



Empire Park Community News

October - November
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.

Next Board Meetings:

7 pm Tuesdays, October 16, November 20, & December 18, 2018

Next General Meeting:

7 pm Tuesday, January 15, 2019.

Fall Greenshack Programs

for ages 6 thru 12. 1 – 5 pm Saturdays and 3:30 – 6 pm Tues & Thurs at various southwest Edmonton locations.

October 13 – November 9 at

Brander Gardens, 16 Ave & 105 Street & at Windermere, 809 – 174 Street

November 10 – December 7 at

Rutherford, 1327 Rutherford Rd SW & at Haddow, 2097 Haddow Drive

Call 311 for complete info or go to edmonton.ca/dropincommunityprograms

Inside...

Pg. 2 *Activities & Programs*

Pg. 3 *Ad rates, various community events & info, member discount info*

Pg. 5 *Membership details, various local contact info, membership application*

Pg. 6 *October-November 2018 Event Calendar*

Follow us! www.empirepark.ca

twitter  @EmpireParkCL



Empire Park S.W. Community League



Instagram: [empireparkcl](https://www.instagram.com/empireparkcl)

Volunteers Needed for Our Next Casino

Monday January 21 & Tuesday January 22, 2019

Please email linda.kulka@empirepark.ca or leave a message for her at **780-434-4226** to volunteer for this fundraiser at the new Starlight Casino in West Edmonton Mall. We especially need evening count room volunteers (11pm-3 am) as well as some who can substitute for day or evening shifts in case of illness, etc. Volunteers get free meals at the casino. Proceeds are used to pay for utilities and upkeep on the hall as well as program & administration expenses, our newsletter, and much more.

Card Making Workshop

When? 1 to 5 pm on **Saturday, November 10, 2018**

Where? Empire Park Community Hall, **4804 – 107 Street NW**

Cost? \$45 covers all supplies, food & door prize. No experience needed; help is available if you need it. **To register contact Linda at 780-434-6640 or email lindakulka@shaw.ca**

2018 – 2019 Empire Park Rink Plans

In preparation for wintry weather, members at our September General Meeting changed up some rink policies this year:

- Community league members with skate tags will still skate \$free and **now all children & youth under age 18 will also skate free of charge.**
- Non-member adult rate drops to \$1 per day.
- We will also be relying on volunteers this year instead of hiring staff to help run the rink and concession. Adults or youth age 16 & up are welcome. **Call Brian 780-218-2941 to sign up;** we give great references for great work.
- We hope to maintain the **same schedule as last year:** Closed Mondays, 5 – 9 pm Tuesdays through Fridays, noon – 9 pm Saturday & 9 am to 6 pm Sunday. **However, we need more adult volunteers to keep the rink open on Tuesdays & Wednesdays.**



Newsletter Publication Schedule Changes

Our newsletter will still be published bi-monthly, but the distribution schedule is changing. There will be a bare-bones single-month issue with essential information for December 2018. Bi-monthly publication will resume in 2019 as follows: January-February, March-April, May-June, July-August, September-October & November-December. Deadlines for new material will continue to be the 19th of the month before publication (e.g., December 19th for the January-February issue).

Newsletter Carriers Wanted to deliver the Empire Park Community News. Ages 10+ with parent/guardian support. Pays 10¢/copy. Delivery every second month. **Call/text 780-200-8920 or email newsletter@empirepark.ca for details.**

Take the City of Edmonton Green Shack Survey at <https://docs.google.com/forms/d/e/1FAIpQLSe4HxHnqP6hCG7vSyZXIDmhcWrwMIWPYV1nV5quB-DQ7pJKOw/viewform>

Art Classes

Join Pam Shaw on Sundays from 10:30-noon, 1-2:30 pm, 2:40-4:10pm, or 4:20-5:50 pm for basic skills training: sketching & oil pastels b. Children ages 4 and up \$20/class (1.5 hours). Adults \$25/class (2 hours). **Info: 780-289-6665 or email panyuxiao@hotmail.com.**

Yoga For the Aging Body

Advanced chair yoga 1:30 – 2:30 pm Wednesdays. Members only. New session, 7 classes for \$70, begins November 7th. Drop-ins: \$12/class, cash only.

Info: 780-232-0869 or programs@empirepark.ca.

Hatha Yoga

Give yourself a pleasant and enjoyable body holiday. 7 pm Thursdays. Next session, 6 classes for \$60 begins November 15th. Members only. Drop-ins \$12/class, cash only. More info: **780-232-0869 or programs@empirepark.ca.**

Rubber Stamping

Join Linda at the hall for rubber stamping fun at 6:30 pm on Friday October 19th and November 16th. **FREE** for community league members; non-members pay \$2/date. **Adults only, please.** Bring your own supplies. RSVP to linda.kulka@empirepark.ca or to 780-434-4226.

Scrapbooking

Join Monica at the hall at 6:30 pm on Tuesdays October 2nd and November 6th. **FREE** for community league members; non-members pay \$2/date. **Adults only, please.** Bring your own supplies. RSVP: programs@empirepark.ca (type scrapbook in the subject line) or leave a message at 780-435-7046..

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! The fall session will end on November 26th. Please visit citywestedmonton.com/unpack-n-play or call 780-451-5691 for winter session registration info.

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. **Call 780-885-1357 or 780-919-1532 for details.**

City of Edmonton: Change for Climate

On **October 24, 2018**, Edmonton will host its second 'Change for Climate Talks' at MacEwan University's Allard Hall to inspire Edmontonians to take action. Hear from a variety of experts. Register on Eventbrite, \$10. The talks will also be recorded for public sharing later.

Krishna Kids Yoga

This a family activity featuring cultural sharing with a yoga practice focused on kids' abilities & interests. On Fridays (except for the 3rd Friday of each month) at Empire Park Hall, 6:30 to 8:30 pm. Information: **587-598-2605 or krishnakidsyoga@gmail.com**

Member Hall Bookings

Members can book the hall for a non-refundable \$30 fee per booking. Occasional social gatherings only (no commercial events or classes) at times that do not conflict with regular programs or events. \$250 damage deposit is required (cash or credit only). Users clean up after themselves or a \$50 minimum cleaning fee will be applied. Event insurance is required for any event with alcohol (liquor license also needed) and/or for activities with high potential for injury. Our regular rate is \$20/hr. **Email memberbookings@empirepark.ca or leave a message for Brian at 780-218-2941. Hall bookings will be limited until we find additional booking volunteers.**

Become an Empire Park Volunteer!

Volunteering to help with Community League programs & activities can make a huge difference in your neighbourhood! **Email board@empirepark.ca or call 780-232-0869 for details. We need:**

- Office Volunteers (Finance, Clerical)
- Program Volunteers
- Newsletter Editor
- Rink Volunteers
- Concession Volunteers
- Hall Booking Volunteers
- Committee Members
- Facility Maintenance Volunteers
- Board

Members: one more Vice President & up to 5 more Directors at Large

CMHA Focus Group Opportunity

Canadian Mental Health Association, Alberta Division is seeking adults (18+) living with depression who have had no success with treatment (must have tried 2 or more anti-depressants with little or no success) to participate in a focus group Oct 18th or 19th. Info gathered will be used to develop improved resources for patient support. Details: www.CMHAAlbertaFocusGroups.eventbrite.ca

Members' Swim Benefit

Our members can swim free of charge during public swim & lane swim times at ConfederationLeisure Centre, 11204-43 Ave. Just present your valid Empire Park membership card at the pool to get a City Recreation Facilities card charged with 12 free swims for family members listed on your membership. Valid for Confederation Pool only. Check the Confederation Pool public swim schedule by calling 311 or go online at edmonton.ca/activities_parks_recreation/confederation-drop-in-pool-schedule.aspx

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

Resources for Seniors

The following information can help seniors to access services needed to stay in their own homes for longer.

- **The MARD Guide** to Mobility and Independence (resource guide) https://cloudfront.ualberta.ca/-/media/mard/mobility_guide_8th_edition-2017-09-07.pdf
- **Connecting Edmonton Seniors:** resources to reduce isolation, including resources for non-English-speaking newcomers. www.connectingedmontonseniors.ca
- **Seniors Home Supports Program:** www.seniorshomesupports.com/
- **Drive Happiness,** Senior Assisted Transportation provides assisted transportation to seniors with reduced mobility & limited resources. There is an urgent need for volunteer drivers who choose where & when they drive and receive a reimbursement towards gas & wear on your vehicle. *You can make a difference to a senior!* Go to www.drivehappiness.ca or call 780-424-5438.

Edmonton Insight Community

The City of Edmonton wants your opinions on various topics to help them create a better city. Check it out: www.edmontoninsightcommunity.ca/Portal/default.aspx

Papa John’s Pizza New Member Benefit
30% off ALL online orders (carryout & delivery), ANY day of the week, at ANY location, **for the rest of 2018!** Visit the hall office to pick up your personal wallet-size promo card. Call 780-232-0869 for details.

City Youth Drop-In Program

Go to edmonton.ca and search **YEG Youth Drop-In Program** for times and locations of evening youth activities in various locations.

Royal Alberta Museum Grand Opening

For those of you who were unable to secure a free online ticket, there will be approximately 10,000 spots available for walk-up admission. However, lineups are anticipated, with no guarantee of entry for visitors without a time-specific ticket. Opens Oct. 3rd. Regular admission prices begin on October 9, 2018. \$FREE for children (age 6 & under) & indigenous individuals. Check it all out at: www.royalalbertamuseum.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

No ad space available in the December 2018 issue.

The copy deadline for our January/February 2018 issue will be December 19th.

Call 780-232-0869 or email newsletter@empirepark.ca

Thank You Card

Thank you to all our Community League Day volunteers (September 15th):
 Tara, Chris, David, Rosalyn, Ella, Leanne, Lynn, Sarah, Linda, Laura, Elders Noffsinger & Zhuo, Jennifer, Henry, Angille & Brian, with a special thank you to Stu Dodd for the sax music (book Stu for your event at 780-434-7780).

Jubileations Dinner Theatre

“Star Warz2: The Farce Strikes Back” runs until Oct 21st & “Star Warz: A Kids Comedy” until Oct 13th.
 “Mamma Mio: Here We Go Again” runs Oct 26th thru Feb 10th with “A Christmas Toy’s Story” at Jubileations Junior Nov 3rd until Jan 12th.

Our community league members are eligible for the Jubileations Dinner Theatre Corporate Club discounts.

Info: edmonton.jubileations.ca/index.php/shows or 780-484-2424.

Edmonton Public Library

Whitemud Crossing Branch, 4211 – 106 Street
Telephone 780-496-1822; www.epl.ca

Check out the wide variety of programs and activities for all ages at your local library branch, including new fall offerings for all ages.

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 Albertan students age 18+. Visit youraga.ca for details.



FUREVOLUTION
 DOG & CAT GROOMING

780-934-8986

10% OFF FALL SPECIAL
 CALL TODAY!

Located in Lendrum (west of 111 Street)

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
10049 81 Avenue
(entrance on 101 St)

Assistance également disponible en français.

www.LindaDuncanMP.ca LindaDuncanMP

RACHEL NOTLEY

MLA, Edmonton Strathcona

CONSTITUENCY OFFICE:
SUITE 101 10328-81 AVENUE NW
EDMONTON, AB T6E 1X2

Contact my office for:

- assistance with provincial government programs (AISH, Alberta Works, WCB, etc.)
- celebratory scrolls
- events and opportunities within our community
- referrals to low income supports and services



(780) 414-0702

edmonton.strathcona@assembly.ab.ca @RachelNotley

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. 2018/19 memberships are valid until August 31/19. Benefits include:

- Limited low-cost hall bookings, p2.
- FREE swims at Confederation Leisure Centre, p 2
- FREE seasonal 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 311@edmonton.ca or phone 311

Ward 10 Councillor Michael Walters 780-496-8132

Michael.Walters@edmonton.ca fax 780-496-8113

Neighbourhood Resource Coordinator-Michael Goth

780-944-5404 michael.goth@edmonton.ca

Community Development Social Worker - Karen Lee

780-496-5922 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

Cell: 780-232-0869

Board of Directors - Executive

President Tara Moore tara.moore@empirepark.ca

VP Angille Heintzman, angille.heintzman@empirepark.ca

2nd VP VACANT

Secretary Lynn Wilson

lynn.wilson@empirepark.ca

Treasurer Enrique Rochin

enrique.rochin@empirepark.ca

Group email: executive@empirepark.ca

Board of Directors - Directors at Large

Linda Kulka, Casino linda.kulka@empirepark.ca

Brian Brattland brian.brattland@empirepark.ca

Group email: 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 www.lindaduncanmp.ca

Canada website: <https://www.canada.ca/en.html>

MLA Rachel Notley 780-414-0702 www.rachelnotley.ca

edmonton.strathcona@assembly.ab.ca

Alberta website: <https://www.alberta.ca>

Public School Trustee

michael.janz@epsb.ca

Michael Janz

780-429-8082

Separate School Trustee

alene.mutala@ecsd.net

Alene Mutala

780-242-5926

Empire Park Community League Mail-In Membership Application

2018/19 community league memberships are valid from September 1, 2018 until August 31, 2019.

1st Adult Member: _____

2nd 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 with children under 18 years of age)

Single Senior, age 60+ (with I.D.).....\$5

Single-Parent Family (only one adult in home).....\$20

Single Adult\$15

Single Adult 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**

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
nature-kids Monthly youth & family nature activities. \$FREE naturealberta.ca	1 Unpack & Play 10 am	2 Scrapbooking 6:30 PM	3 Aging Body Yoga 1:30 pm Meditation 6:30 pm	4 Hatha Yoga 7:00 pm	5 WeCan Food Order Day Krishna Kids 6:30 – 8:30 pm	6 Edmonton International Film Fest until October 6th
7 Thanksgiving Sunday	8 Office closed Thanksgiving 	9	10 Aging Body Yoga 1:30 pm Meditation 6:30 pm	11 Hall booked 9 am – 4 pm Hatha Yoga 7:00 pm	12 Krishna Kids 6:30 – 8:30 pm	13
14 Art classes, See p 2	15 Unpack & Play 10 am	16 Board Meeting 7 pm	17 Aging Body Yoga 1:30 pm Meditation 6:30 pm	18 Persons Day Hall booked 9 am – 4 pm Hatha Yoga 7:00 pm	19 Newsletter Copy Deadline WeCan Food Pickup Day Rubberstamping 6:30 pm	20 Evening hall booking
21 Art classes, See p 2	22 Unpack & Play 10 am	23	24 Aging Body Yoga 1:30 pm Meditation 6:30 pm	25 Hatha Yoga 7:00 pm	26 Krishna Kids 6:30 – 8:30 pm	27
28 Boo! At the Zoo See footer, p. 3 Art classes, See p 2	29 Unpack & Play 10 am	30 	31 Happy Halloween Aging Body Yoga 1:30 pm Meditation 6:30 pm	WECAN Food Basket Society Depot at Duggan Community Centre, #5, 3724 – 105 St. Friday order & pick-up dates are on the calendar. Quality fresh food for less! More info: www.wecanfood.com or call 780-413-4525.		

November 2018: Women's History Month

Edmonton International Film Festival continues until the closing gala on October 6 th www.edmontonfilmfest.com		U of A child picture-naming study Child participants needed., age 3 – 8, no language-learning difficulties, English is their first language. See poster @ hall or call 780-492-4098.		1 Hatha Yoga 7:00 pm	2 Krishna Kids 6:30 – 8:30 pm	3
Change clocks 4 Art Classes see p2 	5 Unpack & Play 10 am	6 Scrapbooking 6:30 pm	7 Happy Diwali Aging Body Yoga 1:30 pm Meditation 6:30 pm	8 Hatha Yoga 7:00 pm	9 WeCan Food Order Day Krishna Kids 6:30 – 8:30 pm	10 Veterans Week November 5th – 11th.
11 Remembrance Day  Art classes, See p 2	12	13	14 Aging Body Yoga 1:30 pm Meditation 6:30 pm	15 Hatha Yoga 7:00 pm	16 Rubberstamping 6:30 pm	17
18 Art classes, See p 2	19 Unpack & Play 10 am Newsletter Copy Deadline	20 National Child Day Board Meeting 7 pm	21 Aging Body Yoga 1:30 pm Meditation 6:30 pm	22 Hatha Yoga 7:00 pm	23 WeCan Food Pickup Day Krishna Kids 6:30 – 8:30 pm	24 National History Week November 20th – 26th
25 Art classes, See p 2	26 Unpack & Play 10 am	27	28 Aging Body Yoga 1:30 pm Meditation 6:30 pm	29 Hatha Yoga 7:00 pm	30 Krishna Kids 6:30 – 8:30 pm	Think ahead to WinterFest! January 5, 2019 Volunteers needed!

Drivers, please give our little ghosts & goblins a brake on October 31st. Happy Hallowe'en!