



# Newsletter

♥ HAPPY  
FATHER'S  
DAY!



11015-134 Avenue, Edmonton AB  
780.475.4141  
**June 2015**



## ROSSLYN COMMUNITY LEAGUE

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11015 -134 Avenue,  
Edmonton, AB.  
T5E 4Z8  
(780) 475-4141  
[www.rosslyncommunity.org](http://www.rosslyncommunity.org)

### MESSAGE FROM THE PRESIDENT

Hello Folks,

I hope all of you are enjoying the recent hot weather we've had & getting back to the yard clean-up & gardening chores.

The City, has extended our 2011 Parking Lot Infrastructure Grant, to complete the large pad behind the Rink Shack. It will certainly clean this area up & provide a great storage. Curtis Zaychuk (MR. TURF) will be starting this project real soon.

Another Project we are initiating is a Security Camera System to surround the Hall & Rink Shack Buildings. Over the years we have had a number of vandalism incidents & safety concerns and the Executive has decided this needs to get done. Rosslyn will be getting a grant from COMMUNITY PATROL, to offset the costs of this project. A huge thank you to them!!

We also have several engraved Bricks, missed in the initial installation that need to be installed at the Gazebo Area & apologized to those Families for this confusion.

Please indicate if you would like to receive the Newsletter/Current Events by email & forward your information to myself at [ghilker@paragon.ca](mailto:ghilker@paragon.ca) or call **780 297-0074**.

There are no Newsletters in July and August.

On behalf of your Executive, have a Safe & Happy Summer!!

Yours Sincerely!

Greg Hilker  
President,  
Rosslyn Community League

# *Special Events & Programs* *at North West Edmonton Seniors Society*

(Formerly Calder Seniors Drop In Society)  
12962 - 120 Street, Edmonton

Please call us for more information: 780 451 1925

## *June 2015*

**Seniors Week event: Seniors' Tour and Tea at the Legislature, Wednesday, June 3, Carpool at 8:30 am, Free, 10 seats reserved. Sign up in the lounge**

**Seniors Week event: Spanish classes for Seniors, Thursday, June 3 10 am -11 am, FREE class, 6 seats reserved, sign up in the lounge**

**June Birthday Party, Entertainment: Drama Club and Calder Cuties**

Friday, June 5, 1:30 pm – 3:30 pm. Members \$3 & Non-Members \$5, Members who have Birthdays in May – Facility fee only\*

Potluck Supper/Bingo Evening Friday, June 5, Doors Open 5:00 pm Everyone Welcome over 18 Years of Age!

**Pancake Breakfast: Everyone Welcome! Sunday, June 7, 10 am – 12 pm**

Cost for breakfast is \$6 per person

**Foot Clinic Tuesday, June 9 by appointment only**

**Blood Pressure Clinic, Thursday, June 11, 10 am – noon, FREE**

**Saturday Crib, June 13 starting at 1 pm, \$5 per person, everyone welcome**

**Father's Day BBQ, Friday, June 19 Doors open @ 4:30 pm, BBQ starts @5pm, Members \$10, Non Members \$15**

**Duplicated Bridge Saturday, June 20 – starting 11:30 am. Facility fee\*, everyone welcome**

**Life members lunch, Entertainment: Drama Club, Friday, June 26**

\*Note. Facility Fee is \$1

Rosslyn  
Community  
League

11015-134 Ave.

# Green Shack Playground Program

At  
Rosslyn Park Community  
League

11015 – 134 Ave.

Monday – Friday 2:30 pm – 6:00 pm.

Children aged 6 – 12 years are welcome to drop by our playground this summer!

Program leaders, certified specialists in FUN, will be at the park at the times listed above leading:

EXCITING GAMES CRAFTS MUSIC  
SPORTS DRAMA

There is no need to pre-register and everything is **absolutely FREE!**

**Program Begins July 2, 2015**



# CRIME PREVENTION VOLUNTEER APPRECIATION

## POT LUCK SUPPER



Hosted by: Area One Neighborhood Patrol,  
Edmonton Community Patrol Society,  
and Edmonton Neighborhood Watch Program Society  
was held on **Sunday, APRIL 26, 2015**  
at Kensington Community Hall

As a **'THANK YOU'** to all the Volunteers at Calder/Kensington EPS Station, including EPS Constables, plus all our Bingo Volunteers, and Casino Volunteers who have worked this past year, plus all the patrollers, and those 'watchful eyes' helping to keep our communities 'Crime Free'

**A sincere 'Thank You' to following businesses who donated,  
as well as others who helped sponsor:**

Canada Safeway Ltd - Northgate - 200, 9499 - 137 Avenue  
Edmonton Area Council One Society - c/o 12831 - 128 Street  
Elsafadi Bros. Supermarket - 11316 - 134 Avenue  
Kensington Community League - 12130 - 134 Avenue  
Sobeys - Beaumaris - 15367 Castledowns Road  
Tim Hortons - 9710 - 132 Avenue

These are businesses whom were approached (majority) personally and all have received a 'Thank You' letter

Olive Sydor, Treasurer, Secretary (past Treas.) and I live in Rosslyn!! (both Area One & Soc. Patrols)(ENWatch)

### **Edmonton Neighbourhood Watch Program Society (ENW)**

Annual General Meeting (AGM) was held Saturday, March 21st, 2015 at Clareview

Rec. Centre - several changes to Board of Directors took place:

President: Rob Fantini Vice President: Mark Seller

Treasurer: Kyle Lewis Secretary: Olive Sydor

Director at Large: Lorraine Landry

ENW Office is located at: 12904 - 54 Street, Edmonton, AB, T5A 0A4

Phone: 780-433-7458 Email: [admin@enwatch.ca](mailto:admin@enwatch.ca)

As at April 1, 2015 ENW's new Executive Director is Debbie Sellers

New Secretary required, Olive would prefer to be Director at Large asap

ENW has Afternoon monthly bingo at Kensington Bingo Hall, phone Olive 780-475-4692

# Front Yards in Bloom 2015

Again this year, Area One Community Patrol will be participating in this program  
in our seven communities:

**Athlone, Calder, Dunvegan, Kensington, Lauderdale, Rosslyn, and Wellington**

to try to pick the Front Yards in each community that meet the 'Evaluation Criteria'.

I will be out driving slowly, walking, etc. checking Front yards, getting addresses, etc. during  
the summer, others submit addresses, too (mail delivery, neighbours, tradespeople, etc.).

Taking good care of your yard suggests that you care about our community of Rosslyn, so  
this year '2015' I hope to see an increase in Front Yards that meet the 'criteria'!!

If you see a very nice well kept front yard with colours, etc. PLEASE give me a phone call  
(just in case I missed it)

Olive Sydor, Rosslyn's Area One Community Patrol Rep. Phone: 780-475-4692



# ROSSLYN HALL RENTAL

Community Members \$200.00 deposit and \$200.00 for Friday and Saturday rentals. You need to have a membership for two years in a row.

Non-Members \$400.00 depository and \$400.00 for Hall Rental.

Please call Melissa for all hall rentals at 780.457.0226

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Email: [specopy@telusplanet.net](mailto:specopy@telusplanet.net)

## advertising in the Rosslyn Newsletter

Business card size	\$25
1/4 page ad	\$35
1/2 page ad	\$45
Full page ad	\$80

Please submit inquires to: [info@rosslyncommunity.org](mailto:info@rosslyncommunity.org)

## Show your Area 1 and Area 2 Community Swim Pass for FREE Swimming...

### ROSSLYN MEMBERS:

\* At Grand Trunk Pool - 13025-112 Street (780-496-8791)

Sponsored by Area 1 - Use your MEMBERSHIP card (Barcode on the back) You must have your membership card to utilize all activities.

Aquasize - Wed. 8am-10am

Members Swim Time: Friday 7pm-9pm (Area 1, 2 &17)-

An additional Area 1 ONLY

(Rosslyn+other 5 communities) Sunday 4:15pm - 5:45pm

### COMMUNITY SWIM:

{Rosslyn Membership Card, and Area 2 (O'Leary) Swim Pass}

At O'LEARY POOL: Sponsored by Area Council 2

Questions: O'Leary Manager: Karen 780-496-7377

Programmer: Christie 780-496-7375



# Heat Related Illness



With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

## Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

## Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

## First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

## Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.





# ROSSLYN

INN & SUITES

13620 - 97 Street  
 Edmonton, Alberta  
 780.476.6241 | 1.877.785.7005  
[www.rosslynninandssuites.com](http://www.rosslynninandssuites.com)  
[reserve@rosslynninandssuites.com](mailto:reserve@rosslynninandssuites.com)



**- CREATE YOUR OWN PIZZA -**

	SMALL		MEDIUM		LARGE	
	One	Two	One	Two	One	Two
<u>Cheese</u>	\$9.95	\$14.95	\$12.50	\$18.95	\$14.95	\$23.95
<u>One Topping</u>	\$10.95	\$15.95	\$14.95	\$19.95	\$15.95	\$24.95
<u>Two Toppings</u>	\$11.95	\$16.95	\$15.95	\$20.95	\$16.95	\$25.95
<u>Three Toppings</u>	\$12.95	\$17.95	\$16.95	\$21.95	\$17.95	\$26.95
<u>Four Toppings</u>	\$13.95	\$18.95	\$17.95	\$22.95	\$18.95	\$27.95
<u>Five Toppings</u>	\$14.95	\$19.95	\$18.95	\$23.95	\$19.95	\$28.95
<u>Extra Toppings</u>	\$1.00	\$1.00	\$1.50	\$1.50	\$2.00	\$2.00
<u>Extra Cheese</u>	\$2.00	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50

Toppings: Salami, Pepperoni, Beef, Donair, Chicken, Shrimp, Crab, Onions, Olives, Mushrooms, Green Peppers, Red Peppers, Pineapples, Banana Peppers, Tomatoes, Feta Cheese, Cheddar Cheese, Parmesan Cheese

**SPECIAL STEAK PIZZA:** *not combined with any other pizza*

**MEDIUM \$18.95      LARGE \$22.95**

*Tender beef strips, sautéed with green peppers, onions & mushrooms*

# MONA'S

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**(780) 473-1555**

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10706-134 Ave., Edmonton, AB

# Rosslyn Community Memberships

Family- \$20/household

Single- \$10

Seniors- \$5

Your community league membership offers you:

- \* **Community League Wellness Program**- up to 20% discounts at City owned recreational facilities with community league membership
- \* **Community Swim**- Free admission to selected City-owned swimming pools. See this newsletter for Family Swim times
- \* **Sports Programs**- eligibility to play in Rosslyn or affiliate community league soccer, ball or hockey program
- \* **Skating rink**- Free skating for members at Rosslyn rink weekends and weekday evenings in season
- \* **Hall Rentals**- 2-year members are eligible for a reduced rental rate
- Programs- eligibility for community programs. We currently run a children's dance program
- \* **Special Events**- Family Day Hayride, Summer Picnic, Fall membership Barbeque, News Year's Eve. Watch this newsletter for details. Volunteers Also attend Volunteer Appreciation Night
- \* **Half-price tickets to Area Council and Zone events**
- \* **Monthly league business meetings**- An opportunity to hear and be heard in your community, followed by a short social.

Maybe you missed our membership canvassers?

It's not too late!

Contact

Shirley Pagal

@ 780.680.3089

OR

Fill out this form and mail to:

P.O. Box

71116-Northtown

Mall

Edmonton AB

T5E 6J8

Adult #1 \_\_\_\_\_

Adult #2 \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Res. Ph. \_\_\_\_\_ Bus Ph. \_\_\_\_\_

Email \_\_\_\_\_

Children's Names Y/M/D M/F

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_

### Membership Type

Senior  Single  Other

Adult  Family

May we send you news by email?

Yes  No

Member willing to volunteer?

Yes  No (see over)

Fee Paid \_\_\_\_\_

Donation \_\_\_\_\_

Total Paid \_\_\_\_\_

# of Skate Tags \_\_\_\_\_

Cash  Cheque  Online

Cheque# \_\_\_\_\_

**Rosslyn  
Community League**  
www.rosslyncommunity.org

# 2014-2015 Executive Committee

POSITION	NAME	PHONE	EMAIL
President	Greg Hilker	780.478.6320	ghilker@paragon.ca
1st Vice President	Lynn Blommaert	780.478.0850	lynn@blommaert.ca
2nd Vice President	Olive Sydor	780.475.4692	sydorolive@shaw.ca
Secretary	Lorelle Gilbert	780.634.5183	davidandlorelle@shaw.ca
Treasurer	Lisa Takacs	780.476.9411	beckcall@shaw.ca
Treasurer Assistant	David Gilbert	780.634.5183	davidandlorelle@shaw.ca
Bingo Chairperson	Kathy McIvor	780.478.3473	katetla@shaw.ca
Building & Grounds Chairperson	Curtis Zaychuk	780.945.7883	mrturf@ymail.com
Cubs & Scouts (Liaison)	Dave Choma	780.478.1611	mec1650@yahoo.com
Social Committee Chairperson	Allie Owen	780.863.4516	lil_owen09@hotmail.com
Facility Director	Melissa Boe	780.457.0226	melissab58@msn.com
Membership Committee Chairperson	Shirley Pagal	780.680.3089	shirleypagal@yahoo.ca
Program Committee Director	Lynn Blommaert	780.478.0850	lynn@blommaert.ca
Dance Committee Chairperson	Lynn Blommaert	780.478.0850	lynn@blommaert.ca
Dance Program Coordinator	Allie Owen	780.863.4516	lil_owen09@hotmail.com
Newsletter Editor	Lynette Steingard	780.475.1627	mlsteingard@shaw.ca
Webmaster	Lisa Takacs	780.476.9411	beckcall@shaw.ca
Sports Director	VACANT		
Ball Director	VACANT		
Hockey Director	VACANT		
Soccer Director	VACANT		
Neighbourhood Watch Community Rep	Olive Sydor	780.475.4692	sydorolive@shaw.ca
Area One Community Patrol Rosslyn	Olive Sydor	780.475.4692	sydorolive@shaw.ca
Casino Chairperson	Nancy Hilker	780.478.6320	gnhilker@gmail.com
<b>Edmonton Police Services:</b>			
Calder/Kensington		780.496.8535	
Londonderry	Sgt. Buhoer	780.426.8166	
Rosslyn Community Hall	Direct Line	780.475.4141	
Rosslyn Community Rink	Direct Line	780.476.4015	