



LAURIER HEIGHTS NEWSLETTER

Autumn 2020



2020/21 Memberships Now Available See pages 12-13 for details

MEMBERSHIP UPDATE: Don't forget that your 2019/20 LHCL Membership will expire at the end of August – don't delay, renew today!

Join Our Team!

VOLUNTEER OPPORTUNITIES AVAILABLE:

* Programs Team Lead *

* E-Blaster *

* Grant Writer *

* LHBS Treasurer *

We can always use your time and talent to help make our neighbourhood better. Interested in knowing more about any of these roles or joining one of our teams? Email: volunteers@lhcl.ca to learn more about these opportunities.

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:

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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.



President's Message

GREETINGS FROM KAREN WILK, LHCL PRESIDENT

It's been a strange year. Normally our newsletter would be packed full of events and activities—either being announced or being celebrated as wonderful, community ‘successes’! Not this year. At first glance, it appears that not much has been happening in the neighbourhood—no potlucks, no regular soccer season, regular art group, community wellness classes, or playgroup; no sips’ n tips, cigar herfs, car club gatherings or kitchen party... the list goes on. And yet there’s another story—actually multiplying and multiplying—stories of neighbourliness and community being told in our neighbourhood (some of which are recorded in this and our previous newsletter). It’s what ‘experts’ are now calling micro-neighbourliness. As Steve MacDouell puts it:

Few things encourage me like seeing everyday people—with everyday jobs, commitments, and schedules—extending small acts of presence, hospitality, and creativity in their localities. This is, in part, why I’m compelled by the notion of micro-neighbourliness: the small, patient, and practical ways that we pivot toward our localities and the people that we share them with.

From supporting local entrepreneurs and tending to community gardens to hosting bonfire nights and sitting on our front porches with an openness to connection, small acts of neighbourliness deepen our local presence, move us toward the people we share proximity with, and subvert the loneliness, isolation, and fragmentation that exists in our local contexts. While we do not always hear the story of micro-neighbourliness being told in our cities, the tangible effect that these small acts can have on our places is reason enough to celebrate them.

In this edition of our newsletter, I trust that you will find lots to celebrate. From stories of neighbour to neighbour care, to front yard concerts for neighbours to enjoy (socially distanced, of course) to green space care and use for gatherings (2 m. apart) to tennis, pickleball and

‘adapted versions’ of kids’ soccer and summer camps, to Board meetings, book clubs and cooking classes on zoom, to street parties on our own front lawns to many more ‘meet and greets’ on our sidewalks—we’re finding ways to connect and make our neighbourhood an even better place to live for all—even during a pandemic!

Laurier, I applaud you and encourage you to keep stepping out and stepping up! I am so grateful to live in, contribute to and participate in a community that is truly amplifying the call to neighbourliness. Again, as MacDouell explains (and we see evidence of in Laurier):

Micro-neighbourliness is having a profound impact on our cities: it is moving people beyond apathy; it is sparking subtle ripple effects of change, kindness, and generosity; and it is inspiring others to discern their own activity in the local context that they inhabit. While big stories will get most of the attention—and don’t get me wrong, we need those stories, too—beautiful, disarming things are happening through small acts of neighbourliness.

Of course, I do not want to overstate the impact of micro-neighbourliness; it will not solve all of the pressing issues in our cities, and it does not erase the need we have for local organizations that specialize in seeking the well-being of our places and the people we share them with. Serving our cities is a group effort that will, no doubt, require a diverse range of skills, resources, backgrounds, and passions. That said, celebrating the small is a positive step in the right direction—a step that will welcome everyday people into the story that is unfolding in their localities. (Strong Towns and @steve-macdouell)

May all of us know that we are being welcomed as “everyday people into the story that is unfolding” right here in Laurier! Look forward to continuing to right that story together with all of you, Laurier!



For Margot Byer, Canterbury Foundation's 16 new hospice care spaces can't come soon enough. They're a component of a 2.5 million dollar expansion and renovation that will introduce end-of-life care, 53 new dementia care suites and community outreach programming for seniors living in the surrounding community of Laurier Heights. Byer and her family recently contributed a gift of \$10,000 in memory of her late Mother, Jean Coglon. It's gifts like these and others that Canterbury Foundation, as a not-for-profit organization, could not continue its work and Promise of Home without.

After living in Edmonton's west end for over four decades Coglon moved to Canterbury in 2010 where she lived until her passing in 2017. The family's contribution will help create a first of its kind residential hospice providing compassionate end of life care for seniors right in their own home.

Byer says, "Mom told me in that last week of her life, that she would like to give a gift towards helping setup hospice care, so our donation is to honour mom's last request."

"They will have staff serving that unit that are really passionate about that type of care, and it's fitting because the staff that were with her on her last day were her favourite people so that was really good."

Caring for residents in their final days and not having to uproot them from their homes is a need that's only growing. The average age of seniors in care is higher than ever before.

"As our medical care gets better and people are living longer, the reality of supporting someone through a terminal illness is just that much greater," says Byer.

"I think we just really need to be forward thinking not just for our parents but for ourselves as we age as well. There's probably a good chance that we'll need that type of care at some point and I think it's just a gift to that person we love to be able to have that home-like experience at the end. I think it was a real blessing for my mom to be able to die in the place she called home for the last 7 years of her life."

"I think once the hospice unit is up and running, transitions to a higher level of care will be more seamless and the pressure will really be lifted off of families," says Byer.

In addition to gifts supporting end of life care, Canterbury has been fortunate enough to receive so many in-kind donations geared towards helping residents thrive even during the pandemic.

"Every week we've seen family members, community organizations and students from Laurier Heights School

Canterbury News



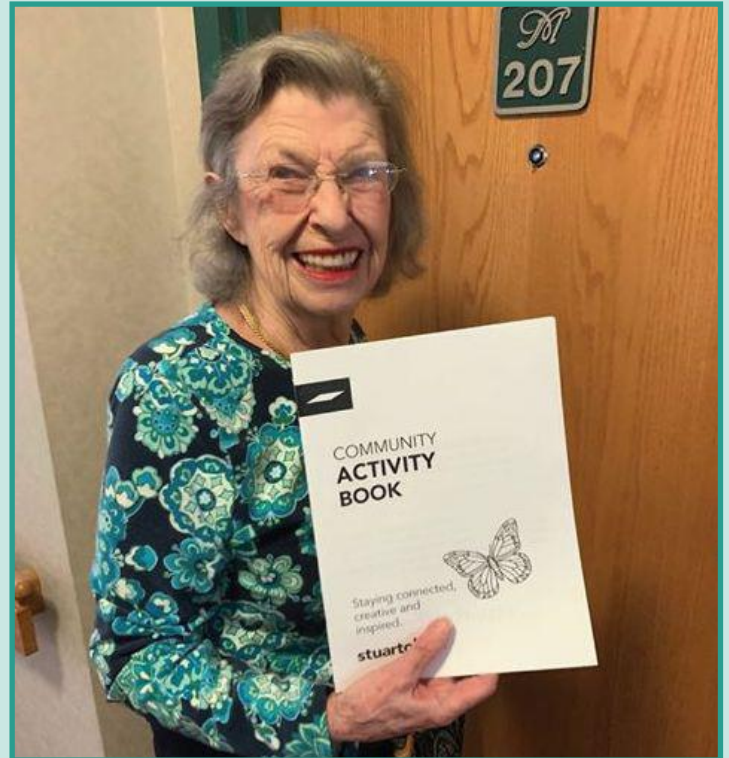
across the street, stop in to donate things like masks, hand-crocheted ear guards to protect our front line staff from discomfort, and even tablets to help keep residents connected with their loved ones,” says Amber Hudson, Canterbury Reception Supervisor.

In a post on the White Orchid Crafts Facebook page Meagan Armstrong writes, “Another batch of ear savers ready for some amazing nurses and staff at one of our Edmonton Seniors homes. Thank you to all of the front line workers for all of your hard work during these times.”

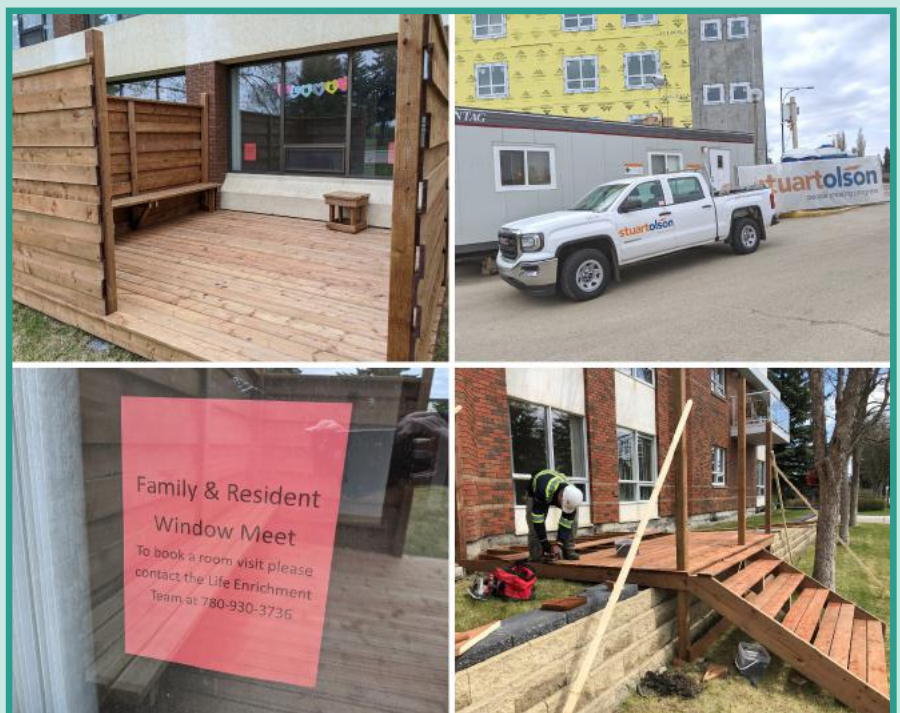
BetterLife Medical, Buddhas Light Society Edmonton, Dialog Design and Community member, Betty Zeng, are all among the gracious donors who provided masks and other PPE keeping Canterbury staff, residents and the surrounding community safe and COVID-free. Thanks to donations like these, the cooperation of the surrounding community and a commitment to the health and safety of everyone who calls Canterbury home, the seniors residence has yet to report a single case of COVID-19 within its walls.

It’s in that same spirit of giving that Stuart Olson has also lent a hand to improve the quality of life for residents and their families. As they lead the Canterbury redevelopment and expansion Stuart Olson has taken the time to ensure they are going above and beyond, constructing a visiting patio for residents to enjoy face to face visits with family while still observing social distancing. The construction giant even delivered activity books to every single Canterbury resident to celebrate Seniors Week in June.

In a post on Stuart Olson’s Instagram page they write, “We’ve been working on a very special project! It has been an honour to collaborate with our seniors’ retirement and care facility clients to create these special activity books. We have built many of these facilities, but together we are building community. It is our hope that the wonderful residents in these facilities find joy and peace in this activity book. Our promise is our legacy and reminds us that long after a project is completed and our work is done, we remain neighbours, friends and community members and we stand beside you.”



These are just a few of the examples of the generosity the non-profit has received in 2020 and they would like to extend heartfelt messages of thanks and gratitude for the ongoing support still rolling in. If you would like to contribute to and help support the Promise of Home for seniors in your community, please visit the website to donate: <https://www.canterburyfoundation.com/donations/>



THE BUY NOTHING PROJECT: GIVE, ASK, GRATITUDE

Give Freely & Share Creatively

TWO YEARS AGO, LAURIER RESIDENT SARAH STEPNEY STARTED A LOCAL BUY NOTHING GROUP ON FACEBOOK; TODAY SHE REFLECTS ON HOW IT'S GROWN

Since July 2018, I have had the pleasure of being the admin for our local Buy Nothing Project Group on Facebook (it includes Laurier Heights, Parkview, Crestwood, Grovenor and Glenora). We have grown to over 500 members and welcome new members daily. We are part of a worldwide network of gift economies where neighbours can give away things that are no longer being used, ask for items or gifts of service, borrow things, and express gratitude for any of these things. The group enriches connections between neighbours, gives items a new or prolonged life, keeps things from the landfill, and is a great place to come and witness kindness happening in real time.

Here are some recent highlights:

- **Puzzles!** It's impossible to overstate just how popular puzzles have been during this period of social isolation.
- **Packing materials!** We have a few people in the group who ship a lot of items, and many others who save their packing peanuts, air packets, boxes and padded mailers, passing them on and giving these items more life and creating a win for all.
- **Extra topsoil from a delivery?** Firewood from a cut tree? Sod left over or cut out? Other group members will gladly make this stuff disappear, and do so quite regularly.

- **Clothing!** We've had several round-robin clothing collections go around, where people can add items and/or take items, then pass to the next, and so on.
- **Need a tool for a one-time job?** A neighbour might have one to lend you, quickly and conveniently. I have gratefully benefitted from this a few times recently.
- **Gifts of service!** Someone needed help hanging the chandelier (received in the group) she had repurposed into an outdoor planter. Another member was happy to lend a hand, making it a full circle Buy Nothing story.
- **Gratitude!**
 - A Laurier neighbour posted a picture of her delighted son with his completed art project that he received from another member of the group; this brightened everyone's day.
 - Someone posted a picture of her newly-created crafting corner, made with many items received from the group.
 - Other members have posted refinished pieces of furniture that had been given new life.

BUY NOTHING LAURIER HEIGHTS/GLENORA, EDMONTON, AB

If you would like to participate in this group, head over to Facebook and request to join (you will be prompted to answer three membership questions, so please be sure to complete those): <https://www.facebook.com/groups/1021597838016081>

Want to know more about how the Buy Nothing Project came to be? Check out this link: <https://buynothingproject.org/>

An Encouraging Letter Highlighting Community Care

We live at 7819 144 street. There is a pocket park across the way. Over the years people in our neighbourhood have gelled really well. We are 79 and 77, the oldest couple on the block having been here since 1982. There are a few couples who have been here even longer. In the last few years a number of younger people with children have moved in drawn by the neighbourhood and Laurier Heights French immersion programme, as we were. Some more recently have added babies to the neighbourhood. It is a wonderful community group. Angela Miller is our block connector who spearheads some events, and two other couples have a winter party. We feel some higher power dropped us here in 1982. We can't imagine a better mix of neighbours.

Casual over the years some of us have discussed taking action to clean up the park. The City does not do a very good job. There are a number of little kids who could barely see over the dandelions. Last Thursday on our way home from a walk we discovered neighbour Rob McTavish mowing the park. I joined him with our mower. So now we were two. Within 20-30 minutes five more joined us. So now we were seven. Within an hour we had the park completely mowed. It still needs some work so the plan is

to repeat the exercise Thursday evening next. It was way too much fun as we gathered to complete work that had been on our minds for a few years.

The other day on our walk that includes going through the playground area in the community league, we noticed tall dandelions and weeds throughout the park. A neighbour was there watching her daughter play. She mentioned the dandelions in conversation just two minutes after we had the same conversation. Which made us think that what we accomplished in our little pocket park could be replicated on the grounds of the community league property. It would require quite an army of people with their mowers but maybe some folks had ride on mowers that would make the job go much more quickly. Party time. And a great way to meet new people. I will be first to join the work party with our mulching mower. I'm sure others around here would join in. You know the whole community much better than we do but maybe more folks would join in, especially those with younger children. Just a thought.

Best wishes. Stay safe!!

submitted by: **Michael and Elva Jones**

And the response?

WELL, IT JUST SO HAPPENED THAT WE HAD OUR LHCL GROUNDS 'CLEANUP DAY' ALREADY SCHEDULED FOR EDMONTON'S FIRST ANNUAL 'NEIGHBOUR DAY' ON THE FOLLOWING SATURDAY, JUNE 20! AND MICHAEL AND ELVA BOTH CAME OUT AND JOINED WITH OTHER NEIGHBOURS WHO ALL WORKED VERY HARD TO GET OUR GROUNDS LOOKING AND FEELING A LOT BETTER! (RUMOUR HAS IT THAT A FEW KINDNESS ROCKS WERE ALSO HIDDEN ON THAT DAY, HAVE YOU FOUND ANY YET?) – *Karen Wilk*



Backyard Book Club

I have a bit of a thing for books. Between the ages of 5-10, you could find me huddled under my blanket at night with a flashlight, poring over the pages of a Nancy Drew novel, reading about my favourite rascal Ramona Quimby, Age 8, or joining the adventures of the Ingalls family in the Little House on the Prairie series. As I grew older, I soared through space and time with Meg Murry while reading Wrinkle In Time, cried with Jo March as her sister Amy burned her beloved manuscript in Little Women, and cheered on the antics of the teenage girls in The Babysitters Club. Having a book-loving mom was a bonus – she always encouraged me to lose myself in these pages, and trips to the library were regular treats. Books have always been a wonder-filled, magical world I could run to, no matter what was happening in my everyday life.

As an adult, then, it's no surprise I still love books. It was a joy for me to become involved with a book club here in Laurier in March 2019, started with my neighbour Ally. We chose to start with Brene Brown's 'Daring Greatly,' and some emails were sent out to see who wanted to participate. We gathered a group of over a dozen people who connected over the beautiful and challenging concepts of this book, meeting every second week over shared treats, wine, and tea. Together we explored the concepts of vulnerability, expectations, disappointments, and self-awareness. We shared stories, heartbreaks, tears, and laughter. At the beginning of the group, there were several women I didn't know very well, but we quickly bonded on a deeper level as we discussed these topics with one another.

We moved on in fall of 2019 to read Gretchin Rubin's 'Happier at Home,' sharing ways to make our home lives more peaceful and joyful. We talked about our childhoods, our family lives, our current hardships and joys. We took Rubin's advice to not let "the perfect be the enemy of the good." For our spring 2020 book choice, we returned to

Brene Brown for her book 'Rising Strong,' which turned out to be an excellent choice given the pandemic we were about to face. As our start date was March 18, and our society basically closed down that week, we did our first weeks over Zoom together, which turned out to be a therapeutic and needed connection for many of us stuck at home. As a group, we shared our fears and anxieties, talked through difficult parenting decisions, societal changes and health-related concerns. Brene again guided us with her strength-giving words: "Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome." Well, we agreed we were very much in a position where we lacked control over global and local outcomes. It has been a pretty timely read!

As the weather turned warmer and COVID restrictions began to relax, we were finally able to gather in person again in a socially-distant environment of a neighbour's backyard. It was such a relief and joy to see one another face to face again. As we wrap up this book in the next few weeks, I am so very grateful for this experience. A book club on the surface, this group of people really has served as a sounding board, a therapy session, a motivational speaker, and overall just really lovely friends. When I find myself counting reasons to be grateful, the members of our book club are often among them. Yet another reason to love living in Laurier.

submitted by: Julie Rohr

I truly enjoy our neighborhood Book Club and look forward to attending every two weeks. It provides an opportunity to share a laugh and connect on things like gardening tips and squirrel antics. But so much more than that, it provides the opportunity to discuss difficult topics in a safe and respectful space. Everyone has something to contribute to the group, whether you have read the chapter or not, and I believe that everyone truly feels heard. I walk away from each meeting feeling energized, inspired and humbled by the vulnerability, compassion and strength shared amongst the members. Quite honestly, my only concern is that it gets too popular and too big so that we won't all be able to meet in the same space at the same time and still have a meaningful conversation. But because Laurier is so full of creative people, I'm sure we'll find a way to work around that as well! *submitted by: Jenn Quinn*



temperate climate
PERMACULTURE

Edible Food Forest

YOUR EDIBLE FOOD FOREST HAS INDEED TAKEN ROOT! FIND IT ON THE GROUNDS SURROUNDING THE LAURIER HEIGHTS COMMUNITY HALL

submitted by: Lynn Dale

In this first full year of growth, we actually produced a small crop of haskap, sour cherries, strawberries and raspberries to sample as Laurier Heights members walked through League grounds. All shared the small crop as samples. No one filled a container! With your support this garden spot will become an attractive place for friends to gather.

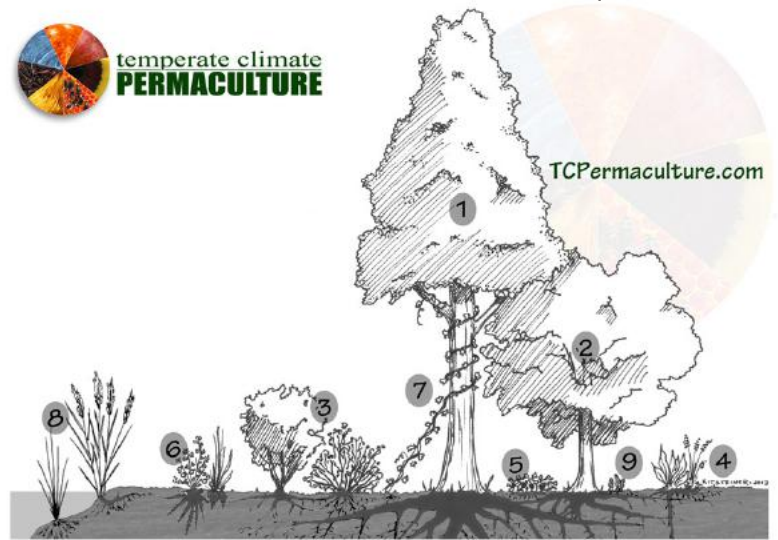
In very late September/early October a few apples will ripen. Here there is a rule: Lift apples up, don't pull them

down when harvesting. You can spoil growing tips so that we lose the crop for years to come.

In coming years, this forest will grow to be a true forest with many layers. The larger trees, apples and pears, will grow upwards and reach outward to form a canopy. Lower growing trees and shrubs will shelter under this upper story. Saskatoons, cherries, Haskap, will find shade and shelter there. In a lower forest layer, you will find asparagus and rhubarb and low growing herbs like borage,

thyme and dill. In the soil layer, garlic and onions grow.

This sounds a bit like a Walden fantasy doesn't it? But it's not! It's all there now. A strong foundation for this fantasy is in place. With continued community support, something special – a forest of perennial edibles – will continue to develop. A place to increase our connected community, working, cooking, eating together in a small forest contributing to Edmonton's food sustainability.



Nine Layers of the Edible Forest Garden

- | | |
|---------------------------------|---------------------------|
| 1. Canopy/Tall Tree Layer | 6. Underground Layer |
| 2. Sub-Canopy/Large Shrub Layer | 7. Vertical/Climber Layer |
| 3. Shrub Layer | 8. Aquatic/Wetland Layer |
| 4. Herbaceous Layer | 9. Mycelial/Fungal Layer |
| 5. Groundcover/Creeper Layer | |



IN CELEBRATION OF COMMUNITY LEAGUE DAY,
LAURIER HEIGHTS PRESENTS:

THE MISERY MOUNTAIN BOYS

IN CONCERT

SATURDAY, SEPTEMBER 19 | 6-9 PM

**PLEASE PLAN TO BYO PICNIC
GATHER OUTSIDE AT THE HALL
SOCIAL-DISTANCE STYLE**

Watch for updates from the Laurier Heights Community League in your email.
Not on the email list? Sign up by emailing newsletter@lhcl.ca

SOCCER *in covid times*

As we do every February we registered our children for community soccer. Our friends and neighbours buzzed around the community league excited for the upcoming season. Within a few weeks the world stopped. A pandemic halted our sense of normalcy. No stores to see, no sports to play, no friends to visit and no sign of the snow ever melting... But slowly, very slowly the stores opened, the promise of sports was guaranteed, the friends came outside for a socially distant chat and the snow melted! Our eleven-year old and four-year old were placed on teams with familiar names and rules were put in place for a safe soccer season.

submitted by: **Niki Suvan**



With anticipation our four-year-old bounced her way to the soccer field. Remembering the feeling of belonging to a team with her best friends from her beloved neighbourhood. Having something to look forward to every week was a feeling she didn't even know she was missing. The children each received their own soccer ball and t-shirt to have while playing out in the school field. While parents stay six-feet apart we also have a sense of duty to attach communality and a sense of ownership to our community soccer stars. Each child will have their own path and destination with a memory of summer soccer attached to it.

As for our eleven-year old, the familiar feeling of shin pads, soccer cleats, and scoring goals will shape her opinion differently about Covid. Their everyday came to a crashing halt one Sunday night in March when all school and sports were canceled. Each household took it in their own strides as we tried to flatten the curve. Remembering the comradery and inclusion of a team sport is what will shine through for years to come. Competition in scrimmages with cohorts is a highlight I hear about when our exhausted child comes home from an amazing workout. To see that fire light up again is priceless. New skills are being added to their talent, new relationships are being formed. With a loyalty to the sport of soccer which has taken hours of mastering to achieve, our children will remember the good times.

They are part of something that was created by a group of volunteers that care enough to give children a sense of normalcy, in a time when there is anything but normalcy around us. They are paid in smiles of the children who will remember soccer wasn't canceled in a summer when most everything was.

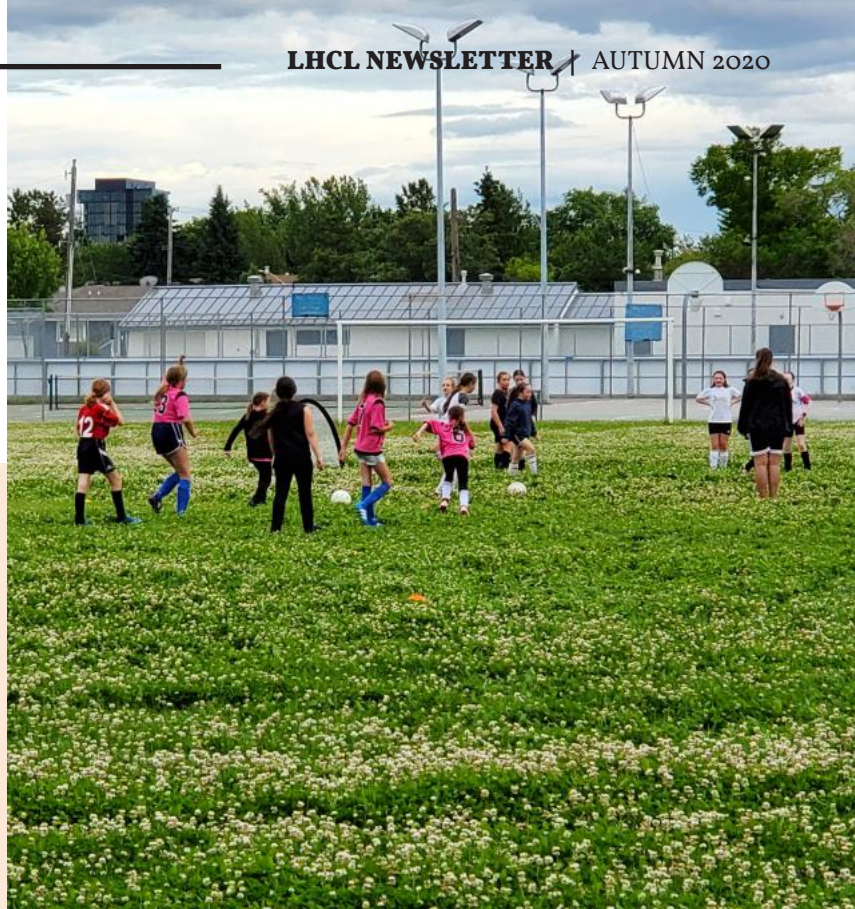
A WORD FROM OUR SOCCER COORDINATOR

This year, Laurier was able to host 4 teams for the outdoor soccer season. The amended soccer season ran for 6 weeks in July and August with many safety protocols in place to protect players and their families. You may have seen our U4, U5 and U7s playing on our community fields while the U9s were mixed into player cohorts with other communities.

Soccer during a pandemic certainly had its challenges and special thanks need to go out to the parent team officials who enthusiastically took on their roles with all the new COVID-19 protocols. Special shout out also to Amy F, a student volunteer from out-of-community who stepped up to coach one of our teams when we would have otherwise had to fold the team.

I'd also like to thank the numerous parents who have taken the time to help mow our community fields. With adjustments to the City mowing schedule, the grass was becoming too long between their mowing dates and we've seen many members of our community out there with their lawnmowers. Thank you very much for taking the initiative to help!

*submitted by: **Janice Haugjord***



photos submitted by Niki Suvan

WE ARE EXCITED TO ANNOUNCE THAT THERE WILL BE AN AMENDED INDOOR SOCCER SEASON FOR 2020-2021. THE SEASON WILL START ON OCTOBER 17TH AND RUN THROUGH EARLY FEBRUARY. REGISTRATION IS NOW OPEN AND YOU ARE ABLE TO REGISTER ONLINE UNTIL SEPT 27TH. PLEASE SEE DETAILS ON THE EMSA WEST WEBSITE FOR PLAYER AND SPECTATOR PROTOCOLS AND FOR REGISTERING YOUR CHILD(REN).

[HTTPS://EMSAWEST.COM](https://emsa-west.com)



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

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

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!

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

Facilities Update



How hard would it be for you to cut down your gasoline usage by 10 000 litres per year? Impossible? How many neighbours would have to pull together to accomplish this large of a savings? We are excited to be moving forward with the new 40.8kW solar array on the roof of our wonderful community league hall. The reduction in emissions will be the equivalent of over 10 000 litres of gasoline every year!

Since the last update, we have secured a Community League Infrastructure Program (CLIP) grant from the City of Edmonton. A big "thank you" to Una Bryce and Jennifer Hubbard for all of their help and support through the approval process. Adding the CLIP grant funds to our already secured provincial AMSP rebate means that we have managed to arrange funding for almost 3/4 of the entire budget!

The entire planning and approval process has taken somewhat longer than we had hoped, but we should be seeing the start of construction within the next couple of weeks. Stay tuned to the LHCL website and the NextDoor app for information on progress and to learn when we will be able to "flip the switch".

On another subject, we are always looking for extra support to keep our lawn and landscaping looking top-notch. If you can spare some time to help with mowing, weeding and general upkeep around the hall and at Gazebo Park, please email facilities@lhcl.ca

Pickleball has Arrived in Laurier

Considered to be the fastest growing sport in North America, pickleball is a great game for young and old alike. Along with its name (named after a dog), pickleball has been described as a quirky game on a badminton sized court, with a net at tennis height, a whiffle ball and a paddle that is similar to ping-pong's (solid wood, composite or graphite); it also features a kitchen and good players have mastered the skill of dinking!

After several years of 'dreaming' about and planning for pickleball in Laurier Heights, our first day on the courts finally arrived on June 23, 2020! We now have 5 courts painted on the ice rink concrete surface as well as nets and balls. We also have ten paddles available which are especially for beginners, as once you start playing, you'll likely want to get your own!

We have scheduled open play drop-in sessions on Monday and Wednesday mornings (9:00-11:00 am), Tuesday, Thursday and Friday evenings (7:00-9:00 pm), and Sunday afternoons (family play, 2:00-5:00 pm). Of course, play is 'weather permitting' since rain and strong winds are not friends of outdoor pickleball.

So far we have had some good turn outs and some regular attendees are enjoying learning and playing this fun and social game. We still have lots of room for more players and all community league members are welcome to come try it out. For more information contact net@lhcl.ca



TENNIS UPDATE

Hope everyone is enjoying the summer!! Looks like we're taking full advantage of the tennis courts this year!! Lessons at the courts are through acetennisacademy.ca

Group lessons continue on Mondays 6-8:30pm and Wednesdays 4:30-8:30pm through September 7 (possibly through September 14 for rain checks). Final summer camp is August 10-14, 9am-12pm. Private lessons can also be booked directly through Ace Tennis Academy.

The nets will stay up as long as weather allows for you all to get the most out of fall tennis.

I'm Debbie Vopni, your new tennis coordinator. Feel free to contact me with any suggestions or issues at tennis@lhcl.ca

NOTE: THE GATES TO THE TENNIS COURTS AND RINK ARE BEING KEPT OPEN DURING COVID TIMES TO KEEP ALL SURFACE CONTACT TO A MINIMUM FOR OUR COMMUNITY MEMBERS.

LAURIER HEIGHTS BUILDING SOCIETY WOULD LIKE TO THANK ALL OF OUR RECENT DONORS. APOLOGIES IF WE MISSED YOU SOMEHOW. YOUR CASH DONATIONS CONTINUE TO PAY FOR EQUIPMENT AND MAINTENANCE FOR OUR FACILITIES AND ARE GREATLY APPRECIATED.

Kyra Leuschen
Beverly Larbalestier
Lucille Seguin
Loris & Gary Webb
Allen & Laurie Murray
Audrey McDonough
David & Laurie McInnes
Steve & Karen Wilk
Wiz Wensel
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Craig & Sharon Anderson
Sharlene Lantz
WG & Sheila Campbell

Cathy Seidel
Cara Kaup
Irene Robb
Merle Taylor
The Woolsey Family
Kimberly Schmidt
Mary Lou Ng
Marc Nipp & Allison MacLean
Sylvie Renoir
Tom & Lisa Gryba
Tyler Foley
Ayla Akgungor

Block Connectors

IT HAS TAKEN SOME ADDITIONAL EFFORTS AND CREATIVITY, BUT OUR NEIGHBOURS ARE CONNECTING OFTEN AND SAFELY WITHIN AHS GUIDELINES. WE KNOW THAT WE NEED EACH OTHER AND SO WE ARE FINDING WHAT WORKS, WHAT'S COMFORTABLE AND WHAT FILLS THE VOID WE EXPERIENCED EARLY IN THE PANDEMIC.

submitted by:
Donna McLeod-Huynh

Being together – for walks, bike rides, garden tending, cocktails, pickleball, geocaching, book club, yard concerts, etc. – shows that we are prioritizing connection among neighbours as much, if not more than before. Neighbours continue to share their gifts and their bounty; everything from raspberries and deck materials, to tips for a great “staycation”. We really have something special here in Laurier Heights.

In every other year June is block party month. This year, block connectors were left wondering how on earth to design a party safely and enjoyably. Plenty of unique ideas have floated around and now that more time has passed and more people are staying close to home, you may notice more invitations to gather on your block! Some ideas have included:

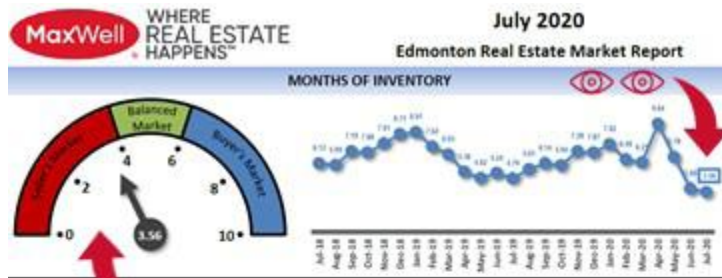
- BYOP(picnic) where neighbours bring their own snacks and beverages, set up a blanket spot 2 meters from others
- Games like croquet and horseshoes are easily distanced
- Bike parades, "Simon Says" and water balloon games for the kids
- Music concerts and local comedians
- Neighbours rotating from yard to yard through the evening with half of the street on the move and the other half on their yards



• Outdoor movie screenings
Green spaces are now being mowed more regularly and city streets are still able to be blocked off with enough notice. https://www.edmonton.ca/residential_neighbourhoods/neighbourhoods/block-parties-play-streets.aspx. Current advice allows up to 100 people to gather outdoors with enough space to distance. Consider attending any invites you receive and if you are keen and able, consider hosting yourself. Contact ace@lhcl.ca for more block connector information!

Finally, homes continue to be bought and sold throughout the neighbourhood, babies continue to be born, and some of our seniors continue to feel isolated among us. As your Neighbourhood Engagement team lead, I encourage you to introduce yourself, get to know someone nearby who may truly appreciate a neighbourly connection.

We are in this together!



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CANADA**

During the COVID-19 restrictions our monthly breastfeeding support group is unable to meet in person.

Leaders in the Edmonton area have set up weekly Thursday morning Zoom meetings at 10:00 am for parents looking for breastfeeding information and support.

Go to

<https://www.lllc.ca/lllc-edmonton-west> for further information to join this online call.

Bring your breastfeeding questions and concerns, joys and challenges to share, or just come to listen.

All expectant parents, moms, dads/partners and children are welcome.

For more information please call Nancy at 780-489-9704 or visit www.lllc.ca



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LAURIER ROCKS: The Kindness Rock Project

Have you ever been out and about and found a hidden treasure in the form of a painted rock? This hide-and-seek rock game has been taking the globe by storm in recent years, and it's now right here at home in Laurier Heights! Anyone can participate, and it's fun for all ages!

Keep an eye out in the neighbourhood for rocks, and place your own for others to find. Check the Laurier Rocks Facebook Group for more info on how to get started.

Painted Rocks groups can be found under various names: 'Love On The Rocks', 'Travelling Rocks', 'Rocks of Love', and so forth. The earliest reference we've been able to find is The Kindness Rock Project, and certainly in 2020, we can all appreciate a little kindness being spread around!

