

# Are Pizza Boxes Recyclable?

By Ellen Sabo, Environmental Director

Yes! They don't have to be spotless. Just pull out the excess cheese, throw away the wax paper, and put it in your blue bag. And if a pizza box does happen to stay really clean, it can be a nice flat storage box for games or kids' puzzles. Next time you take-out or order-in, choose the recycle over the garbage, and don't forget to let your friends and family know!

The purpose of the Christmas Bird Count is to observe the number of bird species and the number of individual birds seen within a defined 24 kilometer count circle. During this year's count, 489 observers recorded a total of 48 species within the Edmonton count circle.

Since the count circle remains the same from year to year, trends can be identified with respect to the relative abundance of various species of birds. For example, over the last decade or so the Edmonton count has recorded large increases in the abundance of species such as the Common Raven and House Finch, while at the same time species such as the Gray Partridge have seen a gradual decrease in numbers.



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## ASPEN news

Making the neighbourhood you want to live in!



### Who's Hoo is in Aspen?

By Nigel Stevens

Great Horned Owl, Whitemud Creek Ravine, January 2015  
Photo by John Chapman

Edmonton's annual Christmas Bird Count took place on Sunday December 21st. The Edmonton count was one of approximately 400 bird counts held across Canada between December 14th and January 5th.

This year's citywide count included record high numbers of Downy Woodpeckers, Pileated Woodpeckers and Common Ravens.

At a local level, the Edmonton Christmas Bird Count 24 kilometer circle is subdivided into 16 different zones. The Aspen Gardens neighbourhood is located within Zone 2, along with other neighbourhoods between Whitemud Drive and 23 Avenue and from the Whitemud Creek Ravine to Calgary Trail South.

Observers in Zone 2 recorded a total of 21 different bird species during this year's count. In terms of total numbers, the most abundant birds in

Zone 2, and citywide, were Bohemian Waxwings. Large flocks of these beautiful birds are commonly seen in Edmonton during the winter. Other bird species that were commonly seen included Black Capped Chickadees, House Sparrows, Rock Pigeons and Black-billed Magpies. Two relatively uncommon species observed in Zone 2 this year included a Great Gray Owl and a Black Backed Woodpecker.

Many thanks go out to the participants in this year's count. More information on the Edmonton Christmas Bird Count can be found at [www.edmontonchristmasbirdcount.ca](http://www.edmontonchristmasbirdcount.ca)

# Petrolia Seniors' Group (55+)

Invites **YOU** to come to enjoy  
lunch and a program (\$15)  
The third **Tuesdays**  
(except July and August)

11:45 a.m. (sharp) to 2:00 p.m. at  
Greenfield Community Hall  
3803 - 114 Street

**February 17** - Fraud and Identity  
Theft Protection Detective Bill  
Allen (ECP) and Weichurn Woo  
(Mackie Research)

**March 17** - Rev Travis Enright  
Indian Residential Schools TBC In  
addition enjoy another "outing"  
during most months

For more information or to  
**CONFIRM** your attendance by  
the Friday **preceding** the lunch  
meeting please

**Call:** Nick @ 780-435-1045 or  
Betty @ 780-434-0711

We look forward to your  
participation!

# An Oasis in Aspen

Aspen Gardens is home to what many in the hood call our own little oasis—Anava Esthetics Studio. It's been 15 years since the Studio set up business in the mall on Fairway Drive, and it continues to offer client focused services to all who enter. A quick look at its web site, [www.anava.ca](http://www.anava.ca), and you can see the wide breadth of services offered. And, there is something for everyone and for every season.

"This is the time of year when many people are getting ready for beach holidays. Men want back or chest waxing along with manicures and pedicures and women are looking for a bikini wax, a pedicure for nice toes in sandals and a manicure," says Ana the Studio owner. If a beach holiday isn't in the cards, booking a "beat the winter blues" appointment may be just the thing. "In winter we don't get much sun, our skin dries, we're tired after the holiday season parties, and a facial can be the perfect thing to restore our skin and our spirit."

The Studio uses three carefully selected skin care lines, all of which have roots in the medical field. Thalgo, a French algae-based product, is free of harmful parabens, mineral oil, propylene glycol, GMO's and ingredients of animal origin. Laboratoire Dr Renaud, which was founded by Dr. Louis Raymond Renaud, a renowned dermatologist and founder of aesthetics in France, offers a line of the highest performing products. Gehwol is a foot care line that is well known for its healing and soothing qualities. The three estheticians at the Studio consider the client's needs and then, in consultation, determine the most suitable products. The Studio team is committed to always putting the client first and providing the best possible service.

All of this adds up to the client being well taken care of and able to relax and enjoy the services. If you're ready to book an appointment, call 780.432.3245. And, remember, if you are an Aspen Gardens community league member, you receive 10 per cent off by showing your membership card.

# Little Aspen Playschool Open House

**Thursday, February 5th, 2015, 7-9 pm**

Aspen Gardens Community League Building

Come and meet our wonderful teachers, see our playschool and have your questions answered.

Online registration February 9-13 at [www.littleaspenplayschool.com](http://www.littleaspenplayschool.com)



# 2015 Outdoor Soccer

## Season Registration Information

Spring is fast approaching and we are gearing up for another great season of outdoor soccer. Depending on the age of your soccer players, please read the appropriate section below:

### U10 – U18

(Born in 2006 or earlier)

U10–U18 registrations will be handled through the SWEMSA website. Follow the links below to register (also on the web site at [www.aspengardens.ca](http://www.aspengardens.ca)). The fees are located within the links.

U10-U12: <http://emsa.mysocceroffice.com/online-registration/211/SWEMSA%20Outdoor%202015/>

U14-U18: <http://emsa.mysocceroffice.com/online-registration/212/EMSA%20Outdoor%202015%20City%20Wide/>

**You will have to print out two copies of the completed registration form and bring it to the in-person registration day along with your payment for the following:**

Soccer registration fee (Variable)  
AGCL Membership (\$25)

Jersey Deposit (\$70)  
Volunteer Deposit (\$75)

All cheques can be made out to Aspen Gardens Community League.

**Registration dates for the outdoor season are as follows:**

February 7, 1-3 PM,  
Aspen Gardens Community League

February 13, 7-9 PM,  
Greenfield Community League

February 14, 10 AM-2 PM,  
Duggan Community League

February 19, 6:30-8:30 PM,  
Aspen Gardens Community League

February 21, 10 AM-2 PM,  
Greenfield Community League

February 28, 10 AM-2 PM,  
Duggan Community League

You can attend any of the above noted dates as there will be an Aspen Gardens table set up to take your registrations.

### U4 - U8

(2011, 2009-10, 2007-8)

Our U4, U6 and U8 teams will remain in-house. This means that we will run the soccer program and play all the games on Aspen fields and form teams within our neighbourhood. It is GREAT fun to be out there with the neighbours and see the kids play.

The registration form is attached and all information is indicated on that form.

The kids will receive a uniform and picture along with having loads of fun with friends.

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# Community Bulletin Board

Community league members who have a homegrown business, have something to sell, are having a sale, or have a service to offer can post information here. The deadline for submitting information is the 18th of each month, and must be kept to a maximum of 30 words. And, you **MUST** include your community league membership number to have the posting included in the newsletter.

We will also be including thank you notes and announcements and announcements from all residents. Submissions should be sent to [communications@aspengardens.ca](mailto:communications@aspengardens.ca). There is limited space so posting will be at the discretion of the Communications Director.

## Registered Massage Therapist

Gabriella Rozsa B.A., R.M.T. is accepting new patients weekday mornings and weekends. Professional home-based business; 15 years clinical experience; licensed with RMTA. **Information and/or to book an appointment call 780.757.3848 or email [grozsa@shaw.ca](mailto:grozsa@shaw.ca). 12303 – 39 Avenue**

# Do you have your skate tags!

Many years ago, the Edmonton Federation of Community Leagues introduced skate tags, which were to be provided to people purchasing a community membership. The idea behind skate tags was that it showed the user supported the community by purchasing a membership, which, in turn, helped pay for the making and maintenance of the ice. It also meant the person could skate at any community rink in the city of Edmonton by simply displaying the tag. Each year the tag colour is changed; this year tags are green.

It was a noble idea, but it is not working. A small percentage of families in communities are purchasing memberships, which means fewer people are supporting the provision of ice. Aspen Gardens is no exception. Many skaters have no skate tag, some don't even know what skate tags are and many are using social

media to plan shinny hockey events on our rink making it too dangerous for our own members with tags to be on the ice. As a result, the Board of the Aspen Gardens Community League is enforcing the use of skate tags to ensure that members can safely enjoy our excellent facilities.

A security company has been engaged to provide spot checks on our rinks. Persons without a skate tag will be sent off the ice. The individual's name, telephone number and community will be recorded and forwarded to the membership director in that community. Hopefully, the membership director in the community will follow up to ensure the individual understands the benefits of membership and how to get skate tags.

If you are planning on skating this year, please be sure to purchase your membership.



## Community Swim

Confederation pool is undergoing its routine maintenance, so our community swim has moved to Millwoods pool on Saturdays from 2-3:30. Remember to bring your membership card for admittance.

Special thanks to Programs Director, Sara Flanders-Brown, for organizing.



## THANK YOU CASINO VOLUNTEERS!

Our casino on Jan. 7 & 8 was a great success. Business was slow but the money gets pooled so it will provide approximately \$75,000 in funding to our community league. A big thank you goes out to the following volunteers for their work at our casino.

Perveen Amendolia  
Jan Archbold  
Rick Brant  
Phil Brownlee  
Amy Chae  
Susan Field  
Naylene Fries  
Sanjay Gupta  
Tracy Hetman  
Jen Hutton

Sora Kim  
Elizabeth Kowalyk  
Marcel Labbe  
Terry Legaarden  
Ellen Macdonald  
Teena Maclure  
Cory McCurdy  
Masood Makarechian  
Lisa Maltby  
Penny Natos-Parilla

Gord Neustetter  
Pat O'Greysik  
Michelle Peterson  
Nyree Sharp  
John Shaw  
Harmony Sipma  
Peter Smith  
LeeAnn Turnbull  
Jeff Tyson  
Liz Ward

A special shout out goes to Thomas Maters, Ken Kozyra and Jim Xu, who all worked BOTH nights late into the wee hours.

**Thank you all!!**

Tracy Carson  
Casino Chairperson

## Aspen Gardens Community League

# Spring Soccer Registration 2015

This form is only to be used for registration in U4, U6, or U8.  
For U10 and higher age groups please register online at [www.swemsa.com](http://www.swemsa.com).



Player Name: \_\_\_\_\_ Male / Female (please circle one)

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Age Group: U4 U6 U8 (please circle one)  
Year Month Day

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Parent(s) or Guardians: \_\_\_\_\_

Phone number: (\_\_\_\_) \_\_\_\_\_

Email address: \_\_\_\_\_  
(Please provide an email address, as all correspondence will be done by email.)

Community League Membership# \_\_\_\_\_

(Community league membership # is mandatory. Memberships will be sold on the open house registration dates. Please contact Sandra Carry (780-436-1608 or [memberships@aspengardens.ca](mailto:memberships@aspengardens.ca)) to purchase if you cannot attend or purchase online on the Aspen Gardens website.)

Parent Volunteer: Coach Assistant Coach Other  
(Please circle if you are willing to help – this program cannot be run without parent volunteers!)

Friend(s) Request: \_\_\_\_\_

Fee Amount Paid: \_\_\_\_\_ Cheque# \_\_\_\_\_  
(Cheques payable to Aspen Gardens Community League)

If you cannot attend the in person registration dates please drop off your completed registration forms along with payment in the Aspen Gardens Community League building mailbox. Please ensure that all information is complete including your current community league membership #. If you have any questions regarding soccer registration please contact the Soccer registrar by email at [aspensoccerreg@gmail.com](mailto:aspensoccerreg@gmail.com)

AGE	BIRTH YEARS	GAME DAYS	FEES
U4	2011	Saturday morning - time TBD	\$50
U6	2009-2010	Mon/Wed 6:15-7:15pm	\$60
U8	2007-2008	Tues/Thurs 6:15-7:15pm	\$70
U4, U6 and U8		Volunteer Deposit / per family	\$75



# LEAGUE **contacts**

Aspen Gardens Community

Joel Ruff	President	president@aspengardens.ca
Matt Rogerson	Vice President	vicepresident@aspengardens.ca
Joe Miceli	Treasurer	treasurer@aspengardens.ca
Lisa Labbe	Secretary	secretary@aspengardens.ca
Jan Archbold	Communications Director	communications@aspengardens.ca
Sara Flanders-Brown	Programs Director	programs@aspengardens.ca
Harold Bens	Operations Director	operations@aspengardens.ca
Kim Ruff	Civics Director	civics@aspengardens.ca
Sandra Carry	Memberships	membership@aspengardens.ca
Ellen Sabo	Environmental	environment@aspengardens.ca
Shannon Tyson	Social Director	social@aspengardens.ca
Michael Goth	CRC	Michael.goth@edmonton.ca
Jody Nicholson	LAPS Representative	lapsrep@aspengardens.ca
Vacant	Soccer Director	soccer@aspengardens.ca
Krys Holmes	Sign Changer	sign@aspengardens.ca
Kara Dublenko-Walters	Newsletter Distribution	karadwalters@yahoo.com

The deadline for submissions to the newsletter is the 20th of each month.  
Send submissions to Jan Archbold at **communications@aspengardens.ca**.

In the event of a building emergency at our community hall,  
please contact **Harold Bens at 780.434.6073**.