



# SOUTHWOOD COMMUNITY LEAGUE

Pollard Meadows    Daly Grove    Crawford Plains

1880 - 37 Street    Hall Phone: 780-461-8133    www.millwoods.org

## Executive and Directors

### EXECUTIVE BOARD MEMBERS

President	Jimi Craig	780-468-7669
1 <sup>st</sup> Vice President	Waylen C	780-462-1377
2 <sup>nd</sup> Vice President	vacant	
Treasurer	Nal H	780-462-2916
Secretary	Nal H	780-462-2916
Hall Director	Randy H	780-462-2916
Building Director	Wart in L	780-450-0608
Program Director	Joclyn L	780-450-0608
Program Sub-Comm	Wendy W	780-450-2144
Bingo Director	Joanne C	780-462-1377
Casino Director	Linda C	780-468-7669
Membership Director	Guy P	780-462-4438
Publicity Director	bonna R	780-461-8138
Sign Director	Lindsay B	780-467-8375
Newsletter Dist	bona B	780-466-2378
Bank Director	Randy B	780-466-3031
Hockey Director	Joanne C	780-462-1377
Soccer Director	Andrew W	780-450-1860
Office Coordinator	bonna R	780-461-8138

Canada Day Rep.	<b>VACANT</b>	
Community Patrol	Leanne C	780-463-1439
Youth Rep.	Joclyn L	780-450-0608
Seniors Rep	<b>VACANT</b>	

### DIRECTORS AT LARGE

Crawford Plains	Sam G	780-461-4298
Daly Grove	Joanne C	780-462-1377
Holy Family	Natasha W	780-450-0439
Pollard Meadows	vacant	
T.D. Baker	Sam G	780-461-4298

## OFFICE HOURS

Monday & Friday    11:00 a.m. - 3:00 p.m.  
 Wednesday    6:00 p.m. - 9:00 p.m.  
 Saturday    9:00 a.m. - noon

Closed Tues & Thurs and All Statutory Holidays

(780) 461-8133 / [sthwd@telus.net](mailto:sthwd@telus.net)

## UPCOMING BINGOS

### Parlway Bings

Jan 29 - 5-12  
 Mar 4 - 5-12  
 Apr 5 - 5-12  
 May 15 - 5-12  
 July 11 - 5-12

To find out more information contact our Bingo Coordinator, Joanne at 780-462-1377



## 2009 - 2010 Memberships

Now Available in the office

\$25/Family \$25/Senior \$15/Single

### Need a "Spot"? We have The Room!

- Kitchen facilities
- bar area
- glass alcove
- tables & chairs
- hardwood floor
- hall capacity is 150 people
- tons of parking - the list goes on!

*15 Southwood Community League Members receive a discount on the rental fee!*

We also offer a **Weekend Special** and a **Childs Party Rental!**

### NEW FERR!

Special Pricing from **JULY THINGS INC.** with every Child's Party Booking! Call/hall for more info.



## Always Available in the Office:

### Movie Passes:

- \$9 Adult Single
- \$10 Kids Combo (1 child admission, 1 concession combo)

### WEM Choice Pass:

\$19 (Regular \$24.95)

You can choose ONE of the following

- \* A whole day pass to WEM Waterpark
- \* A whole day pass to Galaxyland

OR you can choose any TWO of the following!

- \* Day pass to Ice Palace
- \* Day pass to Sea Life Coveiros
- \* One round Professor WEM's Golf
- \* One round of Putt 'n' Glow

## Free Swimming Cancelled

@ M.W. Recreation Center

Pool Closed until Jan. 29<sup>th</sup> for renovations



Next Free Swim: February 28, 2010 ~ 4:00 - 5:30

## Casino Workers Needed

Southwood Community League is holding a casino on February 18 and 19, 2010 at the Argyll Casino. There are various shifts and positions available. No experience is required and food and refreshments are provided. Come out and have some fun while helping out the Community League.

Please call Linda at 780-468-7669 for more information or to sign up for a position.



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## SOUTHWOOD PRE-TEEN DANCE

(Grades 4 -6)

**Friday, January 29, 2010**

7 - 10 PM

at the Southwood Hall



DJ: "Hear By Request"

Tickets \$7.00 each

Tickets go on sale Mon. Jan. 18

*Limited tickets so get yours early!*

**PRIZES - CONCESSION - FUN**

This event is adult chaperoned.  
Children must be dropped off and picked up by an adult.



Search:  
Southwood Community League (Millwoods)

## South Edmonton Church of Christ

*Welcomes you and your family to study God's Word with us!*

Sunday Bible Classes 10:00 a.m.  
Worship Assembly 11:00 a.m.

at

**Southwood Community Hall  
1880 - 37 Street in Millwoods**

AND

**Wednesday Bible study groups in various homes.**  
Call for locations and times.

### **Restoring the Original**

...which brings peace with God, strength in life,  
and a bond with people of the same mind and soul

### **Free Bible Correspondence Course by Mail**

Examine the truth for yourself - straight  
from God's word - with this helpful  
6-lesson course

Contact: Tim at  
southedmonton.churchofchrist@gmail.com

For more information call 913-8060  
or see  
www.southedmontonchurchofchrist.org



## HATHA YOGA

**Registration:**

Monday, January 11  
7:15 - 7:45 pm at the Southwood hall

**Classes Start**

January 11 thru March 29, 2010 (12 weeks) Mondays  
7:45 - 9:15 pm

\$120/person (drop-in fee \$11/evening)

More information - Dorothy (780) 461-9615  
or drop by at registration

A current Community League membership is required (any).  
Please, bring your membership card with you.  
Non-Gaming vouchers welcome. Please bring mat and blanket.

## Dashing Dishes



"Tasty meals in no time"

*What do we do?* We make your life easier by allowing you to  
prepare more than a whole week's worth of healthy, delicious  
meals for your entire family in an hour or two.

*How?* By helping you assemble 8, 12 or more delicious and healthy entrees (each entree feeds 4-6 people) in  
3 hours or less! We do the planning, shopping, chopping, dicing, and clean up for you. There is no cooking  
involved at the session. You move from station to station until you have assembled your 8, 12 or more  
different entrees ready to go home and freeze, with cooking instructions!

*Where?* You can find us regularly at Community Halls throughout Edmonton and Area.

*What Else?* Our menu changes every month so come back and see us! No time? Have us assemble your  
meals for \$25.00 All you have to do is pick them up!

Contact: Melissa @ 780-298-9921

Email: [edmonton@dashingdishes.com](mailto:edmonton@dashingdishes.com) / Website: [www.dashingdishes.com](http://www.dashingdishes.com)

## RINKS-'R-OPEN!

PUBLIC HOURS	HOCKEY RINK	PLEASURE RINK
Monday	4:00 - 9:00 pm	4:00 - 9:00 pm
Tuesday	4:00 - 6:30 pm	4:00 - 9:00 pm
Wednesday	4:00 - 7:00 pm 8:00 - 9:00 pm	4:00 - 9:00 pm
Thursday	4:00 - 6:30 pm	4:00 - 9:00 pm
Friday	4:00 - 6:00 pm	4:00 - 6:00 pm
Saturday	12:00 - 9:00 pm	12:00 - 9:00 pm
Sunday	1:00 - 9:00 pm	1:00 - 9:00 pm



### TUESDAYS AND THURSDAYS:

On Hockey Rink - 6:30 pm - 9:00 pm - FUTURE SPORT Hockey League

### WEDNESDAYS:

On Hockey Rink - 7:00 pm - 8:00 pm Millwoods Hockey team Practice

### FRIDAYS:

Both Rinks Closed - 6:00 - 9:00 pm - AVAILABLE FOR RENTALS

Contact Randy Blake 780-466 3081

**Cost for Skating: FREE with any valid Community League membership,**  
otherwise \$2.00/person to use both rinks

Crawford Plains Rinks  
4012 - 12 Ave



### Always Needed:

Crawford Plains Ice Team volunteers for  
regular maintenance and flooding of rinks.

## COMMUNITY RINK - RUN BY THE COMMUNITY!

Community League Memberships are sold at the rink



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## THE MILLWOODS KARATE CLUB



### 25<sup>th</sup> Anniversary in Millwoods

Traditional Wado Kai Karate.  
Members of the Shintani Karate Federation of North America.

Offering all levels of instruction beginning January 7th.

**ALL OF OUR INSTRUCTORS ARE NATIONALLY CERTIFIED!**

- | **Bill Hynes**  
3rd DEGREE
- | **Carlos Mendes**  
3rd DEGREE
- | **Craig Tyler**  
3rd DEGREE
- | **Heather Doyle**  
2nd DEGREE
- | **Scott Forbes**  
1st DEGREE
- | **Nick Hynes**  
1st DEGREE
- | **Don MacKenzie**  
1st DEGREE
- | **Vaughn Lasell**  
1st DEGREE
- | **Colin Frans**  
1st DEGREE
- | **Marlies Houwing**  
1st DEGREE
- | **Andy Kadatz**  
1st DEGREE

Shintani Karate Federation Fees: \$40 per year



#### CHECK US OUT!

If it's not for you, full refund after 2 weeks.  
\*\*New adults only\*\*

#### REGISTRATION For All Classes:

Wed. Jan. 6, 2010 7 - 8:30 pm  
Southwood Community League Hall - 1880 - 37 St

\*\* Must be 6 years of age or in grade 1  
Must have a community league membership for teen class  
We are a community league non-profit organization.

Vouchers Welcome!

Pollard Meadows School: 1751 - 48 Street  
Crawford Plains School: 4210 - 12 Avenue

#### CHILDREN'S CLASSES

**Crawford Plains School**  
Mondays & Thursdays  
6 - 7 pm  
10 weeks    \$95

**Pollard Meadows School**  
Tuesdays  
6 - 8 pm  
10 weeks    \$95

#### TEEN CLASSES

**Southwood Community League**  
Wednesdays  
6 - 8 pm  
10 weeks    \$95

#### ADULT/TEEN CLASSES

**Crawford Plains School**  
Mondays & Thursdays  
7:30 - 9:30 pm  
10 weeks    \$105

**FREE UNIFORM**  
With All New Beginner Registrations

**\$10 OFF**  
FOR ALL COMMUNITY LEAGUE MEMBERS

**WWW.MILLWOODS-KARATE.ORG**

FOR MORE INFO CALL: **463-8244**

