



Meadowlark Community League

15961 92 Avenue NW



@meadowlarkcl

Sign up for our e-newsletter

www.meadowlarkcl.net

Summer 2020 Update

I hope that everyone is enjoying their summer as best they can during these trying times. I'd like to thank all those who attended our Annual General Meeting on June 25, 2020, on Zoom. At our AGM, we said hello to some new board members as well as goodbye to some departing the board. We would like to thank Daniel (website), Dean (Treasurer) and Deryck (President) for their contribution to Meadowlark over the years. Their efforts were greatly appreciated.

The Meadowlark Community League along with the Glenwood and West Meadowlark Park community leagues will be holding its regular Big Bin Event at the Jasper Place Jubilee Park on September 26 2020, from 9:00 a.m. to 2:00 p.m. It is open to all Community League members and for those who are not members, please contact membership@meadowlarkcl.net or purchase a membership at efcl.org. People are also welcome to come by and buy a membership at the event itself. Ice cream will be available for all membership holders as a treat!

The board is also seeking input from the Meadowlark community on the future of the skating rink at the community hall. We will be sending out a survey as well as holding a Town Hall meeting in the coming weeks to discuss this with community members. Stay tuned to our website and social media for more details.

Lastly, I'd also like to thank volunteers in our community who have been tending to local parks to keep them clean and mowed. You are what makes Meadowlark Park a great place to live!

Kim Dineen

President, Meadowlark Community League

Meadowlark Community League Board of Directors

President - Kim Dineen

president@meadowlarkcl.net

Vice President - Brandon Beringer

vice_president@meadowlarkcl.net

Treasurer - VACANT

treasurer@meadowlarkcl.net

Secretary - Heather Kennedy

secretary@meadowlarkcl.net

Memberships - VACANT/April Kiely

memberships@meadowlarkcl.net

Hall Rentals - April Kiely

hall-rentals@meadowlarkcl.net

Fundraising/Casino - Kim Hunter Lee

parc@meadowlarkcl.net

Communications - Mirna Reichle

communications@meadowlarkcl.net

Civics - Jarret Esslinger

civics@meadowlarkcl.net

Maintenance - Mark Belanger

maintenance@meadowlarkcl.net

Social Events - Shannon Nichols

social@meadowlarkcl.net

Soccer - Stephen Mill

soccer@meadowlarkcl.net



BIG BIN EVENT

Like Swimming? For FREE?

Use your membership to access!

Sept 26, 2020 - 9:00 am - 2:00 pm

Jasper Place Jubiliee Park (92 Ave & 160 St)



Accepting:

Furniture, electronics, yard waste, renovation materials, scrap metal

Not Accepting:

Paint, mattresses, appliances, tires, hazardous waste, fridges, freezers.

Please take these items to an Eco Station

Please wear a mask and be prepared to put your own items into a bin

More details at: meadowlarkcl.net

Membership Director Needed

hear ye, hear ye

We're looking for a **Membership Director**



board@meadowlarkcl.net



Step 1: Have a Meadowlark Community League membership

Step 2: Go to movelearnplay.edmonton.ca

Step 3: Reserve your timeslot under "Community League Swim Admission" at Jasper Place Leisure Centre

Step 4: Arrive at your scheduled time and show your membership card

Step 5: "CANNONBALL!"



Support Local Business

DIRECT BILLING

REGISTERED MASSAGE THERAPY SERVICES

Kaitlin McLaughlin RMT

60 min \$85.00

75min \$105.00

90min \$125.00

Call, text or email to book or more information 587-228-4548 mkaitlin@hotmail.com Located in Meadowlark

OVID-19 PRECAUTIONS



STANLEY GALLANT

Associate, REALTOR®

o: 780-431-5600 f: 780-431-5624

m: 587-778-7428

stanleygallantjr@royallepage.ca www.facebook.com/RealEstateSG3

3018 Calgary Trail NW, Edmonton, AB T6J 6V4

www.royallepagenoralta.ca



ROYAL LEPAGE

Noralta Real Estate

MaxWell REAL ESTATE

July 2020 **Edmonton Real Estate Market Repo**



The Market is Changing!

- Fast Dedicated Service
- Free Consulting & Valuations for Buyers & Sellers
- Get the Facts Infills, Reno's & Rentals
- Network of Licensed Professionals & Vendors for all your needs
- No Pressure, No Obligation!
- Ask me for more info

johnjmfraser@hotmail.com



Enter to win a

\$5000 Dream

Vacation!









Support Local Business

REGENERATE

PHYSIOTHERAPY AND SHOCKWAVE

15616-95 Ave (Located in the Sandy Lane Strip Mall)

YOUR STUBBORN PAIN & INJURY SPECIALISTS

Chronic Pain Treatment, Sport Injuries, Acupuncture(IMS), Shockwave,

Men's Health and Vertigo

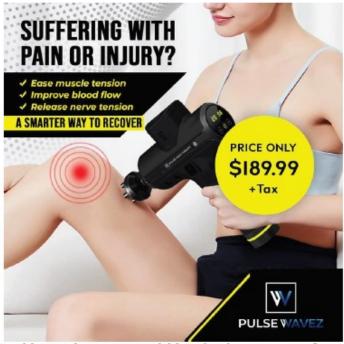
Our dedicated one-on-one care will take away the guessing, help remove pain, and start a quicker way to recover and heal!

Call, email or check us out online

780-705-5774, team@regeneratephysio.ca,www.regeneratephysio.ca

Want relief in the comfort of your own home?

Check out our custom designed specialty made Massage Gun!



8 Interchangeable Heads, Samsung Lithium ion battery , Comfort Grip, Cordless operating! Call to order yours today 780-705-5774



We Need a Treasurer!

Are you organized?

Do you like spreadsheets?

Do you like spending someone else's money?

If you answered "**YES**" to these questions email us for more information!



board@meadowlarkcl.net

2020-21 Community League Memberships

Why should you become a member of the Meadowlark Community League?

- Your 2019-20 membership expires at the end of August
- Access free community swims at Jasper Place Leisure Centre
- Receive up to a 20% discount on City of Edmonton fitness memberships
- Get a discount on hall rentals after six months of membership
- Participate in community-run "Big Bin" events
- Access community hall programs i.e. yoga, fitness programs, youth sports & programs
- Support free community league events like Party in the Park and Family Day Carnival
- Be part of making Meadowlark Park a great place to live!

Family memberships are \$30 for families and **FREE** for seniors.

Contact: membership@meadowlarkcl.net or purchase at EFCL.org



AHS Tip - Masks

Hall Rentals



Making a mask

Wearing a non-medical mask may help prevent the spread of COVID-19.

There are many ways to make a cloth mask. Health Canada has sew and no-sew options. Here are a few suggestions if you're wanting to make your own:

- Choose a fabric or cloth that can withstand frequent cycles through washing and drying machines.
- Use multiple layers of tightly woven fabric. Four layers is optimal.
- Use a combination of fabrics, such as a high thread-count cotton (e.g. 600-thread count pillowcases and cotton sheets) with spun bond polyproplylene or polyester.
- Use different fabrics or colours for each side of the mask. This helps you to know which side faces your mouth and which side faces out.

Buying a mask

If you are buying a cloth mask, make sure it:

- has multiple layers of fabric fits securely against your face
- allows for clear breathing
- can be laundered.

Find out more about when and how to wear a cloth mask at www alberta ca/masks

The Meadowlark Community Hall is *still* available to rent! However, due to AHS guidelines, maximum capacity is only 35 people.

Mask usage and social distancing is mandatory.

Find more details about hall rentals at:

meadowlarkcl.net/community-hall-rental

Community Skating Rink - Meeting

September 20, 2020 - 4:00 pm - 5:30 pm **Meadowlark Community Hall**

15961 92 Avenue NW

We want to hear from you about the future of the outdoor skating rink just outside the Meadowlark Community Hall. We are actively looking for volunteers to flood and maintain the ice at the community rink and without volunteers, there is no skating rink.

In previous years we have also seen decreased attendance at the rink while also seeing increased costs to maintain the ice. Due to these issues there was no skating rink in place last winter and this community amenity remains unused. That's why we want to hear from you on what we should do next.

Please adhere to social distancing guidelines and wear a mask if attending. More additional opportunities for feedback to come.





The Community Kitchen

Rosemary Ranch Chicken Kabobs

Ingredients:

1/2 cup olive oil

1/2 cup ranch dressing

3 tbsp Worchestershire Sauce

1 tbsp fresh rosemary

2 tsp salt

1 tsp lemon juice

1 tsp white vinegar

1/4 tsp pepper

1 tbsp white sugar

5 skinless, boneless Chicken breasts halves (cut into 1 inch cubes)

Directions:

- 1. In a medium bowl, stir together ranch, Worchestshire sauce, rosemary, salt, lemon juice, white vinegar, pepper and sugar. Let stand for 5 minutes. Place Chicken into bowl and stir to coat with the marinade. Refrigerate for 30 minutes.
- 2. Preheat grill/BBQ for medium-high heat. Thread chicken onto skewers and discard marinade
- 3. Lightly oil grill grate. Grill skewers for 8-12 minutes or until Chicken is fully cooked.

Source: allrecipes.com

Welcome Ms. Pocklington

Write for us!

The Meadowlark Community League would like to extend a big welcome to Meadowlark School's new Principal, Jackie Pocklington.

Ms. Pocklington joins Meadowlark School this year, but has been with the Edmonton Public School Board for 26 years. Any concerns or questions can be emailed to

Jacqueline.pocklington@epsb.ca.

We wish her well and great success in her new role!

Is there something that you're passionate about that you want to share with your community?

Whether it be woodworking, baking, composting, gardening or anything else under the sun, we want to hear about it!

Share your passion with the community in an upcoming edition of the Meadowlark Chirp! For more details email us at:

communications@meadowlarkcl.net



Bad Dad Joke

Advertise with us!

"Today my son asked me "Can I have a book mark?"

I burst into tears. He's 11 years old and still doesn't know my name is Brian."



Advertise your business in the next edition of the Meadowlark Chirp

Business Card - \$10 per issue ¼ page - \$20 per issue ½ page - \$50 per issue Full Page - \$100 per issue

Contact Mirna for more details: communications@meadowlarkcl.net

EPS Neighbourhood Safety Tips



Most intruders look for opportunity. Increasing the chance of being caught and reducing what they think may be taken can help deter break-ins.

Strategies to protect your property work better together, therefore by implementing a number of strategies and increasing community participation we decrease the likelihood of being victimized.



Lock it Up!



Light it Up!

Lock your doors and windows at all times, even when you are at home.

Keep the area around your home well lit

Secure sliding doors and windows by using snug fitting security bars or a stick along the track.

Consider motion sensor lights for areas with low to no light



Tidy it Up!

The Garage

Trim bushes and trees around your home to increase visibility.

Keep your garage door closed and locked

Use blinds or curtains over windows.

Clean up items around your yard that may be used as tools to gain entry.

Secure tools, bicycles and other valuables

Park your vehicle in your garage - if you have a garage door opener, do not leave it in your vehicle if parked outside.