

# Malmo Plains Community News

www.malmoplains.com

May 2018

www.facebook.com/groups/MalmoPlains/



All the snow has finally melted from the Malmo roads. The sun is shining over in Michener Park!

## Malmo Pre-Kindergarten

### Registration:

Registration for the 2018/2019 school year is open for Malmo's Pre-Kindergarten. Children between three and five years old can be registered online at <http://www.malmopreschool.com/site/registration>. Malmo Pre-Kindergarten "promotes a learning through play environment," where children learn to express themselves, show empathy, form friendships, and become more independent. More information can be found on the website listed previously, by emailing [registrar@malmopreschool.com](mailto:registrar@malmopreschool.com), or by phoning 780 438 0431.

### Upcoming Events:

The Malmo Pre-Kindergarten invites friends, families, and neighbours to their Spring carnival and bike-a-thon on Saturday May 26. The event will be running from 11am to 2pm at the Malmo Community League, where children will be riding their bikes or ride-along toys around the rink in a fundraiser. Additionally, there will be a carnival with food, games, and a petting zoo. The event is cash only. Come out and support the Pre-Kindergarten!

## Successful Garbage Pick Up

A big thank you to those who came out on April 22 for the Malmo Garbage Pick Up. The wind had us chasing down a lot of the trash, but we made a good dent in the litter around the neighbourhood. Your efforts in keeping Malmo a clean and pleasant place are greatly appreciated.

## Levi on Crime

Our president, Levi Bjork, was interviewed by CBC Edmonton AM regarding crime in Malmo and along the LRT corridor. Check out the recording at <http://www.cbc.ca/listen/shows/edmonton-am/segment/15539528>. Thank you, Levi, for your well-spoken words on this issue.

# Summer Activities

## Day Camps:

### At the Malmo Community Hall!

#### Innovation Summer Camp

Lego robotics, water rockets, indoor drone racing, autonomous self-driving cars and more! Experience a series of robotics, coding, engineering and hands on fun STEM challenges. STEM stands for Science, Technology, Engineering and Math. Give your budding Elon Musk a chance to challenge their innovative side by attending this 4 day camp where they will experience a wide range of activities that will foster and nurture young minds. Adam Holloway is an experienced high school physics teacher and runs an after school innovation club. Four of the high school students from the club will be working at the camp alongside Adam to facilitate a low ratio and help with trouble shooting. Open to 12-16 year olds. Aug 7th - 10<sup>th</sup> Cost: \$230. To register contact Adam at [adamjamesholloway@gmail.com](mailto:adamjamesholloway@gmail.com)

#### Cooking Up a Story Camp

Geared towards 4 to 6 year olds, this City of Edmonton camp will be running August 20 to 24. Daily recipes will be inspired by stories! The camp runs 1:30 to 4pm.

#### Carnival Adventure!

This City of Edmonton camp, for 6 to 9 year olds, will be all about putting on an amazing carnival. It will be taking place all day from July 3 to July 6.

## Something New?

### Rowing Camp

Edmonton Rowing Club is hosting summer day camps for teens 13 plus. Get out of the heat and head out for a week of rowing whether it is your first time or you are looking to improve your skills. Camps will be running weekly through July from 9am-3pm and cost \$350/week. To register, or find more information, contact Alexander Patton at [erc.camps@gmail.com](mailto:erc.camps@gmail.com).

## More Info!

If you are interested in finding more summer camps head online! Check out the city of Edmonton website for camps taking place all over Edmonton, from the Prince of Wales Armories to the River Valley, to the John Walter Museum, [https://www.edmonton.ca/activities\\_parks\\_recreation/camps.aspx](https://www.edmonton.ca/activities_parks_recreation/camps.aspx).

Or, visit university websites such as <https://www.ualberta.ca/camps/> or [nait.ca/summercamps](https://nait.ca/summercamps) for more fun camps to enroll in.

## Green Shack:

### Free Summer Fun!

Malmo summer green shack will be starting up on July 3 and running until August 23. Come out to enjoy a free playground program, filled with games, crafts, and more. The program is gaged towards 6 to 12 year olds, but children under the age of 6 are welcome to come when supervised by an adult. This summer, Malmo will be hosting the Flying Eagle program from July 16 to 20 at the shack where kids can learn traditional Aboriginal games and adapted crafts. The Green Shack runs daily Monday to Friday starting at 10am and running all day until 6pm (there will be a half hour break for the leader's lunch). This all-day program is new for Malmo so head over and check it out!



# Happening at the Hall

## Mindful Self Compassion Course

Malmo Hall will be hosting an 8 week Mindful Self-Compassion Course Mindful Self-Compassion (MSC) Wednesdays 6:30- 9:30 pm, May 2,9,16,23, 30 and June 6,13,20. MSC is about cultivating the capacity to respond to ourselves with kindness as we move through life. The 8 week course was developed by Dr. Chris Germer Ph.D. and Dr. Kirsten Neff and is managed by the Center for Mindful Self-Compassion. The three elements of MSC are self-kindness, common humanity and mindfulness. Participants will develop a number of skills and practices to support each of these elements. No previous meditation experience is required. Please wear comfortable clothing and bring a yoga mat or other meditation cushions if you have them. Chairs will be also available for participants. Each evening will include short meditations, skill building activities, exercises and reflection. Wednesdays 6:30- 9:30 pm, May 2,9,16,23, 30 and June 6,13,20. There will also be a ½ day silent mindfulness morning on Saturday June 2 from 8-12. Malmo Community Hall, 11528, 48 Avenue NW, Edmonton, Alberta \$240 for the 8 week course, 9 session course, payable on the first day of class. For questions, or to sign up, please e-mail river-citymindfulness@gmail.com For more information about Mindful Self-Compassion, visit the website <https://centerformsc.org>

## Happening at the School

EISA hosts their English as Another Language course at Malmo school. Any residents looking for a convenient location to improve their English skills should keep an eye out towards the end of August for the Fall session registration. All classes are led by qualified instructors who are members of the Alberta Teachers as a Second Language organization. More information can be found at <http://www.eisa-edmonton.org/services-and-programs/english-as-a-second-language-esl-class/>

## Happening in the Area

### Green & Gold Community Garden – Plant Sale

Hello Garden Supporters,

It must be spring as we now have the date for the annual Garden plant sale. The Community Garden annual plant sale will be held on Saturday, May 12, from 10 AM to 12 noon at the Old Barn (across from the Green & Gold Community Garden), on 118th St, just south of 60th Ave, on the University of Alberta South Campus.

We will have many varieties of tomatoes, a few varieties of peppers, herbs (parsley, oregano, thyme, marjoram, catnip and basil), a few other vegetables (kale, tomatillos, eggplant) and flowers, all priced at \$4.00 each. Cash only please, and please bring a box or other container to carry your plants home.

Beautiful handicrafts made by the women of Tubahumurize, in Rwanda, will also be available for sale.

- Article taken from a post made on the Malmo Plains Community League Facebook page

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## Newsletter Info

The Malmo community league publishes this newsletter and distributes it free to residences in Malmo. Your stories and photos are welcomed; please e-mail them to the Newsletter Editor. Due to space limitations, not everything submitted can be published. Advertisements are also free, but those for local, non-for-profit ventures, like Bridge Club and small home businesses, like music lessons or youth snow shovelling will take precedence. The deadline for submissions is the last weekend of the previous month (The deadline for June is therefore the 26/27 of May). If you have an article or advertisement for something taking place in the first week of the month, please consider submitting a month early.

## Current Advertisers!

If you currently have an advertisement placed in the newsletter that has not recently been added (before January 2018) please send an email to [communications@malmoplains.com](mailto:communications@malmoplains.com) to confirm your information and if you would still like your ad to be in the newsletter.



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## Classified Ads

### Bridge Club

Join fellow card players Mondays in the Malmo Hall, from 12:30 to 4:00 pm. Call Ann at 780-435-8792 for more information.

### Carpentry and Drywall

Anything from fixing doors to patching holes. No project is too small. Call Adam at 587-984-4291.

### Cleaning Services

Homes or businesses. Call or text Shamila at 780-243-5507.

### Landscaping & Hardscaping Construction Services

Bobcat service, grading, topsoil, sod, paving stone & retaining walls, decorative rock, trees & shrubs. Call Blair @ 780-996-2041 or email info @earthandturf.ca

### Personal Accounting Service

Individual tax filing and bookkeeping services. Please call Nancy at 780-807-1231.

### Electrical Work

Master electrician. All types of residential electrical work, including service changes. Please call Rob at 780-433-3837.

### Painting Service

Resident Painter and Power washer. Please call James 780-934-2803

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## Classified Ads

### Handyman Services

For all your handyman work. Call Lalith at 780-803-4731 or Lalith\_gamage@hotmail.com.

### Violin Lessons Available Now!

Master of Music violin teacher offering lessons in Malmo studio. Children and adult lessons! Contact becky.schellenberg@gmail.com

### Piano Lessons for Children

Beginner piano lessons for children aged 5 to 12 years. Lessons held in the Malmo area. Contact Daria at dariapiano2016@gmail.com or call 780-267-1802.

### Steeped Tea

Need to replenish your tea supply or want a great gift? Need a new, easy fundraiser? Earn 40%! Call Cheryl @ 780-439-1587 for quality loose leaf tea or go to my website: www.mysteepedtea.com/cherylmc.

### Dog Walking and Care

Malmö Plains own professional dog walking service has been taking care off dogs in the neighbourhood for nine years. We offer daily walks on- or off-leash. For rates call Janneke at 780 885 2437.

### Travel Agent

Great deals on fall and winter travel. We are a licensed travel agency located in Malmo. Call Jay at 780-916-0112 or jay@swantravel.ca.

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## League Contacts

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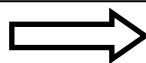
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## About Us



Malmo Plains Community League has been operating since 1965. The purpose of the League is to enhance the quality of life of people living in the Malmo Plains neighborhood by providing facilities and opportunities for sports, recreation, social, and community activities. The League is operated entirely by volunteers. If you would like more information, or to get involved, contact any of the League executive, listed to the right.

