



NEWSLETTER

WINTER 2022

NORTH EDMONTON
SENIORS ASSOCIATION

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MESSAGE FROM THE BOARD

RON NICHOL, PRESIDENT

2022 is here at last and, while we had all hoped to be further along in dealing with the worldwide health crisis, there is still much to be thankful for at NESAs!



Highlights for me (in no particular order) include:

- The excellent and, quite frankly, amazing work done by our NESAs and Northgate-based City of Edmonton staff in dealing with the seemingly unending health crisis. The Fall of 2021 saw a “controlled” restart of programming, guided largely by health and safety needs, the adoption of the Provincial “Restrictions Exemption” program for the facility, and the gradual return of members to program, event, and club activities.
- The continued work of your NESAs Board of Directors in supporting the staff through the health crisis challenges and ensuring that the Association stayed on an even keel throughout.
- The ongoing work of the Social Outreach Unit, keeping in touch with both members and non-members needing both food and companionship support.
- The wonderful food provided by Dragana and her staff at the Cherrydale Café under severely trying and not very profitable conditions.
- The willingness, energy, and creativity of our program instructors enabled us to offer a return to stimulating programs under somewhat restricted conditions.
- The purchase and implementation of the "BookKing" software, has enabled more effective program management and online registration, and also the "Better Impact" software to better manage our volunteer program.
- The ongoing, “behind the scenes” work of the Governance, Human Resources, and Finance Committees in reviewing and updating bylaws, policies, and operating guidelines to ensure that NESAs is governed using best practice models.
- The time contributed by our fundraising volunteers in working bingos and the creativity has shown through the introduction of Bottle Drives, “Mini” Book Sales, and the online 50/50 initiative.
- The special contributions to NESAs made by the Wizards of Odds & Ends and the Pins & Needles Quilting Clubs.
- The quiet, capable, and largely behind-the-scenes work of the Council of Governors in managing the Association’s specialty funds, helping with Board recruitment, and providing ongoing counsel to the Board of Directors.
- The “at home” volunteer work of the knitters continues to provide support for our neighborhood.
- The “friendly phone calls” volunteers continue to stay in touch with isolated seniors on behalf of NESAs.
- The updating of NESAs’s Strategic Plan and creation of objectives for 2022.
- Welcoming new family additions for NESAs staff, Mariam and Marley.

Opportunities to serve on the NESAs Board of Directors and Committees will become available in 2022 as current Board members reach the end of their terms with a recruitment program to commence in January. Watch for posters and information mailouts and please give some thought to serving if you see something that interests you. Challenges facing NESAs for 2022 include:

- Rebuilding the membership to 2019 levels
- Continuing to provide top quality programs and services to members and the community at large
- Continuing to strive for financial self-sufficiency
- Exploring opportunities to increase the functionality of facility spaces

Your ideas on how best to meet these challenges and your help in meeting them are welcomed. As we learned from overcoming the challenges we faced in 2021, NESAs is a strong organization with dedicated Board members, experienced and caring staff, wonderful volunteers, and a membership that cares. We look forward with confidence to 2022! **The Annual General Meeting is scheduled for May 13, 2022 @ 1:30 pm.**

NESA Board Role(s)

- Director
- Chair - Fund Development Committee
- Committee member for HR & Finance Committee

MEET MARILYN BUCHANAN

Elected to the NESA Board - 2019

I bring my work experience in Occupational Health and Safety to the board and have worked with the NESA staff to develop and implement a solid health and safety management system. This supports NESA's commitment to a safe and healthy environment for not only the staff and instructors but also for the members.

I have enjoyed the board experience, meeting and working with passionate individuals, and have gained a feeling of accomplishment by contributing to various committees.

I encourage those members who have work or volunteer experience that they feel may be of benefit to NESA to put their names forward as potential Board members. You will gain so much more by contributing to NESA's success!



MESSAGE FROM THE EXECUTIVE DIRECTOR

NANCY MELNYCHUK



This will be our first back-to-back full seasons since we closed in March 2020 - a good reason to really celebrate 2022!

We are grateful to our volunteers who along with the staff, have endured many operational changes and procedural changes as we all navigate through the pandemic. As members, please be patient with us if we are asking for your QR code or are gently reminding you to have your mask on.

Ron highlighted many of the accomplishments in 2021, and I would also like to thank all of those that donated or were fundraising for NESA. Although we are right in the middle of winter, thank you to Dale and Margit for looking after the flower beds and sunflowers all summer long. Even when we were closed, lots of people walk by here and were tailgating and so it was important to have the facility look inviting.

I wish all the members and anyone who utilizes NESA's services a happy and healthy 2022!

Nancy

MEET THE TEAM

Nancy Melnychuk
Executive Director



Jollean Ferarri
Program Lead & Communications Coordinator



Garnet Brown
Facility Manager



Denise Charron
Volunteer & Office Administrator (Covering Maternity Leave)



Amber Ritco-Schneider
Program & Special Event Coordinator



Shelly Lesa
Rental Coordinator



Sommer Maynard
Administrative and Member Services Assistant



Willy Moyes
Event Staff



Luisa Bonifacio
Custodian



Donna Sansom
Accounting Administrator



Linda Cymbala
Event Staff



Brittany Wawrychuk
Outreach Lead



Deanne Adams
Home Supports & Outings Coordinator



GETTING TO KNOW THE TEAM BEHIND THE MASK

What's the best thing about Edmonton?

Being new to Edmonton, I have really enjoyed the people and the beautiful River Valley. People are so nice and generous and the River Valley is lovely to walk.

If you had to eat one meal for the rest of your life, what would it be?

Cheeseburger, fries, and a chocolate milkshake with a side of pepperoni pizza.

What do you say that sounds just like your mother or father?

You can do anything you put your mind and heart into. You got this!

Share a fond childhood memory -

Family camping trips around Canada and the USA. I remember many campfires, BBQs, and good laughs!

If you could get on a plane tomorrow, what would be your

destination? I would love to travel to Spain to experience the beaches, food, and culture!



Sommer Maynard

*Administrative &
Member Service
Assistant*



Denise Charron

*Volunteer & Office
Administrator*

What's the best thing about Edmonton?

Edmonton has so many festivals year-round that everyone can enjoy.

If you had to eat one meal for the rest of your life, what would it

be? Chicken cordon blue with mashed potatoes and cauliflower o' gratin.... and anything chocolate, fudge, or cake for dessert.

What do you say that sounds just like your mother or father?

I say a lot of things that sound like my parents; however, I am always telling my son to close the door.

Share a fond childhood memory -

Camping with my family.

If you could get on a plane tomorrow, what would be your

destination? I would go to Europe or Australia. I have not been overseas before and I love to travel.

Something about NESAs I will never forget...

I am enjoying my time at NESAs and am loving the people, volunteers, and staff, everyone is so friendly and willing to help. Thank you, everyone! I look forward to getting to know you all.

FUNDRAISING NEWS & EVENTS



Steven from M&M Food Market, draw winner Donna Martinkus, and Fundraising Director Willy. Thank you to all those that participated!



2021

ART & CRAFT SALE TABLE RENTALS	\$825.00
BINGOS	\$20,255.41
BOOK SALES	\$16,583.60
BOTTLE DRIVE	\$3136.45
GROCERY CARDS	\$1850.00
JEWELRY SALES	\$3677.60
M&M MEATS	\$178.31
NEVADAS	\$675.00
PUZZLES	\$2847.35
RAFFLE BOX	\$4208.17
TASTE OF EDMONTON	\$3246.75
WIDYNOWSKI'S MEAT ORDER	\$550.00
WIZARDS OF ODDS & ENDS	\$2600.00

TOTAL \$60,633.64

UPCOMING

Jewelry Sale

February 10 & 11, 2022

9 am - 3 pm **Lobby**

Book & Puzzle Sale

April 11-13, 2022

9 am - 3 pm

Wizards of Odds & Ends

April 11, 2022

9 am - 3 pm **Lobby**

Donate Today!

The North Edmonton Seniors Association strives to create fun, meaningful, and quality experiences for all of its members and friends within the community. It has been through the generous and kind donations from community partners and individual donors that our organization is able to grow and thrive like it has for over 40 years. Within our organization, we have created several fundraising initiatives targeted at helping individuals and our senior community get connected to the quality resources, supports, and programs they aspire to have. To ensure NESAs can continue to excel at being a leader in senior recreation and be a permanent and reliable provider for both recreation and community supports, all monetary contributions will help with achieving this goal.

To make a donation, visit our office or the website at www.nesa1.ca.

MESSAGE FROM OUR VOLUNTEER FUNDRAISING DIRECTOR

WILLY MOYES

I want to say a BIG THANK YOU to all the volunteers who helped out with the Fundraising activities in 2021. Those who did Book Sales, Bingo's, Taste of Edmonton, Nevada's & the Wizards. The ones who did setups and takedowns are invaluable. With Covid running wild you still came out to help and I thank you all.

FUNDRAISING FEATURE

BEHIND THE SCENES - BOOK SALE



Books sales are one of our main fundraisers and accomplish several things:

- They generate significant revenues for NESAs despite the low prices charged for books.
- They provide a wonderful opportunity for members and the community at large to access a wide variety of books, magazines, CDs, and DVDs at amazingly low prices.
- They ensure that the pleasure of books, magazines, music, and movies can be enjoyed by more than the original purchasers.
- They provide yet another opportunity for volunteer service to NESAs members.

Where do the Books Come From? Donations are dropped off at the Centre by generous donors from all over the community. *Interested in contributing?* Book donations can be dropped off at our facility during office hours.

Preparing for Sales: Weekly, volunteers spend time categorizing, sorting, boxing, and storing hundreds of donated books in preparation for the upcoming sales. Those hours spent are essential to achieve the organized flow of setting up thousands of categorized books at the time of the events.

Book Sale Set-up: Setting up the book sale features a mighty crew of about seven volunteers. The “Book Brigade” efficiently load, move, and unload heavy carts of books from the storage room to the sales tables under the direction of the Book Sale Coordinator. As you might imagine, many trips are required, as well as complimentary strength-training exercises – particularly from boxes of hard-cover books. Signage identifying the various subject categories is also put in place.

The Sale Itself: Each sale also requires volunteer cashiers and floor helpers, available to assist patrons with purchases and consolidate book boxes.

Book Sale Take-down: All good things must come to an end. When the sale is over, the “Book Brigade” reassembles to return the boxes of unsold items to the storage room, taking care to assign the boxes to shelves by category in reverse numerical order. The tables are then sanitized and taken down for storage.

Books that Don't Sell

Books that have not sold after two or three book sales are boxed up and donated to Operation Friendship.

Interested in helping?

Contact NESAs Volunteer Coordinator at 780-496-4776



SOCIAL EVENTS HIGHLIGHTS



WELCOME BACK PICNIC IN THE PARK

Reunited and feels so good!!

The Welcome Back "Picnic in the Park" was a hit! There were individual boxed lunches provided by EMMA Catering, yard games, prizes, and live entertainment. The Social Committee, Staff, and the Board all collaborated to make this day special!

Not only was he the last musician to visit us before our facility closed because of the pandemic, but Paul Lamoureux was also the first one to return at our first special event after the closure. Paul never fails to entertain us with all of our favorite melodies. Who knows what instrument he will be playing next? Comedian Susan Carter joined us for the first time ever, and provided us with the comic relief that we needed!

The day was fun, and we look forward to the next "Picnic in the Park!"



SOCIAL EVENTS...continued

HIGHLIGHTS



DINNER THEATRE DUELING PIANOS

Despite the intimate size of the event, the talent was HUGE! These gentlemen charmed us with their humor, voices, and flawless piano playing. If an audience member requested a song unfamiliar to these chaps, one would excuse himself for a few minutes, learn it, and then return only just to blow us all away!

CHRISTMAS TEA THE WHITLOWS

All is calm, all is bright! And so was the performance by "The Whitlows" at our Christmas event. Between Ariana's angelic vocals and the lovable stories shared between her and her husband Joe, the show was just the thing to put us into the Christmas spirit.



MARK YOUR CALENDARS!

ANNUAL GENERAL MEETING
MAY 13, 2022 @ 1:30 pm
More details to come



SOCIAL EVENTS...continued

UPCOMING EVENTS

Valentines Day Tea

FRIDAY, FEBRUARY 11, 2022

DOORS OPEN: 2:00 PM

**REFRESHMENTS (COFFEE/TEA & STRAWBERRY
SHORTCAKE): 2:15 PM**

ENTERTAINMENT: 2:45-3:30 PM

**TICKETS ARE ONLY \$10/PERSON
(ON SALE JAN 17 - FEB 4)**

Check out the
Jewelry Sale in
the Lobby,
9am -3pm



FEATURING COLLEEN FRANCES LAZORUK

Dinner Theatre Matinee
A Tribute to Elvis

SATURDAY, MARCH 12, 2022

DOORS OPEN: 12:30 PM

LUNCH (ROASTED CHICKEN & POTATOES): 12:45 PM

ENTERTAINMENT: 2-3:30 PM

**TICKETS ARE ONLY \$50/PERSON
(ON SALE FEB 15 - MAR 6)**



**FEATURING JAEDYN PILON AND
THE FLASHBACK BAND**

PROGRAM HIGHLIGHTS

Check out some of the NEW Art Programs!



Multi-medium painter **Muhammed Salayi** is a professional landscape and portrait artist. When he began his initial art training he focused on sketching sharply. His work has been represented in several galleries in Canada and has received multiple accolades for his works, namely, second prize winner for a sidewalk art competition in Kitchener, Ontario.

SIGN UP TODAY! More information is on page 15 of the 2022 Winter Program & Activity Guide.

Water Mixable Oil Painting For All Levels

Tuesdays, February 22 - March 29 from 12:30-3:30 pm
\$124

Gouache Painting

Thursdays, February 24 - March 31 from 1 - 4 pm
\$124

Fain Chase is a self-taught artist mainly known throughout Alberta and British Columbia for his paintings, sculptures, and unique pieces with glass, wire, and wood. He has been creating art for most of his life.

SIGN UP TODAY!

Speed Painting Workshop for All Levels

Let's inspire that inner artist! No experience is required. Fain will teach you a method of painting that is easy, fun and every participant will leave with a completed piece of art!

Wednesday, February 16 from 12:30-3:30 PM
\$25

OR

Wednesday, March 16 from 12:30-3:30 pm
\$25



PROGRAM HIGHLIGHTS...continued

Music is good for the soul, and your health!



Join Emily, and get fit by dancing! Escape to the Hawaiian Islands, spice it up - Latina Style, or become a Broadway Star! There is something for everyone! No experience is needed, and classes can be adapted for all mobility levels!

SIGN UP TODAY! More information is on pages 38 & 39 of the 2022 Winter Program & Activity Guide

Hawaiian Dance

Fridays, February 25-April 1 from 1:45-2:45 PM
\$36

Latin Dance: Solo

Fridays, February 25-April 1 from 12:30-1:30 PM
\$36

NESA Dance Team: Basic Choreography

Fridays, February 25-April 1 from 11:15 AM-12:15 PM
\$36

Looking for an effective and safe way to help restore range of motion on those aching, injured, or stiff joints? Perhaps you are looking to find more ways to stretch and tone your muscles? Or maybe you are in search of a new fitness program that will bring you endless health benefits? If you haven't already checked Essentrics® out, we highly recommend it! Join us for the second half of our Winter '22 session for an enjoyable six-week program experience -we have lots of options to choose from!

Age Reversing Essentrics®

Mondays, February 28 - April 4, 2022 from 10:15am-11:15am
\$68

Fridays, February 25 - April 1, 2022 from 10:00am-11:00am
\$68

Essentrics® for Seniors

Mondays, February 28 - April 4, 2022 from 11:30am-12:15pm
\$61

Thursdays, February 24 - March 31, 2022 from 11:30am-12:15pm
\$68

Essentrics® for Stretch and Tone

Mondays, February 28 - April 4, 2022 from 9:00am-10:00am
\$68

Fridays, February 25 - April 1, 2022 from 8:45am-9:45am
\$68



**Check out the program guide for more details!
Interested in signing up for a trial class? Contact
the NESA Fitness Programmer today!**

OUTREACH NEWS

Outreach was lucky enough to collaborate with **Florence Hallock School**, located in NE Edmonton. Outreach shared with the students the needs of isolated and vulnerable seniors accessing our Outreach Program and how difficult and isolating Christmas time is for many seniors.

The lovely teachers took it upon themselves to divide students into groups and put together themed hampers to bring some holiday joy for many of the Outreach clients.

We greatly appreciate these generous gifts and want to say a huge Thank You to the staff and students involved in this project.

Supporting Our Seniors was once again a huge success over the Christmas season! We are very grateful for all of the generous donations from our members and community for making this Christmas Campaign happen!

In another year full of uncertainty, we are happy to announce **304 hampers** went out this Christmas season. Supporting Our Seniors provides hampers to Alberta Health Services Home Care, Operation Friendship Senior Society, St. Michaels, and NESA's Outreach clients.

Once again, Jollean organized **Merry "Fitmas"** in the Fitness Centre to encourage members to bring in non-perishable food items to be donated to the **"Emergency Food Pantry"** in Outreach. On top of "Fitmas" this year, Jollean also hosted a **"Foodraiser"** in NESA's lobby. This was held during NESA's week of trial classes in December. The Outreach Team is very excited about all the food donations that were brought in to stock up the "Emergency Food Pantry"!

Thank you to those who contributed!



STUDENTS OF FLORENCE HALLOCK SCHOOL



ST. MICHAELS



OUTREACH CLIENT HAMPERS



AHS HOME CARE AND OFSS HAMPERS



VOLUNTEER NEWS

Thank you for another amazing year!

Throughout 2021 we were able to do some amazing events and to start up our volunteering again. Thank you to everyone that volunteered in 2021! For those of you who were not able to help in 2021, we will get you involved in 2022! Our Volunteers over the year volunteered over **24,360 hours!**

Thank you everyone for the amazing year - 2022 will be even better!



We have the new **Better Impact** Volunteer software! Our new system allows our Volunteers to log their own hours! This new system will be rolled out slowly to all the Volunteers to assist in more accurate hour tracking in 2022. In the upcoming months look for information regarding the new system.

For those of our Volunteers that do not have email or computer access, we would like to get your monthly hours for accurate tracking to ensure your hours are current.

Please contact your Coordinator or the Volunteer Administrator to let them know your monthly hours.

In 2021 we started a couple of the Volunteer positions at NESAs, as we are getting back to "normal", we will have a better idea of our positions that need to be filled and will be posted accordingly.

As there are many people who want to join our Volunteer team, we want to find spots for everyone.

If you are interested please fill out a Volunteer Application online or from the front desk. We look forward to working with you.

APPLAUSE!!

The **Wizards of Odds & Ends VOLUNTEERS** keep busy all year long, sewing and crafting beautiful blankets, runners, aprons, slippers, mittens, jewelry, masks, cozy's, and much more – to sell as fundraising for NESAs. In the past few months, the group has donated an impressive **\$6100** to the "**Supporting Our Seniors**" program with our Outreach department. Come check out the items for sale on display in the lobby.

THANK YOU FOR YOUR CONTRIBUTION!

WHAT'S COOKING?

EMMA CATERING

Visit the Cherrydale Café weekdays
between **8:30 am and 4:00 pm**

Coffee service starts at 8:30 am, grill opens at
9:00am and closes at 2:00pm.

DINNER-TO-GO

On Mondays, Wednesdays, and Fridays, hot & freshly made meals will be available for pick-up from 4-4:30 pm.

All the meals include: Soup of the Day, Main course, and Dessert:

\$16 for one person

\$30 for two people

Please order your meal 2 days in advance at
emmacateringyg@gmail.com or 780-406-0840

FROZEN MEALS-TO-GO

This month Emma Catering will be offering frozen dinners for a week (7 days). Meals are cooked fresh weekly and frozen the week prior to the delivery/pick-up date.

Order date cut-off is Wednesday before the delivery day. All meals will be ready for pick up on Monday's by 4pm or delivered to people that can't drive.

You will have to order for the full 7 days.

\$70 per week for one person

\$120 per week for two people

Add Soup or Salad for \$2 extra/ \$5 Delivery Fee

*Pick up the scheduled menu options in the Cafe' or
check online at www.nesa1.ca under Cherrydale Café.*

JOIN US FOR DINNER ON WEDNESDAY NIGHTS!

5:00 pm

\$23 per person

Dinners are served with Soup,
Main course, Dessert, Tea and
Coffee!

Jan 19: Sweet and Sour Ribs, Rice,
Japanese Salad, and Corn

Jan 26: Roast Chicken, Baby Potatoes,
Vegetables and Salad

Feb 2: Ham, Scalloped Potatoes,
Vegetables, and Salad

Feb 9: Traditional Turkey Dinner

Feb 16: Salmon, Mashed Potato,
Vegetables, and Salad

Feb 23: Pork Chops, Roast Potatoes,
Vegetables, and Salad

March 2: Chicken in Mushroom Sauce,
Mashed Potato, and Vegetables

March 9: Beef Fillet in Sauce, Garlic
Mashed Potatoes, Vegetables, and
Salad

March 16: St.Patrick's Day Stew,
Mashed Potato, Vegetables, and Salad

March 23: Vienna Schnitzel, Spaetzle,
Vegetables, and Salad

March 30: Crab Stuffed Salmon,
Mashed Potato, Vegetables, and Salad

**Please make reservations by
the end of the Monday prior to
the dinner day by calling
780-406-0840, or emailing
emmacateringyg@gmail.com**

WHAT'S COOKING?...continued

EMMA CATERING

Valentine's Day Dinner

Turkey,

Sausages, Stuffing, Mashed Potato, Veggie, Cabbage Rolls, Salad, Garlic

Scones, Gravy, Red Velvet Cake

\$30 per person

Wine

Local Live Band

13 TH FEBRUARY, 4-7PM

RSVP by February 9th, Call
780-406-0840 or
emmacateringveg@gmail.com

CELEBRATING International WOMEN'S DAY

Tuesday, March 8
11:30am - 2 pm

Brunch

Scones, Pancakes,
French Toast,
Sausages, Ham, Eggs,
Soup, Sandwiches,
Dessert, Beverages
\$18.50 per person

emmacateringveg@gmail.com
780-406-0840
RSVP By March 5, 2022



SPRING PARTY
April 14 @ 11:30

EASTER BRUNCH

Pancakes, French Toast, Eggs, Ham
Sausages, Soup, Sandwiches,
Dessert, Beverages \$18.50

FOOD . GAMES . MUSIC
emmacateringveg@gmail.com
780-406-0840

MyWall.com

LOOKING FOR CATERING FOR YOUR NEXT EVENT?

EMMA Catering is the exclusive caterer at the Northgate Lions Recreation Centre. With over 18 years of experience, and capacity for small and large groups, EMMA Catering is able to offer a wide range of affordable catering options, on-site and off.

Have questions about the menus or want to book their catering services? Give EMMA Catering a call today or join their e-mail list to learn more!

Contact Dragana and the catering team at 780-406-0840 or via email at emmacateringveg@gmail.com for more information.

FUN KEEPS YOU YOUNG

RANDOM FUN FACTS

- When you're chewing, you're only moving your lower jaw.
- Children of identical twins are genetically siblings, not cousins.
- Bubble wrap was originally intended to be wallpaper.
- Charlie Chaplin once lost a Charlie Chaplin look-alike competition.
- Cookie Monster's name is Sid.
- If you sneeze while driving at 60 mph, your eyes are closed for around 50 feet.
- You can figure out the color of a chicken egg by looking at the chicken's earlobes.



I'm giving up eating chocolate for a month. Sorry, bad punctuation. I'm giving up. Eating chocolate for a month.

THINK OF SPRING!

F	L	O	W	E	R	S	M	O	O	L	B
F	R	E	S	H	T	U	O	R	P	S	S
P	L	D	E	B	I	I	Y	L	N	S	P
H	R	N	A	B	L	A	R	A	N	S	I
S	T	I	E	F	R	U	P	I	I	A	L
P	G	M	H	D	F	D	B	R	S	W	U
I	R	U	R	C	R	O	C	U	S	E	T
C	E	G	B	A	R	A	D	P	V	N	S
N	E	R	G	Y	W	C	G	I	A	A	E
I	N	O	B	U	D	S	L	L	L	S	N
C	N	W	O	I	T	A	P	A	N	S	Y
S	H	O	W	E	R	S	L	E	S	O	R

ALIVE	CROCUS	LADY BUGS	SAP
ANEW	DAFFODILS	NEST	SHOWERS
BEE	FLOWERS	PANSY	SNAP DRAGONS
BLOOMS	FRESH	PATIO	SPROUT
BUDS	GARDEN	PICNICS	TULIPS
BULBS	GREEN	PLANT	WARMTH
CHIRP	GROW	ROBINS	YARD
CRISP	IRIS	ROSE	

The 5 letters left over form a word associated with spring.

2021 R. Wedman

The member who completes the puzzle correctly will have a chance to win \$10.00 for EMMA Catering! (All correct submissions will be put into a draw).

Please submit your entries at the front desk by

Tuesday, February 18th, 2022

NAME: _____

PHONE NUMBER: _____