



# GOLD BAR

## COMMUNITY NEWSLETTER

www.goldbarcl.com    july/aug 2010

### Fundraising at a Glance

We have surpassed the half-way mark to \$1.2 Million with a new grand total of \$657,996! Your continued support is greatly appreciated. **Donations of any amount are welcome.**

### Gold Bar Community Garage Sale Sept. 24-26!

#### All proceeds go to the hall project.

Bring your old treasures & unwanted items to Gold Bar Hall September 20-23.

Join the organizing committee or volunteer for a shift.

All inquiries please contact Lorna at 780-465-5594 or e-mail: [lorna.abramic@shaw.ca](mailto:lorna.abramic@shaw.ca)

### Summer Green Shack Program

**The free drop-in green shack program runs weekdays until Aug. 27 from 9:30 am to 5:30 pm, except Friday is 1:30-5:30 pm. (It's aimed at 6 to 12 year olds.)** There will be programming for preschoolers Tues. and Thurs. mornings. **Children under 6 must be accompanied by a guardian.** The hours of the spray deck are no longer linked to the program hours and **starting July 5th the water will be on 10am-8pm DAILY!** How exciting to have water available even on weekends!

If you have compliments or complaints about the leaders of the summer program, contact **Sondi Gross at 780-468-2237.**

You can report any damage at the playground to **311.**

### Help Keep Gold Bar Safe - Take the Time to Make the Call!

Did you know that the Edmonton Police Service provides a crime mapping tool on it's website; and we can review the crimes reported for Gold Bar? Crime statistics are important for a variety of reasons, and could have an impact on the number and frequency of patrols through our community. It is really important to report all crimes that happen. Understandably, if you have been the victim of a crime it is sometimes not easy to come forward, or you might not want to take the time. However, if you don't report a crime, it is as if it never happened.

**Call 780-423-4567 for non-emergency crimes and 911 for emergencies.**

Here is a link to the Crime Mapping Tool if you want to take a look.

<http://www.edmontonpolice.ca/CrimeFiles/NeighbourhoodCrimeMapping.aspx>

### Free Swim at Outdoor Pools for Community League Members

Show your community league membership for free swims at **Borden Park, Oliver, Fred Broadstock** and **Mill Creek.** Community League members can access:

#### **Borden Park, Oliver, Fred Broadstock**

5:00 p.m. to 7:00 p.m.

Sundays, Mondays, Tuesdays, and Wednesdays now to August 29

#### **Mill Creek**

7:00 – 9:00 pm **every day** of the week now to August 29

Members of Gold Bar community show their valid Community League membership for 2009/10 at any of the four outdoor pools and receive free admission during those times.

As always Community League members can also access outdoor pools at a discounted rate through the Community League Wellness Program. If their members show a valid Community League Membership Card, they get 20% off an annual pass and 15% off a multiple admission pass.

### Babysitting Registry

Our Community League has a babysitting registry with a roster of local young people willing to babysit on a casual basis.

Call Lil at 780-466-4060 and she will put you in touch with someone offering babysitting services.

### Join the Gold Bar team!

Please consider volunteering for a position on the Gold Bar Community League. We currently have two positions vacant:

**Bookkeeper** and **Social Director.**

If you feel you would be able to volunteer, please contact Veronica at 780-991-8871 or [veronica@vlvconsulting.com](mailto:veronica@vlvconsulting.com)

### Gold Bar Community League Executive

President	Murray	780-634-2888
Vice-President	Veronica	780-991-8871
Secretary	Natalie	780-469-1866
Treasurer	Nicole	780-440-2017
Financial Director	Jerry	780-469-5650
Newsletter	Sondi	780-468-2237
Memberships	Karen	780-465-7294
Scouts	Lorna	780-465-5594
Sign	Stacey	780-465-0486
Bingo: Fort Road	Lise	780-468-1310
Parkway	Charlene	780-468-0033
Phoning	Lorna	780-465-5594
Hall rentals	Marshall	780-469-2597
Programs Committee:		
Summer programs	Kelly	780-434-6533
Playground	Sondi	780-468-2237
	Sharon	780-628-2971
Winter/rink	Heather	780-469-3959
Director at Large	Pat	780-465-7890
Gold Bar Hall Building Committee:		
Chair	Laurie	780-468-1272
Vice-Chair	Tim	780-465-0486

\* **Bookkeeper**                      **Vacant - need volunteer**  
\* **Social Director**                **Vacant - need volunteer**

# A Note for Community Seniors - "Aging in Place"

The City of Edmonton in co-operation with numerous other partners and community stakeholders will be implementing two 'Aging In Place' Community Demonstration Projects this year. They will be funded by Alberta Health & Wellness to support Alberta's Health & Wellness Continuing Care Strategy.

The Southeast Demonstration Project will aim to work with communities to build programs and services to assist older seniors (75 years & older) to continue to live in their own homes or with family. This would enhance their daily lives, reduce health care costs and enrich the social fabric of our neighborhoods.

One of the sites for this include the neighborhoods of Gold Bar, Capilano, Ottewell, Forest/Terrace Heights, Fulton Place and Holyrood. In a report from the City of Edmonton, the four types of support essential for seniors to live independently in their homes and communities are:

- transportation
- awareness and connections with community services currently in place
- partnering of isolated individuals with neighbors/volunteers to promote consistent interactions and well-being
- homemaking and home maintenance (including housework, meal preparation, grocery/prescription delivery, shopping services and home/yard maintenance.)

The goal of this project is to develop sustainable informal and formal community-based services and programs through support from neighbors and volunteers.

Lorna Abramic attended a meeting on June 23 with representatives from other community leagues, Edmonton Seniors' Co-ordinating Council, Alberta Health Services, City of Edmonton Fire Department, Edmonton Transit Service, Seniors Groups, etc. on the implementation of this project.

Anyone who is interested in being a part of the "Aging In Place" project or has any input of ideas and suggestions, please call Lorna (780) 465-5594 or email: [lorna.abramic@shaw.ca](mailto:lorna.abramic@shaw.ca)

## The Grocery Bag

The Grocery Bag is a convenient and reliable way for seniors or homebound individuals to have groceries delivered by Meals on Wheels. There is a minimum \$15.00 order and a \$5.00 service charge. For more information call 780-429-2020 or go to: [www.mealsonwheelsedmonton.org](http://www.mealsonwheelsedmonton.org)

## Fall Registrations Dates...

### • Cycling Mommas

Adults of all ages and fitness levels are welcome to join us in exploring the river valley, getting some exercise, and enjoying the fall weather. We will ride until it snows. Quality childcare is provided for those with little ones!

#### Meeting & registration Thursday, Sept 9

9:30 am sharp, Grace United Church 6215-104 Ave. Fees include childcare (space limited). We cycle on Tuesdays & Thursdays mornings from 9:30-10:30, followed by coffee. Cycling starts on Tuesday **Sept. 14**. For more information call Janice 780-463-4600 or Diane 780-431-9688.

### • Fitness Fun & Fellowship

Get fit in one of Edmonton's best, most affordable women's fitness classes led by a professional, caring instructor.

#### Fall Registration on Wednesday, Sept. 8

Grace United Church 6215-104 Avenue (enter at back doors). Doors open at 9:00 am, Meeting/registration at 9:30 am. Come early as space is limited.

- 10-week Monday class begins Sept 13, Fee \$35
- 10-week Wednesday class begins Sept 15, Fee \$45 incl. childcare

Classes run from 9:30-10:45 am followed by coffee. For more information call Sandra at 780-466-9542.

### • Beaver, Cub and Scout Registration

70th Gold Bar Beaver, Cub and Scout Registration and Welcome BBQ will be held on **Tuesday, August 24, 2010** at Fulton Place Hall, 6115 Fulton Road from **5:30 to 7:00 p.m.**

Registration fees : \$165/youth (\$390 family 3 or more). After September 1/10 Registration fees are \$180/ youth (\$405 family 3 or more). The Group is co-ed. For more information or to pick up a registration form early please call Lorna at 780-465-5594 or Lorie at 780-447-1110.

## Upcoming BINGO dates

We have included bingo hours to make it easier for people to plan to volunteer for a bingo.

A) 4:30-9:45pm: B) 4:30pm-12am or C) 9:30pm-12am

Wed.	July 14, 2010:	A, B, C
Saturday	Aug. 14, 2010:	A, B, C
Friday	Sept. 17, 2010:	A, B, C
Tuesday	Oct. 26, 2010:	A, B, C
Saturday	Nov. 20, 2010:	10:30 am - 3:30 pm
Wed.	Dec. 22, 2010:	A, B, C

FORT ROAD dates and times are:

A) Afternoon: 10:30 am - 3:30 pm  
B) Evening: 4:30 pm - 10 pm  
C) Evening: 4:15 pm - 10 pm

Saturday	August 28/10	A + B
Monday	Oct. 25/10	A + B
Saturday	Nov. 6/10	A + B
Saturday	Jan. 22/11	A + B
Sunday	Feb. 27/11	A + B
Sunday	May 15/11	A + B
Thursday	June 23/11	B

As always, your help is appreciated by the Gold Bar Community. If you have any questions regarding volunteering for a Bingo, please call Lorna at 780-465-5594.

## Gold Bar Communications

Please e-mail newsletter submissions to: [sondi@telus.net](mailto:sondi@telus.net) or call SonDI at 780-468-2237.

If you need to post a message on the community sign located at 106 Ave. & 47 St., please e-mail Stacey at [stacey.goldbar@hotmail.com](mailto:stacey.goldbar@hotmail.com) or call 780-465-0486.

Look on the Gold Bar website for events and info: [www.goldbarcl.com](http://www.goldbarcl.com)

If you need to send any correspondence regarding the Community League, or to send a donation to the Building Committee, please mail to:

Gold Bar Community League  
P.O. Box 38124 Capilano  
10155-50 Street Edmonton, Alberta T6A 3Y6