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Prince Rupert

Community news

ADDRESSING THE NEEDS OF PRINCE RUPERT'S RESIDENTS AND
PLANNING UPCOMING EVENTS IN OUR COMMUNITY.

Yes, it's that time again... time to fight through long checkout lines, buying school supplies and children's clothes, making lunches and waving good-bye as your little ones climb on the yellow school bus. Ready or not, it's here. The start of school!

BACK TO SCHOOL...

Tips for making the transition back to school easy, healthy, and safe for your children:

- ✓ *Point out the positive aspects of school: it will be fun. She'll see old friends and meet new ones. Refresh her memory about previous years when she may have returned home with high spirits because she had a good time at school.*
- ✓ *Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the centre of the back. The backpack should never weigh more than 10-20% of the student body's weight.*
- ✓ *Teach your child how to handle a situation where he or she is being bullied. Tell them to walk away, ask for help, or encourage them to make friends with other kids.*
- ✓ *Restrict your child's pop consumption. Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of pop a day increases a child's risk of obesity by 60%.*
- ✓ *Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another area of the home that offers quiet and privacy.*



COMMUNITY GARAGE SALE

Saturday, Sept 22nd 9am-3pm

DON'T MISS OUT ON SOME GREAT STUFF!!! BRING YOUR FAMILY AND FRIENDS AND TAKE ADVANTAGE OF THE HUGE GARAGE SALE RIGHT IN YOUR NEIGHBOURHOOD!!

Drop by the Prince Rupert community rink and find all sorts of inexpensive treasures. It will be a fun-filled day with hotdogs and pop, lots to buy and friendly neighbours to chat with. You will find kitchen supplies, games, crafts, kids toys, clothes and much more! So come by the community skating rink on Saturday September 22nd from 9 A.M. to 3 P.M. and... SHOP! SHOP! SHOP! Support your neighbourhood and join in the fun!



**PRINCE RUPERT COMMUNITY
LEAGUE**
11245 113 Street



**NEXT LEAGUE
MEETING:
WEDNESDAY
OCTOBER 10TH
2007**

What's Coming Up in the Community?...

- Discussions on getting a new community hall
- Playground opening with new equipment
- Winter Shiny programs for children and adults
- Snow Shack program
- Card Nights
- and much more!

NEWSLETTER ADVERTISING

Advertise your business in the Prince Rupert Community Newsletter and grow your business. Call Tricia at 455-4616 to advertise.



	MEMBERS	NON-MEMBERS
Business Card Size -	\$25.00	\$35.00
¼ Page	\$50.00	\$65.00

THE ABC'S OF CRIME PREVENTION IN OUR COMMUNITY



Awareness, about who does & who does not belong in your community.

Become involved in your community.

Crime Stoppers appreciates tips from citizens (1-800-222-8477)

Donate ideas & time to promote community wellness.

Educate yourself regarding personal safety & property safety.

Form an apartment watch or condo watch group with neighbors.

Get involved with community league initiatives and events.

Help organize a community safety information session.

Involve youth in positive social & recreational activities.

Join your community league and discuss concerns.

Know your neighbours.

Lock your vehicle and use an anti theft device like "The Club".

Maintain your property – remove garbage, graffiti and derelict vehicles.

Newsletters are a great way to share crime prevention tips (like this one).

Organize safety programs and events.

Problem solve with other community stakeholders.

Quiet after 11:00 pm.

Report any and all suspicious activity to the police.

Say "Hello" to your neighbours and people in the area.

Treat others with respect.

Unite against crime (join your community league).

Volunteer.

Work with others.

Xpect positive results if you follow these suggestions.

Youth are resources. Give them opportunities to help.

Zealous – be zealous in your crime prevention efforts.



Community Successes

GREEN SHACK PROGRAM

The Green Shack Program this year was a huge success. We had a great turnout and many children from the community came and went throughout the days (six to nine per day on average).

Isobel, the Community Leader, was absolutely amazing! She worked very hard at keeping the children entertained even with the little equipment she had available. Her enthusiasm and creativity were evident with the variety of games she had the kids play and the way she got everyone involved. The children had nothing but good things to say about their experience at Prince Rupert's Summer Green Shack Program.

Special Thanks to Little Caesars Pizza in Oliver Square who sponsored a pizza lunch for the kids at the Green Shack Program

EDMONTON GRAND PRIX

Thank you to everyone who participated in the 50/50 fundraiser at the Grand Prix. The feedback from the volunteers was that it was "a very positive experience". Their hard work paid off as the profit this year was double that of 2006 coming in at approximately \$8000.00. Thank you also to Rick Gray, former Prince Rupert President, who organized our volunteers and liaised with the Grand Prix staff.

THE BIG BIN EVENT

If you wanted to get rid of your "junk" this summer, hopefully you made it out to Prince Rupert's Big Bin Event. Many people participated bringing all sorts of items from their backyards and garages filling 3 BIG bins. The program was definitely a success and everyone said they were grateful they were able to "clean up their homes" and as a result – the community!

Capital City Clean Up

Capital City Clean up is a city wide initiative where residents, businesses and community groups work together to reduce and prevent litter. The goal of the project is to pick up garbage and focus on environment beautification in the neighbourhood. Kim Krushell headed up this project in Prince Rupert and worked side by side other community members. Special thanks goes out to John and Anne Couy for helping pick up litter around the neighbourhood. They definitely went 'above and beyond' and their efforts did not go unnoticed. Thank-you John and Anne and everyone else who participated!

Upcoming Events:

Community Card & Crib Nights.

Prince Rupert Community League is starting a card night at the hall for anyone interested in playing cards and/or crib. Starting on Wednesday, September 19th from 7–9 P.M. the coffee will be on and the crib boards out. Come out for a nice evening with friendly neighbours and try out your luck in a card game.

Where: Prince Rupert Community League Hall

When: September & October - Wednesday nights (Sept 19th on)

Time: 7 – 9 PM

Cost: Free

Contact: Call Sharon at 455-5618 for more information. Or, if you're interested in hosting this card night please ask for more info.

Christmas Card Making.



Come out for a fun filled afternoon of Christmas Card making and add that personal touch to this year's Christmas cards. All materials will be supplied to make 9 beautiful handmade cards for friends and family. Refreshments will be served.

Where: Prince Rupert Community League Hall

When: Sunday, November 4th, 2007

Time: 1:00 PM

Cost: \$10.00 per person

Contact: Call Sharon at 455-5618 for more information or to register.

A SPECIAL "THANK YOU" TO SHARON TAYLOR & LAUREL ALBERT FOR ALL THAT YOU DO!



It Doesn't Seem Enough

We want to tell you "Thank you,"
But it doesn't seem enough.
Words don't seem sufficient--
"Blah, blah" and all that stuff.
Please know we have deep feelings
About your generous acts.
We appreciate you both;
You're special, and that's a fact!

"Extra, Extra - Read all about it!" Get your Community Membership here!

It's that time of year again. Prince Rupert Community Memberships expired on Aug 31, 2007. Please renew your membership as soon as possible. New memberships are available now.

Sign up today for your community league membership and have your name entered in to a draw for a free IPOD! Don't miss out, sign up today.

Membership is \$20.00 for individuals and families.

For those people who have lived in the community for 50 years or more, you will receive a complimentary membership. Please contact Demetrius Garanis, Membership Chair, for more information or to get your membership.

Phone- 474-5348

Email- drdemetrius@hotmail.com

Just think of all the benefits your family will receive just for signing up!

- Free skating for the entire family.
- Free access to all skate and hockey programs (adult & children's shinny hockey).
- Discounted entrance fees at select city recreation centers.
- A voice in the community!
- A great way to meet some fantastic people!
- Free participation in community events.
- And much more...

