Every year we run into a small problem (unless we have some pressing issue such as the arsons one year, bike routes last year…) – getting quorum at our annual AGM. We only need a minimum of 25 members (including the executive). A member is a family or an individual who have purchased a membership ($35 per family, $20 for seniors or individuals, free for those newly moved into the Duggan Community League boundaries). Why is this? Are people afraid they will be volunteered? Are we just not concerned about our community? Are we just too busy?

See if you can come out. If you don’t have a membership, you can purchase one at the door (which gives you lots of free swimming and some discounts at some City venues).

I plan on leaving my name stand for President again this year, but welcome anyone interested in this position to come forward. We can lead you in over 2 years if you wish.

Come out and voice your concerns about things in our community – senior and shut in situations, security, traffic (including bike lanes), parks, skating, facilities, playschool, access, bus/LRT service, youth programs (including soccer)…

Building community is important, but requires active participation in some form. What is your opportunity? How can you offer your skills and talents?

Consider coming out just to listen, see what this community is about.

Roger Plouffe – President
Free Swimming for League Members!
At the William Lutsky YMCA Sundays between 3-5 pm. Don’t forget your community league membership card!

Duggan Community League
Mailing Address:
Duggan Community League
Yellowbird Postal Outlet
P.O. Box 41041
Edmonton, AB T6J 6M7

Hall Address:
3728 - 106 Street

Hall Phone: 780-436-6987

Executive Officers
President  Roger Plouffe  780-945-3103
Vice President Richard Mak vp1@duggancommunity.ab.ca
Second Vice President Ali Kamal
Treasurer Ken Greenway
Secretary Gerald Draganiuk  780-433-6678

Directors
Membership Andre Huellstrung membership@duggancommunity.ab.ca
Youth Programs Ranek Kiil duggandetails@duggancommunity.ab.ca
Soccer Mohammad Ali Kamal soccar@mydcl.ca
Neighborhood Watch Michelle Barin viabaria@hotmail.ca
Web Master Kevin Harris 780-465-3452
Social Director (vacant) social@duggancommunity.ab.ca
Youth Representative (vacant)

Committee Chair
Inventory (vacant)
Financial Review Judy Vetro 780-430-0937
Bylaw Review Michelle Barin viabaria@hotmail.ca
Policy/Procedure (vacant)
Hall Booking Coordinator Salim Muradali 780-436-6987
Youth Representative (vacant)
Board Transparency Roger Plouffe 780-945-3103
Senior Liaison (vacant)
Funding (vacant)
Board/Volunteer Recruitment (vacant)
Facilities (vacant) (vacant)

Other Contacts
153 Brownies Janet Melnyk 780-998-8584
Heritage Girl Guides Janet Melnyk 780-998-8584
Scouts - Blue Quill Kevin Zeiner kzerner@telusplanet.net
Details Distribution Roger Plouffe 780-436-6987
Duggan Playschool (vacant) 587-414-0188
Wood Carvers Dave Eisenbeis 780-467-6093
Square Dancing Barbara 780-906-6862
Bridge Club Lawrence Meyer 780-436-2080
Casino Roger Plouffe 780-945-3103
Custodian Jack Heer 780-490-0167
Accountant Murray Elliott 780-438-6928
Community Services Regan Gee

SUBMISSIONS!
Do you have something you would like to contribute to the next Details? We’d love to hear from you! Please send your submissions to the editor at duggandetails@mydcl.ca.

The deadline for submissions for the April 2014 issue is March 14th.

We are looking for people in apartment blocks to deliver the Duggan Details paper within the apartments in the Duggan area. If you are interested, please call or email us to arrange pick up of papers for you to drop off at each door in your apartment - we pay! Call Roger at 780-436-6987 or email at duggandetails@mydcl.ca

Duggan Community League
Mailing Address:
Duggan Community League
Yellowbird Postal Outlet
P.O. Box 41041
Edmonton, AB T6J 6M7

Hall Address: 3728 - 106 Street
Hall Phone: 780-436-6987

Duggan Community League
Memberships for 2013/2014
Duggan Community League memberships are valid for one year, from September to August. You must be a member to participate in community programs.
- $35.00 for a family
- $20.00 for singles and seniors
- $10.00 for kidsport

For League Memberships, please email membership@duggancommunity.ab.ca, call Andre at 780-439-8558, or stop by the Duggan Hall Wednesdays from 7-9 to get yours!

Duggan Community Hall Booking
Street Address: 3728 - 106 Street NW
For your convenience, you can now check out Duggan hall availability, rental rates & policies, and make hall booking requests on line!

Our hall is renovated with affordable rates and can support many types of functions, up to a maximum of 200 people. Bookings are on a first come - first serve basis, with preference being given to local community events.

The Conundrum of my Food Future

Anita Gregoire (Permaculture Designer) & Apryl Bergstrom (Duggan Community Garden Communications)

I got a flyer today from the No Frills store that opened this year in Greenfield. I shop there as much as I can. For me, it is important to help this store survive. It is the only food store within walking distance of me, breaking up a small food desert that exists in our city. It provides employment for a number of people in our area. It is a Canadian store, which helps us as Canadians stay sovereign. It is affordable for the lower/middle income families, whereas other large chains are not.

My conundrum is that exact thing: the affordability. As a person who grows her own food, I struggle with the idea that 10 pounds of potatoes can be grown on the other side of the planet, cleaned, bagged, shipped and marked up to cover all these costs while still making a profit for the retailer, and sold for $3.00.

Why would I bother to grow my own, when I can buy a pound of peas for $1? While food prices continue to go up, there are still great deals to be made. Why go to all the effort of growing when I can harvest from the store down the street. The reasons are multiple, but I will only discuss the top five:

1. **Flavour**: There is nothing like peas grown close to home, harvested and eaten on the same day. For me, within the minute. My peas never make it to the kitchen. Yet there are people that have never tasted a pea straight from the pod.

2. **Knowledge**: Much of our population has lost the knowledge required to grow, preserve, and prepare their own food. Those skills are dying out with our parents’ and grandparents’ generations. The movement has started, but it is a long way from a satisfying end product.

3. **Nutrition**: As mankind has moved from an agrarian culture to urban centres, machinery and chemicals have wreaked havoc on the soils of the planet. The food we eat has as much as 80% less nutritional value as that of our grandparents. By growing my own food, and eating it fresh, I can increase the nutrition of my calories.

4. **Food Security**: Not to scare, but when oil runs out and the multi-nationals have patented all the seeds and altered their basic structure, where will my food come from? I can start now in my small city plot to learn, grow, save and preserve the skills essential to food production.

5. **Community**: Food brings people together. When it comes from a package thrown into a microwave, it is a natural next step to eat it in front of a TV or computer. Growing together, preparing together and eating together builds stronger families and communities.

Our food future is an example of life balance. I will grow as much as I can myself. I will support the small diversified farmers close to me during Edmonton’s short growing season (see www.csaalberta.com). I will support the local small businesses. Together we will thrive.

By Anita Gregoire (Permaculture Designer) and Apryl Bergstrom (Duggan Community Garden Communications)

Come Grow with Us!!

If you would like to learn and grow with us, please join the Duggan Community Garden. We are preparing for spring construction and will be hosting workshops throughout the summer. For more information on how to get involved, please contact Apryl Bergstrom by e-mail (aprylbergstrom@hotmail.com) or telephone (780-433-8113).

Northern Alberta Wood Carving Show

The Annual Wood Carving Show, Competition and Sale is coming up on April 26 & 27, 2014 in the community league hall.

This show depicts recent works of Northern Alberta Wood Carvers members and other local artists. The General Public is most welcome to the showings on Saturday & Sunday. Admission is Free!

The show also includes local input from various businesses and individual proprietors. A good time is guaranteed to all.

Northern Alberta Wood Carvers

Looking for a New Hobby?
The Northern Alberta Woodcarvers meet at the Duggan Hall every Wednesday night from 6:30 pm - 9:00 pm all year round.

NEW CARVERS ARE WELCOME!
No experience is required. Come and see, ask questions, and pick something to work on. For more information contact Gerry Magnan at glmagnan@telus.net or 780-417-0369.
February at Rideau Park was **Kindness Month**. Students were engaged in numerous activities that allowed them to reflect on how their actions affect others and on how kindness and empathy are some of the greatest gifts we can give! On February 13, the musical group Hoja came to share their very cool anti-bullying message and encouraged our students to join them in their goal to rid schools of bullying. Later in the month, we took part in the pink shirt campaign, begun by two Nova Scotia students, to protest against bullying and to stand in solidarity with those who are bullied. Our Leader in Me Habit this month, Seek First to Understand, Then Be Understood, tied in well with the qualities of kindness and empathy as we learned to listen intentionally in order to understand others better. We ended our month with a well-attended Family Dance.

The Winter Olympic Games this month gave our students many opportunities for authentic learning in the classroom, for connection to our Leader in Me Program and for celebration.

We are extremely thankful for the support we are receiving from community members with our volunteer reading program! Our children are benefiting from the time they are spending with volunteers who come into the school to help them with their reading fluency and comprehension.

Our amazing student Leadership Team is learning about access to education throughout the world and is raising money to help build a school in Africa through We Create Change. They are using bricks to track the money they raise and will display them, brick by brick, on a wall in our school. One brick represents $20.00; their goal is to raise $2000.00 or 100 bricks toward a school for children who do not have a place to learn!

March will provide us an opportunity to celebrate our school and our students. On **March 12, from 6:00 – 7:00 p.m.**, we invite families who are interested in our English or German Kindergarten programs to come for a visit. We will share this Open House Evening with our two preschools: Discovery Preschool and Die Kleine Kinderschule (our German preschool). On **March 27, from 6:30 – 8:00 p.m.**, we will hold our General Open House and Celebration of Learning. You are invited to come and see the wonderful work our students are doing! An additional opportunity to find out more about our school and its programs takes place on **March 11 at 9:00 – 10:00 a.m.** when I will host a Coffee With the Principal gathering. This will be an opportunity to ask me questions and speak with parents who have children at the school. If you ever have any feedback for us or ideas about how we can partner with the community, please let us know!
City Council
Ward 10 Update
Michael Walters, Councillor

Since the October 2013 election, I’ve been privileged to work on many issues, both in the Ward and across the City. I’d like to take a moment to touch on one that I know concerns many people in Ward 10.

In 2013, the City of Edmonton installed on-road bike lanes in Ward 10 on 106 St, 40 Avenue, and Saddleback Road. Soon after these lanes were installed, some issues became apparent. On February 5, Transportation Committee discussed the 2013 bike lanes consultation process.

A dozen people registered to speak during that meeting, and the committee discussed all aspects of bike lanes (strategic, operational, philosophical, and so on) for several hours. At the end of the day, council passed a motion asking for a five-year implementation plan as well as alternatives for underused routes throughout the city, including those in Ward 10.

I’ve heard loud and clear that Ward 10 neighbourhoods want a better bike lanes solution. They want high quality lanes in core neighbourhoods like downtown and Whyte Avenue, and they want a real voice in how bike lanes are installed on their streets. The motion passed by Transportation Committee will help do that. My office is planning to host a meeting or event in the Ward to discuss real alternatives. Details on that meeting are forthcoming, and I look forward to seeing you there.

If you have any questions or concerns about something that’s happening in your neighbourhood, please feel free to contact my office at 780-496-8132 or email me at michael.walters@edmonton.ca.

Visit the EMU Program!

Where: Duggan Community League
3728 106 Street

When: Thursday’s - February 13, 20, March 13, 20, and 27, 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

Your Community Second Hand Bookshop

It was one of those March days … when it is summer in the light and winter in the shade.
- Great Expectations, Charles Dickens

Bring in this ad for 20% OFF!

4015 106 Street NW
780-761-9980
pageturnersbookshop.ca

Tiffany Houind
780-408-5480 ext 2252
tiffany.houlind@sunlife.com
www.sunlife.ca/tiffany.houlind
Whitemud Crossing
#30, 4211 – 106th Street, Edmonton, AB T6J 6L7
Life’s brighter under the sun
Sun Life Financial Company of Canada is a member of the Sun Life Financial group of companies.
Please join us for Gentle Yoga

Feel better! Be more energetic! Be happier and more peaceful!

When: MONDAYs, 10:00-11:00am
Starting February 10th for 6 weeks

Where: Yellowbird East Community Hall
10710 – 19 Avenue

Cost: SWESA Members - $35.00
Non-members - $45.00
Drop-in - $6.00 per session

Equipment: You will need a yoga mat and blanket. Yoga mats can be purchased at drug stores, Walmart, Target, Superstore, or Winners

IF YOU ARE UNABLE TO SIT ON THE FLOOR, ACTIVITIES CAN BE DONE FROM A CHAIR

For information call 587-987-3200
TeDeum Singers, directed by Diana Wiens, presents “Speak to One Another… in Psalms, Hymns, and Spiritual Songs” - a varied concert of sacred choral music. The program will include works by Faure, Gounod, and Russian composers Tschesnokoff and Bortniansky, as well as an interesting selection of contemporary anthems, gospel arrangements and spirituals (including several by Alice Parker), accompanied by brass and percussion.

WHEN: Saturday, April 5 at 7:00pm and Sunday, April 6 at 3:00pm
WHERE: Lendrum Mennonite Brethren Church, 11210-59 Avenue
COST: by donation

“Toonie Talks”

- **Reducing the Stress of Family/Friend Caregiving:** Thursday, February 27th, 10:00 to 11:00 p.m., at Yellowbird East Community Centre. Caregivers often find themselves in circumstances that create stress and strain. This presentation will help participants become aware of the stresses of caregiving and how our bodies react to stress. Strategies to reduce stress and increase well-being will be explored.

- **Understanding Arthritis:** Wednesday, March 5th, 1:00 - 2:00 p.m. at Terwillegar Community Recreation Centre. Addresses the definition and types of arthritis, the warning signs, and the importance of a whole health care team. Presented by the Arthritis Society.

- **Go Go Gadget Help:** Tuesday, March 11th, 10:00 a.m. to 12:00 noon, at Yellowbird East Community Centre. Do you need help with a new gadget or gizmo? Is it an e-Reader, tablet, camera, i-pad, laptop, phone? Bring your new gadget with you and Edmonton Library staff will help you navigate through the electronic maze. Note: we need to know ahead of time what you are bringing.

- **Go Go Gadget Help:** Monday, March 17th, 1:00 to 3:00 p.m., at Terwillegar Community Recreation Centre. See description above.

- **Reducing the Stress of Family/Friend Caregiving:** Wednesday, March 19th, 1:00 to 2:00 p.m., at Terwillegar Community Recreation Centre. See description above.

- **Understanding Arthritis:** Thursday, April 10th, 10:00 – 11:00 a.m., Yellowbird East Community Centre. See description above.

- **Home Care and Access to Continuing Care:** Monday, April 14th, 1:00 – 2:00 p.m., Terwillegar Community Recreation Centre. Describes who is eligible for continuing care services, including home living, supportive living, and facility living. An overview of the supports available through home living programs and how on access supportive living or facility living should the need arise.

- **Home Care and Access to Continuing Care:** Tuesday, April 15th, Yellowbird East Community Centre. See description above.

The City of Edmonton has launched a social media campaign to encourage Edmontonians to show their support for the extension of the city’s Light Rail Transit network. The campaign is part of the City’s efforts to secure funding for the Valley Line LRT.

The campaign includes a video featuring Edmonton Mayor Don Iveson talking to transit users about the importance of expanding the LRT. Edmontonians are asked to tweet their support for LRT expansion using the hashtag #yeg4LRT.

“We are excited to launch a campaign that allows Edmontonians to show their support for expanding our LRT network,” said Mayor Iveson. “It’s important for our project partners to hear the diversity of voices that will benefit from these projects and how critical a complete LRT system is to our city’s future.”

LRT is the City’s number one priority for new infrastructure spending, however $750 million is still required to make the project a reality. To close this gap, the City is seeking $150 million in new funding from the federal government and $365 million in new funding from the Government of Alberta. This is further to the $235 million previously requested for GreenTRIP funding from the provincial government.

This funding would be used to build the 13.1 km section of the Valley Line from Mill Woods to downtown. Without funding commitments from the provincial and federal governments, the project will be delayed.

The overall campaign will feature videos with the Mayor, a call for Edmontonians to submit their videos and ongoing conversations with Edmontonians and key leaders on the importance of an expanding LRT network.

City Launches Social Media Campaign to Build Support for LRT Funding

City of Edmonton

City of Edmonton has launched a social media campaign to encourage Edmontonians to show their support for the extension of the city’s Light Rail Transit network. The campaign is part of the City’s efforts to secure funding for the Valley Line LRT.

The campaign includes a video featuring Edmonton Mayor Don Iveson talking to transit users about the importance of expanding the LRT. Edmontonians are asked to tweet their support for LRT expansion using the hashtag #yeg4LRT.

“We are excited to launch a campaign that allows Edmontonians to show their support for expanding our LRT network,” said Mayor Iveson. “It’s important for our project partners to hear the diversity of voices that will benefit from these projects and how critical a complete LRT system is to our city’s future.”

LRT is the City’s number one priority for new infrastructure spending, however $750 million is still required to make the project a reality. To close this gap, the City is seeking $150 million in new funding from the federal government and $365 million in new funding from the Government of Alberta. This is further to the $235 million previously requested for GreenTRIP funding from the provincial government.

This funding would be used to build the 13.1 km section of the Valley Line from Mill Woods to downtown. Without funding commitments from the provincial and federal governments, the project will be delayed.

The overall campaign will feature videos with the Mayor, a call for Edmontonians to submit their videos and ongoing conversations with Edmontonians and key leaders on the importance of an expanding LRT network.

City Launches Social Media Campaign to Build Support for LRT Funding

City of Edmonton

City of Edmonton has launched a social media campaign to encourage Edmontonians to show their support for the extension of the city’s Light Rail Transit network. The campaign is part of the City’s efforts to secure funding for the Valley Line LRT.

The campaign includes a video featuring Edmonton Mayor Don Iveson talking to transit users about the importance of expanding the LRT. Edmontonians are asked to tweet their support for LRT expansion using the hashtag #yeg4LRT.

“We are excited to launch a campaign that allows Edmontonians to show their support for expanding our LRT network,” said Mayor Iveson. “It’s important for our project partners to hear the diversity of voices that will benefit from these projects and how critical a complete LRT system is to our city’s future.”

LRT is the City’s number one priority for new infrastructure spending, however $750 million is still required to make the project a reality. To close this gap, the City is seeking $150 million in new funding from the federal government and $365 million in new funding from the Government of Alberta. This is further to the $235 million previously requested for GreenTRIP funding from the provincial government.

This funding would be used to build the 13.1 km section of the Valley Line from Mill Woods to downtown. Without funding commitments from the provincial and federal governments, the project will be delayed.

The overall campaign will feature videos with the Mayor, a call for Edmontonians to submit their videos and ongoing conversations with Edmontonians and key leaders on the importance of an expanding LRT network.
Rideau Park School

10605-42 Avenue NW, Edmonton, Alberta T6J 3Z9
P 780.437.0010  F 780.430.9898  E rideaupark@epsb.ca

Open Houses
Kindergarten - March 12  6:00-7:00 p.m.
General - March 27  6:30-8:00 p.m.

Register
AFTER
MARCH 3!

Vision Statement
Rideau Park School is a professional learning community where all children learn 21st century skills and participate in the Leader in Me program to become productive and caring citizens. All students will demonstrate competency at their highest potential in literacy and numeracy through the support of and partnership with parents and the community.

Rideau Park School is committed to meeting the needs of its students by providing exceptional opportunities for learning in an English or German Bilingual setting.

Here’s what we offer:
Leader in Me Program (7 Habits of Highly Effective People)
French as a Second Language
Music Specialist
Reading Program
German Cultural Events
Wireless Netbooks
SMART Boards in Every Classroom
Leadership Roles Available for Every Student
Variety of Fieldtrips and In-school Presentations
Monthly Student-led Assemblies
Lunch Program
Before and After School Care Program (housed in the school)
Partnership with a German and an English Preschool

GERMAN BILINGUAL & ENGLISH PROGRAMS

Register
AFTER
MARCH 3!