



# Athlone/Dunvegan Community Newsletter

February 2011

Join The Athlone/Dunvegan Community League for some Family Day fun!

Sunday, February 20th, 2011.

Sunday, February 20th 2011, the Athlone/Dunvegan Community is hosting a Family Day activities that the whole family can enjoy.

The ice rinks will be open, and the City of Edmonton is providing a "Fun Bag" of activities. Hot dogs and hamburgers and hot chocolate will be served.

Activities will be running from 1 pm to 4 pm at the Athlone Community Hall, weather permitting.



## Interested in Renting the Athlone Hall?

We offer a large hall seating up to 150. All rentals include use of tables, chairs, and our full kitchen. Guests at your event will enjoy themselves in air conditioned comfort. Plenty of parking is also available.

For more information regarding hall rentals, go to [www.athlone.ca](http://www.athlone.ca) or contact Laura Foss at 780-886-5293.

## Ice Skate Exchange

Have ice skates at home that don't fit any more? Need skates that fit but don't have any? The Athlone Community Hall has skates available for pickup, trade or drop off in the rink shack. The best part is, it's completely free for Athlone/Dunvegan Community members!

## Athlone Rink Open

Members skate free (don't forget your yellow skate tag!) and visitors skate for \$1. Please keep skating fun for everyone and obey all posted signs!

Hours (weather permitting):  
3:30 PM to 8:00 PM Monday to Friday  
1:00 PM to 5:00 PM Saturday and Sunday

For more information regarding the Athlone Ice Rink, contact Ken Barnett at 780-453-2655.

## Welcome to our new Programs Director!

The Athlone/Dunvegan Community League would like to welcome Debra Mailhot the new Programs Director on the board. We look forward to working with her over the upcoming months!

## Message from the President

Shirley Frost

It is the start of a bright new year and we are looking for good things for the community. We are hoping to get our baseball and soccer teams up and running again and are looking for individuals who would be willing to give some time to Coach the teams. If you are interested please contact me. We have a lot of interest and no one to coach! We are having the Green Shack program again this summer which is a program we offer through the City of Edmonton. It is a drop in program and has proven to be well participated program in past years. The children do crafts, games and some field trips. The low cost programs will also be available and we will update you when it is confirmed. We hope in the new year we will have more individuals coming out and get involved in your Community. I at this time would like to thank the present board for all their hard work and continued support to make this a great community to live in.

## Your Community League Leadership:

**President:** Shirley Frost  
**Vice-President:** Ron Glesby  
**Secretary:** Christy Foley  
**Treasurer:** Laura Foss  
**Membership:** Laura Foss  
**Grants:** Kris Gladu  
**Maintenance and Repair:** Dave Gadd  
**Newsletter:** Kathy Gadd  
**Information Tech:** Christy Foley  
**Social Director:** Kitty Glesby  
**Programs Director:** Debra Mailhot  
**Area 1 Representative:** Ron Glesby and Verne Fletcher  
**Community Recreation Coordinator:** Kerri-Lynn Dwyer  
**Bingo:** Shirley Frost  
**Casino:** Shirley Frost  
**Equipment:** Ron Glesby and Verne Fletcher  
**Karate:** Don Jaud  
**Softball:** Dave Gadd  
**Soccer:** Vacant  
**Hockey:** Vacant  
**Community Safety:** Vacant  
**Fund Raiser:** Vacant

**Athlone Community Hall**  
**13010 - 129 St., Edmonton AB, T5L 1J3**  
**780-451-4016, [athlone1@telus.net](mailto:athlone1@telus.net)**

## We Need Volunteers!

Your Athlone/Dunvegan Community League needs your help! Some of our board members are looking to give up their positions, and we still have some key positions open. We are also looking for potential coaches for softball, soccer and hockey teams.

If you are interested in any of the positions or have ideas, questions or comments regarding the Athlone/Dunvegan Community League, please contact Shirley Frost at 780-454-9227.

## Athlone School Age Child Care

The Athlone School Age Child Care has spaces available for children in kindergarten to Grade 6. Hot lunches are offered along with field trips and special activities.

Located in Athlone Elementary School at 12940 - 129th St. and open from 6:30 am to 6:00 pm, including school breaks. Please call 780-451-5667 for more information.



## Angelas Dayhome Away From Home

Hello Moms and Dads! My name is Angela Weir and I have some spots open for children ages 1 year to kindergarten. I live here in Athlone, close to parks and schools. I provide healthy snacks and lunch.

Please contact me at 780-452-0983.



## Athlone Bingo Dates

Our programs are funded in part by the generosity by the bingo halls that have allowed us to work them. Come out and support the Athlone Community League either by playing or helping us work the Bingos!

Future Bingo dates at E.N.E.B.A. (12711 - 52 St. NW Edmonton):

**February 12th**

**March 19th**

**April 28th**

**May 1st**

**June 11th**

For more information or to volunteer for a Bingo, please call Shirley at 780-454-9227.

## Traditional Karate

Athlone Community Hall  
13010 - 129 St.

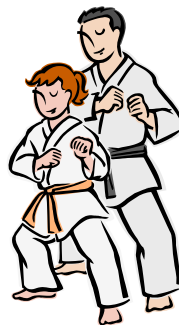
Ages 10 and up welcome.

Try it for 2 weeks FREE with no obligation!

Cost is \$20/Month, payable quarterly (less that \$2.50 per class). Also ask about our family rates.

Monday and Thursday 7-9 pm.

Call Dan Joad at: 780-458-2772



## N&T Hair Straight

Located at 12918 - 127 St.

Phone: 780-488-1648

Open:

- ❖ Tues – Sat 9:30 am – 6:30 pm
- ❖ Sunday 10:30 am – 4:30 pm
- ❖ Closed on Mondays and holidays

Walk-ins welcome.

Gift Certificates Available.

Mens cuts \$15, Womens cuts \$22, including shampoo and styling.

We would like to thank all of those who have supported us throughout the year! We appreciate your patronage!

## Edmonton Traditional Karate Club

### At the Athlone Community Hall

### Sensei Dan Jaud - Biography

I started training with Canada Goju in Burnaby, BC around 1990 with Doug Gatto, a student of Frank Clayton. For a short period of time the club trained Shotokan due to its financial difficulties and then quickly returned to Goju. While training there we had the privilege of attending summer and winter training camps of O'Sensei Richard Kim through the club affiliation with Rick Marshall of Victoria. These tours included training early mornings in Pakua Chang learning the Lionheart form until breakfast and then all day in the gym learning numerous empty hand kata and weapons forms, with the evenings spent attending lectures on a range of issues and history of the martial arts.

Needless to say these camps were very arduous but left everyone with a much greater appreciation of the discipline. It was during this period that our club began training in the Meibukan system going on to establish a new dojo in Fort Langley.

It was at this time that I and my first wife were presented the news that we would be having triplets. The daunting prospect of raising three babies at once and with her parents unavailable we decided to move to Edmonton where my mother and sister could help out. The transfer at work went through, but I'm sad to say the three little ones did not. Life is a gift not given to everyone, so the words of Sensei Kim, "ichi go, ichi e", (make the most of every second, because no matter how hard we try, this moment can never happen again) ring ever more true.

After moving to Edmonton I looked for referrals of where or with whom I could train and kept in mind that changing styles is no small matter; so after some eventuality I found a young student of Carl Wheeler whose kata was quite strong. We worked together at his home but after moving a couple of times I lost touch with him. It was quite some time before I was able to find the Edmonton Traditional Karate Club, and as soon as I made the call to Yves Paquette I knew I would be happy with the training. It was a pleasure to learn from Yves and as things progressed he moved back to his hometown of Ottawa leaving the Athlone club with myself in charge. He and I had travelled to Boston, MA together where I had the pleasure of being introduced to Anthony Mirakian, the North American representative of Meibukan Karate. It was on this tour that Yves Paquette through Poon Chan asked that the Edmonton Traditional Karate Club be taught by me with Dai Sensei's blessing. Thankfully, Sensei Anthony Mirakian allowed that I be presented as chief instructor at our club. Training in the Meibukan Goju Ryu headquarters for North America is very much like that of the instruction under Richard Kim – very hard making it very worthwhile. Since then the club has been able to offer this training to more of its students when Kris Gladue and Christie Foley have accompanied me. Just this past fall I travelled to Boston to attend a seminar in Feeding Crane, thought to be a precursor to goju karate.

Karate training for me is more about researching the strength within human character. I have had the good fortune of meeting some very great personalities who I would define as having captured the essence of the martial arts, and I look forward to honouring them with my continued efforts.

I now have a new wife Sarah, and she has blessed us with a young daughter Eviana so with their generous support I continue to train and teach in hopes that we can all benefit together.

Dan Jaud



From left to right: Poon Chan, Dan Jaud, Sensei Anthony Mirakian, Kris Gladue, Christie Foley.



## Calder Library

Kensington Mall  
12522-132 Ave.

**Check out the upcoming programs and events happening at Calder Library!**

### **Cree Language Instruction - Beginner to Advanced.**

Tansi! Come out and learn Cree language and culture. This free program is presented by the Canadian Native Friendship Center. Wednesday evenings at Calder Library, 6pm, January 12 – April 27, 2011.

**We're now open on Sundays!** Calder Library is now open on Sundays to serve you better! Our Sunday hours are 1:00pm – 5:00pm. Stop in and say hello!

**Come and celebrate Family Day at the Library!** Calder Library will be open on Family Day (February 21) from 1-5. There will be free programs and activities for people of all ages. Come on out to the library for a day of fun!

For more info, please call (780) 496-7090! Visit us at [www.epl.ca](http://www.epl.ca)



## Upcoming Festivals and Special Events

For more information visit:  
[www.festivalcity.ca](http://www.festivalcity.ca) or  
[www.discoveredmonton.com](http://www.discoveredmonton.com) or call 311.

### **Winter Light 2011**

January 8 to March 5, 2011

### **Common Ground/Winter Light 2011**

February 4-5, 2011

### **Canadian Birkenbeiner Ski Festival**

February 11-12, 2011

### **Silver Skate Festival**

February 18-21, 2011

### **Family Day/Winter Light 2011**

February 21, 2011

### **Mill Creek Adventure Walk/Winter Light 2011**

February 25-26, 2011

### **Star Party/Winter Light 2011**

March 5, 2011

## Corner Store Revitalization Project Online Survey

The City of Edmonton wants to hear what you think about your neighborhood shopping site and how you use them; specifically sites that are small with 3 to 10 shops and are located within or on the edge of a residential neighborhood. Your information will guide us as we assist small businesses, property owners and residents to improve these centres and to make them valuable parts of your local community. Please fill in the survey at [www.edmonton.ca/cornerstoreproject](http://www.edmonton.ca/cornerstoreproject).

All participants are eligible to win a \$100 gift certificate for dinner at one of Edmonton's fine local restaurants. Details provided at end of survey.

## Community League Wellness Program

Grand Trunk 13025 - 112 St.

### Community League Swim

Sunday 4:15-5:45 pm

Friday 7:00-9:00 pm


Just show your valid Athlone/ Dunvegan community league membership for entry.

OR: Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:


**Annual Pass\*** - 20% discount on Adult, Family, Child, and Youth/ Senior Annual Passes

**Multi Admission Pass\*** - 15% discount on our already discounted multi admission pass (10+ visits)

**Continuous Monthly Pass** – 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.



**Burns and Scalds**



Every month Alberta Health Services EMS responds to emergencies where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking simple preventative measures.

**Degrees of burn**

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

**Prevention of burns**


- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices that prohibit access.


**First Aid for burns**

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean, non-fluffy material to protect from infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention from your doctor as required.

If you require immediate medical attention for a burn, **call 9-1-1.**

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)





**Doug Eniski, MLA**  
Edmonton-Caldor

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Fax: 780-451-2344  
E-mail: [edmonton.caldor@assembly.ab.ca](mailto:edmonton.caldor@assembly.ab.ca)

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**Calder Good News**

2010 was a very good year for Provincial investment in Edmonton-Caldor with grant funding to local groups of \$1,939,000 as follows:

- ✓ \$139,000 from the Community Initiatives Program with grants ranging in size from \$5,000 to \$50,000
- ✓ \$300,000 from the Community Facility Enhancement Program
- ✓ \$1.5M from a city wide initiative

In addition, the Province is a funding partner in:

- ✓ 175 units of new seniors housing
- ✓ 6 units of infill assisted housing
- ✓ 8 units of family housing

If your group agency or society meets the criterion of the granting programs, we would be delighted to support your project request. Call us at 780 451-2345.

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Call our office for assistance with these issues or services:

• Programs for Seniors	• Grant Programs
• Income Support	• Birthday & Anniversary Scrolls
• Social Services & Children's Services	• Marriage Commissioner
• Health Care	• Notary / Commissioner for Oaths

**"It's all in Calder"**