

April 2010



[www.parkallen.ca](http://www.parkallen.ca)

# Parkallen Newsletter

Parkallen Community League, 6510-111 Street T6H 5W2

## AT A GLANCE

### Programs

Programs for youth and families.

See Inside for details:

#### Green Thumbs

April 20—May 25

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#### Geocaching

May 29

Want to see a program at our Hall? Contact Rhonda with your ideas [programs@parkallen.ca](mailto:programs@parkallen.ca)

### Construction on the

#### GO Community

#### Centre on South

#### Campus to start im-

mediately! Check

local papers and notice boards for a community wide open house in mid to late April. See the Parkallen website for more information about this project. [www.parkallen.ca](http://www.parkallen.ca)

### Green Circle Preschool

#### Bottle drive

April 10

10 am to 1 pm

### Next Community

#### League Meeting

April 1, 7PM

at the Hall

### Newsletter

deadline April 15

## Park Redevelopment Open House

**SUNDAY April 18<sup>th</sup>, 2pm – 5pm**

The NEW PLAYGROUND DESIGN OPTIONS will be revealed to you with the park and spray deck plans available again for further review. As people drop by, we will guide small groups through the various concept plans, explain some of the options & ideas and then listen to your comments and questions.

There will be snacks and a JUMPY THING to keep the kids entertained too!

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### Park Puzzle Picture

- ◆ 100 piece puzzle, good quality pieces with a decorative tin can case
- ◆ Cost is \$20.00 each ( which will allow \$7.00/puzzle for the park fund )
- ◆ You may pick up your puzzle at the open house or the evenings of April 1<sup>st</sup>, April 8<sup>th</sup>, and May 6<sup>th</sup> 7pm - 8:30 pm at the community hall.

You may also contact Leanne Kohn at 434-4074 or Nora Begoray at 452-3580 to order. (Sorry! The phone number last month was printed incorrectly!)

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### Questions?

If you have questions such as: How much will this cost? What do we need to fundraise? Where will we get the money? Why are we adding play pods and pathways? How will a decision be made? Who drew up the plans? We have posted some of the most **Frequently Asked Questions** on our website – please take a look and learn why this redevelopment is important and how it will benefit you and our community! Also, some of the plans are already on our website for you to review at your leisure. Check out [www.parkallen.ca](http://www.parkallen.ca)

## SAVE THE DATE!

**June 4th and 5th (Friday and Saturday)**

**Casino Volunteers Needed!**

No Experience Required - Variety of Shifts - Food is Provided

Successful casinos are an integral source of financing for our community association. Without casinos we would not be able to finance the various capital projects the whole community enjoys. The hall renovations and new skating rink would not have been possible without the proceeds from previous casinos. Future projects include a new playground and spray deck!

Come out to support your community league, meet your neighbours and have fun too.

Did I mention food is provided?

To volunteer contact Jason Harcus Phone 780-439-3776  
email [jnharcus@telus.net](mailto:jnharcus@telus.net)

UPCOMING COMMUNITY NEWS, EVENTS AND PROGRAMS



## **Green Thumbs**



April 20—May 25

Ages 3—5

\$45 for parent/child pair

(Parents are not required to stay)

Registration Code: 349639

Call 311 or e-reg

- > Come and get the scoop on growing flowers & veggies
- > Learn some neat ways that our insect friends help us out in the garden!
- > Planting seeds, crafting some beautiful bugs and cool garden markers are all part of the fun!

In Partnership with the Parkallen Community League & The City of Edmonton

### **Green & Gold Garden Meetings**

Interested in helping with the garden? Please come to one of our volunteer sessions. These will be held in **Room 1-38, University Terrace Building, 8303-112 St** **Friday, April 9<sup>th</sup>** from noon to 1:30

**Tuesday, April 13<sup>th</sup>** from 7:00pm to 8:30pm  
The Green and Gold Garden is an initiative of the University's School of Public Health and Faculty of Agricultural, Life and Environmental Sciences. Located on the UofA South Campus. Volunteers operate the garden and all of their time, the seeds, plants and equipment used are donated. 100% of the proceeds from the garden produce support the **Tubahumurize project**, a non-profit organization in Rwanda.

[tubahumurize@shaw.ca](mailto:tubahumurize@shaw.ca) or by phone at: (780) 248-1566

### **Funky Fusion Craft Sale**

a fun mix of contemporary handicrafts by local artisans

Sunday, April 25 12 to 4 p.m.

Parkallen Community Hall, 6510-111 St.

[www.funkyfusioncraftsale.com](http://www.funkyfusioncraftsale.com)

### **GPS Geocaching Program**

Learn to find your way! Acquire navigation skills using the Global Positioning System unit (GPS), which can be used in both day to day applications, as well as the fun new sport of geocaching!

For Ages 9 to Adult

Cost ONLY \$10

Saturday May 29th

2—4 PM

Kinsmen Park

Call 311 or Online e-reg

Registration Code: 354124 (\*revised Jan 27th)

### **From Our Table to Yours Celebrating Local...Supporting Global**

Thursday, April 15, 2010

at Trinity United Church

8810 Meadowlark Road, Edmonton, AB

Doors open at 6:30 p.m.

Screening of "Tableland" at 7:15 p.m.

Tickets - \$30.00 - advance tickets only

**Join us for an evening of wine, beer, food tasting and a screening of the video "Tableland"**

Screening of "Tableland" at 7:15 p.m.

Contact Debbie Hubbard for info/tickets  
[dreidt@telus.net](mailto:dreidt@telus.net) or 780-458-9286.

Proceeds support the Canadian Food Grains Bank [www.foodgrainsbank.ca](http://www.foodgrainsbank.ca)

### **Celtic Ceilidh**

Come listen to fiddle & piano music & then join in the fun of called dances!

**Amelia Kaminski** (Fiddle)

**Gail Olmstead** (Piano)

**May 1, 2010 @ 7:30 pm**

**Westwood Unitarian Church**

**11135 – 65 Ave**

\$15 Adults / \$10 Students

Tickets available at the door.

For more info, call (780)435-6453

## COMMUNITY NEWS, EVENTS AND PROGRAMS

### YOGA JOINT FREEING EXERCISES

Open up joints, relax muscles and relax the mind. Re-coordinates the body system and tunes up the hormonal functions.

April 14th to May 26th 2010 7:30 pm to 9:00 pm  
Seven Wednesday evenings

OR

April 15th to May 27th 2010 9:30 am to 11:00 am  
Seven Thursday mornings

Westwood Unitarian Church  
11135 - 65 Ave

To register please call Frances (780) 434 - 7872  
Registration fee \$105 for either AM or PM session  
No previous yoga experience required

### Local Arborist

### Professional Tree Care

### Traditional Craftsmanship

### Free Estimates

### Tilman W. Reimnitz

**780-432-4888**

### Parkallen Playgroup

Tuesdays 9:30–11:00 a.m. in the Parkallen Hall  
6510-111 Street

EVERYONE WELCOME!! For info contact Rhonda at  
780-989-1984.

**Tuesday APRIL 13th—Children's Clothing Swap**

### COMPASS TRAVEL

Cathy Leppard Beltranena



*cjleppard@hotmail.com*

Phone (780) 430-1058

6415 – 110 Street  
Edmonton

An Associate of **NEWWEST TRAVEL Ltd.**

Start planning your summer vacation NOW!

### Special 2010 offer for *Parkallen Community* members from the Northern River Karate School:



One month of **free classes** (Yoga  
classes included!)

Tuesdays, Thursdays & Saturdays in  
the Belgravia Hall (11540-73 Avenue)

Get Fit, Feel Great!

free Karate uniform on full enrollment. For more in-  
formation contact Ken at [kenanjen@shaw.ca](mailto:kenanjen@shaw.ca)

or 780 707 3693

[www.ThreeBattles.com](http://www.ThreeBattles.com)

### Green Circle Preschool

(located in Parkallen school)



**Now accepting registrations for 2010/2011.**

Children must be at least 3 years old to attend. For more  
information please contact Dyane at 780-436-5408 or visit  
the website to download a registration package at  
[www.greencirclepreschool.com](http://www.greencirclepreschool.com).

We request your support for our **Fundraising Bottle Drive**  
in Parkallen community **April 10**. Please leave bottles, milk  
cartons, and other returnables in a bag or box on your front  
step for pick-up between **10 am and 1 pm**. THANK-YOU!!

### Vinyasa Flow Yoga

Come join Cynthia Puddu at the Parkallen Community Hall this spring for a session of Vinyasa Flow Yoga. Cynthia has a MSc in Physical Education and has been teaching yoga for the last 5 years. She has completed her teacher training with YogaWorks one of the world's most comprehensive Teacher Training Programs.

Vinyasa yoga flows through its sequences and postures. It is designed to heat the body through linking the movement from one posture to the next. Props will be used to open up the body in specific ways, make alignment adjustments and to ensure safe movement. This rejuvenating body-mind practice cultivates inner and outer strength. This class is suited for all levels, so no previous experience in yoga is required.

**8 Week session: Thurs., April 22 – June 24 from 6:30 – 8:00 PM (no classes May 6 or June 3)**

**Cost is \$100.**

**100% of the proceeds will be donated to the Parkallen Park Redevelopment**

**For info. and to register, please contact Cynthia at 780-907-3695 or [cynthiapuddu@shaw.ca](mailto:cynthiapuddu@shaw.ca).**

## Classifieds

A two line "Classified Ad" is free for community league members contact Christine at [newsletter@parkallen.ca](mailto:newsletter@parkallen.ca)

- ◆ House and Pet Sitting Service, shovel your walks. Parkallen Resident since 1990. References available upon request. Reasonable rates...call Michele, 780-434-7871 or 780-905-7871.
- ◆ Strathcona Place Senior Centre is looking for volunteers for our non-profit organization. Positions currently needed are: Kitchen Preparation, Sandwich Makers, Waitress/Waiters. Contact Mary at the centre: 433-5807.
- ◆ Thinking Reno's or upgrades? From decks to fences, kitchen to bath or additions Call Clayton 780-221-7921
- ◆ Makes healthy meals for your family! [www.epicureselections.com](http://www.epicureselections.com) Janice Halliwell (780) 437-2497
- ◆ Anita the Piano Teacher welcoming children from beginner to advanced levels. For free interview call 437-2332
- ◆ Experienced University of Alberta students offering tutoring and babysitting services. Please call for more information: 780 293 4627 or 780 691 5874.
- ◆ Tutoring Services In Home. Great Tutors available in all subject areas Gr 1 – 12, University. Free no obligation consultation ph. Peter @ 780 298 3710 or email [phares@tutordoctor.com](mailto:phares@tutordoctor.com)
- ◆ Need an electrician? Call Rob - Master Electrician at 780-433-3837 For all your electrical needs.
- ◆ Home renovations- kitchens-bathrooms-basements-additions. For free estimate call LACH 780-438-8855 or email [Lzrenova@gmail.com](mailto:Lzrenova@gmail.com).
- ◆ The University Farm Organic Growers are looking for gardening tools. If you have shovels, hoes, garden gloves, trowels, stakes etc. gathering dust please consider donating. Contact Christine 439-7951.
- ◆ Discover Nia dancing, one hour of core strengthening, fun and relaxation at Westwood (11135-65 Avenue) on Weds 7-8 p.m. If interested please call this week. Christine 438-5486 or Gloria at [glo@shaw.ca](mailto:glo@shaw.ca) 434-8137.

## Parkallen Newsletter

\* Advertisements can be placed in the Parkallen Newsletter by Community League Members

**For more information please contact Sonya or Christine at [newsletter@parkallen.ca](mailto:newsletter@parkallen.ca)** Please note that inclusion in the newsletter does not constitute endorsement by the Parkallen Community League Association

## Parkallen Community League Executive

Treasurer	Christine Lund	780-436-5583	<a href="mailto:treasurer@parkallen.ca">treasurer@parkallen.ca</a>
Secretary	Robert Kirchner	780-438-2287	<a href="mailto:secretary@parkallen.ca">secretary@parkallen.ca</a>
Casino	Jason Harcus	780-439-3776	<a href="mailto:casino@parkallen.ca">casino@parkallen.ca</a>
Civics	Jolie Whetzel	780-435-0780	<a href="mailto:civics@parkallen.ca">civics@parkallen.ca</a>
Membership	Suzanne Gross	780-438-2287	<a href="mailto:membership@parkallen.ca">membership@parkallen.ca</a>
Housing & Development	Rick Pelletier	780-438-3083	<a href="mailto:housing@parkallen.ca">housing@parkallen.ca</a>
Hall Rental	Alexandra Senkow	780-436-0834	<a href="mailto:hall@parkallen.ca">hall@parkallen.ca</a>
Hall Maintenance	Clayton Skrluk	780-221-7921	<a href="mailto:maintenance@parkallen.ca">maintenance@parkallen.ca</a>
Newsletter	Christine Gue	780-439-7951	<a href="mailto:newsletter@parkallen.ca">newsletter@parkallen.ca</a>
Soccer	George Berger	780-437-3936	<a href="mailto:soccer@parkallen.ca">soccer@parkallen.ca</a>
University Liaison	Ed Hudson	780-435-8586	<a href="mailto:uofa@parkallen.ca">uofa@parkallen.ca</a>
Website	Marc Pearce	780-699-6272	<a href="mailto:webmaster@parkallen.ca">webmaster@parkallen.ca</a>
Park Redevelopment	Nora Begoray	780-452-3580	<a href="mailto:park@parkallen.ca">park@parkallen.ca</a>
Social	Emerson Csorba	780-905-6582	<a href="mailto:social@parkallen.ca">social@parkallen.ca</a>
Programs	Rhonda McEachen	780-989-1984	<a href="mailto:programs@parkallen.ca">programs@parkallen.ca</a>

**The positions of President , Vice-President , Hall Maintenance and Transportation remain to be filled. See [www.parkallen.ca](http://www.parkallen.ca) for detailed job descriptions.**