

April  
2007



# THE McKernan Messenger

Since 1954 A publication of the McKernan Community League Circulation 1100

**May League meeting**  
Tues., May 1 at 7 p.m.  
at the hall.

All welcome!



## Spring means construction

As construction season gears up, the South LRT project will be causing major road closures and disruptions.

- The May long weekend will see University Avenue closed totally for utility line relocation. A 24-hour work schedule will mean construction noise and light affecting residents. Dedicated turn lanes will be closed for some weeks after this work, as well.
- Intermittent lane closures and construction traffic continues on 114 St.
- The left-turn lanes off 114 St. onto 76 Ave. will be closed again until the fall as the pedestrian underpasses are constructed.
- McKernan/Belgravia LRT station construction is underway.
- Cul-de-sac reconfiguration on 74 Ave. and 75 Ave. will restrict access to parking and back alleys. Residents will receive notices by mail when schedules are confirmed.
- Track installation is scheduled to begin in the summer. The new multi-use trail on the west side of 114 St. will also go in at that time.

Detailed info is available at [www.edmontonslrt.com](http://www.edmontonslrt.com)



**A real LRT station for McKernan/  
Belgravia by the end of 2008?**

## Upcoming events

### May

Pocket Park Plant-In, date to be announced. Call Peter Gray at 434-0480 if you'd like to help.

### June

**July 5:** Last League meeting of the season. Secretary needed ASAP.

Also, the second annual 73 Ave. block party. Date to be announced, watch for flyers!

### July

**July 3:** Summer park program begins in McKernan Park.

**July 14:** Community BBQ event. Stay tuned.

### September

**September 4:** League AGM for 2007-2008 year.



## Rink season comes to a soggy end

The McKernan Ice Rink had an excellent season over the winter. The weather co-operated to get the ice in well before Christmas, and it lasted long enough for the Broomball boys to get their end-of-season tournament in on March 10. However, two weeks later the ice had pretty well gone. The donated rink rental to the Med Students proved very successful. Usage was excellent and a large amount of money was raised for the Stollery Children's Hospital.

Peter would like to thank Patrick, Shane, Dan and Daniel, who were his main helpers, along with a some others who put in a few shifts with him on the rink maintenance. It certainly made his job easier, despite the continual battle with the changing elements, and particularly the many snowfalls this year!

Sadly, though, after several years as volunteer ice man, Peter's hanging up his hoses. Is there anyone out there who'd be interested in taking over for him in the 2007-2008 season? Contact Hilary Gray to volunteer.



## Community briefs

### Garden space needed

Do you have garden space that's going unplanted? Tools cluttering up your garage? Consider offering them to an Urban Farming Project for Immigrant Seniors, sponsored by the Seniors Association of Greater Edmonton. Throughout the spring, summer and early fall of 2007, these 'urban farmers' will grow and market a diverse selection of vegetable and flower crops. Your vegetable garden will be carefully tended, producing nutritious crops that will benefit many people. For more information, please contact Maureen Elhatton, Urban Farming Manager, melhatton@MySage.ca or phone 423-5510 ext. 340.

### River Valley Cleanup

Sunday May 6 will see thousands of volunteers scouring the river valley and removing garbage. Last year 4,615 bags of litter were collected during this event, along with 46 shopping carts, 7 bicycles, and an assortment of household furniture and appliances. The main event runs from 10 a.m. to 4 p.m., or you can register to clean on a different day at the location of your choice. Call 496-4948 for details.

### Big Bin Event

If it's too big to fit in the garbage bin, you can bring your large items to the next City of Edmonton Big Bin Event. The closest location is at the Southwest District Yard, 6609 Gateway Boulevard, on June 2 and 3 from 9 a.m. to 5 p.m. Do not bring household hazardous waste like paint, varnish, household cleaners or batteries; take those items to the Eco Station (99 St. and 51 Ave.) instead.

### Leaders In Training

Are you ready to meet new friends and discover the amazing leader within? The Leaders In Training program gives youth (ages 13 to 17 years) valuable leadership skills and work experience in a fun environment. You will have the choice to volunteer in an assortment of programs run by the City of Edmonton, from summer camps to playground programs. Your volunteer commitment can be as little as two weeks or as much as seven weeks – the choice is yours. Apply online at [www.edmonton.ca/youth](http://www.edmonton.ca/youth) or pick up an application at a City of Edmonton facility near you. Visit [www.edmonton.ca/youth](http://www.edmonton.ca/youth), e-mail [youth@edmonton.ca](mailto:youth@edmonton.ca), or call 944-7421.



**Kevin Taft,**  
**MLA, Edmonton Riverview**  
 Leader, Alberta's Official Opposition  
 9202B 149 Street Edmonton, AB T5R 1C3  
 (780) 414-0719  
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*Your Voice in the Legislature*

## Community Contacts

PRESIDENT	Hilary Gray	434-0480
	<a href="mailto:president@mckernancommunity.org">president@mckernancommunity.org</a>	
PAST-PRESIDENT	Jane Arcsott	433-1739
PRESIDENT ELECT	Ann-Marie Thivierge	433-4277
PROGRAMS OFFICER	Hilary Gray	434-0480
PLANNING OFFICER	-- needed --	
FACILITIES MAINTENANCE	Neil Armstrong	780-665-0918
SECRETARY	-- needed --	
MEMBERSHIPS	Mary Heacock	437-2979
TRANSPORTATION ISSUES	Frank Weichman	435-7811
HOUSING ISSUES	Jane Arcsott	433-1739
	<a href="mailto:housing@mckernancommunity.org">housing@mckernancommunity.org</a>	
TREASURER	Bob Gansel	435-0739
EFCL & CAC REPRESENTATIVE	Wayne Rogers	916-6275
BASKETBALL	Steven Leard	437-2290
SOCCER - Adult	Brad Odsen	436-0938
SOCCER - Youth	Dianne Gillespie	
	<a href="mailto:belmacsoccer@telus.net">belmacsoccer@telus.net</a>	
CRICKET	Christie Marathalingam	438-0460
NEIGHBOURHOOD WATCH	Edda Loomes	436-0209
NEWSLETTER EDITOR / PRODUCTION	Roberta Franchuk	431-4924
	<a href="mailto:newsletter@mckernancommunity.org">newsletter@mckernancommunity.org</a>	
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	<a href="mailto:webmaster@mckernancommunity.org">webmaster@mckernancommunity.org</a>	
NEWSLETTER DISTRIBUTION	David Woolf	433-1739
PHONING NETWORK	Shirley Durston	434-2997
HISTORIAN	Ed Stover	989-1520
HALL RENTAL	Tim Baier (evenings)	434-9901
HALL CARE & UPKEEP	McKernan Child Care	437-1971
BABY SITTING REGISTRY	Lori Janssen	437-3159
SOCIAL CONVENER	Ann-Marie Thivierge	433-4277
	<a href="mailto:socialevents@mckernancommunity.org">socialevents@mckernancommunity.org</a>	
ICE RINK / POCKET PARK	Peter Gray	434-0480
U of A LIAISON	Bente Roed	436-9398
COMMUNITY SERVICES (City of Edmonton)	Terri Johnson	496-5926

### McKernan Community Hall

Our community hall at 11341-78 Avenue is available for rental hourly or daily. Call Tim Baier at 434-9901 (evenings) for booking information. Discounts are available for community league members.

### McKernan Messenger

The McKernan Messenger is published ten times per year (we take the summer off).

Deadlines are:

advertising submissions: 1st of the month

content and letters: 7th of the month

Contact Roberta Franchuk at 431-4924; [newsletter@mckernancommunity.org](mailto:newsletter@mckernancommunity.org).

### On the Web: [www.mckernancommunity.org](http://www.mckernancommunity.org)

The website is managed by Camille Cunningham, 428-4323;

[webmaster@mckernancommunity.org](mailto:webmaster@mckernancommunity.org).

### League Memberships

Memberships in your community league support programs, socials, hall activities, newsletters, and more; PLUS the League is looking out for your interests in housing, transportation, services and more. Memberships are \$30 for family or organizations, \$20 for single parent families. Single memberships with skating are \$15, seniors and student (without skating) only \$5. A bargain! See the membership form in this issue and on the web, or purchase at the Maurice Pharmacy on 76 Avenue.

# Back in the saddle: Spring means cycling time again!

## Safe cycling



The Can-Bike Skills II Course is an advanced course in defensive cycling for commuters and recreational cyclists who already ride in traffic. A combination of classroom sessions and outdoor riding helps you improve your skill and confidence in challenging traffic situations. Covers riding skills, traffic cycling proficiency, bicycle maintenance, health and fitness, equipment, and bicycle consumerism. For more information, contact John Collier at 433-1270 or [jbcollier@shaw.ca](mailto:jbcollier@shaw.ca). Course dates and time TBA.

## Where am I going?

City of Edmonton bike maps show you how to get there from here, featuring bike routes, trails and riding tips. Available online at [www.edmonton.ca](http://www.edmonton.ca) (Transportation > cycling in Edmonton), or pick up a free copy at libraries or bike shops around town.

## Fix it yourself



The Edmonton Bicycle Commuters' Society (EBC) has been a leader in the Edmonton and area environmental and cycling community since 1980. Their goal is to support the bicycle as a healthy and ecologically sound mode of urban travel. EBC features BikeWorks, a fully-equipped bike shop staffed by volunteers to help you get your machine into top road-worthy shape. Bikeworks is located at 10047 - 80 Ave (in the alley) and is open ONLY Wednesdays from 5:30 to 9 p.m. and Saturdays from noon to 5 p.m. Please call ahead to confirm: 433-2453. Bikeworks also accepts donations of old bicycles. Check out the EBC website at [www.edmontonbikes.ca](http://www.edmontonbikes.ca)

## Ride to Survive

Fun and safety are the focus of this program for kids age 5 to 9. Learn basic bicycle skills, rules of the road, and safety through bike-related games and obstacle courses. \$15 per participant. Grandview Heights Community Hall, 12603-63 Ave., Sat. May 27, 9 a.m. to noon. Call 496-4999 to register or on-line at [eReg.edmonton.ca](http://eReg.edmonton.ca).

## Four Wheel Drive

This half-day course will teach your child how to stay safe while having fun on their bike with training wheels! Helmets and bike bells mandatory. Ages 4 to 6, \$15 per participant. Allendale Community Hall, 6330-105A St., Sat. May 27, 9 a.m. to noon. Call 496-4999 to register or on-line at [eReg.edmonton.ca](http://eReg.edmonton.ca).

## Children's Bicycle Safety Instructor's Course

If you are interested in running a children's bike safety course and want to learn how, the Edmonton Bicycle Commuters Society is offering a free children's bike safety instructor's course on Saturday April 28. The course will be taught by Canadian Cycling Association certified instructors and will include a course manual. please contact: John Collier at 433-1270 or [jbcollier@shaw.ca](mailto:jbcollier@shaw.ca).

## Did you know?

Bicycles are permitted on Edmonton's entire roadway system. By law, cyclists are not allowed to ride on city sidewalks unless signs permit this, or the bicycle's wheel diameter is 50 cm or less. A person operating a bicycle on a street has all the rights, and is subject to all the duties that a driver of a motor vehicle has.

## Events in the community

**Jeff Allen Gallery:** Strathcona Place Senior Centre (10831 University Ave.) Mon. to Thurs. 9 a.m. to 4 p.m. Until May 3, see **Original Digital Fine Art** by Ansgard Thomson, who creates original works of art using computer software tools. Come and view paintings, drawings, algorithmic renderings, collages and photograph manipulations using a computer. From May 7 to May 31 it's **Burst of Colour** with decorative and practical pieces from potters, woodworkers and fabric artists. Interesting original paintings in varied mediums of oil, acrylic and watercolour will also be featured. You might even find a gift for Mother's Day!

**Lendrum Pottery Group Mother's Day Sale:** Sat. May 5, 10 a.m. to 2 p.m., Lendrum Community League (11335-57 Ave.) Pottery for all occasions and celebrations, pottery to suit all tastes. Decorative and practical; oven, freezer and microwave safe. Free admission, free coffee.

### Secretary needed

McKernan Community League is in urgent need of a secretary to take and distribute meeting minutes and deal with other correspondence. Not an onerous position! League meetings are about 1.5 hours per month, and if you have a laptop, minute taking is a snap. Contact Hilary Gray or Roberta Franchuk for details.

### PLAY BALL!

Southwest Zone Minor Softball organizes a softball/fastball program for children ages five to eighteen. Community League membership is required. Registration forms are available at [www.swzsoftball.com](http://www.swzsoftball.com), and registrations will be accepted until the end of April.

A Community Director is also needed for this community. Contact Elaine Brown Crawford at 438-1788 for information.

Edmonton's most established Spanish Bilingual Program

# Spanish

## Bilingual Program

at Escuela Mill Creek School

**¡Say Hola to Opportunity!**  
Learning a second language enhances your child's achievement in a wide range of academic subjects and develops cross-cultural understanding.

**Escuela Mill Creek School offers:**

- Fine Arts Focus
- Kindergarten or Grade 1 entry
- English Spanish Bilingual Instruction
- Internationally accredited through the Spanish Government
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- No previous knowledge of Spanish required
- Day Care & Spanish Pre-school on site

**Taking registration for grades k-2; space is limited**

International Spanish Academy  
at Escuela Mill Creek School  
9735 - 80 Avenue 433-5746 • <http://mc-rit.epsb.ca>

EDMONTON PUBLIC SCHOOLS

# Development Applications

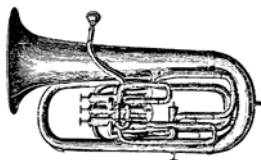
(March 1 to April 4, 2007)

This month's list covers permits that have been applied for in McKernan in March. Complete information, including permit number and the name of the applicant, is available at the City of Edmonton website [www.edmonton.ca](http://www.edmonton.ca) > Permits and Licenses > Monthly Building Permit Summary. For more complete directions on navigating to the permits, see the Housing resource at the McKernan website: [www.mckernancommunity.org/resources/housing.html](http://www.mckernancommunity.org/resources/housing.html)

For further information, or if you are concerned about a development, contact Jane Arscott, 433-1739; [housing@mckernancommunity.org](mailto:housing@mckernancommunity.org).

Address	Permit(s) for:	Application date
10913 - 75 Ave.	To operate a Minor Home Based Business (AB Precision Hardwood Floors Ltd.)	Mar. 26
11147 - 73 Ave.	To operate a Minor Home Based Business (administration office for Brechtel Enterprises Ltd.)	Mar. 5

## Brass Instrument Lessons



Do you play (or would you like to play) a brass instrument? Do you wish to renew those rusty skills?

Lessons are offered in the McKernan area on euphonium/baritone, tuba and elementary trumpet. I am a full time professional musician and an experienced teacher. Please ring Scott at 437-2724.

## ART AS A HEALING PROCESS

Are you interested in learning how to deepen your self-knowledge?

Let's meet once a month and use "art making" as a process for self exploration and growth. You will enter a safe, non judgmental environment and awaken to deep insights about yourself. You will make use of a variety of art modalities such as painting, music, poetry and dance, introducing you to the benefits of expressive arts therapy. No art experience is required.

**When:** Last Saturday of each month

**Where:** Belgravia Community League, Edmonton  
11605 - 74 Avenue NW

**Time:** 1:30- 5:00

**Cost:** \$35.00

Contact Mady Mooney 780-242-6065 (Edmonton cell), or [mamooney@telusplanet.net](mailto:mamooney@telusplanet.net) for details.



**Boys & Girls Clubs  
of Edmonton**

A good place to be

**Do you want to make a difference in a child's life?**

## Now Hiring!!

Boys and Girls Clubs of Edmonton offer secure, stable and supportive environments for at-risk children and youth through educational and recreational programs. We encourage personal growth, self-esteem, leadership, positive life choices and community involvement for children of all ages in our neighborhood centres, transitional accommodations, group homes and short term aid facilities.

Positions currently available in:

- Crisis Intervention Program
- Group Care Services
- Supported Independent Living Program
- Youth & Neighborhood Centres
- Youth & Family Directions
- Parent Talk Program

For further employment information please visit our website at: [www.boysandgirls.ab.ca](http://www.boysandgirls.ab.ca)

Please forward resumes to:

Human Resources, Boys & Girls Clubs of Edmonton  
9425-109A Avenue, Edmonton AB T5H 1G1  
Fax: (780) 426 - 6216 Email: [hr@bgce.ca](mailto:hr@bgce.ca)  
No Phone Calls Please

*We thank everyone for their interest; however only suitable candidates will be contacted.*



## University Acupuncture, Massage and Herbal Therapy Center

**•Acupuncture:** Different acupuncture techniques are applied by registered acupuncturists to facilitate the energy circulation in meridians, balance the Yin and Yang and to increase anti-pathogenic factors and eliminate pathogenic factors. These therapies are especially effective for pain syndrome, insomnia, fatigue, obesity, abnormal menstruation, pre-menstrual syndrome (PMS), Menopause, etc.

**•Massage:** Various kinds of massage techniques combined with cupping and acupressure are applied by registered massage therapists to improve the circulation of Qi and blood. These therapies are especially effective for pain syndromes (head pain, neck pain, back pain, etc.), muscular problem and BI syndromes (tennis elbow, sciatica, etc.) induced by over work, industrial injury, car accident and sport injuries.

**•Herbs:** Series of extracted herbal granules or capsules are applied by advanced herbal researchers with long term clinical experiences to normalize the energy circulation and regulate the functions of internal organs of human body. These therapies are especially effective for headache, migraine, osteoarthritis, constipation, diarrhea, limb pain and numbness, stress, anxiety, depression, insomnia, poor memory, fatigue, acute & chronic gastritis, flu, cough, hypertension, stroke, infertility, diabetes, cancers, etc. More importantly, they are all natural health products.

**•Special herbal formula for constipation and special traditional massage for car accident are provided by herbal experts and massage experts in this center.**



Free Parking

117 Street



Montreal Bank



University Butterdome

87 Avenue



University Lister Centre



University LRT Terminal

Address: 11710-87 Avenue, Windsor Park Building Mall, University Campus, Edmonton AB T6G 0Y3 Canada  
Fax: 988-8896; E-mail: [sta11@telus.net](mailto:sta11@telus.net)

Working hours : 10 am-6pm Monday till Sunday;  
After hours: Welcome by appointment

**Phone: 988-1889**

The center help the clients to apply for the health insurance refund for acupuncture and massage expense