



# SECORD COMMUNITY LEAGUE NEWSLETTER

SECORDCOMMUNITYLEAGUE.COM

MARCH 2021

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## SECORD COMMUNITY LEAGUE'S

### Winter Contest Winner



The Schumacher family proudly displaying their \$100 Sobey's gift card

The Secord Community League is proud to announce our \$200 donation to the David Thomas King School to support Children's literacy and well-being.



In celebration of Edmonton Federation of Community League's (EFCL) 100th birthday, Secord community league members had the opportunity to partake in the "Learn to Snowshoe family experience" on January 23, 2021. It was a chilly yet sunny day for family cohorts to venture around the open field near Secord's ice rink.



The Secord Community League is planning to install portable toilets at both Secord playgrounds from April to October. We are currently looking into the details with the City, school and supplier.

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- \* AGM Notice
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- \* and much more!

The Secord Community League is governed by a Board of Directors consisting of 11 hard-working and dedicated volunteers which all reside in Secord, as well as many other volunteers assigned to various positions or committees.

- We create an environment where neighbours can meet and know each other.
- We organize activities, events and programs for the Secord community.
- We provide support, services and connections to the Secord community.
- We fundraise for community infrastructure projects (e.g. playground).
- We keep you updated on planning and neighbourhood developments.
- We are your voice to City Council.

#### OUR MISSION

Establish a safe, inclusive and friendly community; provide support and services while committing to public engagement; and develop programs, activities and infrastructure to enhance the lives of residents.



# PRESIDENT'S MESSAGE

Hello Secord Neighbours,

We are only one month away from our virtual AGM, which will take place on April 12th from 7 to 9 PM. Since this is our last newsletter until the AGM and until some of our Board Directors complete their term, I would like to thank all our board directors and volunteers who spent countless hours to make the Secord Community a better place to live and play, and that have taken time from their busy lives to be involved in the Community.

These last 12 months have been challenging for everyone. While the SCL was unable to organise the same number of programs and events as usual due to the ongoing COVID-19 pandemic, we still managed to organise some virtual and in-person activities for our Community, and we will continue to do so while following the Alberta Health Guidelines. Evidently, the number of events, programs, and engagement we provide to the community is directly proportional to the number of people that help organise, volunteer and participate to them. So please reach out to us and see how you can help.

Thank you to our 160+ families who purchased their 2020-21 memberships! As we continue to operate as a Community League, we will need the continuing support of all our residents by purchasing a \$20 SCL membership, and by being involved within the Community. Many of the infrastructures and activities within Secord would not be there without the SCL and its volunteers (e.g. DTK playground and pump track, outdoor ice rink, this newsletter). I also encourage everyone to get to know your neighbours, and to build valuable relationships with the community. And why not consider joining the Secord Community League as a Director, as a committee member or as a general volunteer! There will be 5 Director positions available for election at the April AGM.

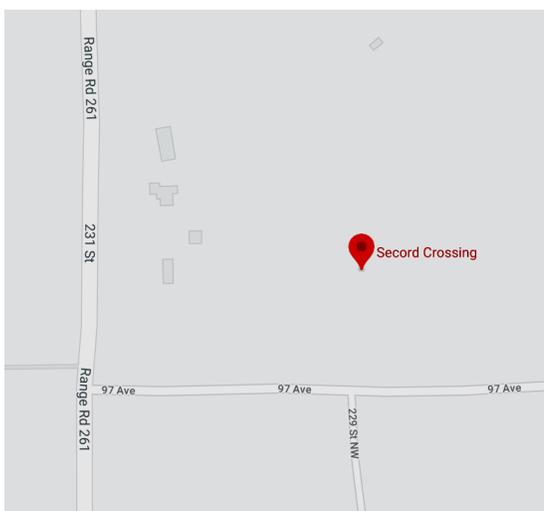
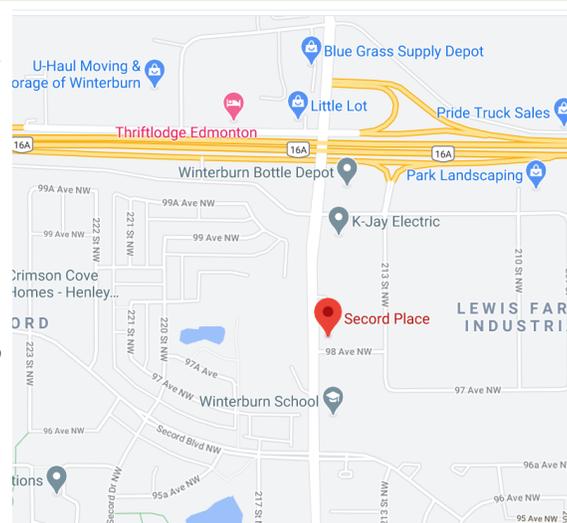
If you have any questions, please contact me directly at [president@secordcommunityleague.com](mailto:president@secordcommunityleague.com).

Enjoy the warmer weather!

Maxime Belanger  
President, Secord Community League

## SECORD BUSINESS DEVELOPMENT

Located on the South-East Corner of Winterburn Road/215 Street and Highway 16a, commercial development at **Secord Place** is near completion. A few businesses currently (or soon to be) in operation include: Shell Gas and Carwash, Tim Horton's, Secord Childcare & OSC, Kumon Learning Centre, House of Cuts, Cosmic Pizza & Donair, Kashmiri Delight Authentic Indian Grill and Medical Clinic and Pharmacy.



*Fun Fact: This Tim Hortons location is the first in Alberta with two windows and a double drive thru!*

This spring, Secord residents will be eagerly awaiting commercial development within Secord. Commercial construction at **Secord Crossing** will be located at the South-East Corner of 231 Street and Highway 16a. A partial list of businesses being developed at Secord Crossing include: Na Sharif Professional Corporation dental office, Indian Kitchen, Boss Liquor and Min Sook Hyun Daycare. As well, Secord Crossing plans to develop multi-family lots with various options.

# PROGRAMS

## Learn to Skate at the Secord Community League Ice Rink



**March 6, 2021 - 1:00-1:45 p.m. (weather and ice dependent)**

- 6-8 people per class (ages 3-adult)
- Kids need skates and CSA approved helmets (no bike helmets)
- Waiver will need to be completed before participating

**Email:** [programs@secordcommunityleague.com](mailto:programs@secordcommunityleague.com) for **FREE CODE**

•Parents need to do up their kids skates. No parents allowed on the ice.

### To Register to Eventbrite:

<https://www.eventbrite.ca/e/skating-lessons-at-the-secord-community-league-ice-rink-tickets-141751473473>

The Secord outdoor rink is located west of the ball diamond on 218 Street and 97 Avenue. This program is **FREE** and only open to Secord Community League members with valid SCL memberships for the 2020/21 year. To sign up for a membership, please visit: <https://secordcommunityleague.com/membership/>

## Kids Run Wild Orienteering Program in Secord (with valid SCL membership)

**Location: 22010 97 Avenue NW**

The program objective is to encourage independence and provide navigational skills to avoid getting lost while enjoying active outdoor adventure play. Participants will learn map reading skills while improving fitness, agility & self-confidence through games and other fun activities. All fitness levels welcome.

Skill development, rather than competition, is the focus of the program, but the kids will have opportunities to challenge themselves both

mentally and physically. They will also enjoy friendly competition with others of similar ability.

The program is geared towards children aged 5 to 17. Participants aged 5 to 8 require a parent/guardian to participate with them. Siblings under the age of 5 are welcome to participate for free with adult help. Parents/Grandparents are always encouraged to participate.

The 4 week session will run on the dates below from **1pm to 2 pm (subject to minimum registrations):**

**March 7, March 14, March 21 & March 28**

What health measures are in place to reduce risk of COVID-19? Stay home if you

are feeling unwell. You can do a self-examination at [www.alberta.ca](http://www.alberta.ca).

A Declaration of Health will be required at the start of each session, which will be coordinated by the instructor.

COVID-19 is a serious health threat and the situation is evolving daily. All health and safety decisions will be based on guidelines from Alberta Health Services, the Government of Alberta and the City of Edmonton. Kids Run Wild continues to monitor the provided guidelines and make adjustments towards our activities as needed.

The most up to date COVID-19 related guidelines for our activities will be re-

viewed at the start of the session. Measures will include minimal touch points, physical distancing from other participants, and on-site hand sanitizer, among others.

### To register visit

**Eventbrite:** <https://www.eventbrite.ca/e/kids-run-wild-orienteering-program-in-secord-tickets-140951282079?aff=erepanelorg>



## Red Cross Babysitting Course March 29 and March 30, 12:00 pm to 3:00 pm (Ages 11 - 15)

**\$55 for community league members** including Rosenthal, Secord and Lewis Estates (must have a valid 2020/21 membership)

**\$70 for non-members**

*Registration closes: Sunday, March 21, 2021 at 11pm*

Payment shall be made by credit card through Eventbrite, E-Transfer (payment to [treasurer@rosenthalcommunityleague.ca](mailto:treasurer@rosenthalcommunityleague.ca)) or by cheque (payable to Edmonton Rosenthal Community League) prior to the program date.

### To Register visit Eventbrite:

<https://www.eventbrite.ca/e/red-cross-babysitting-virtual-11-15-years-tickets-142420059231>

**Facebook event link:** <https://www.facebook.com/events/4117484154929494>

The Rosenthal Community League is hosting a virtual Red Cross Certified Babysitting Course delivered by Impact First Aid and CPR over spring break 2021. The course is designed for participants between the ages of 11 and 15 years, and is open for all Edmontonians or neighbouring municipalities.

This babysitting course provides participants with basic first aid and caregiving skills, and includes how to care for children in a variety of age groups, how to prevent and respond to emergencies, as well as discussions on leadership and professionalism as a babysitter.

The course will be provided over two days, with 3 hour sessions each day. Each participant will receive a Red Cross Certificate upon course completion, and a babysitting course manual prior to the start of the course.

Class size is limited to 15 participants, so that we can maximize our ability to work with students' skills and have adequate time for questions

### What you Need:

- A device, such as a laptop or PC
- A good internet connection
- Google Meet App
- A doll or stuffed animal (teddy bear) for doing CPR and Choking Skills

### Course Content: First Aid Content:

1. How to be responsible and demonstrate leadership
2. How to make good decisions and manage difficult behaviours
3. Information on children's developmental stages, and specific strategies for each stage
4. How to feed, diaper, dress, and play with children and babies
5. How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours
6. First aid skills
7. The business of babysitting

Check, Call, Care (includes phoning EMS/911)Glove removal, Recovery position, Conscious choking (adult/child/baby/alone), CPR (baby/child), Illness, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, Wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, ulcers and bruises, life-threatening bleeding, burns), Head, neck and back injuries, broken bones, seizures

# EVENTS



## Virtual Magic Show (Date: TBD)

Abracadabra! Alakazam! Who doesn't need a little magic in their life? This spring, stay tuned for a magic show that will be fun for the whole family.

Have any suggestions for online entertainment that is fun and engaging? Let us know! Email us at [events@secordcommunityleague.com](mailto:events@secordcommunityleague.com).



## Outdoor Easter Scavenger Hunt (Date: TBD)

What's the Easter Bunny's favourite style of dance? Hip Hop, of course! Hop in on the fun this April for our self guided, family friendly scavenger hunt. We'll have maps and clues for you and your family to follow along in Secord. Be on the lookout for more details soon!

# COYOTES

## What to Do if You Encounter a Coyote

To prevent coyote attacks on humans, modern wildlife management focuses on 'aversive conditioning'. This practice tries to change an animal's behaviour by making every human coyote encounter unpleasant for the animal. This method only works if we all respond to coyote encounters aggressively. If a coyote does approach, make it feel unwelcome. They should not feel comfortable around us.

**For more information visit:** [https://www.edmonton.ca/residential\\_neighbourhoods/pets\\_wildlife/Coyotes.aspx](https://www.edmonton.ca/residential_neighbourhoods/pets_wildlife/Coyotes.aspx)



## Take These Immediate Steps

- Clap your hands loudly and firmly towards the animal
- Respond to its presence aggressively by making yourself appear large (wave your arms overhead or swing objects like a walking stick at the coyote)
- Throw rocks, sticks or other objects to scare it away
- Carry a whistle and blow it to startle the animal
- Carry dog spray in areas highly frequented by coyotes
- Shout in a deep voice and maintain eye contact
- Do not turn away or run. This may trigger a natural predator/prey instinct and might encourage the coyote to chase after you
- If the coyote continues to approach, back away slowly and move toward buildings or human activity. Coyotes may remain near a source of food or a den site, and this could be the reason they refuse to leave. Be mindful of situations like this, and remove attractants if possible

*Sanctus.*

### LOCKDOWN TOOL KIT

<p><b>DOPAMINE</b> <i>The Reward Chemical</i></p> <ul style="list-style-type: none"> <li>• Completing a task</li> <li>• Doing self-care activities</li> <li>• Eating food</li> <li>• Celebrating little wins</li> </ul>	<p><b>OXYTOCIN</b> <i>The Love Hormone</i></p> <ul style="list-style-type: none"> <li>• Playing with a dog</li> <li>• Listen to music</li> <li>• Do something nice for someone</li> <li>• Give a compliment</li> </ul>
<p><b>SEROTONIN</b> <i>The Mood Stabilizer</i></p> <ul style="list-style-type: none"> <li>• Meditating</li> <li>• Running</li> <li>• Sun exposure</li> <li>• Walk in nature</li> <li>• Swimming</li> <li>• Cycling</li> </ul>	<p><b>ENDORPHIN</b> <i>The Pain Killer</i></p> <ul style="list-style-type: none"> <li>• Laughter exercise</li> <li>• Watch a comedy</li> <li>• Dark chocolate</li> <li>• Exercising</li> </ul>

**Secord** **CHILDCARE** **OPENING SOON**

**SECOND CHILD CARE**

- Drop Off/Pickup
- Part Time/Full Time
- After School Care
- Sibling Discount
- Child Care Subsidy

**825-436-2929** [secordchildcare@gmail.com](mailto:secordchildcare@gmail.com) [www.secordchildcare.com](http://www.secordchildcare.com)  
LOCATED AT 9825 WINTERBURN RD NW, EDMONTON

# NEW EDMONTON CART ROLLOUT AND WASTE MANAGEMENT

## The way residents set out their waste for collection is changing.

For **Secord** (and all of west Edmonton), cart delivery will be between **July 28, 2021 and August 30, 2021**. Cart collection starts the week of **August 31, 2021**.

The new system includes four collection services:

### Garbage

Collected every 2 weeks year-round, using a cart provided by the City. Once you get the hang of sorting out your food scraps, yard waste and recycling, you'll find that you have less garbage.

### Food Scraps

Collected weekly from spring to fall, and every two weeks in the winter, using a cart provided by the City.

If you have spare room in your food scraps cart, you can top it up with yard waste as long as the lid can be fully closed.

### Recycling

Collected in blue bags all year round.

There are no changes to recycling collection.

### Yard Waste

Collected twice in spring and twice in fall in clear plastic bags or double-ply paper yard waste bags and/or bundles wrapped in biodegradable twine.

You can also top up your food scraps cart with yard waste or take it to an Eco Station for free between seasonal collection days.

### Education Sessions

We will be offering a variety of opportunities to learn more about how to sort your waste and use your carts this spring.

**For more information visit:**

[https://www.edmonton.ca/programs\\_services/garbage\\_waste/](https://www.edmonton.ca/programs_services/garbage_waste/)

# Edmonton Cart Rollout



Please set your carts and bags out by 7 a.m. on your collection day.



### Green Cart

- Put all food scraps into kitchen pail
- No packaging, plastic cart liners or compostable plastic bags
- Empty kitchen pail into your green cart

#### Collected

Every week in the spring, summer and fall, and every 2 weeks in the winter.

Table scraps, peelings, leftovers, spoiled food, etc.



Coffee grounds and loose tea



Compost

Meat, fish and poultry products



Egg shells



Dairy products



Top off your green cart with yard waste



### Blue Bag

- Remove caps and lids
- Place loosely into blue bag
- Flatten cardboard, bundle (tie) it, and place it under your blue bag

#### Collected

Every week.

Newsprint and household paper



Plastic containers



Recycling

Cardboard boxes (flattened with packaging removed)



Metal food cans, glass bottles and jars



Pizza boxes and paper egg cartons



Beverage containers



### Black Cart

- All items that don't go into the green cart or blue bag
- Items that don't need to be dropped off at an Eco Station

#### Collected

Every 2 weeks.

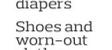
Styrofoam (all types)



Food wrap Garden hoses



Foil gift wrap Disposable diapers



Landfill

Chip bags, candy wrappers



Plastic toys Coffee/drink cups



Shoes and worn-out clothes



Coffee pods Plastic plates, cutlery



Pet food bags Padded envelopes



### Special Yard Waste Collection

- Yard waste goes into paper yard waste bags
- Top off green cart between seasonal collection dates (lid must close)

#### Collected

2 seasonal yard waste collections in the spring and 2 in the fall, collected on Mondays.

Leaves, mulch and garden trimmings



Grass clippings (or leave them on the lawn to break down naturally)



Compost

House and garden plants



Materials tied in bundles no longer than 1.2m (4ft) and 0.75m (2.5ft) in diameter



Tree trimmings, fruits and roots



### Eco Stations

#### Free to drop off

Batteries and light bulbs



Household hazardous waste



Electronics and small appliances



Scrap metal and tires



#### Fees Apply

Furniture and bulky items



Fridges and freezers



Construction scraps

### Get WasteWise

Don't know where something goes? Download our free WasteWise app to find out.



### Questions?

[edmonton.ca/cartrollout](http://edmonton.ca/cartrollout)  
780-496-5678

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**HOW CAN YOUR MEMBER  
OF PARLIAMENT HELP?**

Your Member of Parliament, Kelly McCauley and his staff are here to assist you with any questions that you have regarding any programs or services offered by the Government of Canada. The local office is here to guide anyone who may have any questions relating to:

- Citizenship and Immigration
- Service Canada
- Canada Pension Plan
- Disability Pension Plan
- Old Age Security
- Employment Insurance
- Passports
- Canada Revenue Agency
- Social Insurance Number (SIN)
- Veteran's Affairs

Celebratory Greetings for milestone birthdays and anniversaries are available from Mr. Kelly McCauley.



**KELLY**   
**McCAULEY MP**  
EDMONTON WEST

104-10171 178 Street  
Edmonton, AB T5S 1R5  
[kelly.mccauley.c1@parl.gc.ca](mailto:kelly.mccauley.c1@parl.gc.ca)  
780-392-2515

We always look forward to hearing from you. If you have any feedback to share, please get in touch with the office either by phone, through email, or a letter to the office postage-free.

SERENITY HEALTH AND WELLNESS

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# SECORD COMMUNITY LEAGUE ANNUAL GENERAL MEETING

## SECORD COMMUNITY LEAGUE AGM NOTICE

On **Monday, April 12, 2021** at **7PM**, join us virtually for our AGM. All members who attend will be entered into a draw for **prizes**. We hope to see you there in large numbers! More details will be provided closer to the event.

Google Meet Link: [meet.google.com/mjn-urhp-nrs](https://meet.google.com/mjn-urhp-nrs)

Agenda:

- Overview of Accomplishments for 2020-2021
- Review of 2020 Revenues and Expenditures (Audit Report)
- Presentation of 2021 Budget
- Overview of Planned Activities, Events and Programs for 2021-2022
- Guest Speakers (to be determined)
- Elections



The following Board of Directors positions will be elected during the AGM. All terms are 2 years.

- **President**
- **Secretary**
- **Director-at-Large – Newsletter Director**
- **Director-at-Large – Programs Director**
- **Director-at-Large – Fundraising and Advertisement Director**
- **Director-at-Large – General/Other (position will only exist if other Director-at-Large positions are vacant)**

If you are interested in any of the above positions and/or for more information, contact Maxime Belanger, President, at [president@secordcommunityleague.com](mailto:president@secordcommunityleague.com) or Madison Steele, Vice-President, at [vicepresident@secordcommunityleague.com](mailto:vicepresident@secordcommunityleague.com).

## SLC EXECUTIVE AND KEY VOLUNTEERS

**\*President—Maxime Belanger**  
[president@secordcommunityleague.com](mailto:president@secordcommunityleague.com)

**\*Vice-President— Madison Steele**  
[vicepresident@secordcommunityleague.com](mailto:vicepresident@secordcommunityleague.com)

**\*Treasurer-Megan Wyton**  
[treasurer@secordcommunityleague.com](mailto:treasurer@secordcommunityleague.com)

**\*Secretary—Karima Merali-Gangji**  
[secretary@secordcommunityleague.com](mailto:secretary@secordcommunityleague.com)

**\*Newsletter Director—Tiffany Gierent**  
[newsletter@secordcommuntyleague.com](mailto:newsletter@secordcommuntyleague.com)

**\*Communications Director—Heather Haigh**  
[communications@secordcommunityleague.com](mailto:communications@secordcommunityleague.com)

**\*Memberships Director-Sebastian Porten**  
[membership@secordcommunityleague.com](mailto:membership@secordcommunityleague.com)

**\*Social and Events Director—Dana Torgalson**  
[events@secordcommunityleague.com](mailto:events@secordcommunityleague.com)

**\*Programs Director-Connie Ohl**  
[programs@secordcommunityleague.com](mailto:programs@secordcommunityleague.com)

**Rink Director—Rob Smashnuk**  
[rink@secordcommunityleague.com](mailto:rink@secordcommunityleague.com)

**\*Past President-Candace Smashnuk**  
[pastpresident@secordcommunityleague.com](mailto:pastpresident@secordcommunityleague.com)

*\*SCL Board of Directors Positions*

**Playground Committee**  
Christie Delano (chair)

**Ice Rink Committee**  
Rob Smashnuk  
Nathan Beeler  
Bryan Condo

**Community Billboard Coordinator**  
Glyn Eales

**Events, Programs and Activities Committee**  
Laura Carter

# MEMBERSHIP

## Why Should I Purchase a Membership?

By becoming a member of the Secord Community League (SCL), you have demonstrated your support to the Secord community. Dues collected from membership sales provide much needed funds for our community league to accomplish our mandate of bringing residents together, and improving the community and the quality of life for all residents.

## All Secord residents can be a member. How Can I Purchase a Membership?

To purchase a membership online, visit our website at <https://secordcommunityleague.com/membership/>. You can either buy a membership directly from SCL (\$20 via e-transfer) or from the EFCL by visiting <https://efcl.org/membership-purchase/efcl.org> (\$20 plus \$5 EFCL fee, with credit card). Due to Covid-19, we are not selling memberships in person. Memberships can also be purchased at any Edmonton Servus Credit Union.

If you have any questions, feel free to contact us at [membership@secordcommunityleague.com](mailto:membership@secordcommunityleague.com).

## Benefits of being a Member of the Secord Community League:

1. Free or discounted admissions to SCL Events and Programs.
2. Eligibility to participate in community sports teams.
3. Participate to community draws and contests.
4. Free Swimming
  - Each family member receives 5 free access for swimming at selected City facilities. (temporarily unavailable due to COVID-19)
5. Free Skating:
  - Free skating at our Secord community outdoor ice rink, and at other outdoor community rinks (requires skate tags).
6. Discount at City of Edmonton Recreation Facilities:
  - 20% discount on annual memberships.
  - 15% discount on multi-admission passes.
  - 20% discount on continuous monthly membership.
7. Various discounts and perks from local businesses/sponsors.
8. Various discounts offered by the EFCL <https://efcl.org/members-benefits>
  - Acclaimed! Heating, Cooling, and Furnace Cleaning 10% discount off furnace and duct cleaning services
  - Cloverdale Paint—Wholesale pricing at any Cloverdale Paint location
  - Edmonton Federation Community Leagues (EFCL)

- House of Wheels (indoor skatepark for scootering, skateboarding, BMX, etc.) 10% discount off pass prices
- Orbis Sports (bubble sports, archery, laser tag) urban poling—Up to 35% off when you purchase urban poles
- Yardly—10% discount on snow removal & lawn mowing
- University of Alberta— 25% discount off Microsoft and Adobe Courses (Technology Training Centre), 10% discount off large format printing (posters, banners, building wraps, decals, etc.), 10% discount off clothing, giftware, etc. (U of A Bookstore)

*Note: discounts and benefits are subject to change by the EFCL without notice.*

9. Visit <https://secordcommunityleague.com/membership/> for details.

## Membership Fees

(valid from September 1, 2020 to August 31, 2021)

**Family Membership – \$20/year**  
(max. 6 persons per family)



# CONTACT US

 Email: [president@secordcommunityleague.com](mailto:president@secordcommunityleague.com)

 Facebook: [Secord Community](https://www.facebook.com/SecordCommunity)

 Twitter: [@SecordCommunityLeague](https://twitter.com/SecordCommunityLeague)

 Website: [www.secordcommunityleague.com](http://www.secordcommunityleague.com)

 Eventbrite - [Secord Community League](https://www.eventbrite.com/SecordCommunityLeague)