

LAURIER HEIGHTS NEWSLETTER

Summer 2020



2020/21 Memberships Now Available See pages 20-21 for details

SOCCER UPDATE: Edmonton Minor Soccer Association will be sending out new information in an email later this week.

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

WELCOME TO OUR DIGITAL-ONLY SELF-ISOLATION NEWSLETTER

Dear Neighbours,

I am so thankful for the numerous examples of neighbourliness and the community of care evident in Laurier. While we grieve with one another as we experience so many losses—health, jobs, freedom of movement, cancelled or postponed events and activities---we also wonder what this experience may be teaching us. What are we noticing as we are ‘sheltered in place’? What are we learning? And what from this experience do we want to bring with us into the post-pandemic ‘normal’?

One neighbour mentioned that she and her family had come to realize that the real heroes were not the professional sports players that they had devoted so much time to in the past, but the delivery truck drivers (one happened to be driving down the street at the time), the grocery clerks and health care workers.

Another commented on how wonderful it was to have time to connect with neighbours, some of whom they’d never met before. They explained, “when we come out of this, we want to have our neighbours over instead of our usual group.”

As we’re being more present in our neighbourhood, I have been hearing and observing that we’re also discovering:

- The value of not being so busy! We’re appreciating having the space, time and energy just to hang out, reflect, linger over a family meal, enjoy a long leisurely walk.
- The impact that less driving around has on the environment... birds are singing louder, skies are clearer and so on. Perhaps our actions really can make a difference when it comes to climate change!

- The significance of neighbours! From our Next-door app ‘help map’, to sharing grocery trips, baking and other resources; to encouraging one another with window and sidewalk art to SD gatherings on our front lawns and driveways; to neighbours taking time to talk with one another as they walk, scoot or ride by... In all these ways and more, we’re communicating to one another, that we see each other, that we’re in this together, this this is our home and our sheltered place.

- That we can be together, creatively—our book clubs and other groups are meeting online. Our children are finding ways to be together apart on a bike ride or in adjacent driveways. We’re having walk- and drive-by birthday, anniversary and other celebrations with front yard decorations, songs and dances, 2 meters apart. They’ve been so much fun and in one instance the family felt that it was a better birthday party than they would have had if things were ‘normal’!

- That we can still support one another, and especially those who are more vulnerable and/or socially isolated, as a community. We can and in fact are doing so, through collecting and sharing resources, making donations, and offering neighbour to neighbour help often facilitated by our amazing block connectors.

Thank you, Laurier, for being the caring, generous, creative and engaged neighbours that you are. Let’s continue to pay attention to, share, celebrate and appreciate our abundance in the midst of covid and as we look forward to nurturing an even better place to live for all, in the future.

Stay safe and well, dear neighbours!
Yours sincerely,
Karen Wilk

Donna McLeod-Huynh Shares How Block Connecting Continues Even in Pandemic Times

Living life mid-pandemic is something we've all had to learn how to do lately. So much has changed in the basics of our day to day and in the intricate planning for our futures. Clearly, everything you ever wanted to read or watch about living through COVID-19 is at the ready. We know what we need to do and so, we are figuring out how to do it.

We also all have opinions about how to do it well, that actually differ significantly among us. Whether we are imbued with an extreme sense of authority over others; reporting the stranger coughing near the grocery carts, the group of kids bike-riding too closely, or perhaps we have been that stranger or those kids. We are all just doing what we think we can, or should, or need to do. Regardless, our learning and living with Covid-19 seems to be happening with trust, compassion and empathy towards our neighbours.

What block connectors have observed in Laurier Heights over these past months is a remarkable current of neighbourliness that is elevating the importance we place on where we live, and who we live among. Examples of caring for each other are innumerable- from the increasingly essential "stop to chat" on our walks, to pop-up

concerts, chalk messages, food bank drives, ZOOM cocktail hours, shopping, sewing, gardening or fixing things for each other, virtual book clubs, sharing sourdough starter, mailbox notes, random bread deliveries, supporting local businesses, organized dance pick-me-ups, SD hangouts in yards, green spaces and gazebo park, book, toy and puzzle exchanges, and on and on it goes.

Building connections is a universal human need and neighbourhoods are one of the most important human communities in our lives. We are discovering this to be true now more than ever. Across the country we have seen countless examples of neighbours building meaningful connections amid this crisis. Nextdoor, for example- the hub for trusted connections and the exchange of helpful information- has been one place to observe kindness and the spirit of goodwill towards our neighbours. Get the app if you haven't yet.

It was Margaret Wheatley who said "whatever the problem, community is the answer". Thank you to all of our Laurier Heights Block Connectors- and for everyone else who is living a more neighbourly life.

#Weareinthistogether

#WEAREINTHISTOGETHER

Isolation Reflections

SUBMITTED BY FRED & NANCY ROGERS FAMILY



IT IS BEYOND RARE TO BE GIVEN THE OPPORTUNITY TO RELIVE, TO ACTUALLY EXPERIENCE AGAIN, WHAT HAD BEEN THOUGHT TO ONLY EVER BE BUT A BEAUTIFUL MEMORY.

The consequences from self-isolation provided our family with such an extraordinary and unexpected event. When we settled in Laurier Heights in 1962 it was a very different place. Apart from the very small Storyland Valley Zoo and the Laurier Park picnic grounds, the district was surrounded by untouched ravines and a pristine river valley. Since 1969, much of the west ravine was lost to zoo expansion and the Blackmud and Whitemud Creek ravines were destroyed for the Quesnel Freeway and Fox Drive. The perpetual rumble and thrum of freeway traffic reverberates throughout the river valley now, a constant audible presence that commands acceptance.

Except when it is forced to abate! With self-isolation, early morning traffic on the Quesnel Freeway is often negligible



to non-existent. Total, absolute silence. Open the front door and be welcomed with the gentle morning twitter of birds exhilarating in their echoes of song cascading in the silence of their river valley surroundings. And we remember that this was the natural aura Laurier residents took for granted in the 1960s.

It was living in the countryside, surrounded by the sounds of nature and silence and peace. What comforting moments again and beautiful memorializing of the past – this natural quiet of the river valley is permitted again for a brief time to be what it was meant to be.

STORYLAND VALLEY ZOO, CIRCA 1960S (CITY OF EDMONTON ARCHIVES)



FLASH MOB FOR A FRIEND

Living through this unprecedented time in history has been a strange experience for many of us. Living through it as a person with a compromised immune system has been uniquely challenging. After I had to undergo an emergency surgery in the first week of February, I spent most of February and half of March in the hospital, recovering from the complicated side effects of living with rare cancer and the subsequent treatments. Living in Laurier Heights has been a saving grace for me; with neighbours who are like family, I have been cared for in beautiful ways since the beginning of this cancer journey in 2015.

Coming home from the hospital only to be confined indefinitely due to COVID-19 was a hard pill to swallow, though – I’m an extrovert by nature, and love to be out and about in the neighbourhood, visiting and connecting with people. I admit, by April 1, I was feeling pretty blue about it all. It’s easy to lose focus on the long term picture when the short term situation is so complicated. On April 1, my husband told me I should probably come sit by the kitchen window – I was in the middle of a task, so I answered with a touch of impatience, truth be told. Yes, we have beautiful wildlife to watch and lovely sunsets from that vantage, but I had to finish what I was doing! He persisted. “No, really, you should come sit up here for a minute.” I did so, and my first clue that this wasn’t about observing nature was when I saw my neighbour Allison run into view with a speaker pumping some music. She was joined by a couple of other neighbours and they started in



on an aerobics-type of dance routine to the music. My jaw dropped and I started to laugh in delight. Another lady joined, and another, until there were almost a dozen of them, jumping and dancing in synch – carefully spaced apart, of course. It wasn’t a warm night, by any means, and their breath came out in little clouds as they performed their well-rehearsed number. David and I jumped and danced from inside, chuckling as we did. As the song drew to a close, the ladies turned around to reveal letters spelling out “We love Julie” affixed onto their backs. With tears in my eyes, I shouted out my love and appreciation through the window. My gratitude for each one of these special women lifted my spirits and my heart during a hard time.

This beautiful act of kindness spread like ripples through a still pond – when I posted about it online, I was contacted by several news agencies who wanted to share a feel-good story. I think people are seeking ways to connect like never before, as we have spent many days ‘distancing’ from neighbours, family and friends to try and keep a virus at bay. While we may be socially distancing, it doesn’t mean we have to stop connecting. It just means we have to be creatively connecting. Our book club has been meeting through zoom, as has our neighbourhood church, and I find the conversations to be just as meaningful. I have had special visits in the yard or driveway, or just chatting from one sidewalk to another as neighbours walk by. We have communicated hopeful messages by hanging crafts in our window and through sidewalk chalk. It may be a difficult and complicated time in history, but instead of withdrawing and staying apart from one another, I find many of us have drawn together in the ways we can, and I’m so grateful for it. We’re all in this together.

Thank You

Since moving to Laurier in 2014, I was drawn to the sense of community and connection that has been so well established here over the years. My family and I have enjoyed attending community potlucks at the hall, block parties, fundraisers, soccer in the greenspace, roaming dinner parties, serving dinner to those less fortunate, book clubs, shared dogsitting, crappy dinner parties, games nights, Mother's Day front lawn mimosas, road hockey games – the list goes on. It confirmed that we made a great decision in moving to Laurier.

At 4:30 am on April 5, I awoke to the sound of breaking glass and quickly realized our house was on fire. We mobilized quickly and all (Goldendoodle too) got out of the house safe and sound. However due to the extensive smoke damage, all contents of the house were lost. The dog and my boys (14 and 16 years old) ran out of the house and were immediately greeted by our neighbours (The Campbells) and quickly taken inside their home where they were given fresh clothing, a hearty homemade breakfast and a place to lay their weary heads. More so now than ever, I am so grateful that we got to know our neighbours over the years and my boys knew where to go for safety. The morning was a blur (and it still is), but I am blown away at how quickly and generously my extensive Laurier family responded to our needs. WOW!!! We are so appreciative for the clothing donations, the food drop offs, the toiletries, the search for a rental house and the **overwhelming** show of support. From the bottom of our hearts, **THANK YOU!** You know who you are and how profoundly grateful we are for your support and love.

I encourage all of you reading this to take the time to

1. **Introduce yourself to your neighbour(s)**, and
2. **photograph each of your rooms**: open the cupboards and take stock (literally and figuratively) of what you have. If the kids are looking for a COVID school project, have them take pictures of all their belongings! You never think it will 'happen to you'.

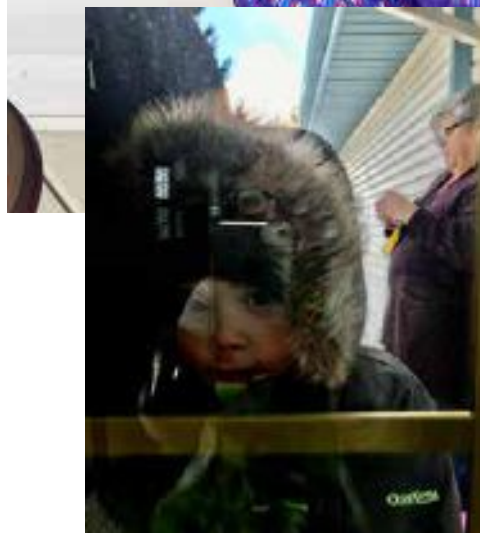
I knew that I lived in a neighbourhood of people that truly cared and looked out for one another but have now experienced it first hand! Thank you again!

Take care of yourself and each other.
The Boileaus

COOKIE WALK CONTRIBUTORS

THANK YOU TO ALL OUR COOKIE BAKING VOLUNTEERS

Ainsley Brown
Andrew Whistance-Smith
Avau Fast
Ayla Akgungor
Canterbury Court
Cara Kaup
Carol Billey/Laurie Murray
Carol Hutchings
Catherine Sinclair
Christine McCourt-Reid
Donna McLeod-Huynh
Gaylene Borgstede
George Stepney
Gillian Dompé
Helen Richards
Holly Paull
Janet Clark
Janice Haugjord
Jean Matsuda
Jennifer Mich
Jennifer O'Dochartaigh
Joanne Gray
Julie Rohr
Karen Wilk
Katelyn Eadie
Kylan Parrott
Laura Fitzgerald
Lisa Clarkson
Liz Herbert
Lynn Dale
Marie Bruseker
Mary Skekmar-Cole
Merle Taylor
Michelle Lacoursiere
Pat Pier
Sandy Brown
Sandy Lavoie
Sandy Mah
Sarah Laary
Shannon Dompé
Sharman Armfield
Sharon Jeske
Sue Lord
Susan O'Loughlin
Teresa Melton
... and all our anonymous bakers!



Easter Visit

submitted by: Carol Williams

Easter Sunday Porch Visit with family. I knew they were coming so I decorated my front porch for Easter. Note the hand sanitizer at the front of the table! Pics are of my sweet niece and nephew who found Easter treats for them on the table. Enjoy!

A QUARANTINE BIRTHDAY TALE

submitted by: **Traci Bednard**

Ella turned 11 on April 23. One of the moms of Ella's classmate – and our friend – helped us to brainstorm a couple of good birthday ideas. In addition to a surprise zoom chat, we sent a note to our neighbours and Ella's classmates and others to invite them to secretly drop off a Happy Birthday sign on our front lawn the night before her birthday.

We were careful in our invitation to let folks know that it was just an idea and that we didn't want people to feel obligated or feel like it was another stressor in an already stressful time. If they could do it great, and if not, no worries.

Drive-bys have been a great way to celebrate, but this was something people could schedule to make and drop off on their own time (we asked folks to drop off any time after 7:30).

We also liked it because it gave Ella's friends and neighbours a little project to do together with their families. And we had lots of fun with families sneaking over and picking their spot in the lawn to plant their sign.

And of course, all of this maintained social distancing.

To keep the secret in the house, we had to use a little trickery with Ella. We put up Ella's art on the windows so she couldn't see out; we said it was just to decorate.

We also had to keep Ella from the front yard and away from the conspiring families sneaking to drop off the signs.

On her Birthday, Ella woke up and we took her outside to see the signs and it was a GREAT surprise and just so fun. Neighbours, family, classmates, and Ella's dance school Darlene's Dance had all left their own creative happy birthday sign.

'On my birthday I went into my front yard and saw a bunch of well made signs! I loved looking at every thoughtful sign (even though one said happy 6th birthday! A neighbour heard there was a birthday and even though they didn't know me made it!) It was very thoughtful of everyone to come out at night to do this for me! And especially because this virus is making it even more harder to get places! Thank you everyone! Can't wait to see you in person!'

– Ella Hudson

We left the signs up for a couple of days because it was a fun thing for Ella – and also the neighbourhood walkers to stop and read along their way.

TIP: Leave lathe, duct tape, a hammer and a box of gloves for people to use in case they don't have a sign brace to use to put into the lawn.



Families Creatively Engaging and Connecting While We're Sheltered in Place

As a family, we have been spending a great deal of time outdoors since the middle of March. On our daily outside adventures we have discovered a great deal of tucked away gems... and some mysteries! Such as this vehicle on one of the back wood trails above the off leash area: does anyone know anything about it? Karen (Wilk) says that her and her kids have been asking the same questions and making up fantastical stories about it for years. How did the abandoned car arrive in the river valley, how old is it what is the history behind this? If anyone, knows, please email, net@lhcl.ca so the mystery can be solved!

I took this photo of our kiddos at afternoon 'bike club.' What a gift it is to have time together to marvel at our environment as it changes from winter to spring...Clark, 2 years old, called these beauties 'lobster buds.' We feel incredibly blessed to live so close to the river valley. Each day we have opportunities to discover new trails and make new memories in nature.

– The Pettersons



Editor's Note: Did you know there are two different abandoned car locations in these trails? Have you find both spots? Geocachers should have some luck finding the truck pictured here.



David took this photo a couple of days ago. Just a little example of our Laurier neighbours spreading some cheer.

– **Amanda Hansen**



Homeschooling is off to a good start, especially now that the weather is getting nice! Nothing beats doing some school work in the backyard, in your swimsuits! The highlights of our days are seeing all of our friends and neighbours walk by our house or greeting them from afar when we are out on our neighbourhood adventures. These sightings and little visits makes this challenging time much more enjoyable! Thank goodness for friends and neighbours!

– **The Yohemas Meltons**



A Chance to Give Back to our Seniors through COVID-19

THEY SAY IT TAKES A VILLAGE TO RAISE A CHILD.
BUT HERE AT CANTERBURY FOUNDATION, WE KNOW IT ALSO
TAKES A COMMUNITY TO PROTECT, SUPPORT AND VALUE ITS SENIORS.

Canterbury Foundation has worked hard to protect our residents through this crisis but now more than ever, Canterbury needs to lean on our community to help us continue providing the best life enrichment we can, for the remainder of this unprecedented time.

Since the onset of the COVID-19 pandemic, Canterbury staff have worked diligently to take early and aggressive measures to protect the safety and health of all seniors who call Canterbury home. From a health care perspective this has meant isolating ourselves.

"We have an amazing team at Canterbury Court and we're all working together with AHS, residents and families to see each other through this crisis," says Canterbury Executive Director, Wendy King. "From early in the process, our preparedness has been key. Our team has met every day to adjust our response. As soon as COVID became a reality in Alberta, we became vigilant with safety protocols for staff and residents, locking down access from visitors and putting all precautions in place."

While these changes were necessary, and have been successful in preventing COVID from entering our walls, the mental and emotional health of our residents is important too. We have taken several steps to ensure our seniors remain connected to you - our community. And the community has responded in kind, lifting the spirits of our seniors in numerous ways.

On April 8, a delivery of 300 greeting cards were handed out to seniors, handmade by three Edmonton teens, with the help of their mom and crafter Cyndi Lizee.

"Teens don't always think about how things affect others, and I think in these times they need to understand that everyone is affected by the changes to the world going on around them," says Cyndi. "We had many hours of laughter and enjoyed each other's company as we crafted and created."

"Residents were very grateful that someone from the community was writing them, sending some wonderful and powerful messages," says Canterbury Resident Experience Manager, Mbalia Kamara.

18-year-old Katie, 16-year-old Becca and 15-year-old Jessica were thrilled by the reaction. "When I heard that people really appreciated them, and that many hearts

were touched because of what we did that made me feel really proud of what we accomplished," said Jessica. Another lifeline to family and friends has come with the introduction of Canterbury's new video call program. Residents and their families can book appointments and staff assist in setting up video chats on tablets with loved ones.

"It is vital for residents to feel like they are not forgotten and I think it's important for them to have conversations over the phone with their loved ones, but I think it makes even more of an impact when they can see the face of their family members."

MBALIA KAMARA

It's a program that brought smiles to the face of Canterbury resident Mary Palmer. On April 15, Palmer celebrated as her great-granddaughter was welcomed into the world. The little one's arrival came just five days after Mary rang in her 100th birthday. Palmer's granddaughter, Caitlin Sprockreeff, was able to introduce the little one over a video call.

"Nan's not always the easiest when it comes to talking online, but she was beyond excited," Sprockreeff said, announcing they were naming the baby 'Palmer' in Mary's honour. It's been small but impactful moments

like these that have shaped these past weeks in isolation for Canterbury residents.

"It has been quite a shift in terms of how we're leading programming but our team has been very creative in how we're engaging the residents," says Kamara. "We're seeing a lot of one-on-one interactions with residents especially when it comes to coaching them on using computers. This has been a great opportunity for us to assist them in exploring google or checking out virtual tours."

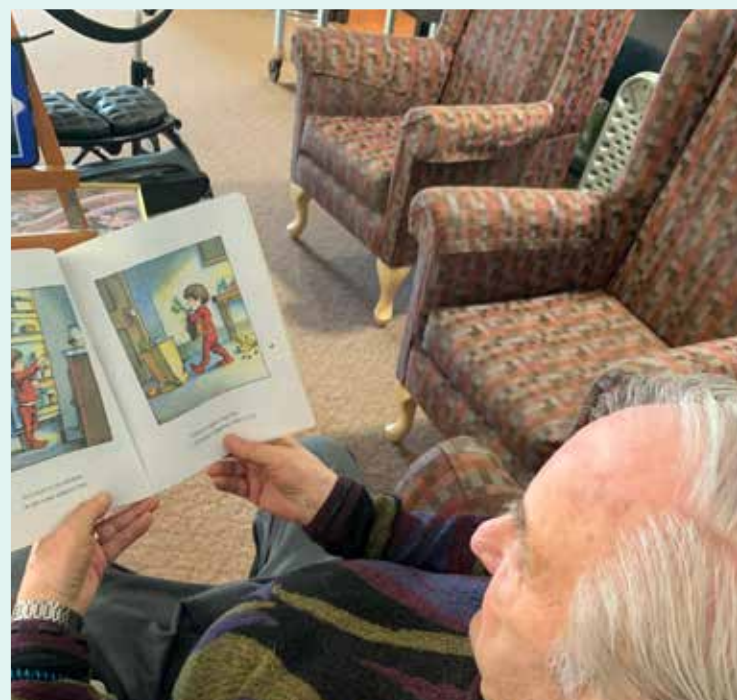
Whether it's a special birthday cake made by Executive Chef Ajay Lala and his dietary team, or a chance for a retired Assistant Superintendent to read a children's book to a kindergarten class over Google classroom, Canterbury is doing everything it can to keep spirits lifted and ensure residents are cared for and able to participate in a meaningful way with community during this difficult time.

"We are still engaging with residents as much as possible. Community members have gone above and beyond too, from the school across the street decorating the bushes for Easter, to grandchildren of residents sending postcards or coming to talk to their loved one through the window," says Wendy King. "Through the bad of this crisis, we see a lot of beauty and good too. There's a coming together, 24/7 to work with each other and take care of one another."

Executing more and more programming to keep our senior's connected in a safe yet fulfilling way, has come with unforeseen costs in increased staffing, time, equipment and support. We believe these additional measures and programs are critical and we wish to keep being innovative in providing more opportunities for family and community to come together safely.

As a not-for-profit, Canterbury is now looking to the community for support to continue keeping seniors safe, healthy and connected during the pandemic. We hope you will stand with us and help us support our valuable yet vulnerable seniors.

To lend a helping hand please visit www.canterburyfoundation.com and click on 'Donations' to support programming for our most vulnerable amid COVID-19. We can get through this together as a community.



WISE WORDS TO UPLIFT YOUR SPIRITS

Anna Mowat reminds us to, "Remember every day is a new day. We should try to be kind to each other and to help each other out, have a smile and keep each other's spirits up."

Maurice Bourgin says, "Try to cope, you are better off coping than rebelling!" Maurice relaxes by reading the paper, doing crossword puzzle books, and keeps busy with his computer. "I get emails that I read and reply to, I also have a tablet and play card solitaire."

For **Sandi Skakun** it's all about the outdoors. "I love getting outside," she happily reports. "We are very fortunate here because I can go out and do circles in the courtyard. I get a real good work out and fresh air and feel like I've done something!"

Alexandra Munn enjoys playing the piano for her colleagues often on a daily basis. She believes in a good sense of humour. "Even if you have to come up with a terrible joke, like one you remember from 10 or 20 years ago, it's mostly for yourself to feel better too." She adds with a laugh, "Now I shouldn't say anything more... I'm Irish!"

Frank Haley notes: "History is wonderful to study and the more I read about history the more I am impressed how we people have survived. And we will through this." He adds, "As they say in England...Keep a stiff upper lip!"

Tom Houlihan sends a wonderful message that, "Life is what you make it, you have to be in a happy state so that people want to be happy with you." One of his favourite sayings drawn from Martin Luther King sums it up: "Stay strong, stay happy and stay safe and we shall overcome!"

You may have seen some of our Canterbury friends appear on Global TV recently, as part of a wonderful new segment called "Wise Words." Our seniors get a chance to share some positive advice and words of encouragement during these difficult times.

Like many seniors at Canterbury, **Doreen Losie** overcame many challenges growing up living in the depression, working during World War II, and raising a family during the Polio epidemic. She's learned to cope over the years and offers this advice: "Keep busy, keep a positive attitude, keep isolated as much as possible to stay healthy. Count your blessings and dwell on the positives not the negatives. And when you wake up in the morning smile and think "Hah! Another Day!"



We wish to thank all our senior's for sharing their life experience and wise words with all of us!

THE LAURIER HEIGHTS ART SOCIETY HAS BEEN TAKING THE TIME TO WRITE AND SHARE THEIR 'MEMORY STORIES' WITH CANTERBURY RESIDENTS. HERE ARE A COUPLE FOR YOU TO ENJOY AS WELL.

MEMORY STORIES

My name is Helen and I'm an original member of the Laurier Heights Art Society which has now been meeting for over 25 years! My late husband and I have lived in this neighbourhood for over 60 years. Tom died just a few months ago on Dec.29, 2019, just 9 days before what would have been his 104th birthday.

Decades ago, the motorcycle club used to ride the paths on the hills above the zoo. And many a wiener roast and hay ride were held in that area. At that time, they were just building the Parkview bridge! We walked our 2 Springer Spaniel dogs where the Manor is now, and it was all bush then!

I have windows in every direction in my home which is right by the Laurier Heights tennis courts, near the Community hall. Each direction provides me with something – lots to enjoy looking at:

WEST WINDOW

Our kitchen looks west and after the 20cm of snow last week the backyard looked like a lovely soft white blanket . I was putting together our art club's favorite bean pot and taking in the view, especially all the different sizes of animal foot prints in the snow, some large some small. I think the rabbits or squirrels have a home under the big cedar tree by the garage.They don't leave the way they came so there must be a hole in the fence somewhere. Sometimes when someone has to run after their dog, I see human tracks as well.

EAST WINDOW

The rabbits' coats are turning from white to brown and on the nice sunny days they have morning naps where the sidewalk is warm. From our front window you can see your new building where workers were busy on the roof last Friday .Can't believe how fast it is going up! By now you can guess I live over by our beautiful park surrounded by large trees of all kinds.

SOUTH WINDOW

A lovely flowering plum tree with large branches grows outside this window. It is a playground for the birds and squirrels. I even saw a baby squirrel playing with its mother out there. On a warm day recently, a mother bird with a fat tummy sat for the longest time enjoying the day. They have eaten all the berries but they keep pecking at the bark for little bugs.

NORTH WINDOW

This window looks out on our big community league park and playground where you hear happy voices all summer long and of course young and old playing tennis. There are beautiful colors in this direction all year round. Soon we will be planting our pumpkin seeds in the garden. It's surrounded by a wire fence so that the sun can shine through longer. During the summer cars stop to show their children how carrots, potatoes and a large pumpkin grow.

"I hope you enjoy my story about living in Laurier Heights.

P.S. Don't forget to look out your window!"

submitted by:
Helen Richards

MEMORY STORIES

It Is Never Too Late to Learn

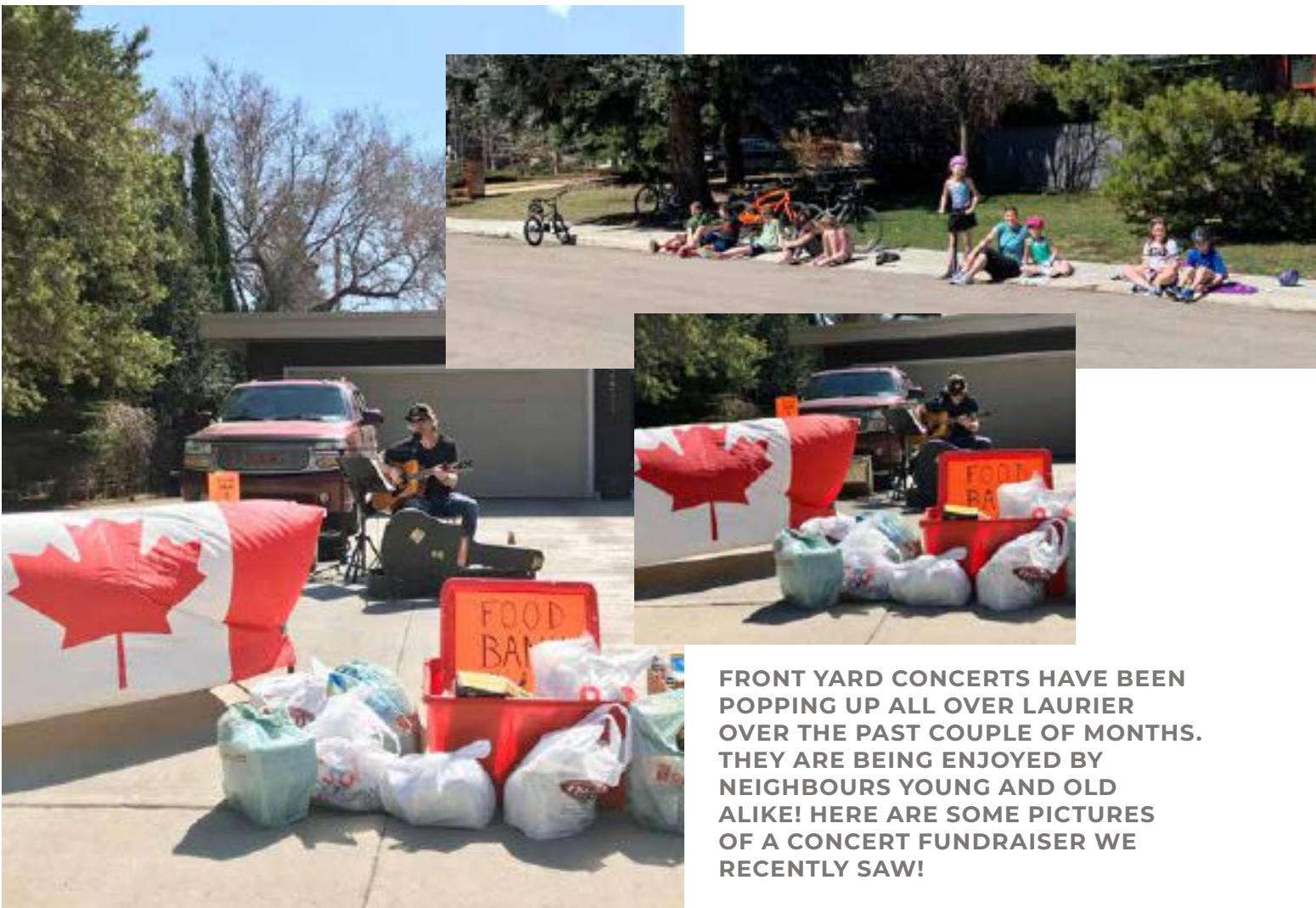
I started to paint when I was over 65 after I retired. When I was in elementary school I liked art. I was fortunate to win a scholarship in 2 successive years, which allowed me to take art classes at the Montreal Museum and Art Gallery for a number of the winter months with kids from many schools. I don't remember much about those sessions, except we sat on the floor on long rolled out brown paper. We couldn't take any of our paintings home. We also did some clay sculpturing, but didn't "fire" the pieces, but we could take them home.

Now back to today. I read books on painting and watched TV painting shows. There were 4 or 5 of us on Saturday mornings. Then I was invited to join The Laurier Heights Art Group. I have been been with the group for over 25 years. I painted in Oils until my wife and I moved into an apartment at which time, I changed to Watercolours. Last September, I switched to Acrylics. And I went back to Watercolours in January!

We have some excellent painters in the group and we learn from each other. We also socialize and have a lot of fun. Sure miss it. Looking forward to getting back to our regular painting times whenever that might be.

*submitted by: **Lloyd Jones***

CONCERT FOR A CAUSE



FRONT YARD CONCERTS HAVE BEEN POPPING UP ALL OVER LAURIER OVER THE PAST COUPLE OF MONTHS. THEY ARE BEING ENJOYED BY NEIGHBOURS YOUNG AND OLD ALIKE! HERE ARE SOME PICTURES OF A CONCERT FUNDRAISER WE RECENTLY SAW!

MAY 2020

LHCL NEWSLETTER

INFILL RESOURCES

from the LHCL Civics Team



CLICK THE FOLLOWING FOR
LINKS TO:

**[THE CITY OF EDMONTON
RESIDENTIAL INFILL
GUIDELINES](#)**

**[INFILL IN YOUR
NEIGHBOURHOOD: HOW TO
RESPOND TO DEVELOPMENT
NOTICES](#)**

**[CITY OF EDMONTON GUIDE
FOR BEST PRACTICES FOR
RESIDENTIAL CONSTRUCTION](#)**

**[2020 NEIGHBOURS OF INFILL
SURVEY FROM THE
RESIDENTIAL INFILL
WORKING GROUP](#)**

The City of Edmonton Industry Infill Insights Symposium

The City of Edmonton was scheduled to host its first-ever Industry Insights Symposium on March 26, 2020. In alignment with the City's COVID-19 response, this event was cancelled.

The good news is, the city will now be hosting these sessions online. They have repackaged these sessions to take place through a digital platform. Using Google Hangouts, a video platform, participants will be able to tune in and hear from expert panelists and City of Edmonton staff on how to enhance and improve your infill developments. These events are FREE and open to the public.

**[CLICK HERE FOR MORE INFORMATION AND TO
REGISTER FOR THESE SESSIONS
RUNNING NOW UNTIL MAY 26, 2020](#)**

The LHCL Civics Team is a group of residents and volunteers from our community whose goal is to be a source of information and resources for our residents, as well as being a positive, proactive voice in regards to the direction, development, and evolution of our wonderful community.

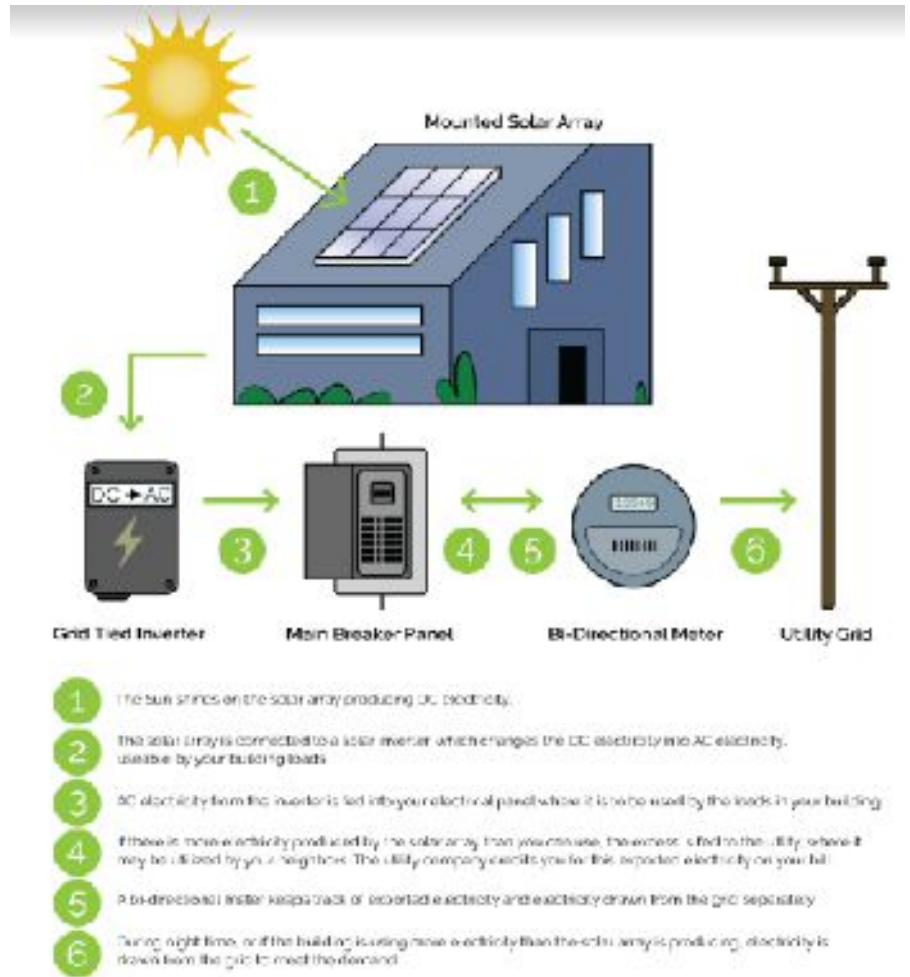
Facility Update

We are excited to announce that we will be getting a 40.8 kw solar array installed on the metal roof of the new Laurier Hall! This solar installation is expected to offset 99% of our annual electrical usage. This will not only reduce our CO2 emissions by 24 tonnes per year, but we will now be faced with significant utility cost savings for our community for decades to come.

We have qualified for a rebate from the Alberta Municipal Solar Program that will cover approximately 42% of the total project cost, and we are actively pursuing additional grant funds to make the project even more affordable.

Stay tuned for more.

The image below shows the proposed placement of the solar PV modules on the building.



Prevent the spread of COVID-19 in 7 STEPS



- 01 Wash your hands frequently
- 02 Avoid touching your eyes, nose and mouth
- 03 Cover your cough using the bend of your elbow or a tissue
- 04 Avoid crowded places and close contact with anyone that has fever or cough
- 05 Stay at home if you feel unwell
- 06 If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07 Get information from trusted sources

SOURCE: WORLD HEALTH ORGANIZATION

Relaunching Sports, Playgrounds and Open Spaces

Edmonton

The City of Edmonton is taking a phased and balanced approach to relaunch efforts. Starting Friday, May 22, playgrounds, skateparks, tennis, pickleball, volleyball and basketball courts, disc golf, outdoor fitness parks and athletic tracks will begin re-opening.

SPORTS FIELDS / ATHLETIC TRACKS

What Can I Do?

- + Sports training, dryland training, skills practice

With my household or cohort, games of:

- + Baseball, and other diamond sports
- + Football
- + Cricket
- + Lacrosse
- + Soccer
- + Rugby
- + Field Hockey
- + Ball Hockey

What Can't I Do?

- ✗ League play
- ✗ No scrimmages or pick up games with people outside your family or cohort

How can I do things there?

- + Take measures to ensure no accidental contact between participants
- + Make sure participants do not touch the same ball or equipment with their hands
- + Bring my own hand sanitizer and water

SPORT COURTS

What Can I Do?

- + Tennis, singles
- + Pickleball, singles
- + Disc golf

With my household or cohort:

- + Tennis, doubles
- + Pickleball, doubles
- + Badminton, doubles
- + Basketball
- + Volleyball

What Can't I Do?

- ✗ League play

How can I do things there?

- + Bring my own marked equipment to play with (e.g. marked tennis balls) and only touch that equipment
- + Come back another time if the courts are busy, or try another court
- + Bring my own hand sanitizer and water

SPRAY PARKS

- ✗ Spray Parks are closed for 2020

PARKS AND OPEN SPACES

What Can I Do?

- + Picnics / barbecues
- + Use the trails
- + Paddling, singles
- + Kicking a ball
- + Informal stick sports (e.g. shooting, passing)

With my household or cohort:

- + Frisbee
- + Lawn Bowling
- + Horseshoes
- + Bocce ball
- + Paddling

How can I do things there?

- + Consider wearing a mask to limit the risk of spread to others
- + Bring my own food, drinks and utensils
- + Bring my own hand sanitizer
- + Take measures to ensure no accidental contact between participants
- + Make sure participants do not touch the same ball or equipment with their hands

SKATEPARKS

What Can I Do?

- + Skateboarding
- + BMX riding
- + Push scooters
- + Inline skating

How can I do things there?

- + Wait my turn to use ramps, bars, etc.
- + Consider wearing a mask to limit the risk of spread to others
- + Bring my own hand sanitizer and water

WHAT ARE THE RULES?

- + Gather in a group less than **50** people
- + Maintain **2 meters** from others not in my household or cohort
- + **Only share** common equipment with my household or cohort
- + Stay home if I am experiencing symptoms (**go home if I develop symptoms**)
- + **Wash or sanitize my hands** and cough/sneeze into my elbow or a tissue
- + **Disinfect equipment** before and after use

(in accordance with CMOH Orders 18-2020, 20-2020 & 07-2020 and Guidance for Outdoor Recreation and Playgrounds)

2020-06-22

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

Why Become a Member?

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

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

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

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

Community Leagues are (and always have been) completely led by citizen volunteers – your friends and neighbours! Community leagues are an excellent training ground for future leaders in a wide variety of industries, including government. Several of our current city councillors got

their start as community league board volunteers! Volunteering in your neighbourhood is an excellent way to develop new skills and make new friends.

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

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

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

GOODS & SERVICES DISCOUNTS AVAILABLE TO EFCL MEMBERS:

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

MEMBERSHIP FEES SUPPORT:

Maintained community spaces: Community Hall, skating rinks, playground, splash deck, tennis 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.

LAURIER HEIGHTS COMMUNITY LEAGUE

2020 - 2021 Membership Application (valid until August 31, 2021)

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)

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



WHAT COVID CANNOT DO

It **cannot** cripple love,
 It **cannot** shatter hope,
 It **cannot** corrode faith,
 It **cannot** destroy peace,
 It **cannot** kill friendship,
 community or
 neighbourliness
 It **cannot** suppress
 memories,
 It **cannot** silence
 courage,
 It **cannot** invade the
 soul,
 It **cannot** steal eternal
 life,
 It **cannot** conquer the
 spirit.



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DOWNLOAD THE APP FOR EASE OF USE!

LAURIER HEIGHTS BUILDING SOCIETY

LEAVE YOUR MARK IN THE PARK

The Laurier Heights Building Society is offering a FINAL opportunity to engrave your family name on a brick in the community park.

In the fall there were 14 bricks left, and there are only 6 remaining!
NOW is your time to make a Mark in the Park.
 Your contribution will add to a memorial which started as a millennium project.

Bricks are \$350 each.
 For more information, please email
vicepresident@lhcl.ca

Brick purchases are tax deductible; income tax receipts provided upon request.



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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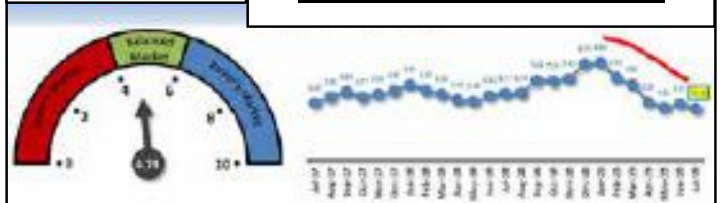
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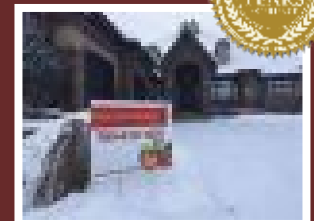
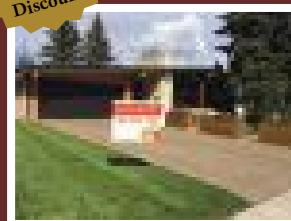
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ART GALLERY OF LAURIER

(clockwise from top left)
artwork by:
**Sally, Orla,
Virginia, Miles,
Rhett, Sophie,
Annabelle**

