

## CLSA's 2021 Board of Directors

CLSA is pleased to announce a new Board Executive Committee along with the addition of two members to the board of directors. We didn't get an earlier chance to introduce board members Rita Makkannaw and Tony Spencer, who were elected in 2020, and we take this opportunity to introduce this year's board additions, Elaine Simmt and Janice Dewar. Welcome to the Board!

### **Rita Makkannaw**

I have had numerous careers, and much experience in my full life. The longest one being as a lab and x-ray technician, but have also worked as a bank teller, a mortgage broker, and even a car salesman when I needed some money in a hurry. I have raised two of my own children and helped many others through formidable times. I have always worked for human rights starting at the age of 13. I was on the team to gain socialized medicine in Canada. As the wife of a Cree medicine man, we dedicated our lives to create understanding between our peoples including developing an Aboriginal wellness program for Capital Health, later to become Alberta Health services, which opened the doors for other healing modalities to work together with the western medical model. I teach courses on spirituality in everyday life and have shared much about cross-cultural understanding and how to move on in a good way.



### **Tony Spencer**



I was born in England and emigrated to Canada with three small children and lived in Brantford, Ontario for five years before arriving in Edmonton in 1977. I worked as a bookbinder for 15 years before working as a lifeguard and getting a degree in Recreation Administration at the U of A. I then worked as a recreation therapist at various hospitals and long term care facilities before retiring. Other roles in life have included 40 years of leadership in Scouts Canada, president of a few organizations such as my professional organization, ElderCare Edmonton, Prince Rupert Community League and Highlands Lawn Bowling Club. At CLSA, I am the leader of the Drama group. My wife, Barbara and I have shared travel presentations. For a few years I travelled Alberta teaching volunteer non-profit organization boards how to function well.

### **Janice Dewar**



I hold a Bachelor of Education from the University of Saskatchewan and a Master's of Distance Education from Athabasca University.

My career has encompassed teaching English as a Second Language to adults; working in communications as a writer, editor, and project manager; and managing the development of a public education program for teachers for the City of Edmonton. My final position before retirement was with EPCOR.

I was born and raised in southwestern Saskatchewan and has lived for many years in Edmonton. My interests include working out, walking, cooking, reading, travelling, studying Spanish, and playing the piano.



**Elaine Simmt**

I am recently retired from the University of Alberta where I was a professor of secondary education.

My husband and I raised our children in Sherwood Park and moved to the Oliver area when our youngest finished university.

We joined Central Lions Senior Association three years ago anticipating our retirement and knowing that we would love to participate in various activities.

My recreational interests include novice birding and art making, all season walking, and playing games with my grandchildren.

I am a lifelong learner and enjoy working with friends and colleagues to create learning opportunities for others. In addition to my work as a professor, I have administrative and policy experience from my appointments as associate dean and department chair. I also have experience in international teacher development.

I welcome the opportunity to contribute to the mission of the Central Lions Senior Association.

### **CLSA Board of Directors**

**2021 - 2022**

**Chair:** Dennis Horrigan

**Vice Chair:** Allan Mah

**Treasurer:** Keith Anderson

**Secretary:** Marie Danielson

#### **Directors:**

Sharon Campbell	Bob McKenzie
Tony Spencer	Rita Makkannaw
Janice Dewar	Elaine Simmt

**Past Chair:** Vic Kowalewich

**Executive Director:** Susan Mann

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## A New Reality (a.k.a. the new normal?)

Preparing and planning for our future, especially retirement, has been drilled into us by our parents, employers, bankers and various media. None of that generic advice gave a hint of a worldwide pandemic. No way could the average person have expected the chain of events of the past 16 months.

But here we are, coping the best we can; forming opinions and creating our own truths and offering strategies with 20/20 hindsight; playing the Monday morning quarterback; criticizing and or supporting our civic, provincial and federal leaders – both medical and political. All the while, feeling sad, bored, alone, confused, puffy and scared. But that's about to change because of vaccines!

Hi ho, hi ho... said Snow White's dwarfs. And that's just what we're doing. Our admin team is again planning another season of activities at the Centre. We've had a lot of practice with this over the year and a half, and without knowing what the exact health and safety protocols will be in September, we're moving ahead with a full opening of Circles (clubs), drop-ins, and programs. We may have to adjust some details as we get closer to the start date, and we'll do our part to keep you informed.

To that end, we aim to have the Fall 2021 program guide available at the beginning of August, with registration opening a few weeks later. Just a reminder that your 2020 membership was rolled over into 2021, and you may have a refund credit in your 'wallet' for cancelled programs of March 2020. You can call us or log into your account for this information.

In planning the fall, we took regular programs, merged them with COVID influences, added some desires and requests of our members and mixed in a dash of best practices and have come up with a guide that will accommodate and satisfy the majority of our members. We ask you to keep in mind that we are in a different place because of the pandemic and will evaluate for future seasons.

Circles (clubs) will start the week of **September 7** and regular program the week of **September 13**. You will notice some changes to the sport clubs in particular as we adjust to some of the pragmatic operational influences of the pandemic. We are trying to accommodate and satisfy as many members as possible, while anticipating (post?) COVID regulations, and will evaluate these plans as we go along.

Hopefully 2022 will bring with it a more familiar and 'normal' routine. We are sincerely looking forward to getting back into the building and seeing you again in September.

**Susan Mann and the CLSA Administrative Team**

### ***Hold the Date! Don't miss out!***

Some important dates remember:

<b>August 2</b>	Fall Program Guide
<b>August 16</b>	Registration starts
<b>August 17</b>	Volunteer Orientation
<b>August 19</b>	Volunteer Orientation
<b>August 24–26</b>	Welcome Back Week
<b>September 7</b>	Clubs/Circles begin

We are on Facebook! Like us, share and comment on our posts. Get the latest news updates and more!

[@CentralLionsSeniors](#)



### **Central Lions Seniors Association**

**11113 – 113 Street, Edmonton AB T5G 2V1**

**Website: [www.CentralLions.org](http://www.CentralLions.org)**

**Phone: 780-496-7369 Fax: 780-442-0946**

**Email: [info@CentralLions.org](mailto:info@CentralLions.org)**

**Hours of operation: 8:30 am to 4:30 pm**



## A Quick Update on Our Reopening Plans

Summer is officially here! We hope you are making the most of the hot weather and are enjoying the sunshine between the rain!



### “Welcome Back” Week in the Works

In response to Alberta’s 3-stage reopening plan, we are working on our own plans to reopen the fitness centre and run a few courses and clubs as a “Welcome Back” session as soon as possible. This will be a chance for us all to get back into the swing of things for fall. We’ll keep you posted when plans are confirmed. For now, please keep an eye out for our future emails and updates on our website.

### Fall Program Guide, Registration Dates, and Memberships

The Program Guide will be posted on our website and sent out at the start of August. Members without email will receive their catalogues through Canada Post. Fall registration and memberships will be available online and in-person on **August 16<sup>th</sup>**. Staff will be back for in-person registration **August 16 to 27; Mon-Wed, 10–2 p.m.**

### Membership Rates will be Pro-rated for the Remainder of the Year

Starting in September, new 55+ memberships can be purchased at a pro-rated fee of \$20. The fee will decrease by \$5 each month until December 2021. Please remember to check your online registration account as you may have a rolled over membership from last year already in your “wallet”.

### Health Protocols and Policies

As the public health situation continues to improve, we remain cautiously optimistic about our reopening plans and will continue to follow the most up-to-date recommendations made by AHS and the City of Edmonton. Our health policies will follow the advice of AHS and will be updated and shared with everyone closer to our reopening date.

Until we see you next, be well, and enjoy the start of summer!

## Volunteer Opportunities

When we reopen our doors later in August we will be in need of volunteers who are committed to helping through the Fall season. If you are interested in helping out, please send an email to **Francine@CentralLions.org** with your name, phone number, and schedule availability. CLSA will be sending out a short form via email in July to gather the names and availability of volunteers who would prefer to sign up during that time.

### Volunteer Orientation and Roles:

Volunteers are required to attend an orientation session if they have not received training already. Volunteers may attend whichever session suits their schedule: **August 17 (10 am–12 pm) or August 19 (1–3 pm)**. We will send out an reminder before the orientation dates. If you have a little extra time and want to support CLSA, we’d welcome your time and effort! Volunteers are needed for in the following positions:

**Ambassador** - Greet and screen members; take temperatures and distribute masks; ensure everyone practices personal hygiene; act as host for instructors and general interest presentations.

Volunteers with at least 25 hours of support are our guests at the annual Volunteer Appreciation Event, which we will plan when it is safe to gather together. Thanks for your dedication to CLSA — your help is greatly appreciated!

## Are you on our Email list? Subscribe Today!

If you are not getting emails from us or know someone who would like to, please email [info@centrallions.org](mailto:info@centrallions.org) or call 780-496-7369. Checking your “spam” or “junk” email folder or adding us to your “trusted sender” list or address book might do the trick, but if that’s not the case, please contact us and we can look into it for you.

We encourage our members to join our email list to hear about updates and other information that may be of interest. You can sign up on our homepage [www.centrallions.org](http://www.centrallions.org). For other ways to receive information from us, see the list below:

- \* Call our mainline 780-496-7369 and listen to the voicemail message for updates
- \* Buddy up with a CLSA friend who can share information with you.
- \* Share your mailing address with us to receive our newsletter via Canada Post.
- \* Friend us on Facebook
- \* Check out our website occasionally, or ask a family member or friend to check on the website for you



## Calling All Artists, Writers, Poets, and Creators!

Do you write poetry, short stories, or interesting articles? Do you draw, paint, sculpt, do woodwork, make jewelry, or consider yourself an artist of sorts? We are hoping to create a gallery on our website that features some of the stories, talents, and accomplishments of our members and we’d love to see your impressive work! If you’d like to share your creative work on our website, please submit a piece of work or picture of your artwork to [francine@centrallions.org](mailto:francine@centrallions.org).

## NEW Water Filling Stations at CLSA – Bring your Water Bottles!

The water fountains at CLSA have been replaced with water bottle filling stations. The filling stations meet our safety needs for COVID, help you save money, and reduce the amount plastic bottles we use. There is a tracker in each unit that tells you how many bottles have been diverted from landfills. Some facilities have seen over 460,000 bottles saved in the past few years. So, here’s a reminder to bring your reusable water bottles next time you are in! If you forget your bottle at home, we will have some bottled water for purchase (\$1) at the front desk.



## Bus Route 111—Right at the Doorstep of CLSA

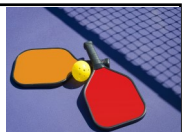
Just a quick reminder for folks who transit by bus: there is a new bus stop (#11096) located at the south entrance of CLSA. The stop is part of the new bus route 111 that goes from Riverdale to McQueen. The bus also stops at the Kingsway/Royal Alex and Westmount transit centres.

Routes 3 & 111 will be of interest to CLSA Members taking transit to the CLSA site. Route brochures are provided in the links below (Click on the route to see the map. Brochures for routes 3, 8, 111, 103, 102, 903, 140x, and 110x are available in print at CLSA).

[Route 111 – will go to CLSA parking area](#)

[Route 3 – stops along 111 Ave](#)

**Attention Pickle Ball Players:** Please note the gym has been booked on **November 9 & 23 from 9 a.m. – 1 p.m.** These times will be omitted from the program guide and pricing will reflect the changes made.



We are now accepting ads for the next edition of the Lions' Roar Seniors News with a reach of approximately 1,500 readers.

**Newsletter Rates are as follows:**

Business Card (3" x 2.5")	\$25
1/4 Page (4" x 5.25")	\$40
1/2 Page 8" x 5.25 or 4 x 10.5")	\$80
Full Page (8" x 10.5")	\$150

The deadline is the 15th of each month for the following month. A set-up fee maybe required. For more information contact Francine at **Francine@CentralLions.org**

**IMPORTANT NOTICE**

Regarding photographs and videos taken at the Centre...

Please be informed that from time to time, our staff and volunteers will be taking photographs and videos of activities, clubs, sporting events, individuals and general gatherings of our members. We may use these photos to promote the activities of the Centre in our newsletters, on our website and our Facebook account and other material intended for the public.

Your image is your personal information. All personal information, including images taken by CLSA is subject to Section 33(c) of the Freedom of Information and Protection of Privacy (FOIP) Act.

CLSA respects this and realizes that not everyone wishes to be included in photos or videos. **IF YOU DO NOT WANT YOUR PHOTO TO APPEAR** in our promotions/ publicity etc., please STEP ASIDE, TURN YOUR BACK or otherwise make your position known to the photographer. If you have questions or concerns about this matter, please contact our Executive Director at 780-496-7369 or **susan.mann@CentralLions.org**.

**WILLS, ESTATES & NOTARY.**

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Lina Marrazzo B.A, LL.B

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