

Community Connection



How To Be Active In The Summer Heat

Sports and recreation offers many benefits such as improving self-esteem, improved social interaction and leadership skills, personal satisfaction and quality of life, as well as many physiological benefits and stress reduction which all are made easier by having leisure and recreational activities readily available. If you enjoy partaking in outdoor leisure it is important to be active and stay safe in the sizzling summer weather.

BEAT THE HEAT AND STAY ACTIVE!!

- Avoid peak sun hours (11 a.m.-2 p.m.)
- Drink LOTS of water
- Wear lightweight breathable clothes
- Cover your head and wear a hat!
- Listen to your body. The first stages of heat stress are muscle cramps, nausea, headaches, goose bumps on the upper body and unsteady footing. Stop exercising if you experience any of these symptoms.

Summer Games Update



The 2010 Southern Alberta Summer Games was held in the City of Brooks and County of Newell from July 7th - 10th. The County of Lethbridge had a total of 135 athletes and coaches registered to participate in this year's Games. This includes a total of seven soccer teams ranging from U8-U14, as well as participants in events including track and field, 10 km running, badminton, 3 on 3 basketball, beach volleyball, pickleball, cycling, equestrian, swimming and photography

The County of Lethbridge received 14 Gold, 20 Silver and 7 Bronze. It was incredible to see the confidence and pride in the athletes of all ages when they received their medals or when they were praised for their hard work. Thank you to all of those who participated, you did a great job!!

The City of Medicine Hat is very excited to announce that they will be hosting the 2011 Southern Alberta Summer Games from July 6-9th in Medicine Hat!! Continue to check www.southernalbertasummergames.com and watch for more updates on how to get involved in the games next year!

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Fun Sports Trivia Of The Month

1. Which of the following NHL players was not a part of the 'Legion of Doom' line for the Philadelphia Flyers during the 1990s?
 A: Eric Lindros
 B: John LeClair
 C: Mark Recchi
 D: Mikael Renberg
2. Who holds the Major League Baseball record for most consecutive games with a hit?
 A: Pete Rose
 B: Joe DiMaggio
 C: Ty Cobb
 D: Paul Molitor
3. What was the first sport televised in the U.S.?
 A: Baseball
 B: Tennis
 C: Golf
 D: Rugby
4. What sport is the most common cause of eye injuries in the U.S.?
 A: Darts
 B: Fencing
 C: Baseball
 D: Football



Coaldale Community Services Board

FAQ

What is the Community Services Board?

The Community Services Board was created in 2003 to promote, expand and enhance recreation and culture in the Town of Coaldale. The Board cooperates and encourages all organizations, public, private, civic, social and religious, within the Town of Coaldale, supporting, promoting or working for any sport, recreation or cultural activity.

When should I contact the Community Services Board?

In the spirit of cooperation, the Board's input should be sought out and considered on issues that affect the Town, Town run programs or Town owned facilities. If you have any questions as to whether your request needs to be brought to the Board please contact the Community Services Department at 403.345.1326.

How can I contact the Community Services Board?

All requests coming to the Community Services Board will go through the Community Services Department at the Town of Coaldale. If the request requires a decision from the Board then the request will be discussed at the monthly publicly open meetings and the decisions reached at the meetings will be communicated back to the person who initiated the request.



Coaldale Copperheads Junior Hockey

2010/2011 Season Try-Outs

For more information contact 403.393.3129 or coaldalecopperheads@hotmail.com

Registration Dates for Conditioning & Training Camp Ice Times

Sept 8	6:00-8:00pm	Sport Chek
Sept 9	5:00-7:00pm	Coaldale Snake Pit Arena
Sept 14	5:00-7:00pm	Coaldale Snake Pit Arena

Please bring AHC card and copy of Birth Certificate to registration

Coaldale Snake Pit Arena

Opening Conditioning Camp
(Midget age & up) \$40

Sept 9, 10, 11, 12 7:00-8:30pm

Copperheads Training Camp Date/ Try Outs \$100

Sept 14 & 16 7:00-8:30pm
Sept 18&19 7:00-9:00pm

2010 Swimming Pool Schedule

Monday-Friday

8:00am-9:00am Lane Swim
 9:00am-12:00pm Lessons
 1:00pm-5:00pm Open Swim
 5:00pm-6:30pm Lessons
 6:30pm-7:30pm Family/Lane Swim
 7:30pm-9:00pm Open Swim

Saturday-Sunday

12:00pm-1:00pm Lane Swim
 1:00pm-4:00pm Open Swim
 4:00pm-6:00pm Family/Lane Swim
 6:00pm-7:30pm Open Swim

Water fitness Tuesday & Thursday (6:30pm-7:30pm)

Lane swim Monday, Wednesday & Friday (6:30pm-7:30pm)

June 28th-July 2nd & August 2nd-August 6th (No Lesson)

12:00pm-1:00pm Lane Swim
 1:00pm-4:00pm Open Swim
 4:00pm-6:00pm Family/Lane Swim
 6:00pm-9:00pm Open Swim



Calling all softball/baseball players! Coaldale Baseball Association is running a modified softball program in September. This is all the fun of softball including running on the third strike, stealing, and bunting is allowed - no windmill or slingshot allowed. The season will run Sunday evenings 6 - 7:30 and Tuesday evenings from 7-8:30 PM for the 4 weeks of September. This is a FUN recreational league for people between the ages between 16-96 and if it's been 10 months or 10 years since you've played ball, this is the place for YOU. All games will be played in Coaldale at the Quads. Registration will be held Tuesday August 24, 31 7-8 pm outside of the Coaldale Sportsplex/ Swimming Pool parking lot. Cost is \$25/ person. Call Dale Gerber at 403-345-6178 for more information or visit the website www.coaldalebaseball.com



Alberta Summer Games JULY 19-25 Peace Region

On July 19 - 25, 2010, the Peace Country is hosting the 2010 Alberta Summer Games. Over 3,000 athletes, coaches and officials will be visiting the Peace Region to participate in Alberta's premier youth amateur sporting event, along with coaches, officials, parents, families and friends. Ten communities in Alberta's northwest are playing host to this multi-sport, multi-cultural extravaganza.

For information on results please visit:
www.2010albertasummerngames.ca



COALDALE PUBLIC LIBRARY -2014 18 Street



Book Sale-A great source for beach books!

The annual Coaldale Public library book sale starts after the Settler's Day parade. July 10, 2010 - Noon until 5:00 p.m. The following week you will be able to stuff a bag with books for only \$5.00.

Destination Jungle

Get ready to travel to exotic and exciting places and discover nature's wonders right on the shelves of your local library with the TD Summer Reading Club's Destination Jungle. Every summer kids can improve their reading skills while having fun. Children 12 and under, who register with the TD Summer Reading club receive a poster, stickers and an activity book all free as part of their reading. This drop in program will run June 30th- August 18th 2010 every Wednesday at 11:00am and 2:00pm.

Hot Book Club

Looking for something fun for the kids to do over the summer holidays? The Hot Book Club might be just the thing for your child. A grade 1, 2, or 3 reader is paired with an older volunteer reading partner for ½ hour of reading followed by ½ hour of games and activities. Share the joy of reading and fun at the same time. Please pre-register at the library. Spaces are limited to the number of older reader volunteers recruited. Tuesday & Thursday mornings 11:00 am - 12:00 noon From July 6th - August 19, 2010.

Teen Reading club

Sink Your Teeth into Reading

Are you dying to know more about zombies, vampires, witches & werewolves? Maybe you should try to "Sink Your Teeth into Reading." This videoconference will run on Friday afternoons at 2:00 pm from June 18th to July 16th. Teens can see the website: www.teenrc.ca

Call 403.345.1340 for more information on the above, or any other library services.

Happy summer readings!

Coaldale Figure Skating Club

Summer Camp

Monday August 16 - Friday August 27, 2010
(one week or two week sessions available)

Includes CanSkate, Power skating,
Junior and senior skaters (Freeskate, dance,
skills, and stroking)



For more information contact Wendy Stinn
(403) 328-5218 or wendystinn@shaw.ca

Provincial Soccer In Coaldale

On August 6-7-8 Coaldale and District Soccer and Coaldale Thunder are hosting the U-12 boys Tier III provincials. It will be an exciting weekend with a lot of great soccer being played. The games will take place at the RI Baker Middle School Soccer Field, the Millennium East Field, (behind the Curling Rink) and the Millennium West (Hospital Field).

We are expecting to see between 350 and 400 people showing up for the weekend. We will have players, coaches, officials and families enjoying this exciting weekend.

There is a cost for the Soccer Association to sponsor this Tournament, and if you would like to volunteer or help cover some of the costs you can contact one of the following people.

Ken Klassen- 403.329.0333
Lance Unser- 403.635.0451



Upcoming Events

WIN PRIZES IN THE TEEN ONLINE READING CLUB

There is no better way to spend the summer than by reading and winning prizes for it! And the Teen Reading Club is perfect for just that. You could win various prizes throughout the summer.

This year's grand prize is an IPOD TOUCH! All you have to do is log onto the site and post a book review. Visit www.teenrc.ca to sign up and invite your friends to win prizes, prizes, and more prizes!



**Chinook Arch
Regional Library
System**

COALDALE PUBLIC LIBRARY 2014 18 Street

Hot Book Club

Volunteers needed for this paired reading program which runs Tuesdays and Thursdays from 11am-12noon in July & August. Volunteers must have completed Grade 5 or better. Please contact Jane at the library.

Hours of Operation:
Monday: 11am-9pm
Tuesday: 11am-9pm
Wednesday: 11am-9pm
Thursday: 11am-9pm
Friday: 11am-5pm
Saturday: 11am-5pm
Sunday: Closed

Address:
Box 1207 / 2010-18 Street
Coaldale, AB T1M 1N1

GEM OF THE WEST MUSUEM

Is asking for donations for their upcoming Wine and Cheese Antiques and Collectables fundraising auction.

If anyone has any donations please contact the **Gem of the West Museum** in Coaldale at 403.345.5000.



HOW DO YOU KEEP THE COMMUNITY LOOKING GREAT? VOLUNTEER!

There are many ways you can volunteer to help our community stay beautiful and grow... Communities In Bloom & Adopt-A-Space needs volunteers to:
Help design and maintain beautiful gardens and park spaces for families and visitors to enjoy
Help to maintain CIB projects that make our community a wonderful place to live and visit

We want you...to be a part of
Communities In Bloom & Adopt-A-Space
Come grow with us!!

Please Contact:
Dawn Parr about Communities In Bloom at parrdawn@hotmail.ca (345-5402)
Carmen Cook about the Adopt-A-Space Program at ccook@coaldale.ca (345-1300)



Check out our website
www.coaldale.ca

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