



Bannerman Community League Newsletter

**Bannerman
Bulletin**

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2020 FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
						1 Clareview swim 6-8pm
2	3 Walking Club 8:30am	4 Zoomers Dance 7:00pm	5 Walking Club 8:30am	6	7 Walking Club 8:30am	8 Clareview swim 6-8pm
9 Prevent it! Little Warriors Program 1-4pm	10 Walking Club 8:30am YOGA 6:30pm	11 Zoomers Dance 7:00pm	12 Walking Club 8:30am	13	14 Walking Club 8:30am FRIDAY NIGHT CRIBBAGE 6:30pm	15 Clareview swim 6-8pm
16	17 <i>Family Day</i> YOGA 6:30pm	18 Zoomers Dance 7:00pm	19 Walking Club 8:30am	20	21 Walking Club 8:30am	22 Clareview swim 6-8pm
23	24 Walking Club 8:30am YOGA 6:30pm	25 Zoomers Dance 7:00pm	26 Walking Club 8:30am	27	28 Walking Club 8:30am FRIDAY NIGHT CRIBBAGE 6:30pm	29

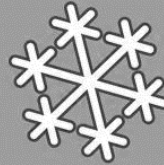
Friday Night Cribbage

**February 14th, 28th,
March 13th, 27th and
April 24th**



Join us Friday evenings at 6:30pm for a fun game of cribbage with others who like playing cards. There will be prizes, coffee and tea. Cost is \$5 per person. For more information, contact Maureen at 780-893-8979 or email maureenhome@shaw.ca

FREE DROP-IN



LEARN TO SKATE

Learn the skills to become active on the ice. Our program is designed around movement, participation and fun! We play games to enhance speed, agility, and control, all of which will give you the skills for other types of skating.

This free program is targeted for children (ages 6-12) and their families, however, all are welcome to attend!

- Skates and a CSA approved helmet are required to participate.
- Programs will cancel at -23°C with wind chill, or if the ice is closed by the facility.

For more information, please visit www.edmonton.ca/dropincommunityprograms or call 311.

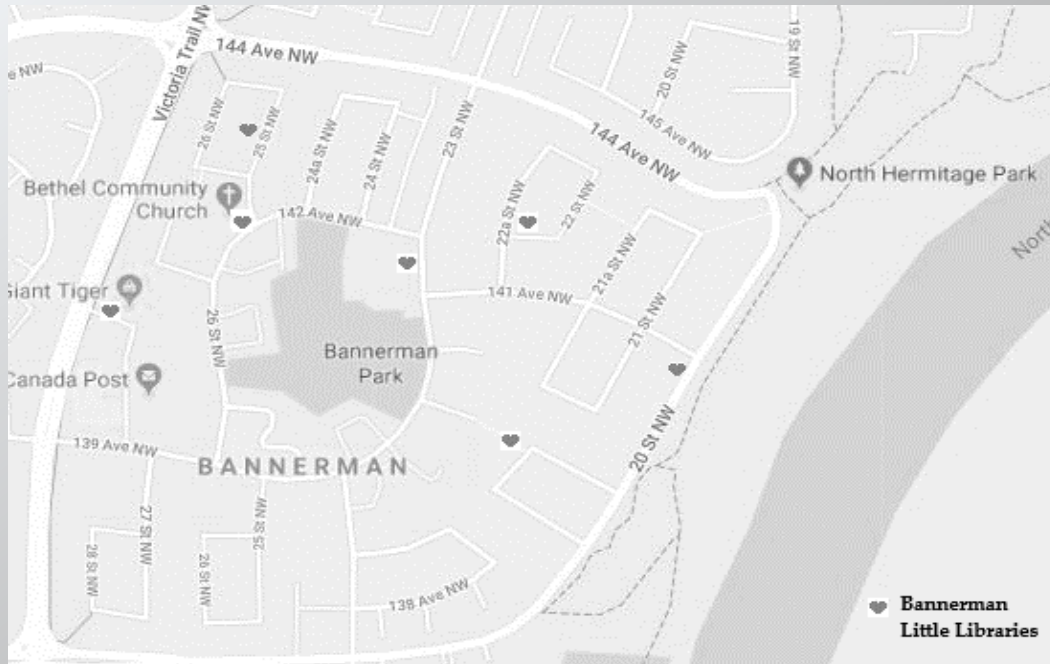
LOCATION	DATE	TIME
BANNERMAN 14034—23 St	SATURDAYS JANUARY 11—FEBRUARY 15	10:00 AM—1:00 PM



Recreation & Community

Those Little Libraries

Hey remember these? Have a look at the map for a refresher on where these little gems are.



Yoga in Bannerman

Every Monday 6:30-7:30pm

Community Hall (14034- 23 Street)



Drop-in fee is \$10/person

Bring your own yoga mat or a towel to use.

Are the Ice rinks still Open?

Why yes. Yes, they are



Tuesdays to Fridays: 5:00pm to 9:00pm
Saturdays and Sundays: 1:00pm to 5:00pm
Mondays: Closed

Free use of facilities with a community league membership
Drop-in fee is \$2/person
Rink closes if temperatures drop below -18 or above 0 degrees
(sorry hardcore Canadians)

Movin' n' Groovin'

Tuesday's at 7:00 pm
Bannerman Hall
(14034-23St)



Cost is only \$5 (Drop-ins welcome!)

Call Joanne to register at
780-265-4407

Prevent IT! Workshop with Little Warriors

When: February 9 2020 at 1-4pm

Where: Bannerman Community Hall (14034-23 St)

18+ EVENT

Only 30 spots available!

Email bannermanleague@gmail.com to register

Prevent It!
A little warriors program

The Prevent It! Workshop informs and empowers adults to TAKE ACTION and help prevent child sexual abuse.

The Prevent it! workshop is brought to you by Little Warriors, a national charitable organization based in Canada committed to the awareness, prevention, and treatment of child sexual abuse. The evidence based educational workshop was developed in conjunction with researchers at the University of Alberta and research shows it significantly improves attitudes, knowledge and behaviour. This workshop is unique in Canada and was developed using research-informed methods and evaluated with scientific rigour.

The Prevent It! workshop educates adults to TAKE ACTION through gaining knowledge to help prevent and respond to child sexual abuse.

Experts estimate:

- 1 in 3 girls and 1 in 6 boys will experience sexual abuse before their 18th birthday
- 95% of those children know their perpetrator
- 95% of cases go unreported
-

During the 3-hour workshop adults will learn to take action to help prevent child sexual abuse using the following steps:

Study – Participants learn about child sexual abuse and become familiar with basic information about it. Individuals will learn about healthy sexual development and what is expected in children as well as what behaviours are concerning.

Talk – Participants will learn that talking with children about their sexual development and about child sexual abuse as a critical step in reducing their vulnerability to sexual abuse.

Observe – Participants will learn about concerning signs to watch for in children that could indicate sexual abuse has occurred. Individuals will also learn about concerning signs to watch for in other adults.

Prepare for ACTION – Participants will learn ways they can begin taking action today, to help prevent child sexual abuse through supporting children they are concerned about as well as working to reduce the risk of sexual abuse to other children.

The workshop is useful for parents, professionals and organizations that are

- interested in learning how to protect the children in their lives
- seeking training for staff and volunteers in the prevention of child sexual abuse
- wanting to be leaders in health and safety regarding child protection
- wanting to make a difference in their community
- needing to respond to insurance or child protection requirements

Valentines Day quote

You know you're in love when you can't fall asleep because reality is finally better than your dreams.

- Dr Seuss

Want your voice heard by Legislation? Contact Hon. Deron Bilous MLA



Edmonton-Beverly-Clareview

Constituency Office: 552 Hermitage Road (40 Street and Hermitage Road) Edmonton AB T5A 4N2
 Phone: 780-476-6467 Fax: 780-476-6473
 Email: edmonton.beverlyclareview@assembly.ab.ca

February Riddle #1

I'm tall when I'm young, and I'm short when I'm old. What am I?

February Riddle #2

What gets wet while drying?

February Riddle #3

A man who was outside in the rain without an umbrella or hat somehow didn't get a single hair on his head wet. Why?



A social enterprise that organizes unique cultural dining experiences that provide economic opportunities for Edmonton's immigrant and refugee communities.

EdmontonEats presents Flavours of Somalia

March 21, 2020

Earnest's Dining Room NAIT

6:30-8:30

\$75.00

EdmontonEats is a social enterprise that has started right here in NE Edmonton. The purpose of their work is partner newcomer host families and culinary experts to create a unique dining experience. At the event you get to taste food from other countries, learn more about countries from where our neighbours have come, and meet people while providing economic opportunities for community members.

Here are some comments from our first event. "A fabulous night out with great food and wonderful people! Almost like taking a mini-vacation at a very low cost!" "This was an exceptionally well-planned event. It was elegant, and the service was very upscale." "It was a lovely evening out to enjoy culture, community, and fine food." "A great experience and way to learn about another culture!"

Event Sponsors Subsidizing Tickets

Giant Tiger, Sobeys and Bannerman Community League are sponsoring this event by subsidizing tickets for community members and friends in Bannerman, Fraser, Hairsine, Kirkness, Ebbes and Clareview Campus. This means if you live in any of those areas you can drop by Giant Tiger and/or Sobeys and **purchase your tickets for \$50.00**. The number of sponsored tickets are limited so get yours as soon as possible. Just go to the customer service desk at either Sobeys or Giant Tiger. Thank you, thank you Sponsors.

Bannerman Community League Executive

President	Dave Ball	780-475-5609
Vice-President	Irene Kirby-Frith	780-340-7289
Secretary	Jennifer Boone	780-478-6841
Treasurer	Marian Eelhart	

Community League Committees

Abundant Communities	Meloney Patterson	780-266-1279
Area Council	Barry Kropielnicki	780-473-0159
Building & Grounds	Dave Ball	780-475-5609
Casino Director	Wendy Curilla	780-473-6937
Communications	Brian Zizek	780-709-6566
Grants Director	Maureen Murphy-Black	780-893-8979
Hall Rentals	Carol Bolt	780-999-5469
Membership	Meloney Patterson	780-266-1279
Social Director	Jillanne Bowler-Veltman	jillfb123@gmail
Sign Manager	Dale Wells	
Sports Director	Dave Ball	780-475-5609

Message Board

Just an FYI: Abundant Community Edmonton, a program that encourages people getting to know their neighbours, has over 450 Block Connectors across the city.

Answers to riddles:

- A candle
- A towel
- He's as bald as a cue ball

If you would like to leave a message on this board, email less than 50 words to brian_zizek@yahoo.com or bannermanleague@gmail.com

Falcor Painting and Decorating Ltd.

Free Estimates.
Residential. Commercial
Edmonton, AB

Phone: 780-224-5948
Paniter1@hotmail.com


Contact Us

Mailing address

P.O. Box 50008
14061 Victoria Trail
Edmonton AB T5Y 2M9

Website

www.bannermanleague.weebly.com

 www.facebook.com/bannermancommunity

Join Our Next Community League Meeting!

February 19, 2020 at 7pm at Bannerman Community Hall

Open to all community members. Share your input on community activities.

Hall rentals!

Bannerman Community Hall is available for wedding groups, birthday parties, meetings and other events.
Seating capacity is 140.

For information, call Carol 780-999-5469

Advertising rates

Business card	3½" × 2"	\$30
¼ page vertical	3½" × 4⅞"	\$50
¼ page horizontal	7⅞" × 2⅝"	\$50
½ page horizontal	7⅞" × 4⅞"	\$75
Full page	8 × 10½"	\$90