

Administration Office:
827-3362

Public Works:
827-3610

Recreation Centre:
827-2446

FCSS:
827-2296

Tourism Centre:
827-3300

ext. 21 | Receptionist Judith Coughlin
ext. 23 | Accounts Payables, Receivables, & Tax Clerk Louise McMann
ext. 24 | Payroll Clerk Diane Fournier
ext. 25 | Chief Financial Officer Carolyn Ferraby
ext. 27 | Manager of Economic Development & Tourism Tara Wignes
ext. 28 | Marketing Officer **VACANT**
ext. 30 | Development Officer Debbie McCann
ext. 31 | Executive Secretary Lisa Brown
ext. 31 | Chief Administrative Officer Darren Ottaway
ext. 33 | Mayor Louise Krewusik
ext. 34 | Coordinator of Economic Development & Tourism Denise Rinn
For Water & Sewer Utilities please contact Public Works

Community Focus Weekly is a supplement to the quarterly newsletter publication created by the Town of Grande Cache. For a copy of the current newsletter please visit our website below.

February 24, 2009



www.grandecache.ca *community focus weekly*

Next Regular Council Meeting - February 25, 2009 @ 5:00pm

PROGRAMS & ACTIVITIES...

Lifeguard Training:

Bronze Medallion: Learn about rescue techniques, the ABC's, CPR and water rescue. Stroke improvement, fitness and a timed swim are included (20 lengths in 15 minutes). Pre-requisites are 13 years of age. March 17-26, 2009 Tues & Thurs 5:30-8:30pm \$60 + books

Bronze Cross: Have you completed your Bronze Medallion? This is the next step on your way to becoming a lifeguard. The course continues with advanced rescue techniques - learn about spinal injuries, submerged victims and an introduction to life guarding. Pre-requisite is Bronze Medallion. March 17-26, 2009 (may need extra classes) Tues & Thurs 5:30-8:30pm \$60 + books *books \$30

NLS-Pool Option: The final step on your road to lifeguarding. Course includes teamwork, communication, public relations, pool chemistry, prevention and water rescue in the pool environment. Course involves both wet and dry sessions. Pre-requisites are standard first-aid, CPR, Bronze cross and 16 years of age. Call to have your name put on an inquiry list. April 6-10, 2009 Mon-Fri 9am-4pm \$250

Lifesaving Instructor: Are you interested in teaching swim for life swim lessons, Canadian swim patrol and Bronze program? Pre-requisite is 16 years of age & bronze cross. April 27 - May 7 Mon-Fri 4pm-8pm \$250. Lifesaving Instructor Re-Cert TBA (\$78)

Junior Lifeguard:

Learn the basic skills of becoming a Lifeguard. Fridays, Jan. 30 - May 22: 3 - 5 pm \$52 (ages 8-15; must be able to swim 2 widths of the pool)

Sponsored Swims:

Feb. 28 - 2-5 pm Jack Pine Investments
March 1 - 2-5 pm Jack Pine Investments
March 14 - 2-5 pm EnCana
March 15 - 2-5 pm Alta Gas
March 21 - 2-5 pm ReMax
March 29 - 2-5 pm Grande Cache Pizza
April 4 - 2-5 pm Ice Breakers
April 5 - 2-5 pm Ice Breakers
April 11 - 2-5 pm EnCana

Thank you to our local businesses for supporting recreation in Grande Cache!

Special Events at the Pool:

Wed. Feb. 25 - Soak the Lifeguard 6:30-8pm
Wed. March 11 - Glow Party - 6:30-8pm
Mon. March 16 - St. Patrick's Day Party - 6:30-8pm
Fri. March 20 - First Day of Spring Party - 6:30-8pm
Fri. March 27 - Spring Break Teen Party - 9-11pm

Swim Lessons:

Feb. 24 - March 26 & April 21 - May 21, 2009
Tuesdays & Thursdays, \$31.00
10-11am ½hr classes & 5:30-7pm ½hr classes

Game Night:

The first Saturday of each month at 7 pm. Play everything from old favourites such as Twister to interactive games like Rock Band and Wii Sports.

Boys Night Out

Pizza & video game night for ages 11-17.
Feb. 25, 2009 7-9 pm FREE!

Youth Drop in Sports:

Monday nights: 6:30-8pm at the High School Gym
Ages 11-17

Adult Drop in Sports:

High School Gym 6:30-8:00 pm Ages 16+
NEW! Badminton Tuesdays starting March 3
Basketball Wednesdays

Every Friday Night is Movie Night

8pm Rec Centre Lobby

Slipper Making Workshop

Feb 27 1:30-3:30pm Ages 10-25
Take home your very own slippers at the end of the class. Cost: \$5 + supplies

Thank you to Terry Deamer from Taste of Wilderness Tours for donating his time for the GPS/Geocaching workshop!

We Missed the Goodies on Family Day!

Let us make it up to you. Join us for the Disney Classic: "The Sword in The Stone" March 6 at 2pm. Free cookies, hot chocolate and movie admission!

Youth Drama Club

Do you have hidden talent when it comes to acting? Hide no more! Come to the Rec Centre on Mondays from 4:30-5:30pm. Ages 11-17

Easter Camp

Join us over the Easter Holidays for crafts and activities. Sign up for one day, or spend the whole break with us. March 30-April 3 & April 6-9
9am - 3:30pm \$15/day Ages 5-7 & 8-10

MAYOR'S YOUTH ADVISORY COMMITTEE

The Youth Advisory Committee will be commencing soon. Parents, please encourage your teen to be a part of this committee. A representative from each grade (8-12) will be selected. For more information, please contact Karla at 827-2446 ext. 33

INTERESTED IN SPORT PERFORMANCE AND DEVELOPING YOUR ATHLETE?

The Town of Grande Cache is excited to partner with the Alberta Sport Development Centre to offer free Winning Edge Seminars. The Winning Edge provides information for emerging athletes of Northwestern Alberta.

Join us for these upcoming seminars at the Tourism Centre from 7-8pm:

March 18: Sport Medicine/Therapy
presented by Dave Hurta

March 25: Media Consultation
presented by Tom Pura

For more info call Sheri at 827-2446

MAGIC SHOW

Saturday, March 7 4pm at the High School Gym. Advanced tickets available at the Rec Centre: Adults \$9, Students \$5, Child \$3. At the Door: Adults \$10, Students \$6, Child \$4

Upcoming Video Conferencing Seminars:

Tues. Feb. 24 - **Evaluating and Developing your Idea** - Noon Hour - FREE!
Thurs. Feb. 26 - **Market Positioning** - 6:00 - 9:00 pm - \$35
Mon. March 2 - **Improving Productivity through Innovation**—Noon Hour—FREE!
Tues. March 3 - **The Business Benefits of Corporate Responsibility** - 1:30-4pm - \$35
Wed. March 4 - **Promotional Strategies: Create Buzz for Your Business** - 1-4pm - \$35
Thurs. March 5 - **Setting up an Online Store** - Noon Hour - FREE!
Thurs. March 5 - **Income Tax Basics for Sole Proprietors & Partnerships** - 6-9pm—\$35

All sessions held at the Tourism Centre. Call 827-3300 to register or for more information.

The Town is looking for Volunteers to spearhead and organize **Communities in Bloom** for 2009. If you are interested in getting involved, please call Tara at 827-3362 ext. 27 or e-mail tara.wignes@grandecache.ca.

