



# Bannerman Community League Newsletter

## Legend



= Walking Group (8:30 - 9:30 AM)



= Tai Chi (7pm-8pm)



= Cribbage (7pm)

## Bannerman Bulletin

## Legend (Waste Collect Days)



= Garbage



Recycling =



= Food Scraps

## February 2026

\*Download the "WasteWise" App\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## News

[Edmonton.ca/ExtremeWeather](https://Edmonton.ca/ExtremeWeather)

### Frostbite: Stay Safe in the Cold

Anyone outside for long periods in cold weather is at risk of getting frostbite, especially without proper shelter or warm, dry clothing.

[Open All](#) [Close All](#)

#### Recognize the Signs

- Numb, hard, or waxy skin that looks grey, yellow, purple or brown
- Frostbite can cause lasting damage if not treated quickly

### During Cold Temperatures

Learn to recognize the signs of hypothermia:

- Uncontrollable shivering
- Drowsiness or exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech

Note: A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing.

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## Events



### Snow Heroes

Bannerman Community is running the Snow Hero's Program this winter. If you need help with snow shovelling, please call Maureen at **780-893-8979**. She will give you a sign to put in your front yard. If you'd like to be a Snow Hero, watch for signs on your street and help out if you can OR call Maureen at the above number and she will get you connected.



### Winter Fire Safety

As we approach our colder months, it's important to know the safety measures for our heaters. Ensure smoke and carbon monoxide alarms are tested monthly and that new batteries be added at least once a year. Head to [edmonton.ca/seasonalfiresafety](http://edmonton.ca/seasonalfiresafety) for more info!



### Family Day!

Come join us for a fun-filled Family Day Outing Monday February 16, 2026 at **Bannerman Hall**, 10:00 am to 2:00pm! Outdoor Activities such as: skating, snow shoe, painting the snow, and an outdoor fire where you can cook your own hotdogs will be available.

As well, inside activities such as crafts, board games and improv for the performer in you.

Entertainer Charlie Peters will join us with a juggling workshop from 11:00-1:00.



## Events



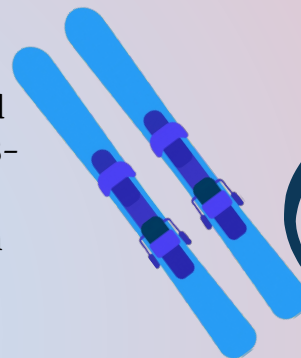
### Dead Cold Run

Join together to raise awareness and funding for heart stroke and disease through various running distances at **Rundle Park!** Online Registration ends on February 20<sup>th</sup> at 11:59 pm and the races begin on February 22<sup>nd</sup> at 10am sharp. For more info, visit [deadcoldrun.ca/edmonton](https://deadcoldrun.ca/edmonton)

### Barnebirkie Family Ski

At Gold Bar Park, cross country skiing families are invited to come out and enjoy the winter festivities on February 13-15 offered by The Canadian Birkebeiner Society!

Registration dates are set for last year (2025) so to keep an eye on new info, visit or contact the society at [canadianbirkie.com/ski/barnebirkie-family-ski/](https://canadianbirkie.com/ski/barnebirkie-family-ski/)



### Ice Climbing World Cup

The UIAA is hosting its World Cup and Edmonton Ice Fest from February 26 to March 1. Come and see world cup ice climbing finalists for free at Louis McKinney Park (9735 Grierson Hill NW)!

[climbyeg.com/icefest](https://climbyeg.com/icefest)





# Notices

## Rentals

### Book your Hall rental!

Bannerman Community Hall is available for wedding groups, birthday parties, meetings, and other events.  
Seating capacity is 140.

For information, call Carol 780-999-5469



### Advertising rates

Business card	3½" × 2"	\$30
¼ page vertical	3½" × 4⅞"	\$50
¼ page horizontal	7⅞" × 2⅝"	\$50
½ page horizontal	7⅞" × 4⅞"	\$75
Full page	8 × 10½"	\$90

## Neighbourhood Crime and Concern Numbers

Who Should You Call? CALL 911 IF YOU ARE IN IMMEDIATE DANGER			
ISSUE	REPORT TO?	ISSUE	REPORT TO?
Break & enter in progress	<b>911</b> (Immediate threats to life, safety, or property and crimes in progress)	Come out to find your vehicle stolen	<b>780-423-4567</b> <b>OR #377</b> (EPS non-emergency for crimes that have already happened)
Child wandering alone		Lost property	
Child left in vehicle		Loud party at your neighbours	
Graffiti in progress		Loud vehicle	
House fire		Theft under \$5000	
Person looking into windows		Theft from vehicle	
Person trying to open vehicle door handles		Vandalism – damage	
Vehicle theft in progress		Your home was broken into when away	
		You've been a victim of a scam or fraud	
Construction noise 9pm-7am	<b>311</b> (by-law violations)	Addiction supports and harm reduction	<b>211</b> (social supports)
Dead animal on public property		Homeless person in need	
Dog barking loudly		Person in mental health distress	
Dog attack or bite		General health advice and nursing support	<b>811</b>
Large potholes		Report a crime anonymously	
Littering		Graffiti (not in progress)	<b>1-800-222-8477</b> (Crime Stoppers)
Loud business			<b>780-423-4567/#377</b> <b>AND 311</b>
Nuisance property: weeds, unsightly		Known drug house	<b>780-423-4567/#377</b> (EPS non-emergency)
Residential fire pit complaint		Mortgage fraud	<b>1-866-960-SCAN</b> <b>403-228-2954</b> (Real Estate Council)
RV parked on public roadway		Report any instance of scam or fraud	<b>1-888-495-8501</b> (Anti-Fraud Center)
Smoking in prohibited area		Transit safety concerns	<b>780-442-4900</b> (Transit Watch)
Snow or icy sidewalk		Domestic violence	<b>211/780-423-4567</b> <b>310-1818</b>
Someone dumping garbage or waste		Human Trafficking	<b>1-833-900-1010</b> (CEASE)
Vehicles leaving mud & dirt on the roadway			
Vaping in public area			

September 2024

## Advertising Rates

Interested in being in the next newsletter?  
Consider our rates and spread the word on topics that interest you!

## Members and Contacts

### Bannerman Community League Executive

President	Dave Ball	780-475-5609
Vice-President	Irene Kirby-Frith	780-340-7289
Secretary	Jennifer Boone	780-478-6841
Treasurer	Marian Eelhart	

### Community League Committees

Abundant Communities	Meloney Patterson	780-266-1279
Area Council	Carol Bolt	780-999-5469
Casino Director	Wendy Curilla	780-473-6937
Community Garden	Lesley Thompson	780-916-7358
Diversity and Inclusion	Lina Chinchilla	403-995-5342
Grants Director	Maureen Murphy-Black	780-893-8979
Hall Rentals	Carol Bolt	780-999-5469
Membership	Meloney Patterson	780-266-1279
Website	Lesley Thompson	780-916-7358
Social Director	<b>vacant</b>	
Sign Manager	Dale Wells	780-472-6588
Sports Director	<b>vacant</b>	
Newsletter Editor	Nancy Diaz	780-802-6215
Building and grounds director	<b>vacant</b>	


### Contact Us

#### Mailing address

P.O. Box 50008  
14061 Victoria Trail  
Edmonton AB. T5Y 2M9

#### Website

www.bannermancl.ca/

 www.facebook.com/bannermancommunity

## People in Our Neighbourhood

Know of anyone who inspires you in the neighbourhood? Email [BannermanLeague@gmail.com](mailto:BannermanLeague@gmail.com) about a close friend, neighbour or anyone in the Bannerman community who you view as an inspiration and why they would be a good fit! An example would be "Maureen the Biker," an 84-year old cyclist who we did a piece on in our July newsletter.

### Special Stories

People in Our Neighbourhood

#### The Start

Living first in Kamloops in 1991 and then returning to Edmonton, Maureen Haddock discovered her favorite pastime in the beauty of the river valley park system. Biking, she and her six grand kids "Sunny the" have been riding the trails in North Edmonton since 2020, when she was gifted it for Mother's Day by her daughter Lisa and her family. Her son, Caleb, helped make adjustments to it to fit her needs.



#### The Journey

Maureen had been riding the residential streets when she discovered the trails on June 15, 2023. She comfortably uses the Heritage Bannerman Fraser portion of the trails. She begins her session only at around 7:30 am and does an average of 4 laps a day for 27.5 km, starting at the entrance to Heritage Park and turning around at the top of the Henday. She enjoys getting her daily steps in, around 10-11,000 a day, and wears a fitness watch to monitor this activity.



#### The Finish Line

Maureen now biking as a form of meditation where she connects with nature, people, God and feels close to those who have passed on. She mentions that biking, while keeping her physically fit, is a huge part of her emotional wellness. Biking has not been without obstacles, including being chased by dogs meant to be on leashes and annoying neighbors after falling off her bike. Despite this, she persevered and challenged herself to continue. Maureen is 84 years old and 4'10" tall, "tall, powerful and free" when riding the trails.



#### Her Message

Maureen has had the support of her family members but in her toughest moments, she is reminded of her late son and husband. They are her biggest motivators for continuing to bike and harness them every day on the trails.

Nancy: "If you were to offer a piece of advice for those wanting to get into biking or unsure of how to get started, what would you tell them?"

Maureen: "Just go for it!"