 13 – 17 years valuable leadership skills and work experience in a fun environment.

Gain valuable leadership experience through training and practical on-site volunteering. You will have the choice to volunteer in an assortment of programs run by the City of Edmonton, from summer camps to playground programs. Your volunteer commitment can be as little as two weeks or as much as seven weeks – the choice is yours. To volunteer complete the application (available after April 1) online at www.edmonton.ca/youth

For more information visit www.edmonton.ca/youth, e-mail youth@edmonton.ca, or call 944-7413.

Summer Camps Available at City of Edmonton Facilities

The City's many recreational, sports and cultural facilities also offer great choices for summer fun:

Grab a copy of:

- e-Active Guide Summer Edition
- City Arts Centre Guide Summer Edition
- Summer Daycamps 2010

at your neighbourhood City of Edmonton Recreation Centre or Edmonton Public Library.

Access all program guides at:

www.edmonton.ca/attractions_recreation/sport_recreation/program-guides.aspx

- includes information on Fort Edmonton Park • John Walter Museum • City of Edmonton Archives • John Janzen Nature Centre • Muttart Conservatory • Edmonton Valley Zoo

Recreation Centres

Visit your neighbourhood City of Edmonton Recreation Centre online and click on the [Daycamps](#) link to learn of dates and descriptions for summer programs they have to offer. Not all facilities offer the same programs, so be sure to check out more than one.

www.edmonton.ca/attractions_recreation/sport_recreation/recreation-centres.aspx

Golf Courses

www.edmonton.ca/attractions_recreation/sport_recreation/riverside-lessons-and-programs.aspx

www.edmonton.ca/attractions_recreation/sport_recreation/rundle-programs.aspx

Leisure Access Program

The Leisure Access Program allows eligible low-income Edmontonians to access City of Edmonton recreation facilities. Cardholders receive unlimited free admissions to City of Edmonton recreation facilities and a 75% discount on registered programs. Registrants of programs requiring extra materials can get 75% off the cost of these supplies.

Edmontonians are eligible for a Leisure Access card if they are receiving AISH, Income Support, have an Alberta Child Health Benefit card, or an Alberta Works Health Benefit card, or if their income (as shown on their Notice of Assessment) is below the Low Income Cut-Off line.

Further information and application forms can be found online at www.edmonton.ca/lap or by calling 780-496-4918.

Soak up the Summer at Edmonton's Outdoor Swimming Pools!

Mill Creek Pool - Open May 22
Borden Park Pool - Open June 5
Oliver Pool - Open June 5
Fred Broadstock Pool (Opening Summer 2010)
Queen Elizabeth Pool (closed for renovations)

If your community league has chosen to participate in the Summer Community Swim program at the outdoor pools, then you can gain access to any of the outdoor pools during the posted community swim times at no cost simply by showing your current Community League Membership. Contact your community league to find out if they are participating and then check out the website below to find out the Community League swim time.

As always, Community League members can also access outdoor pools at a discounted rate through the Community League Wellness Program. If members show a valid Community League Membership Card, they get 20% off an annual pass and 15% off a multiple admission pass.

For pool schedule information visit:
<http://www.edmonton.ca/outdoorpools>

What is Happening to our Wading Pool?

The City of Edmonton has been working on an initiative to transform all community wading pools into spray decks (a.k.a. wading pool retrofit). This mandatory retrofit is the direct result of changes to provincial legislation that specified that that standing water without filtration is no longer acceptable.

The City is supporting community leagues by providing a basic wading pool retrofit package to all groups who currently have wading pools which includes 6 – 8 spray heads being installed. Enhancements and upgrades to the basic package can be made and the Community Leagues will be involved in making those determinations and raising any additional funds that would be required for those enhancements.

Communities in the West are slated to have this work done during the 2010 construction season include: Glenora Community League (Summer Program has been moved to Glenora Elementary 13520-102 Avenue), Hudson Community League, and Elmwood Community League.

Community Gardens

Community gardens are a great way to bring together people from a range of backgrounds and life experiences. Gardening together creates a sense of community, fosters sharing and understanding between individuals and promotes a safer neighbourhood. Not to mention the food that can be grown! The fresh produce grown in your community garden plot can feed you and your family while saving money on your grocery bill. The City of Edmonton works in partnership with the Community Garden Network to support community gardening initiatives.

The Community Garden Network is a not-for-profit society of volunteers that represent existing and emerging community gardens throughout Edmonton and area. The Community Garden Network can help you find existing community garden opportunities, connect with other community gardeners, and learn how to start a new community garden in your neighbourhood. Grant money may be available for starting up a new community garden. Their website is www.edmcommunitygardens.org or they can be reached by phone at 780-447-9600.

Groups interested in starting a community garden can first contact their neighbourhood Community Recreation Coordinator or Social Worker for assistance.

Picnic Tips

- Reserve a site in advance to guarantee it
- Be considerate of others using the park
- Dogs are not allowed at or near picnic sites.
- Consuming liquor in a public place is illegal – this includes City parkland
- Please leave the park neat, tidy and undisturbed.
- Use designated camp stoves or fire rings only. The safe use of charcoal and gas barbecues is permitted.
- Be aware of fire bans in effect
- Bring your own firewood. Burning deadfall is illegal and removes important organic material from the local ecosystem.
- Bring your own roasting sticks.
- Events with 25 or more people require a free permit. If you have a permit carry, it with you at the event.

For more information visit www.edmonton.ca/parks
Picnic reservations call 311

Community Challenge Edmonton

Next Gen and the Edmonton Federation of Community Leagues (EFCL) are organizing a fun event, open to all ages, that will reward participants for their participation, civic pride, and their desire to do some good for the local community. Getting to know your neighbors, having fun with your family and friends, contributing to a local charity, and winning a community fund for your community league for a community project – how many more incentives do you need?

Teams of all ages representing a number of Community Leagues throughout the City of Edmonton will participate in a month long challenge to win a community fund that will directly benefit their Community League. The events will take place throughout the month of June and will include a Neighborhood Cleanup on June 5, a 24 Hour Bike Tune Up on June 12, and a Canned Food Sculpture Competition on June 26. Points will be awarded to teams based on criteria established for each event.

The winner will be announced on July 1, at the Canada Day celebrations in Churchill Square!

How can you get involved? The first step is to encourage your community league to participate and organize a team. The second step, tell your friends, family, coworkers, local barista or postman and rally the troops!

[Community Challenge Edmonton Website](#)

Rock the Square

Rock The Square is an annual event taking place at Sir Winston Churchill Square. It is a non-profit – for the love of rock – event organized by Baturyn Community League www.baturyn.ca, and [sponsored by local businesses](#).

The goal is to promote rock bands playing in Edmonton and area, **and provide awareness and fundraising opportunity to other non-profit groups.**

For more information contact Arek at pastpresident@aturyn.ca or visit www.rockthesquare.com

Thank You!

We would like to extend a thank you to all of the groups who have provided us with access to your Community Leagues, on such short notice, for the visual inspections that are being done. They are scheduled to be completed by the middle – end of June.

Edmonton Festivals and Special Events 2010

For more information visit: www.festivalcity.ca or www.discoveredmonton.com

[Nextfest](#) 2010

Thursday, June 3 - Sunday, June 13, 2010

[2010 Sprouts New Play Festival For Kids](#)

Saturday, June 12 - Sunday, June 13, 2010

[Dreamspeakers International Film Festival](#)

Wednesday, June 2 - Saturday, June 5, 2010

Heart of the City Festival

Saturday, June 5 – Sunday, June 6, 2010

[Rapid Fire Theatre Presents - Improvaganza](#)

Wednesday, June 16 - Saturday, June 26, 2010

[The Works Art & Design Festival 2010](#)

Friday, June 25 - Wednesday, July 7, 2010

[Edmonton International Jazz Festival 2010](#)

Friday, June 24 - Saturday, July 3, 2010

[Feats - Festival Of Dance 2010](#)

Saturday, June 26 - Sunday, July 4, 2010

[Freewill Shakespeare Festival 2010](#)

Tuesday, June 29 - Sunday, July 25, 2010

[The Great Divide Waterfall 2010](#)

Thursday, July 1, 2010

[Edmonton Celebrates Canada Day 2010](#)

Thursday, July 1, 2010

[2010 Edmonton International Street Performers Festival](#)

Friday, July 9 - Sunday, July 18, 2010

[Capital Ex Festival Parade 2010](#)

Thursday, July 22, 2010

[Capital Ex Festival 2010](#)

Friday, July 23 - Sunday, August 1, 2010

Castle Downs and Callingwood District Parks to have New Spray Park Construction this Year

West residents can look forward to these 2 new spray parks tentatively opening late this summer.

Live it Everyday! June is Recreation and Parks Month

Community Benefits

Parks and Recreation opportunities are essential for strengthening and maintaining a healthy community. Recreation brings peers together, encourages safer, cleaner neighbourhoods, and creates a livelier community atmosphere. Parks and recreational facilities also help improve a community's image, socio-economic status and enhances an areas desirability.

Estimates show that the number of Canadians in their 60's will increase by 50% over the next 10 years. "Recent study indicates that 52% of Canadian baby boomers are inactive, with rates of obesity among this generation increasing by nearly 60%." Recreational opportunities are key to improving physical activity rates. Dr. Sheela Basrur, Ontario's Chief Medical Officer of Health.

Recreation reduces isolation, loneliness and alienation by offering people fun, safe activities in a social setting.

Sport improves social cohesion. Sport participants experience a high degree of interaction with other individuals, which improves interpersonal relationships, establishes the basis for trust and builds teamwork skills that lead to friendships and bonds across the community.

Recreation offers individuals opportunities to be actively involved in the community. Community involvement reinforces positive lessons about responsibility and respect for others, and promotes good citizenship. (Socio-economic Benefits of Sport Participation in Canada, Conference Board of Canada, 2005)

Recreation promotes social bonds by uniting families, building cultural tolerance and supporting seniors and individuals with disabilities.

Family Benefits

Recreation provides an ideal opportunity to explore and develop a full range of abilities. We develop the majority of our physical, social, creative, intellectual and spiritual preferences at an early age. Activities that are carefully planned for children deliver the potential of our citizens — through play, culture and the arts, leisure learning, sport and travel.
www.lin.ca/resource/html/youth.htm



Recreating together as a family in activities that

promote physical, emotional, mental, and social development and growth can strengthen family bonds. Get your family together, have some fun and make memories.

Research shows that strategies involving physical activity and recreation appear particularly promising in minimizing or removing risk factors faced by many children and youth. Participation in recreation activities can provide positive benefits related to psychological health, physical health, familial interaction, peer influence, academic performance, community development and other lifestyle behaviors. (Saskatchewan Parks and Recreation Association www.lin.ca/resource/html/youth.htm)

Well run recreational activities have a positive impact on children's self esteem by offering positive role models, focusing on accomplishments, achieving individual successes and giving responsibilities and leadership opportunities.

We encourage your community to live it up in June but also to embrace and celebrate the benefits of recreation of parks all year round.

Check out www.june.arpaonline.ca for more information on Recreation and Parks Month!

Community Building West Small Sparks Initiative

Community Building West CRC's would like to encourage grassroots actions that promote and support community. Groups of at least 3 people who are organizing a recreation / parkland project that is of benefit to your community are eligible. Some examples of the kind of initiatives we are talking about include: BBQ and Clean Up of a park, block parties, living room / backyard conversations designed to get to know your neighbours.

There are limited dollars available and the maximum dollars available per project is \$100. The initiative must take place by June 30, 2010.

GET CREATIVE, CONNECTED and CONTACT a CRC for more information / to apply.

Important Dates to Remember

May 30 to June 5 - Canadian Environment Week

www.ec.gc.ca/cew

June 1 to 30 Bike Month www.bikeology.ca

June 2 - Clean Air Day! www.cleanairday.com

June 3, 7 & 15 - Combined GAIN and Use of Proceeds Workshops; FREE; call (780) 447-7499 to find out how to register.

June 4 & 5 - Movies on the Square begins for another summer. Churchill Square 8:30pm www.edmonton.ca

June 5 - EFCL Community Challenge kicks off with a pancake breakfast and Community Clean Up events.

www.efcl.org

June 10-12 - 16th Annual Vitalize Conference in Edmonton www.vitalizeconference.ca

June 19 - park(ed) Car Free Day, 12 - 4pm, 102 Avenue between 104 Street Farmer's Market and 100 Street

June 20 - Father's Day

June 21 - National Aboriginal Day Opening Ceremonies, Canada Place 9:00am to 3:00pm with opening ceremonies at 11:30am

July 5 - Summer Registered Programs begin and Green Shacks open for the summer!

Reminder to Community Leagues

Please notify your CRC when meetings are cancelled or if details change. CRC's appreciate updated executive lists whenever there are changes to your executive.

You may also email changes to your CRC

Firstname.lastname@edmonton.ca

Edmonton Federation of Community Leagues

For information on upcoming events or resources for community leagues go to: www.efcl.org

Monthly Minders Break for the Summer

Please remember that this is the last edition of Monthly Minders until September. Have a great summer recreating with friends, family and your neighbours!

Community Building West Team



Director

Chantile Shannon 944-5506

Community Recreation Coordinators

Duane Boos	442-4629
Una Bryce	496-1911
Mike Chow	944-7592
Kerri-Lynn Dwyer	944-5528
Jennifer Finnigan	944-7596
Donna Hinchey	944-7595
Susan Meunier	944-5450
Tim O'Donnell	442-0769
Kim Turcotte	944-7593
Sherry Wallace	944-5464
Ruth Wong-Miller	496-6431

Social Workers

Earl Bubis	944-5530
Barb Kasianiuk	944-5534
Lou Kinkartz	944-5455
Nicole Magilton	944-5790
Catherine McGuire	944-5454
Hani Quan	944-7591
Robby Shearer	944-5449
Andrea Spurrell	944-5453
Jeannette Wright	944-5447

Website - www.edmonton.ca



Community Services West Office Locations

Parks and Community Services (PACS) - West

11410 - 149 Street	Phone: 442-4848
Monday - Friday	8:30 am - 4:30 pm

Jasper Place

10030 - 167 Street	Phone: 442-4974
Monday - Friday	8:30 am - 12:00 pm
	1:15 pm - 4:30 pm

White Oaks Square BY APPOINTMENT ONLY

#108, 12222 - 137 Avenue