

December 2009



At A Glance

Have you checked out the Parkallen Community Website lately??
www.parkallen.ca

Programs

Programs for youth and families.

See Inside for details
Family Holiday Craft
December 12th

Skating Party
December 27th

Learn To Skate
Jan. 16th —Feb. 20th

Rock Star
January 29th
(Details in January)

Want to see a program at our Hall? Contact Rhonda with your ideas programs@parkallen.ca

Casino 2010

June 4th and 5th
The Community League's Casino fundraiser dates were drawn. This coming summer we will be at the Palace Casino.

Next Community League Meeting
December 3, 7PM
at the Hall

JANUARY NEWSLETTER ISSUE DELAY

In consideration of the holidays, the deadline for the January newsletter will be **December 20th**. The January newsletter will be delivered by **January 10**.

Parkallen Newsletter

Parkallen Community League, 6510-111 Street T6H 5W2



Parkallen's 2nd
Annual Family
Skating Party



Sunday December 27

Festivities Start at 7 pm

The organizing committee is hard at work planning a relaxing and fun-filled family evening

Take a leisurely spin around the recreational ice

Join a family-friendly pick-up hockey game



Work off all that turkey and those treats

Visit with your neighbours

UPCOMING COMMUNITY EVENTS AND PROGRAMS

FAMILY HOLIDAY CRAFT

Create a personalized greeting card and an unique Christmas tree ornament for that special Christmas gift.

December 12, 2009

2:00—4:00pm

Parkallen Community League
Hall

6510 - 111 Street

For families (age 3 & up)

Cost: \$12/person

Code: 343305



Please register by calling 311, in person at any City Leisure Centre or online with City E-reg link (<http://ereg.edmonton.ca>) by December 4th.

In Partnership with the Parkallen Community League &



Youth Community Cruiser Registration Presents: Required **ROCK CLIMBING**

December 5, 2009

3 pm - 7 pm

Ages 11-17

\$5



by December 1

Please register by calling 311, in person at any City recreation facility .

** Remember you need a signed waiver from Vertically Inclined to attend! Waivers can be downloaded from <http://www.verticallyinclined.com/Waiver.html> ***

In Partnership with the Parkallen Community League &



MMMmmmmmonsters

a Great Success!

12 kids 3 to 5 years old converged on the Hall on October 24th for some pre-Halloween, not-so-scary, monster action. They had fun with songs and games and made their very own monster to bring home!



Wizards and Wands Cancelled!

Unfortunately due to low enrollment this program had to be cancelled. If you have any ideas for programs or know of a program you would love for yourself or your child please contact Rhonda at programs@parkallen.ca

YOUTH Dodgeball Night Postponed!

A suitable facility for this event was not available this year. Hopefully we will be able to find a location in the new year. Watch for more information in future editions of the newsletter.

Beginner Learn to Skate Lessons

Saturdays @ the Parkallen Family Rink
January 16 to February 20, 2010

Preschool Learn to Skate 1:15 to 1:45 pm

This program is geared towards children 4 to 6 years old who have limited or no skating experience. Children will learn basic skating skills at their own pace. **Cost: \$22.50 (Code: 347617)**

Children Learn to Skate 2:00 to 2:45 pm This program is geared towards children 6 to 12 years old that have limited skating skills and are still learning the basics. They will learn to glide and skate using proper technique and balance in a safe and fun environment. **Cost: \$30 (Code: 347616)**

CSA approved skating helmets are mandatory.

Lessons take place outside and will be cancelled due to adverse weather conditions. Classes will not be re-scheduled.

Please register early as spaces are limited by calling 311, in person at any City Leisure Centre or online with City E-reg link (<http://ereg.edmonton.ca>)

In Partnership with the Parkallen Community League &



UPCOMING COMMUNITY EVENTS AND PROGRAMS

fit2function

Ph: (780)-340-2396 (2fxn) Email: stessun@shaw.ca
Sandra Stessun, registered Occupational Therapist and certified Pilates and Fitness instructor, will be teaching BEGINNER Pilates Mat Classes, this January at the Parkallen Community Hall.

Pilates is a form of exercise that is based on principles of core stability, spinal alignment, posture, flexibility and breathing. Pilates will strengthen your core and maximize your functional performance in daily living, (work, sport and play!).

8 Week Beginner Mat Classes:

Wednesdays: 6:30-7:30pm: Jan 6 – Feb 24, 2010

Saturdays: 8:30-9:30am: Jan 9 – Feb 27, 2010

Cost is \$99 plus GST

Class size is limited. For further information on classes and for registration details please contact **Sandra of Fit 2 Function** at #780-340-2396 or stessun@shaw.ca

2010 Budget Town Hall for Ward 5 SHOW UP TO MAKE SURE THE RIGHT TAX HIKES AND BUDGET CUTS ARE MADE!

Tuesday December 1

7:30-9:30 pm

Riverbend Community Hall
258 Rhatigan Road East

ST. GEORGE'S ANGLICAN CHURCH

We are a church community committed to experiencing Christ through worship, service, laughter, learning, and love

11733 – 87 AVE.

780-439-1470

The Rev. Susan Oliver, Interim Priest-in-Charge & University Chaplain

Service times

Wed: 9:30 am--Holy Eucharist & Bible Study

Sun: 8am--Holy Eucharist; 10 am--Holy Eucharist; Sunday School

Advent & Christmas services:

Dec. 20, 7 pm Lessons and Carols

Dec. 24, 2 pm—Children's Christmas service

Dec. 24, 7:30 pm Holy Eucharist with carols & music



**SAVE THE DATE!
PARKALLEN SNOW
FESTIVAL 2010
February 21st
1-4PM**



In order to ensure yet another outstanding Winter Snow Festival volunteers will be required to aid in the event's preparation. When you have time, please send Emerson Csorba an email at emersonc-sorba@hotmail.com or call him at (780)905-6582 to discuss your future involvement in this propitious event.

Playgroup Holiday Party

Tuesday, December 15th

9:30 - 11:00

For more info. Contact Rhonda at 989-1984.

Please note that there will be no Playgroup on December 29th.



The Acupuncture Turning Point

Integrative Health Centre

#202 10518 – Whyte (82nd) Ave, Edmonton

We work together in a patient-centered, comprehensive collaboration, offering health services complementary to western medicine.

Want to give something

really meaningful this year?

Give Turning Point Gift Certificates!

780- 437- 7723

www.AcupunctureTurningPoint.ca

Acupuncture & Acupressure

Therapeutic Thai Massage

Rolfing Therapy – connective tissue release

Craniosacral Therapy

Reiki and Reflexology

Stress Reduction Techniques

Yoga and Customized Exercise Therapies



There are a number of agencies in Edmonton who match seniors with a low-cost snow shoveler to ensure you're not snowbound or risk being fined for not clearing

your walks. If you are a senior who needs help, or if you can help seniors shovel their snow, contact one of the following groups.

Seniors Caring About Seniors

780-465-0311

Lifestyle Helping Hands Seniors Association

780-450-2113

Seniors Association of Greater Edmonton (SAGE)

780-701-9011



Would you like to let people know about great things happening around the neighbourhood? Have something to commemorate: birth, anniversary, new puppy?

Let us know and we'll spread the word.

Contact Christine @ 439-7951 or newsletter@parkallen.ca

EDMONTON'S FOOD BANK PRESENTS
expressions of hunger

AN INTERACTIVE PHOTO AND LITERARY CONTEST

october 22, 2009 to march 31, 2010

MENTAL • EMOTIONAL • PHYSICAL • ENVIRONMENTAL • SPIRITUAL
HUNGER ERODES THE VERY ESSENCE OF OUR BEING



MORE DETAILS AT WWW.EDMONTONSFODBANK.COM

Edmonton Food Bank Events

**Candy Cane Lane Launch
December 11th**

Candy Cane Lane is an annual tradition in Edmonton. Visitors who are admiring the Christmas lights along 148 Street between 92 Avenue and 99 Avenue from **December 11 to January 1** are asked to bring a non-perishable food donation for Edmonton's Food Bank.

**Tom Jackson and Guests
Singing for Supper
December 11th
6 PM**

Robertson Wesley United Church (10209-123 Street).

Opening act: **Shannon Gaye** and Calgary group, **Pear**, who is fronted by Denis and Lynae Dufresne. For more information, please visit **Singing for Supper's** website

(www.singingforsupper.ca).

Tickets are only \$20 each and available at

Ticketmaster

(ph: 780.451.8000), or

Edmonton's Food Bank

(ph: 780.425.2133)

COMMUNITY LEAGUE MEMBERSHIP BENEFITS

Oil Kings vs. Red Deer Rebels
Friday December 18th
7:00 PM

\$15 for Community League Members
Call John Sutherland at the ticket sales office,
780-409-2474 with your membership card number for this great ticket price!

Oilers vs. St. Louis
Monday December 21st

Terrace	\$108.00 per person
Colonnade	\$81.50 per person
Gallery	\$58.00 per person
Standing	\$53.50 per person

Above prices are group rates offered to individual community league membership card holders and include an Oil Kings voucher for any 2009-10 regular season home game.

Community League Wellness Program

Present your valid Edmonton Community League Membership Card at any City of Edmonton Leisure, Sports and Fitness Facility and choose from the following Community League Wellness Products:

Annual Pass – members receive a 20% discount on all types of Annual Passes.

Multi Admission Pass – members receive a 15% discount on our already discounted multi admission pass (10+ visits)

Parkallen Community Hall Rental

- ✦ All rentals require a \$400 cash damage deposit.
- ✦ **Hourly weekday rental rates are:**
 - o \$25/hour for Community League members
 - o \$35/hour for non-members.
- ✦ **Weekend/holiday rental rates are**
 - o \$200/day for Community League members
 - o \$275/day for non-members.

For more information or to book a rental contact **Alexandra at hall@parkallen.ca or 436-0834**

PLEASE NOTE: The Parkallen Community Hall is only available to the residents of Parkallen.

**Parkallen
Community Rinks**

While the rinks are being flooded and maintained please stay off the ice for your safety and to protect the ice before it is set.

Rink Hours

Tuesday—Friday 5-9 pm

Saturday Noon—6 pm

Sunday 1—5 pm

Rinks will be closed when the temperature is below -20 C or above + 3 C

Family Friendly Hockey

Two hours on Saturdays and Sundays will be set aside for families with young children learning to play hockey on the hockey rink.

Saturdays and Sundays 2—4 pm

Learn To Skate

The Family Rink will be closed for the City run program "Learn to Skate"

**Saturdays at 1:15 to 3:00 pm from
January 16th until February 20**

Other Notes for Rink Users:

- *CSA Approved helmets are strongly recommended
- * EFCL Skate Tags are required or payment of drop-in fee
- * The League is not responsible for lost or stolen items
- * NO Hockey allowed on the Family Rink
- * NO dogs permitted on the ice
- * Use of the ice is at the users own risk

RINK MAINTENANCE

A rink maintenance person and assistants are needed for the new rinks this winter. This is a paid position and free training is available in early November through the EFCL and is sponsored for by the League. If you are interested in finding out more information or to submit a resume please contact Jason Harcus at casino@parkallen.ca



November 27 to December 31

Again this holiday season, Operation Red Nose (ORN) and Insurance Bureau of Canada (IBC) – supported by hundreds of volunteers – are making sure partygoers and their cars get home safely.

During the holidays, plan your safe ride home. ORN encourages you to celebrate responsibly by designating a sober driver, staying overnight or calling a relative, a cab or ORN for a ride.

ORN will get partygoers home safely in their own vehicles for free.

“Our goal is to keep the festive season festive by preventing the needless tragedies that result from impaired driving,” said Jeff Haley, Manager, Government Affairs, IBC. “Operation Red Nose is a natural extension of our industry’s long-term commitment to road safety, and we are delighted to be a part of this important program again this year.”

Operation Red Nose and volunteers

Operation Red Nose would not be able to provide its safe-ride-home service without the help of hundreds of volunteers who donate their time as drivers, phone operators and coordinators. Anyone interested in volunteering can download an application form at www.operationrednose.com.

For more information about ORN please contact Aurélie Levy alevy@operationnezrouge.com or 418-653-1492

Green Circle Preschool

Green Circle Preschool is still accepting registrations for 2009/2010. Children must be at least 3 years old to attend. For more information and/or a registration package, please contact Dyane at 780-436-5408 or visit the website: www.greencirclepreschool.com

Our teacher is Miss Caitlin Canniff, who recently graduated from the U of A with a Bachelor of Education degree, specializing in Elementary Education with a minor in Physical Education. Miss Canniff is continuing the Green Circle tradition of great teachers: The program achieves our learning-through-play objectives, the classroom atmosphere is calm and pleasant, and the teacher’s background in Phys. Ed shines through during gym time. Most importantly, she has an excellent rapport with the children and is continuously bringing out the best in them. One young student who was asked to tell about his favourite part of preschool replied without hesitation: “Miss Canniff!”



Parkallen Elementary School News



Christmas Pageant

“The Grinch Who Stole Christmas”

Help all the Whos in Whoville celebrate Christmas on December 15th and 17th.

Check the School sign for show times.

Provincial Achievement Test Results 08-09

The Grade 3 and 6 classes from last year performed well and the school is proud of their student achievement. A special congratulations to last year’s Grade 3 Class, 100% of the class passed the tests at the “Acceptable Level” and 38% at “Level of Excellence”. Keep up the great work!

HANDKNIT
PURE ALPACA
SWEATERS
TRADITIONAL &
CONTEMPORARY
DESIGNS
FOR MEN & WOMEN



SWEATER SALE OPEN HOUSE

Windsor Park Community Hall
11840 – 87 Ave.

Saturday, December 5th, 2009
9:00 A.M. to 3:00 P.M.

*Minkha is a Bolivian not-for-profit micro industry established by “Save the Children—Canada” in 1989.

www.minkhasweaters.com



PARK PLAYGROUND RE DEVELOPMENT UPDATE

RE



In 2007 it was recommended to us to begin planning for re-development in the next 3-5 years as our beloved playground was entering the end of its lifespan. To date, we have launched the playground re-development project, formed a committee, and surveyed community wants and needs in a variety of formats. We are now very comfortable with the feedback that we have received from all our residents and park user groups through the emails, completed surveys, focus groups and bus tours.

Design Time!

Currently we are meeting with the Landscape Architect and finalizing our overall park design. We received very strong feedback that our park was enjoyed and appreciated for its current layout and only minor enhancements were necessary for greater access, usage and safety. Committee members have attended the recent Playground Fair and are reviewing current options and choosing suppliers and equipment. We hope to bring these plans forward to the community for your feedback this spring.

Construction Timeline

Last April we estimated a fall of 2010 or spring of 2011 construction date and we are close to on track although it might be a little optimistic. We are reliant on the City's schedule, the grant application process and fundraising as mitigating factors so 2010 is unlikely and we expect the spring or fall 2011 to be more accurate. Portions of the overall plan may also be phased in, for example, construction in stages, giving us greater flexibility and time for additional fundraising.

'Fun'draising!

Yes! It's that time now. We of course want the best park space in the city and therefore we want to do an amazing job of the fundraising to ensure our options are not limited. We have great ideas and enthusiastic and energetic committee members ready and willing to start this process however we are still looking for someone to Chair this very important group.

WE NEED YOU!!!

If you have fundraising or leadership skills, (or know someone) please contact us immediately to help with this very important endeavour. The timeframe will be mainly over the next 18 months with events to begin this spring.

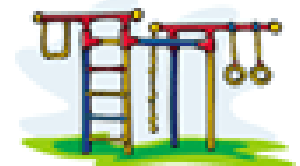
There are city grants available, community league funds, corporate and individual donations so as you can see there are many avenues available to reach our goal.

BE PART OF THE PARK!!

Getting involved is often much more rewarding than people expect with an increased sense of pride, ownership and sense of belonging....we are very lucky to have a community such as this and I am looking forward to what we all can achieve together!

Contact Us

You can continue to contact us at: park@parkallen.ca or through our dedicated committee members: Leanne Kohn, Cynthia Puddu, Liz Mathew, Christie Roy-Irving, Rhonda Webster and Nora Begoray.



Fundraising Let's Go!!!!

Parkallen Newsletter

* We would love to do a profile on your Parkallen based business, music group, art studio, flower garden...for FREE. If you would like to be showcased, or know someone who should be, let us know!

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

For more information please contact Sonya or Christine at newsletter@parkallen.ca

Please note that inclusion in the newsletter does not constitute endorsement by the Parkallen Community League Association

COMPASS TRAVEL

Cathy Leppard Beltranena



cjleppard@hotmail.com

Phone (780) 430-1058

6415 – 110 Street

Edmonton

An Associate of **NEWWEST TRAVEL Ltd.**

Early Booking Discounts for Winter Vacations

Free Airport Parking



Classifieds



A two line "Classified Ad" is free for community league members contact Christine at newsletter@parkallen.ca

- ◆ Need an electrician? Call Rob - Master Electrician at 780-433-3837 For all your electrical needs.
- ◆ Whether you are shopping for Christmas or just like to have delicious gifts on hand, check out Epicure's 2009 Gift Collections at www.epicureselections.com. Contact Janice Halliwell 780-437-2497.
- ◆ 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.

Southwest Seniors Outreach Society 10832 – 62 Ave

We offer Clogging, Community Dance, Choir & Cards, Shuffleboard. Every Thursday we have a luncheon followed by entertainment. There are also bus trips, etc. If you are interested in learning more, please call 435-9515. Come give us a try!

Parkallen Knitters

Wednesdays 1 to 3 pm at the Community Hall. Everyone is welcome to "drop-in". For more information contact: Edith at 780-434-1178 or Betty at 780-465-3723.

Parkallen Community League Executive

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

The positions of President and Vice-President remain to be filled, and the outgoing members are very happy to provide support and advice to ensure a smooth transition. Also vacant are the positions of Hall Maintenance and Transportation. See www.parkallen.ca for detailed job descriptions. The League benefits from the talents and strengths of many different people and we need you!