



*Duggan Details*

*December 2016-January 2017*

# In This Issue



## First Word from Duggan Details Editor Tonya Lambert

I hope the holiday season was filled with family, friends and fun for everyone.

With the new year upon us, many of us are making our annual resolutions to become a better person, live a more fulfilling life and make the world a better place. While you are making your new year's resolutions, please remember to be grateful for all your blessings, to share your bounty with those less fortunate, and to help others to fulfill their hopes and dreams while you strive to do the same.

For many of the young people in our community, soccer occupies a place in their dreams for the coming year. Registration for the 2017 outdoor soccer season starts February 1. Volunteers are also needed, especially for the annual Mothers' Day Tournament. See Brad Kring's article on page 4 for more information. For those children who want to learn to skate, a list of dates and locations can be found on page 8 while the times for the Winter Green Shack Program is on page 10.

For seniors, the SouthWest Edmonton Seniors' Association has a variety of activities to help pass the long, cold winter months. Ellen Frombach offers more information in her article on page 6.

Looking for volunteer opportunities? Not only are soccer volunteers needed, there are several vacancies to be filled on the community league board. Information about the city's new Snow Angels Program is on page 9. The city will also be hosting a Master Composter Recycler Program for which applications are now being accepted; more information on page 9.

On behalf of the Duggan Community League Board, I wish everyone a safe, happy, healthy and prosperous new year. All the best to everyone in 2017!

## **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)
Vice-President	Ken Greenway
Second Vice-President	Mohammad Ali Kamal
Treasurer	Richard Mak
Secretary	Gerald Draganiuk

## **Directors**

Membership	Andre Huellstrung
Communications	Tonya Lambert
Youth Programs	(Vacant)
Soccer	Brad Kring
Neighbourhood Watch	Michelle Barin
Webmaster	Michael Elliott
Social Director	Yilia Liubaoerjijin
Civic Director	Andrew Chell
Youth Representative	(Vacant)
Social Media	Samantha Goettel

## **Committee Chairs**

Inventory	(Vacant)
Financial Review	(Vacant)
Bylaw Review	Michelle Barin
Policy/Procedure	(Vacant)
Hall Booking	Rene Meister
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. The next meeting will be on Monday, January 2.

### Duggan Soccer – February is Outdoor Registration Month!

Registration for the 2017 outdoor soccer season begins February 1st. Outdoor soccer is affordable, fun, and a great way for your child to meet other children in the Duggan community. Duggan Community League (DCL) is a member of the Southwest Zone of the Edmonton Minor Soccer Association, and offers a community soccer program for girls and boys born between 1999 & 2012 for the 2017 outdoor season. We also hope to offer a U4 program for children born in 2013.

The outdoor soccer season begins the first week of May and ends in late June, with post-season play for U10-U18 extending into July. During the season, players from U6-U18 have two games each week and may also have one practice.

Our volunteers are key to the success of the Duggan Soccer program! Duggan Soccer is always looking for parents who are interested in volunteering as a coach or assistant coach for their child's team. We offer access to training and coaching resources from EMSA and the Alberta Soccer Association to help ensure you have the tools you will need for a fun, successful season. Other parent volunteer options include: the Duggan Soccer Tournament (Planning Committee, Field Marshal, Concession, HQ), and DCL casino/bingo nights.

For more information on registering your child for the 2017 Outdoor Soccer Season, please visit SWEMSA's registration page at <http://emsasouthwest.com/play/programs-benefits/outdoor> or the Duggan Community League website at <http://www.duggancommunity.ab.ca> (click on "Soccer").

You can also email any questions to Brad Kring, Duggan Soccer Coordinator at [soccer@duggancommunity.ab.ca](mailto:soccer@duggancommunity.ab.ca).



## Sharing the Surplus

*By: Anita Gregoire*

A few winters ago, my husband and I took a road trip to see the Grand Canyon. It was truly memorable, but the one thing that stood out the most to me had nothing to do with the view, but of the little things that occur during the night in the middle of the desert.

When I packed, I looked at the daytime temperatures in Nevada and took two quilts. I should have looked at the night time temperatures. Sleeping in our van was okay, and when the temperatures reached -7oC and our breath condensed and froze on the windows, I was still comfortable because my husband was willing to share his surplus. You see, he is a mini furnace. He radiates heat all the time. So, I just snuggled up and enjoyed a good night sleep without it costing him anything. He has a surplus of body heat and was willing to share with me. It didn't cost him a thing.

It made me spend a lot of our travel miles contemplating all the little things that we as a community have to share that gives so much without decreasing what we have. Many people in our city live from paycheque to paycheque, and when "Sharing the Surplus" is mentioned, they question how there could possibly be a surplus when one can hardly make ends meet. It takes just a little introspection, and a library of "Things to Share" can be accumulated. I have a wheel barrel that is stored in the garage and shovels and forks that I can lend to help in the construction and ongoing maintenance of our Community Garden. I have perennial flowers and herbs that can find a new home in the community plot. I recognize quack grass (an invasive, hard-to-get-rid-of grass), so I can pull it from walkways and beds in our new garden. I have a push broom that I can use at the basketball courts and spare plastic bags that I can put garbage in on my daily walk to do my share of keeping our community clean. I have my grandma's recipes that I can share, from a time when vegetables were the mainstay in a family and everyone cooked from scratch. I have canning and baking skills that I can use to establish a community kitchen. I can take my evening walks with friends through the community, a small "Community Watch" program. I have a smile, the one thing that can be shared with everyone I meet without ever running out.

The list of "Things to Share" is only as limited as our imaginations, and "Sharing the Surplus" is just one more small way of ensuring care of people and care of the earth.

For more information on the Duggan Community Garden,  
contact [duggangarden@duggancommunity.ab.ca](mailto:duggangarden@duggancommunity.ab.ca)





# SouthWest Edmonton Seniors Association (SWESA): Recognizing Board Member Contributions

*By: Ellen Frombach*

*SWESA wishes you and yours a happy holiday season  
and a joyous, prosperous new year.*

## SWESA Recognizes the Contributions of Two Long-Time Board Members

There are two SWESA Board members who are completing their four-year terms this spring: Carol Bigam, and Barbara Olsen. Both members have been instrumental in leading SWESA through its start-up phase, at a time when there were no guidelines on how to operate. They have dedicated endless hours of volunteer time to build this important seniors' community.

### Carol Bigam

Carol has been SWESA's president for the past three years and previously served one year as the vice-president, guiding the organization through its early development. No task was too big or small and included everything from organizing the coffee drop-in groups, supplies and equipment purchases in a newly developing organization, working on SWESA by-laws, coordinating volunteers to assist with SWESA events, and just getting done what needed to be done. You probably have observed Carol's warm and welcoming behaviour to all members of SWESA. Carol has been an instrumental leader in developing the monthly SWESA luncheon into the exceptional event that it is to-day. She always has time to sit down with a member and hear about what is going on in their lives.



### Barbara Olsen

Barbara's role has been a bit more behind the scenes but equally important. She has been responsible for most of the high-quality written materials coming from the organization. Barbara developed the SWESA News e-newsletter, which was delivered to members every two weeks. This successful newsletter led to the development of SWESA's present communication vehicle: the weekly Bulletin. Barbara has also been instrumental in putting together the casino application and SWESA has been successful in securing this important fundraising opportunity which will take place in May 2017.



Barbara is known at the Board for her steely determination and quick, witty thinking.

If you would like to share your appreciation for the contribution of these individuals, email: [communications@swedmontonseniors.ca](mailto:communications@swedmontonseniors.ca). Your message will be forwarded.

### **Beating the January Blues**

January can be a long, challenging month to get through. The excitement of the holi-day season ends quickly. The long, dark days can make us lethargic. Joining a SWE-SA activity can be a way to get through those long days of January. Check out SWE-SA's January to March Program Guide at [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca) for more information on what is being offered. Or 'like' us on Facebook to follow the new activities from week to week.

There are many drop-in activities to participate in: such as card groups, exercise classes and coffee groups. In addition, there are many interesting educational programs. Once a month, there is a luncheon, giving you the chance to socialize, have someone cook for you and have fun!

SWESA is a new, vibrant seniors' activity centre, providing programs to 55+ individuals in southwest Edmonton. It is growing rapidly, with close to 400 members. Its home location is at the Yellowbird East Community Centre, with a satellite facility at the Terwil-liger Community Recreation Centre. Check it out at [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca).

### **Recreational Opportunities**

SWESA works in collaboration with the City of Edmonton to provide member recreational opportunities. Did you know that your \$30 SWESA membership entitles you to discounts at the City of Edmonton Recreation Centres of 15% to 20%, depending on the pass that you are purchasing? Chat with your local recreation centre for more details.

Happy New Year to all! May 2017 shine a bright light on you and your family.



# Free Drop-In Learn to Skate

January 14, 2017- February 27, 2017

Monday 4:00pm– 7:00pm	Tuesday 4:00pm– 7:00pm	Wednesday 4:00pm– 7:00pm	Thursday 4:00pm– 7:00pm	Friday 4:00pm– 7:00pm
<b>Windsor Park</b> 11840 87 Ave (Jan 16-Feb 27)	<b>Twin Brooks</b> 11341 12 Ave (Jan 17- Feb 21)	<b>Bulyea Heights</b> 280 Bulyea Rd (Jan 18– Feb 22)	<b>Allard</b> 680 Allard Blvd (Jan 19– Feb 23)	<b>Ermineskin</b> 10709 32A Ave (Jan 20– Feb 24)

Saturday 10:30 am-1:30pm	Saturday 2:30 PM-5:30 PM	Sunday 10:30 am-1:30pm	Sunday 2:30PM – 5:30PM
<b>Yellowbird</b> 10710 19 Ave (Jan 14-Feb 18)	<b>Henderson Estates</b> 3408 Henderson St (Jan 14–Feb 18)	<b>Empire Park</b> 4804 107 St (Jan 15-Feb 19)	<b>Lendrum</b> 11335 57 Ave (Jan 15-Feb 19)



Learn basic skating skills through fun activities  
and games!

Programs will cancel at -25°C with wind  
chill, or if the ice is unusable as  
deemed by the facility.

This program  
does not provide  
**skates or  
helmets**, although  
both are required  
for participation.

Talk to your  
community league  
or 311 for options,  
if you do not have  
any!



THE CITY OF  
**Edmonton**



## **Be a Snow Angel**

Make a difference in your community this winter by clearing sidewalks and walkways

Edmontonians have embraced the winter city mentality, and it's a city that sees its fair share of snow. With the snowfalls come Bylaw Enforcement Officers who are looking for uncleared snow and ice on sidewalks, enforcing Community Standards Bylaw 14600.

Every year, hospitals and doctor's offices are filled with those who have slipped and fallen on snow and ice left on sidewalks. These hazards are why the Community Standards Bylaw requires you clear public sidewalks around your property, removing all snow and ice after a snowfall. In the interim, we encourage citizens to use sand or ice-melting products widely available at home and hardware stores.

This winter, participating Snow Angel communities will acknowledge those who shovel on a regular basis and offer help to neighbours in need. Snow Angels will receive a lawn sign and will be eligible for pizza packs from Boston Pizza and tickets to Edmonton Oil Kings games. Learn more about the expanded Snow Angel community-based education & recognition program at Snow Angels. You can be a Snow Angel by:

- Shoveling your walk within 48 hours of a snowfall.
  - Shoveling a neighbour's walk.
- Making a plan with your neighbour to share the shoveling.
- People with limited mobility, the elderly, children, parents pushing strollers, and even people without limitations have difficulties walking on snow and ice-covered sidewalks.

Uncleared walkways also make it difficult for people who deliver services in our city—mail carriers, meter readers, delivery drivers, firefighters and paramedics. The fine for not clearing snow and ice off your sidewalks within 48 hours of the last snowfall is \$100.

For more information, visit Maintaining Winter Sidewalks on [edmonton.ca](http://edmonton.ca).

## **Become a Master Composter Recycler- apply today!**

Master Composter Recyclers are volunteers who make Edmonton a vibrant, sustainable city. They use savvy ways to teach friends, family, neighbours and colleagues about waste reduction. Volunteers will:

- Complete 40 hours of FREE training
- Learn about recycling, composting, and waste reduction in Edmonton
  - Tour the Edmonton Waste Management Centre
  - Meet other green-minded Edmontonians
    - Volunteer 35 hours
- Share knowledge with friends and neighbours

Apply now for the Spring 2017 intake! Visit [edmonton.ca/mcrp](http://edmonton.ca/mcrp) for more information.

For more  
information  
please visit:

[edmonton.ca/  
dropincommunity  
programs](http://edmonton.ca/dropincommunityprograms)

Or call 311

Site	Month	Days	Times
<b>December</b>			
Aspen Gardens 12015 39A Ave	December 10– January 5	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
McKernan 11341 78 Ave	December 10– January 5	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
<b>January</b>			
Belgravia 11540 73 Ave	January 7– February 2	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm
Blue Quill 11304 25 Ave	January 7– February 2	Saturdays, Tuesdays, Thursdays	Tu, Th: 3:30 pm -6:00 pm S: 1:00 pm-5:00 pm

## Winter Green Shack

December 2016 –January 2017


Our Summer Green Shack program is  
now running in select locations in the  
Winter season!

Come join us for games, crafts, sports,  
outdoor cooking and more!

This program is targeted for children aged  
6-12, but all children accompanied by an  
adult are welcome to attend.



\*Please note: The program will not run on December 25, 26, & January 1

 @GreenShacks



Edmonton

WISHING YOU  
&  
your family

★ A VERY HAPPY HOLIDAY ★

Join MLA Richard Feehan for some  
Holiday Cheer  
December 16, 2016 4:00PM–9:00PM  
308 Saddleback Road Edmonton AB  
Light snacks, drinks and Raffles!!!

RSVP:

Edmonton.Rutherford@assembly.ab.ca