

# Avonmore Community Newsletter – April 2011

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## Playground Fundraising Barbeque

***Come to the Avonmore Community League AGM on May 5th and support the Avonmore Playground Upgrade Project!***

The Avonmore Playground Committee will be selling hotdogs, chips and drinks starting at 6:15 p.m. prior to the AGM as a fundraiser for the playground.

There will be a presentation on the plans for the playground & spray deck and a report on the project progress to date at the AGM.



Come to the AGM to learn more about the playground upgrade project and to support your community!

Donations will also be accepted (cash, cheque, debit, VISA). All donations over \$25 will receive a tax receipt.

For further information, contact Sherry Bucknell (780) 469-7079 or Susan Dack, our Community Recreation Coordinator at (780) 496-1470.

## Family Dance

Bring the whole family out to our **Family Dance on Saturday, April 9, 6:30 - 9:30 pm!**

Open to all families in the SE area, this all-ages event will be a wonderful opportunity to spend the night with family and friends, and to perhaps teach the kids how to do that Chicken

Dance. (Unfortunately, no unaccompanied children or teens will be permitted to enter.) Tickets are only \$2/ person at the door, and refreshments will be available to purchase for a nominal charge. Proceeds of this event will go to support our wonderful playschool, so bring the whole family, be prepared for a fantastic night, and support a great cause too!

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## **President's Message**

Every few years community leagues have the same problem - a handful of people Trying to run the league business because we cannot get enough volunteer to do the work. And you may ask what is league business stuff?

Community leagues are the essential fabric of a community. A community league is similar to a business. We have to make money to pay the bills. How do we make money? The majority of our income is from the work of volunteers who work at assigned casinos. This is the money that is used to pay utilities, building repairs, cleaners and replacing worn equipment like 50 year old toilets and hot water heaters. We apply for government grants to help us pay the summer Green Shack Program. We also make a smaller amount of money from hall rentals.

On the expense side we have the usual bills that a business faces - utilities, telephone, insurance, snow clearing and a few modestly paid workers such as rink coordinator and the hall rentals coordinator.

The community league relies on volunteers to help us run our business affairs, they are the elected board, and to run our programs. They are the people who arrange to provide indoor and outdoor soccer for the youth in our community. We need the league to provide equipment and uniforms. We need players and the parents to build a team.

Why do some people volunteer hundreds of hours to build the community league's capacity to serve Avonmore residents? For many people, it is an honour to contribute to our community's wellbeing. We take pride in offering activities such as Yoga and Art Classes; an annual Reuse Fair, Crib Tournaments, Playschool , Parents and Tots Drop In's, team sports and free skating lessons on a well maintained ice rink. We act as the link to the City of Edmonton for matters that take place within our boundaries.

We **need** more people to lend a helping hand to get our work done. We had to cancel our Farley Mackenzie Family Fun Day because we cannot do all the work. The Annual General Meeting will be held on Thursday, May 5 at 7:00pm. Please mark it on your calendar and come prepared to participate at the meeting and to step forward to fill positions that are vacant. Your community needs your help!

### **Avonmore Community League - Annual General Meeting**

**Thursday, May 5th, from 7:00 pm to 9:00 pm**

Please plan to attend! We would love to have more people involved in what happens in our community, and if possible, fill vacant board positions.

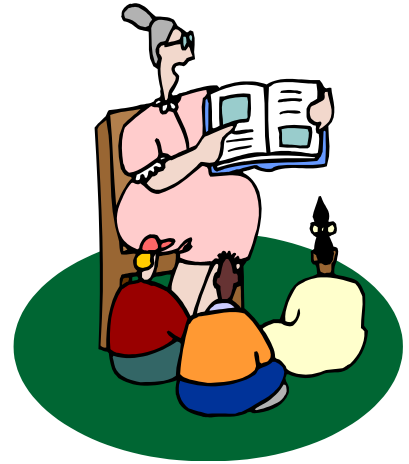
Positions up for elections are: Vice President, Social Director, Program Director, Membership Director, Volunteer Coordinator and Soccer Committee Positions.



**Avonmore Community League Playschool**  
**(7902-73 Ave)**

Operating out of the Avonmore Community League "Rink Shack" building the Avonmore Playschool operates at arms length from the Community League Board.

The Playschool is currently accepting registrations for the upcoming 2011-2012 year. Children ages 2 1/2 - 5 years old, and are fully potty trained, are able to register. Program registrants will experience a "Learning through Play" Program which has been developed by an experienced teacher (including a full-time aide).



- Reasonable fees and NO "duty days" are required of parents
- Classes run Monday, Wednesday, and Friday from 9:00 am to 11:30 am

**Avonmore Playschool Open House**



Our Open House or parents interested in the Avonmore Playschool will be held on;

**Monday, April 11th**  
**From 6:30 pm to 8:00pm**

Please feel free to drop in and see our facility, meet the Teacher and learn more about our program. Registrations are accepted on a first-come, first-serve basis so register early to avoid disappointment.



**TAKE OFF POUNDS SENSIBLY**

Weight Loss Support Accountability Recognition

**OPEN HOUSE**

**Monday, May 2, 2011 from 7:00 pm to 8:00pm**  
6:30pm to 7:00 pm (if you want to weigh in)

**St. Mathew's Lutheran Church (7607-89 St)**

GROUP SUPPORT FOR A REASONABLE PRICE!  
COME SEE WHAT WE ARE ALL ABOUT AND ENTER FOR DOOR PRIZES

# PROGRAMS



## Yoga Classes at Avonmore Hall

### Yoga For Rest and Relaxation

Tuesdays - 6:30 to 8:00p.m  
April 12 to June 28, 2011  
Instructor: Georgie Pesaruk

Georgie's class is for beginners, those with some yoga experience and those who just want to destress. Her classes are especially good for people who thought they could never benefit from yoga because of injuries or other restrictions. Georgie truly lives by her business name - Yoga for Life. She is a certified yoga teacher with YogaWorks.

### Hatha Yoga

Wednesdays - 5:30 to 7:00 p.m. and 7:15 to 8:45 p.m.  
April 13 to June 29, 2011  
Instructor: Brandy Bird

Brandy Bird believes that Yoga is a practice, and that the practice is the perfection. Her teaching style of Hatha Yoga focuses more attention on proper alignment in yoga postures, taking extra special care to protect the spine. Her classes create a safe, peaceful space for her students to explore their own personal practice. She is amazed at the balance and peace that yoga has brought into her own body/mind and loves to share her knowledge and benefits of yoga with everyone she meets! Brandy first came to yoga in 2000 and was surprised at the immediate healing benefits. She is a certified yoga teacher with YogaWorks and feels that her struggles with back injury has allowed for a unique insight as an instructor.

Cost of all sessions is \$90.00 for Community League members and \$115.00 for non members. Drop Ins are welcome. Drop in rate is \$10.00 per class.

## South East Basketball

Our Spring League is under way with eight teams participating in EYBA's Spring League.

Stay posted to our website at [www.southeastbasketball.com](http://www.southeastbasketball.com) for more details.

We are finalizing our coaching line up for our 2011/2012 season, please contact Nat Hoy if you are interested in Coaching via email at [swarmbasketball@hotmail.com](mailto:swarmbasketball@hotmail.com).



## Outdoor Soccer Season

Finally the snow is starting to melt and teams are being confirmed. By the 3rd week of April you should have heard from your child's coach and be given the start date for this year's soccer season. Right now we are looking at the second week of May. This year we have a new Soccer Director, Davion Shewchuk, please free to contact him via email at [davions@telus.net](mailto:davions@telus.net) or call him at 780-469-1177.



# DROP IN ART Classes



With  
**Sandee Smith Armstrong**  
@  
**Avonmore Hall**  
**7902-73 Ave**

• for more info. See  
[www.sandeesworld.com](http://www.sandeesworld.com)

- Just come  
and have FUN!

**On the following Sundays;**  
**May 1st, May 8th and May 15th**

**7:00 pm - 9:00 pm**  
**Adults Only**

- includes supplies  
and handouts!

**Drop In Fee: \$15.00**

- no artistic  
ability required!

**For more information call**  
**Faye at 780-465-6086**

**These classes are to introduce students to the basics of Composition, perspective, color, drawing vs. sketching, drawing people, animals, etc.**

**What to look for in artwork, what makes a piece of art work and what doesn't.**

**We also try a variety of mediums, see what medium you find most comfortable to work with before you go out and buy your own supplies.**

**A relaxed informative way to learn more about the "inner artist" in you!**



**AVONMORE SCHOOL**  
All Learners | All Teachers | Together

## Pre enrolment for the 2011/2012 School Year

Avonmore School houses many unique programs! Choice is the foundation of our approach to Education—offering the curriculum in ways that complement the unique needs, background, and talents of our students. What is consistent in our school, and across each of the programs that we offer, is that students receive a high quality education from skilled and dedicated educators.

Avonmore's diverse program offerings give parents and students different paths to achieve academic and personal success: Elementary (Kindergarten—Grade Six), Waldorf Alternative Program (Kindergarten - Grade Four), Nellie McClung All Girls Junior High (Grades Seven - Nine), and special education programs (Community Living Skills and Community Living Skills— Behaviour and Learning Assistance). Passports for pre-enrolment of existing students will be sent out mid-March. If you know anyone who might be interested in learning more about our school or is wanting to register their child/children, please have them contact the Avonmore School Office at (780)466-2976 or visit our newly updated website at <http://avonmore.epsb.ca>



## Avonmore Community League

There is no time like the present to purchase your membership in the Avonmore Community.

The membership year runs from Sept. 1, 2010 to Aug. 31, 2011. The sooner you buy your membership the longer you'll be able to use it for community league programs, swimming and other recreational activities.

With the support of its members the League can continue to:

- provide a place to express concerns about the community and express community interest.
- Offers information through forums, website and a newsletter.
- Support local programs such as art and yoga classes, soccer, Green Shack, Family Fun Day and the annual BBQ.
- Maintain and enhance the local community center, the skating rink and playground.

## How to Join the League

We value your membership and want to make it as easy as possible for you to connect with the League and your community.

- **In person:** Call the Membership Director at 780-462-4439 and arrange a time to purchase your membership. Memberships will be sold at Soccer Registration on February 12th and 19th.
- **By mail:** Completed the attached form, enclose a cheque and mail both to the League or drop it off in the mailbox outside the Community Hall. Your membership card, skate tags, and other information will be mailed to you.

**Avonmore Community League**  
**Attn: Membership**  
**7902-73 Ave**  
**Edmonton, Alberta**  
**T6C 0C5**

**Phone: 780-465-1941**  
**Web: [www.avonmore.org](http://www.avonmore.org)**

### Membership Inquiries:

**Anita: 780-462-4439**

## Membership Application

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Address**

\_\_\_\_\_  
**Phone**

\_\_\_\_\_  
**Email**

### Type of Membership

\_\_\_ **Family (\$25.00)**

\_\_\_ **Senior (\$10.00)**

\_\_\_ **Single (\$15.00)**

Skate Tags Required: # \_\_\_\_\_

\_\_\_\_\_  
I would like someone to call me about opportunities to volunteer with the League. My areas of interest are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Avonmore Contacts:**

**President: Joanna 465-0783**

**Sports: Davion 469-1177**

**Treasurer: Roy 462-0112**

**Playschool: Faye 466-9199**

**Secretary: Elizabeth 915-2794**

**Hall Rentals: Tanya 637- 5640**

**Membership: Anita 462-4439**

**Hall Phone/Messages: 465-1941**

**Communications: Natalie 466-5308**

**Outdoor Sign: Shirley 465-3306**

