



THE ALEXANDRAN

THE NEWSLETTER OF THE QUEEN ALEXANDRA COMMUNITY LEAGUE

JANUARY 2010 — MEMBERS' EDITION

WINTER FUN & RECREATION

LEARN TO SKATE

The City of Edmonton is offering Learn to Skate programs for children near you! Costs vary from \$22.50 to \$40, depending on the number of lessons. Most lessons begin the first week of January.

Lessons for preschoolers and ages 6 to 9 are being offered at many community league rinks near Queen Alexandra including Allendale, Belgravia, Parkallen, & Strathcona. See page 6 for dates & locations.

Visit ereg.edmonton.ca, phone 311 or visit any City of Edmonton Leisure Centre for more information.

PUBLIC SKATING

In Edmonton, we have no shortage of public outdoor ice skating surfaces. The City's Parkland Services maintains both ground and pond ice rinks in the major parks. It is recommended that children or inexperienced skaters use an approved helmet while on the ice to prevent injuries. You can also skate on storm water lakes when conditions allow. Drainage Services oversees all use of these lakes, and certain restrictions and conditions are in place to ensure that health and ecological issues are

properly addressed.

For Public Skating and Shiny schedules call 311 or go to www.edmonton.ca/arenas.

FREE PUBLIC SKATING

Sponsored by the City of Edmonton & the Kinsmen Club

Mondays 6:15-7:15pm

- Tipton Arena (10849 81 Avenue)
- Donnan Arena (9105 80 Avenue)

X-COUNTRY SKI TRAILS

Edmonton is home to some of the most scenic cross-country ski trail in Alberta. Why not check them out!

C - Classic, S - Skate, N - Night

- **Capilano/Gold Bar Park** (CSN)
109A Avenue & 50 Street
- **Kinsmen Park** (CSN)
9100 Walterdale Hill
- **Whitemud Park** (C)
Keillor Road access
- **Riverside Golf Course** (CSN)
Rowland Rd. & 84 Street
- **Terwilliger Park** (CS)
Rabbit Hill Road – West End
- **Victoria Park** (CS)
12130 River Valley Road
- **William Hawrelak Park** (CS)
9330 Groat Road
- **Snow Valley** (CSN)
S of Whitemud Dr on 119 St

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LEAGUE EVENTS AT-A-GLANCE

JANUARY 26, 7:00PM

Monthly General Meeting

All League events are held at the Queen Alexandra Community Hall (10425 University Avenue)

QUEEN ALEXANDRA COMMUNITY LEAGUE

Mailing Address

PO Box 4546
Edmonton AB T6E 5G4

Hall Address

10425 University Avenue

URL www.qacl.ca

Email info@qacl.ca

Hall Rentals hall@qacl.ca

Membership membership@qacl.ca

Newsletter news@qacl.ca

BOARD OF DIRECTORS

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vacant

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Sue Wasson

USEFUL NUMBERS

EDMONTON POLICE SERVICE

Complaint line, including drug tips: 780-423-4567

Gang hotline: 780-414-GANG (4264)

Vice Unit (to report general trends, hot spots, etc): 780-421-2610

Crimestoppers: 1-800-222-TIPS

Emergencies or crimes in progress: 911

CITY OF EDMONTON INFORMATION AND SERVICES

Bylaw Enforcement: 780-496-3100

Assessment and Short Term Counselling: 780-496-4777

Reuse & Recycle Directory: 780-496-5678

Leisure Access Program: 780-496-4918 or www.edmonton.ca/wellness

COMMUNITY SERVICES

Community Recreation Coordinator Diane Dunn: 780-944-5406 or come see Diane at the next QACL Monthly meeting.

ALBERTA GOVERNMENT INFORMATION AND SERVICES

Family violence info line: 780-310-1818 or familyviolence.alberta.ca

Voter Link: 780-427-7191 or www.voterlink.ab.ca

LOCAL REPRESENTATIVES

Mayor Stephen Mandel: 780-496-8100

COUNCILLORS

Bryan Anderson: 780-496-8130 or bryan.anderson@edmonton.ca

Don Iveson: 780-496-8132 or don.iveson@edmonton.ca

SCHOOL BOARD TRUSTEES

EPSB Don Fleming: 780-429-8086 or don.fleming@epsb.ca

ECSD Marilyn Bergstra: 780-438-2662 or bergstram@ecsd.net

PROVINCIAL REPRESENTATIVES

Premier Ed Stelmach: 780-427-2251 or

<http://premier.alberta.ca/contact>

MLA Rachel Notley: 780-414-0702 or

Edmonton.strathcona@assembly.ab.ca

FEDERAL REPRESENTATIVES

Prime Minister Stephen Harper: pm@pm.gc.ca

MP Linda Duncan: 780-495-8404 or Duncan.L@parl.gc.ca

NEIGHBOURHOOD COMMUNITY NOTES

ENGAGEMENT

THE JOURNEY CONTINUES

On November 19, over 200 people from South Edmonton neighbourhoods and agencies came together to hear Jim Diers (community engagement expert from Seattle) speak about making neighbourhoods the best they can be. Using stories, humour and years of experience working with neighbours, Jim shared great insights to obtaining broad and inclusive community engagement.

WHAT NEXT?

Neighbourhoods are invited to apply to participate in a one day planning workshop with Jim in February 2010. The aim of the session is to bring interested citizens and groups together to develop an action plan that will make their neighbourhood the place they want it to be. Five neighbourhoods in South will be chosen to participate.

QUEENALEXCAMP

A few residents of Queen Alexandra will be applying for the Jim Diers community engagement session to run our own QueenAlexCamp. Do you know stories about Queen Alexandra, or want to hear some? Want to discuss which yard weeds you can eat? Or do you have any hobbies or skills you want to share? They can all be a part of QueenAlexCamp! To get hooked in, email Myles at qacamp@qacl.ca.

SNOW & ICE CONTROL PROGRAM

Did you know there's free sand available to you as a resident of Edmonton to use on your sidewalks? Let's make walking safe in our neighbourhood. Kindly take a pail to the City of Edmonton sand box installed at the Queen Alexandra Community Hall, grab some sand and spread it around your sidewalks. It's there for you to use.

SCONA POOL UPDATE

Scona Pool is open for 2010! To register for classes go to www.sconapool.com or phone River City Recreation at 780-496-8756. Remember, Scona Pool is not open indefinitely. It is open for another 12 months. This will give us all the time to keep usage numbers high, work together, formulate a plan, get into action and make sure it stays available for years to come. To lend your hands, consider attending the next Queen Alexandra meeting at 7pm on January 26 at the hall or email info@qacl.ca.

ASSISTED WASTE COLLECTION

The Waste Management branch offers an assisted waste collection service for customers who cannot get their recycling or garbage to the curb or lane.

The Service is for Edmonton residents with temporary or permanent mobility challenges who do not have someone to take their waste to the curb or back lane for them. Collectors will walk up to the home to pick up garbage and recycling. There is no additional charge for this service. For more information visit:

http://www.edmonton.ca/for_residents/service-assisted-waste-collection.aspx

LIKEWISE SOCIETY

There is a new group called the **Likewise Society** looking to form a steering committee on Southside homelessness. They are asking that individuals who join purchase a membership for \$100 as a means to raise capital. For more information on this organization or to purchase a membership contact Hugh at Strathcona Baptist Church, 780-439-3654.

The Alexandran is published monthly except for July & August. Deadline for the February issue is January 2^{9th}. 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.

Members can request a copy of the minutes from the monthly General Meeting, by contacting info@qacl.ca.

GET THE LATEST LEAGUE NEWS AT WWW.QACL.CA

GET SMART!

ACHIEVING YOUR NEW YEAR'S FITNESS RESOLUTIONS

by Kim Olson B.Ed.

For many people, the new year brings with it a clean slate.; time to start over, set new goals, start new projects... essentially become a “new” person. We often try to do all of these things without a clear plan in mind, and then wonder why things go awry half way into the month. Fitness goals are no different.

In order to follow through with any new-year’s resolution, including fitness goals, one must have a plan. The following is a simple tool to help you succeed in whatever endeavors you face this coming year.

The SMART tool is a clear way to set realistic goals for yourself.

SPECIFIC

The goal must be clear and concise...focus on one thing...what do you really want to accomplish?

MEASURABLE

There must be a start and finish point...how are you going to know if you’ve obtained your goal if you can’t measure it?

ATTAINABLE

Do you have the resources to help you reach your goal?

REALISTIC

Is the goal something you can do? does pursuit of this goal interfere with your life?

TIMED

Give yourself a specific timeline to complete your goal

Here’s an example of using the SMART tool in regards to a fitness goal:

- **Specific:** I will be able to complete 25 push-ups and 10 chin-ups by June 1, 2010
- **Measurable:** As of January 1, 2010 I can complete 5 push-ups and 1 chin-up
- **Attainable:** I have access to the gym and can also do these exercises at home (have purchased a chin-up bar)
- **Realistic:** I plan to hire a trainer to meet with me once a month to help me with my program. I am also willing to commit to 3 workouts per week
- **Timed:** I am giving myself 6 months to improve my strength and will re-test come June

The SMART tool is a great way to get yourself on the right track. It can be used for fitness goals, or any other project you have in your life.

Good Luck and Happy New Year!

Kim Olson is a CSEP-CPT and AFLCA-certified group fitness leader and personal trainer. She leads a Ladies' Fitness Class at the Queen Alex Hall (see the Community Calendar for more details).

COMMUNITY CALENDAR

MONDAYS & THURSDAYS STARTING JANUARY 4, 6:00-7:00PM

Ladies' Fitness Class *Queen Alexandra Community Hall (10425 University Avenue)*

Kim Olson's ladies' fitness class is held from 6-7pm, on Monday and Thursday evenings at the QAACL hall. So far, it's been a hit! For more info, contact Kim at kolson@nait.ca.

MONDAYS STARTING JANUARY 4, 7:15PM

Martial Arts Classes *Queen Alexandra Community Hall (10425 University Avenue)*

Moh Pai Defensive Arts is now holding regular, self-defense focused Kung-Fu classes on Monday evenings from 7:15 to 9:15 pm, followed by personal instruction and practice time. Enjoy increased fitness, confidence, and stress-relief while learning practical, effective self-defense. Expert martial arts instruction in a fun, non-competitive environment. Visit www.mohpai.com for more information and registration.

JANUARY 5—JUNE 29 (TUESDAYS)

Alphabet Story Time *Strathcona Branch Library (8331 104 Street)*

Enjoy literacy-based story times at the Strathcona Library. Each week, a story will be chosen to highlight a different letter of the alphabet. Parents are welcome to stay. This is designed for children ages 3-5 years and registration begins December 1.

JANUARY 14—24

Ice on Whyte *Festival Park (104 Street & 85 Avenue)*

The Ice on Whyte Festival returns to Festival Park in Old Strathcona from January 14-24, 2010. The park is open to the public from 2 pm to 10 pm on weekdays and from 10 am to 10 pm on weekends. Admission to the park is \$2 per person.

JANUARY 14—FEBRUARY 18 (THURSDAYS), 10:15-10:45AM

Baby Laptime *Strathcona Branch Library (8331 104 Street)*

ear stories, share books and learn new rhymes, songs and finger plays. This is held at the Strathcona Library from 10:15-10:45 on Thursdays.

JANUARY 16, 7:30PM

John Wort Hannam CD Release *Queen Alexandra Community Hall (10425 University Avenue)*

Presented by the Northern Lights Folk Club. Visit www.northernlightsfc.ca for more details and ticket information. Queen Alex members receive a discount at the door.

JANUARY 26, 7:00PM

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

All members are welcome to attend the community league meeting. Meetings are held at 7pm, upstairs in the Queen Alexandra Community Hall (10425 University Avenue) on the last Tuesday of the month

A complete listing of events offered at the Strathcona Public Library can be obtained by calling 780-896-1828 or visiting <http://epl.ca/Events/EPLEventsBranchReport.cfm?id=STRATHCONA>.

To stay in the loop between newsletters, visit our website at www.qacl.ca. It is updated regularly and is a great source for all sorts of information like newsletters from our Community Recreation Coordinator (CRC) at the City of Edmonton and the Edmonton Federation of Community Leagues. You'll also find updated event statuses, special offers for community league members and much more.