



ERMINESKIN ENLIGHTENER

SERVING THE ERMINESKIN & STEINHAUER COMMUNITIES

JUNE 2016

CIRCULATION 1800

Please welcome your Ermineskin Community League Board!

President: Kent McMullen

1st Vice: Monty Nelson

2cond Vice: Shannon den Besten

Secretary: Vanessa Tran

Treasurer: Kirk Morris



CASINO VOLUNTEERS NEEDED:

TUESDAY, SEPTEMBER 27 AND WEDNESDAY, SEPTEMBER 28

Casino Edmonton on Argyll Road — 9 a.m. — 3:30 a.m. each day.

This is for our community league

Interested volunteers can go on line at:

www.volunteersignup.org/DHRP3



**You can also email the office at
eclinfo1@gmail.com or call the office at
780-438-6623 and leave
your name and number.**

ECL BOARD OF DIRECTORS: 2016/2017

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

Yoga: (780) 438-6623

Pole Walking (780) 438-6623

Preschool President:

Jeanna Friedley ermineskinpreschool@gmail.com

Newsletter:

Advertisement and Editing: ECL Office Hosts Jo and Filza
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

Memberships for 2016-2017 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
1/8 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 September issue is August 5.

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

All members welcome to attend.

Upcoming Board Meetings:

June 14

September 13, October 11, November 8

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>

President's Message:

I would like to thank the community league Board members , our office staff and all our volunteers for their time that enriches all our lives in this community and as a team we are looking forward to another great year at Ermineskin Community League!

Here is a brief look at what is happening in our community:

* City of Edmonton will develop a project website for the Stantec project at Century Park to provide details about the process and accept feedback from the public. The website link will be passed to the community to be made available on the community website and newsletter

* Regency development construction is expected to start soon as will Phase Two of Shepherd's Care Garden.

* We have 236 members as of April 2016. Please consider renewing your membership in September so that you can enjoy the full benefits through to August 31,2017.

* We were fortunate to receive a \$25,000 grant from the City of Edmonton to put towards the roof replacement we undertook last summer. We have applied for another grant to offset some of the costs for the floor replacement and bathroom renovations and we have a new water bottle filling /drinking fountain! That should help cut down on bottled water usage and increase water bottles! Plans for 2016 : repairing the sidewalks around the building and repairing the rink boards.

*We are looking forward to hosting a variety of events this past year: Community League Day, Craft Fair, New Years Day Event, Green Shack summer and fall programs, bike safety, Big Bin and Community Swim. We have added a well attended Yoga program and a pole walking group to our programs and we are taking registrations for the fall yoga session; the pole walking group is a drop in event on Wednesday nights.

* The community Preschool is now offering a 3 yrs old AM class on Tuesday and Thursday , a 4 yrs old AM class on Monday, Wednesday and Friday and will be offering a 3/4 split on Tuesday and Thursday afternoons

Wishing you all a great summer!

Respectfully - Kent McMullin





"Greetings all from playground committee!

Just to let everyone know that we are now waiting for construction to begin on the playground! However, we have been notified that the construction drawings are still being completed, and therefore construction is now most likely to start in late June or early July and will continue for about three months.

Our apologies, but we are getting close to having this project completed. We will keep you posted, and check the community league website for updates."

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

Wishing you all a great summer!

SUMMER SWIMMING!!

Ermineskin Community league is happy to provide outdoor swimming for summer 2016. Any of the outdoor pools are available to community members. Remember to bring your membership card to be allowed free access to the outdoor pools in the allotted time.



Fred Broadstock Outdoor Pool:

May 21 – September 5, 2016: Sunday, Monday, Tuesday & Wednesday 5:00 pm – 7:00 pm

Oliver Outdoor Pool:

June 12 – September 4, 2016: Sunday, Monday, Tuesday & Wednesday 6:00 pm – 8:00 pm

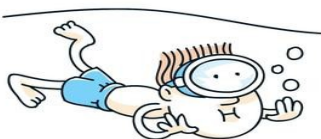
Queen Elizabeth Outdoor Pool:

June 1 – September 5, 2016: Sunday & Tuesday 5:00 pm – 7:00 pm & Monday & Wednesday 6:00 pm – 8:00 pm

Mill Creek Outdoor Pool:

May 21 – September 5, 2016: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday & Saturday 7:00 pm – 9:00pm

***Please note that statutory holidays (May 23, July 1, Aug 1 & Sept 5) are omitted from this community swim,**



A Message from Councillor Walters:

Each year Edmonton Transit adjusts around 10,000 service hours to ensure that all of their routes are generally compliant with the City's transit service standards. Those standards require a certain amount of ridership in order for a route to be viable.

The standard boarding requirements for ETS are:

- * Weekday peak: 30 people/hour boarding
- * Weekday peak in industrial areas: 20 people/hour boarding
- * Weekday off-peak: 15 people/hour boarding
- * Saturdays and Sundays: 15 people/hour boarding
- * Late Night and Owl Service: 15 people/hour boarding
- * Community Bus Routes: 10 people/hour boarding



Each year ETS makes fairly small adjustments to routes that aren't meeting these standards. But this year is a little different. The City is facing budget pressures, and ETS didn't receive new funding for routes in the last budget. That means that ETS needs to find efficiencies within its existing operations if they want to add frequency or new service along heavily used or high demand areas.

To do this, ETS brought forward a series of service change proposals to routes that do not meet the service standards I outlined above. Some of these changes are service reductions, and some are enhancements, but all the changes will have real impacts on ETS users throughout the City. All in all, around 750 total transit trips in Ward 10 will be affected by these changes per week.

To see the changes to service that have been approved, you can head to my blog at www.michaelwalters.ca/busserviceadjustments to see a full list of the Ward 10 and to find a link to the complete list of the City-wide changes. If you have any questions or concerns about the changes, please feel free to contact my office at (780)496-8132 or michael.walters@edmonton.ca.

Ermineskin Community League has directed all the funds raised from the Big Bin Event and Pancake Breakfast on Saturday, May 7 to help support the families affected by the Wildfires in Fort McMurray.

Thank you to all for the community support.



A Message from Hon. R. Feehan, MLA

I am proud to represent you and your concerns in the Legislature.

As your MLA, I wanted to update you on how your Alberta government is working to keep this province strong during trying times. Many Alberta workers, families and businesses are facing serious challenges due to the collapse of global oil prices. That's why we are taking action to build a stronger, more resilient economy, while keeping spending below the rate of growth and inflation. In these challenging times, we are creating jobs, fighting for better EI rules, and not making drastic cuts to the public services you rely on. We are helping families who need help, with our new Alberta Child Benefit and our enhanced Alberta Family Employment Tax Credit.

We are investing in infrastructure while costs are down, building the schools, hospitals, roads and bridges that Alberta needs. We are supporting training and education, keeping tuition costs down and adding new skill training—helping Albertans expand or upgrade their skills and ensuring young people are ready to join the workforce. We have added two new tax credits, while cutting the small business tax. We continue to work hard to find new markets for Alberta's products—including pipelines for our energy products. And we are finding efficiencies, freezing salaries for political staff and government managers, while reducing the number of government agencies, boards and commissions.

As always, if you have concerns or questions, please contact my office where my staff would be happy to book you an appointment. Edmonton.Rutherford@assembly.ab.ca or 780.414.1311

Richard Feehan, MLA for Edmonton-Rutherford



VOLUNTEER READERS NEEDED!

Steinhauer School is looking for mature volunteer readers who are able to offer 20-30 minutes, one to three times each week, to work one-on-one with students. If you are interested and have time to make a difference in a child's life, please contact: Carol Van Kuppenveld, Steinhauer School — 780-437-1080



We are looking for 9-12 people interested in being part of a community garden project!

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 and in today's economic situation it could fill a need for families.

The City of Edmonton has facilitators to assist with the process and offers 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.



Happy Canada Day!!

Enjoy the summer in our River City!

**Yoga at ERMINESKIN
Guys and Gals!!**

**Need some relaxation time?
Some gentle stretches,
Some down time?**

**Come and be refreshed !
Sept 15 - Dec 1
(no class Sept 22 or Oct 20)**

**Fall session taking registrations
Thursday evenings 7:30 – 8:45**

**Community league members \$100.00
Non- members \$125.00;**

**Register at the office
Mon – Thursday evenings 5-9 PM
Via email: eclinfo1@gmail.com
By phone 780-438-6623**

Pre-School AGM
September 8 2016 ,
7:pm

**Don't forget this
important date!**

ERMINESKIN ENLIGHTENER SEPTEMBER DEADLINE: AUGUST 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



Bike Safety Program 2016

Bring your bicycle, CSA approved helmet and close toe shoes and have fun learning basic bike safety!

FREE, DROP IN PROGRAM for ALL AGES!!

Participants will enhance their bike safety skills while participating in games and activities.

Program will be adapted to the age and skill level of participants.

Children 5 and under require an guardian to attend. All programs are outdoors so please dress for the weather!

Program may cancel in the event of inclement weather.

Saturday June 11, 10 a.m. - 1 p.m.

Ermineskin Community League Hall,

10709 – 32 A Ave



Neighbourhood Summer Day Camp

Paint Plaster & Play in Ermineskin

Let your child's imagination soar to create a masterpiece! We'll use our creative skills as we explore a variety of art activities including painting, sculpting. [paper mache and sketching. Participants will also enjoy a field trip to an art gallery!]

Monday July 25 to Friday July 29, 2016—9 a.m. to 4 p.m.

Ermineskin community League Hall—10709—32 A Ave

Cost 158.00

Course code 559817—register on line at eReg.edmonton.ca or call 311 or

In person at any City of Edmonton Recreation and Leisure Centre



PETROLIA SENIORS' GROUP

Invites YOU to : Lunch and a Program

When? The **third Tuesday** of each month
(except July and August)

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

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

**June 14th - Roy Harback on Guitar :
Old-time Songs and Sing-a-long**

We hope you have a great summer!

Play Bridge Wednesdays – noon - 3 p.m.
(Joan – 436-1434)

**For more information and to CONFIRM your
attendance, please call:**

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

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

Visit the community website at:

ermineskincommunity.ca

TIME: 9:30 a.m. to 5:00 p.m.— **FEE:** \$10.00

**Saturday, June 18, 2016
Saturday, September 24, 2016**



Risen Lord Lutheran Church

Pastor Glen Carlson

Sunday Service 10 A.M.

Sunday School during service

10709—32 A Ave

780-440-6476



SPACE QUEST: KIDS' DAY CAMP

**For kids K-Grade 5
July 25-29: 9 a.m. - 12 noon**

Southminster-Steinhauer United Church

10740-19 Ave, Edmonton

Kids will celebrate their evolutionary roots, explore the spiritual values we learn from the universe and work to make a difference in the world.

Stories, lessons, art, snacks and outdoor games.

**Registration begins June 1: www.smsuc.com
Call (780) 435-2028 for more information.**

Seniors Corner

"Anyone who stops learning is old, whether at 20 or 80.

Anyone who keeps learning stays young.

The greatest thing in life is to keep your mind young." Henry Ford

Most days in our neighbourhood, you can see Victor (86) and Larysa (80) out walking. They recently immigrated from Ukraine to be with their children. With PhDs in Medicine and in Geology and Mineralogy their life in Ukraine was full of teaching, research, studying, travelling and raising a family. Now in Edmonton they live with the same passion for life, learning, and loving each other. They walk this new land, exploring, supporting each other with a wheelchair and smiling at people who pass by. Through a translator I learned that they know the name of the flowers, shrubs and trees in their neighbourhood and recognize the geese and ducks that arrive back after the long winter. If you greet them, you will see the sparkle in their eyes. You can't help but feel their openness to life, even with all the changes in older age. You can't help but be inspired to look again at your own life and what there is to learn.

I'm writing to you from the SouthWest Edmonton Seniors Association (SWESA). It is a non-profit established to provide opportunities for adults 55+ to pursue healthy and satisfying lives through engagement in a variety of programs and through social connections. The City of Edmonton has asked that SWESA address the interests and needs of the over 30,000 people over 55 years old in southwest Edmonton.

SWESA's new spring programs, events and activities will provide you with a wide range of opportunities to experience and learn new things. The locations, dates and program costs are all explained in the Spring Program Guide which you can pick up or find on SWESA's website. Here are just a few examples to pique your interest.

**** New things to learn:**

1. Make your own quilted table runner, guided by the Quilting Group who is offering a 6 week beginner's class.
2. Join a group of music lovers to practice common chords and classic songs on that ukulele or guitar that's just been sitting there in your house. The group is led by Mike Footit, an experienced musician who has fronted bands that opened for April Wine and Tom Cochran.
3. Develop strength and flexibility while working at your own pace in Gentle Yoga.
4. Learn how to explore your genealogy interests using GOOGLE.
5. Take an armchair tour to learn about Edmonton's Historical Buildings.

**** Field Trips:**

Elk Island Park: Backstage Bison Experience ; Freewill Shakespeare Festival: Romeo and Juliet; Sherlock Holmes Exhibit at Telus World of Science;

**** Health Courses:**

- Diabetes Self-Management Workshop - taught by the Alberta Health Services' Better Choices, Better Health team.

**** Toonie Talks - short presentations**

- Embrace your space - examine the categories of clutter in our homes, strategies to de-clutter, how long to keep important papers and community resources for donations or disposal.

- Automated external defibrillator - learn how to use this device as SWESA joins the Heart Safe Community Public Access to Defibrillation Program. It will be taught Edmonton Fire Rescue Services.

Cont on page 11

Seniors Corner, cont.

- Aging in place & avoiding hospitalization - join an engaging discussion about strategies and supports/services that will help you live safely and independently in your own home.
- That's not garbage - learn how you can reuse, recycle, compost, grasscycle and Eco Station almost everything.
- Physician Assisted Dying and the New Legislation - our speaker, from Dying with Dignity will look at current patient rights and how other jurisdictions have implemented this approach.

Monthly luncheons - a great way to have fun and meet new people.

Each month has a new theme. Be sure to register early as they sell out pretty quickly. Enjoy meeting people from your southwest neighbourhood - Drop by sometime for coffee and conversation with other seniors in the southwest:

- Monday & Wednesday afternoons (1:00-4:00) at Terwillegar Community Recreation, 2051 Leger Rd
- Tuesday & Thursday mornings (9:30-12:00) at Yellowbird East Community Centre, 10710-19 Avenue.

There are other great seniors programs in several smaller seniors centres in the southwest and in some community leagues. Many of them have been around even longer than SWESA and have a great group of people to meet. SWESA's website has a listing of other seniors programs in the southwest. If there are others that should be listed, please let SWESA know.

The SouthWest Edmonton Seniors Association (SWESA) was formed to reflect the needs of people 55 and older in southwest Edmonton. Its goal is to provide social, cultural and recreational programs and services that enhance your enjoyment of life.

SWESA Seniors Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue.

SWESA Seniors Lounge - Terwillegar Community Recreation Ctr (TCRC), 2051 Leger Rd

587-987-3200

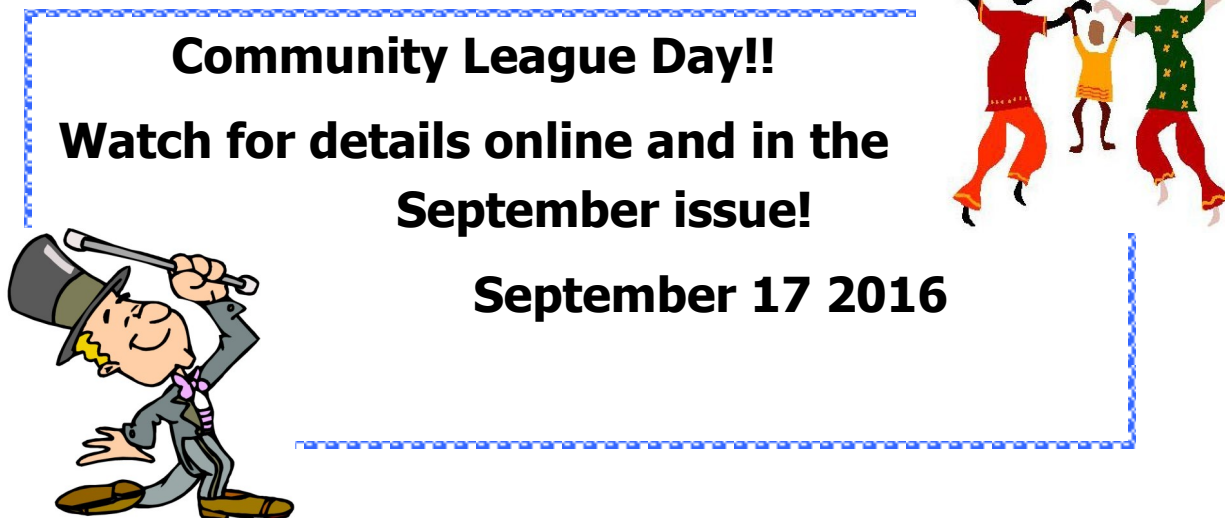
swedmontonseniors@gmail.com

www.swedmontonseniors.ca

Community League Day!!

**Watch for details online and in the
September issue!**

September 17 2016





Bears paw Family Pharmacy
Remedy'sRx
 The Local Drug Store

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Bears paw Family Pharmacy
 Remedy'sRx
 1929-105 Street
 Edmonton, AB T6J 5V9
 Phone: (780) 485-8195
 Fax: (780) 485-1396

Owner/Pharmacist: Kim Henke,
 RPh-APA, CTH , Injection Certified

Mon - Wed 9:30am - 6:00pm
 Thu - Fri 9:30am - 5:30pm
 Saturday 9:30am - 1:30pm
 Sunday Closed

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