

Newsletter

11015-134 Avenue, Edmonton AB
780.475.4141

JANUARY 2014



Fun Since 1961

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**Deadline for next
submission:**
January 15, 2014

email:

info@rosslyncommunity.org



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Rosslyn Community

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by the Rosslyn Community League

Email info@rosslyncommunity.org

Web: <http://rosslyncommunity.org>

MESSAGE FROM THE PRESIDENT

HAPPY NEW YEAR TO EVERYONE!!

I hope you all had a safe & wonderful Christmas with your Families & Friends. Dana has battled Mother Nature with blizzard conditions and warmer than normal temperatures throughout December and has managed to get them ready for our Community Members and surrounding area.

Check our Website, the Newsletter and look for the sign near the Hall for times.

We have had a growing interest with people in the Community wanting to receive the Newsletter by email & would like to know if anyone else is interested in this approach or has any other ideas. Please forward to myself at ghilker@paragon.ca or call 780 297-0074.

On behalf of your Executive,

Hope you all have another Great Year!

Greg Hilker
President,
Rosslyn Community League

Executive Committee

January 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
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	Lyle Waun	780.475.2166	N/A
Edmonton Police Services:			
Calder/Kensington		780.496.8535	
Londonderry	Sgt Eric Wilde	780.426.8156	
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 (posted below) 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.

We look forward to seeing you out again this year to enjoy some great outdoor fun!!!



Rosslyn will be hosting a **Family Day Event...**



Sunday, February 16th, 2014

Please look in February's Newsletter for more info!!

Let's all have some Winter Fun!!

Thanks, Cheryl Sydor, Rosslyn Social Director



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bwhsesolutions@gmail.com

MUSIC
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PROGRAM

New mid-season opportunities for
Orchestra and Beginner Lessons!

AFTER-SCHOOL

MUSIC CLASSES IN VIOLIN, VIOLA, CELLO & BASS

Brought to you by:
EDMONTON STRING PLAYERS ASSOCIATION

MID-SEASON ORCHESTRA

Do you have a year or more of experience on a string instrument? Contact us to arrange an audition for one of our four Enrichment Orchestras. Fees for late-entry orchestra students are **\$285.00**, which includes participation in weekly classes and eligibility for numerous workshops, concerts, tours and events. All Orchestra classes take place at **Victoria School of the Arts**, 10210 108 Ave NW, Edmonton.

JUNIOR ORCHESTRA

When: Thursdays, 6:30 pm - 7:40 pm (Jan. to end of May)
Who: Conductor Ted Tessier

INTERMEDIATE ORCHESTRA

When: Thursdays, 6:30 pm - 8:30 pm (Jan. to end of May)
Who: Conductor Mathias Silveria

SENIOR ORCHESTRA

When: Wednesdays, 6:45 pm - 9:00 pm (Jan. to end of May)
Who: Conductor John Fedor

SINGING STRINGS ORCHESTRA

When: Tuesdays, 6:45 pm - 9:00 pm (Jan. to end of May)
Who: Conductor Petar Dundjerski

New BEGINNER VIOLA

Where: Victoria School of the Arts
10210 108 Ave NW, Edmonton
When: Thursdays, 3:30 pm - 4:40 pm (Jan. to end of May)
Who: Instructor Alexandra Campbell
Cost: \$270 (instrument rental available for \$60)

NEW BEGINNER VIOLIN

Where: Waldorf Independent School of Edmonton
7114 98 Street NW, Edmonton
When: Tuesdays, 3:30 pm - 4:40 pm (Jan. to end of May)
Who: Instructor Marie Krejcar
Cost: \$320 (instrument rental available for \$60)

New BEGINNER BASS

Where: Victoria School of the Arts
10210 108 Ave NW, Edmonton
When: Mondays, 5:15 pm - 6:25 pm (Jan. to end of May)
Who: Instructor Ted Tessier
Cost: \$270 (instrument rental available for \$60)

NEW
Classes
Starting
January
2014



Please Register Today at: musicenrichment.org

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
beforeto advanced

Pre- register with 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 or 780.909.9355. Namaste



Haven't tried Yoga yet and want to give it a try??

BRING THIS COUPON...

Grab a friend and come to our **FREE CLASS** on January 8, 2014

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 - Wednesday 8am-10am

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

An additional Area 1 members **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



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 to add or remove your name from the list.

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.



ROSSLYN
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13620 - 97 Street
Edmonton, Alberta
780.476.6241 | 1.877.785.7005
www.rosslyninnandsuites.com
reserve@rosslyninnandsuites.com

aeroplan

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

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Email: specopy@telusplanet.net



Snow Shovelling Safety

Before you start:

- Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.
- Dress in layers starting with a warm insulating inner layer; ending with wind and water proof outer layers. If you become too warm as you shovel, you can always remove outer layers as required.
- Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.
- Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages as well as smoking. These all act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration – another important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they also promote dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.
- Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.

How to shovel:

- Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.
- Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, squatting with a straight back. As you lift the snow use your legs to provide the lift, tighten your stomach muscles to support your back, keep your back straight. Do not bend your back.
- When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the snow to one side, reposition your entire body to continue facing the direction you are pushing.
- Do not throw snow over your shoulder or to the side. Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.
- Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles and too much weight on your spine. Attempt to keep the weight of the shovel close to your body.
- Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.

www.albertahealthservices.ca



EARN EXTRA CASH.....

We are looking for someone to deliver for one of our newsletter routes.

Please call or text
Lynette Steingard at
780.906.8196

Join the
Rosslyn Community
Newsletter Delivery TEAM!!

- 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

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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!

Fill out this form and mail to:

P.O. Box 71116-
Northtown Mall
Edmonton AB
T5E 6J8

or

call Cheryl

780-473-5325

Adult #1 _____

Date _____

Adult #2 _____

Address _____

Membership Type

Senior Single Other
Adult Family

Postal Code _____

May we send you news by email?

Yes No

Res. Ph. _____ Bus Ph. _____

Member willing to volunteer?

Yes No (see over)

Email _____

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

Fee Paid _____

Donation _____

Total Paid _____

of Skate Tags _____

Cash Cheque Online

Cheque# _____

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