



Duggan Details

October 2018



From the Editor

The leaves are changing, kids are back to school, and snow is in the air. It's time to put the gardens to bed and start to prepare our homes and yards for the winter. It's a quiet month in for the Duggan Details as well, but we are gearing up for some change before the end of the year. Stay tuned!

Judging from the posts in our [Facebook group](#), break-ins and thefts seem to be on the rise in Duggan and in surrounding communities. I encourage you all to keep an eye out for each other, and report any crimes or suspicious activity to the police at 780-423-4567. Of course, call 911 with any emergencies, but reporting even small incidents will make sure that Edmonton police service are patrolling the neighborhood. If anyone is interested in starting a neighborhood watch, there are resources available [here](#).

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

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About the Duggan Community League

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
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.

Upcoming meetings:

- October 1 at 6:30pm
- November 5 at 6:30pm

How do I buy a community league membership?

To pay online: go to efcl.org/membership and select Duggan Community League.

To pay in person, visit the Community League office on Wednesdays from 7:00-9:00pm.

How much does a membership cost?

Senior Membership	\$20
Adult Individual Membership	\$20
Associate Membership	\$35
Family Membership	\$35
Newcomers Membership	Free!

What does my membership get me?

Lots of things, including:

- Free community swimming at Confederation and William Lutzky YMCA
- Free skating during the winter at the Duggan rink, Confederation rink and Kinsmen rink
- The Community League Wellness Program lets you purchase discounted annual passes and multi-passes to City of Edmonton's rec centers!

Community News

Seniors Connection News for those 55+

News from SouthWest Edmonton Seniors Association (SWESA)

by Carol Vaage

*"Clear clutter—make space for you."
Magdalena Vandenberg*

This summer I pledged to tackle one shelf a day, with the intent to declutter and purge the things that were no longer wanted or needed. Every day that I succeeded, I put a checkmark on the calendar. Like many of you, I faced my closet, the holding place of memories and experiences long past. Clothes, books, shoes, camera equipment, binoculars...

It made me think that there are many of you who are faced with the same dilemma, and so I did more research to see if there are strategies or tips that could help us declutter.

The first thing that was common in all websites was the wonderful freedom—physically and psychologically—that comes from living a life with less. Downsizing to a smaller home usually means a reduction in the cost of living. Reducing clutter means spending less time and energy on general upkeep. That energy and time can be used to live! There will be time for us to follow our passions, to travel, to be with the people we care about, to learn.

The advice the professionals give for decluttering is to start small. Take everything off a shelf, cupboard, closet, and put back everything you regularly use, or is precious to you in some way. Items that are part of our lifestyle and identity come from a life richly lived. The question is—which of these still bring us joy? Those are the items to keep.

Next, create a pile of things you don't love, need, or want. These items can be donated, sold, recycled, given, or thrown away. The third pile will contain the items you're not sure you'll need in the future. Ask yourself, does it make you happy, or would someone else benefit from it more than you?

Items that are precious to us may not be wanted by our family, so it is wise to have conversations with them about which possessions they would like to have in the future. Keep a notebook to record which items go to which children, grandchildren, nieces, nephews, or organizations, and give the list to your executor or to be included as part of your will. Doing this should free up your mind to do other things with your life.

The Seniors Home Support Program (SHSP) that runs through SWESA has a referral for moving help, which includes organizing, junk removal, and downsizing. SHSP has vetted these services for you, and Barbara Newell will be happy to refer you if you wish to hire assistance. Contact information is located at the bottom of this article. In addition, SWESA is offering two classes: *Declutter and Downsize in a Holistic Way*. They will be held on November 23 and November 30 from 9:30 –11:30 a.m. at the Yellowbird East Community Centre. For more information, check out the Fall Program Guide at <http://swedmontonseniors.ca/>

SWESA welcomes newcomers to join us for any of our social events – coffee, lunches, book club, games (cribbage, hand and foot canasta, American mahjong, and contract bridge). There is a series providing technology help from the Edmonton Public Library. Wonderful opportunities are available for those interested in the arts; a favorite is the Friday morning art group, where you

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Community News

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bring your own art supplies and create art in a social and supportive environment. Our fitness programs are also a place to participate with a group to keep ourselves active and energized.

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 or 780-860-2931.



Bob Layton presented *How Do You Want To Be Remembered?* workshop at SWESA. Photo courtesy of Jennifer Hanrahan.

La Dolce Vita Sponsors The Sweet Life



I Tre Tenori Sponsors The Three Tenors



Tiramisu Sponsors Cheer Me Up



Update From The Spring Fling! - submitted by Dr. Rob Agostinis

Thank you to all who participated at our 1st Annual Spring Fling Event and Fundraiser held on June 9, 2018. We had over 250 people in attendance and raised over \$14000. This would not have been possible without the support from our amazing Volunteers and Sponsors (see below).

Save the date for our next event:

Fall Fling on Saturday, October 19, 2019. The theme is Oktoberfest!

With Special Thanks

- ATB, Rabbit Hill Branch
- GEF Seniors Housing, Program Design & Printing
- G.T. Metal
- Hainstock's Funeral Home
- Jenna Tung, Investors group
- Lil Johns Sign Shop
- Lillian Osborne School
- Marie Hofer, Bar Attendant
- Peters Print House
- RBC Phillips Hager & North Investment Counsel Inc.
- RBC Wealth Management
- Royal Bank of Canada
- Royal Mutual Funds Inc.

- Rick Loiselle, Bar Attendant
- Southminster-Steinhauer United Church
- Southside Memorial Chapel
- Special Event Rentals
- The Italian Centre, South Side
- Willie Wong, Artist
- Zaffaryab Ahmed, Photographer



MLA Bob Turner, Edmonton-Whitemud



SWESA Board of Directors

Fred Rumpel, President
Christine Powell, Vice-President
Judith Abbott, Secretary
Sam Radke, Treasurer

Directors

Rob Agostinis | Don Ausman | Judy Baker | Bob Hoddinott
Bob Power | Lawrence Tymko | Carol Vaage

Committee Members

Shirley Adam | Rob Agostinis | Carol Bigam | Marie Degenstein
Grace Koenig | Terry Krissie | Lotte Larsen | Anne McNabb
Jean Mill | Barb Newell | Bob Power | Sharon Schiewe | Pam Williams

Community News

Time to Talk Future of Waste

Did you know that Edmonton might change the way our garbage and recycling is collected?

Do you want to have your say in what the city decides?

Edmonton is gathering information from the public and stakeholders to help inform these very important decisions. You can provide input in two ways:

1. Attend a [public information session](#): These are happening around the city from October 3 to November 15. The closest ones to Duggan are at Southgate Mall on Oct 11 from 3-7pm, and Nov 2 from 4-7pm.
2. Complete an [Online Survey](#) before November 10.

The city is looking for input on several topics, including Options for curbside garbage setouts (such as bag or cart)

- Separating food scraps and yard waste
- Waste reduction and diversion:
- Food waste and reuse:
- Single-use plastics restrictions
- Zero Waste goal or target

Edmonton also wants to hear from residents who live in apartments and condos, as well as from those in the non-residential sector (commercial businesses, industry, institutions, waste haulers and associations).

All of the information gathered will be used to help Edmonton City Council make decisions on our waste system. The recommendations will support the City of Edmonton's focus on increasing the diversion of residential waste from landfills.

[Subscribe](#) to the City of Edmonton's monthly e-news to receive information about the new waste services strategies, potential changes to waste services and upcoming public engagement events.

Take part in International Walk to School Week



We all want our kids to be healthy and active. A good way to do that is to help them find ways to walk—or ride or roll!—to school.

Since October 1 marks the first day of International Walk to School Week, it's a great time to think about ways to stay active, decrease traffic around your child's school and help the environment. Here are some ideas:

Use your community league's message board or Facebook page to find other families interested in walking or wheeling to school.

Look for a walking or wheeling buddy to accompany your child.

Think about organizing a walking school bus, with different parents or caregivers taking turns as the "driver".

If you need to drive, stop several blocks from the school and walk from there to reduce congestion around the school.

Involve your school's parent advisory council and offer monthly prizes to kids for walking to school.

Register your family or school for this special week and learn more about walking to school.

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 – 114th Street

OCTOBER 16TH – ELLAMAE GUNN—READINGS

"From the Pen of a Prairie Poet"

NOVEMBER 20TH—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.

Events around Edmonton

Events this month

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

The [Edmonton Canadian Immigrant Fair](#), 10 a.m.- 4 p.m.: Oct. 1

Edmonton Opera's [Free Screening of Moulin Rouge](#), 7-9 p.m.: Oct. 1

Make-A-Wish Foundation's [Wishful Baking Week](#): Oct. 1-5

[Read In Week](#) to promote literacy: Oct. 1-5

[Royal Alberta Museum grand opening](#): Oct. 3

Thanksgiving Day: Oct. 8

[Edmonton Comedy Festival](#): Oct. 10-13

[Mosquers Film Festival](#): Oct. 13

Edmonton Federation of Community League (EFCL)'s [Introduction to Community Walking](#): Oct. 13

EFCL's [Leagues Alive Annual Board Development Conference](#): Oct. 20

[Edmonton Diwali Fair](#): Oct. 20-21

City of Edmonton's [Change for Climate Talks](#), 5:30-9 p.m.: Oct. 24

[Boo! At The Zoo](#), 11 a.m.-4 p.m.: Oct. 28

[Halloween](#) trick or treat: Oct. 31

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

Get involved!

Tour Ekota and Greenview / Hillview in Mill Woods with [new community walking maps](#) available at Edmonton Public Libraries, City Hall, or by calling 311.

Sign your kids up for free drop-in [Fall Green Shack Programs](#).

Take the City's [Green Shack Survey](#) to help us offer the best program possible.

Help a [newcomer feel welcome](#) in Edmonton.

[Share your thoughts about The City Plan](#) at drop-in public engagement sessions.

Lend a hand building a home with [Habitat for Humanity](#).

Offer your insights about [The Future of Waste](#) in Edmonton and help Waste Services shape a new long-term waste strategy.

Drop in to [Kara Family Resource Centre's many programs](#) for parents and children, including Buddy & Me, for dads and their pre-schoolers, or Grow with Me, for parents and babies.

See top-notch movies at the [Edmonton International Film Festival](#) until Oct. 6.

Discover how the City can [help you with community programs and neighbourhood events](#).

Give your opinion by joining the [Edmonton Insight Community](#).

Community Events

Edmonton Public Library: Whitemud Crossing Branch—[Events](#)

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sing, Sign, Laugh and Learn 10:15 a.m. and 6:30 p.m. Baby Laptime 2:00 p.m.	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.	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. Reading Buddies Volunteer Orientation 4:30 p.m.	Baby Laptime 10:15 a.m. Evil Genius Club 4:00 p.m. Practise English @ Your Library 7:00 p.m.	Sing, Sign, Laugh and Learn 10:15 a.m. Book Clubs of EPL 2:00 p.m.	Family Storytime 10:15 a.m. Puppet Show 11:30 a.m. Pop-Up Makerspace 2:00 p.m.
Family Films at the Library 2:00 p.m.	Thanksgiving Day All locations CLOSED	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.	Sing, Sign, Laugh and Learn 10:15 a.m. and 2:00 p.m. English Conversation Circle (LACE) 1:00 p.m. Reading Buddies 4:30 p.m.	Baby Laptime 10:15 a.m. Evil Genius Club 4:00 p.m. Practise English @ Your Library 7:00 p.m.	Sing, Sign, Laugh and Learn 10:15 a.m.	Family Storytime 10:15 a.m. Lego at the Library 2:00 p.m.
Family Films at the Library 2:00 p.m.	Sing, Sign, Laugh and Learn 10:15 a.m. and 6:30 p.m. Baby Laptime 2:00 p.m.	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. Reading Circle (Frontier College) 6:30 p.m.	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. Reading Buddies 4:30 p.m. Reading Circle 6:30 p.m.	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.	Sing, Sign, Laugh and Learn 10:15 a.m. Book Clubs of EPL 2:00 p.m.	Family Storytime 10:15 a.m. Pop-Up Makerspace 2:00 p.m.
Family Films at the Library 2:00 p.m.	Sing, Sign, Laugh and Learn 10:15 a.m. and 6:30 p.m. Baby Laptime 2:00 p.m. CFUW Surprise Movie Night 6:30 p.m.	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. Reading Circle (Frontier College) 6:30 p.m.	Sing, Sign, Laugh and Learn 10:15 a.m. and 2:00 p.m. English Conversation Circle (LACE) 1:00 p.m. Reading Buddies 4:30 p.m. Reading Circle (Frontier College) 6:30 p.m.	Baby Laptime 10:15 a.m. Evil Genius Club 4:00 p.m. Practise English @ Your Library 7:00 p.m.	Sing, Sign, Laugh and Learn 10:15 a.m.	Family Storytime 10:15 a.m. Lego at the Library 2:00 p.m.
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Community Events

Edmonton Public Library: Whitemud Crossing Branch—Events

October Programs:

Children

Baby Laptime

Enjoy delightful stories, songs, books, rhymes, finger plays and more, especially for babies. Cuddle with your baby and connect with other caregivers. **Ages up to 12 months.**

Daddy and Baby Time

You will learn songs and rhymes that help support your baby's development. **Ages up to 18 months.**

Lego at the Library

Calling all Lego lovers! Come to the library to design and build a Lego creation. Share your building tips and tricks with others. **Ages 6 to 12.**

Reading Buddies

THIS PROGRAM IS FOR CHILDREN IN GRADES 2 TO 4 ONLY. Do you love to read? Do you want to have fun, make new friends and practice your reading skills? Reading Buddies is a program that matches teen mentors with kids in Grades 2–4. Through interactive games and activities, buddies share their enthusiasm for reading. If your child is in Grades 2-4, please register for a spot in the program or contact your local branch for more information. If you're a teen who would like to volunteer, visit www.epl.ca/volunteer for more information. Please note: There will be no Reading Buddies on October 31. **Ages 6 to 8.**

Reading Circle (Frontier College)

A reading circle is a place where children and volunteers read together for enjoyment. One volunteer and one child form a team to read, write, play games and tell stories that help build literacy skills. For registration information, contact Frontier College by email, edmonton@frontiercollege.ca. **Ages 6 to 8.**

Sing, Sign Laugh and Learn

Siblings are welcome. Parents will learn strategies to engage their child and enhance their child's communication and development through repetition, visuals and movement. **Ages birth to 3.**

Teens

Evil Genius Club

Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design and printing are just the beginning for this club of maniacal makers. This is a drop-in program. **Ages 9 to 14.**

Reading Buddies Volunteer Orientation

Have you been accepted as a Reading Buddies volunteer? New volunteers are required to attend this mandatory orientation session. If you are interested in volunteering for Reading Buddies, please see current openings at epl.ca/volunteer.

Families

Family Films at the Library

EPL has a great selection of children's films for the entire family. Join us for a family fun movie. October 7 is *The Land Before Time*, October 14 is *Epic*, October 21 is *Peter Rabbit*, and October 28 is *Coraline*.

Family Storytime

Share stories, songs and games for the whole family.

Pop-Up Makerspace

Makey Makey hacks, DIY music, Art and 3-D design are just the beginning at this Pop-Up maker event. You're invited to drop-in, hang out, bring friends, try things and make fun stuff.

Puppet Show

Our library puppeteers bring the puppets to life on stage with plenty of action and lively antics.

Adults

Book Clubs of EPL

Love reading? Love to talk about books you've read? Come join us for lively discussions on all types of fiction and non-fiction. We'll feature different titles and authors each month. Come and share your impressions, thoughts and interpretations of a book we have all read. Check the schedule at www.epl.ca/bookclubs and join us at an EPL location. Please register to reserve a copy of the book. You can contact the library for more information.

CFUW Surprise Movie Night

The Canadian Federation of University Women (CFUW) Edmonton, in partnership with the Edmonton Public Library, invites you to join us for a free movie night at the Whitemud Crossing Library on the fourth Monday in January, March and April, 2018.

The title of each monthly movie will be a surprise but you can be sure the movie will be life-enriching and feature strong women. Join us to watch the movie and enjoy conversation after the movie. This is a wonderful opportunity to have fun, meet new people and to learn more about CFUW Edmonton, which, since 1909, has worked locally, nationally, and internationally to improve the status of women, access to education, and human rights. Register online with EPL. For further information call 780-466-6202 or email communications@cfuwedmonton.org Learn more at www.cfuwedmonton.org

English Conversation Circle (LACE)

Drop in and join others who also want to practice their English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. Call Catholic Social Services at 780-424-3545 for more information.

Practice English @ Your Library

Are you learning English? Practise your English language skills, meet new friends and have some fun. We'll have conversations about many different topics, using materials from the library. A library staff member will lead the group. English speakers at all levels are welcome!

Resume Review and Career Advising @ EPL (Alberta Supports)

Are you looking for work? Alberta Supports staff will be visiting the library to provide one-on-one resume reviews and career advising.