



# Empire Park Community News

June - July  
2018

## Regular Daytime Office Hours

4804 – 107 Street NW

Mondays 11 am - 2:30 pm  
(excluding statutory holidays)

For more info call **780-232-0869**

## Empire Park Community League

Meetings are held in the community hall at 4804 – 107 Street. Contact Lynn at 780-232-0869 if you have an item you would like us to consider.

### Annual General Meeting & Election:

7 pm Tuesday, June 19, 2018;

all current members may vote.

**Next Board Meetings:** 7 pm Tuesday, July 17, and August 21, 2018

## City Summer Greenshack

*Join in \$FREE fun for ages 6-12 in Empire Park this summer!*

Play new games, create crafts, & participate in music and drama at the supervised City of Edmonton Greenshack by the playground (48 Avenue & 107 Street). There will be a City of Edmonton Playground Leader on site from 10 am to 6 pm. The Greenshack is closed on holidays. For details, call **311** or go online at [edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms)

### Inside...

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twitter  @EmpireParkCL



Empire Park S.W. Community  
League

## Empire Park S.W. Community League

### Annual General Meeting

Please join us at 7 pm on Tuesday, June 19, 2018 in the Empire Park Community Hall at 4804 – 107 Street.

Everyone welcome! All current members may vote!

Councillor Michael Walters and his team will provide a **BBQ supper starting at 6:30 pm**, providing an opportunity to talk about your City and learn about plans for its future. Our meeting agenda will include:

- auditor's comments on the **annual financial statement**
- president's **annual report** • **updates to our strategic plan**
- draft **replacement bylaws** for your review & comments
- **board elections** for vacant and re-electing positions. Please contact us at [office@empirepark.ca](mailto:office@empirepark.ca) or **780-232-0869** with any questions or concerns or to nominate a board member.

## Summer Art Camps @ Empire Park Hall

**July 3 – 6**, Point Painting, \$240 plus \$10 materials fee. **July 9 – 13**, Oil Painting, \$300, plus \$30 materials fee. **Both camps** \$450 plus \$40 material fee. **Schedule:** early drop-off 8 am; class 9 – noon; lunch, play & art gallery videos; class 1 – 4pm; pick up time until 5:30pm. Bring a lunch (refrigerator & microwave available). Ages 7 - . **Contact Pam:** [panyuxiao@hotmail.com](mailto:panyuxiao@hotmail.com) or 780-289-6665. *Camps may be cancelled if target enrolment numbers aren't met.*

## Rock Star Summer Camp

Spend a week rocking out at this City of Edmonton summer camp located at **Empire Park Hall from 9 am to 4 pm July 16 – 20**. Registration cost: \$138.00. Course code:625960. To register call **311**, go online to [Edmonton.ca](http://Edmonton.ca), or visit a **City Recreation Centre**, Air bands, dance routines, costume design, creating crafts such as a magazine and album cover, will all be part of the fun. Finish the week off by showcasing your band and design to your family and friends! *The camp will be canceled if target enrolment numbers are not reached very soon so register today!!*

## Park & Fire Pit Usage Rules

- City Parks are open from 5 am until 11 pm. •No fires permitted in the fire pit during fire bans. • Bring your own firewood.
- Never leave the fire unattended • Liquor consumption prohibited
- Keep the fire completely contained in the fire pit
- Before leaving, extinguish flames & let embers cool completely.
- Dogs not permitted in picnic areas, playgrounds or sports fields.
- Infractions may result in fines &/or jail time. Check out the complete Parkland Bylaw at [webdocs.edmonton.ca/bylaws/C2202.doc](http://webdocs.edmonton.ca/bylaws/C2202.doc)

The Green & Gold Community Garden, a local garden with global impact, located on U of A South Campus is celebrating its Tenth Anniversary Season. Web site: [www.greengoldgarden.com](http://www.greengoldgarden.com). More on p.3.

## Art Classes

Join Pam Shaw on Sunday afternoons from 10:30-noon, 1-2:30 pm, 2:40-4:10pm, or 4:20-5:50 pm. Children ages 4 and up \$16/class (1.5 hours). Adults \$22/class (2 hours). June oil painting & oil pastels. **Info: 780-289-6665 or email [panyuxiao@hotmail.com](mailto:panyuxiao@hotmail.com).**

## Yoga For the Aging Body

Advanced chair yoga 1:30 – 2:30 pm Wednesday June 20 & 27. Members only. Drop-ins: \$12/class, cash only. New session begins in the fall. **Info: 780-232-0869 or [programs@empirepark.ca](mailto:programs@empirepark.ca).**

## Hatha Yoga

Restore & rejuvenate, 7 pm Thursdays until the end of June. Members only. Drop-in \$12/class, cash only. New session will begin in the fall. **Info: 780-232-0869 or [programs@empirepark.ca](mailto:programs@empirepark.ca).**

## Ladies' Nights Out

**Scrapbooking** 6:30pm Tuesday June 5th  
**FREE** for community league members. Adults only. Bring your own supplies. RSVP to **780-435-8096**. The **Rubber Stamping Club** June meeting is cancelled. Ladies' Nights Out will resume in September.

## Unpack 'N' Play @ Empire Park

This is a \$FREE program that involves parents and children in interactive play including stories, crafts, dancing, singing, educational play and more! Next session begins Monday, September 10<sup>th</sup>. Please visit [citywestedmonton.com/unpack-n-play](http://citywestedmonton.com/unpack-n-play) this summer for registration info or call Anastasiia, **780-451-5691**.

## Sahaja Meditation

Come and join our meditation classes where you can relax and achieve inner peace and self-awareness every Wednesday at 6:30 PM at Empire Park Hall. For details call 780-919-1532 or 780-447-0066 or email [sahaja.yoga.edmonton@gmail.com](mailto:sahaja.yoga.edmonton@gmail.com).

## Members' Swim Benefit

Our members can swim free of charge during public swim & lane swim times at Confederation Leisure Centre, 11204-43 Ave. Just present your valid 2017/2018 EPCL membership at the pool to get a City Recreation Facilities card charged with 12 free swims. Valid only for Confederation Pool and limited to family members listed on your membership card. Check the Confederation Pool public swim schedule by checking in at [edmonton.ca/activities\\_parks\\_recreation/confederation-drop-in-pool-schedule.aspx](http://edmonton.ca/activities_parks_recreation/confederation-drop-in-pool-schedule.aspx) or calling 311.

## Krishna Kids Yoga

This a family activity featuring cultural sharing with a yoga practice focused on kids' abilities & interests. Fridays (check the calendar on page 6) at Empire Park Hall, 6 to 7 pm. Info: **587-598-2605** or [krishnakidsyoga@gmail.com](mailto:krishnakidsyoga@gmail.com)

## Celebrate International Yoga Day

In 2015 the UN General Assembly unanimously declared June 21<sup>st</sup> to be **International Yoga Day**. Yoga is an invaluable gift of India's ancient tradition. Edmonton's Indology Foundation is celebrating at Empire Park Community Hall on Thursday, June 21 at 5.30 pm. Our Yoga session will be guided by Certified Yoga Acharya (Master of Yoga) from Sivananda Yoga Centre, Quebec. The session is open to all. Please wear loose-fitting, comfortable clothing and bring a yoga mat.

## Member Hall Bookings

Members can book the hall for a \$30 fee at times that do not conflict with regular programs or events. This is a flat fee per booking to help cover costs. Occasional social gatherings only (no commercial events or classes). \$250 damage deposit is required (cash or credit only). Users clean up after themselves or a \$50 minimum cleaning fee will be applied. A liquor permit and/or event insurance are required for any event with alcohol or for activities with high potential for injury. Our regular rate is \$20/hr. **Email [memberbookings@empirepark.ca](mailto:memberbookings@empirepark.ca) or leave a message for Lynn at 780-434-4226. Hall bookings will be limited until we find additional booking volunteers.**

## Become an Empire Park Volunteer!

Volunteering for the following positions with your Community League can make a huge difference to your community! **Email [board@empirepark.ca](mailto:board@empirepark.ca) or call 780-232-0869 for details:**

- Office Volunteers (Finance, Clerical)
- Program Volunteers
- Newsletter Editor
- Board Members: Positions up for election &/or re-election this year are President, Treasurer, two Vice Presidents & up to six Directors at Large)
- Committee Members (Bylaw Committee, Events Committee)
- Partners in Parks garden & litter clean-up volunteers.

**Don't Miss GeriActors & Friends** final performance of the season on June 14th! Admission by donation. Details at <https://geriactors.ca/>. Also check out their 3<sup>rd</sup> annual summer school which starts July 13<sup>th</sup>.

## Drive Happiness

Seniors Assisted Transportation provides assisted transportation to seniors with reduced mobility & limited resources.

We are in **URGENT NEED** of volunteer drivers! Volunteer drivers choose where & when they drive.

Please help us enable low resource seniors to remain connected to their community. You'll get a reimbursement to go towards gas & wear on your vehicle.

**You can make a difference to a senior!**  
**780-424-5438** or  
**www.drivehappiness.ca**

## Advertise With Us!

Empire Park Community News accepts limited advertising in pdf or jpeg formats. Black and white or greyscale only.

Business Card..... \$60  
 Quarter Page..... \$80

**The copy deadline for our August/September 2018 issue is July 19<sup>th</sup>.**

Email  
**newsletter@empirepark.ca**

## Thank You to our Park Spring Clean-Up Volunteers:

Tara, Dana, Sonia, Amelia, Maria, Isabelle, Lynn & Pauline

### with special thanks to

Jay & Kevin at

### Sir Winston's Fish & Chips

(10505 – 51 Ave  
 Phone 780-430-7170  
[www.sirwinstonsfishandchips.ca](http://www.sirwinstonsfishandchips.ca))  
 for providing a generous selection of beverages for our thirsty volunteers.

## Community League Wellness Program

Thanks to a partnership between the City of Edmonton & the Edmonton Federation of Community Leagues, you can save 15% on multi-admission passes and 20% on annual passes to City facilities! Go online for complete details: [edmonton.ca/activities\\_parks\\_recreation/documents/PDF/CommWellnessBrochure.pdf](http://edmonton.ca/activities_parks_recreation/documents/PDF/CommWellnessBrochure.pdf)

## Art Gallery of Alberta

Enjoy free admission to the Art Gallery of Alberta every Tues and Wed 5-8 pm. Admission is always free for AGA members, youth ages 0 – 17, and Alberta students age 18+. Visit [youraga.ca](http://youraga.ca) for info.

## City Spray Parks

Enjoy City spray parks until September 18<sup>th</sup>. \$Free. Check out location & hours at [edmonton.ca/activities\\_parks\\_recreation/spray-parks-water-play.aspx](http://edmonton.ca/activities_parks_recreation/spray-parks-water-play.aspx)

## Edmonton Transit This Summer

- Call 311 for schedule info for ETS Route 594 (Valley Zoo) and 595 (Fort Edmonton Park) thi.
- Voice your opinion on ETS changes: [https://www.edmonton.ca/projects\\_plans/transit/bus-network-redesign-public-engagement.aspx](https://www.edmonton.ca/projects_plans/transit/bus-network-redesign-public-engagement.aspx)

## City Planning Bylaw Amendment

The Charter Bylaw Amendments allowing Secondary Suites in existing semi-detached & row housing are **available for review and comment until June 28<sup>th</sup>**. Questions? Contact **Jeff Booth at 780-496-1592 or [jeff.booth@edmonton.ca](mailto:jeff.booth@edmonton.ca)**

## Empire Park Garden Volunteers

Thank you to Lily, Louise, Brian, Pam & Lynn for planting the main park flower bed at Empire Park. More volunteers are needed to help weed & water & keep our parks litter-free throughout the summer. Sign up to join the Empire Park Garden Volunteers or to help keep Empire Park and Dr. Francis Crang Park litter-free at <https://www.edmonton.ca/partnersinparks>. You could qualify for cool prizes, and also get WCB coverage, litter-picking supplies (gloves, bags, etc.), get garden & landscape discounts & more..

## Jubilations Dinner Theatre

Jubilations presents “Rock & Roll Heaven” from June 15 to August 19 while Jubilations Junior presents “The Uncredibles from June 30 to August 18. Our community league members are eligible for the Jubilations Dinner Theatre Corporate Club discounts. Complete details available at: <http://edmonton.jubilations.ca/index.php/shows>

## Edmonton Public Library

**Whitemud Crossing Branch, 4211 – 106 Street Telephone 780-496-1822; [www.epl.ca](http://www.epl.ca)**  
 Check out the wide variety of programs and activities for all ages at your local library branch, including summer activities for kids of all ages.

## More Green & Gold Garden News

Check out the website, [gggarden@ualberta.ca](mailto:gggarden@ualberta.ca), for opening date & market hours in July as well as tenth anniversary special events. Stay tuned for further info: [gggarden@ualberta.ca](mailto:gggarden@ualberta.ca), 780-492-4087

# Linda Duncan

**MP | Edmonton Strathcona**

**Contact my office for assistance with:**

- Employment Insurance
- Income Tax
- Old Age Pensions
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages



**780-495-8404**

[linda.duncan.c1@parl.gc.ca](mailto:linda.duncan.c1@parl.gc.ca)  
10049 81 Avenue  
(entrance on 101 St)

*Assistance également disponible en français.*

[www.LindaDuncanMP.ca](http://www.LindaDuncanMP.ca) [LindaDuncanMP](#)

Rachel Notley ad

# [www.ulm.ca](http://www.ulm.ca)

## HUNTINGTON & SOUTH RIDGE

- Town Home, Coach Home & Apartment Home Rentals
- Located on the corner of Whitemud Drive & Calgary Trail
- Your Empire Park Community League membership is included
- Pets welcome, inquire for details

***Ask about our move-in incentives!***

***Rent for as low as \$1,025.00\* per month!***

**CALL FOR DETAILS**

# 780-435-9250

\*Limited time offer & net of all incentive

Professionally managed by



### Membership Benefits

Community league memberships must be purchased in the community where you live. 2017/18 memberships are valid until August 31/18. Benefits include:

- Limited low-cost hall bookings, p2.
- FREE swims at Confederation Leisure Centre, p 2
- FREE access to our outdoor rink
- FREE & low-cost activities at the hall
- Access to minor sports (soccer, basketball)
- A chance to participate in local decisions
- Discounts and perks.
- A chance to make a difference & find new friends.

#### How can you become a member?

- Mail in the form at the bottom of this page
- Purchase online at **efcl.org**
- Visit a Servus Credit Union Branch
- Visit the hall office in person. We accept Visa, MasterCard, and debit payments

Empire Park Community League is a volunteer organization. Our members donate their time and abilities to improve the quality of life in our neighbourhood. *Small changes can make a big difference!* Questions? Phone Lynn at **780-232-0869**.

#### City Contacts for our Neighbourhood

[www.edmonton.ca](http://www.edmonton.ca) [311@edmonton.ca](mailto:311@edmonton.ca) or phone 311  
**Ward 10 Councillor Michael Walters** 780-496-8132  
[Michael.Walters@edmonton.ca](mailto:Michael.Walters@edmonton.ca) fax 780-496-8113  
**Neighbourhood Resource Coordinator-Michael Goth**  
 780-944-5404 [michael.goth@edmonton.ca](mailto:michael.goth@edmonton.ca)  
**Community Development Social Worker - Karen Lee**  
 780-496-5922 [karen.lee@edmonton.ca](mailto:karen.lee@edmonton.ca)

### Community League Contact Info:

Mailing Address: Southgate PO Box 76116  
Edmonton, AB T6H5Y7

Phone: 780-434-4226 Fax: 780-434-0267

[www.empirepark.ca](http://www.empirepark.ca) Cell: 780-232-0869

#### Board of Directors - Executive

**President** Tara Moore [tara.moore@empirepark.ca](mailto:tara.moore@empirepark.ca)

**VP** VACANT

**2nd VP** VACANT

**Secretary** Lynn Wilson  
[lynn.wilson@empirepark.ca](mailto:lynn.wilson@empirepark.ca)

**Treasurer** Enrique Rochin  
[enrique.rochin@empirepark.ca](mailto:enrique.rochin@empirepark.ca)

**Group email:** [executive@empirepark.ca](mailto:executive@empirepark.ca)

#### Board of Directors - Directors at Large

**Linda Kulka, Casino** [linda.kulka@empirepark.ca](mailto:linda.kulka@empirepark.ca)

**Brian Brattland**  
[brian.brattland@empirepark.ca](mailto:brian.brattland@empirepark.ca)

Group email: [directors@empirepark.ca](mailto:directors@empirepark.ca)

**There are 5 vacant Director-at-Large positions to fill.**

#### Local Government Contact Info:

**MP Linda Duncan** 780-495-8404  
[linda.duncan.c1@parl.gc.ca](mailto:linda.duncan.c1@parl.gc.ca) [www.lindaduncanmp.ca](http://www.lindaduncanmp.ca)

Canada website: <https://www.canada.ca/en.html>  
**MLA Rachel Notley** 780-414-0702 [www.rachelnotley.ca](http://www.rachelnotley.ca)  
[edmonton.strathcona@assembly.ab.ca](mailto:edmonton.strathcona@assembly.ab.ca)  
 Alberta website: <https://www.alberta.ca>

**Public School Trustee** **Michael Janz**  
[michael.janz@epsb.ca](mailto:michael.janz@epsb.ca) 780-429-8082

**Separate School Trustee** **Alene Mutala**  
[alene.mutala@ecsd.net](mailto:alene.mutala@ecsd.net) 780-242-5926

### Empire Park Community League Mail-In Membership Application

**Renew your membership today! 2017/2018 community league memberships are valid until August 31, 2018.**

1<sup>st</sup> Adult Member: \_\_\_\_\_

2<sup>nd</sup> Adult Member: \_\_\_\_\_

Building Address: \_\_\_\_\_

Apartment #: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number(s) \_\_\_\_\_

Email(s): \_\_\_\_\_

Children's Names (ages 0-17)	Birthdate (Month/Year)	Gender (M/F)
_____	___/___	_____
_____	___/___	_____
_____	___/___	_____
_____	___/___	_____

#### Type of Membership (check one):



- Family .....\$25  
*(two adults in home & any children under 18 years of age)*
- Single Senior, age 60+.....\$5
- Single-Parent Family (only one adult in home).....\$20
- Single.....\$15
- Single Student (with I.D.).....\$10

# of skate tags needed: \_\_\_\_\_  
May we send you news by email? Yes \_\_\_ No \_\_\_

Activity Interests: \_\_\_\_\_  
\_\_\_\_\_

Volunteer skills, interests & availability: \_\_\_\_\_  
\_\_\_\_\_

*Please enclose cheque or money order payable to  
Empire Park Community League. Mail to: Memberships,  
Southgate PO Box 76116, Edmonton AB, T6H 5Y7*

June 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Park &amp; Garden Volunteers</b> Help tend the flower & shrub beds in Empire Park. Help control litter in Empire or Dr. F. Crang Park. Call Lynn at 780-232-0869.		<b>WECAN Food Basket Society</b> Depot at Duggan Community Centre, #5, 3724 – 105 St. Please note date changes. Prepay on 2nd Friday & pick up on 4 <sup>th</sup> Friday each month. Quality fresh food for less. More info: <a href="http://www.wecanfood.com">www.wecanfood.com</a> or phone 780-413-4525.			<b>1</b> WeCan Food Order Day Krishna Kids 6 – 7 pm	<b>2</b> Special Olympics Soccer 10:30 am
<b>3</b> Art classes See p 2	<b>4</b> <b>Unpack &amp; Play 10 am</b>	<b>5</b> Scrapbooking 6:30 pm	<b>6</b> <b>Meditation 6:30 pm</b>	<b>7</b> Hatha Yoga 7:00 pm	<b>8</b> Krishna Kids 6 – 7 pm	<b>9</b> Special Olympics Soccer 10:30 am
<b>10</b> Art classes See p 2	<b>11</b> <b>Unpack &amp; Play 10 am</b>	<b>12</b>	<b>13</b> <b>Meditation 6:30 pm</b>	<b>Eid al Fitr 14</b> GeriActors p 2 <b>Hatha Yoga 7:00 pm</b>	<b>Eid-al-Fitr 15</b> WeCan Food Pickup Day Krishna Kids 6 – 7 pm	<b>16</b> Special Olympics Soccer 10:30 am  Private Party
<b>17</b> Art classes See p 2	<b>18</b> <b>Unpack &amp; Play 10 am</b>	<b>19</b> BBQ 6 pm Annual General Meeting 7 pm	<b>20</b> Aging Body Yoga 1:30 pm <b>Meditation 6:30 pm</b>	<b>21</b> International Yoga Day, p2 <b>Hatha Yoga 7:00 pm</b>	<b>22</b> Krishna Kids 6 – 7 pm	<b>23</b> Special Olympics Soccer 10:30 am
<b>24</b> Art classes, See p 2	<b>25</b> <b>Unpack &amp; Play 10 am</b>	<b>26</b>	<b>27</b> Aging Body Yoga 1:30 pm <b>Meditation 6:30 pm</b>	<b>28</b> <b>Hatha Yoga 7:00 pm</b>	<b>29</b> Krishna Kids 6 – 7 pm	<b>30</b>
July 2018						
<b>1</b> <b>Canada Day</b> 	<b>2</b> Art Summer Camp July 3– 6 See page 1	<b>3</b> <b>Empire Park Greenshack Opens</b>	<b>4</b> <b>Meditation 6:30 pm</b>	<b>5</b>	<b>6</b> WeCan Food Order Day  Krishna Kids 6 – 7 pm	<b>7</b> Special Olympics Soccer 10:30 am
<b>8</b>	<b>9</b> <b>Art Summer Camp July 9 – 13</b> See page 1	<b>10</b>	<b>11</b> <b>Meditation 6:30 pm</b>	<b>12</b>	<b>13</b> <b>Krishna Kids 6 – 7 pm</b>	<b>14</b> Special Olympics Soccer 10:30 am
<b>15</b>	<b>16</b> <b>Rock Band Summer Camp July 16 – 20 (see p1)</b>	<b>17</b> Board Meeting @ hall @7 pm	<b>18</b> <b>Meditation 6:30 pm</b>	<b>19</b> Aug – Sept Newsletter copy deadline	<b>20</b> WeCan Food Pickup Day <b>K-Days Parade</b> Krishna Kids 6 – 7 pm	<b>21</b> Special Olympics Soccer 10:30 am
<b>22</b> <b>K-Days July 20 – 29</b> 	<b>23</b>	<b>24</b>	<b>25</b> <b>Meditation 6:30 pm</b>	<b>26</b>	<b>27</b> <b>Krishna Kids 6 – 7 pm</b>	<b>28</b> Special Olympics Soccer 10:30 am
<b>29</b>	<b>30</b>	<b>31</b>	<b>Pause to enjoy the first day of summer June 21<sup>st</sup></b>	<b>nature-kids</b> Monthly youth & family nature activities. \$FREE naturealberta.ca	<b>Newsletter Carriers Wanted</b> for Empire Park Community News. Ages 10+ with parent support. Pays 10¢/copy, delivery every 2nd month. Call/text 780-232-0869 or email <a href="mailto:newsletter@empirepark.ca">newsletter@empirepark.ca</a>	

The Empire Park Community News is published on a bi-monthly basis (June-July, August-September, October-November & December-January, February-March, April-May). Watch for our next newsletter in August 2018!