

# Elnora KEYSTONE



The members of Keystone did a bottle drive on April 1st to help pay for the costs of laser tag. Thank you to those neighbors that donated bottles in support of this activity.

## Losing

*I f I told you I love you  
Would that make it better  
Will it take away your pain*

*Or will it put fear  
In your heart  
Fear of losing someone  
That cares*

*As time fades  
I hold on to my feelings  
Afraid of letting them escape*

*Afraid of what the outcome  
Might be if I let the smallest  
Feeling for you out*

*I'm afraid of letting  
You in and having  
My heart broken  
Because of rejection*

*Or even losing you*

By: Kayla Norgren, Keystone Member



**The Boys and Girls Club 3rd Annual Awards Dinner will be held on May 6th at the Penhold Memorial Hall (1123 Flemming Ave.) from 6:00 pm to 8:30 pm. All members and their families are welcome! Please RSVP by calling 403 342 6500.**

## Upcoming Events:

BGC Awards Banquet May 6th at the Penhold Memorial Hall. All registered members and their families welcome. Please see poster and waiver for more details. RSVP by calling 403 342 6500.

CIT Training for Camp Alexo starts May 5th. See brochure for more details.

Keystone Year-end at Camp Alexo May 7th, 8th, & 9th. All Keystone members are welcome. See registration package for more info.

For more information on upcoming events please call Amber-Elnora BGC Program Coordinator at 403 342 6500 or email [amberp@yvc.ca](mailto:amberp@yvc.ca).

## Keystone Year End Retreat at Camp Alexo

The Keystone Year End Retreat will be held on May 7th, 8th, and 9th at Camp Alexo. All Keystone members are invited to attend. Registration packages were handed out but if you still need one they can be picked up at the newly opened youth centre located behind the library. The weekend will be fun-filled with activities such as the amazing race, star wars, and evening campfires, as well as, spending time with the members of other Keystone Clubs. An opportunity will also be given for comments and feedback for the upcoming year. You don't want to miss out...get your registration package in now!



Thank you to all that made my first year as the Elnora Boys and Girls Club program coordinator a memorable one. I have truly enjoyed getting to know each member of the Kids Club and Keystone groups as well as parents and community members.

A big thank you to April, Helena, Michelle, and Kimberley for making my transition into the community a smooth one and helping me to grow and learn as a program coordinator. I would also like to thank Miss Brittney Brown for volunteering each and every week at Kids Club; programs would not be successful without Brittney's unwavering dedication and support.

Also, to the seniors of Elnora...THANK YOU for giving us a location to run programs out of for the past 5 years. We are happy to be in our own location but will be forever grateful for your generosity.

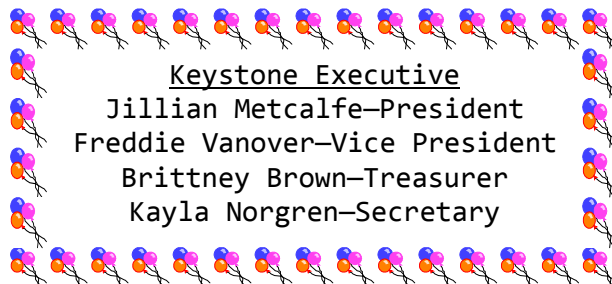
I hope everyone has a wonderful and safe summer and look forward to seeing you all in the fall!

- Amber



**Boys & Girls Clubs  
of Red Deer & District**

A good place to be



Keystone Executive  
Jillian Metcalfe—President  
Freddie Vanover—Vice President  
Brittney Brown—Treasurer  
Kayla Norgren—Secretary



## Elnora Community Engagement Site's Upcoming Events:

### May 4: Impact of Parental Mental Illness on Early Childhood

11:00 am to 12:30 pm

Cost: **Free**

Participants will learn the specific impact of parental mental illness on early child development. This session is already booked, feel free to drop in.

### May 10: Learn to Deal with Emotions Through Art

3:30pm to 4:30 pm, Repeating for 4 Mondays

Cost: **\$40**

Open to Junior High and Senior High Students. Registration is limited to a total of 5 students, so register early.

### May 12: Virtual Book Club *The Children's Book*

7:00 pm to 9:00 pm

Cost: **Free**

Exchange ideas with other avid readers. Please Register by May 10.

### May 13: Rachel's Challenge

7:00 pm to 8:00 pm, with discussion and snacks to follow

Cost: **Free**

Rachel Scott, the first victim of the Columbine High School shooting, offers you 5 challenges. This is an incredible story open to parents and the community. There will be snacks, refreshments and Family Wellness Workers to help you address any questions you may have.

### May 18: Food Allergies – Combating Myths and Misconceptions

11:00 am – 12:30 pm

Cost: **Free**

The incidence of food allergy has increased and as a result, it has become a major health concern. Please Register by May 14.

### May 20: Immunization: Myths and Misconceptions

11:00 am – 12:30 pm

Cost: **Free**

Participants will learn some common vaccine language and become familiar with the current recommended paediatric and adult vaccines. Participants will learn why vaccines are an important public health measure in preventing disease. Please Register by May 17<sup>th</sup>.

### May 25: Epilepsy

11:00 am – 12:30 pm

Cost: **Free**

Information for those living with epilepsy.

### May 25: Business Management – Your Marketing Plan

7:00 pm to 8:00 pm

Cost: **Free**

Jack Zenert, business instructor at the Olds College, will help you create a winning Marketing Plan.

### May 26: Boat Smart

6:00 pm to 10:00 pm

Cost: **\$65**

An instructor will guide you through the manual, followed by an exam to obtain your pleasure craft operator card.

### May 27: Cyber Mentor

9:00 am to 10:00 am

Cost: **Free**

Open to young girls, Cyber Mentor provides a presentation on Science, Medicine and Technical career choices for women, spotlighting a female veterinarian in this session.

### May 28: Travel Tidbits for Seniors

2:00pm to 3:00 pm, with dessert to follow

Cost: **Silver collection**

Tour Australia with Russell Crowe, and enjoy some Australian Pavlova. An afternoon reserved for seniors, catered by the Elnora Teens 2000. Register by May 14<sup>th</sup> so we can prepare enough food. Also inform us if you would like to take advantage of a chauffeur service.

### June 1: Developing Language and Communication Skills with Children with ASD

11:00 am to 12:30 pm

Cost: **Free**

Participants will develop an understanding of the challenges that children with ASD have in developing communication skills, learn strategies to encourage the development of speech, language and communication skills, and develop an understanding of issues involved in social communication for children with ASD.

### June 1: Customer management

7:00 pm to 8:00 p,

Cost: **Free**

Jack Zenert, business instructor at the Olds College, will guide you through the ins and outs of Customer management.

### June 2: How to Plan Successful Events

12:00 pm to 1:00 pm

Cost: **\$25**

Learn simple strategies for organizing and managing highly successful and memorable events, including retreats, employee picnics, fundraisers, awards programs, important meetings, team building programs and more.

### June 4: Travel Tidbits – Supper and a movie

6 pm to 7 pm, with supper to follow

Cost: **Further details to come**

Tour Australia with Russell Crowe, and enjoy an Australian supper. Details are yet to come, but it will be catered by the Elnora Teens 2000, offering popcorn, and a delicious meal. Register by May 31.



