



# LAURIER HEIGHTS NEWSLETTER

Summer 2021

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## In This Issue

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Learn more about the Laurier Heights Community Food Forest and our plans for continuing to grow it this summer. Mark your calendars for our Pollinator Party educational event on May 29. See page 5 for more information.

## 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](mailto: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:

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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.

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**COVER PHOTO:** WIRESTOCK FOR FREEPIK

# EDITOR'S LETTER



## STAY CONNECTED:



@LAURIERHEIGHTSCOMMUNITYLEAGUE



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WWW.LHCL.CA



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

Have you noticed the painted rock snake that is starting to form along Laurier Drive at the end of 142A Street? Learn more about it and our painted rock project in our Facebook group:  
<https://www.facebook.com/laurierrocks>

**I'M WRITING THIS LETTER ON A COOL WET AND GREY DAY IN EARLY MAY. THE WEATHER FEELS LIKE A METAPHOR FOR THIS PAST YEAR: HAZY, DREARY AND – MOST OF ALL – RELENTLESS.**

But when I look at the forecast for tomorrow, I am reminded that the rain always comes to an end sometime, no matter how endless it might feel in the moment. And like the rain, this pandemic will also pass.

The excitement I feel at the fresh smell of earth and the burst of green after a steady rainfall are already starting to be mirrored in my anticipation of leaving COVID-19 as a distant memory behind us. The colours always look so much brighter and crisper after the rain, and I hope we can all have the same outlook on getting back to real life: a fresh new perspective with gratitude for even the most simple and mundane things we may have taken for granted before.

While it may not be the best summer ever, there is much to be hopeful for. With nearly half of Albertans already having received (or having booked appointments for) their first doses of the COVID-19 vaccine, the light at the end of the tunnel seems to be getting closer. Though it may seem distant while we are still living through school closures, public health restrictions and continued virtual social and work environments, each day is one step closer for all of us to being able to once again do the things we love most with all those we care about.

One of the things that continues to be a bright ray of sunshine for me as the pandemic draws on is the kindness and generosity of those in our community. There are so many people who are coming up with creative ways for our entire community to remain connected and engaged through this pandemic. From building a custom mini-Laurier Heights Hall Lending Library, to growing our food forest and creating a Youth Sustainability Club, there are exciting things happening in our neighbourhood.

None of these things would be possible without the tireless dedication of volunteers. Many thanks to all those in our community who give of their time to make our neighbourhood a wonderful community we can all enjoy being a part of. Just as I know the rain will bring fresh growth in our gardens and green spaces, so too will our community grow and thrive thanks to the service of our volunteers.

**CHRISTINE MCCOURT-REID**  
LHCL Newsletter Editor

# PRESIDENT'S MESSAGE



IT WAS WINTER, 2010, TWELVE YEARS AGO (MARCH 2019), WHEN I WROTE MY FIRST 'OFFICIAL' ARTICLE FOR THIS NEWSLETTER. IT WAS TITLED: **WHAT DO EYE SORES, BUMPING PLACES AND ABANDONED BUILDINGS HAVE IN COMMON?** AND THE ANSWER READ:

They are all on the radar of people in our neighbourhood interested in and committed to making Laurier Heights (LH) an even better place to live. The newly forming LH Neighbourhood Engagement Team (NET) has a core group that is excited about gaining some momentum on some specific projects in Laurier as well as about the opportunity to help people connect and be community to/for one another...

Eleven LH residents recently had the privilege of participating in a City sponsored workshop... which led us through a process of identifying assets and opportunities, needs and concerns and then beginning to make plans for addressing them.

What were our dreams? Concerns? We recognized that Laurier has no significant 'bumping places' – like coffee shops or meeting spots where neighbours can hang out, get to know one another, 'bump' into each other. And the currently vacant Yorath House seemed like the perfect place for 'bumping'...

We imagined a beautiful community garden... what would it take to make it happen?

We also agreed that the main entry point into our neighbourhood was quite

unattractive. The fenced lot by our 'shopping mall' needs to be cleaned up! We envisioned trees, a park bench or two and a "Welcome to Laurier" sign...

As we were inspired by what other neighbourhoods have done and are doing around the world, we realized that one of the first things we need to do, is get more residents together more often so that we all feel more (and more) connected to, and a part of our community. Studies show that this is key to creating healthy, safe living environments: [abundant communities!] To facilitate this, it was suggested that we have more regular community gathering events at the Hall such as monthly neighbourhood potlucks. We also felt that as more and more of us engaged, our willingness to invest in a new community hall would be heightened.

So what's next? Creating a Neighbourhood Engagement Team that will commit to making these things (and whatever other creative ideas we dream of) happen. If you are interested in finding out more, participating in any way and/or offering your time, talents, tools... please join us for coffee and dessert at the home of Karen and Steve Wilk...

Reading this over recently filled my heart with gratitude and wonder!

We have done all this and more! Laurier, we are an abundant community!

As you read this newsletter, celebrate all that we are, and are becoming, even in the midst of a pandemic! We have created and continue to nurture gazebo park; Yorath House has been restored and repurposed at least in part due to the persistence and "encouragement" of our NET. We have numerous block connectors caring for and connecting neighbours as 'point people, party people and listeners.' And this summer, our Food Forest is going to be fruitful in more ways than one; I hope you can participate in many or all of our 'garden parties'!

In one of my favourite books, *God Next Door*, the author, Simon Carey Holt writes,

The discipline of nurturing good places means inhabiting them, believing in them, investing in them and doing everything we can to make them fully human... investing both resources and energy in order to create a community of shalom; a community of completeness and wholeness in which people individually and collectively experience health, prosperity, security and spiritual renewal. (132)

Thank you, neighbours, for committing to the 'discipline of nurturing good places.' May we all have a safe, healthy and enjoyable summer! Look forward to seeing you around the neighbourhood, whether out and about — or on a screen.

– KJW

GREETINGS FROM KAREN WILK, LHCL PRESIDENT



# Growing the LAURIER FOOD FOREST

The Laurier Food Forest is entering its third growing season this spring, and we can't wait to watch it bloom with our community! Not only are we adding new plants to the food forest, but we are also working on making it into a place for the community to gather, learn and enjoy the harvest. There will be many opportunities for the community to engage with the food forest through various events that will take place during the summer of 2021.

## What is a food forest?

A food forest is a planting of diverse, edible plants that aims to mimic natural forest ecosystems in the way it is structured. Food forest plants are often perennial, native to the area, and grow as a member of a diversity of species, just as they would in a forest. By planting a diversity of species mixed amongst each other, the plants work together to provide shelter, share resources and ward off potential pests.

Food forests adhere to the three ethics of permaculture: earth care (caring for nature), people care (creating healthy environments and foods for people) and fair share (sharing the abundance of the harvest with the community). By designing a food forest with the local ecosystems in mind, the idea is to have a self-sustaining and long-living food producing

feature in our community that helps bring people together in it's bounty.

## 2021 Growing Season

The 2021 growing season at the Laurier food forest will be very exciting, with many opportunities for community members, regardless of how green your thumb is, to share in the creation, maintenance and fruits of the forest.

Things kicked off with a workshop hosted by the Housing for Health (H for H) team from the University of Alberta on Thursday April 22nd, Earth Day! The team at H for H guided 15 Laurier Heights residents through a variety of conversations and brainstorming sessions to come up with ideas for how to make the food forest the best it can be for the community. These ideas, such as adding seating areas, specific plant varieties and including educational materials will help build the forest moving forward.

There are 3 events planned for the spring/summer of 2021 that are possible thanks to the TD Parks People Grant. The events will help us share different elements of the food forest with the community throughout the growing season, and even share information that you can take back to your own garden to make it more sustainable.

**The first event is our Pollinator Plot Workshop, which will take place on May 29th.** The event will include talks from a local beekeeper from our community and a naturalist who will tell us about native pollinators. Kits to build your own bee hotel (a place for solitary native bees to lay their eggs) will be available for pick up as well. Many pollinator-friendly plants will be planted in the food forest and in the planters at the community league, so keep an eye out for some showy plants that will attract bees, butterflies and other pollinators!

At the end of June we will host a **permaculture party**, where the community will get a chance to get their hands dirty! Learn about permaculture gardening, establishing new planting areas and all about composting. Then enjoy the fruits of our labour at the Midsummer Day's Harvest event in late July/early August! We will have community members share their favourite recipes, learn about food preservation techniques and enjoy the tasty fruits from our forest!

There are so many ways to enjoy the food forest this summer, whether it is taking a walk through the area, joining in our events or sharing your ideas with the food forest steering committee! The committee is brand new, and is always happy to have more input. If you would like to get involved, whether it's just to share an idea or to join in event planning, get in touch with Laura at [laura.pekkola@gmail.com](mailto:laura.pekkola@gmail.com)!

# proair

**LOOKING FOR THINGS TO DO IN OUR COMMUNITY? WE HAVE MANY NEIGHBOURS WHO ARE GENEROUS IN SHARING THEIR TIME AND TALENTS TO KEEP US ALL ACTIVE, BOTH IN BODY AND MIND! HERE ARE SOME PROGRAM HIGHLIGHTS FROM 2021 SO FAR!**

## ART SOCIETY

The Laurier Art Society has been on hiatus over the past year, but it's members are still very active! They are still planning to hold their annual Art Show the last Sunday of September, so make sure you save the date! The art group will resume meeting Monday and Thursday afternoons at the community hall once restrictions lift. So get your paints ready, and keep an eye on the e-blasts to find out when that starts up again.

## PICKLEBALL

With the warmer weather, pickleball is back in Laurier! If you've never tried (or heard of!) pickleball, come by the Laurier rink and join in this fun, active racquet sport! Pickleball combines elements of badminton, tennis and ping pong, and is a great way to get moving with your neighbours. We look forward to playing again once restrictions are lifted. Summer Hours are currently set for Monday and Wednesday mornings, 9:30-11:30 AM; Tuesday and Friday evenings, 7-9 PM and Sunday afternoons, family play 3-5 PM. Join the Laurier Pickleball group on NextDoor to keep up to date!



**Sports for Kids**

**SUMMER CAMPS**

At Laurier Heights Community Hall

**Ages 5 - 12**

**REGISTER NOW AT**

[www.sportsforkids.ca](http://www.sportsforkids.ca)

**ACTIVITIES**

Week Long Summer Camps - July - August

Basketball, Volleyball, Lacrosse, Soccer, Ball Hockey, Dodgeball, Ultimate Frisbee, Hand Ball and WILD BALL

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**Ace Tennis Academy**

**TENNIS PROGRAMS**

All Spring and Summer at the Laurier Heights Tennis Courts

**Ages 5 - 99**

**REGISTER NOW AT**

[www.acetennisacademy.ca](http://www.acetennisacademy.ca)

**ACTIVITIES**

Weekly Tennis Camps and Evening Programs

Social Tennis Classes

Little Aces (5 - 8 year olds)

Junior 1.0 Aces (9 - 12 year olds)

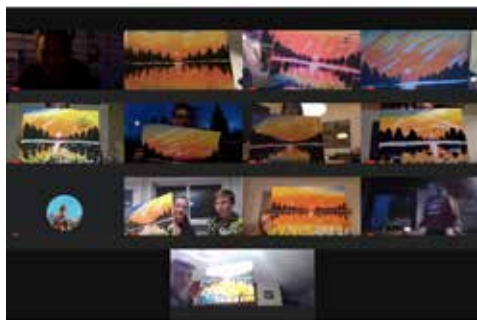
Junior 2.0 & 3.0 Aces (10 - 16 year olds)

Adult Aces (16 - 99 year olds)

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## YOUTH NATURE AND SUSTAINABILITY CLUB

Living in Laurier Heights we are so fortunate to be surrounded by beautiful natural areas, both in our community and around it. Laura Pekkola wanted to help youth connect to these natural spaces, so she started the Youth Nature and Sustainability Club in March 2021. Though it has been challenging to get together physically, the group of 11-15 year olds has been connecting virtually. So far the group has learned about river valley birds, urban chickens and also permaculture and food forests!



The group has even hosted a virtual event! On April 6th, 20 youth from Laurier and area got together for a virtual paint night with local artist Jon Tieh! Jon lead the group step-by-step through painting a beautiful sunset scene to help everyone connect to nature through art. The group was inspired to share stories of camping trips, cabin vacations and even summer evenings by the North Saskatchewan River.

The group will continue to run Tuesday evenings, and is always happy to have new people drop by. No fees, no registration necessary – all youth interested in learning about nature and sustainability are welcome!

## TENNIS

The nets have only been up for a couple weeks, and the courts have been very popular with community members already! Once current restrictions are lifted, the courts will be open for drop-in use through the summer, as long as public health orders allow. Ace Tennis will be running lessons and camps at the courts, so check out [www.acetennisacademy.ca](http://www.acetennisacademy.ca) for more information and to sign up!

## VIRTUAL YOGA

Sandy Mah has brought some well needed brightness and connection to our community this winter through her virtual yoga classes! She has navigated the challenges of connecting virtually and has brought some serenity and introspection into the homes of many neighbours. Virtual yoga will continue through the spring on Monday evenings and Wednesday mornings, so please drop in!

**IF THERE IS A PROGRAM YOU WANT TO SEE IN THE NEIGHBOURHOOD, EMAIL LAURA AT [PROGRAMS@LHCL.CA](mailto:PROGRAMS@LHCL.CA) WITH YOUR PROGRAM IDEAS, AND WE WILL WORK WITH YOU TO MAKE IT HAPPEN. WE WOULD LOVE TO HELP YOU SHARE YOUR SPECIAL SKILL/HOBBY/PASSION WITH THE COMMUNITY, SO WE CANNOT WAIT TO HEAR FROM YOU!**

# SOCCER UPDATE

Thank you very much for your patience as EMSA West has had to navigate and adapt the speculative play for the 2021 outdoor soccer season. Laurier has agreed to host teams for the season, if the health restrictions allow for play. Under the current EMSA West projections, the plan is to offer a six-week program for U4-U11 age groups starting the week of July 5th. The AHS guidelines at that time will have direct impact on the number of players and coaches that will be allowed to participate.

The U13-U19 age groups are tentatively scheduled to start on June 15th. Under current projections, the speculation of the model of 8 players and 2 coaches is expected. Closer to the start date, EMSA West will have a clearer understanding of the Alberta Soccer Association and AHS guidelines.

We understand this will not work for all players and families. Refunds can be requested through EMSA West by June 1, 2021 by contacting [accounts@ewzsa.com](mailto:accounts@ewzsa.com). Refunds for U4-U7 will be subjected to a \$5 administrative fee and refunds for U9-U19 will be subjected to a \$10 registration fee. No refunds will be issued after June 1, 2021.

Please refer to the EMSA West website: <https://emsawest.com/> for the most current information.



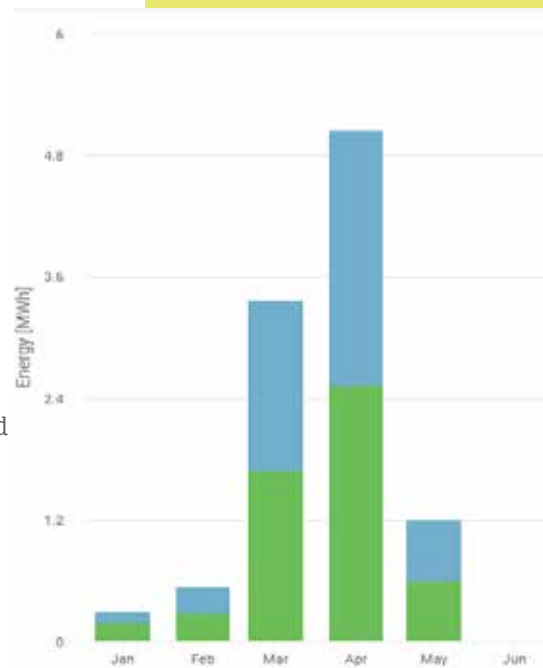
# facilities update

We're really excited as our new solar array approaches its first summer at the Laurier Hall. It was activated and tied to the utility grid in mid-September 2020 and now has the darkest months behind it. We are starting to see solar production increase dramatically.

To the right is a summary of electrical production over the first few months of 2021 (and the first eight days of May).

The jump from February to March was so drastic it was hard to believe! We are now producing much more electricity than we can use, so we are selling it back to our utility provider to offset our bills from the darker months.

But our energy concerns don't just stop now that we have solar panels. Laurier Heights Community League has applied for a grant to allow us to upgrade the outdated, high consuming outdoor rink lighting to modern efficient LED lighting. We hope to cut our outdoor electrical use in half with this change. Updates on this project will be in future newsletters.



## LAURIER'S NEW LENDING LIBRARY



Barbara Stratton-Cramer writes: "It was in Canmore that my family and I first saw a lending library and experienced the charm and warmth of the idea. We wanted to bring the idea to two communities that are special to both my own family and my extended family: Crestwood and Laurier. This became particularly important during the pandemic.

John Albert built the Laurier Lending Library and Marco Saccomani built the Crestwood one. Each of these talented craftsmen created two different and totally unique looks, creatively designed for the outdoor space for which they were intended. My family dedicated these libraries to our parents, who were our first teachers and who instilled within us a love of books."

Thank you so much Barbara and family for your generous, thoughtful and already much loved Laurier lending library! Thank you also to John of Finesse Painting who did such an incredible job of designing, building and installing such a perfect fit for our hall!

If you haven't checked it out yet, be sure to make a visit next time you're out and about the neighbourhood! It's there for you to give or receive books anytime you like!

PS - And in case you're wondering, the first book contribution was "The Complete Works of Oscar Wilde" at its installation on St. Patrick's Day, 2021!





## LHCL and Prayer Works

For many years members of Laurier Heights community have helped to make and serve Friday suppers at St. Faith's Anglican Church, 11725 93 Street as part of the Prayer Works program.

Since April 2020 (COVID times), I have volunteered there on Thursday mornings to prepare and serve a hot meal, sandwich and desert for our neighbours in need. A juice box and granola bar are often included in these tasty and nutritious meals.

The format of the meal has changed over the months as health regulations dictate. We have served meals take out and dine in with hot beverages provided. An outdoor barbeque in August was greatly appreciated. Meals are boxed and served in partnership with other agencies and centres. Lunches are also made on Fridays and Saturdays by dedicated volunteers.

Over the years, LH residents have been very generous in donating flats of juice boxes (250ml size) and granola bars. Should you wish to donate these items, I would be very happy to pick them up from you (or if you would prefer to drop them off, you can contact me for my address). I can be reached at 780.264.6855.

Thank you for caring for our neighbours in need! Your neighbour, Michelle Lacoursiere

## GLOBAL STUDY FINDS KNOWING AS FEW AS SIX NEIGHBOURS REDUCES THE LIKELIHOOD OF LONELINESS

A recent report found that 76% of Canadian neighbours have experienced loneliness during the pandemic. The global report also addressed the impact of performing small acts of kindness for neighbours, finding that these small acts of kindness reduced the likelihood of feeling lonely among study participants. These helpful (COVID-19 safe) actions included:

- Emotional support (23%), such as cheering up or listening to a neighbour;
- Tangible support (17%) like mowing a neighbour's lawn, bringing groceries, or running errands;
- Informational support (17%), such as providing advice or helpful information about potential job opportunities, doctors in the area, where to shop, etc.;
- Companionship support (23%), such as regularly calling a neighbour or chatting over a fence; and
- Belonging support (12%), such as contributing to a larger neighbourhood effort like a neighbourhood cleanup, volunteer drive, or sharing talents/skills with others.

When I look at this list, I am so thankful for our Laurier community—I know people who are doing all of these things for one another! Thank you, neighbours! – KJW

<https://about.nextdoor.com/global-study-finds-knowing-as-few-as-six-neighbours-reduces-the-likelihood-of-loneliness/>

# MEET OUR NEWEST COMMUNICATIONS



**SUZANNE PESCOD**  
**TEAM LEAD**

## WHAT WAS IT THAT MADE YOU WANT TO VOLUNTEER FOR LHCL?

We bought our House in Laurier three years ago for the specific reason to be a part of this community. My partner and I grew up in the area, our parents are close by- and growing up they were always committed to supporting the community through volunteerism. I feel honoured to keep up that tradition!

## WHAT KEEPS YOU BUSY OUTSIDE OF YOUR TIME WITH THE COMMUNITY LEAGUE?

I have the great fortune to work in a dream role as Director of Marketing & Communications for Ronald McDonald House Charities Alberta, as well as hold the current role of president with my professional association (IABC Edmonton). But what really keeps me busy are my two children (ages 3 & 1).

## WHAT IS YOUR IDEA OF PERFECT DAY? WHAT ARE YOU LOOKING FORWARD TO MOST ONCE THE PANDEMIC IS BEHIND US?

A lazy day. The pandemic taught me to slow down, and I've fallen in love with no plans, no itinerary, and just enjoying the heck out of whatever makes you smile. Once this pandemic is over (please be soon) I can't wait to celebrate my brothers wedding with tons of family and friends. We're also hoping our postponed trip to see family in Ireland can get back on the books!



**KELSEY RIETVELD**  
**WEBSITE DEVELOPMENT**

## WHAT WAS IT THAT MADE YOU WANT TO VOLUNTEER FOR LHCL?

My neighbor, Sarah, got me interested in volunteering. She is currently Treasurer of the Community League. The night this past fall where Laurier lost power for 8 or 10 hours, I saw her husband walking outside at night with a flashlight and asked if everything was ok and then somehow from that she had convinced me to help out with the website.

## WHAT KEEPS YOU BUSY OUTSIDE OF YOUR TIME WITH THE COMMUNITY LEAGUE?

My kids – 7 year old, 5 year old and 3 year old. We love exploring the neighborhood walking, biking, scootering, rollerblading. They have endless bounds of energy.

## WHAT ARE YOU LOOKING FORWARD TO MOST ONCE THE PANDEMIC IS BEHIND US?

We are most looking forward to seeing friends and kids activities and enjoying every moment and never taking even the smallest or simplest of things for granted again!

# TEAM VOLUNTEERS



**NATASHA CHIAM**  
**DIGITAL COMMUNICATIONS**

## WHAT WAS IT THAT MADE YOU WANT TO VOLUNTEER FOR LHCL?

I've lived in Laurier Heights for 14 years, in three different houses. We fell in love with the area when we had our first dog and kept coming over to this part of the city to go to the dog park. Eventually we just eliminated the commute and moved. Over the years, I have volunteered a lot for our kids at Laurier Heights School. It seemed an easy transition, now that they are getting older and are almost out of the Jr High, to move my volunteering to the Community League.

## WHAT KEEPS YOU BUSY OUTSIDE OF YOUR TIME WITH THE COMMUNITY LEAGUE?

I work from home for my own digital marketing consulting business and am currently trying to enjoy and get better at gardening during the pandemic.

## WHAT ARE YOU LOOKING FORWARD TO MOST ONCE THE PANDEMIC IS BEHIND US?

I look forward to travelling again once the pandemic is behind us, but we have also been discovering a lot of local stays within Alberta during this time. We really do have so much to explore in our gorgeous province. I am also looking forward to block parties and progressive dinners with neighbours and friends, and all our wonderful community events in Laurier Heights.

# AN INTERGENERATIONAL COMMUNITY MURAL AT CANTERBURY FOUNDATION

This summer, a local artist, Jill Thomson, will begin to conceptualize an intergenerational, neighbourhood community garden mural that will live on the front of Canterbury's new building: Canterbury Heights. The original artwork will intertwine themes and images from virtual art workshops and interviews with our residents, along with the rich visual history of Laurier Heights, as suggested by our members. The composition will start with a large central focus on intergenerational figures gardening, then expand outward with focal points uniquely and organically inspired as the project rolls out.



Canterbury Foundation has made a lasting commitment to always explore what more we can do to serve our seniors and this community. Urban community gardens represent a theme of intergenerational, collaborative community connectivity. This mural is a visual representation of our vision and mission, enhancing the role and place of seniors in society, demonstrating Canterbury's respect and dedication to meaningful lives lived in our community. The art workshops and resident interviews compliment Canterbury's life enrichment programming, and will encourage conversation, creativity and memory care - a holistic approach to well-being while aging in place. The project gives Canterbury purpose to safely reconnect with community partners after a year of limitation, loss of events and external volunteer programs that involve people and students in Laurier Heights.

# THE NEIGHBOURHOOD PHARMACIST

## In Profile: Chris Chillibeck

BY: CHRISTINE MCCOURT-REID

**BetterLife Home Medical and Pharmacy is located at  
14250 85 Avenue, and is open Monday - Friday from 8:30am - 5:00pm**

On a brightly sunny blue sky kind of day at the end of April, a fleeting lull in the vaccine rollout affords Chris Chillibeck enough time to step outside momentarily. For just over two years, Chris has been the pharmacist at BetterLife Home Medical and Pharmacy, which opened in Laurier Heights in February 2019. As we chat outside the store, Chris displays an easy affable charm that has likely gone a long way in helping him build relationships with patients and customers.

Walking into BetterLife Pharmacy, one can tell immediately that you haven't stepped into a big box chain pharmacy. It's a cozy and welcoming space, with friendly hellos coming from the staff as soon as you walk in the door. The first time I walked into the store, I was immediately transported back to the days of my youth in a small town and the local pharmacy there. Not only is it an inviting space, the service delivery is unlike any I've ever experienced.

As someone who is notorious for forgetting to grab prescription refills until the very last minute (and sometimes even beyond that last minute), I was pleasantly surprised the first time Chris called me from the pharmacy to remind me that I was about due to pick up my next round of refills, and that they were ready for me to pick up anytime I wanted to come by. My delight was heightened even more when I arrived to pick up the prescription and find that there was no charge on that order, as Chris had been aware of a coupon that could be applied to the order.

It wasn't until I booked our family in for our flu shots there in fall of November 2019, though, that I knew I would be a customer for life here. I'm not the biggest fan of getting needles – and really, who is? – but Chris delivered our vaccine shots so painlessly that I questioned if we'd really received them. For days afterwards, our entire family was extolling the virtues of Chris the Pharmacist and how grateful we were to have him right here in our neighbourhood.

As happy as we are to have him here, Chris seems equally pleased to be a part of the Laurier community. "This is an amazingly healthy older community. I'm beyond impressed with how well people look after themselves. Everyday we see people walking their dogs, which is such a big impact in health outcomes [being active]."

Not only is Chris a Clinical Pharmacist, he is also a Certified Diabetes Educator and and Certified Geriatric Pharmacist who prides himself on the educational aspect of what he does. What he enjoys most about this line of work is being able to talk to people about the options that are out there, giving information and having them make an educated decision.

"Being able to inform people and let them know there are potentially other options out there, or what they're doing is working really well. It should be an educated decision based on whatever a person chooses and supporting that, regardless of what that decision is," says Chris. "There is a lot of discussion and educational components to this work."





pharmacy. We were expected to counsel and provide information, but we couldn't prescribe, inject, or do much else for the person other than maybe make a recommendation here or there."

That all changed in the time period between 2006-2011, as additional services such as prescribing and extensions came on for pharmacists. "That was the biggest change because nobody really knew how to incorporate that at the time."

While COVID has certainly added some pressures to the job, the relationships and personal connections Chris has built with his customers over the years means he's already aware of their situations and their needs. "So it's really just the added management of COVID protocols, which aren't that bad," Chris shares.

Virtual and phone consultations have become a big part of the practice through the pandemic, and that's a care piece that Chris hopes remains in place long after this health crisis is behind us.

"Who is supporting you and how easy is it to access those services? We are here to support people," emphasizes Chris. "If you have questions about my education or my capabilities, or anything else, I'm happy to talk to you. We try to stay up to date as much as possible. And what we don't know we will find out for you."

It's easy to see that the educational piece is important to Chris. He has taught at his alma mater – the University of Alberta – and has also designed courses for AHS & long term care centres.

These days, though, his focus is on supporting our community through COVID. While one might think this global pandemic would make for the most challenging year in a pharmacist's career, that's not exactly the entire story.

"Has this past year been challenging? Yes, from the spectrum of the fact that we are dealing with things we've needed had to deal with before. But from the perspective of adapting, it's actually not all that new," explains Chris. "When I graduated from university in 2001, there were no clinical services in



# membership

## IN SEARCH OF: A MEMBERSHIP COORDINATOR

Laurier Heights Community League is looking for a volunteer (or team of volunteers) to oversee membership matters.

The Membership Coordinator is responsible for:

- organizing, timing and completion of the annual Membership campaign; making sure annual fees are collected and deposited;
- maintaining up-to-date records of membership lists and other membership records
- ensuring compliance with the EFCL Code of Ethics with respect to selling memberships;
- reviewing and preparing policy and procedures with respect to membership; and
- works with the Neighbourhood Engagement Team (NET) and the Volunteer Coordinator regarding membership and volunteerism.

The Membership Coordinator position is flexible with variable hours that can be completed at your convenience. Full training and mentorship will be provided for this position.

If this sounds like something you would be interested in volunteering for, please email us at [membership@lhcl.ca](mailto:membership@lhcl.ca) – we would be delighted to hear from you!

**2021/22 MEMBERSHIPS WILL START TO BE ISSUED IN LATE JUNE. GET THE MOST OF YOUR MEMBERSHIP YEAR BY PURCHASING EARLY!**

**COMMUNITY LEAGUES ARE (AND ALWAYS HAVE BEEN) COMPLETELY LED BY CITIZEN VOLUNTEERS – YOUR FRIENDS AND NEIGHBOURS! YOUR MEMBERSHIP DOLLARS IMPROVE OUR COMMUNITY AMENITIES AND HELP BRING NEIGHBOURS TOGETHER**

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

MORE IMPORTANTLY, THOUGH, YOUR MEMBERSHIP GIVES YOU A PLACE TO BELONG, CONTRIBUTE, SHARE YOUR GIFTS AND PARTICIPATE AS A UNIQUE AND VALUED MEMBER OF OUR COMMUNITY.

## 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)  
Primary member must be 18+;  
unlimited household members

☐ SINGLE (\$25)  
Single member must be 18+

☐ SENIOR (\$25)  
For up to two 65+ adults in  
same household

☐ ASSOCIATE (\$50)  
Membership purchase for those  
living outside of Laurier Heights

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](mailto:membership@lhcl.ca)

Please submit this completed form & your payment to:  
13807 84 Ave • T5R 3W6 • [membership@lhcl.ca](mailto: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](http://www.efcl.org)



## ADVERTISE WITH US

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](mailto:advertising@lhcl.ca)



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# YOU CAN MAKE A DIFFERENCE!

## Things get solved when volunteers get involved!

### 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](mailto: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.