

Duggan Details

December 2017/
January 2018



FROM THE EDITOR

I hope you are all keeping warm and safe this winter. I love this time of year, when the holiday lights start going up, the kids start writing letters to Santa, and we start looking forward to some time off work to spend with family and friends.

There are so many local events to celebrate this holiday season. Follow the Duggan Community League Facebook page and look at the City of Edmonton website to see the various events and festivals happening around the city (www.edmonton.ca/attractions-events.aspx).

Duggan has some exciting free family events happening after Christmas. The Learn to Skate and the Winter Green Shack programs will run in January and February. See this issue of the Details for more information!

As always, I would love to hear from you. Please send any advertisements or articles for the Duggan Details to the email address below by the 15th of the month.

Tara Penner
duggandetails@mydcl.ca



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The Duggan Community League board of directors is looking to fill some key positions!

Social and Events Director

- Participates as a member of the Duggan Community League Board of Directors
- Finds out what types of events our community members want
- Plans, organizes, and advertises events in and around the community

Government Relations (Civics) Director

- Participates as a member of the Duggan Community League Board of Directors
- Monitors land use, transportation issues and other civic concerns
- Coordinates submissions and inquiries to government and other organizations

Youth Director

- Participates as a member of the Duggan Community League Board of Directors
- Coordinates youth events and engages with youth

Youth Representative—A great opportunity for students!

- Attends Duggan Community League Board meetings to provide a perspective from Duggan youth
- Promotes youth involvement within the community

For more information, please contact DugganDetails@mydcl.ca or President@mydcl.ca

TAKING CARE OF YOURSELF

HOW TO AVOID THE COUCH POTATO SYNDROME DURING THE WINTER

After the excitement of the holidays, once your busy schedule dies down, it's natural to want to curl up on the couch and hibernate. Mother Nature has given us the perfect excuse with this cold dark weather, and it's tempting to take her up on it.

However, you know that being a couch potato isn't going to do anything for your waistline, your fitness level, or your sense of well being. Keeping active every day is important for your overall health. So, if you want to be fit and look good once that white stuff melts, you'll have to do something about it now.

Here are a few tips to get off the couch, no matter the temperature outside.

1. **Get fit at home** – Purchase an exercise DVD or watch an exercise program on TV. This is one of the easiest ways to exercise if you don't like going out in the cold. Set aside a regular time to do your fitness routine, or get a family member to join and make it more fun.
2. **Embrace the season and your favorite winter sport** – Yes, it is cold out there, but sunny days and the crunching snow are calling you. Time to dust off the downhill or cross-country skis, or lace up the skates. You will be warm in no time, not to mention how much fun you'll have.
3. **Buy a gym or Recreation Centre membership** – *Hopefully* we only have four months of winter left, but even so a membership can deliver a variety of different activities like badminton, basketball, or land based classes such as yoga or Pilates. Grab a friend and do it together to keep motivated.
4. **Bundle up and go for a walk** – As long as it's not too cold, there is no reason you can't dress warmly and go for a nice walk. Did you know our river valley is beautiful in the winter? Plan a walk every weekend with a friend or family member. Walking is a great way to socialize.
5. **Reward your healthy commitment** – Go get a therapeutic or sports massage professional to keep your muscles loose and flexible and game ready for all your winter activities.

If you make an effort to stay fit in the winter months, it will be so much easier to continue into the spring and summer. Besides, think of how good you will look in your summer clothes!

DarleeAnn Mathieson, R.M.T. (M.T.A.A.) is a Registered & Sports Massage Therapist providing massage services in Blue Quill for athletes and other physically active people. For online bookings & information, visit DarleeAnn's website at: [http:// www.dmathieson.com](http://www.dmathieson.com)



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DarleeAnn Mathieson, R.M.T.
sports massage therapist

780.910.2243 | darleeann@shaw.ca

www.dmathieson.com

PETROLIA SENIORS GROUP (55+)

We invite YOU to come to ENJOY

LUNCH AND A PROGRAM (\$15 EXCEPT DECEMBER)

Every Third Tuesday (except July and August)

11:45 a.m. (sharp) to 2:00 p.m.

at Greenfield Community Hall

3803 – 114th Street

DECEMBER 12TH – TURKEY DINNER AND ALL THE TRIMMINGS (\$25)

Special Entertainment: Sweet Adelines Barbershop Quartet and Xmas Sing-a-long

JANUARY 16TH – MANAGEMENT OF MEDICATIONS & CHRONIC CONDITIONS

Sam Moharram, Pharmacist

FEBRUARY 20TH – BILLIE MILHOLLAND – AUTHOR OF *LIVING IN THE SHED*

The History of Early Settlement in the Edmonton River Valley

To **CONFIRM** your attendance or for more information call:

Nick - 780-435-1045 or Betty - 780-434-0711

An additional “**outing**” is offered each month for your enjoyment

For information call Joyce – 780-435-6388

WE LOOK FORWARD TO YOUR PARTICIPATION.

FAMILY EVENTS

FREE DROP-IN

LEARN TO



Edmonton

SKATE PROGRAM

LOCATION	DATES	DAY	TIME
Duggan 3728 106 Street	January 19 to February 23	Friday	4:00 PM to 7:00 PM

Meet new friends and learn basic skating skills through fun games and activities!

This is a free drop in program targeted for children (ages 6-12) and their families, however all are welcome to attend.

Skates and helmets are not provided but both are required to participate.

Programs will cancel at -22° Celsius with wind chill, or if the ice is closed by the facility.

For more information, please visit:
edmonton.ca/playgrounds or call 311.

 @GreenShack



FREE DROP-IN

WINTER GREEN SHACK





LOCATION	DATES	DAYS	TIMES
Duggan 3728—106 Street	January 6 to February 2	Tuesdays, Thursdays, Saturdays	Tues & Thurs: 3:30-6:00pm Sat: 1:00-5:00pm

Our Green Shack program is now running in select locations in the winter months. Come and 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.

For more information, please visit:
edmonton.ca/dropincommunityprograms
 or call 311.  @GreenShack








Emergency
Medical
Services

Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment;
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

www.albertahealthservices.ca

DUGGAN COMMUNITY LEAGUE CONTACT INFORMATION

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	(Vacant)
Second Vice-President	Mohammad Ali Kamal
Treasurer	Richard Mak
Secretary	Gerald Draganiuk

DIRECTORS

Membership	Andre Huellstrung
Communications	Tara Penner
Youth Programs	(Vacant)
Soccer	Brad Kring
Neighbourhood Watch	Michelle Barin
Webmaster	Michael Elliott
Social Director	(Vacant)
Civic Director	(Vacant)
Youth Representative	(Vacant)
Social Media	Samantha Goettel

COMMITTEE CHAIRS

Inventory	(Vacant)
Financial Review	(Vacant)
Bylaw Review	(Vacant)
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 **Thursday January 4** at 7:30pm.