



ERMINESKIN ENLIGHTENER

SERVING THE ERMINESKIN & STEINHAUER COMMUNITIES

February 2019

CIRCULATION 1800

RAKtivist' is short for 'Random Acts of Kindness activist'. Think of RAKtivists like kindness ambassadors—and, like all ambassadors, you are a part of an active, global community. Be a RAKtivist!

FEBRUARY 2019

SUNDAY

MONDAY


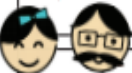





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | | |
|---|---|---|--|--|--|---|
| | | | | |  <p>1 Place a note of appreciation & a small gift in a neighbor's mailbox</p> | <p>2 Put change in a vending machine for a stranger</p> <p>Groundhog Day</p> |
| <p>3 Figure out a friend's half birthday & surprise them with a treat on that day</p> | <p><i>BB JJ</i></p> <p>4 Read inspirational kindness quotes on our website for a pick-me-up</p> | <p>5 Hold the door open for a group of people</p> <p>Lunar New Year</p> | <p>6 Invite someone new to sit with you during lunch</p> | <p>7 Make a homemade card to send to a friend on the other side of the world</p> <p>Send A Card Day</p> | <p>8 Tell a friend all the things you love about their family</p> | <p>9 Take someone new in your neighborhood on a tour of the city</p> |
| <p>10 Make a list of 10+ RAKs you've been wanting to do & pledge to do them all by the end of the week</p> |  <p>11 Fill plastic bags with snacks & travel toiletries to keep in your car to give to homeless people</p> | <p>12 Leave a pack of baby wipes at a random changing station</p> |  <p>13 Start a fundraiser online or at your school</p> | <p>14 Make a Valentines card for everyone in your class / office</p> <p>Valentines Day</p> |  <p>15 Write inspiring notes to leave on random cars in a parking lot</p> | <p>16 Publicly bring attention to the accomplishments of someone that deserves more recognition</p> |
| <p>17 You have 24 hours: perform as many acts of kindness as you can!</p> <p>RAK Day</p> | <p>18 Randomly give a lottery ticket to a stranger</p> | <p>19 Acknowledge someone when they walk into the room</p> | <p>20 Buy a new toy for your pet or a pet you know</p> | <p>21 Share your notes or study guide with a classmate that's been out sick</p> | <p>22 Carry around packets of hand warmers to give to people in need</p> |  <p>23 Follow @rakfoundation on Instagram to add kindness to your social feed</p> |
| <p>24 Offer to help a young friend with their homework</p> | <p>25 Cook one meal at home</p> | <p>26 Treat a friend or stranger to a beverage</p>  | <p>27 Learn how to say "please" & "thank you" in 5 different languages</p> | <p>28 Listen to an upbeat playlist while you get ready in the morning</p>  | <p><i>Random Acts of Kindness</i></p> | |

A NEW Event...!



Lantern making workshop: February 2 - 1-4 pm

Please contact the office to register so that we have an idea of numbers.

Free for CL members/ 2.00 others

eclinfo1@gmail.com or 780-438-6623

Then on February 16 we will have a skating party with wiener roast culminating in a lantern parade!

Time: 5-8 pm

There will be 4 styles of lanterns to make... we are asking for donations of the following items : clean milk cartons or plastic milk bottles, clear 2 L pop bottles, used colored and white tissue.

Wiener roast free for CL members/ 2.00 others

Outdoor Community Soccer is back in Ermine-skin, starting spring 2019. The program runs from late April to the end of June, with playoffs extending into July for U13+ age levels.

Registration for 2019 outdoor soccer season opens on January 15, 2019 online at emsasoccerportal.com

Details about the 2019 season are found at:
<http://www.ermine-skincommunity.ca/soccer.html>



- **Once you register online, you have to attend one of the in-person registration dates to complete the registration process. You may attend any one of the dates below, even if it is a date outside of your community. More soccer info on page 5.**

ECL BOARD OF DIRECTORS: 2018/2019

President: Kent McMullin - eclpresident1@gmail.com

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

Social Director : THIS COULD BE YOU!

Building Management and Rinks: Piet den Besten

Programs

Dance Moves www.dancemoves.ca/registration

Quilting & UFO Crafts : Pat Vos (780)886-7838

Arlene (780)437-6786

Yoga (780)438-6623

Rangers/Pathfinders:

Jen Goodwin & Robyn Stobbs - bettymartin.dc@gmail.com

Scouts: Tom Barker tombarker@gmail.com

Preschool President:

Jen Blake ermineskinpreschool@gmail.com

Newsletter:

Advertisement and Editing:

ECL Office Hosts Jo & Sherisse eclinfo1@gmail.com

Distribution: Frank Bachmier

Craft Fair: eclcraftfair@gmail.com

Community Services:

City of Edmonton 311 or (780) 442-5311

LEAGUE MEMBERSHIP RATES

Memberships for 2018-2019 are now available

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 |
| 1/4 page | \$37.00 | \$31.45 |
| 1/2 page | \$64.00 | \$54.40 |
| Full Page | \$107.00 | \$90.95 |
| Inside back (color) | \$135.00 | \$114.75 |
| Back Page (color) | \$135.00 | \$114.75 |
| Classified | \$1.00 per line | |

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

Copy deadline for April is February 28

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

All are welcome to attend.

Upcoming Board Meetings:

Feb 12, March 12, April 9

If you have a special concern please call the office to have it added to the agenda.



As an **Ermineskin Community League member** you have the opportunity to rent the hall.

Please contact the office for more information.

PRESIDENT'S REPORT

Wishing you all a belated Happy New Year!

We had a fabulous New Years Day Family Skate with the gift of a balmy day and 70 plus neighbours skating, playing hockey and sledding and visiting. There was some serious conversation about **starting up a dedicated night for pickup hockey. Please watch the Ermineskin Community League Facebook page for details.** Of course, we cannot have a family skate, City sponsored skate lessons or pick up hockey without great ice. On behalf of the Board, I would like to express our appreciation to Piet den Besten for making and maintain the ice at the time of this going to print, looks like we timed it just right!

During 2018, we had some great activities that brought our community together. The 34th Annual Ermineskin Community Craft Fair attracted 1,200 people, more than 400 in the first hour. That raised over \$8,000 that will go towards building a new skate shack and we all know that our poor old skate shack is in rough shape! Thank you to all the volunteers and to the community for your financial support.

We have had great community volunteers who have helped put on all of the activities and we thank you for taking time from your busy schedule to help make these events happen.

Volunteers have stepped up to start up soccer within our League. Watch our website for more information.

We have appreciated our experience working with EPCOR on finding a suitable location for a flood mitigation pond. EPCOR held a public open house and welcomed your feedback. At this time, the most likely scenario is that two ponds will be built. One would be constructed in the northeast corner of Ermineskin Park and the other in the southwest corner of the Steinhauer School field. We look forward to working with EPCOR as their planning work continues.

In the last few issues of the Enlightener, I have highlighted the rising crime rate in our neighbourhood. At the December Board meeting our Edmonton Police Service Community Liaison Officer took an hour to talk about the issues. Many of the incidents of crime that are happening are deemed nuisance crimes.

The most important thing that we can do to reduce nuisance crime is to get to know our neighbours and keep a look out for unusual activities. We were reminded to 1) keep your cars locked, 2) do not keep a garage door opener in your car, and 3) don't leave valuables in your car. If you are the victim of a crime it is important that you report it to the Edmonton Police Service so they can watch for trends and patterns. Please go to <http://www.edmontonpolice.ca/ContactEPS/OnlineCrimeReporting> to report any incidents.

As always we welcome volunteers to help with planning our events and programs. If you have interest in volunteering and helping to build the community that we all want to live in, please visit the office, Monday – Thursday, from 5 to 9 pm. You are always welcome to attend the Board Meetings and the dates of all upcoming meetings are posted in the Ermineskin Enlightener.

Kind Regards, Kent McMullin—President

| Date | Time | Location |
|--|--------------------------------------|--|
| Sunday, February 10 Thursday, February 21 | 2:00pm—4:00 pm 7:00 pm—9 :00 pm | Ermineskin Community League 10709-32 A Ave NW |
| Saturday, February 2 Wednesday, February 13 | 9:00 am– 12 noon 7:00 pm—9:00 pm | Blue Quill Community League 11304– 25 Ave NW |
| Wednesday, February 6 Saturday, February 16 | 6:00 pm– 9:00 pm 10:00 am—2:00 pm | Twin Brooks Community League 11341– 12 Ave NW |
| Sunday, February 17 Monday, February 18 | 2:00 pm—5:00 pm 7:00 pm—9:00 pm | Yellowbird Community League 10710—19 Ave NW |

2019 Outdoor Soccer Information:

1. Buy or have your current community league membership available.
2. Register online at emsasoccerportal.com beginning January 15, 2019
3. Attend our registration session to drop off your paperwork and payment **at one of our two registration days: Sunday Feb 10, 2019 from 2pm to 4pm or Thursday, Feb 21, 2019 from 7pm to 9pm**
4. Bring proof of address and player birthday (ie. utility bill/Alberta health care card)
5. You can also mail in your paperwork, cheques and proof of address and players birthday to ECL 10709 – 32A Ave, NW T6J 4A6. Deadline to receive players information and payment is March 1, 2019 to avoid late fees.

ERMINESKIN ENLIGHTENER APRIL DEADLINE: MARCH 5 , 2019

Please email JPEG Ad submissions to: eclinfo1@gmail.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

Soccer continued:

| Volunteer Deposit | Uniform Deposit | Age Group | Birth Year | Playing Times | Fees |
|--------------------------|---------------------------|------------------|-------------------|----------------------|-------------|
| \$200 | <i>No Uniform Deposit</i> | U4 Mighty Mites | 2015 | Saturday Mornings | \$75 |
| \$200 | <i>No Uniform Deposit</i> | U5 | 2014 | Saturday Mornings | \$75 |
| \$200 | <i>No Uniform Deposit</i> | U7 | 2012-2013 | Mon/Wed | \$105 |
| \$200 | \$50 | U9 | 2010-2011 | Tues/Thurs | \$150 |
| \$200 | \$50 | U11 | 2008-2009 | Mon/Wed | \$160 |
| \$200 | \$50 | U13 | 2006-2007 | Tues/Thurs | \$170 |
| \$200 | \$50 | U15 | 2004-2005 | Mon/Wed | \$180 |
| \$200 | \$50 | U17 | 2002-2003 | Sunday / Thursday | \$190 |
| \$200 | \$50 | U19 | 2000-2001 | Sunday / Tuesday | \$210 |



Community Soccer

Ermineskin soccer is run entirely by volunteers. Please consider helping out in any capacity. Some key positions we need filled:

Coaches and Assistant Coaches: Soccer couldn't happen without these dedicated parents! Never coached before or want to brush up on some skills? EMSA offers 3 hour courses at all age levels and ECL will reimburse your course fee with a receipt.

Registration Volunteer: Get your volunteer duty completed before the outdoor season starts by helping with our on-site payment sessions on Sunday, Feb 10, 2018 from 2:00pm-4:00pm or Thursday, Feb 21, 2018 from 7:00pm to 9:00pm.

Year End Soccer Party: Many helping hands are needed from flipping burgers and face painting to site cleanup and activity supervision.

For more information regarding the Ermineskin soccer program contact: Soccer Coordinator: Ermineskin.soccer@gmail.com

Casino:

We have a lot of folk to thank for their generous gift of volunteer time! Our Casino added **\$80,000** to our account and that will come in very handy with the maintenance and updates being done and upcoming and fundraising for the new skate shack!! That is all thanks to these great folk: Monty for being the go to guy for this fund raiser, and.....

Michele, Bev, Kiran, Tracy & Robert, Shauna, Faye, Alejandro, Audrey, Vanessa, Sharon, Chris, Normand & Tonya, Amy, Mark, Nancy, Shannon, Leora, Gina, Allan, Ted, Chris W, Donald M, Don C, Stew, Mark S, Debbie, Ron;

This is an amazing crowd... if you know these folk, shake their hand, pat them on the back, high 5's, hugs.. Anything you can do to let them know they are special!



Craft Fair:

Once again, a fabulous event!

A fabulous assortment of talented folk with lovely offerings! The craft fair raised over \$7,000 this year. 400+ folk came through in the first hour! Wow, wow, wow!

Chantelle and her fabulous crew really know how to put on a show! Thanks to:

Ann & Amy S, Barb H, Barb P, Eileen B, Emma H, Jenna A, June C, Lisha A, Nicole P, Olga M, Renee & Steve, Shannon and Kaile dB, Rita B, Talita H, Tamaris H, Wendy G, Susan H and Jodi S, Sherisse W, Chantelle, Luca and Marilyn Mc, Jen and the Pathfinders and our friends from Risen Lord Lutheran Church !

A special thanks to the missionaries from the Mormon Church who assisted with set up and take down of tables.



Where would we
be if we didn't
have volunteers?

When: Mondays Time: 7:15-8:15

\$5.00 per class

Location: Ermineskin Community League

10709-32A Ave

Bring mat, blocks, strap, water bottle & blanket.. What ever you need for comfort.

We have extra mats if you want to try this out! All levels welcome!

Our Goal : to make yoga an accessible part of life. Let's fill the hall!!



ERMINESKIN UFO

[Un-Finished-Objects] GROUP

*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

Visit the community website at:
ermineskincommunity.ca

TIME: 9:30 a.m. to 4:00 p.m.— **FEE:** \$10.00

Feb 9, April 13, May 11 & June 8

Annual Community Care Quilting

March 1, 2, 9 & 23

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A very hearty THANK YOU to Piet and his crew for all the work they did to give us ice!! A lot of hours and hard work goes into this process and we are fortunate to have them!



Keeping Your Youth Active During Our Canadian Winters

By DarleeAnn Mathieson R.M.T.

No doubt about it, winter has officially arrived! With a new season often comes the start of another season of sports. For many Canadian families that more often than not means hockey. The Canadian winter can seem to last forever unless you're having fun outdoors in the snow! Practicing winter sports is the perfect way to stay active and get you through the cold months with a smile. Sure, there's hockey, skiing and snowboarding, but have you ever tried out curling?

Curling has been a passion of mine for 47 years. Why you ask? At the age of 8, June King, the mom of Canadian Curler, Cathy King took me out on a sheet of ice. With a rock in both hands & with all my might, I was able to get that 40 pound rock down to the other end of the sheet & I was hooked!

Did you know that beginner curlers can get started as young as age seven, but age is less important than the ability to pay attention for at least 30 minutes to an hour. And that's why I'm beyond thrilled to be able to share my love of curling with youth in our very own community through sponsorship of "Rocks & Rings." This program introduces the Olympic sport of curling to elementary school kids in their school gymnasium. Through various drills, relays and team-building activities are used to introduce students to the curling, with the emphasis on fun!

Kids will express their interest in sports at different ages. And while some parents may think "the younger, the better," this is not always the case. There are some children who are physically ready but are not quite emotionally and mentally prepared. Or they may not have a desire for sports whatsoever. And then there are kids who are very keen but may still be considered too young for organized sports.

There's Still Time to Start a New Sport

If your child simply wants to try a new sport, or play it for fun, it's never too late. After all, trying is how we figure out what we like. Helping your child connect with a physical activity he/she enjoys is much more important, for his/her lifelong health, than getting him/her onto a high-level team.

Whenever you or your child try a new sport, regardless of season, you should expect sore muscles. Just like adults, the physical demands on the body are the same and kids experience the same aches and pains.

What are some of the benefits can you enjoy from sports massage?

Keeps the body in better physical condition, decreases muscle aches and pains from over use, helps reduce the possibility of injury by maintaining range of motion and keeping muscles relaxed and improves performance & allows your muscles to recover quickly. With regular sessions, your muscles will be relaxed, loose and ready, no matter what your activity or sport may be.

Good luck to you and your athlete and enjoy your winter to the fullest!

PETROLIA SENIORS' GROUP

Invites YOU to : Lunch and a Program The **third Tuesday** of each month (except July and August)

Where? Greenfield Community Hall - 3803 - 114 Street - Time? 11:45 a.m. (sharp) to 2:00 p.m.

Feb. 20th – Billie Milholland – author of “Living in the Shed”. This is the history of Early Settlement in the Edmonton River Valley.

March 20th—Ron Kelland, Historic Places Research Office—AB Culture.

History of some place names in our region and their important roles in our lives.

LUNCH and a PROGRAM (\$15)

To CONFIRM your attendance or for more information Call: Nick --780-435-1045 or Betty --780-434-0711



SSUC Edmonton
location:
10740-19 Ave.,
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(subject to eligibility)

March 21 and runs until April 25—
Thursdays, 1:00 to 9:00 pm.

Fridays: For an Appointment Call:
780-686-6854

(please leave a message)

MLA
Richard Feehan

Edmonton

Rutherford



Need help navigating a Government of Alberta service? Do you have questions or concerns for the provincial government? I want to hear them!

If you would like to meet me to discuss any problems you or your family may be facing I encourage you to contact my office below.

Constituency Office
308 Saddleback Road, Edmonton, AB T6J 4R7
780.414.1311
edmonton.rutherford@assembly.ab.ca



DKK is a non-profit preschool taught in both English & German. Includes educational field trips, special guests, events and learning through play. NO knowledge of German needed & NO parent duty days.

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Rio Terrace School, 7608-154 St.

FEB.26, 6-7:30pm
German Club, 8310 Roper Rd.

MAR.20, 5-7pm
Forest Heights School, 10304-81 St.

DKKplayschool.org
DieKleineKinderschule

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See **risenlord.ca** for programs and events.

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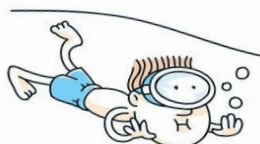
Confederation Pool

11204 43 AVE

Saturdays, September to June

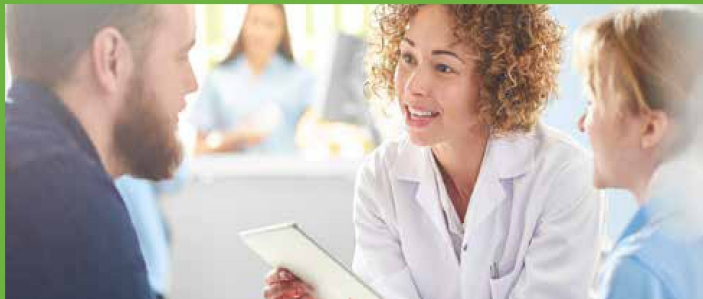
4 pm - 5:30 pm

**Remember to bring
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