



Duggan Details

December 2018/January 2019



From the Editor

Happy holidays!

As we head into this holiday season, I hope that everyone can slow down, enjoy some activities with family and friends, and take some time for yourself. Remember that more isn't always better, and the gift of your time is often more valuable than something you can buy at a store.

I've continued my series on Edmonton's waste management system with some tips on keeping your garbage collector safe. In the next article I will tell you all about the Ecostation.

The February issue of the Duggan Details will be published the first week in December. Please send any notices, articles or advertisements to the email address below by **January 15th**.

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:

- January 7, 2019

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

Have you thanked your garbage collector today?

By Tara Penner

We put our trash in the bin, and put it out for collection, and don't give it another thought. But have you thought about how your trash gets from the curb to the landfill?

If you live in a single-family home, your garbage is collected by a person who manually transfers it into a garbage truck. This is not an easy job, and we can all do our part to keep our garbage collectors safe.



Here are a few simple tips:

Use the right can. It needs to be less than 100L with fixed, non-swiveling handles, and no wheels! If you set your garbage out on a platform in the alley, make sure it is obvious which bins are full and which are empty.

Keep it together. Bundle sticks (less than 4ft) and tie with twine. Double bag any loose material like kitty litter. Otherwise the collector will have to try them all!

Keep it light. If you can't easily pick up the bag with one arm, it's too heavy! Garbage collectors throw thousands of bags each day, so don't surprise them with an overweight one.

Box and label sharps. This includes broken glass, needles, nails, or sharp metal pieces that could injure your collector, especially when they aren't expecting it. Gather these materials in a sturdy box and label it "SHARPS."

Buddy up. Talk to your neighbor and agree to put your garbage out in the same spot. If everyone did this, the garbage truck would need to make half as many stops, saving time for the collector and wear and tear on the trucks.

Make it easy to reach your trash. Move your car from the street on garbage collection day so the truck can get nice and close. Make sure the bags are placed close together, and not on top of a snow pile.



Clear your snow. Make sure your garbage isn't buried in a snow drift or balanced precariously on top of one. Use sand or salt if the area is icy.

Do you need help getting your garbage to the curb? Call 780-496-5698 or visit www.edmonton.ca/assistedwaste to sign up for assisted waste collection. This service is free, and available to any Edmontonian with permanent or temporarily restricted mobility.

Visit www.edmonton.ca/wastecollection for more information on how your garbage is collected.

Community News

Seniors Connection News for 55+

News from SouthWest Edmonton Seniors Association (SWESA)

by Carol Vaage

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. –Helen Keller

As the holiday season approaches, we seniors may find our perspectives have changed. Where once we looked forward to things like Santa's arrival, we now stop to watch youngsters and their parents in the malls lined up to talk to Santa. Where once we may have hosted a huge gathering for friends and family with all the trimmings, we may now go to our children's or grandchildren's homes to join in the chaos of the holidays. Instead of cooking the entire feast, we may bring dessert or a bottle of wine. Our children are the ones planning and preparing. We become observers, participants, and laps for the little ones. Our holiday wish lists are very short!

It can be a time to feel lonely. Our past is full of memories – good and not-so-good. We remember people we have lost, the traditions no longer followed, the regrets. Our families are busy with sports or careers and may even have moved out of the Edmonton area. So how can we bring back the holiday cheer in unique ways for ourselves this year?

We need to take an active role to create our own special celebrations. If we love singing, let's turn on the radio, TV, or media devices to play the favorite holiday tunes and boisterously sing along. If we love baking, a batch of sweets make a wonderful gift for a friend. Plan something fun with your friends. A white elephant gift exchange can be enough for laughter and silliness. Share some tea,

coffee and a treat, and enjoy each other's company.

Edmonton has so many events to attend, if you like to get out and about. Search online with the words 'Christmas in Edmonton' and you'll find a long list. Each neighborhood is offering special events too, so watch for the signs and notices.

Many of us are reluctant to plan something that involves going out as our health may not cooperate. If we know of more fragile seniors, let's plan on bringing some joy into their lives, with a few cookies, a small decoration, and a nice little visit. The gift of being present for another is a win-win situation. There was a quote on Facebook the other day: *The thing is, the human brain is extremely evolved for connection and relationship – you were never supposed to learn to be alone with pain and stress. Needing emotional safety and support isn't something wrong with you – it's the sign of something deeply RIGHT with you. Anonymous.*

At SWESA, we have several social events through December that you may be able to attend, and very excited to see the Winter Program for January through March. It will be online by the second week in December. Joining a seniors' association is a positive step in developing friendships and of being connected.

SWESA welcomes all 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). Wonderful opportunities are available for those interested in the arts – a favorite is the Friday morning art group, where you bring your own art supplies and create art in a social and

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Community News

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 2019 Winter 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.



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

www.swedmontonseniors.ca

Community Events

The Petrolia Seniors Group (55+) invites YOU to come ENJOY

LUNCH and a PROGRAM **(\$18 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 11, 2018—HULA HONEYS WILL BRING HAWAII TO US!

also a Christmas Carol sing

JANUARY 15, 2019—BOB LAYTON, NEWSCASTER AND 630 CHED RADIO PERSONALITY

Hear Bob tell hilarious stories from his radio experiences (seating is limited)

FEBRUARY 19—FRANK ROBINSON, U OF A PROFESSOR OF POULTRY PRODUCTION

What's Behind the Barn Door" discussing hormones in meat, types of eggs, etc.

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

Nick: 780-435-1045 or Betty: 780-434-0712

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

Zoominescence

Dates: every December weekend beginning Dec 1 plus December 26 and 27, 2018

Time: 5-9pm

- The festival's vision is to celebrate light, artistry, imagination and the strong spirit of our community in the winter.
- Join us for an evening of light, animals, skating, hot chocolate and fun for the whole family!
- Purchase tickets online or at the door

Horse Drawn Sleigh Rides in Old Strathcona

- Ring in the holiday season with a festive holiday sleigh ride around Old Strathcona!
- Sleigh rides will take place between 12:00 PM and 4:00 PM on Sunday, December 2 and 9, and Saturday, December 15 & 22.

CP Rail Holiday Train Returns to Edmonton on Dec 10

Location South of the Edmonton CP Station at 7935 Gateway Blvd

Train Arrival 7:45 pm Show 8:15-8:45 pm

- The train is about 1000 feet in length with 14 rail cars decorated with hundreds of thousands LED lights & a traveling stage for performers.
- Each event is free, but attendees are encouraged to bring a donation for the food bank which will be at the event.

ETS Christmas Tours

Dec 14-16

- This year, tours begin at the Alberta Legislature where guests will be able to view the display and listen to the choirs. Then, it's off to Candy Cane Lane, Churchill Square and City Hall.

New Year's Eve and Day Events

Date: Monday December 31, 2018

Time: Family-friendly activities: 6-9pm

Fireworks: 9pm

Location: Federal Building (9820-107 Street), Visitor Centre, and Capital Plaza

- Celebrate the arrival of 2019 at the Alberta Legislature Grounds.
- This fun-filled, alcohol-free, family-friendly event will have something for everyone!

Admission: Free

Countdown at the Conservatory

Dec 31 10 am - 2 pm at the Muttart Conservatory. Regular admission applies.

- Come celebrate the end of 2018 and the start of 2019 at the Muttart in style.
- There will be hourly countdowns during the event hours, where we'll celebrate the New Year with a cup of punch and a cupcake.
- Crafts, planting and a whole lot of fun await those that don't want to wait until midnight to celebrate the New Year

Free New Year's Eve Concert

Dec 31 7:30 - 10:30 pm at McDougall United Church, 10025 101 St NW

- It is an annual tradition that the McDougall Church opens its doors on New Years Eve for a free evening of music and entertainment
- Come for a relaxing, mellow evening of folk music, children's activities, refreshments & desserts
- Please bring a non perishable food item or donation for the Food Bank

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Events around Edmonton

New Year's Day Levee

Tuesday, January 1, 2019 from 1:30 to 3:30 pm at Government House Free Admission

- Each year, the Lieutenant Governor and spouse host the popular New Year's Day Levee at Government House.
- The levee is a tradition in Canada dating back to the 1600s. It's based on an older tradition in Europe that saw subjects visit the monarch to pay their respects and pledge allegiance. Today, the Levee at Government House is a chance for Albertans of all ages to meet the Queen's representative in a relaxed social setting.
- Levee guests can enjoy light refreshments, tour Government House, send a postcard to Canadian troops serving overseas, and join in celebrating the start of a new year.



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Community Events

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

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Films at the Library 2:00 p.m. 2	Sing, Sign, Laugh and Learn 10:15 a.m. and 6:30 p.m. Baby Laptime 2:00 p.m. 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. Reading Circle (Frontier College) 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. Reading Circle 6:30 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. Puppet Show 11:30 a.m. Pop-Up Makerspace 2:00 p.m. 1 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. Book Clubs of EPL 2:00 p.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. 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	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	Christmas Eve All locations open 10:00 a.m. to 2:00 p.m. Sing, Sign, Laugh and Learn 10:15 a.m. 24	Christmas Day All locations CLOSED 25	Boxing Day All locations CLOSED 26	Baby Laptime 10:15 a.m. Family Films at the Library 1:00 p.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. Family Films at the Library 2:00 p.m. 28	Family Storytime 10:15 a.m. Pop-Up Makerspace 2:00 p.m. 29
Family Films at the Library 2:00 p.m. 30	New Year's Eve All locations open 10:00 a.m. to 5:00 p.m. Sing, Sign, Laugh and Learn 10:15 a.m. Family Films at the Library 11:00 a.m. Baby Laptime 2:00 p.m. 31	Whitemud Crossing Branch 145 Whitemud Crossing Shopping Centre, 4211 - 106 St 780.496.1822 To register or for more information: Online: www.epl.ca Phone: 780.496.1822 Talk to staff in branch or visit www.epl.ca/programs for more details *All programs are drop in unless otherwise specified				

EDMONTON PUBLIC LIBRARY



Community Events

December 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 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.**

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. December 2 is Harry Potter and the Chamber of Secrets, December 9 is Lady and the Tramp, December 16 is The Polar Express, December 23 is Home Alone, December 27 is Happy Feet Two, December 28 is Wonder, December 30 is The Emperor's New Groove and December 31 is Ice Age: Dawn of the Dinosaurs.

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.

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.

Practise 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.



The Canada Homestay Network

Why I Host International Students



For my family.

Since 1995, the Canada Homestay Network has hosted tens of thousands of students from 120 countries. By welcoming an international student into your home, your family benefits. You grow in understanding the world and its peoples, make life-long friendships and learn something new every day. Plus you get to share the beauty of your home and community.

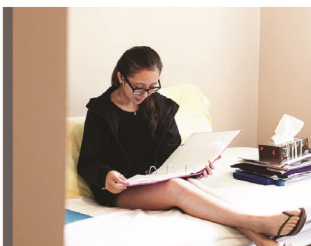
"I host so my son knows the world is bigger than our back yard."



For my community.

International student study and travel attracts \$6.5 billion annually to Canada's economy. Hosting allows some of that money to be invested in our community. Because international students pay a premium, the extra revenue goes toward educational resources that benefit all students. International students enhance everyone's classroom experience!

"I host so my community can benefit from international education."



For the students.

International students who live with Canadian families learn English and Canadian culture in a healthy, caring environment. This positive introduction to Canadian family life encourages many to apply for permanent residency after graduation. Students become valuable future partners in trade, political relations and global leadership, and bring a broader world-view to their communities back home.

"I host so students can learn in a healthy, caring environment."

Become a host family.

Call **1-877-441-4443** or email HostInfo@CanadaHomestayNetwork.ca
For more information about the homestay host experience and to apply, visit www.WhyIHost.ca

1-877-441-4443 www.WHYIHOST.CA