



# Bannerman Community League Newsletter

**Bannerman  
Bulletin**

## Contents

- Winter City ..... **Page 1**
- Learn to Skate ..... **Page 2**
- Recreation and Community ..... **Page 3**
- Triple S Parenting ..... **Page 4**
- 2020 Riddles ..... **Page 5**
- Community League Board ..... **Page 6**

2020 JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 <i>New Years Day</i>	2	3 Walking Club 8:30am	4 Clareview swim 6-8pm
5	6 Walking Club 8:30am	7 Zoomers Dance 7:00pm	8 Walking Club 8:30am	9	10 Walking Club 8:30am	11 Clareview swim 6-8pm
12	13 Walking Club 8:30am YOGA 6:30pm	14 Zoomers Dance 7:00pm	15 Walking Club 8:30am	16	17 Walking Club 8:30am	18 Clareview swim 6-8pm
19	20 Walking Club 8:30am YOGA 6:30pm	21 Zoomers Dance 7:00pm	22 Walking Club 8:30am	23	24 Walking Club 8:30am	25 Clareview swim 6-8pm
26	27 Walking Club 8:30am YOGA 6:30pm	28 Zoomers Dance 7:00pm	29 Walking Club 8:30am	30	31	

## This is OUR Winter!

*Are you a snow angel champion? Hygge master? Winter newbie? Want to see yourself immortalized?*

**Share your #MyYegWinter stories and hidden talents with us on Twitter @WinterCityYEG and Instagram wintercityyeg.**

We'd love to have a blizzard of stories to share at the end of winter. We might even feature some in a blog – or have you read yours on a podcast! And we're working on getting some swanky WinterCity prizes, too. Tell us what #MyYegWinter means to you.

### January

JAN - DATE TBA	Triple Down Terrain Park Competition Series
JAN 1	Resolution Run
JAN 2 - 3	Holiday Camps at Snow Valley
JAN 5	Pump Up The Jam
JAN 11 - 12	Deep Freeze: A Byzantine Winter Festival
JAN 12 - FEB 17	Front Yards in Bloom: Winterscapes
JAN 19	FIS World Snow Day
JAN 19	Birkie Hot Chocolate Sundays
JAN 19	Greater Windermere Community League Winterfest
JAN 23 - 26	Winterruption YEG
JAN 23 - 26	Boardwalk Ice on Whyte
JAN 25	South West Ski Fest & Chili Cook Off
JAN 26	Lunar New Year
JAN 26	Birkie Hot Chocolate Sundays
JAN 30 - FEB 1	Flying Canoe Volant
JAN 30 - FEB 2	Boardwalk Ice on Whyte
JAN 31 - FEB 16	YEG Hot Chocolate Fest

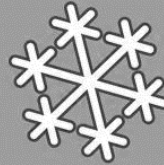
**wintercity**  
Edmonton

[wintercityedmonton.ca](http://wintercityedmonton.ca) | [exploreedmonton.com](http://exploreedmonton.com)

f [Facebook.com/WinterCityEdmonton](https://www.facebook.com/WinterCityEdmonton)  
 @WinterCityYEG / #wintercityyeg  
 wintercityyeg

Edmonton

# 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](http://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

### Yoga in Bannerman

Every Monday 6:30-7:30pm

Community Hall (14034- 23 Street)



**New winter sessions run from Jan 13 to March 16. Drop-in fee is \$10/person or pre-register for all ten weeks for \$90 by sending an e-transfer to jillfb123@gmail.com**

**Bring your own yoga mat or a towel to use.**

### *Movin' n' Groovin'*

Starting Tuesday January 7<sup>th</sup>  
at 7:00 pm

Bannerman Hall  
(14034-23St)



New Classes for the New Year!

This dance/exercise program is for anyone to join with their neighbours and stay active. Joanne will be your instructor and has an extensive background in dance coaching.

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

Call Joanne to register at  
780-265-4407

### The Ice Rinks are Here!



**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)



# Triple S Skills, Support, & Self-Care

## Parenting Support Sessions

Register Fast!  
Spaces are  
Filling Up!

**Child Minding Available**

Are you hoping to increase your parenting skills and learn with a group of people facing the same challenges you are? Welcome to the Triple S Parenting Sessions for parents of kids **4 - 12 years**. This series of interactive and educational workshops was designed to help parents master foundational strategies that will promote healthy relationships, child development, and conflict resolution in your home.

Join us in learning new **skills**, **supporting** each other, and practicing **self-care**.

### Creating Positive Experiences Through Play

Are you struggling to understand your child's efforts to communicate? Is your regular playtime with your child becoming dull? Do you find that your disciplinary efforts are falling flat? Join us in a session on play to develop positive and understanding relationships with our children. As one of the most foundational parenting strategies, you will often find that other strategies will not work until you have mastered the art of play.

**Wednesday Jan 29, 2020      6:00pm - 7:30pm**  
Duggan Club, 5, 3724 105 Street, Edmonton

### Supporting Emotional Control in Children

Do your children struggle to keep their emotions at a manageable level? Do you find yourself exhausted or frustrated by this? This session is designed to help parents learn strategies for coaching their children in developing social and emotional skills. Once in place, these skills can lead to better friendships, increased school success, and higher levels of self-esteem.

**Wednesday Feb 26, 2020      6:00pm - 7:30pm**  
Tweddle Club, 8308 42a Avenue NW, Edmonton

### Using Praise and Rewards to Promote Self-Confidence

Have you been noticing your child struggling with self-esteem? Do you feel like your efforts to connect with them are going nowhere? This session is structured so that parents can learn concrete strategies regarding praise and rewards. The use of these strategies has been linked to increased motivation, relationship satisfaction, and self-confidence.

**Tuesday March 17, 2020      6:00pm - 7:30pm**  
West Club, 16030 104 Avenue NW, Edmonton

### Assisting Children through Transitions using Structure and Routine

Do you find your child struggles anytime they have to change an activity? Does your home life feel like chaos on a regular basis? Structure and routine is one of the most effective means of promoting healthy development in our children. Come learn how to use these strategies in your home and how to assist your child with changes and transitions to the routines.

**Saturday April 4, 2020      1:30pm - 3:00pm**  
Rundle Club, 3112 113 Avenue NW, Edmonton

For more information or to REGISTER contact the Boys & Girls Clubs Big Brothers Big Sisters of Edmonton Staff

Fareeda Shoblaq at: 780.471.4079  
or Sentsetsa Pilane at: 780.822.2530

or go to: <https://www.surveymonkey.com/r/TripleSParentSessions>



Child, Youth & Family  
Addiction & Mental Health



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area

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



Building bridges in  
our community



## 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

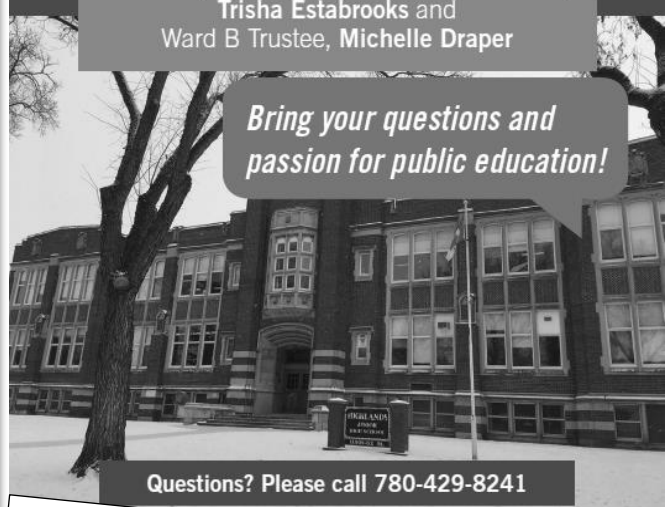
Discussion about current realities  
within Edmonton Public Schools

January 30, 6:30–8pm  
Highlands School (11509–62 Street)

Childcare provided, cookies made by Highlands students

Hosted by Board Chair and Ward D Trustee,  
Trisha Estabrooks and  
Ward B Trustee, Michelle Draper

*Bring your questions and  
passion for public education!*



Questions? Please call 780-429-8241

### **2020 Riddle #1**

There's a one-story house in which everything is yellow: Yellow walls, yellow doors, yellow furniture. What colour are the stairs?

### **2020 Riddle #2**

What goes up but never comes down?

### **2020 Riddle #3**

You walk in a room with a match. You see a kerosene lamp on a shelf, a candle on a desk and a fire place in the corner. What would you light first?

### **2020 Riddle #4**

You are running in a race. There is a total of 125 racers. The length of the race is 10.5km with 65% of the race uphill. The current temperature is 18 degrees Celsius, with the humidity at 67%, and the pressure at 93.8 kPa. At precisely 2:17pm, when you are at the 10km mark, you pass the racer in 2<sup>nd</sup> place. What place are you now in?

# 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	780-995-5342
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.com
Sign Manager	Dale Wells	
Sports Director	Dave Ball	780-475-5609


### Contact Us

#### Mailing address

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

#### Website

[www.bannermanleague.weebly.com](http://www.bannermanleague.weebly.com)

 [www.facebook.com/bannermancommunity](https://www.facebook.com/bannermancommunity)

### Join Our Next Community League Meeting!

**January 15<sup>th</sup>, 2020 at 7pm at Bannerman Community Hall**

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

## Message Board

What would be a good question for the following answers?

1. The house has no stairs
2. Your age
3. The match
4. 2<sup>nd</sup> place

If you would like to leave a message on this board, email less than 50 words to [brian\\_zizek@yahoo.com](mailto:brian_zizek@yahoo.com) or [bannermanleague@gmail.com](mailto:bannermanleague@gmail.com)

### 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

### 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