

# Newsletter

11015-134 Avenue, Edmonton AB  
780.475.4141

## FEBRUARY 2014



Fun Since 1961

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Deadline for next  
submission:  
February 15, 2014

email:

[info@rosslyncommunity.org](mailto:info@rosslyncommunity.org)



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Rosslyn Community

Published & Distributed

by the Rosslyn Community League

Email [info@rosslyncommunity.org](mailto:info@rosslyncommunity.org)

Web: <http://rosslyncommunity.org>

## Rosslyn is hosting a **Family Day Event...**

*Sunday, February 16th, 2014*

**12:00pm-4:00pm**



\* Family Snow Sculpture  
building contest

\* Parents VS Kids Hockey Game

\* Tobogganing, Hot  
Refreshments & More!



**Be sure to mark your calendar  
and come join the FUN!!!**

# Executive Committee

February 2014

POSITION	NAME	PHONE	EMAIL
President	Greg Hilker	780.478.6320	ghilker@paragon.ca
Past President	Donna Dixon		N/A
1st Vice President	Lynn Blommaert	780.478.0850	lynn@blommaert.ca
2nd Vice President	Olive Sydor	780.475.4692	sydorolive@shaw.ca
Secretary	Cheryl Sydor	780.473.5325	dcsydor@telus.net
Treasurer	Lisa Takacs	780.476.9411	beckcall@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	Cheryl Sydor	780.473.5325	dcsydor@telus.net
Facility Director	Melissa Boe	780.457.0226	melissab58@msn.com
Membership Committee Chairperson	Cheryl Sydor	780.473.5325	dcsydor@telus.net
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	Curtis Zaychuk	780.945.7883	mrturf@ymail.com
Newsletter Editor	Lynette Steingard	780.475.1627	mlsteingard@shaw.ca
Newsletter Distribution	Lynette Steingard	780.475.1627	mlsteingard@shaw.ca
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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	Lyle Waun	780.475.2166	N/A
<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	

# ROSSLYN RINK

Is in Need of Hockey & Skating Equipment!!

If you have any used or new equipment that you are willing to donate to the Rosslyn rink for this season we would be greatly appreciative!!!

Please bring it by the rink during rink hours or phone Cheryl for 780-473-5325 for pick up.



## Rink Hours

(Weather Permitting)

Mon-Fri... 6:00pm-9:00pm

Sat & Sun... 11:00am - 5:00pm

Holiday Hours to be announced



(All skaters are required to have a current 2013/2014 Community League Membership; Memberships are sold inside or phone Cheryl @ 780-473-5325.)

Location: 11015-134 Ave.

Rink Phone number: 780-476-4015

Rink building is located behind the Community League Hall.

# YOGA Classes



The next session of Yoga  
Wednesday, January 15, 2014 to March 5, 2014  
from 6pm-730pm at the Rosslyn Hall.

We Welcome ages 16- 70 from never done yoya  
before to advanced  
Pre- register with [beckcall@shaw.ca](mailto:beckcall@shaw.ca) or 780.903.4300

\$95 (plus membership) for all 7 weeks or \$15.00 drop in!

Instructor queries, concerns on abilities or to order yoga mats  
[FitSteenfitsYou@gmail.com](mailto:FitSteenfitsYou@gmail.com) or 780.909.9355. Namaste



Hockey Edmonton in partnership with Hockey Alberta will be offering a **"Try Hockey Program"** for **Novice** and **Atom aged children (ages 7-10) who have never participated in organized hockey.**

The Try Hockey Program will introduce children to the game of hockey - providing quality instruction in a fun environment.

Each ice time will involve Hockey Edmonton coaches and minor hockey players to mentor participants on the ice.

This **free program** will run on **six (6) consecutive Saturday's** at **Castledowns Arena** 11520 153 Avenue Edmonton, AB T5X 6A3 from February 1 through March 8, 2014

Date	Day	Arena	Start	Finish
1-Feb-14	Saturday	Castledowns B	2:30 PM	3:30 PM
8-Feb-14	Saturday	Castledowns B	2:30 PM	3:30 PM
15-Feb-14	Saturday	Castledowns B	2:30 PM	3:30 PM
22-Feb-14	Saturday	Castledowns B	2:30 PM	3:30 PM
1-Mar-14	Saturday	Castledowns B	2:30 PM	3:30 PM
8-Mar-14	Saturday	Castledowns B	2:30 PM	3:30 PM

#### REGISTRATION:

This program will be offered at **no cost** to the **first 40 participants** that complete the online registration by clicking the link:

<https://event.hockeycanada.ca/EMS/Event.aspx?eid=fe99e386-fdd2-4cb7-a598-940a551d8b44>

While it is recommended that each participant bring a full set of hockey equipment, we understand that's not always possible. All we will require is for each participant to have skates, a helmet with cage, and neckguard (in addition, elbow pads are recommended). Please note that Hockey Edmonton have a limited number of set of equipment available for loan – with a security / damage deposit of \$ 250.

If anyone has any questions please contact Hockey Edmonton

[info@hockeyedmonton.ca](mailto:info@hockeyedmonton.ca)

(780)-431-3498

We look forward to seeing you in the rink.



Visit the EMU Program!

Where: Rosslyn Community League

11015 134 Aveune

When: Tuesday's - February 11, 18, 25, March 4, 11, 18,  
25, 2014

AM 9:30 —11:00

Drop in: 11:15 am—12:15 pm

PM 1:00 —2:30

Our **FREE** and interactive parent and child  
program is open to families with children

CALL TO REGISTER 780-638-6810

AM and PM Programs Available



## SHOW YOUR AREA 1 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: Area  
2(Rosslyn); Area 1(Rosslyn);  
and Castledowns: Saturday 3:45-  
5:45pm

Questions: O'Leary Manager:

Karen 780-496-7377

Programmer:

Christie 780-496-7375





Emergency Medical Services

## February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

### Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

### Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

# Don't Delay... Learn to Save a Life Today!

- \* Emergency First Aid in one day / 8 hours
- \* Standard First Aid in 2 days / 20 hours
- \* CPR for adults, child and infant in 5 hours
- \* Health Care Provider in 5 hours

Contact Certified  
Instructor

780.909.9355

[bwhsesolutions@gmail.com](mailto:bwhsesolutions@gmail.com)

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

## - 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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## PLAY **BLASTBALL**

Northeast Zone Baseball invites all 4 & 5 year olds to join our **BLASTBALL** program.

This once-a-week program is held on Thursday evenings from the beginning of May to the end of June and is designed to introduce the sport of Baseball to boys and girls. All required equipment will be supplied.

Cost for the season is \$40.00/player

Teams are small – a maximum of 5 kids. Register yourself or bring a group of friends and register as a team.

**Register in your home community** at the Baseball Registration or register at NEZ CENTRAL REGISTRATION

Registration location, dates and time are posted on the website at [www.nezsports.com](http://www.nezsports.com)

Or contact: Dave Ball @ 780-475-5609 or [balldr@shaw.ca](mailto:balldr@shaw.ca)

## PLAY BALL!

NEZ SOFTBALL & BASEBALL are ready for the 2014 season.

WATCH FOR REGISTRATION DATES IN YOUR HOME COMMUNITY

If your community league is not holding registration then register at

### NEZ CENTRAL REGISTRATION

Northeast Zone Sports Council Office  
7515 Borden Park Road  
(Behind the tennis courts in Borden Park)

- Sunday March 9 from 12:00 to 3:00 pm
- Saturday March 15 from 12:00 am to 3:00 pm
- Wednesday March 19 from 6:30 pm to 8:00 pm
- Wednesday March 26 from 11:00 am to 2:00 pm & from 6:30 pm to 8:00 pm.

CHECK OUT [www.nezsports.com](http://www.nezsports.com) FOR REGISTRATION INFORMATION, FEES & PROGRAM INFORMATION

Or contact: For Baseball, Dave Ball @ 780-475-5609 or [balldr@shaw.ca](mailto:balldr@shaw.ca)

For Softball, Shantelle Henderson @ 780-474-2314 or [s.nezsoftball\\_12@yahoo.ca](mailto:s.nezsoftball_12@yahoo.ca)



Be a part of this great community!  
Get a **Membership** and enjoy the benefits your membership gives you!!  
Call Cheryl at 780-473-5325

Rosslyn Community will be doing a Casino Fundraiser in June 2014 and we are looking for volunteers!  
Call Nancy at 780-478-6320 to get involved!

## IF YOU NEED A NIGHT OUT, AND DON'T HAVE A BABYSITTER....

The following young people have completed the Babysitting course and may be able to assist you:

Shayla	780.473.8299
Lindsay	780.475.2665
Hannah	780.472.2756
Melissa	780.991-5560
Kyla	780.860.9478
Brittany	780.457.0226
Jadyn	780.476.4490
Marlene	780.476.9056
Sahra	780.476.9146

Please note that Rosslyn Community is not responsible for checking credentials.

Email: [info@rosslyncommunity.org](mailto:info@rosslyncommunity.org) to add or remove your name from the list.



**ROSSLYN**  
INN & SUITES

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

**aeroplan**

## 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 780.457.0266

If Community people need a membership, please call Cheryl at 780.473.5325.

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)

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