



LAURIER HEIGHTS NEWSLETTER

Autumn 2019



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Join Our Team!

VOLUNTEER OPPORTUNITIES AVAILABLE:

* Casino Coordinator*

* Events Committee *

* Facilities Team *

* Neighbourhood
Engagement Team *

Interested in knowing more about any of these roles? Email: volunteers@lhcl.ca and ask to be added to the volunteer list. We will contact you for help as volunteer needs arise.

LHCL Newsletter

Laurier Heights Community Newsletter is a quarterly publication distributed to all households in the Laurier Heights neighbourhood. Newsletters are distributed to over 1000 households quarterly.

If you have any stories or photos you would like to share about community events, 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

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Cover art by **Jean Matsuda**

Successful Neighbourhoods

WANT MORE INFO OR TO BECOME MORE INVOLVED? CONTACT NET@LHCL.CA

PRESIDENT'S MESSAGE

Karen Wilk

HAPPY FALL!

AND CHEERS TO ALL!

In June I was privileged to be invited to participate in the international Tamarack neighbouring ABCD (Asset Based Community Development) conference here in Edmonton.

John McKnight, one of the founders of ABCD, encouraged us! He affirmed that ABCD is alive and well in Canada because we are a cooperative people rather than a competitive one and, a welcoming place, commenting that he “hopes that when the USA grows up, it will be like Canada.” (LOL) He also said that Edmonton is the place to watch for abundant communities.... And he came to Laurier on one of the Conference tours to learn more about how we are nurturing an abundant neighbourhood.

After studying 20 cities and listening to the stories of hundreds of neighbours, McKnight and his team concluded that a successful neighbourhood has:

1. Identified its assets – making visible what’s been invisible – namely the gifts, talents, passions and experiences of its residents;
2. Understood that it is through connecting those assets that change takes place – every success story was rooted in the role of connectors (not the leadership);
3. Focused on finding and empowering those connectors!

Connectors, they determined, are trusted people at the centre of strong, vibrant neighbourhoods. Connectors see gifts, know people, including and welcoming all. Connectors work to connect the assets in their community for the benefit of both the personal and social well-being of all.

The truth is, McKnight went on to say, is that “There is no way to community: we are the way, and we know the way.”

McKnight concluded with a call out, declaring that what needs to be said IN EVERY NEIGHBOURHOOD TO EVERY NEIGHBOUR is, “We need you – we need your song, your story! Without you, we are weak – come on in – You make us more sacred every day!”

So let that be my word to us all this fall as we start a new season of opportunities to celebrate our neighbourhood and come together to make Laurier an even better place to live for all. I invite you to share your story, your song for without YOU we are weak and YOU make us more sacred every day!

Check out all the ways to connect, get involved and contribute throughout this newsletter... and be sure to share your ideas, gifts and passions with your block connector, by becoming a block connector and/or by contacting net@lhcl.ca

LHCL VISION

LAURIER HEIGHTS COMMUNITY LEAGUE STRIVES TO BE A SAFE, FRIENDLY AND ENGAGED NEIGHBOURHOOD WHERE BUILDING, SUSTAINING AND INSPIRING COMMUNITY IS THE FOCUS. LAURIER HEIGHTS COMMUNITY LEAGUE WELCOMES AND SEEKS THE ENGAGEMENT OF ALL OF ITS MEMBERS; ACTS ACCORDING TO ITS VALUES; AND REPRESENTS AND ADVOCATES FOR THE NEEDS AND BEST INTERESTS OF THE WHOLE COMMUNITY.

PITCH YOUR PROJECT THIS SEPTEMBER

Do you have a great idea for our neighbourhood that you want to try, but need some funding to make happen? Do you want to hear about some innovative and fun community initiatives?

If so, the City of Edmonton Neighbourhood Services South District invites you to pitch a project idea at their upcoming Fall Pitch Your Project event. Project pitches could be for a community event, a new program you want to offer, or even to help build new connections with neighbours or groups.

These will be “Dragon’s Den” style pitches on September 26th and will be voted on by peers from Wards 5, 9, 10 & 12 who are in attendance. Each project can apply for up to \$1000 in funding. The City of Edmonton will be funding up to a total of \$7,000 toward community projects that evening.

Harvest Fair & Beer Garden

SATURDAY, SEPTEMBER 14 | 2:00 - 10:00 P.M.

JOIN US AT THE HALL AND PARK FOR FUN & FESTIVITIES
AS WE CELEBRATE OUR COMMUNITY!

➤ **CHILI COOK OFF:** Bring your famous family chili in a crock pot and participate in our 'chili cook off' challenge. Your neighbours will vote for their favourites!

➤ **SWEET-TREAT BAKE-OFF:** We are also having a BEST cookies'n squares contest... so master that secret brownie recipe now and let us try it! (Please be sure to bring in small bite size pieces.)

➤ **BIGGEST GARDEN PRODUCE COMPETITION:** How does your garden grow? Bring us your prize zucchini, tomato, squash, pumpkin, carrot, etc. and we'll size them up and determine the biggest and the best!

➤ **PETTING ZOO**

➤ **SPECIAL GUESTS:** Including the CommuniTEA Van!

➤ **PRODUCE 'EXCHANGE':** Bring your excess produce to trade for other's extras.

➤ **INTERGENERATIONAL GAMES** including the popular 'donut on a string', imagination blocks and more. Lots of fun for everyone!

➤ **HOT DOG & SNACK STAND**

➤ **SUPPORT OUR COMMUNITY:** Sign up for your annual Community League membership; learn about block connecting and be part of making Laurier an even better place to live!

Beer Garden Social

5:00 - 10:00 PM

➤ Burgers for Sale

➤ LIVE local musical talent!

➤ Hang out with your neighbours, meet new ones and catch up after summer holidays!

➤ Kids are invited to share their musical talents from 5-7 PM. Don't be shy, we'll cheer you on! Please contact Bill Bowers at 780.995.1973 for more info.

➤ Celebrate what we can do when we work together as a community...

➤ Indulge in a beer, pop or a glass of wine and pick up a burger and another snack or two as well!

VOLUNTEERS NEEDED

CONTRIBUTE A FEW HOURS TO GET TO KNOW MORE OF YOUR NEIGHBOURS
AND HELP MAKE THIS DAY A SUCCESS. IF YOU ARE WILLING AND ABLE TO ASSIST
IN ANY OF A VARIETY OF WAYS AND/OR IF YOU NEED TO FULFILL YOUR SOCCER TIME
COMMITMENT, PLEASE CONTACT VOLUNTEERS@LHCL.CA

CALLING ALL LONG-TIME LAURIER HEIGHTS RESIDENTS

WE ARE CREATING A COMMUNITY HISTORY
FILE, AND WE WANT TO RECORD YOUR
RECOLLECTIOANS AND STORIES OF TIMES
GONE BY. WHAT DID WE LOOK LIKE IN THE
EARLY DAYS? WHAT EVENTS WERE GOING ON?
WHAT WAS IT LIKE TO LIVE HERE? IF YOU ARE
INTERESTED IN SHARING YOUR MEMORIES,
CONTACT SHEILA BUTT AT (780) 486-1455 OR
SHEILABUTT0911@GMAIL.COM

ALL YOU HAVE TO DO IS SIT AND CHAT WITH
SHEILA. SHE WILL RECORD AND WRITE THE
STORY. YOUR RECOLLECTIONS WILL BECOME
PART OF OUR HISTORIC RECORD. PLEASE
HELP US CAPTURE OUR COMMUNITY'S
WONDERFUL HISTORY."

Art Society Lecture

Friday, October 11 - Laurier Hall

7:00 p.m. | \$5 admission

Please join us at the hall for an in-depth art discussion led by Kirk Marlow, Art History Instructor at both MacEwan University and ELLA. The topic will be a comparison of 19th-century English painters (Constable, Turner, Bonington, and Girtin) and forward-thinking French Impressionists (Degas, Renoir, Monet, Camille Pissarro, Alfred Sisley, and Gustave Caillebotte). The lecture will also have an emphasis on Impressionist sculptors August Rodin and his pupil and lover Camille Claudel. Reserve your seat for the lecture by calling Helen Richards at 780.483.5692.

painting by **Jean Matsuda**

Art Society Show & Sale

THE LAURIER HEIGHTS ART SOCIETY IS HOLDING THEIR ANNUAL OPEN HOUSE AND ART SHOW AT THE LAURIER HEIGHTS COMMUNITY HALL THIS FALL.

SUNDAY, SEPTEMBER 29TH
1:30 TO 4:30 PM



Everyone is invited to come to view our artwork and meet old friends and neighbours over coffee and cake in our new Community Hall.

It's hard to believe that this will be our 27th show in our community hall. Helen Richards and others started the art group in the old hall that is now called the Heritage Room. A group of artists in the community approached the league executive in 1991 and asked to start an afternoon art class. "Of course", they said, "that's what the hall was built for". Just took us a while to get organized! We artists just love the Heritage Room where we still spend two afternoons a week. The Art Show expanded into the new hall when it was opened several years ago. And the artists are appreciating the kitchen and bathrooms that were renovated over the past year.

After 27 years, we have so many fond memories of the hall and the people who have painted with us! Over the years we have had so many interesting people painting in our group.

Many occupations have been represented over the years – doctors, teachers, dentists, carpenters, professors, homemakers, nurses, architects, professional accountants, and engineers. We are especially proud of the gentlemen who painted with us. Many art groups are predominately women, but the Laurier Heights men have always

been a major part of this group. Thank heavens for them. Who else could better fix the toilets, tighten loose screws, and put back together the tables and chairs? And last, but certainly not least, hang the artwork for the annual show.

Specific people we would like to mention are:

- Helen Richards who is still the group's unofficial leader.
- Lloyd Jones who is our long serving treasurer and keeps us in the black.
- Harry Irving who was the designer and chair of the building committee in 1963. Helen often told Harry how well the hall held up after the wear and tear from so many people all after these years.
- Ilda Lubane, a Latvian and now 102 years old, who was the group's first teacher and taught twice a year for eight weeks. The group was one of Ilda's favorites – she sure liked our men...
- Meredith Evans who sent his painters to us when he had to give up his Sunday morning doctor's group.
- Dr. Les Wilcox who brought the first large bottle of sherry to the art show because it was couth and we needed that.

The group really appreciates the support we receive from the League Board and the community. Please come and celebrate with us!

If you hear a voice within you saying, "You are not a painter," then by all means paint... and that voice will be silenced.

VINCENT VAN GOGH



4th Annual Laurier Heights Community League

Cookie Walk

Saturday, December 7 at 10 AM

The sale ends when the cookies are gone

BUT come early, the cookies go fast !

**Come select delicious home-baked
cookies and squares for the
Christmas season.**

- ♦ Choose an empty container (size options are \$10 or \$20).
- ♦ Take a walk around the tables set up with a large selection of cookies and squares. Yummy! Yummy!
- ♦ Fill up your container. The limit - the lid has to close. Have FUN!

***All proceeds go towards events and
programs at the Laurier Heights
Community League. Last year we
collected over 2,800 cookies helping us
reach our \$1,500 goal. Wow!!***

ATTENTION:

**We urgently need your home-baked
cookies and squares for our 4th Annual
Laurier Heights Community League
COOKIE WALK Christmas Fundraiser.**

**Bake a pan of squares, or two; whip up
a dozen cookies, or 5 dozen or 10 dozen.**

Whatever you can manage.

We need lots, and lots, and lots.

(No store bought cookies please!!)

Please provide in a non-returnable container.

**You can drop them off Friday, December
6th at the hall between 6 PM and 8 PM
OR call us and we will come pick up your
home-baked goodies. *Happy baking.***

**Please confirm your
contribution by December 5.**

**Contact Susan at 780-996-9866 or email
vicepresident@lhcl.ca**

**Please consider donating to
help us reach our goal of 250
dozen cookies.**

Thank you!





Laurier Heights Programs

JOIN YOUR FRIENDS AND NEIGHBOURS AT THESE COMMUNITY GET-TOGETHERS



Stay & Play Playgroup

Laurier Heights Playgroup is a great place to play with your children and other families. Join us at the hall with your 0-4 year olds for this fun for everyone unstructured drop-in program. Snacks provided (please bring a toonie). Playgroup follows the school calendar (September - June); no playgroup on school holidays.

When: Fridays

Time: 9:00 - 11:00 a.m.

Cost: \$2 per family per visit



Art Society

Attention artists of Laurier! Did you know that there is a regular meeting of painters in the neighbourhood? The Laurier Heights Art Society meets at the Community Hall at 1:00 every Monday and Thursday afternoon. Bring your painting materials, and come and get creative with us. Coffee and tea are provided.

When: Mondays and Thursdays

Time: 1:00 p.m.

No Charge to attend



Community Potlucks

Our ongoing tradition of hosting themed potluck dinners at the hall has been such a success, we are making it a monthly event. These are fun family gatherings, giving you a chance to catch up with longtime neighbours, and make some new friends as well. Everyone is welcome; we hope to see you there!

When: Aug 25, Oct 14, Nov 10, Dec 7

Time: 6:00 p.m.

Please RSVP: potluck@lhcl.ca
(so we can set up enough tables)

The Programs Team Needs YOU!

Programs Team Lead – Collect information from team members listed above, report to monthly board meetings, oversee the general operations of all programs

City of Edmonton Programs/Green Shack/Community Swim Coordinator – email communication only, this is an administrative role that is already set up and simple to take over : vacant

Casino Coordinator – Recruits and schedules volunteers to work at the bi-annual Casino and submits the application and pertinent information to the AGLC as required.

Registered Programs Coordinator – organize, plan, and implement registered community programs for all residents of Laurier Heights (example: sportball, karate)

Tennis Coordinator – oversee the summer tennis lessons and general operations of tennis – possible pickleball addition : vacant

Playgroup Coordinator – organize weekly Friday drop-in playgroup : Lori O'Sullivan: 780.660.4269

Soccer – organization of Community League Soccer Programming : Janice Haugjord, soccer@lhcl.ca

Laurier Resident inducted into Arts and Culture Hall of Fame!



YOKO OIKE-WONG HAS LOVED MUSIC FOR MOST OF HER LIFE – NOT ONLY BECAUSE OF ITS EFFECT ON HER, BUT BECAUSE OF HOW IT ENHANCES THE LIVES OF OTHERS. AS A CHILD IN JAPAN DURING WORLD WAR II, SHE LEARNED TO PLAY THE VIOLIN, INSPIRED BY HER GRANDFATHER'S LOVE OF EUROPEAN CLASSICAL MUSIC. "DURING THE WAR WE WERE NOT ENCOURAGED TO STUDY WESTERN MUSIC, BUT WE LISTENED TO RECORDINGS AND ALWAYS HAD MUSIC IN OUR HOME."

RUMOUR HAS IT THAT THERE ARE OTHER LAURIER'ITES WHO ARE HALL OF FAMERS. PLEASE LET US KNOW AS WE WOULD ALSO LIKE TO CELEBRATE THEIR CONTRIBUTIONS AND SHARE THEIR STORIES IN THIS NEWSLETTER.

Dr. Shinichi Suzuki moved to Yoko's hometown of Matsumoto after the war, where he developed the Suzuki Method for teaching music to young children. Dr. Suzuki was Yoko's teacher and mentor from the age of 7 to 24. In 1965, at the urging of Professor Thomas Rolston at the University of Alberta, Dr. Suzuki sent his student, Yoko to Edmonton as a young adult to teach. "Everything was a new experience. It was like putting gym shoes on little people to see what they could do. Many became fine professionals and others continue to enrich their lives with music."

Yoko remained with the Society for Talent Education for seven years introducing the Suzuki Method and then took a break of six years to raise her children, one of whom has Down syndrome. After that, she opened a private studio to teach violin. Of her teaching and mentoring experience, Oike-Wong says, "From over 40 years of working with violin students I am happy to see so many of them now working world wide as solo violinists, orchestra leaders, teachers, community musicians, music therapists, or simply as music lovers with a good knowledge of and passion for classical music. Dr. Suzuki started his movement in hopes of building a society with people who care for and have respect for the beauty of music. (It is a remarkable vision, considering the postwar period when we hardly had enough food to survive.) The meticulous process of learning to play a musical instrument such as the violin contributes to the nurturing of one's character. Dr. Suzuki never intended to encourage harsh competition among students. He believed

the truly gifted would excel by his/her own power and circumstances."

In 2008, Oike-Wong retired from teaching and now enjoys playing with fellow chamber music lovers. As a volunteer violinist at Alberta Healthcare Services, Yoko has been playing at the weekly Musical Hour at the University of Alberta Hospital, the Mazankowsky Heart Institute, the monthly Musical Hour at the Cross Cancer Research Institute, and at the Pilgrims Hospice.

Of her instrument, Oike-Wong says, 'My violin has been my best friend all through my life. I am so grateful that I was given an opportunity to live with this versatile friend. Through various ways of participating in the society with my musical skills I have come to realize that music connects people intuitively, directly, heart-to-heart without prejudice.' Yoko has lived in Laurier Heights (Bottoms) with her husband, Siu-Sik and their son, Leo for 43 years. They also have a daughter, Sophia who now lives in New York City.

Yoko has frequently wowed us with her music at Laurier banquets, block socials, Heritage Teas, Art Society Shows and Sales and special neighbourhood gatherings such as celebrations of life. On June 10, 2019 she was inducted into the Arts and Culture Hall of Fame.

Yoko exclaims, "I am very grateful for receiving recognition as one of 13 inductees for our contribution to the city. I am receiving this award on behalf of my family, my friends, neighbours, musical colleagues and all who helped me to be alive in this wonderful city today."



Welcome to our Food Forest

THE LAURIER HEIGHTS COMMUNITY FOOD FOREST PROJECT WAS JUST A DREAM BACK IN THE FALL OF 2018. SOME OF THE MEMBERS OF OUR TALKING GARDENS GROUP ATTENDED AN EVENT THAT INSPIRED THEM TO THINK ABOUT A FOOD FOREST. LYNN DALE, THE GROUP LEADER CONTACTED KAREN WILK AND BEFORE WE KNEW IT WE WERE "PITCHING OUR PROJECT" AT THE CITY'S COMMUNITY ENGAGEMENT 'DRAGON'S DEN' WHERE WE WERE CHOSEN TO RECEIVE \$1000 FOR OUR PROJECT...

Who am I?

My name is Melissa Wilk and I recently completed my Bachelor of Arts in Global and Development Studies with a specialization in environmental sustainability at the University of Alberta. Throughout my degree, I had many opportunities to engage in projects involving sustainability, regenerative agriculture, food security, and community development. Last year, I worked in Maskwacis with a land-based education organization called Win EcoSciences, where I had the opportunity to help design and implement a food forest at a high school. I received my

Permaculture Design Certificate (PDC) and later joined the Edmonton Permaculture Guild as the Director of Education.

What is permaculture and what's happening here in Laurier?

Permaculture is a movement inspired by

the environment that is rooted in science, nature, and ethics. The three basic ethics of permaculture are earth care (nurturing the planet), people care (looking after each other), and fair share (recognizing abundance and sharing it). Permaculture is all about designing systems of abundance using an ecological lens and valuing diversity. Ultimately, there are many ways to carry out permaculture, but understanding the ethics behind it is the best way to start.

When my mom (Karen Wilk) approached me about the idea to build a food forest in Laurier, I was eager to be part of the planning and to put a permaculture spin on the project. I've been in Laurier my whole life, and so thinking about different aspects of the community while planning the project was very important to me.

The focus was to create a beautiful edible space for everyone to enjoy incorporating low-maintenance techniques, no chemicals, and a diversity of fruits. At the end of July,

we implemented phase one of the project which included a variety of haskaps, apples, cherries, plums, raspberries, and saskatoons (over 40 plants). Phase two and three will incorporate even more varieties.

By planting a food forest, we are caring for the earth by encouraging people to eat local fruit and to learn about how permaculture can benefit the environment. We are investing in future Laurier generations that will enjoy the trees when they are full-grown and enhancing community resiliency: "the best time to plant a tree was 20 years ago. The second best time is now."

We are also caring for each other; having a food forest adds to the health and vibrancy of Laurier and encourages us to come together over food. Furthermore, we are ensuring fair share by growing an abundance that can be utilized throughout the community to educate and connect us to our food, each other, and the planet.

At the heart of the food forest is its capacity to build community and foster new relationships in Laurier; we hope to see young and old walking through munching on raspberries; we hope to see older folks teaching others about canning, preserving, and pie-making; we envision community parties and potlucks where all share the wealth of the forest. It is not only an investment in today but also an investment in tomorrow.

Interested in learning more about permaculture or helping out with the project? Email me at mwilk@ualberta.ca.

New Programs in Laurier Heights

Join us and be a part of these exciting new get-togethers.

AFK KARATE

(formerly operating in Callingwood) will be at Laurier Heights Community starting this September. Go to www.akfkarate.com/club-locations/karate-at-callingwood for registration information.

MONTHLY GAMES ROOM

All board game enthusiasts (including beginners) are welcome. Go to lhcl.ca/programs or watch @LaurierHeights on Facebook and Twitter for information. Send an email to games@lhcl.ca to be on the mailing list. Saturdays Sept 21, October 19 and November 9.
2:00-6:00 kids and families
6:00-10:00 adults



submitted by **Julie Rohr**

The Power of Community and Gratitude

Sometimes, we get to a point in our lives we never expected to be at. That happened to our family in November of 2015- shortly after we moved into Laurier- when I received a diagnosis of Leiomyosarcoma, an incurable cancer within my abdomen and right kidney. My husband and I had just been married months before, bringing our two young boys together into a blended family relationship. We had been so very joyous in that season, the boys so excited to have a 'new brother,' David and I so grateful for our new family and home. The diagnosis shocked all of us, and threw me into a bit of a tailspin for several months. I had no idea which way was up as I tried to navigate the medical system, my job at the time, my own emotions and those of my family. It was a complete emotional, physical and financial upheaval.

Several months before the cancer diagnosis, I had contacted Karen Wilk with an interest in being part of a program called Abundant Communities Edmonton, which is designed to bring neighbours together. That's a big passion of mine, and as we had just moved into the neighbourhood, I wanted to get to know the people living around me. So in the months prior to being diag-

nosed, Karen had welcomed me as a Block Connector and I was meeting and greeting so many of you, making introductions, attending block parties, bringing our kids together for street hockey, starting to have neighbourly tea dates and dinners. Little did I know how much I would come to rely on my neighbourhood connections so quickly.

In the three years since, I have undergone multiple major surgeries to treat the metastatic spread of the cancer, requiring long hospital stays and physiotherapy to help me walk again, do routine, everyday actions again. I have had months of chemotherapy, the side effects of which were pretty severe in my case. I've had many rounds of radiation to my abdomen and spinal cord. I could go on and on about the treatment - but that's not the thing I want to highlight here. What I want to highlight is the beautiful way this neighbourhood has shown up for me when I was so weakened by this disease. There were those of you who responded to the Meal Train and brought not only meals, but cared for my children when I couldn't. You and your children helped our two boys deal with the emotional trauma of the diagnosis and treatments. You came around me and brought me

SPORTBALL

Saturday mornings at the hall from September 21 – November 16. For further details and registration: lhcl.ca/programs

OLD FASHIONED SCAVENGER HUNT

Sunday, August 25 before and during the potluck. 4:00–6:00 p.m. Pick up instructions at the hall

- * Individuals or teams of any size
- * Is designed to take about an hour
- * Walk, bike or drive (if poor weather)
- * Everything needed to complete the hunt will be provided
- * Prizes for quickest, most correct items/answers and more
- * Stop for dinner at 5:00
- * Hunt ends at 7:00

Check Facebook, and lhcl.ca/scavenger for more details.



books, care packages, watermelon and frozen grapes when I couldn't eat anything else. You "snuck" into my home and put cold washcloths with lavender oil in my fridge, so I could put them on my forehead or throat to ease my nausea. You drove me to appointments, picked my kids up from school, called, texted or emailed to see how we were doing. And then, when we reached a point of financial need, you gathered around our family and arranged a fundraiser, including a big party at the hall, for which I was left in stunned gratitude.

While I wasn't able to get in to the medical trial I wanted to be part of in the United States, I was able to start a new, powerful immunotherapy regimen here in Edmonton that has ultimately proven to be successful for me so far, almost a year in. We cannot assure long-term success on this drug, but as I type this, almost all of the metastatic cancer they were seeing spreading through my body has disappeared, all but one tiny spot in my pelvic bowl that they will be radiating this month. This was unexpectedly good news, as the doctors had previously given me a much poorer prognosis, and I'm experiencing so much gratitude for this season of relatively good health.

Gratitude has been the foundation

of my journey this last year especially, and in focusing on what I'm grateful for, I've learned how to ease the anxiety of living with stage four cancer. A number of us neighbours are currently doing a book study together on Brené Brown's book, "Daring Greatly," and she talks a lot about gratitude. She discusses how, in her research on resilience and vulnerability, gratitude emerged as a powerful antidote to anxiety or despair. One of my favourite Brené Brown quotes is this:

"I don't have to chase extraordinary moments to find happiness – its right in front of me if I'm paying attention and practicing gratitude."

I know this to be true now more than ever. So I will take this opportunity to practice my gratitude for YOU:

Thank you, lovely neighbours, for your support and love for our family. We cannot even express how much your kindness has meant to us during this time. We so enjoy our interactions with all of you at the neighbourhood potlucks, soccer games, block parties and other community events. If you see us out and about this summer, please know that the big smile on my face is there partly because YOU put it there. Thank you. We're ever living in gratitude for you and your families.

Election Day



VOTING STATION

Laurier Heights Hall (Heritage Room) will be the voting station for Laurier Heights residents in the upcoming federal election.

OCTOBER 11-14

Advanced Polling

OCTOBER 21

Election Day

ARE YOU REGISTERED?

Most Canadians who are eligible to vote (Canadian citizens at least 18 years old) are already registered in the National Register of Electors, which is used to create the lists of electors. To check if you are registered, or to register or update your address information, please use the Online Voter Registration Service at www.elections.ca

THE COMMUNITY LEAGUE MOVEMENT CONTINUES TO GROW:
JOIN US AND BE A PART OF IT ALL

Why Membership Matters

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.

From the beginning, the very nature of community leagues has provided, and continue to provide, a wonderful training ground for future leaders in a wide variety of industries, including government. Several of our current city councillors all got their start as community league board volunteers. What is truly amazing is leagues are all still run by volunteers.

Consider learning more about the community league and become part of this 100-year-old tradition.

When you purchase a Community League membership, you help your neighbourhood bring residents together, improve the community amenities, and 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.

How can you contribute to your league to help continue building the community where you live and are proud to call home?

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



Meeting time:
3rd Thursday of each month, 10:00 a.m. to 12:00 p.m.
Laurier Heights Community Hall: Heritage Room

The Edmonton West Group meets monthly to provide breastfeeding information and parenting support. 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

WHERE YOUR \$ MEMBER \$ GO

Maintained community spaces: Community Hall, skating rinks, playground, spray deck, tennis courts, Gazebo Park

Free, low-cost social and educational events: Seasonal community fun days, community potlucks, family movies, playgroup, art club, urban food forest, Sprouts, Scouts and more!

Health and Wellness: FREE skating at the Laurier Heights rinks and at other League rinks in the city; FREE summer and winter playground leaders (Green Shack); FREE designated community swim time at Terwillegar Recreation Centre; 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 place: 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.

LAURIER HEIGHTS COMMUNITY LEAGUE

2019 - 2020 Membership Application (valid until August 31, 2020)

THANK YOU FOR SUPPORTING OUR COMMUNITY LEAGUE

Adult #1 - First Name: _____ Surname: _____

Adult #2 - First Name: _____ Surname: _____

Extra Family Member Information:

| Children / Other Family Member Names | Birth Year | M / F |
|--------------------------------------|------------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Contact Information

Address: _____

Postal Code: _____ Phone #: _____

Email Address: _____

Your email address will not be sold or misused in any way; distribution is for information regarding community news & events only. By providing your email, you agree to receive email updates from Laurier Heights Community League; you may opt out at any time.

Your LHCL membership provides you with free access to community league outdoor rinks and our tennis courts.

Would you like skate/tennis tags? ☐ Yes ☐ No If so, how many tags does your family need? _____

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 assisting. Thank you!

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

☐ 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. If yes, please indicate if you have any particular areas of interest for volunteering: _____

☐ No, I'm sorry I'm unable to volunteer at this time.



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**

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

Optional Donations:

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

*Tax receipts issued for donations of \$20 or greater. Donations may be made with cash or a cheque made payable to: **LAURIER HEIGHTS BUILDING SOCIETY***

Please submit this completed form & your payment to our Membership Coordinator:

Christine McCourt-Reid

13807 84 Ave • T5R 3W6

membership@lhcl.ca

Canterbury Redevelopment

RESEARCH, DESIGN AND MEANINGFUL CHANGE FOR DEMENTIA CARE

FRUSTRATION, ANGER AND DETERIORATION, TOO OFTEN THE SYMPTOMS OF THOSE SUFFERING WITH DEMENTIA.

It's a painful road for families as they watch their loved ones spirit fade, a feeling all too familiar for Carol Brown. Carol's mother Willa came to live at Canterbury five years ago, when she was welcomed in as a resident of Canterbury Lane, the foundation's 20 suite wing that offers secure and supportive care for residents with cognitive impairment like Alzheimer's or Dementia. It's an area that will see a major upgrade as redevelopment efforts move forward.

Canterbury Foundation broke ground on their \$31.5-million renovation and expansion project on June 27, 2019. The project includes a brand new 5 story addition growing the dementia care program from 20 to 53 much needed spaces, a 16 bed residential hospice for end-of-life care as well as the redevelopment of common spaces to expand programming and activities for all residents.

"The idea of having a barrier-free loop they can walk I think will be really useful," says Carol "and the addition of palliative care to promote aging in place will also be important." It's a welcome change for Carol and one that will be heavily influenced by findings of an extensive research study led by Dr. Megan Strickfaden out of the University of Alberta. Designer, Researcher and Human Ecologist Lara Pinchbeck has already been working on the ground at Canterbury as part of Dr. Strickfaden's team. They

hope to provide insight and influence on design that will change the lives of seniors living with dementia. "Canterbury is a unique opportunity because they are really dedicated to making an environment and running a facility that feels like as much of home as possible for the residents."

"Our team has come into this with 8 years experience of really thorough anthropological understanding of what the experiences are of the folks who are living in these spaces and what the experiences are of the staff working in these spaces," says Pinchbeck. "We go in and do a very slow and deliberate exploration of what's happening and that includes moving into the facility and being a resident, to be able to understand the rhythms, patterns and nuances of the cycles."

Design elements like a functioning coffee shop and a secure outdoor courtyard that can be accessed without staff help are all part of a new and evolving strategy to improve dementia care. Not only is the research impacting overall design, it will also influence the perspective staff take on programming and activities for the residents, "If in the springtime a typical thing for somebody to do would be to repair their lawnmower before they go to cut

the grass, then we can make a lawn mower available to them with some wrenches and let them tinker."

The changes can't come soon enough for an aging population now coming into care later in life "It is now the 90+ year old who is coming to Canterbury," says Wendy King, the Executive Director of Canterbury Foundation. "There are several residents who are living with a form of dementia. We need a space where they feel comfortable and at home, yet in a more

controlled environment. Our goal is to develop and expand our dementia program to make a difference in residents' lives and the lives of their families so we can deliver the promise of home."

"...the addition of palliative care to promote aging in place will also be important."

CAROL BROWN

It's a welcome step in the right direction for a facility always committed to providing the best quality of care for Seniors in Edmonton. "I can't say enough about the staff they are so amazing, they are so kind, they try so many ways to encourage [my mom]," says Carol, "I think there's just something unique about Canterbury - it's excellence."

DUST to SHINE Housecleaning

References and security check upon request

\$25.00/hour, minimum of 3 hrs

Donna: (780) 447-7297

Christmas Cocktails in November

Saturday, November 23

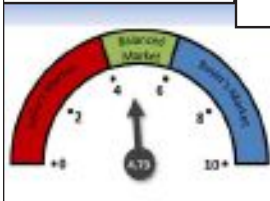
7:00 PM

Laurier Heights Community Hall

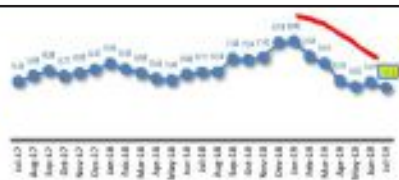
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 - 8 Saturdays
 - 1:00pm-3:00pm
- Equipment provided
- \$180.00 Registration

OPEN HOUSE

**Saturday,
 September 28, 2019**

12:00pm to 3:00pm

Crestwood Curling Club
 14317 96 Avenue,
 Edmonton, AB

Activities

- Learn to Curl

- View our Meeting/
 Banquet Facilities

For more info:
 780-452-4174 or
 crestwoodcurling@shaw.ca

Wednesday Fun League

8:15pm-10:15pm
 10 Dates (fall)
\$215 Registration

Saturday Fun Leagues

1:00pm-3:00pm
 8 Dates (fall)
\$170 Registration

9:00pm-11:00pm
 11 Dates (full year)
\$230 Registration

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COMMUNITY CALENDAR

SEPTEMBER

- 4th Block Connectors
- 5th A.L.I.V.E. L.H. 'Choir': Singing Time for all!
- 9th BOD Meeting
- 14th HARVEST FAIR & BEER GARDEN - see pg 4
- 18th Canterbury Games
- 19th A.L.I.V.E. L.H. 'Choir': Singing Time for all!
- 21st Monthly Games Room
- 27th Progressive Dinner Night - contact Allison at boileau4@shaw.ca to join
- 29th ART SOCIETY SHOW & SALE - see pg 5

OCTOBER

- 2nd WWW: Women & Wine on Wednesday (and Brené Brown group reunion)
- 3rd A.L.I.V.E. L.H. 'Choir': Singing Time for all!
- 4th Prayer Works Serving Opportunity
- 11th Art History Lecture - see pg 4
- 14th Community Potluck
- 15th BOD Meeting
- 16th Canterbury Games
- 19th A.L.I.V.E. L.H. 'Choir': Singing Time for all!
- 19th Monthly Games Room
- 21st Election Day
- 31st Happy Halloween- a great evening to connect with neighbours!

NOVEMBER

- 5th Block Connectors Gathering @ the Hall
- 7th A.L.I.V.E. L.H. 'Choir': Singing Time for all!
- 9th Monthly Games Room
- 10th Community Potluck
- 18th BOD Meeting
- 20th Canterbury Games
- 21st A.L.I.V.E. L.H. 'Choir': Singing Time for all!
- 23rd COCKTAILS AND SILENT AUCTION - see pg 15

DECEMBER

- 6th Prayer Works Community Outreach Dinner Service
- 7th A.L.I.V.E. L.H. 'Choir'- Singing Time for all!
- 7th COOKIE AND CRAFT SALE/ HOLIDAY POTLUCK - see page 7
- 9th LHCL AGM and Contributors Social
- 29th WW (Women and Wine) "Reason to get out of Jammies" Happy Hour 4-7pm

JANUARY

- 12th Block Connectors Tea
- 13th BOD Meeting
- 25th WINTER FUN DAY & Potluck

FEBRUARY

- 10th BOD Meeting
- 17th Family Day Cartoons & Popcorn
- 29th Leap Year Potluck

MARCH

- 4th Block Connectors
- 9th BOD Meeting
- 29th Community Potluck

APRIL

- 3rd WW: Women & Wine Night
- 26th Community Potluck
- 30th Block Connectors

MAY

- 20th Seniors' Tea & Community Potluck
- 28th Block Connectors Coffee Morning

JUNE

JUNE IS BLOCK PARTY MONTH

- 26th Kick-Off Summer Potluck & Ice Cream Social

PROGRAMS & EVENTS

Do you have an idea or a suggestion for an activity or program you'd like to see in the neighbourhood? Would you like more details about any of the events listed here?

Please drop us a line and let us know!

Karen: president@lhcl.ca

Kendra: programs@lhcl.ca

Marie: events@lhcl.ca