



HOLIDAYS AT THE HALL

GINGERBREAD POTLUCK PARTY – SAVE THE DATE!

The first Sunday in December (December 4) is the Queen Alexandra Community League Family Christmas Party. From 4-6 pm we will be crafting reuse Christmas ornaments, making cards for Santa, singing carols and decorating gingerbread houses! The potluck will take place from 6-7 pm.

Please RSVP to Suzanne at 780-436-2179 or by email at programs@qacl.ca with the number of gingerbread houses your household requires for decorating.

REUSE CHRISTMAS CARDS WORKSHOP

Ready to send out your Christmas cards for this year? Me neither! Come out to Queen Alexandra Community Hall on Thursday, November 17 from 6-8pm to learn how to cannibalize your old cards and calendars into new fabulous cards. Coffee, cookies and crafting supplies are provided. RSVP to Suzanne at programs@qacl.ca or 780-436-1279.

The hall is located at 10425 University Avenue (just north of the Rollie Miles Athletic Field).

SKATING AT THE QACL RINK

On October 23, a group of volunteers gathered together to “raise the rink” and enjoy each other’s company with a potluck meal and games of ping-pong. Thanks to Ken and Lori-anne Bond for organizing the day!

Although the weather isn’t yet

cold enough to make ice, QACL is investigating options for a learn-to-skate program for children in the neighbourhood. Stay tuned for more details by checking out www.qacl.ca over the coming weeks.

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LEAGUE EVENTS

NOVEMBER 17, 6:00-8:00PM

Reuse Cards Workshop

Queen Alexandra Hall

NOVEMBER 29, 7:00PM

Monthly General Meeting

Queen Alexandra Hall

DECEMBER 4, 4:00-7:00PM

Gingerbread Potluck Party

Queen Alexandra Hall

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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1st Vice President

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Building and Grounds

Ken Bond

Publicity

Julie Kusiek

Program

Suzanne Lewis

Sports

Sue Wasson

VOLUNTEERS NEEDED

PLAYGROUP COORDINATOR

QACL is looking for a volunteer up the hall, and keep the board to take on the role of informed on program progress and playgroup coordinator. Allendale needs. If you are interested in runs a program and is opening this taking on this role, please contact program up to Queen Alexandra Julie at info@qacl.ca and she will members as well. We would like to give you further details and connect return the favour but require you with the Allendale coordinator. someone to be the go to mom or If you'd like to check out the dad! It would involve attending the Allendale program, see the ad on playgroup dates to open and close page 6.

PRINT NEWSLETTER VOLUNTEER

QACL is still looking for a mailed out to members who have volunteer to take on the role of requested a hard copy. This activity Print Newsletter Volunteer. The role takes place six times per year. If of this volunteer is to get monthly you are interested, please email league newsletters printed and Julie at news@qacl.ca.

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WWW.QACL.CA

LEAGUE NOTES

PLANNING AND DEVELOPMENT

As usual, several planning and development issues are on the go in Queen Alexandra. On October 5, members of the community met with the owner of the properties at the southeast corner of 106 Street and 76 Avenue (the site of the Lulu Hairstylist building) to discuss the rezoning application of that site and the two properties to the east. The community reiterated its position that it would not support a CB1 zoning at this location for a variety of reasons. The community's opinion on this matter can be found online at qacl.ca/zoning.

Another rezoning application is underway at the northeast corner of 109 Street and 76 Avenue. This application would rezone four lots along 109 Street from a low-rise apartment residential zoning (RA7) to a commercial zoning for the purposes of constructing a professional and medical centre with underground parking (CB1). Additionally, if this property were to be rezoned, it would need to comply with the requirements of the Pedestrian Commercial Shopping Street Overlay. No public hearing date has yet been confirmed.

Finally, the City of Edmonton is now in the preliminary stages of drafting the 109 Street Corridor

Area Redevelopment Plan. The surrounding community leagues, including Queen Alexandra, have been engaged by the Sustainable Development department in high level discussions about how to begin implementing the recommendations in the 109th Street Corridor Study report. More information on the ARP and the Study can be found online at qacl.ca/109St.

If you have any questions or concerns, please contact John Thompsen at planning@qacl.ca.

TIPTON PARK

In October, the Tipton Park Redevelopment Committee invited the three City-approved water feature suppliers to submit design concepts for water at Tipton Park. Suppliers were asked to bring to life the community vision of Tipton Park as a natural space for reflection, relaxation, and nature play and exploration. Submitted design concepts were shared at the Tipton Park Conversation Cafe on November 3. For more information on redevelopment of Tipton Park go to qacl.ca/tipton-park or contact Sheila at tiptonpark@qacl.ca or 780-428-8784.

SPRAY PARK

On October 28 the City Public Works department started on the final leg of our Spray Park Repair. The drainage issues that plagued us all summer should finally be under control and out of the way when they have completed this repair.

The infrastructure in our area is older and this was the cause of the slow drain— it had collapsed. This should bring us up to speed for a full on Spray Park for next summer.

Looking forward to this event, is there anyone who would like to help with the Queen Alexandra Annual Spray Park Party? Please contact Ann Brown at spraypark@qacl.ca.

SCONA POOL

Friends of Scona Pool continues to advocate for Scona Pool and will be doing so in the next few weeks as City Council decides which projects will receive capital funding. If you are interested in this and how you might be able to help, please contact Julie at kusiekj@yahoo.ca. Of course, the best advocacy comes in the form of swimmers to the pool! To see Scona Pool's schedule, go to www.sconapool.com.

COMMUNITY CONNECTIONS

Community Connections articles in the League newsletter seek to connect us further to our neighbours – either by sharing with one another the interesting things that we are involved with, featuring information about something specific to our community, or simply an idea on how to take the first step and say “hello.”

This month’s Community Connection article features Jackie Yurko and her connection to naturopathic medicine. Jackie Yurko (B.Sc., N.D.) is a doctor of naturopathic medicine and member of the Queen Alexandra Community League. Any member with an idea for a Community Connection article is encouraged to email news@qacl.ca.

Q: How long have you lived in Queen Alexandra and what attracted you to the area?

A: I have lived in Queen Alexandra since September 2004. I chose this area because I love the location and the maturity of the neighbourhood and the tree lined streets. It feels like a neighbourhood that has a long history and is fully integrated into the city.

Q: You are a member of the community league. How long

have you been a member and what first made you decide to join the community league?

A: I am pretty sure I joined the community league when I first moved into Queen Alex. I think community leagues play an important role in fostering a sense of connectedness to the places we live and I like being informed about what is happening in the neighbourhood I live in, so I felt it was important to become a member of the Queen Alexandra Community League.

Q: What is naturopathic medicine?

A: Naturopathic medicine is a holistic form of healthcare that is based in the belief that the body has an innate ability to heal itself. To support our body's ability to heal itself, naturopathic medicine works with non-toxic, non-invasive therapeutics to support and strengthen the main systems of the body in moving towards more balance.

Q: What kind of medical advice do clients of naturopathic doctors receive?

Because naturopathic medicine treats each person as an individual, each person's treatment plan will be developed based on their own concerns and their own health

goals. In general though, naturopathic medicine can address a wide variety of health issues including digestive, immune, emotional, hormonal, energy, sleep, blood sugar and heart-based concerns.

Q: Based on your professional experience, what one piece of advice would you give the general population about improving their health and well being?

A: I think the one suggestion that applies to everyone is to ensure that we have at least 10 minutes of stress release activity in our routine every day. This allows us to feel more grounded and balanced in our daily lives which contributes to our overall sense of well being and makes it easier to manage all the other parts of our busy days.

Q: How can people contact you if they have any questions about naturopathic medicine or about your practice?

A: People are welcome to contact me at 780-430-4553 or jackie.yurko@me.com. People can also check out the Canadian Association of Naturopathic Doctors website at www.cand.ca.

QUICK FIT

Barb Turner Specialized BPe, CSEP - CPT, AFLCA (OA, PE, GE)

Before starting any exercises or exercise program, be sure to consult your physician.

As winter approaches so do icy sidewalks hidden by fresh snowfall. Without going into great detail (hence the name 'quick fit') I have chosen 3 exercises that focus on balance, strength and core stabilization to help prepare our bodies for the usual Edmonton winter conditions. These exercises are simple enough to do anywhere and require no extra exercise equipment.

1. GLUTEUS MEDIUS/MINIMUS STRENGTHENING

The Glute med/min (for short) are pure hip abductors (lift your leg up to the side) and dynamically stabilize the hip to keep the pelvis in neutral position while standing on one leg (as in running or walking).

To do this exercise: Stand beside a wall with the side of your right shoulder and arm touching the wall. Take one step sideways away from the wall so you are approximately 1-1.5 feet from the wall. Lift your right arm up no higher than shoulder height with the elbow bent. Gently lean the forearm and elbow against the wall as a stabilizing point. You are now leaning on the wall taking most of the weight through the right foot and elbow. Turn your left toe inward (facing the right instep) and lift your leg up to the side maintaining the 'toe in' posture. You will feel it on the side of your buttock. Do 1 set of 10 lifts and then turn the toe out (facing away from the body) and do 10 more. This exercise strengthens the Glute Med/Min muscles to help stabilize the hip in case of a slip.

2. LUNGES

To work the Hip Flexor, Quadriceps, Hamstrings, and Gluteus Maximus.

To do this exercise: Stand facing a wall, an arm's length away. Place your hands on the wall for balance if required. Keep both knees soft and never lock a joint straight. Standing on the left leg, step back 6-12 inches (to start) with the right foot. Keep the toes of both feet pointing forward. Transfer your weight onto both feet equally. Begin to slightly bend both knees. Do not bend the knees so the knees end up in front of or on top of your toes. To increase the difficulty, step further back. Do 3 sets of 10 repetitions changing the front leg from right to left. This exercise will help strengthen the hip and legs to stabilize the hip in a neutral position if a slip occurs. It also increases strength to improve balance so we can catch ourselves before we fall.

3. BALANCE WALKING

To do this exercise: Stand beside a wall or have a counter beside you. Walk in a straight line placing the heel of the front foot against the toe of the back foot. Stand tall and try to stay looking straight ahead. Use the wall as a balance aid if necessary. Once you have mastered this try to increase the difficulty by walking without touching the wall or chair. For best balance move to walking heel to toe with eyes closed. This exercise helps keep the balance we presently have and gain better balance with practice. It is much easier to catch ourselves before the fall with good balance.

Further explanation and references are available by contacting Barb at bbal_twin@yahoo.com.



Open to children of all ages the Allendale Community League is pleased to host a Parents and Tots morning every Friday. Come to our community hall to play, socialize and get to know some of your neighbours.

If you have any gently used toys to donate or would like more information please contact Jennifer Gordon (780) 432-5543

Parents and Tots

Every Friday
Drop in between
10am and 12pm
Allendale
Community League

There is no cost.

COMMUNITY CALENDAR

NOVEMBER 17, 7:00PM

Reuse Christmas Cards Workshop

Queen Alexandra Hall — 10425 University Avenue

Come learn how to cannibalize your old cards and calendars into new fabulous cards. Coffee, cookies and crafting supplies are provided. RSVP to Suzanne at programs@qacl.ca or 780-436-2179.

NOVEMBER 17, 7:00PM

Community Spirit – Outside the Box!

La Cite Francophone — 8527 rue Marie-Anne Gaboury (91 Street)

Writer & presenter Cheryl Mahaffy shares stories & interviews with community groups that have taken an “outside the box” approach to community building in their neighbourhoods. Hear their successes, understand their challenges, and discover their inspiration. RSVP by November 10 to NCDsouthevents@edmonton.ca or 780-442-4846.

NOVEMBER 29, 7:00PM

QAACL General Meeting

Queen Alexandra Hall — 10425 University Avenue

All League members are welcome and encouraged to attend. This will be the last meeting until 2012. If you have an item for the agenda, contact Doug at president@qacl.ca.

DECEMBER 4, 4:00-7:00PM

QAACL Gingerbread Potluck Party

Queen Alexandra Hall — 10425 University Avenue

From 4-6 pm we will be crafting reuse Christmas ornaments, making cards for Santa, singing carols and decorating gingerbread houses! Potluck begins at 6pm. RSVP to Suzanne Lewis at 780-436-2179 or programs@qacl.ca with the number of gingerbread houses your household requires for decorating.

CITY NEWS

CITY BUDGET

The City of Edmonton’s proposed operations budget and proposed three-year capital budget have been released and are available on the City of Edmonton website. Information on public hearings and when Council budget deliberations will begin are available online at qacl.ca/budget2012.

PRICELESS FUN

The Fall 2011/Winter 2012 brochure for “Priceless Fun” is also out. This brochure provides citizens with ideas on free or low cost things to do in the City. Download a copy of the brochure at qacl.ca/fun.

IMAGINE THE POSSIBILITIES IN YOUR NEIGHBOURHOOD!

Neighbourhood & Community Building South presents “Community Spirit – Outside the Box!” on November 17 at 7:00pm at La Cité Francophone at 8527 rue Marie-Anne Gaboury (91 Street). Writer & presenter Cheryl Mahaffy shares stories & interviews with community groups that have taken an “outside the box” approach to community building in their neighbourhoods. Hear their successes, understand their challenges, and discover their inspiration. RSVP by November 10 to NCDsouthevents@edmonton.ca or 780-442-4846.

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