

FRASER COMMUNITY LEAGUE

FEBRUARY 2020



As a community, we have decided to take a different approach with soccer this season. Fraser is proud to offer a grassroots soccer program in partnership with other communities in Northeast Edmonton. There are numerous benefits we believe this program will bring to our community, our parents and most importantly our children. We intend to focus on player development and providing a low stress, high fun environment at a significantly REDUCED PRICED POINT.

Some of the BENEFITS to joining Community Grassroots Soccer Academy (CGSA) are:

- Fair and reasonable fees: Our grassroots program will see a significantly lower per player cost than traditional programs. (\$65-\$120/player dependent on age)
- A longer outdoor season: Early May - End of July
- Volunteer run and community driven program: benefits stay in our community.
- Smaller roster sizes: allowing for more playing time per child.
- The ability to participate in CGSA clinics for coaches and players.
- CGSA programs are for all ages.

Registration Dates

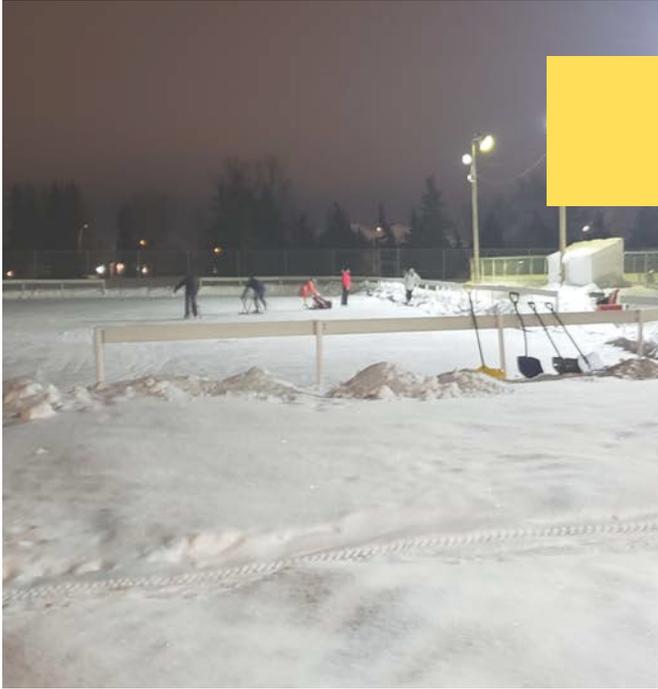
February 26, 2020 from 5pm - 8pm

March 7, 2020 from 12pm - 5pm

March 21, 2020 from 2pm - 5pm

Within These Pages:

- 02** Ice rink
Nominate a Neighbour
Community Garden
- 03** Tipi Teachings
ECDC Update
Pride at Fraser
- 04** Red Swan Pizza
Playschool
Neighbourhood Watch
- 05** Yoga
Senior Programming
- 06** Membership
Hall Info
Contact us



ICE RINK

Tuesday - Friday 5 pm - 9 pm
Saturday 1 pm - 9 pm
Sunday 1 pm - 7 pm
Monday, above 0°C, or -20°C or lower* Closed

Skates are available in various sizes for anyone who does not have a pair.

Cost: \$2/skater or
FREE with any Community League Membership.

NOMINATE A NEIGHBOUR

A new initiative we are bringing to Fraser!

Has a neighbour gone above and beyond to help you?

Share your experience and they will receive a shoutout in our next newsletter and be entered for a chance to win a prize pack from local businesses . *Nominee must live in the Fraser Community.

Email: communicationsfraser@gmail.com



COMMUNITY GARDEN



This spring we are planning on starting the build with two small in-ground beds with a possibility of building a compost.

We are in urgent need of someone to take on a committee role of grant writing to obtain funding from Sustainable Foods Edmonton.

We encourage people to watch on the Fraser Community Garden Facebook page for our future meeting dates or request to be added to an email database to receive invitations to meetings and updates.

TIPI TEACHINGS

Learn about First Nations teachings, culture and how you can be a good neighbor to Indigenous people in your community at these remarkable events where you'll get to learn, experience, ask questions and better understand the rich culture and diversity of Canada's First Nation Peoples.

Tipi Teachings events are facilitated by Ojibwe & Dakota First Nations knowledge keeper, story keeper, and drum carrier Rayna Gopaul

All are welcome

March 7 (1:00-4:00PM)

Tipi Building & Tipi Teachings + Mini Tipi Craft

March 14 (2:00-4:00PM)

Traditional Ojibwe Drum Songs & Teachings + Mini Drum Craft

March 21(2:00-4:00PM)

Dream Catcher Making + Role of Dreams & Spirituality Teachings

March 28 (1:00-4:00PM)

Round Dance Community League Event 1:00-4:00PM



ECDC

The Fraser project has completed community engagement and a community hub is the final concept. We are currently working with a small business owned by two Fraser residents with extensive restaurant experience to finalize operating plans for a much desired coffee shop to be located in the hub. We are working with two additional organizations as tenants for the hub. Both of these potential tenants intend to have programs for youth and families including initiatives for low income youth so that no one is turned away from participating. Further, the one of the spaces will be used for various physical activities such as basketball, yoga classes, space for the home school associations to use for sports and other activities that community members hoped would be available for youth and families in the northeast.

This is an exciting opportunity to continue with the inclusive values of the Edmonton Community Development Company. The goal is to co-design the building and explore associated costs with the tenants to ensure the structure is meeting the needs of ECDC and the tenants. We anticipate completing the design process in the first quarter of 2020, with a rezoning application submitted upon determination of the design. The rezoning process may take between 6 and 12 months with a development permit application following the approved rezoning. This takes us to spring 2021 for development of the property.

PRIDE AT FRASER

Fraser will be operating an Inclusivity program out of the hall this year. We will have a 12 and under group once per month, where all trans, LGBTQ+, non-binary, experimenting, questioning, gender non-conforming, and ally children, their friends and families are welcome. Come join us for crafts, games, snacks and discussions. We hope to be up and running in March/April so keep an eye out for dates and times and please send a message to our Inclusivity Director at frasercommunitysoccer@gmail.com if you are interested in helping or even sharing ideas for the program!

We hope to see you all there.

RED Swan Pizza Always Fresh Always Hand Tossed



Try our new Special Combos and Gluten Friendly & Cauliflower Crust

Pick Up Special

Deal #1 Any 1 Personal 8" Pizza + 1 Can of Pop \$5.99	Deal #2 Any 1 Small 10" Pizza \$7.95	Deal #3 1 Large 14" 2-Topping Pizza \$10.95
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LIMITED TIME OFFER

Download Our Mobile App Today

Download on the App Store | ANDROID APP ON Google Play

Try the Red Swan Pizza app for yourself!

Browse our menu

Come on board and be a part of the Red Swan Pizza ordering by:

- Creating your favorite pizza order
- Customize the toppings, Combos
- Specify order type (delivery or pickup)
- Place future orders

Tuesday & Wednesday Special

Any Three Medium (12") Pizza **\$29.95**



RED Swan Pizza

Belmont - Edmonton
13522 Victoria Trail NW, AB
780.456.0777

ORDER ONLINE!
www.swanpizza.ca

HOURS:
Sunday-Thursday: 11 am to 11pm • Friday-Saturday: 11 am to 1 am

Prices subject to change without notice. Produced by NRP Marketing Group, Inc. All Rights Reserved. MPP006-1320

FREE
12" Medium Pizza

Buy Regular priced 12" Pizza and get 2nd Pizza of equal or less value for FREE.

No cash value Expires April 15 Pick-up Only At Victoria Trail Belmont

Must present the Coupon Before Order

FREE
Chicken Wings/ 10" pizza

Buy Two 16" extra large Pizza Get 1lb Chicken wings or 10" Pizza FREE

No cash value Expires April 15 Pick-up Only At Victoria Trail Belmont

Must present the Coupon Before Order

FREE
Cheese Sticks/Regular salads

Buy any one 14" regularly priced pizza and get one Cheese sticks or Regular salads FREE

No cash value Expires April 15 Pick-up Only At Victoria Trail Belmont

Must present the Coupon Before Order

PLAYSCHOOL

Interested in sending your 3 or 4 year old child to playschool?

Our Open House and Registration nights take place on

Wednesday, May 13
& Tuesday, May 19

at Fraser Community League Hall for the 2020/2021 School Year



NEIGHBOURHOOD WATCH

Did you know Fraser has a neighbourhood watch?

Keep on eye on our Facebook page and future newsletters on how you can participate and continue to make Fraser a safe neighbourhood.



SENIORS

Good Day Fraser neighbourhood's seniors.

My name is Alexandra and I am the seniors coordinator for the Fraser Community League. I would very much enjoy to touch base with you to discuss the future of seniors programming for our neighbourhood. Feel free to give me a call at (587) 990-9264.

YOGA



GLOW YOGA KIDS
let your light shine

Yoga, Creativity & Mindfulness for the Young at Heart



Spring Program @ Fraser Community League
14720 21 Street

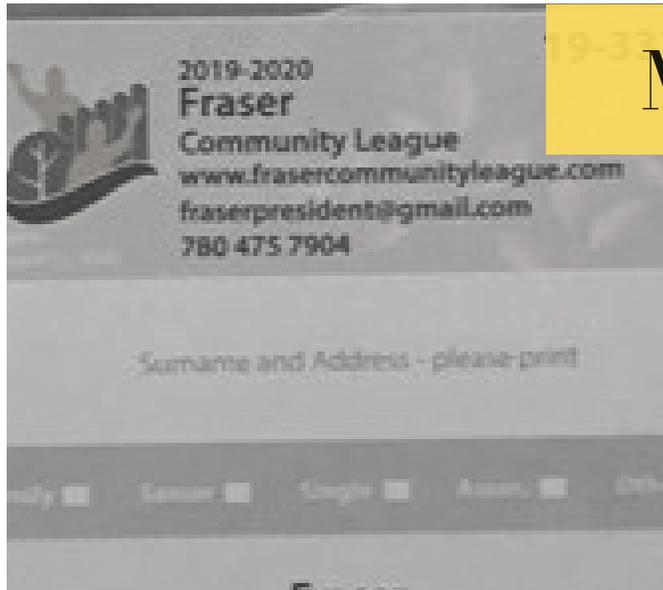
4 weeks, Mar 15-Apr 5
4 weeks, Apr 26- May 17

Ages 3-6, 9:30-10:15
Ages 6-10, 10:30-11:30

Join us in a dynamic exploration of classical and creative yoga & mindfulness activities. The supportive and fun environment allows children space to explore the movement of their bodies through games, partner work, trust exercises, dancing and creative yoga poses. Other activities include child-centered breath work, meditation, music, art & relaxation. Plus, Mama's are welcome to stick around on May 10 for a special mother's day yoga class.

\$32 for Fraser community league members and \$40 for non members. Please pre register by visiting:
<http://frasercommunityleague.com/>

www.GlowYogaKids.com | info@glowyogakids.com | 780-604-2512



MEMBERSHIP

BENEFITS:

- Access at the Clareview Recreation Centre (Saturday 6-8 pm)
- Discounts at any Edmonton Rec Center
- Free skating at any outdoor community rinks (including skate rental)
- Access to community playschool, soccer, and league ran events

COST:

Family: \$25 Single: \$15 Senior: \$15

HALL RENOVATIONS

The upstairs to our hall is getting a much needed face lift. We look forward to sharing the space with you in March.

For hall rental information please visit our website.

CONTACT US



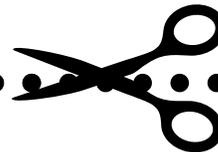
Fraser Community League



frasercommunity



frasercommunityleague.com



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