



# THE MEADOWS COMMUNITY LEAGUE

Fountain Lake/Larkspur Wildrose Silverberry  
www.themeadowscommunity.ca

## Larkspur playground construction underway

Children in the Larkspur area will soon have a new playground.

Construction of the Larkspur Playground began last month, on Wednesday, April 14, and is expected to be done and ready for action on July 1.

A fence will secure the area during the construction process. For everyone's safety, please stay behind the fence and keep off the equipment until the playground opens.



## Soak up the summer

The city will be operating its outdoor pools this summer from May 22 to August 29.

There will be public swimming daily from 11 a.m. to 7 p.m., Aquafit, lane swimming, giant aquatic inflatables and other programs will be offered.

All City of Edmonton Admission Plans, Leisure Access Program, and Splash & Ride passes will be accepted. Private rentals are

available for corporate, community or family events. Pools will close during inclement weather and will also close when temperatures dip below 20 C. (Queen Elizabeth Outdoor Pool is closed for renovations.)

Here are the opening dates of all the outdoor pools. Each one closes on August 29.

- Mill Creek May 22
- Borden Park June 5
- Oliver June 5
- Fred Broadstock July 1

*Don't forget the FREE SWIM every third Sunday of the month at the Mill Woods Rec Centre from 4:00 to 5:30 p.m. Next dates are May 15 and June 19. Bring your valid community league membership card for free admission.*

## Meadows Clean-Up Day

On May 8, come help clean your community!



Bring your families out for the morning to clean up the community. Gloves and bags will be provided at Father Michael Troy School (3630 23 St.) from 9 a.m. to noon. Snacks will also be available.



## Be the Meadows' Canada Day Rep

The Meadows Community League is seeking someone to be the community's Canada Day representative. The person would be a part of the Canada Day Organizing Committee and represent our the Meadows community.

For more info., please contact Harman at 780-466-7399.

## Health Corner

### Taking care of Rotator Cuff Syndrome

By Mariam Ashraf (Chiropractor, DC)

The rotator cuff of the shoulder is comprised of four muscles - Subscapularis, Infraspinatus, Teres minor, and Supraspinatus. These four muscles function to stabilize the shoulder while the arm is being raised out to the side (called abduction of the arm). This is achieved by compressing the head of the upper arm bone into the shoulder joint so that it does not move outside of its normal arc of motion.

Rotator cuff injuries are commonly due to repetitive strain in sports but can also be caused by repeated motions that require forceful pulling of the shoulder joint or overhead motions.

Many people with shoulder injuries will end up tearing the tendon or muscle fibers of one or several of these muscles. This leads to the syndrome which includes loss of range of motion, pain and often weakness of the other shoulder muscles because they are attempting to compensate.

When the muscles experience tears in some of the smaller fibers of the muscle belly (microtears) or even at the tendon, scar tissue will eventually build up and inhibit motion even further.

Some treatment options to prevent advancement of this injury include RICE (rest, ice, compress, elevate) when the shoulder is inflamed, anti-inflammatory medications, shoulder strengthening exercises and eventually surgery if the improvement is minimal.

Another treatment option that is gaining popularity is Active Release Technique. A.R.T. is a patented treatment applied to soft tissue injuries where the tissue is first shortened and then the practitioner holds a tension on the tissue while the patient actively moves the tissue under the tension.

The advantage of this active approach is that it effectively corrects abnormalities in tissues - including scar tissue, adhesions and knots. This treatment usually requires three to five sessions within a two week period to experience noticeable changes.

For more information or to locate a certified A.R.T. provider, go to [www.activerelease.com](http://www.activerelease.com)

Email Scott Forrester at [sforrester@cbi.ca](mailto:sforrester@cbi.ca) with your questions and feedback. You can reach the CBI-Burmewood Physical Therapy Clinic at 780-463-5757.

## The Meadows Community League

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

**Next Monthly Board Meeting:**  
**Monday, March 1 @ 7:00 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
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	Vacant	
— Newsletter	Michel Proulx	468-2272
— Website	Michel Proulx	468-2272
Girl Guides Contact	Joanne Swensrude	440-2522
Community Rec Coordinator	Julie Cournoyer	496-1474

**Bingo shifts available**  
**Earn vouchers for programs**  
**Contact Kora at 780-468-7080**  
**or at themeadowsbingo@shaw.ca**



Girl Guides  
of Canada  
Guides  
du Canada

Looking for  
Girl Guide Cookies?

Give us a call!!  
**780-440-2522**  
 Or email Joanne at  
 jswensrude@shaw.ca

**\$4/box or \$48/case**  
 These are the sandwich cookies with each box  
 containing chocolate and vanilla cookies



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*April Showers/Snow Brings May Flowers.* There is lots of sunshine and new growth at Velma E. Baker School. Our students continue to shine in their academics and character development. Students have completed challenging the Edmonton Public School's reading and writing Highest Level of Achievement Tests (HLAT). On our April 30th Professional Learning Day teachers worked with colleagues from our four AISI cohort schools collaboratively marking the HLAT writing component, in the morning, and working with technology in the afternoon.

There will be no classes on Tuesday, May 25th, our Day in Recognition of Duties; this is for time teachers spent throughout the year communicating and reporting student achievement through progress reports and Three-Way Learning Conferences.

Our students completed the second interim measure in retelling and summarizing and results indicate that our students are demonstrating a better understanding of both strategies. We will be working on our Numeracy interim measure this month and we are looking forward to seeing our results. We continue to be extremely proud of our students as they demonstrate growth on our best practices, summarizing and retelling, as well as, an understanding of numeracy.

Our Kindergarten Parent Information night will be held on Tuesday, May 4 from 6:30 to 8:00 p.m. in our Learning Zone. Parents who have already registered their child for the 2010/11 Kindergarten program will receive a special invitation. Other interested parents may complete registration forms on May 4th. To be eligible, children must be 5 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. Please contact the school at 780-440-4008 for further information.

Staff, parents and students continue to work on the 2010-2011 school plan and budget that was received early May. The student passports that were returned in April will assist us in establishing classrooms and determining class sizes based on the provincial funding allocation our school receives. If you are aware of any school-aged children interested in joining our learning community, please encourage parents to contact us about registration as soon as possible.

"Perseverance" is the Character Education trait that our students are learning about at the present time. Thank you to the many guests who attended our assembly on May 6th where storyteller, Renee Englot, shared a wonderful story with students about the meaning of perseverance.

In May our students will demonstrate responsibility for our environment and community as they participate in "Pitch-In Alberta" community clean-up. Thank you to community members for continuing to use the garbage receptacles around the school while the playground re-build takes place. We can all make a difference in keeping our community clear of garbage!

May continues to be a month of new learning and challenges. Our Grade 3 and 6 students will begin challenging the Provincial Achievement Tests and continue these tests in June. Classes have several field trips planned over the next couple of months. Thanks to our parent community for their continued support and assistance. In recognition of our many volunteers we invite them to a special lunch on May 20th. Watch for information in our school newsletter.

Until next month . . . Blast Off into a Galaxy of Books and Happy Reading!

Maureen MacDonald, Principal

