



LAURIER HEIGHTS NEWSLETTER

Spring 2021



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LHCL Newsletter

Laurier Heights Community Newsletter is a quarterly publication distributed to all households in the Laurier Heights neighbourhood. The League also communicates through social media, the Nextdoor app and regular e-blasts. Sign up for our digital newsletter: newsletter@lhcl.ca

If you have any stories or photos you would like to share about community happenings, please be sure to send them our way for submission in future newsletters.

For more information on the newsletter or advertising opportunities, contact:

EDITOR:

Christine McCourt-Reid
newsletter@lhcl.ca

ADVERTISING COORDINATOR:

Liz Herbert
advertising@lhcl.ca

Laurier Heights Community League acknowledges that we are on Treaty 6 territory, a traditional meeting ground, gathering place, and travelling route of the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux. We acknowledge all the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries.

The Laurier Heights Community League is dedicated to being respectful, inclusive and supportive of the LGBTQ+ community, both as an organization and as a community. Furthermore the Laurier Heights Community building stands as a safe space for all members of the LGBTQ+ community from harassment, discrimination, and intolerance.

Laurier Heights Community League

PRESIDENT

Karen Wilk
president@lhcl.ca

VICE PRESIDENT

Christine McCourt-Reid
vicepresident@lhcl.ca

TREASURER

Sarah Stepney
treasurer@lhcl.ca

SECRETARY

Kendra Picton
secretary@lhcl.ca

FACILITIES TEAM LEAD

George Stepney
facilities@lhcl.ca

**COMMUNICATIONS TEAM LEAD
{ COMING SOON }**

**MEMBERSHIP
VACANT**

PROGRAMS TEAM LEAD

Laura Pekkola
programs@lhcl.ca

EVENTS TEAM LEAD

Ainsley Brown
events@lhcl.ca

DIRECTORS-AT-LARGE

1- Julie Rohr

HALL BOOKINGS

Shannon Dompé
rentals@lhcl.ca

CIVICS TEAM LEAD

David Schoor
civics@lhcl.ca

VOLUNTEER COORDINATOR

Ainsley Brown
volunteers@lhcl.ca

TENNIS COORDINATOR

Debbie Vopni
tennis@lhcl.ca

**BLOCK CONNECTING / ABUNDANT
COMMUNITY EDMONTON (ACE)**

Julie Rohr
ace@lhcl.ca

SOCCER COORDINATION

Lead: Janice Haugjord
soccer@lhcl.ca | 780.235.8312
Equipment Coordinator: Ofer Pittel
soccer@pittel.ca | 780.483.8364

Laurier Heights Building Society

PRESIDENT

Susan O'Loughlin
LHBS@lhcl.ca

VICE-PRESIDENT

Sharon Jeske
casino@lhcl.ca

TREASURER

VACANT

PAST-PRESIDENT

Marie Soprovich
mariesoprovich@gmail.com

SECRETARY

Cathy Seidel
seidelc@shaw.ca

DIRECTOR-AT-LARGE

Marie Bruseker
jazzmbv@gmail.com

COVER PHOTO: DALLAS CUROW PHOTOGRAPHY
Piano player entertaining the residents at Canterbury.

EDITOR'S LETTER



STAY CONNECTED:



@LAURIERHEIGHTSCOMMUNITYLEAGUE



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WWW.LHCL.CA



SIGN UP FOR OUR EMAIL NEWSLETTER
BY EMAILING: NEWSLETTER@LHCL.CA

Our local Buy Nothing Group has grown so much in membership that it had to shrink in size! This hyperlocalization process is called sprouting, and we look forward to seeing all of you in the newly created group (it also includes our Parkview and Crestwood neighbours):

<https://www.facebook.com/groups/443632516874853>

WITH MARCH JUST AROUND THE CORNER, WE ARE ABOUT TO MARK A TREMENDOUSLY SIGNIFICANT ANNIVERSARY: ONE YEAR OF LIVING THROUGH A GLOBAL PANDEMIC.

If this past year has taught me anything, it's that I don't particularly care to live through major historic events. I much prefer the status quo of everyday life, and so desperately miss the most mundane of things. I long for the day when I can once more see and hug family and friends, when I can return to cheering my children on at their activities, and oh – how I long to sit in audience at a live music event again one day!

There are so many things we all miss, and while the promise of vaccines gives us a glimmer of hope, we know it will take some time still until we all get there. In the meantime, I gladly embrace the inspiration of the many ways people are staying connected through this health crisis, both in our community and beyond.

In this issue, you'll learn more about how people in Laurier have supported each other over the winter. Julie Rohr and Suzanne Davis created a magical day for many families when it became clear that traditional photos with Santa wouldn't happen the way they normally do. Kristie Edwardsen and her father, with some help from a few local sled donors, created the fantastically well-received Sled Shed – a lending library for toboggans at our Biscuit Box sledding hill.

I'm especially excited to try Helen Richards' cookie recipe, which has been a hit for decades. Helen is one of my very favourite people, and if you don't know her, you should make a point to change that. Learn a little more about Helen in Sheila's winter history article.

While I will absolutely admit my bias in this regard, I truly believe we live in the best neighbourhood. I have met the most incredible people here, with the kindest and most generous spirits. If you have an hour or two a month that you can contribute to our neighbourhood, we have many volunteer opportunities (even in pandemic times!). See the back page for more information about how you can help.

As always, I'd love to hear more about what you're up to these days, and how you're staying connected with loved ones. Drop me a line anytime at newsletter@lhcl.ca

Until next time, take care and be well,

CHRISTINE MCCOURT-REID
LHCL Newsletter Editor

PRESIDENT'S MESSAGE

GREETINGS FROM KAREN WILK, LHCL PRESIDENT

As has become 'the tradition' in the first issue of a New Year, we include my poetic words of reflection and gratitude as they were shared at our December AGM. While 2020 was a very different year for the community in terms of events, programs and our usual engagements, we have no less reason—perhaps more reasons—to recognize and celebrate those who have encouraged, sustained and led us through the year. Please join me in celebrating and appreciating each one!

You'll also see in this newsletter, that there continues to be numerous enthusiastic, passionate and creative people who are willing to give of their time and talents in order to help us persist in nurturing a neighbourhood of care and connection. I especially want to highlight our upcoming, "Meet & Greet" March initiative; let's make the most of this wonderful opportunity to enrich our personal and communal well-being by having everyone participate! This initiative is about 'emergency preparedness' as recommended by Alberta Health Services (AHS); it also recognizes the growing number of socially isolated people in our communities (in Edmonton (including LH), 1 in 5); and is an invitation for everyone's gifts and interests to be discovered and embraced.

I look forward to seeing your window decorations, finding more kindness rocks, sharing 'heart-to-heart, on the block or the toboggan hill and especially to connecting with many of you during our two weeks of "Meet & Greet".



Finally, a poetic word of thanks, as
always, is due,
To every Board member and their
Teams, it's true.
Despite restrictions, and tragedies too
You've been committed to working it
through.
You've contributed your time and
talents on queue.
You've adapted, been creative and
shared what you knew.

In the same way, we acknowledge our
block connecting crew--
Who've helped us care and connect
without ado.
You've engaged us and brightened up
our 'blue'
You've given us the positive, the fun
and active to pursue.
Woohoo for you too!!

And to all who have paid attention to
those around you
While we've been sheltered during this
covid coup
Thank you, it's your presence, your
hello and the little things you do
That make a difference in our lives and
community--- Phew:
We're not alone and we have the glue
Of care and connection amid such
hullabaloo.
So with much appreciation, gratitude
and ballyhoo
I want to acknowledge and celebrate
each of you!

And though peace, hope, love, joy, I
cannot construe
These greatest gifts of the season, I long
upon all to imbue
And may the New Year bring a world
healed, with wisdom anew
And for all, a fresh and better view.
Merry Christmas, dear Board, and
thanks again for who
You are and all you do!

– KJW



LAURIER RECIPE SHARE

BOILED RAISIN COOKIES

SHARED BY HELEN ROBERTS

"MADE FOR 60 YEARS EVERYONE LIKES THEM"

LAURIER HEIGHTS
COMMUNITY LEAGUE

RECIPE SHARE

During March, check out our online
recipe collection at lhcl.ca

Send your favourite recipe from
quarantine or everyday
to events@lhcl.ca

Boil 1 cup of raisins in 1/2 cup water for 5 minutes
(not a hard boil). Set aside.

Combine:

- 1/2 cup shortening or margarine, or a little of both
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups flour
- 1/2 tsp baking powder
- 1/2 tsp.soda
- 1/2 tsp.salt
- chopped nuts
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp allspice

Lastly, add raisins and water to dry mixture; works well in a MixMaster. Before baking, put in fridge for 1/2 hour (I've baked the next morning). Drop by spoonfuls onto baking sheet. Bake at 350°F for 12 -15 minutes. Enjoy!



WINTER IN LAURIER

MUSINGS FROM LAURIER HISTORIAN SHEILA L. BUTT

Make no mistake about it; the isolation caused by COVID-19 is driving many of us “around the bend”! Today I told my neighbour that if he sees me on the front lawn making snow angels to please come and take me in. That is, unless he wants to join me! Yikes – I can see the report now: “Senior found making snow angels in front of residence.”

Winter in Edmonton is usually a time for community sports and family get-togethers. While those have pretty well gone away during the pandemic, neighbourhood walks and some outdoor activities are still providing the opportunity for a social connection and exercise. Two weekends ago, my grandkids went sledding at the Biscuit Box hill. It was wonderful to see them zipping down the hill, shrieking all the way! As I stood there soaking in their excitement, I realized that it was 60 years ago when my dad put wooden skis on me and sent me wobbling down this very same hill!

So what was Laurier Heights like back in the winters of the 1960's? Well, to start with, there were many, many kids. Families usually had 2-5 children. And, with no video games or cable TV, most of their time was spent outside with friends and siblings. Moms and dads; imagine having to suit up all those kids with parkas, snow pants, toques, scarves and those mittens on a string. Often, by the time a parent finished outfitting the last child, one of the others said they needed to use the bathroom! At the end of an hour of play outside, kids would toddle in like little penguins, with frozen cheeks, fingers and toes. Fifteen minutes inside, complemented with a hot chocolate topped with mini-marshmallows, often had said penguins begging to go back outside. There were more than a few days where the thermometer dipped so low that going outside to play was simply not wise. For example, in 1969, Edmontonians suffered through 26 concurrent of days of temperatures below -20 C. Back then, to occupy the many hours of being house-bound, the family hauled out one of the many board games of the day: Checkers, Mousetrap, Clue, Monopoly, Chinese Checkers and Tiddlywinks. A rousing game of Go Fish could also pass away the time.

A fresh snowfall was met with great excitement as it promised snow forts, snowmen, snowball fights and homemade hills for sledding. The new snow also contributed to higher windrows for climbing. Even today, I see kids teetering along the tops of roadside windrows. Happily, some things never change! And, of course, the community league rink beckoned skaters of all sizes and disciplines. Helen Richards (who still lives next to the community league) managed the figure skating group, which received such great acclaim that it was featured in

the Edmonton Journal. Hockey teams for all levels came and went per the rink schedule. At night, one could hear the boom of the puck bouncing off the boards, and the excited voices of the skaters reverberating through the crisp winter air. Gosh, that's just like now!

One winter activity that ran from 1960-1968 was the Muk-Luk Mardi Gras. Every February, Edmontonians looked forward to this city's winter festival. Gathering in Laurier Park and later Borden Park, people competed in dog sled racing, ice-carving, tobogganing, moose calling and junior hockey games. The Laurier Heights Community League had its own Muk-Luk Mardi Gras that coincided with the greater city celebration. Along with games, residents built snow sculptures in the south end of the enclosed schoolyard. A prize was awarded for the best sculpture. I recall admiring these sculptures, some of which were taller than me! And, at the start of the school week following the Mardi Gras, us school kids had the sculptures to climb and jump off of for many weeks. Boys had the climbing advantage, as they had slacks under their snow pants. In the early 1960's, school rules for girls dictated that girls must wear a dress or skirt to school so, in winter, snow pants under dresses were required which often served as an encumbrance to climbing.

Eventually, the daylight of winter days gradually lengthened, the temperature rose and spirits lifted as the snow began to melt. Many children on their way to and from school were way laid as they spent time walking on and cracking the thin sheets of ice on sidewalks and in gutters. The melting snow also revealed the lost treasures of fall. If you were lucky, and kept a sharp eye out, you might spot a lost cat's-eye marble blinking back at you from its little cup of water and ice.

Thank you for reading my short story and for allowing me to take you on a journey back in time. As we push through the doldrums of January and into the short month of February, the month of love, know that you are not alone in this strange time of isolation. If you can, reach out to your neighbours through a phone call, or by dropping off a note just to say hello. We will get through this together.

By the way, for those of you who are interested, I may be organizing a socially-distanced snow-angel-making day. Cheers!!

P.S. I'd like to extend a warm hello to a few of the original residents from the 1950-1960's who I know are still making LH their home: Mary and Mike Kinash, Betty Lint, Helen Richards, Faye Viloski, Pat and Bill Wishart. To them and the others out there, thank you for all you've done for this community!

THE SPIRIT OF THE SEASON



THE HOLIDAY SEASON WAS QUIETER AND MORE SUBDUED FOR EVERYONE THIS YEAR. NOT READY TO ALLOW A PANDEMIC TO TAKE AWAY THE MAGIC OF SEEING SANTA, LAURIER RESIDENTS JULIE ROHR AND SUZANNE DAVIS WERE ABLE TO PULL SOME STRINGS WITH THE MAN IN RED TO GET HIM TO STOP BY FOR SOME SOCIALLY DISTANCED VISITS FOR LAURIER RESIDENTS AND FURRY FRIENDS BEFORE CHRISTMAS CAME.



LENDING SLED SHED



THERE IS A NEW FIXTURE AT THE TOP OF THE LAURIER 'BISCUIT BOX' TOBOGGAN HILL (LAURIER DRIVE AND 76 AVENUE). OWING TO A SPARK OF CREATIVE INSPIRATION THAT KRISTIE EDWARDSSEN HAD, SHE AND HER FATHER KEITH SET ABOUT BUILDING THIS SLED LENDING LIBRARY AS A PANDEMIC PROJECT TO GIVE BACK TO THE COMMUNITY AND PROVIDE CONNECTION. STOCKED WITH SLED DONATIONS FROM LOCAL RESIDENTS, THE LAURIER LENDING SLED SHED HAS PROVEN TO BE VERY POPULAR SINCE IT WAS INSTALLED IN MID-JANUARY. THIS GENEROUS GIFT TO THE COMMUNITY IS AVAILABLE FOR ANYONE TO USE: BORROW A SLED FOR A SPIN OR TWO DOWN THE HILL AND RETURN IT WHEN YOU'RE DONE. IF YOU HAVE A SLED YOU WOULD LIKE TO DONATE, YOU CAN DO SO BY SANITIZING IT AND DROPPING IT OFF IN THE LENDING SLED SHED.

Meet our PROGRAM COORDINATOR

LAURA PEKKOLA

Laura has recently started volunteering for the Laurier Heights Community League in the role of Program Coordinator. In this role, Laura is responsible for determining which programs will be offered in our community, arranging instructors, dates, locations and times for all our programs. She works closely with the City to see

what programs and resources they have available that may be a good fit for our community. Even in COVID times, our volunteers are working diligently to ensure our community has access to as wide a range of quality programming as possible.

PROGRAM UPDATES

Though many programs are suspended due to covid restrictions, there are a couple that are running virtually! Keep an eye on our website and e-blasts for updated information on hall reopening and program restart dates.

YOGA

Start your new year off with some activity with our community yoga instructor Sandy Mah! Yoga will run virtually Wednesday mornings at 9:30 am until we can all gather together again. The program is being generously offered by Sandy by donation to the community league.

YOUTH OUTDOOR AND SUSTAINABILITY CLUB

Know a youth interested in the outdoors and sustainability who lives in Laurier Heights or Parkview? Join us Tuesday evenings to discuss environment and outdoor topics, spend time outdoors and contribute to a community you can be proud of!

This program will start in early March 2021, hopefully when restrictions on outdoor gatherings been lifted or eased. Otherwise, we'll start virtually!

WANT TO GET INVOLVED?

Do you have ideas for new programs? Do you have an interest you want to share with the community? We want to hear about it! We will support new ideas that seek to build community and contribute to our ongoing desire to make Laurier an ever better place to live for us all.

Please contact Laura at programs@lhcl.ca with your ideas, and for information on any existing programs!



I'VE LIVED IN LAURIER SINCE FEBRUARY 2020 WITH MY PARTNER TY, A HIGH SCHOOL SCIENCE TEACHER, WHO HAS LIVED IN LAURIER HEIGHTS SINCE 2017.

WHAT KEEPS ME BUSY OUTSIDE OF THE BOARD:

I ENJOY SPENDING TIME OUTDOORS, ESPECIALLY WITH MY TWO DOGS! I ENJOY HIKING, CAMPING, CROSS COUNTRY SKIING AND DISCOVERING EDMONTON'S BEAUTIFUL RIVER VALLEY. I WORK AS THE EDUCATION PROGRAM LEAD FOR A NON-PROFIT ENVIRONMENTAL EDUCATION CHARITY HERE IN EDMONTON, SO I AM VERY FORTUNATE TO GET TO SHARE MY LOVE OF THE OUTDOORS WITH STUDENTS ACROSS ALBERTA!

here's the latest...

FACILITIES RINK UPDATE

Both of the rinks are open and in excellent condition! A big 'thank you' to our expert ice maintenance crew: Pat, Matt, Dan and Mack.

Due to COVID regulations, there are some restrictions currently in place and the rules could change again depending on city and provincial guidelines.

As always, the use of our rinks requires skate tags showing that your community league membership is paid.

Please email membership@lhcl.ca or head to our website LHCL.ca and click the membership link to purchase or renew your membership.

SOME CURRENT GUIDELINES IN PLACE (SUBJECT TO CHANGE AT ANY TIME)

- LIMIT OF 16 SKATERS ON OUR LARGE RINK AND 10 ON OUR SMALL RINK.
- SOCIAL DISTANCING GUIDELINES MUST BE FOLLOWED (2M BETWEEN PEOPLE OF DIFFERENT HOUSEHOLDS).
- NO FOOD, DRINK OR SPITTING ON THE ICE.
- NO HOCKEY, SHINNY OR PICK-UP HOCKEY ALLOWED.
- NO NETS ARE ALLOWED ON THE LAURIER RINKS UNTIL FURTHER NOTICE. THIS INCLUDES USERS' OWN NETS.
- CHANGING ROOMS AND BATHROOMS ARE CURRENTLY CLOSED. WE HAVE PROPANE HEATERS AVAILABLE TO TAKE THE CHILL OFF OF THE OUTDOOR BENCHES.

PLEASE BEAR WITH US THROUGH THESE TURBULENT TIMES

FUNDRAISING: CASINO UPDATE

WONDERING IF YOU WILL EVER GET TO WORK AT A CASINO AGAIN?

ONCE AGLC REOPENS TABLE PLAY AT CASINOS, OUR COMMUNITY WILL BE RE-SCHEDULED..... SO STAY TUNED FOR THE DATE. THIS IS THE FUNDRAISER THAT KEEPS OUR FACILITIES MAINTAINED AND OPERATIONAL: BUILDINGS HEATED, LIGHTS ON, AND ABLE TO BE HOME TO AS MANY COMMUNITY ACTIVITIES AND EVENTS AS POSSIBLE.

A LOVE FOR THE AGES



CANTERBURY COUPLE
PROVES LOVE CAN BE
FOUND AT ANY AGE
AND GIVING COMES FROM
THE HEART.

90-YEAR-OLDS GERRY &
CLIFF MARRIED AFTER 50
YEARS OF FRIENDSHIP
AND A LIFETIME OF
SHARING

PHOTOS BY:
DALLAS CUROW

With Valentines' Day upon us in February, it's a wonderful time to celebrate the beauty of timeless love and the generosity of giving.

For one Canterbury Manor couple, their special friendship blossomed over many years into true love, and eventually marriage. In fact, 90-year-olds Geraldine and Cliff Nelson were friends for over 50 years before they got married!

Gerry first met Cliff in 1948, when she was 18 years old and he stayed at her family's boarding house in

Edmonton. But it was not love at first sight as Gerry fell in love with one of their friends, Jim. Gerry and Jim got married, moved to Toronto and raised their children. Cliff became a physician and was lovingly married to his first wife Beth and had a family as well. The two couples stayed in contact over the decades, and after each of their spouses passed away, fate drew them back together.

They re-connected as Cliff became Gerry's mother's doctor and their friendship grew deeper, so deep that Cliff began courting her.

"His love letters were amazing!" gushes Gerry.

But soon after, another amazing thing happened to the couple who were then in their late 60's... they became engaged.

"We had our strong religious faith, we had lived abroad, we knew each other's family," says Gerry, "And just like that, it was like the light came on; I could marry him, we had so much in common."

The couple married in the spring of 2000, close to age 70.

"It was just as exciting as the first time!" says Cliff. "She's just a gem," he softly adds. "I often say, 'Gerry, you're such a kind person'. She thinks of little things and big things and has contributed so much to our marriage."

Gerry appreciates Cliff's thoughtfulness as well. "When we were dating, he always opened the door for me, he was a real gentleman." Adds Cliff, "Women crave and love trust and respect, and if a woman is treated that way by their relatives, husband and sons, they just blossom, and it means so much to them."

The couple credits their happy marriage to positive previous life experience. "We had already been through a loving, successful marriage and knew what it took; we had raised kids, our finances were in order, so you don't struggle," says Gerry. "Plus, having lost our first spouses, we just value our friendship and our marriage so much."

Throughout their lives, showing love and generosity has always come easy for this wonderful couple. Gerry was a house Grandma at an English boarding school in Germany, and Cliff travelled the world helping those in need. "I always felt strongly about giving back to the community," he says. "I donated 18 years of my life to third world countries as a medical missionary, and it was very gratifying."

Cliff also has a special Canterbury connection. Later in his life he had a

large long-term care practice and his first two patients lived at Canterbury in 1983. "I was so impressed, I said that if I ever had a choice as to where we are going to spend our last years because we need help, it will be at Canterbury," says Cliff.

These days Gerry and Cliff spend even more time together deepening their bond as her role has shifted to helping Cliff who's faced some recent health challenges. "She's really my caregiver now, and that's not an easy job," he says, "but I am so grateful for it and she does it wonderfully well."

The friendly couple has lived at Canterbury Manor for the past two years, and they cherish every minute of it. They enjoy their independent living, having coffee in the courtyard with friends, admiring the gardens, and the convenience of visiting the store and hair salon.

They also enjoy the lovely Laurier Heights neighbourhood. "We like looking out the window and seeing the beautiful sunsets outside. Our place is next to the bus stop, across from the school yard and we watch the kids have fun," explains Gerry. "Before COVID, Cliff signed up for the "Grand-Pal program" through Canterbury and every three months a Grade 5 boy from the school would sit and visit with him, and it was so nice."

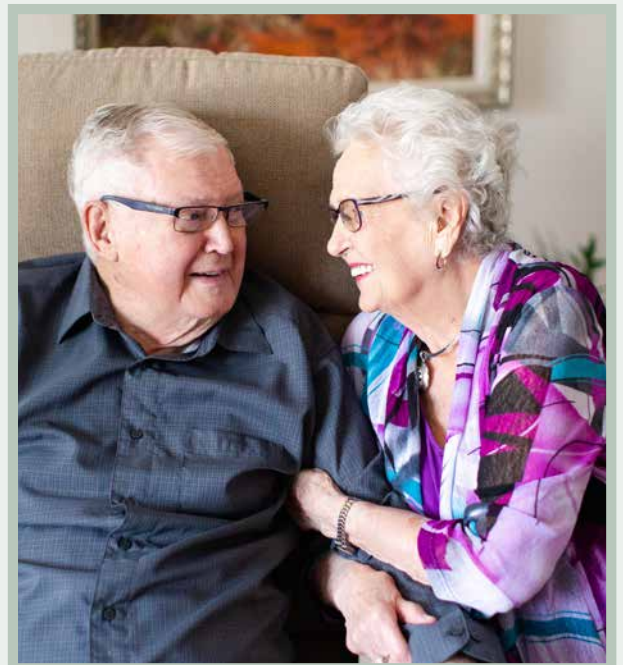
In a way befitting of the appreciative and generous couple, Cliff and Gerry made a donation to the Canterbury Foundation Promise of Home Campaign to help support the new development expansion and programs. They are glad to help and give back to the place that has done so much for them in return. "We're just so very happy here, the communication is great, and Canterbury Manor is very well

managed. We are really excited to see the new building and what it looks like too, once COVID is finished!" says Gerry.

Until then, this amazing Canterbury couple has some upcoming celebrations to look forward to, including Cliff's 91st Birthday in February and their 21st wedding anniversary in March.

Congratulations Cliff and Gerry and thank you for being an inspiration in building a life together based on faith, giving and sharing and helping to make the communities you live in always flourish with love!

A NOTE FROM CANTERBURY FOUNDATION: We'd like to extend our deepest gratitude to Gerry and Cliff and all supporters of Canterbury. As a not-for-profit, we rely on donations from businesses and community members to continue providing the best possible care. Your generous act of giving supports a broad range of services and programs, all designed to improve the quality of life for every Canterbury resident. If you'd like to become part of our donor program go to <http://www.canterburyfoundation.com> and donate today.

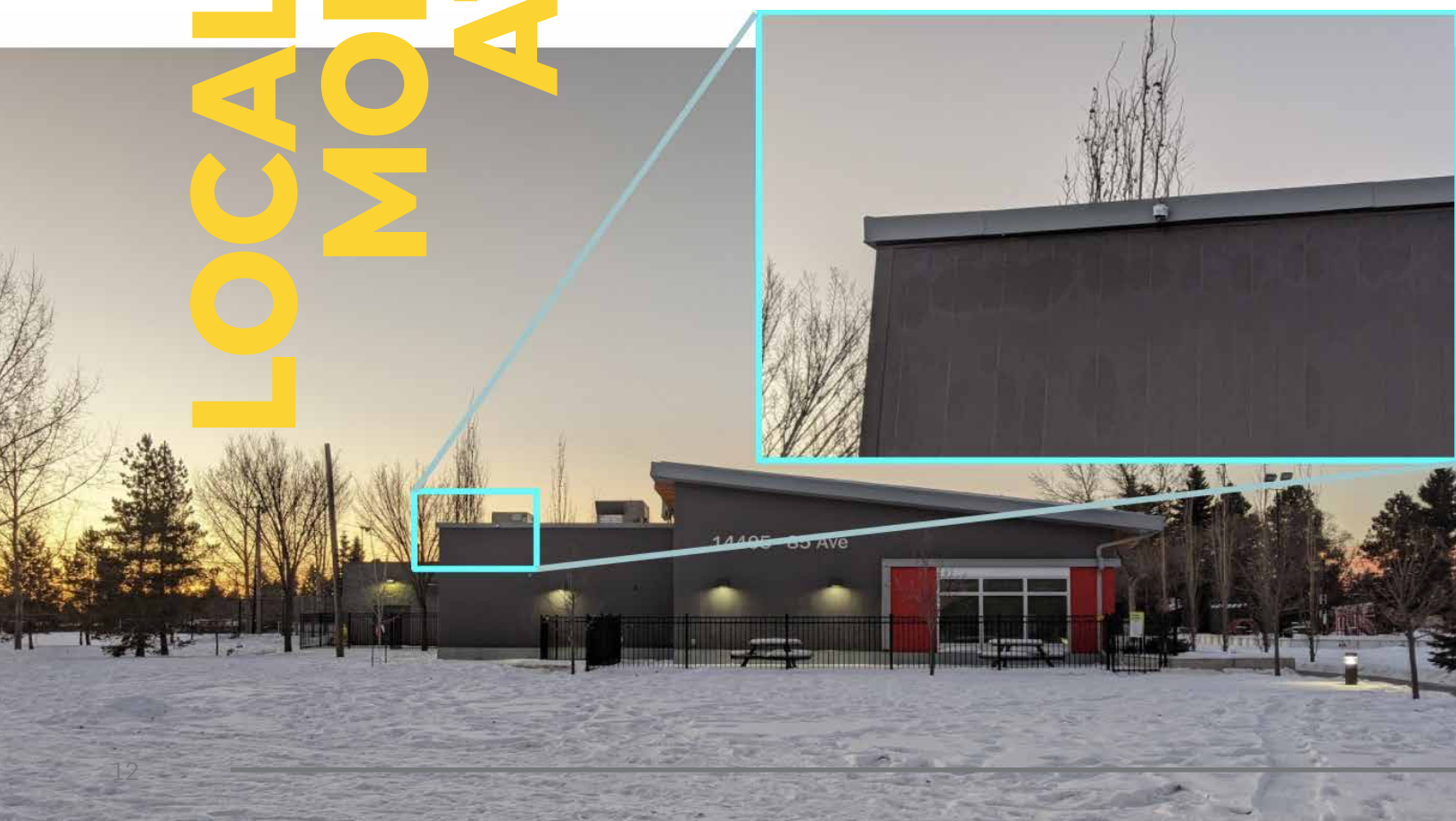


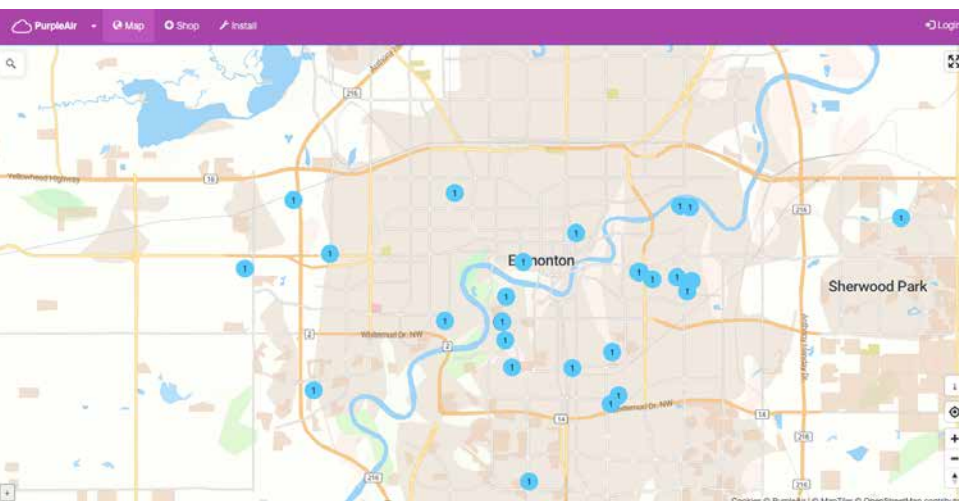
LOCAL AIR QUALITY MONITORING AT LAURIER

If you've walked by the Laurier Heights Community Hall over the holiday season, enjoying the lights or skating rink, you may have noticed a new addition on the hall. Don't worry if you haven't – you need a very keen eye to notice the small coffee cup sized device installed on the roofline of the building. What is it, you may ask? It's a PurpleAir air quality sensor (pictured at right).



The PurpleAir was installed by the Alberta Capital Airshed on December 2nd 2020, as part of their program offering Edmonton Community Leagues free air quality monitors. The PurpleAir is a small monitor which measures particulate matter (PM) in the air, and reports the measurements real-time to a publicly accessible map (www.purpleair.com/map). The values on the map (next page) report something called the AQHI, or Air Quality Health Index, which is calculated based on the PM in the air.





THE BLUE DOTS ARE PURPLEAIR MONITORS THAT HAVE BEEN INSTALLED IN EDMONTON. PURPLEAIRS HAVE BEEN INSTALLED IN MANY LOCATIONS ACROSS THE WORLD, SO IT IS POSSIBLE TO CHECK THE MAP AND SEE WHAT AIR QUALITY IS LIKE AT ANY MOMENT IN MANY PLACES AROUND THE WORLD!

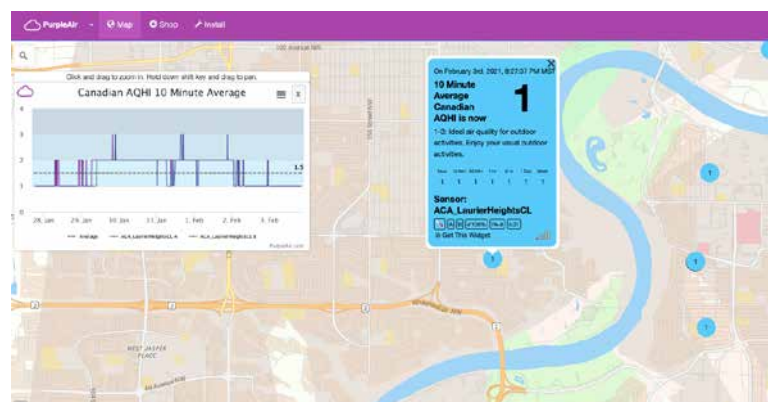
Why is it important to measure PM in the air? Particulate matter is made up of very small pieces of floating debris, such as dust, mold, pollen or smoke. PM is so small (usually less than 1/5th the width of a hair!) that it can end up in our lungs and make it difficult to breathe. It is incredibly important for people to know when there is too much PM in the air, as it can be a health hazard, especially those with pre-existing breathing problems.

AQHI is reported on a scale from 1-10+ and it helps notify the public of the quality of the air that they are breathing. The lower the number, the better the air quality and the less particulate matter we have in the air. When AQHI values are above 7, outdoor activity needs to be reduced to protect people's health. When AQHI gets up to high levels like this, that's when we see soccer games get cancelled, or schools have indoor recesses!

The AQHI we see on weather forecasts is measured by much more sophisticated equipment than the PurpleAir, and is checked by scientists before being reported. These values in weather forecasts are from a broader area, and give averages for larger areas from across Alberta.

The really interesting and unique thing about PurpleAir monitors, however, is that they show very local air quality readings in real-time. This means that if there was something causing a lot of dust near the Laurier Heights Community League, like street cleaning or dusty construction, it might be noticeable on the PurpleAir map, but would not show up on provincial weather reports.

Laurier Heights Community League is excited about the addition of the PurpleAir monitor to the hall, as it helps us better understand local environmental conditions. This is yet another step toward Laurier Heights becoming a more sustainable and environmentally-friendly community to live and work in. Recent projects such as the solar panels and food forest allow for community members to truly practice environmental sustainability, and now the PurpleAir helps us all become more informed about our local environment.



AIR QUALITY HEALTH INDEX (AQHI) MEASURED AT THE LAURIER HEIGHTS PURPLEAIR MONITOR ON FEBRUARY 3RD 2021. AN AQHI OF 1 MEANS THAT THERE IS LITTLE PARTICULATE MATTER IN THE AIR, WHICH MEANS THAT THE QUALITY OF THE AIR IS HIGH!

YOUR MEMBERSHIP GIVES YOU A PLACE TO BELONG, CONTRIBUTE, SHARE
YOUR GIFTS AND PARTICIPATE AS A UNIQUE AND VALUED LHC MEMBER

Why Become a Member?

Membership is one way we can be good neighbours and become better ones!

At its simplest, a Community League is a group of your neighbours who volunteer to organize events, activities and programs in your community. The first Community League formed 100 years ago and today, there are 157 Community Leagues all across the City. Everyone in Edmonton lives within the boundary of a Community League.

When you purchase a Community League membership, you help your neighbourhood bring residents together; you help develop, maintain and improve the community amenities; in turn, you enhance the quality of life for you and your neighbours. Community Leagues do this through organizing recreational, education and sport programming,

hosting events, developing amenities such as spray parks, playgrounds, sports courts, community gardens and community league halls, and by being the voice of the community when it comes to civic matters that impact your neighbourhood.

Community Leagues are (and always have been) completely led by citizen volunteers – your friends and neighbours! Community leagues are an excellent training ground for future leaders in a wide variety of industries, including government. Several of our current city councillors got their start as community league board volunteers! Volunteering in your neighbourhood is an excellent way to develop new skills and make new friends.

Together we are nurturing an abundant community, making Laurier an even better place to live for all!

Enhance the quality of life for you and your neighbours. Your membership dollars improve our community amenities and help bring neighbours together

PLEASE NOTE: LEAGUE MEMBERSHIP IS REQUIRED FOR COMMUNITY SOCCER REGISTRATION, OTHER YOUTH SPORTS, RINK/COURT USE, AND FOR SELECT PROGRAMS AND OTHER SOCIAL EVENTS.

GOODS & SERVICES DISCOUNTS AVAILABLE TO EFCL MEMBERS:

The following businesses all offer discounts to any current Edmonton Community League members: Acclaimed! Heating, Cooling, and Furnace Cleaning; Community League Wellness Program; Cloverdale Paint; House of Wheels; Orbis Sports; Urban Poling; Yardly; University of Alberta's Academic Ancillary Services & Learning Services. For more information: <https://efcl.org/membership-benefits/>

MEMBERSHIP FEES SUPPORT:

Maintained community spaces:

Community Hall, skating rinks, playground, splash deck, tennis and pickleball courts, Gazebo Park, Urban Orchard and Food Forest.

Free, low-cost social and educational events:

Seasonal community fun days, Green Shack, neighbourhood newsletters, community potlucks, family movies, playgroup, art club, urban food forest, ACE, Sprouts, Scouts and more!

Health and Wellness: FREE skating at the Laurier Heights rinks and at other League rinks in the city; access to the Laurier tennis courts; FREE summer and winter playground leaders (Green Shack); subsidized fitness programs (Community Wellness Network); and discounts at various City of Edmonton recreational facilities through the Community League Wellness Program.

Discounts: Community League hall rentals, selected programming, and city-wide discounts offered through the Edmonton Federation of Community Leagues.

A sense of community: Most importantly, your membership gives you a place to belong, contribute, share your gifts and participate as a unique and valued Laurier Heights community member.

2020/21 LHCL MEMBERSHIP FORM

THANK YOU FOR YOUR SUPPORT!
- MEMBERSHIPS VALID UNTIL AUGUST 31, 2021



Household Info

First Name: _____ Last Name: _____

Address: _____ Postal Code: _____

E-mail: _____ Phone Number: _____

Additional Household Members:

Adult #2 (first + last name): _____

Additional Family Member: _____ Birth Year: _____

Additional Family Member: _____ Birth Year: _____

Additional Family Member: _____ Birth Year: _____

Additional Family Member: _____ Birth Year: _____

☐ YES! Our family would like skate/tennis tags so we can use the community facilities. We require # _____ tags.

Membership Type

☐ FAMILY (\$40) ☐ SINGLE (\$25) ☐ SENIOR (\$25) ☐ ASSOCIATE (\$50)

Membership fees may be paid with cash or a cheque made payable to: **LAURIER HEIGHTS COMMUNITY LEAGUE**
Alternately, e-transfer payments can be sent to membership@lhcl.ca

Please submit this completed form & your payment to our Membership Coordinator:
Christine McCourt-Reid • 13807 84 Ave • T5R 3W6 • membership@lhcl.ca

Volunteer Opportunities

We require assistance from volunteers throughout the year for our annual fundraisers and other special community events. You can volunteer as much or as little as you'd like based on your availability and schedule. We also have vacant Board Member positions available immediately. Please let us know if you are interested in helping us as we work to build a better community for all. Thank you!

☐ BOARD or COMMITTEE

Yes, I am interested in volunteering in an ongoing capacity. Please contact me with information on current Board positions and/or other long-term volunteer opportunities. Areas of volunteer interest for me include:

☐ OCCASIONAL

Yes, I am interested in volunteering to assist our Community League from time to time. Please include me on the Laurier Heights Volunteer Request email alerts so I can help when I'm available.

☐ SENDING REGRETS

No, I'm sorry that I'm unable to volunteer this year.

☐ OPTIONAL DONATION

Yes, I'd also like to support our community league by offering an additional donation of

\$ _____

Tax receipts will be issued for donations of \$20 or greater.

To receive your tax receipt, please ensure donations are made payable to :
LAURIER HEIGHTS BUILDING SOCIETY

For your convenience, memberships may also be purchased online at www.efcl.org

ADVERTISE WITH US

The Laurier Heights Community Newsletter is a quarterly publication distributed to all residents in the Laurier Heights neighbourhood. We print and distribute the newsletter to over 1100 households, including each individual resident in Canterbury Court and Canterbury Manor.

If you'd like to buy advertising space in a future issue, please contact our Advertising Coordinator. Be sure to ask about our advertising opportunities in our community email newsletter as well!

ADVERTISING COORDINATOR:

Liz Herbert: advertising@lhcl.ca

PUBLISHING SCHEDULE & DEADLINES:

Spring: February 1

Summer: May 1

Autumn: August 1

Winter: November 1



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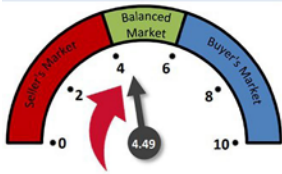




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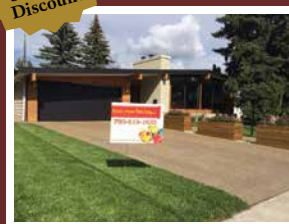
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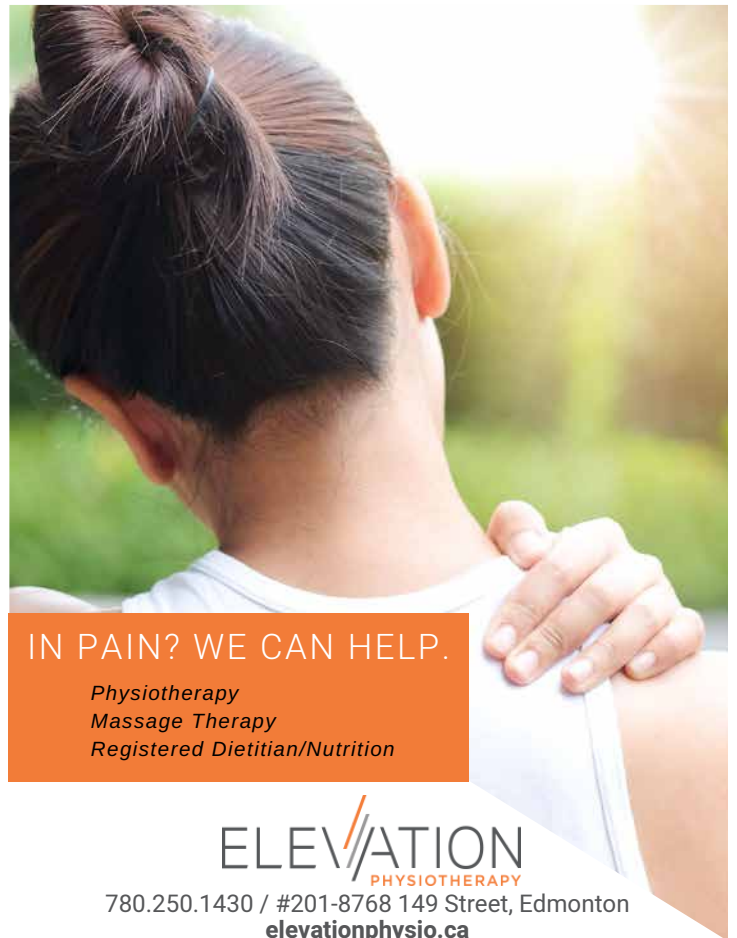
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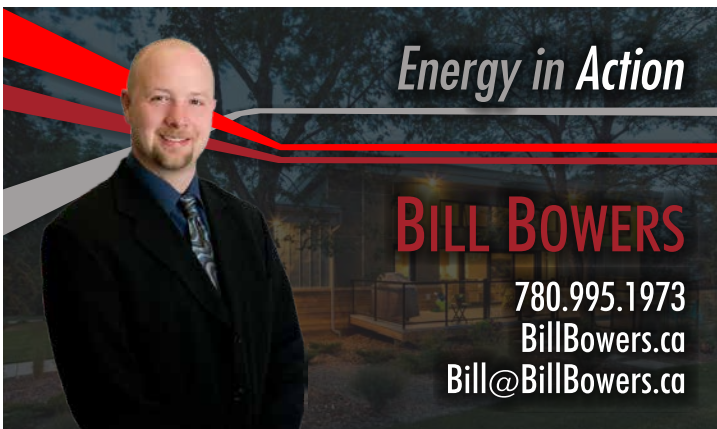


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Join us as we inspire Laurier!

THE HISTORY OF COMMUNITY VOLUNTEERS

For more than 100 years, thousands of Edmonton residents have worked together to turn their neighbourhoods into places they could call home. Community League volunteers have spent their time and donated their skills and talents (sometimes along with their own money) to build and maintain playgrounds, halls, ice rinks, tennis courts, parks and more. They have coached sports teams and organized events, programs and social activities. Neighbours have gathered together to advocate for amenities, services and safe, healthy neighbourhoods as they plan and build the future of their community. Volunteers make life-long friends as they see their communities thrive, and they acquire new knowledge and skills as they mentor new generations of volunteers to come.

HELP CREATE A PLACE WHERE NEIGHBOURS SHARE A SENSE OF BELONGING AND OWNERSHIP

Community League volunteers have provided Edmonton residents with a voice in community development as well as unmatched recreational and social infrastructure. When you volunteer, you are making an impact in your life, the lives of those you volunteer with, and the lives of those who benefit from your efforts. Giving back to the place you call home helps to make your community a better place not only for you, but for all who live there.

VOLUNTEER YOUR TIME AND SKILLS AS A GIFT TO STRENGTHEN OUR NEIGHBOURHOOD

We also have opportunities for people to volunteer on any of our teams and sub-committees:

- Communications Team
- Events Team
- Finance Committee
- Programs Team

For more information on these and other volunteer opportunities, please email: volunteer@lhcl.ca

VOLUNTEER OPPORTUNITIES

• MEMBERSHIP COORDINATOR •

This position is responsible for maintaining the membership list and other records pertaining to membership. You are responsible for overseeing membership sales and distribution. You can review and further develop policy and procedures with respect to membership sales, ensuring we are compliant with the EFCL Code of Ethics.

• GRANT WRITER •

As our grant writer, you would research and apply for grants on an as-needed basis to secure funds for the community league.

• TREASURER, LH BUILDING SOCIETY •

An Executive Member of the Laurier Heights Building Society, you would be responsible for all financial record-keeping, ensuring a detailed account of revenues and presenting expenditures at every Board and General Meeting.

• BLOCK CONNECTORS •

The role of a Block Connector begins by having a conversation with neighbours on your block. Through the conversation process, the Block Connector becomes the “go to” person on the block. You are the person stewarding your neighbours’ emails and phone numbers; you get to know everyone on your block; you help neighbours welcome new neighbours. You are a key for their neighbours connecting to each other on the block and to the neighbourhood. Block connectors are typically responsible for staying connected to ~20 houses on their block or street.