

MALMO ICE RINK OPEN

Have you been to the Malmo Outdoor Rink? It is right behind the Community Hall (11525 48 Ave). The rink is open to all Malmo residents. The skate shack will usually be open 4pm-10pm on weekdays and 10am-10pm on weekends, weather permitting (will close below -20 C and above +2 C). Please check our website or Facebook page for the latest rink updates. We request that all skaters have purchased a Malmo Community League Membership, but this won't be enforced. You are welcome to bring friends and family to skate as well.

We are considering blocking off a family skate time Sundays 2-4pm, and we are seeking volunteer(s) to help supervise. Please email president@malmoplains.com if you are interested, or if you have any ideas or questions related to the ice rink.



Photo credit: Matthew L.

Thank you to Tim for taking care of our rink!

Thank you also to EPCOR for providing a community rink grant! The grant helps communities create safe places to skate and discourages skating on stormwater facilities. Still ponds in our neighborhood may look safe, but they are important for stormwater management and the ice is dangerously unpredictable. Learn more at epcor.com/wintersafety.

Free Skating at Confederation

Another safe place to skate close by is Confederation Arena (11204 43 Ave). Free public skating at their indoor arena is 1:30pm-2:30pm on Saturdays.



Photo credit: Tim W.

SEEKING MALMO SOCCER COORDINATOR

Malmo Community League is looking for a Volunteer Soccer Coordinator. This position is vital to our soccer program and a great leadership and learning opportunity. Duties include: recruiting coaches and referees, making teams, organizing soccer registration, attending zone and other soccer related meetings, etc. If you're able to help out for some or all of the duties, please reach out immediately to president@malmoplains.com

We are deeply grateful to Ellie, who has managed Malmo's soccer program 2018-2023! Thanks, Ellie!



*Trent Charles, President***LETTER FROM TRENT**

Happy New Year! This is one of my favourite times of the year. I love reflecting on the past year and thinking about the potential of the year to come. 2023 has been incredible. I became president of Malmo Community League in May 2023 and it has brought so many blessings into my life. What I am most grateful for is all the new connections that

have formed. When I moved into Malmo a year and a half ago, I didn't know anyone. It created a sense of isolation for me. Over the past 8 months, that has completely transformed. There are so many awesome people living in Malmo, and I've been fortunate to meet many of them.

One of the books I've been reading is "The Good Life: Lessons from the World's Longest Scientific Study of Happiness" by Waldinger & Schulz. It is based on an 80+ year (and still ongoing) study from Harvard University to find what truly creates happiness and wellbeing. Many young people think that financial success will provide for these needs. However, the research shows that strong relationships is the one factor that stands out for its impact on physical health, mental health, and longevity. I believe this is a crucial message, especially in this age of the internet, social media, and rising depression rates.

What better place to build relationships than within our own community? I am deeply grateful for the opportunity

to lead Malmo Community League, which is dedicated to fostering meaningful connections with neighbours by providing social events and volunteering opportunities. On January 19th we have our Pizza and Games Night, followed by our Malmo Skate Fest February 17th, then a Wine 'N Paint Night March 9th. For volunteering, we have a few board positions open (Soccer Coordinator, Membership Director, Secretary), we are planning a reading program with Malmo School, and we are always looking for help with set-up/take-down for our social events (please email treasurer@malmoplains.com for more information on volunteering).

For 2024, it would be amazing to see more community members getting to know each other. Even something simple like waving hi to a new neighbour, or attending one of our upcoming events, or checking out our outdoor rink. And, if you have a project or activity that you'd like to see happen, please let me know at president@malmoplains.com. Some daytime activities in the Hall would be amazing. Maybe a cornhole group? Or a walking group to take advantage of the warm weather this year? We have the resources and the space. All we need are organizers!

Looking forward to meeting you at one of our events!

Trent Charles

President, Malmo Community League

BE A MALMO BOARD MEMBER

Volunteer opportunity available! Would you like to help make Malmo even more awesome? We are seeking a secretary, membership director, and soccer coordinator. No experience necessary. Even if you are able to help out for just part of the duties, that would be greatly appreciated. Please email president@malmoplains.com if you are available.

Secretary

- attend monthly board meetings
- send out agenda and minutes
- take minutes

Membership Director

- attend monthly board meetings
- sell memberships at events
- deliver memberships to households
- update membership spreadsheet

Malmo Community Swim

Swimming at Confederation Leisure Centre (11204 43 Ave) is free with a Malmo Membership during:

- Saturdays 4pm-5:30pm
- Sundays 4pm-5:30pm

Malmo memberships also give 20% off for annual and ongoing monthly memberships at City of Edmonton recreational facilities

Memberships can be purchased at
<https://www.malmoplains.com/store1>

WINTER PROGRAMMING

At Malmo Hall (11525 48 Ave)

Adult Sakalya Yoga with Cheryl

All levels welcome for this mindful practice
Wednesdays 7pm-8pm

Drop in: Member \$10/session, Non-Member \$15/session

For more info, 780-975-7174



Christmas Chess Club Party in December

Craft Club

Bring your own projects and come craft with neighbours- we have knitters, scrapbookers, painters, card makers, etc. Free and drop-in.

Second Friday of every month at 7pm

Next meeting Feb 9. For more info, lamcint@telus.net.

Chess Club

Come join fellow Malmo residents in learning and playing chess! Family friendly, all ages welcome. Free and drop-in. *Saturdays 10am-12pm*. Jan 13- Jun 8, no meeting Apr 20.

For more info, Gerhard (780-616-8142 or gwreuter@gmail.com) or Stephen (587-710-0962)

MALMO SCHOOL



Trent (President), Steph (Treasurer), and Fatima (Principal)

Malmo Community League is working on building a stronger connection with Malmo School, the beautiful school beside our community hall. Currently we are getting the ball rolling on a Reading Buddy program. If you are interested in volunteering, please email treasurer@malmoplains.com



Halloween Art from Malmo School students

Letter from Fatima, Principal of Malmo School

Hello Malmo Community Residences,

On behalf of Malmo School families, students, teachers, and the Parent Council, I want to express our sincere gratitude for your vital volunteerism in the Casino Fund, which has supported our school for the past two years.

In October, our students enjoyed a Halloween celebration with a gym parade and class parties. In November, our students observed a minute of silence to honour those who made sacrifices for our peaceful country. Wreaths have been placed in the gym, and the Flanders Field poem was read in their memory.

A special thank you to Gerhard for leading the chess club at Malmo every Wednesday and providing the students with an opportunity to learn something new and have fun while doing it. His dedication to fostering a love for chess among our students is truly commendable.

Your support has been instrumental in shaping our thriving community, and we appreciate your commitment. We look forward to future collaborations.

Thank you for all you do.

Best regards,

Fatima Dayoub

Tuesday January 16th

Malmo Board Meeting
7pm-8:30pm
Malmo Hall, 11525 48 Ave

Dinner provided* and socializing at 7pm, and board meeting starts at 7:30pm. Open to all Malmo residents. Come join the discussion on Malmo Community League initiatives!

Friday January 19th

Malmo Pizza & Games Night
6pm-10pm
Malmo Hall, 11525 48 Ave

Come try pizza* from a variety of local pizza parlours **6pm-7pm**. After eating, get ready to team up and/or face-off with neighbours with some fun games! We will have a bunch of family friendly board games, and feel free to bring your own! Free and drop-in. *(food and game times separate to keep the games clean!)*

Tuesday February 13th

Social Committee Meeting
7pm-8pm
Malmo Hall, 11525 48 Ave

Malmo Social Committee meets second Tuesday of every month. All welcome to help us plan upcoming social events! We would love to hear your ideas and input for how we can make awesome Malmo events.

Saturday February 17th

Malmo Skate Fest
12pm-3pm
Malmo Hall, 11525 48 Ave

Come skate at the Malmo Outdoor Rink with neighbours! We will have hotdogs*, s'mores, hot chocolate, a skating instructor, and more! Free and drop-in anytime.

Tuesday February 20th

Malmo Blood Drive
Bus Pick-up 9:40am
Malmo Hall, 11525 48 Ave

The Life Bus will pick up participants at Malmo Hall at 9:40am to donate blood at Canadian Blood Services. Free snacks and drinks provided for donors. More info at the bottom of the page. To sign up, please email Muhammad at vicepresident@malmoplains.com.

Tuesday February 20th

Malmo Board Meeting
7pm-8:30pm
Malmo Hall, 11525 48 Ave

Dinner provided* and socializing at 7pm, and board meeting starts at 7:30pm. Open to all Malmo residents. Come join the discussion on Malmo Community League initiatives!

Saturday March 9th

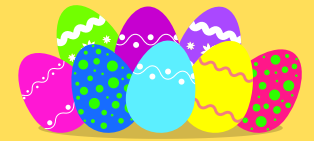
Malmo Wine N' Paint Night
6:30pm-9pm
Malmo Hall, 11525 48 Ave

Create a beautiful painting in the company of neighbours with the guidance of Malmo artist Rod. **Please register before March 1st, no drop-ins.** \$10 for Malmo members, \$20 for non-members. Purchase tickets at the link below or e-transfer to treasurer@malmoplains.com. Wine sold separately during the event, \$5/glass, \$20/bottle.
<https://www.malmoplains.com/store1>

*While supplies last. Gluten-free and vegetarian options available.

HELP WANTED

Malmo Community League is seeking:



Lead organizer for a kid-friendly Easter Egg Hunt for Malmo! We can provide funds and volunteers

Someone to mount our TV to the wall in the community hall. Compensation negotiable.

If interested in any of the above, please email president@malmoplains.com

WOULD YOU LIKE TO ORGANIZE A BLOCK PARTY?



City of Edmonton Grants open early 2024, and Malmo Community League can provide additional funding. Please email treasurer@malmoplains.com if you are interested.

Blood Drive Information

- Every 60 seconds, someone in Canada requires blood, whether it is for cancer treatments, surgeries, accidents, etc. Your single donation can significantly impact the lives of three individuals in dire need.

- 100,000 new donors are needed each year to meet the needs of patients in Canada.
- Learn more about the eligibility requirements at blood.ca/am-i-eligible (e.g. at least 17 y/o, over 110lbs, no tattoos or piercings in the last three months)
- Share this invitation with friends and family!

