

What's Up In East

A monthly newsletter to keep Northeast and Central residents informed on the social and recreational services provided by The City of Edmonton Community Services

January 2010

Neighbourhood Engagement – The Journey Begins...

November 17th over 200 people from Northeast and Central Edmonton neighbourhoods and agencies came together to hear Jim Diers (community engagement expert from Seattle) speak about making neighbourhoods the best that they can be.

5 Keys to Broad and Inclusive Community Engagement

1. Have Fun!
2. Start Where People Are
3. Strive for Results
4. Utilize People's Strengths
5. Celebrate Success and Recognize Caring Neighbours

Neighbourhoods are invited to apply to participate in a one day planning workshop with Jim in February 2010. The aim of this second session is to bring stakeholders from within a neighbourhood together to develop action plans that will make their neighbourhood the place they want it to be.

Note: you do not have to have attended the November 18th evening to apply.

To receive an application form or to find out more information please phone 780-442-4972 **Application deadline is January 15, 2010.** The application is NOT for money however there will be some limited dollars available on a matching basis for projects / initiatives that come out of the February action planning day.

In this issue:

Neighborhood Engagement	1
Message from East Director	1
Winter Activities	2
EFCL Tradeshow	3
Crime Prevention Tips for Parents	3
Events Calendar	4
How to Contact Us	4



Happy New Year from Community Building East Director



As we begin 2010, it's a good time to reflect on where we've been in the past year. One of the highlights of 2009 was the visit by Jim Diers to Edmonton. Jim is a community development activist who believes that asset based community development contributes to the dignity of the individual and the community and results in "living democracy".

Jim presented his approach to community development to 900 Edmontonians over a three night stint last November. His stories were inspiring and a number of community groups across the City are preparing applications that will result in 15 groups working with Jim and Community Building staff on projects that will improve their communities.

As we move into 2010, let's make a resolution to become more involved in our communities. How can we build our communities? According to Jim Diers we can build community by:

having fun, starting where people are at and focusing on strengths instead of needs

I wish you all the best for 2010 and beyond.

Harry Oswin, Director

Community Building East

Cross Country Ski Trails

Gold Bar Park / Capilano Park
109 Avenue and 50 Street

Goldstick Park
42 Street and 101 Avenue

Kinsmen Park
9100 Walterdale Hill

Whitemud Park
Keillor Road Access

Riverside Golf Course
Rowland Road and 84 Street

Terwillegar Park
Rabbit Hill Road - west end

Victoria Park
12130 River Valley Road

William Hawrelak Park
9330 Groat Road

Argyll Park at Millcreek
69 Avenue and 88 Street

Snow Valley
One block south of Whitemud Drive on 119 Street

Woodcroft/Coronation
East of 142 Street between 111 Avenue and 118 Avenue

For more information call 311



The Toboggan Hills are Now Open!

City maintained toboggan hills are located at the following parks:

Argyll/Mill Creek Park - 84 Street and 70 Avenue

Emily Murphy Park - Emily Murphy Road and Groat Road

Gallagher Park - 97 Avenue and 92 Street

Government House Park - Groat Road and River Road

Jackie Parker Recreation Area - 44 Avenue and 50 Street

Rundle Park/ACT Hill - 2903 113 Avenue

Whitemud Park North - Keillor Road and Fox Drive

For more information call 311

DEEP FREEZE

A BYZANTINE WINTER FESTIVAL

FREE!

Experience the Tastes, Sights & Sounds of the "Old New Year"

JANUARY 9 & 10, 2010
9210 - 118 AVE
artsontheave.org

Souljah Fyah Saturday night dance party!
See our website for tickets!

ICE SKATING ★ ICE SLIDE ★ ARTS MARKET ★ MELT THE DEEPFREEZE DANCE
OLDE Tyme CURLING ★ MUSIC ★ SNOW CARVING ★ STREET HOCKEY ★ FUN
ICE SCULPTURE ★ ETHNIC FOOD ★ OUTDOOR MUMMERS PLAY

Preschool Learn to Skate

For children ages 4 to 6 years old

Description: *This program offers learn to skate instruction for your Preschooler. We'll focus on fun, participation, achievement, some songs, and of course the basics of ice-skating. Canadian Standards Association Hockey helmet is a must for child! Parents are welcome to join children on the ice but it is not required.*

Course Fee: \$30.00.

Location: Clareview Arena "B"
3804 139 Avenue NW

Time: 4:00 to 4:30 (course code 326373)

4:30 to 5:00 (course code 326374)

To Register go to

<http://ereg.edmonton.ca> or call 311

EFCL presents Community League Tradeshow Saturday, Jan. 23, 2010

Workshops, Suppliers, Partner Organizations, Entertainment, and Free Snacks and Drink

The EFCL Tradeshow will be held from 11-4PM at the Blatchford Field Hanger in Fort Edmonton Park. This is a free, daylong opportunity for community leaders to come and network with each other, mingle with suppliers and sponsors, go to sessions exploring best practices for community leagues, and take in some entertainment!

The City of Edmonton is letting kids play for FREE this holiday season!

From December 21, 2009 to January 3, 2010, children 12 years and under receive free drop-in admission to any City of Edmonton leisure, sports and fitness facility.

Spend some quality time with your family swimming in the pool, exploring the indoor playground, shooting baskets, playing badminton, or at the arena with free public skating.

For safety reasons, some age restrictions apply. Children under eight years must be accompanied into the pool and actively supervised by a responsible person 13 years or older, preferably a parent or guardian. Drop-in indoor playgrounds are for children up to six years, and children must be supervised at all times by a parent or guardian.

For more information about facility schedules, or free public skating times, please visit www.edmonton.ca/recreationcentres.

COMMUNITY CRIME PREVENTION

Crime Prevention Tips for Parents

Teach your children:

1. To memorize their name and address, including city and province, and their phone number (including area code).
2. To never give out their name or address to a stranger. Children should not wear clothing with their name displayed.
3. To use both push-button and dial telephones to call 911 and to reach the operator. Pay phones are free when you dial 911. No money is needed.
4. To never go into your home if the door is ajar or a window is broken.
5. How to work your home's door and window locks and to lock them when they are at home alone.
6. That a stranger is someone neither you nor they know well.
7. Not to go into anyone's home without your permission.
8. To avoid walking or playing alone, and to walk or play in well lighted areas.
9. That if they feel they're being followed or if they're frightened, to run home or to the nearest public place, or trusted neighbour.
10. To tell you if anyone asks them to keep a secret, offers them gifts or money, or asks to take their picture.
11. That they have a right not to let anyone touch them in a way they don't like. They should say "No" and tell an adult they trust.
12. Teach children to go to a store clerk, security guard or police officer for help if lost in a mall or store or on the street.
13. Never to get in a vehicle with a person they don't know. *Another option you might want to consider is having a family "code word." If someone other than a family member is going to pick up your child, that person should repeat the code word before the child agrees to go with him or her.*
14. To always tell you where they are going and who they are going with.



January Events in Edmonton

Winter Wonderland—The Legislature grounds will have lit trees, ice sculptures and ice skating

Where: Alberta Legislature Grounds

When: Dec. 4, 2009 to Jan 13, 2010

Information: Call 780-427-7362

Deep Freeze— Enjoy a snow garden, outdoor curling, skating, hayrides and Melt the Deep Freeze dance party.

Where: 92 Street and 118 Avenue

When: Jan 9th 10:00am to 11:00pm and Jan 10th 12:00pm to 6:00pm

Information: Call 780-496-1913 or go to www.artontheave.org

Ice On Whyte— Explore a world of ice sculptures out door activities, a giant ice slide and live music.

Where: Festival Park in Old Strathcona

When: Jan 14th to Jan 24th, 2010

Information: Call 780-437-4182 or go to www.iceonwhyte.ca

‘Clareview Community Builders’ Success Story

‘Clareview Community Builders’, an interagency group that meets monthly at St. John Bosco Church was able to work together to meet community needs.

Four children at Sifton Elementary School needed eyeglasses and through several emails and phone conversations, a link was made to an eye glass business. Two children in grade 3 and two children in grade 6 now have new glasses thanks to the fantastic support of the eye glass business. The children are so excited by their new glasses and are amazed that they can now see the board!

Many eye glass companies are open to working with agencies and schools that know of children in need. In addition, families on limited incomes are eligible for the Alberta Child Health Benefit and can contact 780-427-6848 for further information.

Community Building East

Harry Oswin—Director (780) 944-5465

Recreation Office

Kennedale Site

12830-58 Street

T5A 4L3

(780) 442-4972



Social Work Office

Clareview Site

#600A Hermitage Road

T5A 4N2

(780) 442-4971

www.edmonton.ca

Assessment & Short-Term Counselling

To speak privately with a professional social worker, please call (780) 496-4777.

Monday to Friday, 8:30 a.m. to 12:00 p.m. and 1:00 — 4:30 p.m.