



# Duggan Details

September 2018



## FROM THE EDITOR

Welcome back! I'm happy to be behind the desk again after a wonder (but too short!) summer.

There is a lot going on this month, as you can see from the many pages of Community events! There should be something for everyone, from seniors's drop-in programs, to bike safety workshops. I hope you are able to get out and enjoy some of the community events, meet some neighbors, and enjoy the (hopefully) long fall season.

Remember that your community league membership will expire this month. Check out <https://efcl.org/membership/> to renew it, or drop by the community league office on Wednesday evenings from 7-9pm.

I am always interested from hearing from you. Please send any notices, articles or advertisements to the email address below by the **15th of the month**.

Tara Penner

[duggandetails@mydcl.ca](mailto:duggandetails@mydcl.ca)

## INSIDE THIS ISSUE

Community News ..... 2

Community Events ..... 7

DCL Contact Info ..... 13

## COMMUNITY NEWS



### THE GREEN AND GOLD COMMUNITY GARDEN IS CELEBRATING ITS TENTH ANNIVERSARY SEASON!

The Green and Gold Garden is well into its 10th season! Come and visit us on South Campus to see our 2 acre, all-volunteer-run garden.

Join us on Tuesdays (7p.m.-8:30 p.m.) and Saturdays (11a.m.-1 p.m.) to purchase organic veggies—over 50 varieties!—a wide selection of herbs, and flowers. We also have fruit for sale from our recently acquired orchard, located next to the garden.

Because we are volunteer run, ALL money raised from sales of produce at the garden goes directly to the Tubahumurize project for women in Rwanda. Their www site—[rwandanwomencan.org](http://rwandanwomencan.org)—describes the range of programmes it provides for the survivors of the Rwandan genocide and victims of violence.

The Green and Gold Garden is a prime example of "Think Globally-- Act Locally."

Check out our www site ([greengoldgarden.com](http://greengoldgarden.com)) for more information, map, harvest updates and other news.

We look forward to having you come to our gorgeous "garden with a difference."



## COMMUNITY NEWS

### NEWS FROM SOUTHWEST EDMONTON SENIORS ASSOCIATION (SWESA)

by Carol Vaage

*True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.—Wilhelm von Humbolt*

It is quite amazing to read all the current research on how activity of the mind and exercise of the body contribute to our well-being and quality of life. Yet so many of us succumb to the lure and temptation of 'taking it easy.' Our friends and family might have good intentions when they advise us to 'put our feet up'; however, the research says otherwise. When we move, we are healthier.

Canadian Physical Activity Guidelines for older adults, 65 plus, states that we should accumulate 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities by using major muscle groups at least twice a week. More physical activity provides greater health benefits.

SWESA has just released its Fall Program Guide, so it is a perfect time for you to join one of our physical activity classes. Besides the benefit of exercise, you will also be able to meet new people and have fun. Choose from the Walking Group; Essentrics (gentle full body workout); Yoga; Golden Years, Golden Gloves (non-contact boxing); Cabaret Dance Classes; Floor Curling; and Pickleball. Check out the program guide on our website or pick one up at Yellowbird

East Community Center.

September means back to school for the younger generation, and wouldn't it be great for us to share some of that excitement of learning something new as well? Our SWESA Fall Program offers so many choices for us to continue our learning. The Toonie Talks are two-hour sessions on different topics of interest. The Edmonton Public Library offers technology classes for us. Creative Arts includes Watercolour Classes with Willie Wong, Writing for Wellness, Redesigning Jewelry and our regular art group, and knitting and stitching group. In addition, we have groups in book clubs, special interests, health topics, and cinema cronies.

Wrapping up summer sometimes means that our families get busy with their lives, and so we may be on our own more. Research tells us that it is vital to our well-being to belong to a social group, and SWESA is known to be very welcoming. Come and have coffee, or attend a luncheon, or join in the card games, bus trips, or classes. We would love to see you there and know that you will develop friendships.

To support SWESA, we have an incredible group of volunteers. You may have seen many of them at Taste of Edmonton – thank you so much for your participation in this fundraising event. Coming up, we are sponsoring a free Fall Health Fair on Sunday, October 14 from 12:30 – 4:30 p.m. at the William Lutsky YMCA (1975 -111 Street). This will bring our members and community networks together to celebrate

*Continued on next page...*



## COMMUNITY NEWS

“Living Active” with shared resources and interactive displays. Door prizes and guest speakers will be part of the celebration to our commitment to the physical and mental health of older adults.

For more details, please check our website for the 2018 Fall Program Guide for talks, classes, and photos. Our motto is to be very welcoming to all who join us! We hope to see

you soon! <http://swedmontonseniors.ca/>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinating the services for our community – including yard work, housekeeping and minor repairs. Contact her at [Hs@swedmontonseniors.ca](mailto:Hs@swedmontonseniors.ca) or 780-860-2931.



SWESA Seniors' Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue  
SWESA Seniors' Lounge - Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road  
Telephone: 587-987-3200  
[swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com)

[www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)



# Pitch Your Project!

October 10, 2018

6:00 p.m. to 9:00 p.m. (dinner at 6:15pm)

Whitemud Creek Community Hall ( 951 Ogilvie Blvd NW )

[RSVP HERE](#)

Do you have a great idea for your organization, community or neighbourhood that you want to try, but haven't had the funding to? Do you want to hear about some innovative and fun community initiatives? We invite you to attend our "Pitch Your Project" event. You can come to just hear and learn what others are doing; or we invite your organization to bring forward your community project to pitch to the group.

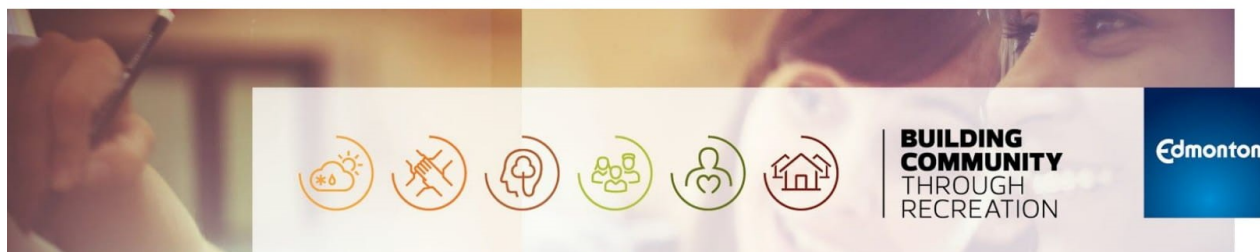
These will be "Dragon's Den" style presentations and will be voted on by your peers from Wards 5,9,10 &12 who are in attendance. It is our hope this will inspire participants to share some of their great ideas, as well as get support to move projects forward. Each project can apply for up to **\$1000** in funding. The City of Edmonton will be funding up to a total of **\$5,000** toward community projects that evening.

These project pitches could be for a community event, a new program you want to offer, or even to help build new connections with neighbours or groups. These projects must be completed in 2018.

Sample projects could include:

- Community Garden
- Newcomers' Welcome Event
- Welcome Basket
- Youth or Seniors' Program
- New Festival or Event
- All Abilities Adapted Recreation

## COMMUNITY NEWS



The following would **NOT** be eligible for consideration:

- Initiatives which are deemed to be exclusive (i.e. members only)
- Infrastructure or maintenance costs
- Initiatives which have received other City of Edmonton funding
- Initiatives that have already occurred
- Money towards for-profit events
- Money towards alcohol or staffing costs
- Initiative from outside wards 5,9,10 &12

How it works to make a Pitch:

Prior to the event:

- Submit your project idea, budget and all documents to your NRC. This must be done by October 4th at 4 pm.
- Your NRC will review the idea and if necessary offer suggestions to ensure it meets our qualifications.
- Prepare your presentation for the evening of October 10th - have fun with this and get creative! (Please let your NRC know if you need technical support for your presentation)
- You must be present to pitch your project to qualify for funding.

At the Event on October 10th:

- Make your pitch for your project to the group.
- Attendees will vote for their favorite project pitched.

After the Event:

- Complete your sweet project by December 15, 2018!
- Send us receipts so we can give you money!

If you have any questions or need support to help with your project pitch please contact your City of Edmonton Neighbourhood Resource Coordinator (NRC) at 780-442-4847 or e-mail:

Linda: [linda.bombardieri@edmonton.ca](mailto:linda.bombardieri@edmonton.ca)  
Mary Jean: [maryjean.chapelsky@edmonton.ca](mailto:maryjean.chapelsky@edmonton.ca)  
Michael: [michael.goth@edmonton.ca](mailto:michael.goth@edmonton.ca)  
Melanie: [melanie.gizowski@edmonton.ca](mailto:melanie.gizowski@edmonton.ca)  
Paul: [paul.samboryk@edmonton.ca](mailto:paul.samboryk@edmonton.ca)  
Ruth: [ruth.wong-miller@edmonton.ca](mailto:ruth.wong-miller@edmonton.ca)  
Una: [una.bryce@edmonton.ca](mailto:una.bryce@edmonton.ca)  
Jody: [jody.nelson@edmonton.ca](mailto:jody.nelson@edmonton.ca)



## COMMUNITY EVENTS

### HARRY AINLAY HIGH SCHOOL NEEDS YOUR HELP!



Harry Ainlay High School is hosting the Canadian Student Leadership Conference from September 25-29, 2018. We are looking for billet host families for over 750 students from all across Canada.

Each billet host family will be asked to:

- Provide a room for at least 2 students (more if you are willing!)
- Breakfast each morning: Wednesday to Saturday
- Lunch and family time with billets on Saturday afternoon
  - Transportation to and from Harry Ainlay each day:
  - September 25-Pick-up 9:30pm
  - September 26-Drop off 7:45am & Pick up 9:30pm
  - September 27-Drop off 7:45am & Pick up 9:30pm
  - September 28-Drop off 7:45am & Pick up 10:30pm
  - September 29-Drop off 7:45am, Pick up 12:00 pm for time with Billet Host Families
  - Drop off 4:00pm @ Delta Hotel and Pick up 10:00pm @ Harry Ainlay
  - September 30-Drop off 7:45am followed by a Host Family Breakfast at Harry Ainlay.

If you are willing to host a few students or know someone who would be interested in this opportunity, please complete the online application form which can be accessed by going to the following website: <http://cslc2018.studentleadership.ca/volunteers>

For more information, contact [billeting@studentleadership.ca](mailto:billeting@studentleadership.ca)

## COMMUNITY EVENTS

### SEPTEMBER 15 IS COMMUNITY LEAGUE DAY!



September 15 marks Community League Day. Every city resident lives within the boundary of one of Edmonton's 157 community leagues and can take advantage of a league membership. These include organized sports for kids, neighbourhood events and classes, a 20 per cent discount at City recreation centres, and a voice in shaping your community.

You can get your community league membership online right now at <https://efcl.org/membership/>, or in person at the Duggan Community League office on Wednesdays from 7-9pm.

A community league membership has many benefits!

- Discounted memberships to City of Edmonton recreational facilities
- Discounts at various retail stores, including Cloverdale paint, Orbis Sports
- Free skating
- Free swim times (for Duggan residents) at the YMCA and Confederation pools
- Discounts on some University of Alberta courses and at the U of A Bookstore!

See a complete list here: <https://efcl.org/membership-benefits>.



# COMMUNITY EVENTS

## Edmonton Public Library: Whitemud Crossing Branch—Events

# SEPTEMBER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Whitemud Crossing Branch**  
145 Whitemud Crossing  
Shopping Centre, 4211 - 106 St  
780.496.1822

To register or for more information:  
Online: [www.epl.ca](http://www.epl.ca) Phone: 780.496.1822  
Talk to staff in branch or visit [www.epl.ca/programs](http://www.epl.ca/programs)  
for more details

\*All programs are drop in unless otherwise specified

Family Storytime  
10:15 a.m.  
Puppet Show  
11:30 a.m.  
Pop-Up  
Makerspace  
2:00 p.m.

1

Family Films at  
the Library  
2:00 p.m.

2

**Labour Day**  
All locations CLOSED

3

Family Storytime  
10:15 a.m.  
English  
Conversation  
Circle (LACE)  
1:00 p.m.  
Sing, Sign, Laugh  
and Learn  
2:00 p.m.  
Daddy and  
Baby Time  
6:30 p.m.

4

Sing, Sign, Laugh  
and Learn  
10:15 a.m.  
and 2:00 p.m.  
English  
Conversation  
Circle (LACE)  
1:00 p.m.  
Resume Review  
and Career  
Advising @ EPL  
1:30 p.m.

5

Baby Laptime  
10:15 a.m.  
Evil Genius Club  
4:00 p.m.  
Practise English  
@ Your Library  
7:00 p.m.

6

Sing, Sign, Laugh  
and Learn  
10:15 a.m.  
Book Clubs  
of EPL  
2:00 p.m.

7

Family Storytime  
10:15 a.m.  
Lego at the  
Library  
2:00 p.m.

8

Family Films at  
the Library  
2:00 p.m.

9

Sing, Sign, Laugh  
and Learn  
10:15 a.m. and  
6:30 p.m.  
Baby Laptime  
2:00 p.m.

10

Family Storytime  
10:15 a.m.  
English  
Conversation  
Circle (LACE)  
1:00 p.m.  
Sing, Sign, Laugh  
and Learn  
2:00 p.m.  
Daddy and  
Baby Time  
6:30 p.m.

11

Sing, Sign, Laugh  
and Learn  
10:15 a.m.  
and 2:00 p.m.  
English  
Conversation  
Circle (LACE)  
1:00 p.m.

12

Baby Laptime  
10:15 a.m.  
Evil Genius Club  
4:00 p.m.  
Practise English  
@ Your Library  
7:00 p.m.

13

Sing, Sign, Laugh  
and Learn  
10:15 a.m.

14

Family Storytime  
10:15 a.m.  
Pop-Up  
Makerspace  
2:00 p.m.

15

Family Films at  
the Library  
2:00 p.m.

16

Sing, Sign, Laugh  
and Learn  
10:15 a.m. and  
6:30 p.m.  
Baby Laptime  
2:00 p.m.

17

Family Storytime  
10:15 a.m.  
English  
Conversation  
Circle (LACE)  
1:00 p.m.  
Sing, Sign, Laugh  
and Learn  
2:00 p.m.  
Daddy and  
Baby Time  
6:30 p.m.

18

Sing, Sign, Laugh  
and Learn  
10:15 a.m.  
and 2:00 p.m.  
English  
Conversation  
Circle (LACE)  
1:00 p.m.  
Resume Review  
and Career  
Advising @ EPL  
1:30 p.m.

19

Baby Laptime  
10:15 a.m.  
Book Clubs  
of EPL  
2:00 p.m.  
Evil Genius Club  
4:00 p.m.  
Practise English  
@ Your Library  
7:00 p.m.

20

Sing, Sign, Laugh  
and Learn  
10:15 a.m.  
Book Clubs  
of EPL  
2:00 p.m.

21

Our Fabulous  
Forests  
10:00 a.m.  
Family Storytime  
10:15 a.m.  
Lego at the  
Library  
2:00 p.m.

22

Family Films at  
the Library  
2:00 p.m.

23

Sing, Sign, Laugh  
and Learn  
10:15 a.m. and  
6:30 p.m.  
Baby Laptime  
2:00 p.m.

24

Family Storytime  
10:15 a.m.  
English  
Conversation  
Circle (LACE)  
1:00 p.m.  
Sing, Sign, Laugh  
and Learn  
2:00 p.m.  
Daddy and  
Baby Time  
6:30 p.m.

25

Sing, Sign, Laugh  
and Learn  
10:15 a.m.  
and 2:00 p.m.  
Book Clubs  
of EPL  
7:00 p.m.

26

Baby Laptime  
10:15 a.m.  
Evil Genius Club  
4:00 p.m.  
Practise English  
@ Your Library  
7:00 p.m.

27

Sing, Sign, Laugh  
and Learn  
10:15 a.m.

28

Family Storytime  
10:15 a.m.  
Lego at the  
Library  
2:00 p.m.

29

Family Films at  
the Library  
2:00 p.m.

30

CFUW Surprise  
Movie Night  
6:30 p.m.

24

## COMMUNITY EVENTS

### DROP-IN BIKE SAFETY PROGRAM

**Join us for a free, drop-in Bike Safety Program at a neighbourhood near you!**

Enjoy the cycling season this year with basic safety skills for participants on 2 or 4 wheels. Learn about the parts of your bike, road and trail rules, riding drills and cycling etiquette. This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. Families are encouraged to participate! Participants must have their own bike, as well as a CSA approved helmet in order to participate.



***This program can be cancelled due to inclement weather. Citizens can call 311 to find out if there is a cancellation.***

### LOCATIONS IN SOUTHWEST EDMONTON

Location	Date	Time
<b>Twin Brooks</b> <u>11341 12 Avenue NW</u>	Monday, September 10	3:30-6:30pm
<b>Queen Alexandra</b> <u>10450 72 Avenue NW</u> <i>Parking lot by Scona Pool</i>	Saturday, September 15	2-5pm
<b>Allard</b> <u>660 Allard Blvd. NW</u> <i>Skating Rink</i>	Sunday, September 16	2-5pm
<b>Terwillegar #1</b> <u>2051 Leger Road NW</u> <i>Terwillegar Lot D</i>	Saturday, September 22	10am-1pm
<b>Royal Gardens</b> <u>4030 117 Street NW</u> <i>Tennis/Basketball Courts</i>	Sunday, September 23	2-5pm
<b>Terwillegar #2</b> <u>2051 Leger Road NW</u> <i>Terwillegar Lot D</i>	Saturday, September 29	10am-1pm

For more information: [https://www.edmonton.ca/activities\\_parks\\_recreation/free-drop-in-bike-safety-program.aspx](https://www.edmonton.ca/activities_parks_recreation/free-drop-in-bike-safety-program.aspx)

## COMMUNITY EVENTS

### **THE PETROLIA SENIORS GROUP (55+) INVITES YOU TO COME 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 – 114<sup>th</sup> Street

### **SEPTEMBER 18<sup>TH</sup> – JULIE MATTHEWS – HOW TO BE YOUR OWN TROUBLESHOOTER!**

*Consumer Protection Expert and former Global TV Trouble Shooter*

### **OCTOBER 16<sup>TH</sup> – ELLAMAE GUNN – READINGS “FROM THE PEN OF A PRAIRIE POET”**

### **NOVEMBER 20<sup>TH</sup> – JOHN CHALMERS – HISTORIAN FOR CANADA'S AVIATION HALL OF FAME**

*"A Centennial Tribute to the First World War" – Stories of Canadian Combat Pilots*

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.**

## COMMUNITY EVENTS

### EDMONTON EVENTS THIS MONTH

Find out what's happening every day on the City of Edmonton's [Events Calendar](#).

[Parkinson Canada SuperWalk](#) Sept. 8

[Military Family Resource Centre Charity Golf Tournament](#): Sept. 10

Free [Debt Smarts financial literacy workshop](#): Sept. 11

Diabetes Canada & Enoch Cree Nation Health Services [3<sup>rd</sup> Annual Diabetes Workshop](#): Sept. 12-13

[Kaleido Family Arts Festival](#) on Alberta Avenue: Sept. 14-16

The Kaleido Family Arts Festival transforms Alberta Avenue into a creative mecca for three days this September. Check out performances by singers, musicians, poets, dancers, improvisers and more, or just browse the Artisan Village, chow down at the food trucks and grab a drink in the beer garden.

[Community League Day](#): Sept. 15

[Identity Theft & Fraud Prevention](#) workshop: Sept. 18

[FIBA 3v3 Challenger](#) Sept 21-23

See the next great Olympic sport, three on three basketball, right here in Edmonton. Sixteen world-class teams will battle it out for prize money and FIBA ranking points at the FIBA 3x3 Challenger at the West Edmonton Mall's Ice Palace.

Your sneak peak at teams that vie for a spot at the 2020 Beijing Olympics.

Free [Legal Advice-A-Thon](#): Sept. 22

[Gotta Minute Film Festival](#) Sept 24-30, 2018

Gotta Minute? Then you have plenty of time to check out Edmonton's Gotta Minute Film Festival.

Celebrating 5 years, Gotta Minute will return to Edmonton this fall with a program of 36 ONE MINUTE SILENT short films. Our program includes shorts in all genres, including live-action, documentary, creative non-fiction, experimental and animated films created by local, national and international filmmakers. Gotta Minute is designed to connect emerging and award-winning filmmakers with general audiences of all ages.

[Refugee Awareness for Inclusive Communities](#) workshop: Sept. 27

[Let's Talk About Governance](#): Sept. 29

[CIBC Run for the Cure](#): Sept. 30

[City of Edmonton Free Admission Day](#) : Sunday, Sept 30, 2018 10 am - 6 pm

Free Admission Day is back for 2018!

Free fun for everyone at participating City of Edmonton recreation centres, attractions and cultural facilities\*.

*\* Some exceptions apply. Please check online for the list of participating facilities and hours of operation .*

'Free Admission Day' does not apply to other City of Edmonton services.



## 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	(Vacant)
Communications	Tara Penner
Youth Programs	(Vacant)
Soccer	Brad Kring
Neighbourhood Watch	Michelle Barin
Webmaster	Michael Elliott
Social Director	Jeanna Friedley
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.