



ERMINESKIN ENLIGHTENER

SERVING THE ERMINESKIN & STEINHAUER COMMUNITIES

April 2016

CIRCULATION 1800

Ermineskin Community

Garage Sale, Bake Sale and Big Bin Event

May 6 & 7 (10709-32 A Ave)



Friday, May 6: 4 to 7 p.m. - Garage Sale & Bake Sale

Saturday, May 7: 9 to 11 a.m. - Pancake Breakfast

9 a.m. to 1 p.m. - Big Bin Event,

Garage Sale, Bake Sale and Bottle Drive*

***drop your recyclables at the community league**

The community league provides a dumpster for large items
that cannot be picked up curbside.

Free for Ermineskin Community League Members, \$10 for non - members.

**Donations of gently used household items, toys etc. are needed for the
Garage Sale (drop-off at Ermineskin Community Hall on Friday, May 6,
1 to 4 p.m. or call 780.438.6623 to arrange an alternate drop-off time.)**

ECL BOARD OF DIRECTORS: 2015/2016

President: Kent McMullin

Vice President: Monty Nelson montyn@telus.net

2nd Vice President: Shannon den Besten

Treasurer: Kirk Morris (780) 436-4544

Secretary: Vanessa Tran ECLwebmaster1@gmail.com

Memberships: Vanessa Tran

Fundraising Coordinator: **YOU!**

Building Management and Rinks: Piet den Besten

Programs

Quilting: Pat Vos (780) 886-7838

Scrapbooking: Liz & Lisa (780) 436-9580

Pathfinders: Jennifer Goodwin (780) 266-8314

Soccer Director: **YOU!**

Preschool President:

Jeanna Friedley ermineskinpreschool@gmail.com

Newsletter:

Advertisement and Editing: ECL Office Hosts

e-enlightener@hotmail.com

Distribution: Sarah Bachmier

Craft Fair: eclcraftfair@gmail.com

Community Services:

City of Edmonton 311 or (780) 442-5311

LEAGUE MEMBERSHIP RATES

September 2015 – August 2016

Single / Single Parent Family: \$25.00

Family : \$ 35.00

Seniors (65 years and older): no charge

**Memberships can be purchased on line
(www.EFCL.org)**

or through our office.

A member of the Edmonton Federation of Community Leagues

NEWSLETTER ADVERTISING RATES

February, April, June, September & November

Our advertisers play an important role in our community, as they support us and many of our endeavors. GST is already included in the rates:

SIZE	1st Mth	Add'l Mth
Business Card	\$17.00	\$14.45
1/8 page	\$22.00	\$18.70
1/4 page	\$37.00	\$31.45
1/2 page	\$64.00	\$54.40
Full Page	\$107.00	\$90.95
Back Page	\$125.00	\$106.25
Classified	\$1.00 per line	

For more information visit our website at
www.ermineskincommunity.ca

Copy deadline for April issue is March 5

**The Ermineskin Board of Directors meets the
second Tuesday of every month at 7:00 PM—**

All members are welcome to attend.

Upcoming Board Meetings:

April 12, May 10, June 14

Come join us!

HALL RENTAL INFORMATION

Size: 2400 square feet (40 x 60 feet)

Seating: 96

Kitchen: 2 stoves, 1 fridge, 1 freezer,
1 dishwasher (dishes and cutlery provided)

**For updated rates and to book using the
online form, please see our website at:**

<http://www.ermineskincommunity.ca/main-hall>



Yoga at ERMINESKIN

Need some relaxation time? Some gentle stretches, Some down time?
Come and be refreshed !

Spring session runs : Thursday evenings 7:30 – 8:45
March 31 – June 2, 2016

Community league members 100.00 per session; Non- members 125.00;
Drop in 15.00

Register at the office Mon – Thursday evenings 5-9 PM



We are looking for 9-12 people who are interested in and committed to starting a community garden.

Did you know that a community Garden is a plot of soil divided amongst other neighbourhood gardeners, and everyone tends to their own plot and reaps their own harvest? If you don't have sufficient room for a garden at home, a plot in a community garden may be the perfect answer for you.

The City of Edmonton has facilitators to assist with the process and offers mini workshops to help out.

If you think that this is a fit for you please call the office at 780-438-6623 or email us at eclinfo1@gmail.com.

ERMINESKIN ENLIGHTENER JUNE DEADLINE: MAY 5, 2016

Please email JPEG Ad submissions to: e-enlightener@hotmail.com

Submit any hard copy items to the mail slot at the Community League office.

Please Note: The Ermineskin Enlightener can be downloaded from our website:

www.ermineskincommunity.ca

President's Message

What a winter—short and mild! We may get another reminder that we actually do live in Edmonton and Cold temperatures may return but I am pretty sure our skating days are over for this season. We had a great New Years Family Skate and plan to have this as an annual event. I would like to thank Piet den Besten, Glenn Chomin, Nic Chomin and Jared Chomin for making some great ice and Elders Bastion and Walker, Two missionaries, who volunteered their time and worked with Piet to prep the ice boards.

A successful Casino was held on February 28 and 29 and the Community league is grateful for the support from Ivan Lypovyk, Michael Sharek and Deb Piorer who volunteered to work the casino. Thanks to others who offered but the timing didn't work for them.

Thank you to all in the community who have volunteered their time to enrich the lives of our community!

ERMINEKSIN ANNUAL GENERAL MEETING Wednesday, May 4, 6– 8 pm — Hold the Date

The Board has decided to change the format of our Annual General Meeting. We will hold a Century Park and new Ermineskin Park Playground Open House from 6 to 7 pm with pizza provided, followed by the formal AGM from 7 to 8 pm.

Century Park and Ermineskin Park Open House 6—7

We are grateful for the support of Stantec and Procurra who have agreed to hold a one hour open house to showcase the latest plans for Century Park. Please come and meet with them and discuss first-hand the latest developments. We will also have the final plans, on display, for the new Ermineskin Park Playground which will begin construction later this Spring.

AGM 7 - 8 PM

The Board has committed to having the AGM Report Package emailed to the membership one month prior to the AGM . This will consist of all reports from committees (president, playground, preschool and Facility Improvements) It is our hope that you will review the package in advance of the meeting. To use your time effectively we will not present these reports at the AGM but will ask for questions resulting from the reports from the membership. We will of course be reviewing the Financial statement and holding elections of officers.

The Hon. Richard Feehan and Councillor Walters are both planning to attend.

I would like to thank those who volunteered their time to enrich the life in our community.
Respectfully,
Kent McMullin

Hello everyone from the Playground Committee !

It was a pretty exciting meeting between the playground committee and Jay Silverman from Playworks on March 1 at the Ermineskin Community League Centre. After 7.5 years of work on this project, it feels like we are really moving forward now! Here are a few updates for all of you:

☞ We have finalized the design of the renovations to the Ermineskin playground (at the corner of 107th Street and 25th avenue) and selected the equipment, and even signed off on the purchase of the equipment. Playworks will provide us with a large wall poster of the final design soon, showing all of the equipment and where it will be positioned.

☞ At this stage, the overall cost of the project is just over \$500,000. A huge thanks to our friends, families, community league board, and community league members for raising \$125,000 for this project over the years!! Casino's, raffles, individual and corporate donations, hot dog sales, the craft fair, and many other events have all played a vital role in reaching our contribution. This amount was matched this year by the Government of Alberta's CFEP grant program for a combined total of \$250,000. The city of Edmonton has agreed to match this amount through their NPDP program; this meets the overall price tag of \$500,000.

☞ We selected the company for our surfacing this week as well. The playground surface will mostly be rubber, but will also have some wood chips, and sand in one smaller area off to one side. Features of the new park include new climbing structures for younger and older children; infant and child swings (including two new large disc-style swings!); there will be some concrete rock-style structures, joined by ropes, spinner bowls, a stand and spin, a safari truck, and a super nova. There will be a long path around the perimeter of the playground suitable for bikes or walking.

☞ We may even be putting in a large gazebo on the north side of the playground (between the playground and the soccer field) in order to provide some tables in a shaded area; we also hope to have better lighting, and more trees.

☞ Unfortunately, despite our initial interest in water features such as a spray deck, this additional element was unaffordable. Our apologies to all of you who had hoped for this.

With any luck, we hope to see the contractor begin the tear down of the old playground shortly after the weather warms up; this will most likely be after the May long weekend with completion by September - this does mean that the current Ermineskin playground will be under construction for the majority of the summer. Sorry! But we know it will be worth the wait for all of you.

Thanks to all who have volunteered to help with tear down. Unfortunately this time the crew has to do it!

Keep checking the website of the Ermineskin community league for the new picture of the finalized design. We hope to have it in the next few weeks.

☞ **Our next playground committee meeting is Tuesday April 19th.**

Thanks again to all. Please email me at montyn@nelsonpsych.ca if you have any concerns or questions.

Monty Nelson—Vice president, Ermineskin Community League
President, playground renovation committee



The Great Neighbour Race

Hey neighbours, this spring, the Edmonton Federation of Community Leagues (EFCL) will be hosting a run on April 30 in support of the Community League Plaza that is being built in Hawrelak Park.

The Plaza is to not only celebrate the EFCL's upcoming 100th birthday, but more importantly, a salute to community leagues like ours and all the folks who have volunteered their time to help develop our wonderful community.

The run is open to everyone – runners, joggers and walkers – of every age and every ability. There's a 10K, 5K and a 3K Family Fun run, plus a special kids' fun run for those little joggers under seven (7).

Registration date schedule:

Early Bird Fee – deadline March 18

Regular Fee – deadline April 12

Late Fee – deadline April 28

You can register online through the Running Room at

<https://www.events.runningroom.com/site/?raceId=12944>

Help out

If you don't see yourself in one of the participants – consider volunteering. Like every great event in Edmonton, it's all down to the fantastic volunteers and the EFCL is looking for your help. There's a variety of positions and training will be provided, plus you get some great swag for helping out. You can volunteer through the Running Room as well at <https://www.events.runningroom.com/applications/volunteerregistration.php?raceId=12944&vrindex=3>.

Plenty of Family Fun

While the run is going on, there will also be a Community Kids Expo, bouncy castles, games and plenty of other activities to make it fun for everyone. Whether you're participating in the run, volunteering or just cheering everyone on, it's going to be a "Great" community event. To learn more about The Great Neighbour Race and about the 100th Anniversary Project, visit the EFCL website at www.efcl.org and click on Events & Projects.

And if you're wondering who the EFCL is, it was formed in 1921 by the first nine (9) community leagues in Edmonton to act as a collective voice and provide the leagues support in a variety of ways. It still does today, only now the federation is made up of 157 community leagues across the city



Ermineskin Community Preschool

Did you know:

- Ermineskin Community Preschool is in the Ermineskin Community League building attached to Steinhauer School?
- We offer quality preschool programs for 3-and 4-year olds, backed by over two decades of history in our community and excellent, caring, certified teachers?
- Registration is now open and preschool classes are filling up fast!
 - Drop completed registration forms and \$50 registration fee:
 - during preschool hours: Monday to Friday, 9 - 11:30 a.m.
 - during community league office hours: Monday to Thursday, 5 - 9 p.m.

We are currently offering three programs for the 2016-17 school year:

<u>MORNING CLASS</u>	<u>AFTERNOON CLASS</u>
3-YEAR-OLD AM CLASS <ul style="list-style-type: none">• Tuesday & Thursday Mornings (9 a.m. – 11:30 a.m.)• Children must be 3 by March 1, 2017 and not turn 4 prior to November 1, 2016.• \$115/month (Capacity: 18 students)	3-/4-YEAR-OLD SPLIT PM CLASS <ul style="list-style-type: none">• Tuesday & Thursday Afternoons (12:30 p.m. – 3 p.m.)• Children must be 3 by March 1, 2017• \$115/month (Capacity: 18 students)
4-YEAR-OLD AM CLASS <ul style="list-style-type: none">• Monday, Wednesday & Friday Mornings (9• Children must be 4 by March 1, 2017.• \$140/month (Capacity: 18 students)	

Visit our website for more information. www.ermineskincommunity.ca/preschool
ermineskinpreschool@gmail.com • ermineskincommunity.ca/preschool • 780.438.6623

CASINO VOLUNTEERS NEEDED:

This is for our community league — Interested volunteers should email or phone the community league office to leave their name and phone numbers.....

Thanks!

TUESDAY, SEPTEMBER 27 AND WEDNESDAY, SEPTEMBER 28

Casino Edmonton on Argyll Road — 9 am—330 am each day.

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. ***Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages)***. Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- *Wearing a helmet while cycling can prevent a serious injury, or even save a life;*
- *Brain injuries can cause permanent disability or death;*
- *Reduce your risk by always wearing your helmet;*
- *Replace any helmet that has been involved in a crash, even if it appears undamaged.*



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Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- **Parents must lead by example – always wear a helmet when cycling.**

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.
 - Brought to you by EMS and Alberta Health Services -



Lifestyle Helping Hands Seniors Association (LHHSA) is a registered, non-profit society whose purpose is to assist seniors residing in Edmonton to maintain an independent lifestyle that enables them to remain in their own homes for as long as possible. We do this by providing seniors with two service programs: a home support services referral program, Seniors Home Supports Program (SHSP), and a door thru door assisted transportation program, LIFT Drive Happiness™ (LIFT).

The SHSP is an established coordinated city-wide six-district model for coordinating home supports service referrals for snow removal, yard services, housekeeping and minor home repairs. All seniors over 55 and residing in Edmonton are eligible to participate. There is no cost to the senior for the referral service and membership is not required.

Under LIFT, volunteer drivers provide assisted, door-thru-door transportation for lower-income seniors residing in Edmonton. Volunteer drivers take members to various appointments like medical appointments, shopping, programming, etc. Costs for eligible seniors are: \$24.00 (annual membership fees) plus ride tickets at \$10.00 each and they are valid for a 90 minute trip.

For more information about LHHSA and our programs, contact us at (780) 450-2113, hsc@LHHSA.org; or visit our website at LHHSA.org .

A Message from Councillor Walters:

It's spring, which means many of our city's furrier inhabitants are entering the mating season. Coyotes are certainly no exception to this, so we can expect to start seeing more of them in the coming weeks.

Coyotes are a reality of life in Edmonton as the park spaces that we enjoy are also enjoyable for coyotes. But there are a few things that we can do to reduce our interactions with coyotes, which is to the benefit of both species.

Always make sure that your garbage and compost piles are not accessible for hungry coyotes, and never leave food out for them. The harm of feeding coyotes, intentionally or unintentionally, is two-fold: First off, human food, compost, or garbage does not provide enough protein for them - if they become dependent on these sources for sustenance, it's bad for coyotes' long-term health; Secondly, when coyotes come to associate humans with food, they become more aggressive. Coyotes are naturally fearful of people, but by feeding them, we reinforce that humans provide food. This can result in coyotes behaving aggressively when food is not provided. Coyotes have thrived here for a long time, and they are more than capable of feeding themselves without human intervention.

If you encounter a coyote, remember that we need to encourage the idea that humans are not friends to coyotes. Behave aggressively - make yourself large, yell, and throw small objects at them to scare them away. It sounds cruel, but maintaining boundaries is ultimately safer for both humans and coyotes.

If you spot a coyote in your area that appears sick or is behaving aggressively, please call 311. If you have any questions about dealing with coyotes or the City's policies on wildlife management, please feel free to contact me at michael.walters@edmonton.ca or (780)496-8132.

Community Swim!

Current ECL members in good standing can enjoy



Free community swim at:

Confederation Pool
11204 43 AVE

**Saturdays, September to June 2016,
4 pm - 5:30 pm**

Remember to bring your current mem-

Watch for BIKE SAFETY PROGRAM

COMING JUNE 11 !

3 HOURS—NO CHARGE

NEED TO HAVE BIKE AND
APPROVED HELMET

Special pictures of special moments?

Want to learn how to create a memory
book?

SCRAPBOOKING WORKSHOP

APRIL 15 & 16, 2016

*Come to share ideas and learn new
techniques.*



A Creative Memories
Consultant will be on
hand to answer your
questions and supplies

are available for purchase.

~\$10.00 registration fee ~

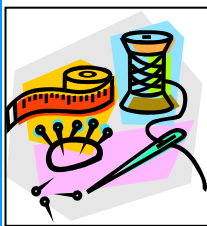
For more information, or to
register, please call Liz or

Lisa at 780-436-9580

ERMINESKIN QUILTERS & UFO

[Un-Finished-Objects] GROUP

Community Care quilts event



*scrapbooking *card making *sewing
*knitting *quilting etc.

*If you have projects you would like to
work on then this is the day for you.
Get away from the distractions at home
and join others for a great day. Coffee
is provided, just bring your lunch.*

For more information or to register call:

Pat at 780.886.7838 / Nancy at 780-434-1544

Visit the community website at:

ermineskincommunity.ca

TIME: 8:30 a.m. to 4:00 p.m.— **FEE:** \$10.00

Saturday, APRIL 23, 2016

Saturday, May 28, 2016

Saturday, June 18, 2016



**Southminster-Steinhauer
United Church**

Annual Garage Sale

10740-19 Ave, Edmonton

**May 7 2016— 9:00 AM to
2:00 PM**

Bake Sale * Attic Treasures * Puzzles

***Book room * gently used Ladies**

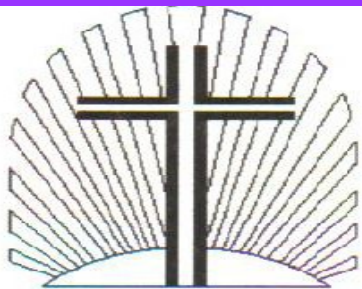
clothing * Housewares * Toys *

Electronics * Art CDs & DVDs *

Gardening * Furniture

and Much, Much More!!

Refreshments will be available



RISEN LORD Lutheran Church

PHONE 780-440-6476

Ermineskin Centre
10709-32 A Ave

SUNDAYS

Services: 10 AM
Sunday School during church

"volunteering is the ultimate exercise
in democracy.

You vote in elections once a year,
**but when you volunteer,
you vote every day about the kind of
community you want to live in."**

Needing assistance Get your Taxes done for
FREE. Confidential and Free Tax preparation
(subject to eligibility).

Southminster-Steinhauer United Church
location:
10740 -19 Avenue

Thursdays: March 17, 24, 31
April 7, 14, 21, 28
1-5 pm & 6:30-9:00 pm

For an Appointment Call:



PETROLIA SENIORS' GROUP

Invites YOU to : Lunch and a Program

When? The **third Tuesday** of each month

Where? **Greenfield Community Hall**
3803 - 114 Street , Edmonton.

Time? 11:45 a.m. (**sharp**) to 2:00 p.m.

March 15th – Judy Dube – GANG
Grandmothers for a New Generation—
**"Reflections from the Uganda National
Grandmothers' Conference"**

April 19th- Joachim Hengge –
"Reflections of Syria, Its People, Its Culture"

May 17th -- Gary Faulkner -
Glenrose Rehabilitation Hospital
"Rehabilitation of ill and injured patients"

Play Bridge Wednesdays – noon - 3 p.m.

(Joan – 436-1434)

**For more information and to CONFIRM your atten-
dance, please call:**

Nick -780-435-1045 or Betty -780-434-0711

We look forward to meeting you!!

Volunteer Opportunities!!

Get involved in the community and gain valuable volun-
teer experience.

Most ECL volunteer opportunities
entail only a few hours of work per
month or less!

Volunteer opportunities:

- Fund Raising**
- Co-ordinator**
- Soccer Director**
- Casino workers**
- Enlightener delivery**



Bearspaw Family Pharmacy

Remedy'sRx

The Local Drug Store

1929 – 105 Street
Edmonton, AB

(780) 485-8195

Your local, independent,
family owned pharmacy.

Transferring your prescriptions
is as easy as



1 Which medication(s)?
2 From where? 3 We'll do the rest

Going on a trip? We are now offering
Travel Consultation and
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visit abroad is safe and healthy.



dots

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