

LAURIER HEIGHTS COMMUNITY LEAGUE



Spring 2019

LHCL MISSION: TO ENCOURAGE A SAFE, FRIENDLY AND ACTIVE NEIGHBOURHOOD BY PROVIDING PROGRAMS AND SERVICES THAT PROMOTE FAMILY AND COMMUNITY, AND ACTING AS AN ADVOCATE BY REPRESENTING THE NEEDS AND INTERESTS OF THE COMMUNITY'S MEMBERS.

Join Our Team

Volunteer Opportunities Available

YOUR TIME & TALENT WOULD GO A LONG WAY IN HELPING US MAKE A POSITIVE DIFFERENCE IN OUR NEIGHBOURHOOD. CARE TO HELP? EMAIL: COMMUNICATIONS@LHCL.CA

COMMUNICATIONS TEAM LEAD

Provides guidance and support to an established team while overseeing any and all LHCL communications & outreach. Inspire others to share your love of the neighbourhood. Flexible Time Commitment: -10 hours/month

PROGRAMS TEAM LEAD

Organizes / coordinates all neighbourhood programming. Support current programs and bring your ideas for new programs to life; your team is ready to help. Flexible Time Commitment: -10 hours/month

VOLUNTEER COORDINATOR

Use our volunteer database to coordinate and fill scheduled volunteer shifts for any LHCL events in need of volunteers. Help us get more neighbours involved and connected. Time Commitment: -1-2 hours/month

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. Time Commitment: -10-15 hours in the month leading up to casino (Spring 2020)

GRANTS WRITER

Coordinate the development, writing and submission of applications for financial grants allocated by government departments, companies, foundations and trusts. Help identify and define funding sources to support programs and activities. Variable Time Commitment: -2-3 hours/month

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 in early spring, summer, fall and winter.

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.

Newsletter content deadlines:
January 31
April 30
July 31
October 31

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

EDITOR:
Christine McCourt-Reid
newsletter@lhcl.ca
ADVERTISING COORDINATOR:
Liz Herbert
advertising@lhcl.ca

Be sure to ask about advertising in our digital e-blasts.
Cover photo by Julie Rohr

WHY VOLUNTEERING MATTERS:

Our dedicated team of volunteers are integral to keeping our community engaged and connected. But what's in it for you as a volunteer? Not only will you meet some of our truly inspiring neighbours, you'll also have a chance to share your insights and learn new things at the same time. Volunteering is a great way to show our loved ones we care about making our neighbourhood a desirable place to be.

With Gratitude

FEELING GRATEFUL FOR NEIGHBOURS WHO ...

- Are part of our Board and its teams
- Volunteered and/or contributed to the cookie/craft sale and Holiday Kick-off event
- Contributed to the Bags of Hope, a Christmas Bureau Hamper and a LHS family in need
- Extended hospitality to neighbours with holiday cheer! (We have some amazing Block Connectors)
- Helped prepare (clean up) Heritage Hall for renovations
- Are looking after our rinks
- Are showing concern for neighbourhood 'issues' such as developments, coyotes and traffic.
- Are getting TOGETHER to help one another (e.g. shovel snow, kid care), learn, work, play, worship, exchange goods (Buy Nothing Group) and especially to eat!

THANKS TO OUR CHRISTMAS COOKIE BAKERS:

Amy Savage; Auriana Burns; Ayla Aligunor; Canterbury Court; Cara Kaup; Carol Billey; Cheryl Fereday; Christine McCourt-Reid; Donna McLeod-Huynh; Elnore MacAllister; Gaylene Borgstede; Helen Richards; Janet Clark; Janice & Chris Voss; Janice Haugjord; Jean Matsuda; Jenn Quinn; Karen Wilk; Kendra Picton; Laura Frey; Laura MacPherson; Laurie Murray; Lenora Roberts; Lisa Clarkson; Liz Herbert; Lynn Dale; Marie Bruseker; Merle Taylor; Michelle Lacoursiere; Niki Suvan; Robyne Walters; Sandy Lavoie; Sandy Snow; Sarah Larry; Sarah Stepney; Shannon Dompe; Sharman Armfield; Sharon Jeske; Sue Lord; Susan O'Loughlin; Tara Adam; Theresa Muench

Laurier Heights Building Society

PRESIDENT
Susan O'Loughlin
vicepresident@lhcl.ca

VICE-PRESIDENT
Sharon Jeske
secretary@lhcl.ca

TREASURER
Sarah Stepney
treasurer@lhcl.ca

SECRETARY
Shannon Dompé
rentals@lhcl.ca

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jazzmvb@gmail.com

Laurier Heights Community League

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VICE PRESIDENT
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MEMBERSHIP
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Mike Auschrat & Jen Chappell
facilities@lhcl.ca

CIVICS TEAM LEADS
David Schoor & Elisa Sterling-Cowan
civics@lhcl.ca

SPECIAL EVENTS COORDINATOR
Marie Bruseker
events@lhcl.ca

NEIGHBOURHOOD ENGAGEMENT TEAM (NET)
Karen & Steve Wilk
net@lhcl.ca

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

Lend Your Support: More Volunteer Opportunities

OTHER WAYS FOR YOU TO GET INVOLVED

- All our teams could use more help from time to time:
- Facilities Team (*will be looking for new Team Leads in the fall; start shadowing for this position now)
 - Programs Team
 - Civics Team
 - Event Volunteers
 - Neighbourhood Engagement Team

NEWSLETTER DISTRIBUTION

Receive delivery of quarterly print newsletter from the printer; oversee distribution throughout the neighbourhood. Routes and delivery people already in place. Time Commitment: -1-2 days in February, May, August & November

EVERY DECEMBER AT OUR AGM, WE ARE TREATED TO A TOUCHING TRIBUTE TO OUR FRIENDS AND NEIGHBOURS, HIGHLIGHTING ALL THEY'VE DONE FOR LAURIER HEIGHTS OVER THE COURSE OF THE YEAR. THIS YEAR, KAREN OUTDID HERSELF YET AGAIN WITH HER ALLITERATIVE WORDS OF GRATITUDE. FOR THOSE THAT WEREN'T ABLE TO BE AT THE MEETING, HERE IS THE MESSAGE FOR YOU ALL TO ENJOY.

President's Message

Karen Wilk, LHCL President

AN ALPHABET REVIEW WITH WORDS OF GRATITUDE FOR A YEAR WELL SPENT AND CITIZENS WHO HAVE GIVEN ONE HUNDRED PERCENT!

A is for All the Awesome Action Attended to, for our able Art society and our Awesome Abundant community Adventures.

B is for our Brilliant Block connectors, Bountiful and Boisterous Block parties and the Beauty of neighbours connecting on our streets; also for Bill B. who Blessed us as our music man and communications team lead!

C is of course for our Caring Community; our Clever and Creative Communications and Civics teams the latter capably led by David and Elisa; and then there's Christine! C also Claims our Choice Community Crafters, Craft Centres charming children of all ages and our Canterbury scene.

D is Delicious Dinners, progressive and crappy, spontaneous and Deliberate, bringing neighbours together; also for Dogs who Daily Dodge, Dig and Dawdle in our 'hood!

E is for Events, with gratitude to Ever Eager and Efficient Marie B, and for all the Excellent Effort and Enthusiasm Energising our community; and for EFCL Exertion and Euphony; and for our Eloquent E-blasters, Sandy!

F brings us to our Fantastic Facilities team with Mike and Jen in the lead, and many Fine, Friendly, Frugal and Forbearing Folk like Brian, Norm, Randy, Shannon, Steve, Terry, Theo and Walter.

G reminds us of our talking Gardens Group, such Go-Getters learning together, and Gaining our urban orchard Grant such that Great stuff will be Growing; G is also Gratitude

for our Gazebo park workers especially Andrew and our Grants coordinator, Leah who now needs replacing.

H points to Heritage Hall with its reno in progress as well as our annual Harvest fair and Huge Holiday kick-off both of which were Happy, Heartening Happenings thanks to the Helping Hands of many! And we can't leave this 'letter', without hearkening Helen!

I is for Ice, for our Ice guy, Pat and his crew; for our Icetime, Aaron too.

J makes us appreciate Janice, a Jewel of a soccer coordinator with Ofer and others.

K is for Kendra our Kind and Keen programs team lead – it also celebrates our Keynote Karaoke 'Knights'; and the Knowledge and Know-how neighbours share with one another and our Knockout Kitchen so well Kept— and the Kitchen party we'll enjoy in May!!

L ights us up – it's for LHCL and LHBS, for Lovely Liz, our advertising Liaison and for the flying Canoe Lantern-making workshop and Line-dancing class coming soon.

M is for Memberships, More of which are sought, by Marvelous McCourt-Reid; also for Memorable Movie nights, thanks Gaylene. And now we can anticipate a Matinee on family day.

Notes our Notable, Nice and Neat Newsletter; and Nifty, Nimble Niki, our social media Newscaster.

O is for 'Over the top' which this poem may be becoming but Oh, OH, OH how Outstanding, Outgoing, Optimistic and Original is OUR neighbourhood becoming!

Points to all our Positive Programs, Potential and Possibilities... to the Passionate, Persistence of Laurier's Personable People.

Q is for how Quick, Qualitative, Qualified and occasionally Quirky is our Quorum;

Reverberates with Rentals, Raising Resounding Raves for our Reliable, Radiant Rental coordinator, Shannon.

Surpasses other letters, with Such Super She's as Secretary Sharon, vice Sue and treasurer Sarah all of whom Support, Sustain and Stimulate the System. We also need Speak of Sheila our historian, Sign guy, George, our many Seniors and sweet Socials!

T is for Terrific Tea Times; for Tennis led by Terry D and Teacher Luke and for the Treasury of Talents, Teams and Takeaways tucked in and Tumbling out as we Take Time to connect and be a Tangible, Textured and Thriving community.

U aims at Urgently Unearthing and Unleashing Upstanding members able to Use their Unmistakeable Utilities alongside others as our communications team lead, website worker, for newsletter deliveries, grant writing, casion coordinator and BoD member-at-large.

V how Very Vibrant is our neighbourhood as we Venture from being Volunteers to Vivacious and Vital citizens; as we Valiantly pursue our Vision and Values.

W is for our Wonderful Wellness network, Webmaster, Brad and Walking group too -- for WWW and our annual Winter Fun Day which in 2019 has Won a Swing and Skate Party-Woohoo!!

X exXonerates our eXtraordinary league, Teams and BCs and the eXcellent opportunity for others to join in and eXpand their eXperiences too.

Y is for YOU! And the Year done and to come because there's Yet more to be done.

Z Can't be said without mention of the Zoo, Zebras included which is a part of Laurier too but as we come to the end of this review, let's Zoom in on our Zocalo for which all our Zealous and Zestful deZigns strive, the making of an abundant community where everyone thrives!

Laurier Hall Upgrades

HERITAGE KITCHEN RENOVATION UPDATE

By the time you read this, the renovation upgrades to the Heritage Room (original hall) will have been completed. Many thanks to our Facilities Leads Mike Auschrat & Jen Chappell for overseeing the planning and execution of this project. They put in countless hours of hard work, leaving us with a beautiful new kitchen & washrooms. THANK YOU!

German Bilingual PRESCHOOL OPEN HOUSE

FEB.7, 6:30-8pm

**Rio Terrace School
7608-154 St.**

If you've missed the open house, please still contact us.

EARLY BIRD registration ends May 14
DKKplayschool.org **DieKleineKinderschule**



DUST to SHINE Housecleaning

References and security check upon request

\$25.00/hour, minimum of 3 hrs

Donna: (780) 447-7297



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



Neighbourhood Events

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

PLEASE NOTE:
LAURIER HEIGHTS PLAYGROUP IS IN NEED OF A NEW VOLUNTEER ORGANIZER(S) FOR FALL 2019. THE TIME COMMITMENT IS MINIMAL, AND IT'S A GREAT ROLE FOR A STAY-AT-HOME PARENT WANTING TO MAKE SOME COMMUNITY CONNECTIONS. FOR MORE INFORMATION ON WHAT THIS WOULD INVOLVE, PLEASE CONTACT KENDRA: PROGRAMS@LHCL.CA



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 have been a hit. 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: Feb 18

Time: 6:00 p.m.

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

Save The Date: East Coast Kitchen Party

**SATURDAY, MAY 11, 2019
7:00PM - MIDNIGHT**

Join us for lively music and adult-only camaraderie at the community hall. Food trucks will be on hand, liquor sales in the hall, and a fun time is sure to be had by all.

For more info:
events@lhcl.ca



Vegetarian Potlucks

>> Wanna Eat More Veggies? With Your Neighbours?
If you are interested in getting together with other Laurier Heights residents to have a regular vegetarian potluck we'd like to hear from you! Anyone (i.e., flexitarians, vegetarians, plant-based, vegans, carnivores, gluten-free, etc.) interested in eating more veggies is welcome. Your reasons are your own and the only goals are to have some good food with some good people (maybe get some new recipes too!). For more info contact Mark: mnicoll@shaw.ca

Swing & Skate

On January 26, the Community League hosted a Swing & Skate event that boasted a great turnout. The Don Berner Big Band played to a full hall while swing dance instructors were on hand demonstrating moves. Outdoors, the rink was full of skaters, outdoor ping-pong was played and many people enjoyed the experience of making bannock over an open fire. Thanks to Karen and Shannon for all their hard work that made the day a success.



RECIPE BY REQUEST

CAMPFIRE BANNOCK

The campfire bannock was such a hit at the Swing & Skate event, we could hardly keep up with the demand. As requested, here is the recipe we used.

- 2.5 cups flour
- 2 tsp. baking powder
- 1/2 tsp. sugar
- 1/2 tsp. salt
- 3 tbsp. oil
- 1 cup water

Mix dry ingredients. Add oil and enough water to form a firm dough that doesn't stick to the hands. Leave to rest for 30 minutes.

Divide into six portions and flatten with the palm of your hand to form discs. Select a long thin stick and clean off the end with a knife. Form the dough around the stick.

Scrape some of the coals out from the fire on to the edge of your fire pit. Hold the stick over the coals, turning frequently until your bannock is brown and cooked through.

You can also fry in lard, bacon fat or oil in a pan and sprinkle with sugar as a treat.



FLYING CANOE LANTERN
MAKING WORKSHOP

Sunday, January 14 a group of artistic neighbors gathered to create stunning lanterns. First, our facilitator Lynette regaled with the legend of the Flying Canoe that flew across the night to find its' way home. Then she explained how to construct a beautiful lantern using special paper and bamboo sticks. Color, designs and drawings were added to make each lantern unique and special. These lanterns will be configured into an outdoor light installation as part of the Flying Canoe Festival. This free, family friendly festival will be held January 31 to February 2 after 6:00PM in the Mill Creek Ravine and La Cite Francophone. Go admire the artistic efforts of our neighbors, then later you might see the lanterns hanging out in our community. Thanks to Karen Wilks for applying for this event and to everyone who participated in our creative afternoon!

submitted by **Michelle Lacoursiere**



JOIN US ON FRIDAY, MARCH 15 FOR A JOINT
BOARD GAME MIXER PIZZA & POTLUCK NIGHT



Board Game Mixer: March 15

When we talk about building a sense of community in Laurier, most often we are talking about community in the literal sense of the word. At the same time, we believe it's important to build a sense of community throughout our city. As part of that, we are excited to invite our friends at the Oak Hills Community League for a joint-hosted Board Games Night with Pizza & Potluck dinner. Our Oak Hill partners don't have a hall of their own yet, so we'd love to show them what can happen

when a neighbourhood comes together to raise a building.

Board games will be provided by the TableTop Cafe, who will also have games available for purchase at the event that evening.

Please note that in the interest of space,space is limited to 50 members of the Laurier Heights Community League (the same number of guests will be coming from Oak Hills). Please RSVP to **potlucks@lhcl.ca** today to reserve your spots! The fun starts at 6:00 p.m.

Block
Connections

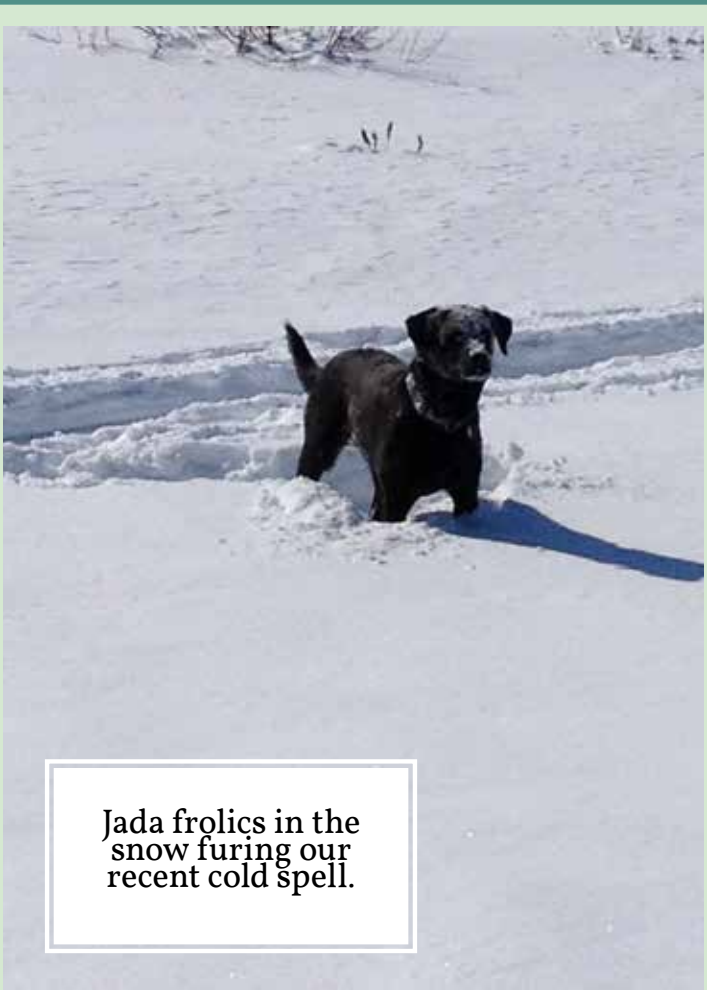
A "THANK YOU" TO MY
FURRY 4-LEGGED
BLOCK CONNECTOR

I have been a Block Connector since August of 2017. I was initially hesitant because like many of us, my wife and I have a hectic and busy life and I was concerned about taking on another responsibility. At the same time, I recognized that the strategy I was using to establish connections with neighbours wasn't working. It might come as a surprise but watching TV in your basement and then muttering to yourself that you don't know any of your neighbours does not lead to increased connection!

I had read about the Block Connecting program in the newsletter and it took about 3-4 editions for me to take the initiative to finally call Donna and get more information. I decided to take the plunge despite the fact I'm a bit of an introvert at heart. I went into the role with the hope that I would get to know my neighbours and help build some connections on our block. A year and a half in and I'm pleased to say that I made the right decision to get out of the basement (don't get me wrong, I still really like watching TV in the basement)! I went from knowing 3 people on my block to about 15 and counting. Mike (another Block Connector 4 houses down) and I have hosted a dinner for our neighbours at the hall and we also have somewhat of a

network on the block. This summer we had some car break-ins where our block was able to support each other in staying alert and keeping things safe.

The reason for the title of this article is that I have 10 ½ year old Black Labrador Retriever, Jada, and I have to say she made it a lot easier for me to make some connections on the block. Ever since we've been in Laurier since 2011 the neighbours have seen either my wife or I walking Jada to Laurier Drive 1-2 times a day. For some reason it's often easier to start up conversations when dogs are around. You can ask how old they are, kids can ask for a "pet", you can talk about how good the dog park is, you can complain how they never come when you call, etc., etc.. Last Winter Jada and I met neighbours halfway down the block because they had a new puppy and we yelled hello across the street. We ended up having a lovely conversation in the middle of the street until a car came (sometimes Block



Jada frolics in the snow furing our recent cold spell.

Connecting is a risky business!). As many people know, dogs get you out every day whether you need it or not and I find on our walks I can notice how many homes I now know the names of the families who live there.

So, as I write this today on February 2 and we just got 15+ cm of snow (we've already been out for our walk) I have to thank Jada for helping me establish some connections on the block. If you happen to see us out and about please say hello and/or ask "Is that Jada?" We'd be happy to stop for a chat. Also if you have any interest in learning more about the Bock Connector program or just figuring out who your nearest Block Connector is please feel free to send me an email and I'd be happy to support however I can.

submitted by **Mark Nicoll**

LH School News



Dear Families of Laurier Heights,
Being new to Laurier Heights School (LHS) this year, I am absolutely honoured to become part of a school with such a long standing tradition of excellence. As evidenced by their spirit, commitment, and passion, Laurier students excel in all they do - academically, athletically, and in terms of citizenship. At LHS, our staff is committed to professional enhancement to support this excellence in teaching and learning. Our goal is to provide appropriate and challenging learning opportunities to meet the needs of all students as 21st century learners. We are dedicated to providing a safe, caring and engaging environment that is conducive to learning at the highest levels.

Laurier Heights School has a dual track program of both French Immersion and English programs from Kindergarten to Grade 9. This provides the opportunity for students to experience the best of both programs - participation in French cultural activities and English programming and events. With a current enrolment of approximately 500, LHS maintains a close-knit community feeling and every student is valued and respected.

Laurier Heights students are challenged to do their best all the time. For the past few years, LHS students from K to 9 have embraced a new technology and coding program taught by members of a local software company. Our junior high has 150 students, and offers a variety of exciting option programs comparable to that of larger schools. In addition, the size of our junior high fosters connections that last a lifetime - we now have former LHS graduates who have current students enrolled at Laurier. Students also have the opportunity to be part of several extracurricular sports teams, as well as other extra-curricular activities that foster these connections and sense of community.

At Laurier Heights School, we prepare our students to become the leaders of tomorrow and we are proud to be a part of this vibrant neighbourhood.

Sincerely,
Lon McMullen, Principal
Laurier Heights School

LAURIER HEIGHTS OUT OF SCHOOL CARE IS LOCATED IN THE SCHOOL BUILDING AND OPERATES SEPARATELY FROM THE SCHOOL. THEY ARE AN INTEGRAL PART OF OUR COMMUNITY AND WE HIGHLY RECOMMEND THEIR PROGRAM. FOR FURTHER INFORMATION ABOUT OUT-OF-SCHOOL CARE, PLEASE CONTACT SHERRI VIOLETTE AT 780-497-1334.

OPEN HOUSE

**K - 9/Junior High
Open House
March 13, 2019**



**LAURIER
HEIGHTS
SCHOOL**

6:30-8:00 PM

**#LaurierLions
#JointhePride**

**8210-142 Street
780.483-5352**



**LAURIER
HEIGHTS
SCHOOL**

JOIN THE PRIDE!

REGISTER NOW FOR K TO GRADE 9

***FRENCH IMMERSION
*ENGLISH PROGRAM
*On-site Out of School Care**

**www.laurierheights.epsb.ca
8210 145 Street * 780.483.5352**



Soccer Registration

**WINTER IS DEFINITELY STILL HERE BUT WE'RE ALREADY
PLANNING FOR THE 2019 OUTDOOR SOCCER SEASON**

Our neighbourhood fields will soon be filled with excited children, with the common goal of being active, learning some skills while they're having fun, and playing soccer with their friends and neighbours. February is Registration Month and your opportunity to get your children involved in this fabulous sport!

The procedure for the 2019 outdoor soccer season has changed from previous years. Registration takes place online beginning February 1st at the EMSA Soccer Portal. You must have a current community league membership (18-****) to register. Community league memberships can be purchased through Christine: membership@lhcl.ca or online at efcl.org

Payments will be made online this year but your registration is not complete until your volunteer and uniform deposits have been received. Deposits for Laurier Heights are only required for players U9-U19. If your child is in a younger age division, you are not required to make deposits,

although you are always welcome to help coach your child's team.

You must leave deposits in person, via cheque or cash at our community registration dates:

- **Sunday, Feb 24th, 2019** from 5-8 pm at Laurier Heights Community League Building, 14405 85 Avenue, Laurier Room
- **Monday, March 11th, 2019** from 6:30-8:00pm at DoubleTree by Hilton, 16615 109 Avenue, Ballroom

Please bring one copy of the player's registration form and the player's Alberta Health Care Card or passport to verify birth date. If you are planning to coach or manage, please bring in a photocopy of any 2 pieces of government-issued ID and your completed Police Information Check and the Third Party Notification.

Please note that until deposits are received, player registration is not considered complete and your child will not be placed on a team. Any payments made after March 11th, 2019 will be subject to a \$50 late



registration fee. Registration fees do not include tournaments; however, they do include team photos.

For all players in age divisions U9-U19, the 2 post-dated cheques required are:

- Uniform Deposit: \$50, one cheque per player, dated for July 1st, 2019 (cheque is shredded upon return of team jerseys to community league)
- Volunteer Deposit: \$150, one cheque per family, dated for December 31st, 2019 (cheque is shredded upon completion of a minimum 3-hour volunteer duty for EMSA or Laurier Heights Community League)

EQUIPMENT NEEDED FOR LAURIER SOCCER PROGRAM:

- Shin Pads
- Black Soccer Socks
- Black Shorts
- Soccer Cleats (not mandatory for U4 & U5, but mandatory for all other age divisions)

SOCCER PHOTOS

The outdoor soccer season is scheduled to begin the week of May 1st. We are scheduled for soccer photos on Saturday, May 4th regardless of potential changes to season start date. (It is likely that our younger teams will not even play before photos.) Our U4 and U5 teams play in house and will not be travelling outside of the community. U7-U11 teams play in the West Zone. U13-U19 teams play city wide.

If you have further questions, please feel free to contact Janice at soccer@lhcl.ca

AGE DIVISIONS FOR U4- U19 (2015 - 2000)		
Birth Year	Age Division	Tentative Days of Play
2015	U4 Mixed	TBD
2014	U5 Mixed	TBD
2013/ 2012	U7 Mixed	Monday & Wednesday (6:15 pm)
2011/ 2010	U9 Boys/ Girls	Tuesday & Thursday - travelling
2009/ 2008	U11 Boys/ Girls	Monday & Wednesday (some Fri)
2007/ 2006	U13 Boys/ Girls	Tuesday & Thursday (some Sun)
2005/ 2004	U15 Boys/ Girls	Monday & Wednesday (some Fri & Sun)
2003/ 2002	U17 Boys/ Girls	Sunday & Thursday (some Wed)
2001/ 2000	U19 Boys/ Girls	Sunday & Tuesday (some Thurs)

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.

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

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.

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

Edmonton Tool Library



WOULD YOU MAKE USE OF THIS SERVICE? Were you aware that Edmonton has a tool lending library? This great resource is based out of the Bellevue Community League, and we are currently contemplating a community membership to give all Laurier Heights Community League members free access to the tool library. If we get enough interest, we will add it to our benefits list! Please send feedback to: membership@lhcl.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 voice: Most importantly, your membership gives you a voice and a vote on community issues. The League represents you on issues arising from local and city developments, policies and so much more.

LAURIER HEIGHTS COMMUNITY LEAGUE

2018 - 2019 Membership Application (valid until August 31, 2019)

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)

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

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

Christine McCourt-Reid
13807 84 Ave • T5R 3W6
membership@lhcl.ca

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**

THANK YOU FOR SUPPORTING YOUR COMMUNITY LEAGUE!

Black-Capped Chickadees

A FREQUENT AND BELOVED BACKYARD VISITOR, CHICKADEES CAN BE FOUND HERE ALL YEAR LONG

The annual Christmas Bird Count provides trend information for species in winter. Since 1906, 119 species have been recorded in Edmonton. 25 species have been seen only once, but the Black-capped Chickadee is the only species seen every year since counts were held. In fact, in 2003 the count for Black-capped Chickadees in Edmonton set a Canadian record.



Chickadees are a tough little bird that does not migrate. During cold weather Chickadees have been found to need twenty times more food than they do in summer. While Chickadees are regular visitors to feeders, over 75 to 80 percent of their winter food supply still comes from natural sources. Their overall winter diet is made up of such animal matter as spiders, dormant insects, and even carrion. But when the temperature falls below -12 degrees C, research has shown that the survival rate of chickadees almost doubled when they had access to feeders, which resulted in an overall higher winter survival rate of 69% versus a 37% survival rate for populations without access to feeders.

They are a favourite feeder bird for many and really enjoy sunflower seeds, as well as suet and even coconut. Have you noticed how ravenously the birds eat at your bird feeders, especially first thing in the morning and just before dusk? Chickadees can gain as much as 10 percent of their body weight each day and lose it all again during a cold winter night.

FUN FACTS ABOUT CHICKADEES

<https://edmonton.wbu.com/chickadee-fun-facts>

- Chickadees usually mate for life.
- Black-capped chickadees keep an eye on the food-finding success of other individuals, if one bird is doing especially well; they adapt their behaviour, whereas unproductive tactics are not copied.
- Chickadees are easily identified by their namesake call "chick-a-dee."
- They are a favourite feeder bird for many and really enjoy sunflower seeds.
- They are inquisitive and found in wooded areas.
- Chickadee's wing beats are about 27 times per second. This compares to a hummingbird's 80 beats per second.
- They are cavity nesters. They will excavate their own nest site in a rotten or decaying wood, use an old woodpecker hole or use a nesting box. Put some wood chips in your nesting box and watch the chickadee "excavate" the chips.
- Usually lay 6-8 white eggs with a light reddish-brown speckling.
- They hatch in about 12 days and fledge about 21 days later.
- Chickadees weigh less than one-half of an ounce.
- The oldest banded Black-capped Chickadee recaptured in the wild had lived 12 years and 5 months.
- Each year in the Christmas Bird Count, Edmonton regularly counts more Black-capped Chickadees than other areas.
- The Black-capped generally sings out a "fee-bee" call while the Carolina Chickadee sings "fee-bee fee-bay;" however, this song is learned and, in overlapping territories, may be learned from the "wrong" bird.



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For more information contact the Registrar @ beregistrar@gmail.com
beplayschool@teuls.net / www.beplayschool.ca



**FAMILY DAY
 CARTOON
 AFTERNOON
 & POTLUCK
 DINNER**

Monday, February 18
4:00 p.m. (Cartoons)
6:00 p.m. (Potluck Dinner)

Spend Family Day with your friends and neighbours! Join us at the hall for a fun afternoon of retro cartoons on the big screen, followed by our monthly neighbourhood potluck party.

Popcorn will be provided, but please bring your own drinks for the afternoon viewing. Adults can enjoy our complimentary wine offerings at our family-friendly dinner following the cartoons.

We require volunteers to help make popcorn for the afternoon. Please contact programs@lhcl.ca if you can help for a bit.



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This communication is not intended to cause or induce breach of an existing agency agreement.

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- Playschool (4 year olds)

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LHCL Community Calendar

FEBRUARY

- 7th A.L.I.V.E. Laurier Heights 'Choir'
- 11th BOD Meeting
- 11-15th Random Acts of Kindness Week
- 18th Family Day: Cartoon Matinee & Potluck
- 20th Canterbury Games Night
- 21st A.L.I.V.E. Laurier Heights 'Choir'
- 21st Block Connectors Gathering
- 24th Outdoor Soccer Registration 1:00 - 4:00 pm
- 28th Neighbourhood Conversations:
Neighbourhood Watch

FEB 28 - MAR 1: TEACHERS' CONVENTION

MARCH

- 6th Women & Wine on Wednesdays (WWW)
- 7th A.L.I.V.E. L.H. 'Choir'
- 11th BOD Meeting
- 15th Community Potluck Board Game Mixer
- 19th Block Connectors
- 20th Canterbury Games
- 21st A.L.I.V.E. L.H. 'Choir'

MAR 25 - MAR 29: EPSB SPRING BREAK

APRIL

- 27th Spring Clean-up (buildings and grounds)
9:00 am - 1:00 pm

MAY

- 11th East Coast Kitchen Party

JUNE

- 7th Laurier Heights School Run Raiser
- 27th Last Day of School Potluck &
Ice Cream Social

FALL

- September 14th
Harvest Fair and Beer Garden
- November 23rd
Holiday Cocktails & Silent Auction
- November 30th
Cookie Walk & Holiday Kick-off

WEEKLY EVENTS

Art Group

Monday & Thursday afternoons

Free Community Swim (membership card required)

Sundays, 5:00 - 7:00 pm, Terwillegar Rec Centre

Community Wellness

Various times

Nordic Walking

Wednesdays @ 9:30 am

Play Group

Fridays, 9:00 - 11:00 am

Neighbourhood 'Church': Prayers and Ponderings

Potluck Sundays, 10:00 am - noon

Laurier Heights Community Choir

1st & 3rd Thursdays | Canterbury Court Chapel
2:45 - 4:15 pm; all welcome!

MONTHLY EVENTS

Book Club(s)

Block Connector Gatherings

Community Potlucks

Canterbury Games Night

3rd Wednesday, 6:30 - 8:00 pm, Canterbury Court

Talking Gardens

(Spring-Fall)

WWW (Women and Wine on Wednesday)

Talking Gardens

(Spring-Fall)

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