



Duggan Details

May/June 2016

In This Issue



First Word with Duggan Details Editor Tonya Lambert

Spring has sprung! And along with the flower, sunshine and birds, Duggan Details has returned. In this first issue, we are celebrating the return of warm weather with articles on gardening and the outdoors, such as *The Many Benefits of Being Part of the Duggan Community Garden*, *Root for Trees Fest*, *Green & Gold Community Garden*. There are so many beautiful yards in the neighbourhood which you can nominate for one of several categories in the Front Yards in Bloom contest.

Safety is another focus of this issue. Alberta Health Services discusses window and balcony safety while Soni Dasmohapatra reminds us of the importance of staying hydrating in the spring and summer heat. May 7th is the 10th Annual Get Ready in the Park put on by the City of Edmonton's Office of Emergency Management. This year's theme is Evacuation and Shelter-in-Place. Those wishing to learn safe biking skills will find several programs from which to choose.

Principal Christine Pichlyk updates everyone with what is happening at Duggan Elementary School. Readers will also discover many upcoming events for children and family to participate in, including the Summer Green Shack Program, the Edmonton Youth Choir, the 100 in 1 Day event, and the Leaders In Training program. Perhaps you would like to explore Mexican culture with some salsa and tacos on Cinco de Mayo on May 5th? Local seniors can find out what's happening with the SouthWest Edmonton Seniors Association.

I hope you enjoy the new Duggan Details!

Table of Contents

Message from MLA Richard Feehan	1
Rigor, Relationships & Recognition at Duggan Elementary.....	2
Summer Green Shack Program	2
The Many Benefits of Being Part of the Duggan Community Garden	3
10th Annual Get Ready in the Park.....	5
The SouthWest Seniors Association	6
Celebrating Cinco de Mayo.....	8
Root for Trees Fest.....	8
Bike Safety Program.....	9
Window & Balcony Safety.....	10
Green & Gold Community Garden	11
100 in 1 Day	11
Hydration Innovation: Creative Ways to Flavour Your Water	12
Concerned with Bullying?.....	12
Front Yards in Bloom.....	13
Leaders in Training	14

Duggan Hall Address

3728 – 106 Street NW
Edmonton, AB
780-436-6987

Duggan Hall Mailing Address

Duggan Community League
Yellowbird Post Office
P.O. Box 41041
Edmonton, Alberta
T6J 6M7

Executive Officers

President	(Vacant)
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Financial Review	(Vacant)
Bylaw Review	Michelle Barin
Policy/Procedure	(Vacant)
Hall Booking	Salim Muradali
Board Transparency	(Vacant)
Senior Liaison	(Vacant)
Fundraising	(Vacant)
Board/Volunteer Recruitment	(Vacant)

Board Meetings are held at the Duggan Community Hall on the first Monday of every month. There will be no board meeting in May.

MLA

Richard Feehan

Edmonton - Rutherford



I am proud to represent you and your concerns in the Legislature. As your MLA, I wanted to update you on how your Alberta government is working to keep this province strong during trying times.

Many Alberta workers, families and businesses are facing serious challenges due to the collapse of global oil prices. That's why we are taking action to build a stronger, more resilient economy, while keeping spending below the rate of growth and inflation.

In these challenging times, we are creating jobs, fighting for better EI rules, and not making drastic cuts to the public services you rely on. We are helping families who need help, with our new Alberta Child Benefit and our enhanced Alberta Family Employment Tax Credit. We are investing in infrastructure while costs are down, building the schools, hospitals, roads and bridges that Alberta needs. We are supporting training and education, keeping tuition costs down and adding new skill training—helping Albertans expand or upgrade their skills and ensuring young people are ready to join the workforce. We have added two new tax credits, while cutting the small business tax. We continue to work hard to find new markets for Alberta's products—including pipelines for our energy products. And we are finding efficiencies, freezing salaries for political staff and government managers, while reducing the number of government agencies, boards and commissions.

As always, if you have concerns or questions, please contact my office where my staff would be happy to book you an appointment.

Edmonton.Rutherford@assembly.ab.ca or 780.414.1311

A handwritten signature in black ink, appearing to read 'R. Feehan', written in a cursive style.

Richard Feehan

MLA for Edmonton-Rutherford

Rigor, Relationships and Recognition at Duggan Elementary

By: Christine Pichlyk, Principal



It is wonderful to be sharing information about Duggan School to the broader Duggan Community. As a community school, we treasure relationships with community members, welcoming involvement in daily programming and also in the community use of our gymnasium in the evenings.

This month, many of the experiences for students at Duggan can be related to three R's: rigor, relationships and recognition. Rigor will certainly be reflected in the efforts of teachers and students to meet learning goals as we work to complete objectives planned for the final months of school. A rigorous approach can also be seen when students have participated in various assessments such as Edmonton Public Schools Highest Level of Achievement Test in Reading and Writing along with the upcoming Provincial Achievement Tests that students in grades three and six will write in the coming weeks. These assessments provide an additional snapshot of student skills and progress. When the results of the tests are compiled, we then study the results to look for areas of performance strength as well as for ways that we can support areas in need of support.

Relationships continue to be one of the most important elements at Duggan School. It is through our sense of school family that we are united in feeling safe, secure and valued at school. Every day, we work to build upon the positive relationships with all members of our school family. This month, we host our Volunteer Appreciation Brunch to recognize the support from parents, grandparents and other volunteers who have carved time out of their busy schedules to provide assistance to the school. We are very appreciative of the many hands that contribute to our collective success at Duggan!

Our Mascot of Duggan, Duggy the Dragon, is roaring with pride along with other school members: Duggan School is a community school that is fired up about learning!

Summer Green Shack Program

By: Tyler Pollock

This summer, Green Shack Programs will be hosted in the Duggan Neighbourhood. The Green Shack Programs will run five days a week for 3 1/2 hours. A "Pop Up Play" Program will also be hosted in Rideau Park and will two days a week for 3 1/2 hours. We are currently in the process of finalizing details including the hours of operation at each site.

The Many Benefits of Being Part of the Duggan Community Garden

By: Elaine Elrod, Gardener & Organizing Committee Member



Four years ago, when I was invited to take part in helping to start up the Duggan Community Garden, I thought it would be an opportunity to learn to grow food from veteran gardeners and that I might make some new friends. As it turns out, taking that small step of getting involved has added a whole new dimension to my life; and, as a result, I feel connected to the community in a deeper, more meaningful way. There are many benefits of being involved with the Duggan Community Garden and many ways to participate. Among the possibilities, you can sign up for your own garden plot, share one with another gardener, volunteer on the organizing committee, volunteer for our work bees, tend our communal herb and perennial bed, or volunteer on our water team or compost team.



If you do choose to garden, you will find that a visit to your plot means feeling closer to nature and regularly running into other members of the garden. For me, visiting the community garden brings back the feeling of my childhood when neighbours had time to chat with each other and thought nothing of knocking on the door to borrow a few eggs or a cup of sugar. Visiting the garden on a stressful day is a sneaky way of getting a much-needed break. After all, you are going to the garden to do necessary work, right? I often find myself grateful for the excuse of getting out to the garden to water, weed, harvest some produce, or put something in the compost.



The Duggan Community Garden also organizes social events to help us all get to know each other. There is the Annual General Meeting (AGM) in the early spring in which we elect people for volunteer positions and lay the foundations for a successful year. There is the pot luck in the fall where we eat together, joke together, play games together, and enjoy the harvest.



All the garden members who are physically able to, also participate in two to three work bees each year. This is how the garden was constructed, and it's how we lay down mulch, amend the soil, and keep the paths weeded. In addition, all gardeners are required to volunteer on one of our teams, such as the compost team or the water tank team. When three of us are turning the compost pile or filling the water tank, we often joke that we don't need a gym membership to get our exercise.

If you choose to either garden or volunteer as a non-gardener (perhaps you don't need a plot because you have your own private garden at home), you are welcome to attend our monthly meetings that go year-round. Thanks to our founding chair Bill Marshall, these meetings are very efficiently run and never exceed one hour. Nevertheless, we are always genuinely happy to see each other. Gardening seems to attract "down-to-earth" warm, fun people (and maybe it also brings those qualities out in people). And there is always plenty of work to do to organize and run the garden. There are jobs related to keeping track of funds and receipts, securing new funding, communications, membership, and education. In the past, we had a whole series of expertly taught workshops about organic gardening (courtesy of one of our founding members, Anita Gregoire).

Finally, there are the other more obvious benefits. You can learn a lot about how to grow food successfully from your fellow gardeners. You can improve your diet, save money on groceries and seeds, and help the planet by eating food that you grow locally yourself. You can share your own or your fellow gardeners' harvest when a gardener decides they have too much to take home. You can learn from neighbours, who are originally from all different parts of the world, sometimes sharing special knowledge and sometimes even delicious, healthy recipes. And because the garden is located at and supported by the Duggan Community League, it is a way of forging closer ties with the league and your fellow neighbours.

We are looking for new gardeners and volunteers. If you would like a garden plot or would like to volunteer as a non-gardener, please send an email to duggangarden@duggancommunity.ab.ca.

COME SING WITH US

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**Contact us for more information
about our choir programs**

info@EdmontonYouthChoir.ca

www.EYCC.ab.ca | 780-994-6539



EDMONTON

Youth and Children's Choirs



10th ANNUAL GET READY IN THE PARK!

Hawrelak Park
Saturday, May 7, 2016
10am - 4pm

Prepare your family.

Join Edmonton's emergency response community at this free, family-friendly event to:

- * Find out about crime prevention and community safety
- * Prepare your family for all sorts of extreme weather
- * Find out what's underground so you can dig safely
- * Learn how to prevent flooding in your home
- * Practice a fire escape drill



EDMONTON'S COMMUNITY RESILIENCY RELIES ON ALL OF US DOING OUR PARTS.

"Anyone who stops learning is old, whether 20 or 80. Anyone who keeps learning is young. The greatest thing in life is to keep your mind young." (Henry Ford)

The SouthWest Seniors Association

By: Kathy Trepanier

The SouthWest Edmonton Seniors Association (SWESA) is a non-profit established to provide opportunities for adults 55+ to pursue healthy and satisfying lives through engagement in a variety of programs and through social connections. The City of Edmonton has asked that SWESA address the interests and needs of the over 30,000 people over 55 living in southwest Edmonton.

SWESA's new spring programs, events and activities will provide you with a wide range of opportunities to experience and learn new things. The locations, dates and program costs are all explained in the Spring Program Guide which you can pick up or find on SWESA's website. Here are just a few examples to pique your interest.

New Things to Learn:

- Make your own quilted table runner guided by the Quilting Group, who is offering a six-week beginner's class.
- Join a group of music lovers to practice common chords and classic songs on that ukulele or guitar that's just been sitting there in your house. The group is led by Mike Footit, an experienced musician who has fronted bands that opened for April Wine and Tom Cochrane.
- Develop strength and flexibility while working at your own pace in Gentle Yoga.
- Learn how to explore your genealogy interests using Google.
- Take an armchair tour to learn about Edmonton's historic buildings.

Field Trips:

- Elk Island Park: Backstage Bison Experience
- Freewill Shakespeare Festival: Romeo and Juliet
- Sherlock Holmes Exhibit at Telus World of Science

Health Courses:

- Diabetes Self-Management Workshop: This course is taught by Alberta Health Services' Better Choices, Better Health Team.

Toonie Talks:

- Embrace Your Space: Examine the categories of clutter in your home as well as strategies to declutter. How long should you keep important papers? What community resources are available for donating or disposing of items?
- Automated External Defibrillator: Learn how to use this device as SWESA joins the Heart Safe to Community Public Access to Defibrillation Program. It will be taught by Edmonton Fire Rescue Services.
- Aging in Place & Avoiding Hospitalization: Join an engaging discussion about strategies and supports/services that will help you live safely and independently in your own home.
- That's Not Garbage: Learn how you can reuse, recycle, compost, grasscycle and Eco-Station almost everything.

- Physician-Assisted Dying and the New Legislation: Our speaker from Dying with Dignity will look at current patient rights and how other jurisdictions have implemented this approach.

Monthly Luncheons: These are a great way to have fun and meet new people. Each month has a new theme. Be sure to register early as they sell out pretty quickly.

Enjoy Meeting People from Your Southwest Neighbourhood: Drop by for coffee and conversation with other seniors in the southwest.

- Monday & Wednesday afternoons (1pm-4pm) at Terwillegar Community Recreation Centre (2051 Leger Rd)
- Tuesday & Thursday mornings (9:30am-12pm) at Yellowbird East Community Centre (10710 19 Ave)

Look for Other Seniors' Programming in the Southwest: There are other great seniors' centres in the southwest and in some community leagues. Many of them have been around even longer than SWE-SA and have a great group of people to meet. SWESA's website has a listing of other seniors' programs in the southwest. If there are others that should be listed, please let SWESA know.

The South West Edmonton Seniors Association (SWESA) was formed to reflect the needs of people 55 and older in southwest Edmonton. Its goal is to provide social, cultural and recreational programs and services that enhance your enjoyment of life.

587-987-3200

swedmontonseniors@gmail.com

www.swedmontonseniors.ca

DUGGAN MOTHER'S DAY TOURNAMENT

MAY 6 to 8, 2016

For schedule and additional information see: www.duggantournament.com

Celebrating Cinco de Mayo

By: Tonya Lambert



Cinco de Mayo – or May 5th – is a day for celebrating the colourful and vibrant Mexican culture. Savour a burrito, quesadilla or enchilada. Sip on a margarita. Sway to the rhythms of some Latin music.

Local business owner Alfredo Rosales says that the holiday dates back to 1862 when 2,000 Mexican men, women and children overcame incredible odds to defeat 6,000 French soldiers at the Battle of Puebla. The victory was a huge morale boost for the country, which finally succeeded in ousting the French in 1867.

In Mexico, Cinco de Mayo is mainly commemorated in the state of Puebla. The holiday is much bigger outside of Mexico, especially in the US. Many Canadians, both of Mexican and non-Mexican descent, also like to gather together at their favourite Mexican restaurant on May 5th to celebrate the day.

Alfredo Rosales, who together with his brothers Elvis and Ken, opened The 3 Amigos Authentic Mexican Restaurant in Duggan ten years ago, says they always recognize the day with food and drink specials, a mariachi singer and servers in folkloric costumes. This year, the brothers will be appearing on Dinner TV on May 3rd to discuss the holiday and to prepare a traditional Mexican appetizer, main dish and dessert.

How will you be celebrating Cinco de Mayo?

Root for Trees Fest

Does the warmer weather have you dreaming of greener scenery? If you're eager to get outside and enjoy Edmonton's natural beauty, book a tree planting event with the Root for Trees program. This initiative was started by the City of Edmonton in an effort to provide public education and harness the many benefits of trees.

Root for Trees is an enhanced tree planting program which works to preserve and expand our urban forest through partnerships with corporations, community groups, and individual residents. Edmontonians are invited to sign up and participate in tree planting events, in which they will be provided with all the materials required for an exciting day in nature. The program's annual target of planting 16,000 trees aims to achieve the overall goal of doubling the size of Edmonton's urban forest!

Additionally, join us at Jackie Parker Park on Saturday, June 4th from 10:00 a.m. – 2:00 p.m. to celebrate trees! Root for Trees Fest is an annual, public event which encourages Edmontonians to have fun in nature and learn about the urban forest! This free family event will include tree planting, live music, nature crafts, sparkle tattoos, interesting exhibitors, and much more! Children ages 11 and under can also participate in the Tree-Athlon, where they will run, plant, and water a tree.

If you would like more information on Root for Trees or to book a planting event, please visit www.rootfortrees.ca or e-mail rootfortrees@edmonton.ca.

Bike Safety Program

Coming to SW Neighbourhoods in May & June 2016!

Fun and basic bike safety skills are the focus of this free, drop-in program for all ages.

Participants will enhance their bike safety skills while participating in games and activities. Program will be adapted to the age and skill level of participants.

Children 5 and under require a guardian to attend.

All programs are outdoors. Please dress for the weather!

Programs may cancel in the event of inclement weather.

Date & Time	Neighbourhood	Location
Saturday May 14 1 pm – 4 pm	Aspen Gardens	Aspen Gardens Community League Hall 12015 - 39 A Ave
Sunday May 15 1 pm – 4 pm	Leger	Terwillegar Community Recreation Centre parking lot D 2051 Leger Road
Saturday May 28 1 pm - 4 pm	Brander Gardens	Riverbend Jr. High Basketball courts 14820 - 53 Ave
Saturday June 4 2 pm – 5 pm	Allard	Allard Rink 660 Allard Blvd SW
Sunday June 5 1 pm – 4 pm	McKernan	McKernan School basketball courts 11330 - 76 Ave (114 St)
Saturday June 11 10 am – 1 pm	Steinhauer	Ermineskin Community League Hall 10709 - 32A Ave

For all bike safety programs city-wide, call 311 or visit: edmonton.ca/dropincommunityprograms

Participants must bring their own:

- * Bicycle
- * C.S.A. approved helmet
- * Close-toe shoes





Window & Balcony Safety

www.albertahealthservices.ca

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

www.windowssafety.ca





By: *Patti Hartnagel*

The volunteer gardeners at the Green & Gold Community garden, on the University of Alberta South Campus, are making plans for our eighth gardening season! The garden, an initiative of the University's Faculty of Agricultural, Life and Environmental Sciences, is totally volunteer run. Virtually all of the seeds, plants and equipment used are donated.

The vegetables, herbs and flowers are "spray-free" (no pesticides or artificial fertilizers are used). Anyone is welcome to 'purchase' their vegetables at the garden and all of the money raised – that's 100% – goes to the **Tubahumurize Association**, a non-profit organization in Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities. Most individuals who benefit from Tubahumurize are genocide survivors and many are widows or orphans, HIV infected and survivors of physical and sexual violence. To date, the garden has raised over \$100,000 for the Tubahumurize project.

We are now gearing up for the 2016 gardening season, and are looking for new volunteers to join us at the garden. Both novice & experienced gardeners are welcome. If you aren't interested in gardening, but would like to help in other ways (distributing produce, promoting the garden, donating seeds or garden tools) please contact us at:

E-mail: gggarden@ualberta.ca/

Phone: 780-492-4087

Web site: www.greengoldgarden.com

If you would like to receive garden e-mails when produce from the garden is available this summer please send us an e-mail at the above address with a request to be added to the e-mail list.

100 in 1 Day

100 in 1 Day is a global festival of civic engagement coming to Edmonton for the first time! 100 in 1 Day encourages individuals, communities or other groups to take part in simple, temporary, fun placemaking projects on Saturday, June 4, 2016, with the goal of creating 100 projects across the city.

The event provides a chance for Edmontonians to share their love for their city and participate in small projects that spark conversation and create inviting places.

For more information about this project, please visit: <https://makesomethingedmonton/ca/100in1Day/>

Hydration Innovation:

Creative Ways to Flavour Your Water

By: Soni Dasmohapatra



The snow has melted; the weather has warmed. Spring has arrived and soon summer will be on its heels. Living in Edmonton's prairie lands can be challenging at times as the climate is dry. Often it is difficult for individuals to identify if they are dehydrated. Some signs of dehydration include headaches, dry mouth and low energy. It is recommended by health professionals that on average a man should be drinking 3.0 litres or 13 cups and a woman 2.2 liters or 9 cups of beverages. It is best to drink beverages that hydrate your body such as water or herbal tea. Coffee and soft drinks are not the best at providing the required hydration. Adding fruits, herbs and spices to your water is an excellent way to flavour your water naturally and absorb essential nutrients for your body. I have included an infographic below (source www.healthstuffmix.com) that provides combinations to add flavour, nutrients and support for healthy hydration. Happy Hydration!



Concerned with Bullying?

Many parents are concerned about their children's safety at school. One major worry is bullying. Parents ask: is my child getting bullied; are they bullying other children; what can we do to help? These are big questions with no easy answers. The most important step a parent can take is to keep communication open with their children and the school staff too. If you are aware of conflicts between your child and their friends, talk about it. Try to help your children solve their problems before they become too influential. It is important for children to learn how to resolve their interpersonal problems at school. Not everyone will be friends forever but schools should be safe for everyone.

If you have questions, you can call our Individual and Family Well-being Program at 780 496 4777 to speak confidentially with a social worker at no cost.

Front Yards in Bloom!

This recognition program is all about celebrating the efforts of our neighbours in beautifying Edmonton's neighbourhoods.

We received 4,221 nominations in 2015! Nominations for the 2016 season will be accepted beginning on Friday, May 20.

Thank you to the countless volunteers who make this possible.

Award Categories

Yards are nominated in one of 4 categories:

General Category - an appealing front yard that catches your eye, inspires smiles, and invites visitors to enjoy its beauty! May include a variety of



plants, colours, textures, heights, decorations, and unique features.

Natural Front Yard - a yard with a "natural" aesthetic, using native plants, limited pesticides and herbicides, and reduced water use (for example, xeriscaping). Landscaping creates plant communities and local biodiversity. The Natural Front Yard category is judged by the Edmonton Native Plant Group.

Edible Front Yard - a yard incorporating edible

fruits, flowers, and plants into the landscape design. Landscaping includes everything from vegetables and grains to fruiting trees, berry bushes, or even mushrooms. The Edible Front Yards category is judged by Sustainable Food Edmonton.

Public Spaces - a yard or garden with landscaping features and aesthetic appeal in front of a public building. Can be located in front of a school, business, or office building, multi-unit residence, church, community league, or volunteer association.

Who Can Nominate a Yard?

Anyone can nominate someone else's front yard. Postal workers, Edmonton Horticultural Society members, and staff or volunteers with our partners and supporters, also submit nominations.

You can't nominate your own yard, but you can certainly ask a friend or neighbour to nominate your yard, or volunteer to nominate someone else's yard. We want to recognize and celebrate all of our neighbours' efforts to keep our communities beautiful.

What Types of Yards Can Be Nominated?

Yards and gardens that are located in front of a residence or building

Can include side and corner yards

All nominated yards must be at street level and open for the community to view; not hidden behind fences or locked doors or gates.

For more information call 311 or email 311@Edmonton.ca.



Leaders In Training

Are you looking for some excitement this summer?

Are you ready to take risks and meet new friends?

If you are between the ages of 13 and 17, why not take the opportunity this summer to build your leadership skills and get involved in your community? Our Leaders in Training (LIT) Program will provide you with valuable volunteer leadership experience at a Neighbourhoods Day Camp or Green Shack program. During two days of fun and interactive leadership training, staff will help you discover your inner leader and prepare you for volunteering with children in our summer programs.

Interested in the LIT program? Stop by one of our Registration Nights to find out more about exciting volunteer opportunities in your community.

Registration Nights

Friday, May 20

Circle Square Community
Services Office
11808 St. Albert Trail

Tuesday, May 31

Mill Woods Recreation Centre
7207 28 Ave.

Thursday, June 2

Clareview Recreation Center
3804 139 Ave.

Tuesday, June 7

Jasper Place Annex
9200 163 St.

Thursday, June 9

Terwillegar Recreation Centre
2051 Leger Rd.



Challenge yourself and join Leaders in Training!

www.edmonton.ca/youth
www.twitter.com/YEGYOUTH
E-mail: youth@edmonton.ca
Call Us: 780-944-7413

Tues, June 14

Meadows Recreation Centre
2704 17 St.

Thurs, June 16

Circle Square Community
Services Office
11808 St Albert Trail

All registration nights are from 6–8 p.m.

Please bring two pieces of original Government-issued ID and a photocopy of each of them. One piece of ID must have a photo for a security clearance check. You are able to pay the \$20 fee at registration night or by calling 311. Registration Code is 561731.

Training Dates

Participants must attend both full days of one set of training dates.

Level 1 (New LITs)

9:30 a.m.–4:30 p.m.

both days

June 25 and 26
(North East Location)

July 2 and 3
(South West Location)

July 16 and 17
(South East Location)

Level 2 (Returning LITs)

10 a.m.–4 p.m. both days

June 18 and 19
(North East Location)

**Applications
available online at
edmonton.ca/youth**

