



GEOMEER SPRINT N' SPLASH

June 6 @ 10:15 am

What involves 5K of running with an added element of fun? GEOMEER's Sprint N' Splash! The Sprint n' Splash is GEOMEER's annual race that welcomes people of all ages and abilities to connect with their community while on the run. It's also our yearly effort to raise funds including those used for our two major campaigns: Helping Hampers and Suit Up! So come out, get charged at the water stations and enjoy some delicious food and fun activities afterwards with the added benefit of supporting GEOMEER and its projects! For more information and to register, go to: www.geomeer.ca/sprint-n-splash-2015

June 2015

ASPEN news

Making the neighbourhood you want to live in!



Aspen Moves!!

Are you looking to become more active this spring? Participants are needed for a research study of physical activity/exercise, and they are hoping Aspen/Westbrook residents will get involved.

Researchers from Athabasca University and the University of Alberta, and are looking for volunteers to take part in a study examining people's experiences as they participate in physical activity over a six month period. **It's very simple!** If you join this study, you would be asked to:

- Wear a physical activity monitoring device every day, which is like a small watch and is worn on your wrist. Participants who finish the study will be allowed to keep the monitoring device. (It does much more than track activity)
- Upload your physical activity data to the researchers twice a month.

- Develop plans to be active and try to be active.
- Complete one computer based survey each month.

Your participation is entirely voluntary and would take up approximately 2.5 hours of your time over the 6 month study period. The 2.5 hours does not include the time that you are being active (which will vary as a function of each person's activity goals).

By participating in this study you will help us understand what motivates people to be more active. You may also become more physically active, and enjoy the many health benefits associated with physical activity. All participants who finish the study will be allowed to keep their physical activity monitoring device.

If you are between the ages of 19-64 years, are healthy, and have a computer with Windows XP or later or Mac OS 10.6 and have an internet connection, you may

qualify to participate. If you have a chronic health condition (high blood pressure, diabetes) you may be able to participate if your health condition is managed.

We only are able to accommodate 85 participants. If you are interested, please get in touch with us right away to **pre-register for the study at aspenmoves@gmail.com**.

The official sign up process will take place at an information session on Tuesday, June 9 at the Westbrook Elementary School gym, but please pre-register. We must ensure we have 85 people in the study. This study has been reviewed by the Athabasca University Research Ethics Board.

To learn more about this study, or to participate in this study, please contact:
Ms. Stephanie Balko:
Research Coordinator, Aspen Moves
ProjectAspenMoves@gmail.com
780.802.6580

NEWSLETTER ON SUMMER BREAK!

We are taking our annual break in sending out the newsletter for July and August. We'll be back in September.

If you want to be sure to receive updates, please send your email address to the communications director email.

THANKS!

Kick it to the Curb and Big Bin Event June 28th!

By Sara Flanders-Brown, Programs Director

As I'm not always as subtle as I'd like to be, most people know I like free stuff. Partly because I don't have to pay for it, partly because it's great for our world to reuse and recycle, but mostly because the thought of someone throwing away an ugly but awesome chair is more than I can handle. With visions of landfills full of treasure in mind, our community league is holding our first Kick it to the Curb Day.

On June 28th, take any items you don't use/need/want to look at, put them on your front lawn in a noticeable spot and let them go to a new home. Even if you don't have anything to put out, have a quick scope around and maybe there is something a neighbour is wanting to pass on that you would like to pick up.

We will have a **Big Bin up at the community league building from 12-4 pm** for items that are in too rough a shape to reuse, BUT in order to drop off, you must have an Aspen Gardens Membership for the 2015/16 year, which will be available to purchase that day.

We will also be **collecting used items for Wings of Providence Crisis Shelter.** Items they are looking for are used women's and children's clothing, small toys, twin sized bedding, towels, dishcloths and unopened toiletries. Why donate? Because we can. Because we all have something to pass on to someone else. Plus it'll make that day you got a new free ugly chair feel even more awesome.

Spray Park is Open!

Summer is here . . . no really, it must be because the spray park is open. Great place to hang out all summer from 10 am to 8 pm.

Community Outdoor Swim Program Has Started!

Aspen Gardens has enrolled in the city community outdoor swim program once again. Bring only your suit and community league membership to the following pools at these times, because your community league has taken care of the bill!

Fred Broadstock Pool, Sunday-Wednesday, 5-7 pm

Oliver Pool, Sunday-Wednesday, 6-8 pm, starting June 15

Queen Elizabeth Pool, Sunday and Tuesday 5-7 pm, Monday and Wednesday 6-8 pm

Mill Creek Pool, every day 7-9 pm

Parking Signs

Parking signs are going up in the parking lot beside the community league building advising that unauthorized vehicles will be towed.

The signs are necessary, specifically in the winter, as this past winter we were unable to remove snow because someone was using the lot for overnight parking on a regular basis. Without parking signs the vehicle could not be towed away.

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

June 16 – "Show and Tell"
Featuring Life and Times in Early Alberta

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!

Membership News

By Sandra Carry, Membership Director

My fellow Aspenites, "ask not what you can do for your community, ask what your community can do for you!!"

- 10% discount on annual, monthly and multi-admission passes to City of Edmonton recreation centres.
- Special community skate and swim times.
- Ability to enroll youth in community sports programs ie. Soccer.
- Getting to know your neighbours through a variety of social events including the Harvest and Winter Carnivals, and the Spring Fling.
- Access to 3 fabulous outdoor rinks.
- Discounts at local retailers.
- Monthly newsletters.
- An awesome fridge magnet!

In order to provide these wonderful programs, the 2015/16 family, associate and senior membership fee has been changed to \$40/year effective immediately. That equates to \$3.33/month.....where else can you get so much for so little!

Contact: membership@aspengardens.ca

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. There is limited space so posting will be at the discretion of the Communications Director.

Babysitter Required

Looking for a casual babysitter in the neighbourhood for occasional Friday/Saturday evenings for two young children. Must have experience with infants and toddlers. If interested, please contact Johanna Knettig at joe yarnett@hotmail.com

Travel Italy

Sarabel Tours provides expert guided tours of Italy featuring Rome and the countryside of Umbria. Tours include the Vatican, yoga, mountain biking, 4-star accommodation – and much more. Your guides, Aspen residents Anita and Joel Christianson, are passionate about history, people, art and food of Italy. Italy is meant to be experienced by each traveler in their own way.

Tour Dates:

September 26 to October 3, 2015 or October 4 to 11, 2015. For more information go to www.sarabel.ca, or email info@sarabel.ca, or call 780-298-1410. Come over, share an espresso and we'll talk about the tours and traveling to Italy.

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. 12303 – 39 Avenue**

The **MINKHA SWEATER SALE OPEN HOUSE** is Saturday, June 20, 2015, at the Windsor Park Community Hall (11840 87 Ave.) from 9:00 AM to 3:00 PM.

Hand-knit pure alpaca and Peruvian pima cotton sweaters, scarves, hats, and vests for men, women and children are for sale. Orders for custom knit items are available. Minkha is a non-profit group and all money is returned to the Minkha Women's Knitting Cooperative in Bolivia.

For further information call: Linda Haswell at 780-436-5732 www.minkhasweaters.com

Hosting Students

The University of Alberta's English Language Program is looking for families to host visiting students from a number of universities overseas. The students will arrive at various times throughout August and stay for a few weeks to a month. All students are 18 years of age or older and will be using public transportation to the campus where they will attend classes Monday to Friday. Families will be compensated with a fee of \$850 per month or \$28 per night. Host families have found this cross-cultural exchange to be an overwhelmingly positive experience and it often provides lasting memories for both the host and the student. For more information about the English Language Program and our Homestay Program, please visit www.elp.ualberta.ca. To receive more information on becoming a host family, please contact Trudy Stevens, Homestay Coordinator, at 780-492-0071 or by email at trudy.stevens@ualberta.ca.

WANTED

Individuals or Couples (date night!!) who are:

Walkers – need comfy shoes
Talkers – need to meet your neighbors
Sellers – need to ask for money

2015/16 membership campaign coming soon. If you'd like to help out this year with our door-to-door campaign – don't delay!

Contact: Sandra Carry
membership@aspengardens.ca



LEAGUE **contacts**

Aspen Gardens Community

Joel Ruff	President	president@aspengardens.ca
Matt Rogerson	Vice President	vicepresident@aspengardens.ca
Meredith Mallett	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
Tim Nerdahl	Newsletter Distribution	newsletterdistribution@aspengardens.ca

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.**