



THE ALEXANDRAN

THE NEWSLETTER OF THE QUEEN ALEXANDRA COMMUNITY LEAGUE

NOVEMBER 2009 — MEMBERS' EDITION

SCONA POOL UPDATE

PARTICIPATE IN THE SWIM PASS CHALLENGE

The decision on whether to keep Scona Pool open will take place at City Council's budget meeting in December. Currently, there is no budget to keep Scona Pool open past December 2009. If keeping Scona Pool open is a priority to you, it is important to use the pool to keep the participation numbers high. The Scona Pool Schedule is available at <http://www.sconapool.com/> or 780-496-8756.

Queen Alexandra Community League members get 40 free swims at Scona Pool as part of their membership package. All members are encouraged to take part in the Swim Pass Challenge to use up your entire 40 free swims before the end of December (why not... it might be your last opportunity!). Staff at Scona Pool will take down the names of individuals who use up their swim cards. Those people

will be entered into a draw for a new 40 free swims pass that can be used from January through September 2010, assuming that the pool remains open. A total of three swim cards will be issued in the draw. What are you waiting for? Get swimming!

What else can you do? Contact our city councillors & let them know that keeping Scona Pool open is a priority for you. If you signed the petition that went out earlier in 2009, mention this. Encourage your friends & neighbours to do the same. Let's let them know they have our support in keeping Scona Pool open.

- **Bryan Anderson** 780-496-8130
bryan.anderson@edmonton.ca
- **Don Iveson** 780-496-8132
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INSIDE

PAGE 2

- Why do You Love Living in Queen Alexandra

PAGE 3

- Winter Weight: Your Guide to Keeping it Off!
- Ladies' Fitness Classes

PAGE 4

- Food Bank Launches Contest
- Oilers & Oil Kings Community Promotion

PAGE 5

- Community Calendar

LEAGUE EVENTS

AT-A-GLANCE

NOVEMBER 14, 11:00AM-1:00PM
Spray Park Refit Consultation

NOVEMBER 24, 7:00PM
Monthly General Meeting

SCONA POOL PUBLIC SWIM SCHEDULE

LANE/PUBLIC SWIM*

Mo Tu We Th Fr 9:00am-3:00pm

PUBLIC SWIM

Su 2:00-6:00pm We 6:30-8:30pm

Sa 1:00-3:00pm

* Pool may be shared with rental groups.

EARLY BIRD SWIM

Mo We Fr 6:30-8:30am

LANE SWIM*

Tu Th 7:00-8:30am

FAMILY SWIM

Sa 7:00-8:30pm

QUEEN ALEXANDRA COMMUNITY LEAGUE

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vacant

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Julie Kusiek

Program

Lindsay Telfer

Social

vacant

Sports

Sue Wasson

WHY DO YOU LOVE LIVING IN QUEEN ALEXANDRA?

Attention all QA residents! You still have time to submit comments on why you choose to live in Queen Alexandra. Send your submissions to news@qacl.ca before November 20 to have your thoughts published in the December issue of the Alexandran. Here's a taste of what's been coming in so far:

WHAT DO I LOVE ABOUT LIVING IN QUEEN ALEXANDRA?

ALMOST EVERYTHING...

Submitted by Iga Speur

I have lived in this area for over twenty years. My three children were born and raised here. They do not even know how lucky they are.

I like the location. It is an older green neighbourhood, close to Whyte Ave. and the U of A. I like the mix of people. I like the MLA I have helped to elect.

I love to walk and cycle. I can get almost anywhere and do anything just doing that. It reminds me of Europe, only it is much safer and friendlier than big European cities. I am European and it is as

close to my life style at home, as I can get in Edmonton.

We have chosen Edmonton as a place to settle and raise our families because it is a safe and liveable city. We liked the infrastructure in Edmonton. We would like to keep it this way. A City with good infrastructure creates responsible, educated, and self-sufficient citizens. Libraries, swimming pools, parks, subsidized theatre and festivals should be available and affordable to everybody. We believe that if our kids are brought up in these facilities their level of education and mental and physical health will be higher. This prevents crime, vandalism, mental and physical illness.

I love SCONA POOL. It has warm water, friendly staff and big cheery widows. My kids had their birthday parties, swimming lessons and Sunday swims there. I use it a few times per week. I am doing anything I can to keep it open. I hope everybody will write to our councillors (Don Iveson and Bryan Anderson), and call them, to let them know you feel the same.

The Alexandran is published monthly except for July & August. Deadline for newsletter submissions is the Friday following the last Tuesday of the month. Submissions can be sent to news@qacl.ca.

Information on community events & activities can also be found on the League's website at www.qacl.ca.

For a copy of the minutes from the October General Meeting, contact info@qacl.ca.

GET THE LATEST LEAGUE NEWS AT WWW.QACL.CA

WINTER WEIGHT: YOUR GUIDE TO KEEPING IT OFF!

by Kim Olson B.Ed., CSEP-CPT, ALFCA

Call it instinct, call it Edmonton winter, whatever you call it, we are all culprits of hibernating. Maybe we are meant to tuck in for a few months and forget about the cold world outside. Unfortunately our lives dictate otherwise. We have to leave the house; go to work, take care of our families. Often we let the hibernation instinct take over the minute we walk in the house. We put on our comfy pants, sit down to a giant meal of something rich and creamy and just stay put. The following are some tips to help you keep those dreaded 10lbs. off this winter.

MOVE MORE!

There are lots of ways to stay active over the winter to help alleviate that nesting instinct!

- join a “beer league” sport (most leagues are cheap, fun and welcoming of beginner players)
- try something new! (always wanted to speed skate, swim, Latin dance? The City of Edmonton provides ample opportunities to join a club, or try something different)
- create a walking/jogging/skiing group (you are more likely to exercise if you have someone to do it with)
- join a fitness class (our community league is hosting one this winter)
- buy some exercise videos (there are plenty of quality choices available for less than \$20)

- utilize what’s available (skating rinks, Scona pool, the river valley, your kids)

EAT LESS!

It only takes 3500 calories to put on a pound!!!! Likewise it takes burning off that extra 3500 calories to lose a pound. You can make small changes everyday to help you on your quest!

- switch from cream to milk in your coffee/tea
- switch to diet pop (or eliminate pop altogether)
- drink LOTS of water! (it helps keep you feeling full and flushes out toxins)
- get rid of the junk food in your house (if it’s there, you will be tempted to eat it)
- eat breakfast! (this will engage your metabolism so you burn more calories over the day)
- eat several small meals daily
- read the food labels (are you really eating a serving size? or are you eating 4?)
- remember that it’s calories that matter (eat quality, real foods to help you feel full and get energy!)

Kim Olson is a personal fitness trainer and group fitness instructor with NAIT. She lives in Queen Alexandra and is currently instructing a women’s fitness program at the community league hall.

QA LADIES' FITNESS CLASS

Are you tired of sitting inside all winter? Worried about gaining those winter pounds? Want to increase your strength and stamina? Come join the Queen Alexandra Community League Ladies’ Fitness Class!

WHERE

Queen Alex Community Hall (10425 University Ave.)

WHEN

Monday & Thursday, 6-7pm. Begins November 2 and goes all winter long!

WHO

Ladies of all fitness levels (ages 18-65)

COST

- \$80 per month for community league members
- \$100 per month for non-community league members

CONTACT

Kim Olson
kolson@nait.ca or 780-757-5007

- all classes are taught by our certified personal trainer and group exercise leader
- classes are inexpensive, safe and fun!
- drop-in classes available
- plenty of free parking!

EDMONTON'S FOOD BANK LAUNCHES NEW INTERACTIVE CONTEST

Edmonton's Food Bank is raising awareness about hunger through a new interactive photo and literary contest.

Expressions of Hunger was launched at the Edmonton Food Bank's annual Harvest Luncheon. The photo, poetry and short prose contest focuses on five elements or categories – physical, emotional, mental, spiritual and environmental. The contest will run until March 31, 2010. In April 2010, the photos will be posted online where people can vote for the top three images, poetry and short prose in the five categories. Winners will be notified on May 3,

2010. The selected three winners in each of the five hunger categories will be showcased at an Edmonton art gallery on National Hunger Awareness Day on June 1, 2010 and exhibited at various locations after June 1, 2010.

“Edmonton's Food Bank is starting this new initiative because there are so many aspects of our community that are affected by different elements of hunger and we want to trigger discussions for change. We feel we have done a great job of serving hungry people since 1981. We want to raise awareness while continuing with our mandate,” said Marjorie Bencz,

CM, Executive Director of Edmonton's Food Bank. “If you have an appetite for creative change, express yourself through Edmonton's Food Bank's Expressions of Hunger.”

Interested participants can visit www.edmontonsfoodbank.com to download the Call for Submissions and the Artist Consent Forms. Digital photo and written entries can be submitted to expressions@edmontonsfoodbank.com. The public can watch for updates about the contest on Edmonton's Food Bank's website and on Twitter by following [@yegfoodbank](https://twitter.com/yegfoodbank).

OILERS & OIL KINGS COMMUNITY PROMOTION

The Oilers are supporting community leagues with a great offer to bypass Ticket Master tickets and order directly from the ticket sales office. You will get the best available seats for the pricing you choose, avoid service charges, and get the group rate as an individual! Great deal!

All Oilers tickets purchased with this promotion also come with

free Oil Kings vouchers - two great hockey games at a discount rate for the Oilers game. Just let John Sutherland at the ticket sales office, 780-409-2474, know your community league membership card number and these games are yours! For more details including eligible games & prices, visit the EFCL website at www.efcl.org.



COMMUNITY CALENDAR

NOVEMBER 12, 6:00-9:00PM

Ice Building and Routine Maintenance of Outdoor Rinks *Royal Gardens Hall (4030 117 Street)*

There will also be food provided and door prizes. For more information or to register contact Duane Boos (780-442-4629), duane.boos@edmonton.ca or Kerri-Lynn Dwyer (780-944-5528), kerri-lynn.dwyer@edmonton.ca.

NOVEMBER 14, 11:00AM-1:00PM

Spray Park Refit Consultation *Queen Alexandra Community Hall (10425 University Avenue)*

Want to learn more about the upcoming spray park refit for the wading pool on 73 Avenue between 107 and 108 Streets? Come to this informal, drop-in community spray park consultation. Committee members will be on hand to give an update, answer questions and provide an opportunity for community members to see the design and comment on the spray park.

NOVEMBER 14, 3:30PM

Mary Mark Memorial Service *Southside Memorial Chapel (83 Avenue & 104 Street)*

Mary Mark, a former active member of QACL, passed away in late September at the age of 87. A memorial service will be held on November 14 at 3:30 pm at the Southside Memorial Chapel, at 83 Ave and 104 Street.

NOVEMBER 16

Trails, Paths and Routes Advisory Committee

Interested in promoting Edmonton's trail systems? Edmonton's Trails, Paths and Routes Advisory Committee is looking for another representative. The next meeting will be held on November 16 in the evening. For more information go to www.edmonton.ca/tprac.

NOVEMBER 19, 5:00-9:00PM

Community Engagement Strategy Event *Palace Banquet (3223 Parsons Road)*

Save the date for this exciting event hosted by the City of Edmonton. Special guest Jim Diers will be speaking on community engagement. Look for more details to come.

NOVEMBER 21, 7:00PM

Going Green and the Solar Energy Movement *Riverdale Hall (9231 100 Avenue)*

The Edmonton Federation of Community Leagues presents solar energy expert Gordon Howell. The evening includes refreshments, wine and cheese but bring your own cup and plate.

NOVEMBER 24, 7:00PM

QACL Monthly General Meeting *Queen Alexandra Community Hall (10425 University Avenue)*

The monthly general meeting of the Queen Alexandra Community League. All members are welcome and encouraged to attend. The meeting will be held upstairs at the Hall (turn left inside the front doors).

DECEMBER 19, 1:00-8:00PM

Scona Pool christmas Party *Scona Pool (10450 72 Avenue)*

This free event will be held from 1-8pm. Please mark this important date on your calendars and invite as many of your friends and neighbours as possible. More details to come.

Have an event you'd like to include in next month's calendar? Send it to news@qacl.ca. Deadline is the Friday following the last Tuesday of each month.