



# THE MEADOWS COMMUNITY LEAGUE

Fountain Lake/Larkspur

Wildrose

Silverberry

www.themeadowscommunity.ca

## Family Day Sleigh Ride in the Meadows



Join us for games, door prizes, BBQ hot dogs and hot chocolate

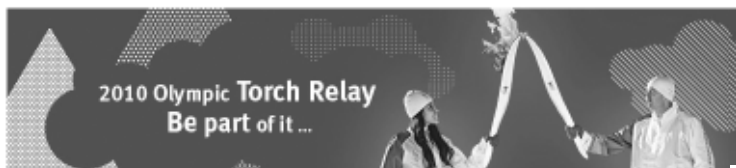
Have your picture taken with the Olympic torch for \$5! (All proceeds go to support the community.)

Sunday, Feb. 14

1 to 4 p.m.

Velma E Baker School

2845 43A Ave.



## Community Ski Night

**FEB. 20, 2010**

**6 - 10 p.m.**

**SUNRIDGE SKI HILL**

**Community League  
Members/Friends/Family**

**\$10.00**

**Non-Members \$15.00**

Tickets available by calling JoAnne Teasdale

Also available Feb. 3 at Save-On-Foods, 2390 24 Street, from 7 to 9 p.m.

Limited number of tickets. Buy them early. Event sold out last year!

## Health Corner Feet Matter

By Amy Wan

Many specific foot problems are caused by biomechanical faults within the foot or lower extremity. It is important to be able to visualize the events of the normal gait cycle during walking or running.

By evaluating the gait positions of individuals, therapists can determine specific weakness and address them by special exercises, proper footwear or custom fit orthotics.

The gait cycle is usually described in two phases. The stance is the interval in which the foot is on the ground (60% of the gait cycle) while the swing is the interval in which the foot is not in contact with the ground (40% of the gait cycle).

Better foot care may prevent many foot problems and help improve your gait. Listed below are some tips to proper footwear and care for your feet.

- Try to avoid pressure from shoes that do not fit right.
- Try not to expose your feet to cold temperatures.
- Do not sit for long periods of time (especially with your legs crossed).
- Select a shoe that is shaped like your feet
- The best time of the day is to measure your feet at the end of the day
- Shoes made of leather can reduce skin irritations
- Low heeled shoes are more comfortable, safer and reduces risk for injuries
- Wearing custom fit orthotics can correct your gait cycle and help you increase your activities.

Conditions orthotics can help:

- Achilles tendonitis: pain behind the heel, ankle and lower calf
- Bunions: pain and inflammation in the big toe
- Calluses: hard, dry inflamed areas of the skin.
- Iliotibial band syndrome: pain on outside of knee
- Low back Pain: pain in lower back region
- Plantar fasciitis: heel and arch pain.

Your feet are the foundation that provides the balanced support for everyday activities.

*For information on exercises for your feet, treatment for feet and lower extremities, or custom fit orthotics, please contact CBI Burnwood Physical Therapy at 780-463-5757.*

## See Junior Hockey

**Oil Kings**

**vs Rebels**

**Feb. 27**

**Emily @ 780-466-0546**

**Price includes bus ride to/from VEB School**

The Meadows Community League

P.O. Box 92068  
Edmonton, AB, T6T 1N1

**Next Monthly Board Meeting:  
Monday, February 1 @ 7:30 p.m.  
Velma E. Baker School**

**\*\*VISITORS WELCOME\*\***



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## The Meadows Community League Directors and Community Reps

President	Harman Grewal	466-7399
Vice-President	JoAnne Teasdale	466-6170
Past President	Kenn Tuckey	440-3420
Secretary	Crystal Dentman	462-7034
Treasurer	Brenda Beier	463-6530
— Bingo Rep	Kora Thomson	468-7080
— Casino Rep	Dana Richard	469-9985
Membership Director	Harp Dhaliwal	466-6569
Program Director	Vacant	
— Children's Programs	Vacant	
— Adult Programs	Vacant	
Sports Director	Serge Tremblay	633-6575
— Basketball	Bik Grewal	463-8068
— Hockey	Harp Dhaliwal	466-6569
— Soccer	Wendy Mitchell-Kuban	
— Softball	Vacant	
Facilities Director	Vacant	
— Rinks	Miles Maldaner	440-0219
Civics Director	Kendra Black	466-7149
— Public School Rep	Vacant	
— Catholic School Rep	Vacant	
— Velma E. Baker Playground	Brenda Beier	463-6530
— Canada Day Rep	Aafaq Ullah	695-8178
Neighbourhood Watch	Sandy Marsh	450-0872
— Block Parent	Vacant	
Communications Director	Michel Proulx	468-2272
— Newsletter	Michel Proulx	468-2272
— Website	Michel Proulx	468-2272
Girl Guides Contact	Joanne Swensrude	440-2522
Community Rec Coordinator	Rejoice Apedoe	496-1474



Velma E. Baker School  
2845 43A Avenue  
Edmonton, AB T6T 1J9  
Phone: 440-4088 Fax: 440-1275



We have had an excellent start to the New Year despite the very cold weather. We are confident that 2010 will be an exciting year for us at Velma E. Baker School. New learning is already evident as students begin new units of studies in most of the curriculum areas.

In January we had "Beach Day" to help bring a little warmth, fun and sunshine into our school during the cold, frosty, winter days. I must say that those balmy conditions during the second week of January were greatly appreciated and a welcomed break, after that long, cold snap we experienced in December and January. Thank you to Roan Lawrence from the RioCan Starbucks for supporting our school library by setting up baskets in the store for book donations in the month of December. We were presented with over 60 books! On Friday January 29 our teachers attended a Professional Learning Day on technology. On Thursday, February 18 we are looking forward to our winter carnival, "Carnaval de Québec", which showcases our grade four to six F.S.L. (French as a Second Language) students. Students will have an opportunity to enjoy "tarte au sucre" and participate in French cultural activities.

We will continue our focus on following the most important rule at Velma E Baker School: *THE GOLDEN RULE*. We encourage our students to treat others as they wish to be treated. This rule is emphasized with a leadership component. Did you know that a good leader does the right thing, even when nobody is watching?

Come and join us at the Velma E. Baker Science Fair that will be held in the school gym on Tuesday, March 23 and Wednesday, March 24. All students in grades four to six will be displaying a science activity that they have been working on since December. These displays will be set up in the gym.

You are invited to join the Velma E. Baker School learning family! **Our boundaries for Kindergarten to Grade 6 are open for the 2010-2011 school year** and we will be accepting students from outside our catchment area to our optimal enrolment. **Pre-registrations for Kindergarten** are now being accepted for the 2010-2011 school year. To be eligible, children must be five years of age on or before March 1, 2011. As part of the registration process, we require that parents provide the child's birth certificate and residence-related proof of address. A Parent Information Night for Kindergarten will be held in May. If you are aware of any neighbors with school-aged children for the upcoming year, please pass on this information. Early registration will assist the school in organizing classes for the upcoming year. Please contact the school for further information at 780-440-4088.

Please be aware that our school has been designated as a drop off for registration forms for the new school that is opening in September 2010: A. Blair McPherson. Please help spread the word that registration forms can be dropped off at our school.

Until next month . . . Remember that there is simply *A GALAXY OF BOOKS* to enjoy!

Maureen MacDonald, Principal

## FREE SWIM

Every 3rd Sunday of the month from  
**4:00 to 5:30 p.m.**

**At the Mill Woods Rec Centre**  
Bring your valid Community League membership card for free admission

## Family Day Sleigh Ride Volunteers Required

Volunteers are required to set up and take down a tent at Velma E. Baker School at 2845 43A Ave.

Please contact Brenda at 780-463-6530 to volunteer or for more information.

## Keep up the community signs

Volunteer required to maintain the community sign in Silverberry Park.

Please contact Brenda for more information at 780-463-6530.

## Mill Woods Soccer Registration

Feb 2-4  
Mill Woods Town Centre  
6:30 to 9:00 p.m.

Feb. 18  
MWSA Office  
In MWTC above the food court  
1 to 9 p.m.

Feb. 20  
11 a.m. to 3 p.m.  
(Mill Creek Room) in MWTC

## Meadows Bingos

**Earn a \$75 voucher to use for your children in community sports, non-profit activities and even school fees.**

**Next Bingo  
Sat. Feb. 27 (evening)**

For more info, or to work a bingo at Parkway Bingo, 51 Avenue and 87 Street, email Kora at themeadowsbingo@shaw.ca