



# THE MEADOWS COMMUNITY LEAGUE

Fountain Lake/Larkspur

Wildrose

Silverberry

www.themeadowscommunity.ca

## Community Sports Nights

### Family Ski Night

FEB. 20, 2010

6 - 10 p.m.

SUNRIDGE SKI HILL

Community League

Members/Friends/Family

\$10.00

Non-Members \$15.00



Tickets will be on sale at Father Michael Troy School,  
3630 23 Street, on **January 6 from 7 to 9 p.m.**

You can also contact JoAnne Teasdale at 780-466-6170 to buy  
tickets.

Limited number of tickets. Buy them early.

Event sold out last year!



### Curling Bonspiel

Coming March 2010  
at the Shamrock Curling Club

Look for more info in the February newsletter  
or email Serge Tremblay at  
sergetremblay@shaw.ca

## HOCKEY

Oilers vs. Flyers  
Feb. 3

Oil Kings vs. Rebels  
Feb. 27



For tickets, call Emily @ 780-466-0546

Includes bus ride from VEB School

## Health Corner

### Walk Your Way to Health

By Scott Forrester (BSc Kin, CEP)

Walking is a very versatile form of exercise. It can be done in a number of different settings ranging from outdoors, in a mall, on a treadmill or almost any other setting one can imagine. It is also a relatively inexpensive form of exercise, requiring only a decent pair of shoes at minimum. As you will see, walking has several health benefits.

One popular walking program is the 10,000 steps/day plan. The key to this program is using a pedometer to track how many steps a person takes throughout the day. The goal is to reach or surpass 10,000 steps in a day. Studies have shown this type of plan can assist with weight loss, increase HDL (good cholesterol) levels and decrease blood pressure

levels. Steps can be accumulated by taking extended walks or simply by smaller tasks during the day, such as walking to the water cooler at work or going around your home doing household chores. Pedometers can be found at fitness stores and larger retail chains.

Several

models are available for under \$20.

Another way to measure walking is in terms of time. A common prescription

for

walking is a steady walk lasting 60 min, performed 5 days/week. This number is given because an individual who follows it will burn an estimated 1000 calories/week through this activity. Research has demonstrated many positive health-related outcomes from this approach such as a reduction in Type 2 Diabetes, breast cancer and colon cancer. Perhaps the most significant outcome is a reduction in overall mortality (death) by up to 30%. While 1000 calories/week can be achieved through any kind of physical activity, a walking program

is a practical way to start.

Walking can also provide health benefits for your lower back. Low back pain is a very common ailment that affects 90% of all people during some stage of their life. Walking has been used as part of studies for back rehabilitation with positive results. Other studies have linked walking with decreasing the likelihood of lower back injuries.

We cannot say with certainty why exactly walking is beneficial for lower backs. One theory behind this is increased blood flow through the lower back region from utilizing the leg muscles. Another theory is that there is a gentle stretching of the low back muscles resulting from the hips slightly rotating in the walking motion.

While walking should not be the only form of exercise we do, it should be included in fitness programs for most people. It is a safe and effective way to improve one's health. Do yourself a favour and try to incorporate walking into your daily routine. Happy walking.

Scott Forrester is an exercise therapist with CBI-Burnewood Physical Therapy. You can reach him at 780-463-5757 or by email at [sforrester@cbi.ca](mailto:sforrester@cbi.ca).



## Best Wishes for 2010!

From the  
Meadows  
Community  
League



## The Meadows Community League

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

**Next Monthly Board Meeting:**  
**Monday, January 4 @ 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 would like to wish everyone a Happy New Year and all the best in 2010!

December was a very exciting month at Velma E. Baker School. Our Christmas Concert was held on December 15 and 17 and we were delighted that Mrs. Velma E. Baker was able to join us for the festivities. We would like to take this opportunity to thank all the students and staff for the countless hours that went into preparing for our four performances and to thank everyone for all the work that went on behind the scenes. Thank you to the parents for coming and supporting our students as they shared the gift of music!

Treating one another with respect, understanding, kindness and tolerance is an area of focus at Velma E. Baker School. Most groups in the world have some statement about how people should treat each other and this is referred to as "The Golden Rule". For your consideration please find below some examples of the various statements:

- Do unto others as you would have them do unto you. (Christianity)*
- What is hurtful to yourself do not do to your fellow man. (Judaism)*
- Do unto all men as you would wish to have done unto you, and reject for others what you would reject for yourself. (Islam)*
- Hurt not others with that which pains yourself. (Buddhism)*
- How one wants to be treated is how you treat people. (Cree)*

The Festive Season was a perfect time for our students to demonstrate how we follow "The Golden Rule" by practicing the spirit of caring and sharing with those less fortunate, while promoting a safe and caring community. A special thank you to our many families who donated Socks for Santa in lieu of staff gifts, food for the Salvation Army hampers and to those who supported Best Seats in the House. All proceeds from this fundraiser went to the Bissell Centre. As well, Operation Christmas Cards gave our students the opportunity to share the spirit of Christmas with our community at large. We know that we all made someone else's Christmas a little brighter with the generosity from the Velma E. Baker School family.

January continues to be a month focused on learning as we return from a well-deserved break. Our instructional focus is gaining momentum as we continue working on summarizing, retelling and numeracy. Our students will complete the second interim measure on retelling and summarizing over the next several months. We look forward to a great month of reading, learning and sharing!

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

**Maureen MacDonald**  
Principal



**Father Michael Troy**  
Catholic Junior High School  
*Learning Through the Holy Spirit*

**Check us out!**  
Everyone Welcome!

**OPEN HOUSE**  
February 23, 2010 at 7pm

3630 - 23 Street, Edmonton, AB T6T 1W7  
Tel: 780 471-1162 Fax: 780 471-2081

Father Michael Troy Catholic Junior High School is dedicated to the education of all our students.  
Catholicity permeates every aspect of our school.  
Students are actively engaged in social justice projects including "The Pilgrim's Hospice" and the "Holy Childhood Association."

For more information please contact the school or visit our website!  
[www.fathermichaeltroy.ccsd.net](http://www.fathermichaeltroy.ccsd.net)

### Mill Woods Outdoor Soccer Registration

Feb 2-4  
Mill Woods Town Centre  
2331-66 Street  
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

### Bingos

Earn from \$75 to \$100 in vouchers by working a bingo.

**Vouchers can be used for your children in sports, non-profit activities and even school fees.**

#### Next 3 Meadows Bingos

Jan. 27, day, Wednesday  
Feb. 27, evening, Saturday  
April 20, day, Tuesday

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