

## NORTH EDMONTON SENIORS NEWS

at  
**NORTHGATE LIONS SENIORS RECREATION CENTRE**  
 7524-139 Avenue, Edmonton, Alberta, T5C 3H7  
 Phone: 780.496.6969 Fax: 780.577.3531  
 Website: [www.nesa1.ca](http://www.nesa1.ca)

### HELP US RAISE THE ROOF!

North Edmonton Seniors Association (NESA) has been an active partner with the City of Edmonton in facility development at Northgate Lions Seniors Centre for over 30 years. NESA had been fund-raising for the next phase of development, scheduled for 2014. While we are not yet ready to build the yellow-phase addition, modifications to the existing building that will facilitate its construction can be made now. Insurance will cover the costs of rebuilding “what was” – NESA needs to cover the costs of upgrades and preparing for the next phase.

We need your donation more than ever! Remember - All donations to the Capital Fund are income tax deductible.



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**NOTE: Please check the website for the latest Newsletters and information updates:**  
[www.nesa1.ca](http://www.nesa1.ca)

**Join us for Laughter, Learning & Living!**

## **NORTHGATE SENIORS RECREATION CENTRE FACILITY UPDATE – AUGUST 2011**

In the last while I have heard comments from members that it doesn't look like much is happening with the building. Rest assured there is much happening and in the next month it'll really get moving. Here's where things are at. First some history for those who missed it:

- The building collapsed on January 25<sup>th</sup>. On February 4<sup>th</sup>, a sprinkler system standpipe froze and broke in the night. Standpipes are under high pressure, like a fire hydrant. The pipe was located in the far east end of the building and in short order the entire main floor was flooded. Although the main floor was pumped out within a few days, humidity remained very high and subsequently caused mould.
- The entire main floor required a clean-up of both mould and asbestos (any building of this age has asbestos in walls, flooring or pipe insulation). The process of remediating mould and asbestos is long and arduous, but must be complete before workers begin and so we can assure you that the centre is "clean" when we re-occupy.
- The entire main floor has been gutted. The gym roof that collapsed, and the rest of the fittings and furnishings in the gym are removed. There are still portions of the roof over the Mezzanine and the Carpentry shop yet to be removed. This will be a tricky process of peeling back a small portion at a time and immediately replacing the roof so those areas stay dry.
- Interior spaces around the gym are supported with a forest of posts, and the outside north wall is supported with a huge "prop". This keeps everything secure and workers safe.
- The top portion of the still-standing gym walls is being carefully removed and replaced.
- All contents of the main floor were removed – porous items that had been wet were disposed of; the remainder were boxed and stored. Over the summer all the contents were assessed and sorted. Some were disposed of, some cleaned and kept, and paper items copied, scanned or shredded. Nothing porous will re-enter the building. Only items that had hard surfaces and could be properly cleaned will return.
- Over the summer, the Building Committee (comprised of Board members, Lions Club, City staff, architect) was busily planning for some badly needed upgrades to the Centre. While insurance will rebuild what was, we would like to make "what was" better yet. This will include:
  - Renovations to the main floor washrooms to meet current accessibility codes.
  - Widening of the doorway from the lobby to the back (Fitness) hall.
  - Upgrading fire doors to "mag-locks" - doors that automatically close in the event of a fire.
  - Roughing in of a new elevator.
  - Renovations to some of the second floor classrooms to make them more multi-purpose. Some will receive counters, sinks and coat racks, others will be re-purposed & cleaned-up with new flooring and ceilings.
  - Lobby will be enlarged for better traffic flow.
  - Offices and board room will be re-configured for greater efficiency.
  - Mezzanine doorway will be moved and the ramp elongated to meet current accessibility codes.
  - Stage will have proper storage.
  - Kitchen will be spruced up and modernized where possible; 220 wiring will be available to accommodate use of steam tables.
  - A proper, secure bar area will be created.

As any of you who've experienced a flood or fire will know, the tear down and clean-up take much longer than the rebuilding. We expect that major construction inside the building will commence in September. We hope that the Centre will re-open summer of 2012.

## FROM THE PRESIDENT'S PEN



At our Annual General Meeting on May 19, 2011 the special motion to suspend, for one year only, the bylaw regulating our four year term for board members was passed. As a result we were able to retain our Treasurer, Jim McArdle, whose financial expertise is really needed in the coming year.

The membership also voted in one new member, Willie Moyes, who replaces Richard Waterson. At this time I would like to welcome Willie to the Board, and give a thank you to Richard for the time and effort he put into our meetings and his volunteer work during his four year term. Also a big thank you goes to our Past President, Edna Bohachyk, for her strong leadership and dedication that she has given our Association during her two year term as President. I will be looking to her for guidance as we go forward into a challenging year.

Our present Board Members are: Edna Bohachyk, Bonnie Caza, Gord Jeffrey, Myrna Mauer, Jim McArdle, Keith Middleton, Willie Moyes, Hugh Newell, Helen Peters, Steve Shamchuk, Grace Swekla, Sharlene Wyness.

Our Building Committee continued to meet throughout the summer months with two objectives in mind; (a) to try and get the city to help us build a modified 'Yellow Phase' expansion while reconstruction is going on, and (b) make internal improvements during the reconstruction. The Facility Update gives details on what has transpired thus far.

In the following year we have to again contend with programs and clubs being held in various places along with the reconstruction of our Centre. A big thank you goes to all of our members for their cooperation and continued participation in our clubs and programs. By doing so you are assisting us in going forward during this difficult period for NESAs. The Board also regrets that several clubs can't operate because their equipment is trapped in the building and we can't locate a suitable site for them.

On behalf of the Board, I would like to welcome all NESAs members to our fall programs and events. Hopefully we will be back in our building by the fall of 2012. If any member wants to meet with me, just leave your name and phone number with our office staff and I will get back to you as soon as I can.

Steve Shamchuk  
Board Chair

## **Musings from Maggie .....or .... How I Spent my Summer Vacation**

This summer, Josie and I spent weeks on-site sorting, saving or disposing, cleaning and re-boxing all the items from the main floor of the Centre. After the roof collapse and subsequent flood, any porous items - paper, unfinished wood or fabrics – had to be disposed of immediately. Porous items that were “above the waterline” and salvageable were stored in sea-cans in the parking lot. These are the items we waded through to see what was needed or not, as none of the items could go back into the building.

Suffice to say, after perusing 35 years of history, I have a fairly good grasp of the life of Northgate Lions. On the other hand, we also learned that we are not very good at letting go of stuff. Far too much was kept and much of it not useful – photos of unknown events and people with no names, awards for unknown things, documents with no context. In future the Centre will need a strong records management system.

Some of what we culled has already gone to the City of Edmonton Archives, where the records will be catalogued and saved in a safe environment and where future generations of NESAs can access the records.

### **HELP – WE’VE LOST OUR HISTORY!**

Sorting through 40 years of documents related to the Centre has awakened me to the need to preserve our valuable history. While we’ll be able to salvage some of our historic documents to send to City Archives for storage, and will be able to copy a limited amount of the information, none of it can be returned to the building because of mould concerns.

While NESAs are looking seriously at records management, archives, and collecting personal stories, we are going to need your help:

- Do you have photos of events and the story to accompany them? Could you name the people and what they were doing?
- Do you have stories about the early years of the Association or the Centre?
- Do you have old minutes of board or committee meetings gathering dust in your home? How about other Centre memorabilia?
- Are you a long time member who would like to tell your story?
- Would you be interesting in helping with this endeavour?

Please give us a call at the office (780.496.6969) if you can help.

Maggie Nichol, Facility Manager

## **ALBERTA CULTURE AND COMMUNITY SPIRIT GRANT**

Thanks to Alberta Culture & Community Spirit Department – and thanks to YOU – North Edmonton Seniors Association has received over \$35,000.00 in the past three years. The Community Spirit Grant matches the individual and group donations to NESAs. In this past year, the grant helped to cover the costs of bussing for out-trips, and instructor costs for a variety of programs – fitness, yoga, computers, arts, dance and Connections.

If you have an opportunity to speak to your local MLA be sure to note this.

## PROGRAM NEWS

### Exciting New Programs For Fall:

Performance Story Telling  
Sat, Oct 15 - Dec 3 (8 wks)  
10:00 am - 12:15 pm  
Fee: \$50 (\$80 Non-Members)

Miniature Ornamentation Painting  
Thur, Oct 6—Oct 27 (4 wks)  
1:00 - 4:00 pm  
Fee: \$56 (\$86 Non-Members)

Just Clowning Around  
Thur, Sept 29  
1:00 - 4:00 pm  
Fee: \$18 (\$48 Non-Members)

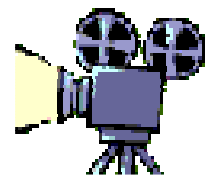
Wire Wrapping-Jewellery  
Tues, Oct 4—Oct 25 (4 wks)  
1:00 - 4:00 pm  
Fee: \$56 (\$86 Non-Members)

### LORI HAS FOUND A GYM!

Come see her at O'Leary Fitness & Leisure Centre, 8804 - 132A Avenue, on Tuesdays from 10 - 11 am. Lori will be on hand to help assist you with your work out program and keep you on track to a more healthy you! Visitors will need to pay admission to the Fitness Centre, but Lori's advice comes free! Hope to see you there.

### MATINEE MOVIE

#### *Mother & Child*



Tuesday, September 27 @ 1:00 pm  
McClure United Church, 13708 - 74 St

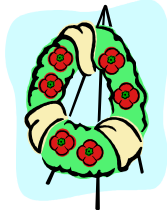
\$2.00 for Refreshments. Please pre-register.

A drama centered around three women: A 50 year old woman, the daughter she gave up for adoption 35 years ago, and an African American woman looking to adopt a child.

A heartwarming story you won't want to miss!

## SOCIAL EVENTS

### Remembrance Day Tribute & Tea



Wednesday,  
November 9th

1 - 3 pm  
\$2/person

Clareview  
Recreation Centre  
3804 - 139 Avenue

Come join us for the afternoon  
as we remember  
those who have served in  
the past and those who  
serve today.



Refreshments will be served.

### Christmas Concert



Monday,  
December 5th

6:30 - 8 pm

*Silver Collection  
Donations to Seniors in Need*

Londonderry  
Community Hall  
14224 - 74 Street

A fun filled evening  
for the whole family  
as we celebrate  
Christmas.  
Maybe we will have a visit  
from Santa!



### New Years Eve 2011

Due to the fact that we are not in our own building  
NESA will not be holding a  
New Years Eve Dinner & Dance in 2011.

# VOLUNTEER NEWS

## RECORDING VOLUNTEER HOURS

Please remember to keep track of your volunteer hours & ensure that they get recorded in the binder each month.

If you're unable to drop by our office to do that in person, you can call me (780-496-6969)

or e-mail me at [colleen.emmott@edmonton.ca](mailto:colleen.emmott@edmonton.ca) to leave the details of your contribution.

Thanks for your cooperation!

*Colleen*

Thanks to the following community-minded businesses & individuals whose donations helped to make our recent Volunteer Appreciation event such a success:



- All U Can B (Lisa Joy Kempf)
  - Birks Art Gallery
  - Bonnie Doon Bowling Lanes
  - CFCW Radio • Century Casino
- City of Edmonton Community Services
  - Fitness Marketing Group
  - Friends of Rutherford House Society
- Inner Awareness Wholistic Centre (Rhonda Fedor)
  - Kerstin's Chocolates • Liquor Stores GP
  - Londonderry Mall • Sew Divine
  - Stan Galbraith • The Root Seller
  - Tony Roma's • Trevor Schneider

## NORTHGATE LIONS BINGO

Next Northgate Lions Marathon Bingo will be held

Saturday, October 1st

at ENEBA Bingo Hall, 12711 - 52 Street

Doors open at 7:30 am

For more info, call **Lions Phone # 780.496.4888**

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Next Bingo:

Good Friday, April 6, 2012



# CLUB NEWS

## NESA CLUB INFORMATION

**For Club coord/contact info,  
call 780.496.6969**

|                         |                                                  |
|-------------------------|--------------------------------------------------|
| Art                     | Mon 9 -12 & 1 - 4                                |
| Badminton               | Mon 8-11, Wed 9-12,<br>Fri 9 - 2                 |
| Calligraphy             | Thu 9:00 am -12 noon                             |
| Canasta                 | Thu 1 - 4 pm                                     |
| Carpet Bowling          | Tue 10:30 am - 12 noon<br>Thu 10:30 am - 12 noon |
| Cribbage                | Fri 1:00 - 3:00 pm                               |
| Duplicate Bridge        | Thu 12:15 - 4:15 pm                              |
| Furniture Refinishing   | Call NESA office                                 |
| Garden                  | 3rd Wed 10:00 am                                 |
| Golf                    | Seasonal                                         |
| Hardanger               | Fri 9:00 am - 12 noon                            |
| Jammers                 | Tue 1:00 - 4:00 pm                               |
| Just for<br>The Company | 2nd Wed 1:30 pm                                  |
| Lapidary                | Call NESA office                                 |
| Oil Painting            | Tue 12:30 - 3.30 pm                              |
| Paper Tole              | Thu 9:00 am - 12 noon                            |
| Parchment Plus          | Tue 9:00 am -12 noon                             |
| Pins & Needles          | Fri 9:00 am - 12 noon                            |
| Quilting                |                                                  |
| Pottery                 | Thu 10:00 am - 2:00 pm                           |
| Silversmithing          | Mon 9:00 am - 12 noon                            |
| Snooker                 | Call NESA office                                 |
| Stained Glass           | Thu 1:00 - 4:00 pm                               |
| Termites                | Chip Carvers:<br>Fri 9:00 am -12 noon            |
| Travel                  | First Wed 10:30 am                               |
| Washi Chigiri-e         | Wed 9:00 am -12 noon                             |
| Weavers                 | Call NESA office                                 |
| Whist                   | Mon 1:00 - 3:30 pm                               |
| Woodworking             | Call NESA office                                 |



## JUST FOR THE COMPANY

|            |                                                                               |
|------------|-------------------------------------------------------------------------------|
| Wed Sep 14 | Regular Meeting 1:30 pm<br>McClure Church                                     |
| Thu Sep 22 | Fashion Show & Lunch 10:30<br>Chateau Louis \$43                              |
| Fri Sep 23 | Irish Rovers. Bus 1:15<br>Festival Place \$43                                 |
| Fri Oct 14 | Regular Meeting 1:30 pm<br>Clareview Rec Centre                               |
| Wed Oct 12 | The Beatles Part 1 10:00 am<br>Mayfield                                       |
| Sun Oct 23 | Popovich-100 Years of Music<br>Central Lions.<br>Bus 12 noon. Buffet at 1 pm. |

### Upcoming events:

Dec 28 or 29, Wizard of Oz, Festival Place

## TRAVEL CLUB

Meetings are held the first Wed of the month at Londonderry Hall, 10:30 am.

### Tours Planned for 2012:

|                           |                      |
|---------------------------|----------------------|
| Cuban Splendor            | Jan. 23 (14 nights)  |
| The Old South and Florida | March 14th (13 days) |

**GOLF CLUB** 2011 Golf is finished. If you wish to join in 2012, watch this newsletter for sign up date in late March.



## **CALLING ALL CARPET BOWLERS**

For anyone interested in Carpet Bowling, the start up meeting will be held on Thurs, Sept 15th, 10 am, at Clareview Rec Centre. Teams will be chosen for the 2011/12 season. Newcomers welcome - there is always someone to assist you.

Any questions? Call the Club's President, Ed Doucet, at 780.475.2412.

## OF INTEREST TO SENIORS



### *Summer Safari 2011*

We had loads of fun on our summer outings!  
Thank you to our NEW Safari Committee for all the work you did this year!

*We look forward to seeing you again next year!*



### **2011 EDMONTON SENIORS' HOUSING FORUM**

The 2011 Seniors' Housing Forum provides the opportunity to learn more about housing options, support services in the community, and the resources and knowledge we require to age well.

Participants can enjoy the Forum, parking, coffee, tea, lunch and door prizes – free of charge!

**Saturday, September 24<sup>th</sup>, 2011 9:00am – 3:00pm**  
**Central Lions Seniors Recreation Centre, 11113-113 Street**

Participant registration opens on September 1<sup>st</sup>.

**Please call 780-423-5510 ext. 310 to register.**

More info about the forum is available at <http://seniorshousingforum.blogspot.com>

### **SENIORS IN NEED**

Due to the shortage of storage space this year, we will be having a 3 day collection blitz for our annual campaign starting at the Christmas Concert on Monday, December 6 at Londonderry Hall. On Tuesday, Wednesday and Thursday, December 7, 8, 9 donations will be accepted at the office at Glengarry Community Services. Please check our next newsletter for donation details or call 780.496.6969.

### **HEALTH CLINICS**

Please check the Fall 2011 Program and Activity Guide (page 18) for a full list of Health Clinics. If more info is required, call the office at **780.496.6969**.



# Wednesday Dinners

**Dinners will be held at**  
**GLENGARRY COMMUNITY HALL**  
**13325 - 89 ST. - 5:30 pm**  
**Call 780.475.3600 for reservations**

**Important Note:**

**Cut-off for reservations or to cancel a reservation is Monday prior to the Wednesday dinner (No exceptions)**

**Thank you**

**September**

- Sept 7 Sweet & Sour Ribs \$15.
- Sept 14 Poached Salmon \$16.
- Sept 21 Roast Pork & trimmings \$15.
- Sept 28 Roast Beef Birthday Dinner  
for Aug & Sept Birthdays  
Birthday Person \$13/Guests \$14

**October**

- Oct 5 Thanksgiving Celebration -  
EMMA's famous Turkey Dinner  
w/Cabbage Rolls, etc.  
+ Pumpkin & Apple Pie \$16.
- Oct 12 Ham w/Our Special Potatoes &  
Trimmings \$14.
- Oct 19 EMMA's Oktoberfest Dinner  
Veal Schnitzel, Potatoes & Carrots,  
Sauerkraut, Homemade Bratwurst  
Salad, Rye Bread, Black Forest  
Cake & Apple Crisp \$20. pp
- Oct 26 Roast Beef Birthday Dinner  
Birthday Person \$13/Guests \$14

Parking is limited at this location. There is additional parking on the street and in the schools south of Glengarry.

Diners, please note:

No personal liquor or pop can be brought in.



## CASINO NEWS

NESA 2011 Casino, held at Casino Yellowhead 25/26 Aug 2011 has come and gone again with great success. Dick, Mary, and Ev, our Casino Advisors, again remarked repeatedly on how capably our volunteers performed their various tasks and the fun they had doing it. I must also add that it's just great to work with folks who are so willing to volunteer and also who have such a 'can-do' attitude. Many thanks to all!

Volunteer hours have been passed to the staff. The Casino Draw Prize, a \$25.00 gift certificate, was drawn by Mary Or and presented to Rose Kostura. Congrats!

We have been advised our next casino at Casino Yellowhead should fall in the first quarter of 2013.

Again, many thanks to all those who participated this year:

- |                  |                 |
|------------------|-----------------|
| Steve Shamchuk   | Gord Jeffrey    |
| Shirley Cromie   | Ed Doucet       |
| Ray Cromie       | Willy Moyes     |
| Karen Craig      | Bill Clark      |
| Dorothy Koesveld | Liz Williamson  |
| Al Tauber        | Ivor James      |
| Marie Tauber     | Lynne Jeffrey   |
| Ron Rowswell     | Rose Kostura    |
| Peggy Dick       | Doug Pengelly   |
| Edna Bohachyk    | Vicki Martyn    |
| Pearl Lucyk      | Patricia Pitman |
| Ainslie Bovee    | Sharon Johnston |
| Shirley Hrynk    |                 |