

Monthly Minders



A Newsletter from Community Building West

Welcome Alison Rowan

Alison has spent the last two and a half years working with the Government of Alberta, first as Head of Programs and Marketing at the Oil Sands Discovery Centre in Fort McMurray and most recently as a Recreation Consultant, working closely with First Nation communities and Métis Settlements within the province. After completing her BA in Recreation and Leisure Studies degree at the University of Alberta, Alison worked as a Recreation Programmer for Strathcona County for several years. She believes in the innate benefits of recreation to individuals and communities and is thrilled to be working with the City as a Community Recreation Coordinator!

Welcome Robby Shearer

As a Community Building Social Worker, Robby has worked for Neighbourhood and Community Development (NCD) in the East Service Area with Harry Oswin, and with the Neighbourhood Empowerment Team in Southeast. In the past, she has also worked as a Family School Liaison Worker with Edmonton Catholic Schools and as a hospital Social Worker with Alberta Health Services. Robby brings a great deal of enthusiasm, motivation, and commitment to community work at the grassroots level. She is looking forward to continued collaboration among her NCD colleagues and the prospect of forging new, dynamic working relationships.

Perk Up Our Parks and Places 2010

Thank you to all of the leagues who participated in the 2010 Perk Up Our Parks and Places. Over 100 volunteers helped to make West neighbourhoods clean and tidy. Congratulations to Summerlea Community League, the lucky winner this year.

Neighbourhood Engagement Strategy Continues to Grow

For the past year, there has been a City-wide Neighbourhood Engagement Strategy. The aim of the strategy was to inspire community people to make their neighbourhoods the place they want it to be.

Jim Diers, a community development expert from Seattle has been a mentor through out this year providing inspiring stories and great wisdom to community people as they reached out into their neighbourhoods.

In February, Jim worked with 5 neighbourhoods from West who were selected through an application process. Since that time, these neighbourhoods have gone forward with their ideas, action plans and dreams. Exciting things are happening! We congratulate the following groups on all their efforts: Heart of Lymburn, Prince Charles Neighbourhood, Belmead Grows, Laurier Heights Neighbourhood and Your Sherbrooke Village. We will be sharing their stories with you in Monthly Minders in upcoming issues.

Summer Successes!

In September CRC's will be asking representatives from your league to help us evaluate summer. We're looking forward to including your comments so next summer can be even better.

Many children had opportunities that would not have been available without community willingness to co-sponsor programs with us.

Thank you for your dedication and commitment!
A big THANK YOU to all Community Leagues for partnering with Community Services to offer a wide range of summer recreation opportunities for preschoolers, children and youth.

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.



Assessment and Short Term Counseling

Counseling

We can help with such concerns as:

Daily life stresses, issues with dating and marital or partner relationships, problems with family or abuse or violence in the family

Referral

We can point you in the right direction with:

Financial resources, housing options, community resources and neighbourhood social and recreation opportunities

Groups

We offer group program opportunities related to personal development, family violence, and other topics such as:

Men Without Hats Weekly Drop In Group

Wednesdays 7:00 – 9:00 p.m.

Relationships with Your Adult Children Drop In

1st and 3rd Tuesday of every month from 1:30 – 3:30pm

For more information or to speak privately with a Social Worker call 780-496-4777

8:30 to 4:30 pm (leave message after hours)

Services are available at sites throughout the City.

Evening appointments are available.

Edmonton Youth Attendance Centre (EYAC) is Looking for Partnership Opportunities

Did you know?

- The Edmonton Youth Attendance Centre is a facility run by the Solicitor General and Public Security branch of the Alberta Provincial Government.
- The Centre accommodates youth who are on Probation for criminal infractions, or have been ordered to complete some community service hours.
- The Centre runs various programs with the goal of assisting youth to successfully complete youth sentencing orders.

The EYAC is looking for opportunities for youth to complete their community service hours.

- All work crews are directly supervised by Correctional Officers who are responsible for the youth while at your facility. It is their duty to ensure that youth are compliant and completing the work assigned to them by the on site supervisors.

For more information on how this program can help you, please contact Cynthia at 780-422-0911

Have a Heart – Give Smart Campaign

Have a Heart-Give Smart is a public education campaign about panhandling and the choices Edmontonians have to help make **real** life changes for someone in need. Edmontonians care about each other. Giving money to panhandlers, however, may not be the best way to help people.

It's ok to say *"No"* to panhandling and *"Yes"* to giving. There are many places in Edmonton for people who need free food, shelter and support. They help thousands of Edmontonians. Regular free meals are available throughout the city. Food banks are also available.

Not all panhandlers are homeless. Many, however, share the same issues as people who are homeless -- addictions, mental health issues, living in poverty. If you want to make **real** life changes for someone in need, donate your money or time to agencies that provide support. Phone 2-1-1 or go to 211Edmonton.com for a list of agencies that accept donations.

For more information go to:
www.edmonton.ca/GiveSmart

Children's Fitness Tax Credit

Revenue Canada has updated their webpage and added a new checklist. Go to the links below for more information.

Children's Fitness Tax Credit link:

<http://www.cra-arc.gc.ca/whtsnw/fitness-eng.html>

Children's Fitness Tax Credit Eligibility Checklist link:

<http://www.cra-arc.gc.ca/whtsnw/chcklst-eng.pdf>

Annual Free Admission Day!

For one day only, Sunday, September 26, 2010 Edmontonians are invited to enjoy **free** admission at select City of Edmonton owned and operated attractions and leisure, sport and fitness facilities. Free admission is from 10 a.m. to 6 p.m. and the following West facilities and attractions will offer fun activities that focus on educating and entertaining visitors:

Leisure, Sports & Fitness Facilities

Grand Trunk Fitness & Leisure Centre
Jasper Place Fitness & Leisure Centre
St. Francis Xavier Sports Centre

Arenas

Bill Hunter

Attractions and Cultural Facilities

City of Edmonton Archives
Fort Edmonton Park
John Walter Museum
Muttart Conservatory
Edmonton Valley Zoo
City Arts Centre

For more information about other participating locations go to www.edmonton.ca or call 311.

Is Your Rink Ready for Winter?

With only a few months before the snow flies, turf mowing crews will be through neighbourhoods cutting grass. Community Leagues wishing to have the inside of the rink boards cut must have access made available for the equipment. Please remove a section of rink boards, open gates or supply keys so we can gain access. Please contact Josh at 496-7325 to arrange for a time for cutting the rinks.

Preschool Learn to Skate Lessons Fall 2010



The program is designed for children aged 4-6 yrs old who have never skated before. This program offers learn to skate instruction for your Preschooler. We'll focus on fun, participation, achievement, some songs, and of course the basics of

ice-skating. Canadian Standards Association Hockey helmet is a must for child! Parents are welcome to join children on the ice but it is not required.

Callingwood Arena - Vern Davis Rink

17760 69 Avenue

October 18 to December 6

Mondays

10:30 to 11:00 am (362030)

11:00 to 11:30 am (362031)

11:30 to noon (362032)

Crestwood Arena

9940 147 Street

October 14 to December 9 (No program November 11)

Thursdays

10:30 to 11:00 am (362033)

11:00 to 11:30 (362034)

11:30 to noon (362035)

Castledowns Arena A

11520 153 Avenue

October 14 to December 9 (No program November 11)

Thursdays

12:45-1:15 pm (362036)

1:15 to 1:45 pm (362037)

1:45 pm to 2:15 pm (362038)

\$30 for each 8 week session

REGISTRATION INFORMATION:

By Phone: 311

By Fax: 496-8753

On line: ereg.edmonton.ca

In Person: Any City of Edmonton Leisure Centre



Planning an Event?

Did you know that ATCO Gas has a variety of equipment to support community initiatives or events. This equipment can be loaned out for use in lieu of cash sponsorship or to increase the company's support of major community activities. The use of our equipment can help reduce rental costs and provide event organizers additional resources for staging successful events.

Equipment:

- Portable Community Sound Stage – Recognition value \$850/day
- Tent (30 feet in diameter) – Recognition value \$700/day
- Canopy (10 feet x 10 feet) – Recognition value \$100/day
- Portable Barbecues (with or without pancake griddle) – Recognition value \$100/day

To reserve equipment, requests must be submitted in writing to the Charitable Donations office – see Instructions for requesting funding at http://www.atcogas.com/Community_Investment/LoanEqui.asp.

Need a Leader or a Fun Bag?

Why not use one of our Fun Bags at your next Community event! Each bag includes balls, a parachute, tug of war rope, face paints and gunny sacks. You can also arrange to have a staff person come to your event and lead the children in a variety of activities.



Please contact your CRC for more information.

Introduction to Leading a Fun Bag Program

When: Sunday, September 12, 3:00-3:45pm Where?:
Dovercourt Community League Hall
Cost?: FREE
Limited to a total of 20 spots (for community league members or volunteers only)
Course Code: 373962
To register call 311 or go online:
www.eReg.edmonton.ca

September 18, 2010: Community League Day What are you doing?

In the spirit of the Edmonton Federation of Community League's *living local* campaign, they are promoting September 18th, as Edmonton's "Community League Day".

Community Leagues across the city are being asked to host an event, big or small, to welcome all residents in to the neighbourhood.

Sixty-six leagues across the city have already indicated that they will be doing something on September 18th in celebration of Community League Day. Examples of some of the events / activities being planned include: barbecues, block parties, park days, community clean ups, anniversary celebrations, scrapbook days, fireworks and much more.

So what are you doing on September 18, 2010?

West leagues already participating include:

Aldergrove	Lauderdale
Athlone	Laurier Heights
Baturyn	Lewis Estates
Caenarvon	Lynnwood
Carlisle	Mayfield
Dovercourt	McQueen
Elmwood	Meadowlark
Glastonbury	Rosslyn
Inglewood	West Meadowlark
Kensington	Woodcroft
La Perle	

Wireless Credit Card Terminal Now Available for Playground Fundraising Events

Are you raising money for a new playground in your community on parkland? Are you planning a fundraising event and would like to accept credit card donations in addition to cash and cheques?

Community Building West now has a wireless credit card terminal available for use at fundraising events. These machines will enable you to accept VISA and Mastercard as donation payment options. Be sure to book one for your next playground fundraising event! Contact your CRC for details.

School Zone Safety



New friends, new teacher, new backpack, and new activities can leave kids bursting with energy and excitement when they return to school. A child's excitement can

lead to dangerous situations on the road. Young children have significant limitations when it comes to safety around vehicles. According to Capital Health, children under the age of nine are at greater risk because they:

- are impulsive,
- have limited peripheral vision,
- have difficulty judging speed and distance of vehicles,
- have not yet developed the abilities to determine when its safe to cross the road, and
- show little awareness of the dangers of crossing the road.

Parents, caregivers, school staff, and community members all play a role in ensuring the safety of our children. Remind your children to take the safest route to and from school, to use cross walks and the "point, pause, proceed" rule, and NOT to accept rides from strangers.

Adults, drive safely! Remember that the *speed limit* in a school zone is 30 km per hour unless otherwise posted. Do NOT make *u-turns*. Beware of where you *park* - do not park in areas identified as bus zones where many students are coming and going from their buses. Do not park in a crosswalk or near any part of the cross walk. Lastly, do not block traffic by double parallel parking (parallel parking next to an already parallel parked vehicle).

Please do your part in ensuring that everyone has a safe and happy start to the new school year!

Edmonton Federation of Community Leagues

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

The Importance of Community in Crime Prevention

When some people think of crime prevention they have images of TV crime shows or car chases and take downs. Although somewhat sensationalized, these things are only a very small piece of the crime prevention puzzle. The everyday crime prevention hero is closer than many think.

Within each of us lies an integral piece of the puzzle all we have to do is play our role, which is much easier and less life threatening than one might think. Remember that it is the combination of little things that will have an affect so...*lock your doors, remove valuables from your car, get to know your neighbours and look out for one another, maintain your property, care for your community, participate in local activities, install good locks on your windows and doors, play in the park, report suspicious activities, participate in community groups, access local resources and businesses, donate to the food bank or other social service agencies, volunteer your time, remove graffiti, mentor a youth, turn our outside lights on...*the list goes on and on.

Don't rely on others or wait until you are victimized, take responsibility now and know that by doing so you are positively contributing to your community and are a valuable piece of the crime prevention puzzle.

Kids say the Funniest Things... at Summer Programs 2010

"Teacher, you're my hero!"

"I don't read book"

"Thank you blue shirts"

Kid: "Can I be goalie?"

Leader: "No there is no goalie in this game."

Kid: "Who is going to stop the ball then?"

Leader: "Nobody, there is no goalie."

Kid: *Looks down around pole* "OK! That little ant there is our goalie!"

a little while later

Kid: "Oh no, our goalie died :("

"This candy tastes like burning"

"Can we take a vacation from craft time?"

"How many tears can that cloud have?"

MOBILIZE! VOCALIZE!



Join Youth Council TODAY!

Are you, or do you know youth 13-23 years old who want to make a difference in Edmonton? Youth are invited to apply to be a General Assembly Delegate for the City of Edmonton Youth Council and help make Edmonton a liveable city for all. The deadline for the 2010/2011 term is **September 26, 2010**.

The Youth Council has monthly meetings to learn about the projects and plans of the city government and to discuss the youth perspective on these issues and make sure that the voices of young Edmontonians are heard. There are also other working committees where projects, events and ideas come together and make a positive impact on the issues that youth think are important.

Successful applicants will also be invited for a personal interview in early October with a group orientation afterwards to complete the process. Information and application forms can be found at www.ceyc.ca and can be submitted online, by fax or mail. Please email youth.council@edmonton.ca if you have other questions or would like recruitment posters to display at your school, organization or office.

Calling all Members

For many communities Fall is a time to hold their membership drives. Many communities are trying innovative, creative and unique ways to increase their membership sales while providing an opportunity for community members to get out and enjoy time together and meet their neighbours! What is YOUR community doing to increase your memberships this year? Here are some examples and suggestions!

- Host a barbecue / neighbourhood block party
- Provide space and opportunity for a Community Garage Sale
- Host a Big Bin event for members!

Community Walking Project in Central Edmonton

WALK, TALK AND HAVE FUN!

The Community Walking Project can help coordinate walking groups in your central Edmonton community!

If you are interested in organizing a walking group in your neighbourhood, please contact:

Dianne Gillespie
Project Coordinator
Community Walking Project
Ph: (780) 952-4451
E-mail: dianne.gillespie@ualberta.ca



Alberta Centre for
Active Living
Research and education for
the promotion of physical activity

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Funding for this project is provided by the
Public Health Agency of Canada.

CSJ and STEP Workshops Special Work Sessions Scheduled!

Please join us for a quick workshop that will assist you in completing the final reports for summer staff hired with the Canada Summer Jobs (CSJ) or Summer Temporary Employment Program (STEP) Grants.

Workshop Dates:

CSJ Workshop	STEP Workshop
September 13, 2010	October 7, 2010
September 16, 2010	October 12, 2010

Location: Circle Square, 11808 St. Albert Trail

Time: 7:00 – 8:00 pm

Cost: FREE

Register: **Phone: 780-442-4848**
Email: westrsvp@edmonton.ca

Important Dates to Remember

- September 1** – First day of instruction for Edmonton Public and Catholic Schools
- September 3, 4 & 8** – Movies on the Square pre-movie starts at 7:30pm with movie at 9pm; Sir Winston Churchill Square. FREE, bring your own chair.
www.edmonton.ca
- September 6 - Labour Day**
- September 8 & 30-** Combined GAIN and Use of Proceeds Workshop; FREE; call (780) 447-7499 to find out how to register. www.aglc.ca
- September 12** - National Grandparents Day
- September 17 to 19** – *Alberta Arts Days*: communities throughout the province will be celebrating local arts and culture during this three-day festival.
www.albertaartsdays.ca
- September 18** – *Sports Day in Canada*: a national celebration of sport, from grassroots to high-performance levels, in communities across the country. It's an opportunity for all Canadians to celebrate the power of sport to build community, fortify our national spirit, and facilitate healthy, active living.
www.cbcsports.ca/sportsday
- September 18** – *Community League Day*: In the spirit of the *living local* campaign, the EFCL is promoting September 18th as Edmonton's "Community League Day". For details and location visit [the Community League Day Google Map](#)
- September 26** - Free Admission Day for the City of Edmonton. Throughout the day various City attractions, leisure, sport and fitness facilities will be offering a free admission day. Visit www.edmonton.ca for a full list of activities and participating facilities.
- October 1** - NPDP applications due

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
Alison Rowan	944-5531
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