

LAURIER HEIGHTS

COMMUNITY LEAGUE



WINDY POINT (David Thompson Highway) – Anna Poffenroth

LAURIER HEIGHTS ART SOCIETY ART SHOW & SALE

Sunday, Oct 1 | 2:00 - 4:30 | *Laurier Heights Community Hall*

Over 25 years ago, a group of painters attended Spring Session for Older Adults (now ELLA). For 15 days, we enjoyed the atmosphere of not only learning, but the non-competitive social atmosphere was helpful.

Laurier Heights Community League was very receptive to us using the hall and have been so supportive to our group over the years.

We thank all our friends who have purchased paintings and come every year, just to tell us how good we are and how much we have improved.

Over 20 artists invite you and your friends to come and enjoy a huge variety of art, cards and quilts. Meet old friends and neighbours over coffee and cake in our beautiful new Community Hall. Hope to see you there!

Fall 2017

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.

Know Your LHCL Board

PRESIDENT

Karen Wilk
president@lhcl.ca

VICE PRESIDENT

Susan O'Loughlin
vicepresident@lhcl.ca

TREASURER

Marg Petrin
treasurer@lhcl.ca

COMMUNICATIONS COORDINATOR

Bill Bowers
communications@lhcl.ca

SECRETARY

Sharon Jeske
secretary@lhcl.ca

HALL BOOKINGS

Shannon Dompé
rentals@lhcl.ca

MEMBERSHIP

Christine McCourt-Reid
membership@lhcl.ca

NEIGHBOURHOOD ENGAGEMENT TEAM (NET)

Karen & Steve Wilk
net@lhcl.ca

PROGRAMS COORDINATOR

Kendra Picton
programs@lhcl.ca

SOCCER COORDINATOR TEAM

Ofer Pittel
soccer@pittel.ca
and

Janice Haugjord
soccer@lhcl.ca

SPECIAL EVENTS COORDINATOR

Marie Bruseker
events@lhcl.ca

JOIN OUR TEAM! VOLUNTEER OPPORTUNITIES AVAILABLE:

*** Administration Team ***

- Treasurer: position to be filled prior to December.
- Secretary

*** Communications Team ***

- Advertising Liaison: Point of contact for advertisers wanting to place ads in our newsletter.

*** Grant Writer ***

- We are looking for someone who enjoys working at their computer and could spend 1-2 hours per/week researching, applying for and doing reporting on grant applications. We depend on grants for funding of capital projects, events and program development as well as operating expenses. There are many grants available from governments and private organizations – we just need help to access those funds to continue to make our community thrive. Please email Marg at: treasurer@lhcl.ca for more info.

*** Events Committee ***

*** Facilities Team ***

*** Neighborhood Engagement Team ***

Interested in knowing more about any of these roles? Or you're not sure yet but want to know when other volunteer opportunities come up? Email: membership@lhcl.ca and ask to be added the volunteer list. We will contact you for help as volunteer needs arise in the community.

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

Apache Seeds

Randy & Janet Bakus

Ashley & Tina Bodnar

Jason & Sarah Chimera

Croll/Davis Family

Tyler Foley

Nicole Martin-Iverson

Colleen McDonough

Dave & Laurier McInnes

Remi & Amber Michaud

Mary Lou Ng

Pat & Susan O'Loughlin

Hemant & Smriti Patnaik

Patterson/Poirier Family

Norm & Marg Petrin

Norm Jr. & Kim Petrin

Ford & Pat Pier

Reid/McCourt Family

Siegel/Miller Family

George & Sarah Stepney

Norm & Niki Suvan

TELUS

Simon & Daniela Urschel

Wan/Lawson Family

Watts/Kortman Family

Andrew & Nancy Whistance-Smith

Steve & Karen Wilk

Neighbourhood Matters

PRESIDENT'S MESSAGE

Karen Wilk

Welcome back, neighbours! Fall is upon us and that means most of us are back in the 'hood (at least for a few months—when some of us will leave again to escape the cold!).

By now, many of you have heard about Block Connecting. Perhaps you have participated in a Block Party, met your Block Connector and/or been getting involved in other ways as a result of the Abundant Community Initiative. Block Connectors are our 'point people' connecting us to our immediate neighbours so that we can know and look out for each other and; so that everyone on the street can be more aware of and connected to the Community League and 'what else' is going on in the neighbourhood. Secondly, block connectors facilitate social opportunities like block parties, pancake breakfasts, wine and cheese nights, tea parties and so on. But that's not all Block Connectors do! They are listeners! They want to hear from you and learn from you so that we can catalyze more connections! Why? Because strengthening neighbourly relationships and responsibility has many benefits for all of us both personally and communally as the list on pages 6-7 indicates.

What have we heard as we've listened? So far, information from over 300 block connector conversations has been recorded in our database (for our use only) and we have learned about and hope to connect people around shared interests, values and gifts such as the following:

Number of LH residents who have indicated this as one of their Activities/Interests:

- 37 – Cycling... and another
- 23 – Mountain Biking specifically
- 36 – Dinner parties
- 34 – Cooking
- 12 – Baking (looks like preparing and sharing food is an LH favourite; participation in our monthly Community Potlucks confirms this!)
- 38 – Beer and/or Wine (which is how our "Sips & Tips" came to be)
- 30 – Gardening (hence, our new and active "Talking Gardens" group)
- 25 – Movies (I know of one block that watched a movie together on a driveway with the garage door as the screen; how fun: a LHCL "drive-in?!")
- 63 – Arts & Crafts (including sewing, painting, quilting, jewelry-making and knitting to name a few. What could some more craft groups look like in LH?)
- 22 – Travel (Where have you been? Where would you like to go?)

43 – Walking and/or Dog walking (our walking group meets every Wednesday morning)

22 – Running

22 – Book Club (I know of one in LH but I think it's about time we got a few more going. Anyone interested in a non-fiction book discussion group?)

31 – Music (Listening, singing, playing)

... and this is just the beginning! Tennis, soccer, hockey, dance, skiing, yoga, golf, fishing have also made the list so far. In addition, we have a number of people who have indicated that they would visit seniors, make meals, shovel snow, help with league events – how about you?

Can you imagine how amazing it would be if all of us were included in the database and we were able to connect more people, more gifts, interests, abilities, values and needs?! We don't have to imagine too hard because it's happening!

I look forward to continuing to join you in our neighbourhood this fall as we together contribute to making Laurier Heights an Abundant Community. If you would like to find out more, be a block connector or get involved in other ways, please don't hesitate to contact me, another Board member or your nearest block connector.

I wish you and your loved ones all the best this fall!



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, meet other families, and enjoy a cup of coffee! Join us at the hall with your 0-4 year olds for this unstructured drop-in program that's fun for everyone. Snack is provided (please bring a toonie). Playgroup follows the school calendar (September - June).

When: Wednesdays and Fridays

Time: 9:30 - 11:30 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 new 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: August 18 & October 20

Time: 6:00 p.m.

Please RSVP: boileau4@shaw.ca
(so we can set up enough tables)

DUST to SHINE Housecleaning

References and security check upon request

\$25.00/hour, minimum of 3 hrs

Donna: (780) 447-7297



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LHCL Harvest Fair & Beer Garden

CELEBRATING CANADA'S 150TH



A FREE EVENT ESPECIALLY FOR LAURIER HEIGHTS RESIDENTS OF ALL AGES, SHAPES AND SIZES! COME AND JOIN THE FUN!

It's an opportunity to meet and greet your neighbours; be neighbourly, share our gifts, enjoy our community and celebrate our City and Country!

• **FREE HAY RIDES ALL AFTERNOON!**

• **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!

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

• Get for your **FREE ANNUAL MEMBERSHIP** and support our community! Learn about block connecting and be part of making Laurier an even better place to live



September 16, 2017

2:00 - 11:00 p.m.

• Our 5th Annual **DOG PARADE AND TRICKS!** Is your dog up for a costume, a trick, a parade? Enter him or her in our Dog parade and win a doggy prize! And watch the pros!

At 3:00 p.m.

• **INTERGENERATIONAL GAMES** such as the very popular 'donut on a string'; badminton, disc golf, blongo ball, giant snakes and ladders, and more! Lots of fun for everyone!

• Bring your famous, family chili in a crock pot and participate in our **CHILI COOK-OFF** challenge. Your neighbours will vote for their favourites!

Finals at 5:00 p.m.

• **HOT DOG AND SNACK STAND**

• **SWEET-TREAT BAKE-OFF:** We are also having a BEST cookies & squares contest... so master that secret recipe now and let us try it! (Please bring in small bite size pieces.) **Finals at 5:00 p.m.**

• **BEER GARDEN SOCIAL**
5:00 - 10:00 p.m.

• **BURGER DINNER**

• **LIVE LOCAL MUSICAL TALENT!** Kids and teenagers are invited to share their musical talents from 5:00 - 7:00 p.m. Then we'll enjoy the music of our local musicians and a drink with our neighbours!

For more info: net@lhcl.ca



submitted by **Karen Wilk**

The Benefits of an Abundant Community

THIS LIST IS INSPIRED BY THE WORK OF JOHN MCKNIGHT & PETER BLOCK IN "THE ABUNDANT COMMUNITY: AWAKENING THE POWER OF FAMILIES AND NEIGHBOURHOODS" AND THE DAILY COMMUNITY BUILDING EFFORTS OF NEIGHBOURHOOD CONNECTORS, BLOCK CONNECTORS AND THEIR LOCAL SUPPORT TEAMS AND COMMUNITY LEAGUES IN EDMONTON.

Inclusion – In a world of finely grained separation, the neighbourhood provides a unique place in which people of different orientations, experiences and views can connect at a human level.

Health & Wellness – Local small groups are proven as the most effective means of supporting people to change behaviour (e.g. Alcoholics Anonymous). Further, studies show that people with the fewest social ties have the highest risk of dying from heart disease, circulatory problems, and cancer.

Mental Health – Having access to consistent opportunities to build meaningful relationships opens the door for a troubled neighbour to connect with a supportive neighbour and benefit from human to human connection.

Spirituality – The deep formation of the heart and life are connected to "the land" and the people who inhabit it. Living life together in a place can be one of the most important dimensions of our lives. Our yards, blocks, parks, streets and sidewalks are sacred.

Social Care – Neighbourhoods are "the villages" that can reasonably and responsibly take on care beyond the family, looking out for children, seniors, marginalized, especially the most vulnerable.

Companionship – Belonging, engagement and connection are essential to human thriving. Friends and families are not always, or sometimes not ever, available. Neigh-

bours can be company and companionship nearby.

Recreation – Mental and physical fitness are enhanced by local, easily accessible and often impromptu opportunities for play and social connection in leisure time.

Seniors Isolation – Connected "blocks" (e.g. block, cul-de-sac, apartment or condo building or floor) naturally look in on seniors and keep caregivers informed.

Youth Mentoring – Supportive mentoring relationships can naturally occur in the neighbourhood when neighbours of all ages get to know one another. Neighbours can feel empowered to intervene when children misbehave – sharing care of the young and creating 'the village' to raise our children.

Bylaw Enforcement – Neighbours in relationship with each other will be better able to solve challenges and disagreements that come up between them, as well as encourage each other to meet high standards to invoke pride in the place they live (e.g. anticipated decrease in calls to Bylaw / 311 complaints).

Crime and Safety – A safe street is produced by 'eyes on the street'. Neighbours can be given permission, or organize to look out for the safety of one another. Safety comes from people walking around, sitting outside, knowing neighbours, and being part of a social fabric.

Disaster Preparedness – Neighbours helping neighbours is an important disaster preparedness strategy for municipalities. that has had proven success in recent situations like the Fort McMurray fire.

Poverty Reduction – People in poverty need complex services, many of which can be provided through kindness and generosity from neighbours as well as agencies. When people know their neighbours, they are more likely to share resources (yard equipment; car shares; babysitting; employment advice). In addition, neighbours are well positioned to be a “broker” to connect neighbours in need to necessary services.

Environmental Sustainability – Localism is the cornerstone of the environmental movement as we move towards energy, food and water security within a changing climate. From community

gardens to car and tool sharing, a strong neighbourhood has lots of potential for actualizing a sustainable future.

Resident Retention – Generally, people stay in a neighbourhood when they are connected to their neighbours and their neighbourhood as a whole.

Business and Social Innovation – Neighbourhoods are one of the important environments for people of diverse ideas and imaginations to find one another in creative connection. Neighbours are able to drive local economies when shared demands are articulated (e.g. creation of a local coffee shop/bakery/daycare).

Neighbourhood Engagement and readiness to participate in Public Engagement – A network of block-to-block point people is the most granular level of consultation any municipality and its citizens could reasonably aspire to.

LAURIER HEIGHTS: An Abundant Community

In Laurier Heights, we believe in bringing neighbours together, establishing friendships and enjoying family and community programs and events that are close to home. By becoming part of and supporting our own communities, we help build healthier, safer and more vibrant communities (and a stronger city) for everyone.

Thinking of Selling Your Home?

Bill Bower includes:

- Complimentary Market Evaluation
- 1 Hour Professional Staging Consultation
- Professional Photographer
- Online Advertising Campaign
- Communication Throughout The Process
- Free Moving Boxes And Use Of Our Moving Truck

Looking To Buy A Home?

Bill Bower includes:

- Complimentary Buyer Consultation
- Custom Automated Home Search
- Professional Advice & Service Throughout
- Free Moving Boxes And Use Of Our Moving Truck

Living & Working in Laurier Heights

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



Community Wellness Network

submitted by **Gaylene Borgstede**

- Director at Large – LHCL
- Certified Soma Yoga/Hatha Yoga/
Somatic Movement Educator
- Mindfulness Consultant – Edmonton
Public Schools

My involvement with the Laurier community has varied over the years since moving back to Edmonton 8 years ago. One of these roles has taken its shape as a yoga/movement instructor and as I was witnessing the new community hall being built I became inspired and had an idea. What if we could gather a group of wellness instructors, from our community, to offer a variety of programs in this beautiful new space? The community would benefit as members could choose a program that fit their needs and it would be close to home. The instructors would benefit as they could access a perfect space to hold programs. The Community League would benefit as they would have 'light use' renters and a stream of known revenue that they could use to budget with and cover expenses. It seemed like a win-win-win situation.

So, I approached some instructors that live in/around our community and who expressed interest in teaching in the new hall. I also approached the Laurier Heights Community League



We are community driven wellness programming.

FALL CLASSES: SEPT 25-DEC 1, 2017

Sept 18-22 TRIAL CLASSES by donation for LHBS

COST: pre-reg \$140 / 5 pass \$75 / 10 pass \$150

Register directly with instructor

Monday	Tuesday	Wednesday	Thursday	Friday
BOOTCAMP	YOGA FUN & FLOW	CLASSIC YOGA	ENERGIZING YOGA	BOOTCAMP
9:15-10:15am	9:30-10:45am	9-10am	9:15-10:15am	9:15-10:15am
Stephanie Perry	Sandy Brown	Fran Wildman	Sandy Mah	Stephanie Perry
rsperry@shaw.ca	sandybrown.yoga@gmail.com	franwildman@hotmail.com	sandylmah@gmail.com	rsperry@shaw.ca
(780)935-8768	(780)964-8124	(780)484-1476	(780)484-0874	(780)935-8768
SOMA YOGA				
7-8:15pm				
Gaylene Borgstede				
simplysomatics@gmail.com				
(780)819-5974				

All classes at:
Laurier Heights Community League
(14405 - 85 avenue)



Find us on Facebook for up to date information.

(LHCL) Board who agreed to facilitate a pilot year for this idea. Consequently the Community Wellness Network (CWN) was born!

The 2016-17 year was a successful one for the CWN and the LHCL Board has agreed to facilitate another year of wellness programs in our community! On behalf of all the instructors many thanks go out to the Board for supporting this idea and agreeing to give another year 'a go'. Although our classes were often not 'full' the CWN is becoming known and we are hoping that more people will give our programs a try. To encourage this, and in the spirit of Community League Days (Saturday, September 16, 2017) the CWN will offer FREE classes for the week of September 18 – 22, 2017. This gives people a chance to sample classes and see if they would like to continue. In addition, we will be collecting donations for these classes. The money collected will be given back to the Laurier Heights Building Society. This is truly an example of community supporting community and we look forward to seeing our students and hope to see some new faces!

Please see the schedule above to see what classes are being offered this fall and visit the LHCL website (www.lhcl.ca) for more information on the classes and the instructors. You can also join our Facebook Group (www.facebook.com/CWNYeg) to keep updated on the CWN throughout the year.

Special thanks goes out to Shannon Dompé, the Laurier Heights Rental Coordinator, who supported the CWN and worked hard to make this the success we hoped it would be. We are hoping that other groups, like the CWN, start using the hall as well. For example, maybe someone spearheads a Community Arts Network – where several community members come together to offer/instruct a variety of art programs in the hall.

The CWN was a new initiative and we have done a lot of learning this year and when we all learn together we strive to make things better. Here's to a great start to the new CWN season and, once again, on behalf of all of the instructors – BE WELL!

Playschool in Laurier?



The topic of accommodating a playschool in Laurier has ebbed and flowed over the years. It does seem like this issue has surfaced once again and it is hard to get a real grasp on whether or not a playschool is something that the Laurier community really wants and/or needs. So, a small group of parents have come together and created a survey to get a better sense of what kind of support there is for a playschool in our community.

Please know that this is not a Laurier Heights Community League Board initiative – although they have agreed to publish this article in the current newsletter. Thank you!

The more people who partake in this survey the better – as we will have a better sense of the issue and know how to proceed. There are three simple questions to answer and it will, literally, take you 2 minutes to complete. Your cooperation is appreciated!

Please proceed to <https://www.surveymonkey.com/r/8295LHV> to access the survey. THANK YOU!

Growing Our Community Programs

Laurier Heights is growing and changing every year and we want to develop programming that serves our vibrant community. Our Block Connectors program is continuing to uncover the many various interests that our residents have and we are hoping that our community building and grounds will provide the support needed to facilitate bringing people together to enjoy common pursuits.

• Did you know that the Gazebo Park has hosted a Cigar Herf? Am I the only one who had to Google “Herf”?

• Are you a fitness instructor and interested in offering a class to our residents? Come join the Community Wellness Network.

• Started by Helen Richards many years ago, a wonderful group of painters meet on Monday and Thursday

afternoons. New faces are always welcome but perhaps there is an opportunity for Laurier artists to offer their expertise to the group.

• Tots and caregivers meet twice a week for Playgroup New parents in our neighbourhood are strongly encouraged to participate as each year the tots graduate up to kindergarten and new families are needed to help this important program continue on.

• Rhythm, Rhyme and StoryTime and La Leche League are also great programs for young families.

Feeling inspired? Send me an email and tell me about it. If you are new to the neighbourhood and would like to see something happening here that was great in your old neighbourhood, please share!

– **Kendra Picton**
programs@lhcl.ca



walk your way to better health

Urban Poling In Laurier

Did you know that Laurier Heights has their own Urban Poling (Nordic Walking) group? We meet every Wednesday morning at the bottom of Laurier Heights. Our steps total approximately 7000-8000 each time, it is a great work out for arm and leg coordination. Also we share

jokes and stories as we enjoy our river valley and trails; what a way to energize your day! We would love to have you join us.

Where: 133 St and 81 Ave at

When: Wednesdays at 9:30am for about 1 ½ hours.

Contact: Doris Chu: 780.487.4233
sino_tea@hotmail.com

"Being new to Laurier, the pole-walking group has provided a wonderful opportunity to meet and enjoy new friends – a very fun way to exercise in all seasons."

– Margaret McKague

"The walking club is great and it contributes to both my physical and mental well-being. I really enjoy meeting all the neighborhood ladies, both old and young and from all walks of life! It is great to have the chance to meet new people and make new connections and to share ideas as we get healthy together exploring our beautiful community!!"

– Sukchan Roulston

"I very much enjoy the Wednesday morning Nordic walk, because of the variety of terrain we walk on, plus the group of people that are part of the walk. Everyone is very friendly and I have discovered a lot of interesting trails and landmarks along with way."

– Sonja Newson

St. John the Evangelist Catholic Church

First Reconciliation, First Communion, and Confirmation 2017 – 2018

Do you have a child ready to receive these sacraments? Preparing for First Reconciliation, and then First Eucharist (Communion), takes place when children are about seven years old and in Grade 2, or later. Preparing for Confirmation takes place when children are about 11 or 12 years old and in Grade 6, or later. Is your older child asking about Baptism? It is never too late to prepare for and receive these sacraments. Our preparation programs start in the fall. Please call or email the Parish to arrange a meeting with our Pastoral Assistant to register.

Mass Times Saturday 7 pm, Sunday 9 am, 10:30 am, 12 pm

9830 – 148 Street Edmonton, AB T5N 3E8 780-452-3988

stjohnnevangelist.edm@caedm.ca

www.stjohnnevangelist.edm.caedm.ca

Talking Gardens



On Saturday, July 29th, members of Talking Gardens explored the hidden gem, Green and Gold Community Garden and the little known orchard hidden away at the back of the South Campus, University Farm. We went to meet Gabe, a horticultural technologist with 35 years of plant research at U of A. This orchard is Gabe's creation.

It is truly impressive what can be grown on our chilly Alberta prairie. Apples, plums, pears, apricots, saskatoon, goji, butternut and tart cherries all thrive in this sheltered area.

submitted by Marilyn Dale

There was so much to learn. Some of us have returned home planning to grow apricots from the pits in the fruit sold at the market garden. They are a self fertile variety. Other members are inspired to try grafting plums onto the sand cherries already growing in many yards.

We had a lot of fun sharing our plans with Gabe over treats at our tailgate dessert party. Gabe generously spent much time with us discussing possibilities after the tour ended.

August's garden party will be at the home of Donna Macleod-Huynh. Details will be announced soon.



What's New at the Library

Hello. This is Mike Eaton, your friendly neighbourhood Community Librarian. I work at the Jasper Place Branch of EPL, and I'm here to tell you about some fun and free events happening this month.

'Summer Starts at EPL', our summer reading club for children, is continuing through August, and will end on August 26th. Kids who complete their 6 hours of reading can enter a draw for an iPad or an Oilers Ticket Pack, so be sure to get those ballots in this month. We've also got a number of special programs happening in the branch, including an Indigenous Dance Troupe, coding for kids, and a special event led

by author Marty Chan. You can find out more about these programs at: <http://bit.ly/jpEPL>

Along with our summer programs, we're also offering all our regular programs year-round. One of our great family programs is Pop-Up Maker-space every Saturday at 2:30, in which attendees get to learn about and practice coding, crafts, music-making, and a variety of other skills. It's drop-in, and everyone's welcome to attend. If you have something happening in your community and you'd like EPL to be involved, please let me know (Email: meaton@epl.ca). Thanks very much!

submitted by Mike Eaton

MAKE IT HAPPEN *VOTE!* **ELECTION DAY**
MONDAY
OCTOBER 16, 2017
9 a.m. – 8 p.m.

Vote for Mayor, City Councillor & School Board Trustee



Find out WHERE to VOTE at:
edmonton.ca/election

THREE OPPORTUNITIES TO VOTE THIS FALL

ADVANCE VOTE

Not able to vote on Election Day? Cast your ballot early at the Advance Vote station designated for your ward. All ward-based Advance Vote stations are equipped with a ballot-marking tool for those who require audio, visual and physical accommodations.

ELECTION DAY

On Election Day – Monday, October 16, 2017 – cast your ballot at the voting station designated for your home anytime between 9 a.m. and 8 p.m. A Where to Vote card will arrive in your mail in early October with information about your voting station, or use the online Where to Vote tool on the Edmonton Elections website to find your voting station and candidate list. Go online and try it out: www.edmonton.ca/election

SPECIAL (MAIL-IN) BALLOT

The final way to vote is intended for people who will be out of town on Election Day, who are unable to get to a voting station, or who are election and campaign workers. If you fall into one of these groups, you can request

a Special (Mail-in) Ballot. Visit the Edmonton Elections website for more information and to apply: www.edmonton.ca/SpecialBallot

REQUIRED IDENTIFICATION

No matter the voting opportunity, you'll need to present a piece of authorized identification that confirms both your name and residential address, like a Driver's Licence. A bank statement, utility bill or personal cheque will also work! A passport, Alberta Health Care card, birth certificate or work/student ID will not be accepted.

HEAR FROM YOUR CANDIDATES

Edmonton Elections is hosting municipal candidate forums from Sept. 25 to Oct. 11. Drop by the forum or watch online to hear from your Mayoral and City Councillor candidates.

FOR MORE INFORMATION

www.edmonton.ca/election
780-442-VOTE (8683)
Twitter: @ElectionCensus
#yegvote

Sesquicentennial Heritage Tea



Our annual Heritage Tea was held on Thursday, June 8 this year, with a special Red & White theme to help us celebrate Canada's sesquicentennial in style. There was an excellent turnout for the event, and top notch entertainment was provided by a fabulous Ukelele Strumming Circle (who even led a beautiful sing-along rendition of Oh Canada). Tea party guests also proved their great knowledge of Canadian history by partaking in a Canada 150 quiz.

Many thanks to everyone who supplied baking for the event, and to the volunteers who put the event together. Special notes of gratitude to the local junior high girls who volunteered to join us to serve tea: Gillian Dompe, Maddie Haugjord, Isabelle McCourt, Elyse Siegel & Ryan Van Unen.



Meeting time:

3rd Thursday of each month

10:30 a.m. to 12:30 p.m.

Laurier Heights Community Hall:

Laurier Room

The LLLC 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 pregnant women, mothers and children are welcome.**

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



Crestwood Curling Club

crestwoodcurling.com • crestwoodcurling@shaw.ca

**14317 96 Ave
780-452-4174**

We have space in leagues for teams or individuals. Men's, Ladies, Mixed, Fun, Open, Seniors, Little Rocks, Juniors.

Beginner League

- For people new to curling
- Teach you all about the game.
- 8 Saturdays 1:00pm-3:00pm
- Equipment provided
- \$175.00 Registration

OPEN HOUSE

**Saturday,
September 16, 2017**

12:00pm to 3:00pm

Crestwood Curling Club
14317 96 Avenue,
Edmonton, AB

Activities

- Learn to Curl
- Food Trucks onsite.
- Beer and wine tasting.

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

Wednesday FunLeague

October 18, 25
November 1, 8, 15, 22, 29
December 6, 13, 20

8:15pm-10:15pm
\$205 Registration

Sunday FunLeague

October 22, 29
November 5, 12
December 3, 17

12:00pm-2:00pm
\$125 Registration

New to Curling?

Want to be part of the fun?

Join our fun League.

Open to all ages and curling abilities.
Equipment Provided

Questions about Feeding Wild Birds

DAVE CLEARY AND JAN CHAPMAN ARE OWNERS OF WILD BIRDS UNLIMITED AT THE CORNER OF 122 ST AND 107 AVE ON THE NORTHSIDE IN EDMONTON. THE MISSION OF WILD BIRDS UNLIMITED IS TO BRING PEOPLE AND NATURE TOGETHER.

Q: WHY DON'T WOODPECKERS GET BRAIN DAMAGE?

While excavating a cavity, a woodpecker's head can strike a tree's surface at speeds up to 21 kph and do it at over 100 strokes per minute. This is equivalent to a person crashing head-first into a tree while running at top speed. To survive the 10G's of force with every blow against the tree, woodpeckers have special adaptations:

- The bones between the beak and the skull are joined by a flexible cartilage which cushions the shock of each blow.
- The skull is made of spongy, air-filled bone and the brain is packed very tightly into the brain cavity with little room to rattle around during impacts.
- The shear force from each blow is directed not to the brain, but downward towards very strong neck muscles that act as shock absorbers.



Q: WHAT IS A RELIABLE WAY TO KEEP BIRDS COMING TO MY YARD?

You have your favourite places to eat, whether it's a quick bite or a really nice meal. You trust and rely on them, never considering they might run out of food. Birds are similar. They constantly check their food sources. They may stay and eat a while, grab a quick bite or not eat at all. But, they want to know they can rely on that food source when weather is good or bad or when times are abundant or lean. As much as you enjoy feeding the birds, it's a challenge to tend to the feeders every day. So, it's important to have at least one feeder that doesn't have to be filled very often. Empty feeders = no joy! Of course, the birds will return after you refill an empty feeder, but it might take a few days. Do you really want to miss out on all that fun? No matter how many bird feeders you have in your yard, it's important to have one that is the foundation of them all. This foundational feeder should be able to accommodate many birds at one time like a hopper, tube or cylinder feeder. It should have a quality food that attracts the widest variety of birds like No-Mess

Blends or Seed Cylinders. It should hold enough food for at least 4 days giving birds a reliable food source, ensuring you'll have more birds to watch! Be sure to place your foundational feeder where it is easy to fill and easy to see. Having a foundational feeder in your yard that never goes empty is key to being the birds' favourite restaurant and keep them coming year-round; bringing you more joy!

Q: SOMETIMES I DON'T HAVE MANY BIRDS COMING TO MY FEEDER. WHY IS THAT?

You can feel reassured that it is not likely because of what you're doing that you are seeing fewer birds at your feeders and bird baths. There are some things you can do to help. Make sure your seed is fresh and high quality and that your feeders are placed well in your yard to be the most inviting to birds. Reduce

the amount of food in your feeder so your birds can eat most of what you've offered in 4 or 5 days. Change the food in your feeders regularly to keep it fresh if it sits for too long. You can also try some new bird foods to attract different birds. You can usually depend on attracting House Sparrows and Chickadees to your yard, as well as woodpeckers, even during slower bird times. An abundant natural food supply in the wild could also have an affect on how many birds come to your yard. Birds normally get about 75% of their food from natural sources and if there is abundant food available everywhere around your area, they may not need to come to your yard quite so often. When natural foods are abundant...birds seek them out first and truly use our feeders as a supplemental source of food when needed. Keeping a fresh water source available for drinking and bathing can attract both your regular birds plus non-seed eating birds that you might not normally see. The birds will be back when the natural food supply is exhausted or when the weather puts extra stress on them (heat or cold).

submitted by **Dave Cleary**

Rhythm, Rhyme & Story Time



Laurier Heights Community Centre
A musical adventure for ages 9mo–5yrs.

Tuesdays: 10:30am-11:15am
Starting Sept. 19th-Nov. 21st.
Cost \$80 / 10weeks

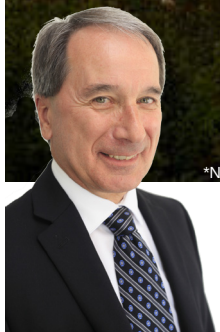
For more information or to register please visit;
www.EdmontonPreschoolMusic.com
corrinemacdonald3@gmail.com



SEPTEMBER 5, 2017

Summer holidays are dwindling slowly to an end. A reminder that the first day of school is just after the September long weekend. With the end of summer comes many distracted young children walking, biking and bussing to school. Please remember to observe the speed limits, obey the crossing guards and watch for darting children. School zone speed limits (30 km/h) take effect in September: please be a good neighbour and slow down for safety's sake.

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**FRESH IDEAS
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Free Memberships for Canada 150

REMEMBER THAT ALL 2016/17 COMMUNITY LEAGUE MEMBERSHIPS EXPIRE ON AUGUST 31. RENEW FOR THE 2017/18 YEAR NOW TO MAKE THE MOST OF ALL YOUR MEMBERSHIP BENEFITS.

As a gift to all residents of the Laurier Heights community, the Laurier Heights Community League decided to cover the costs of membership fees this year for anyone living within the boundaries of the neighbourhood. Renewals are not automatic from year to year, so you will need to fill out the membership form and submit it; you can fill out the form on the next page and send it in at your convenience. Your friendly neighbourhood Block Connectors will also be making the rounds to distribute memberships, and of course you can get one at any LHCL neighbourhood event.

Donations

FREE MEMBERSHIPS are very exciting, but there is still work to be done on our hall, ongoing operations and maintenance, plus all the fun things we want to continue doing for our neighbourhood this year.

Please consider making a donation to the **LAURIER HEIGHTS BUILDING SOCIETY** to help us continue to make Laurier Heights a wonderful place to live and play. Any donations over \$20 are eligible for a tax receipt.

Donations can be dropped off at any time with your membership forms.

Thank you for supporting Laurier Heights!

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.

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 community parties and 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.

Some benefits available, regardless of which community league is yours, include:

- Youth Sport Participation
- A 20% discount at any City of Edmonton Recreation Centre through the Community League Wellness Program
- Neighbourhood Parties, Events, Classes
- Free Skating On Any Outdoor Community League rink across the City
- A Voice in Shaping Your Community
- Other discounts/benefits that are advertised from time to time

LAURIER HEIGHTS COMMUNITY LEAGUE

2017 - 2018 FREE Membership Application (valid until August 31, 2018)*

Adult #1 - First Name: _____ Surname: _____

Adult #2 - First Name: _____ Surname: _____

Extra Family Member Information:

Children / Other Family Member Names	Birthdates (mm/dd/yyyy)	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 tags? ☐ Yes ☐ No If so, how many skate tags does your family need? _____

Would you like an Edmonton Federation of Community Leagues member door sticker? ☐ Yes ☐ No

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

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

Please submit this completed form to our Membership Coordinator:

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

Optional Donations:

☐ Yes, I'd like to support our community league by offering a 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!

**Laurier Heights Community League is offering our residents free memberships this year to celebrate Canada 150. Donations are greatly appreciated to help us continue our neighbourhood work.*





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Left to Right: Dr. Anne McCaskill Pellatt,
Dr. Michelle Breault, Dr. Sylvie Renoir

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RE/MAX River City

LHCL Community Calendar

AUGUST

- 16th Canterbury Games Night, 6:30 p.m.
18th Community Potluck, 6:00 p.m. @ Hall

SEPTEMBER

- 11th BOD Meeting, 7:00 p.m. @ Hall
16th Harvest Fair and Beer Garden:
Special Canada 150 Celebration
20th Canterbury Games Night, 6:30 p.m.

OCTOBER

- 1st Art Society Show & Sale
10th BOD Meeting, 7:00 p.m. @ Hall
18th Canterbury Games Night, 6:30 p.m.
20th Community Potluck, 6:00 p.m. @ Hall

NOVEMBER

- 13th BOD Meeting, 7:00 p.m. @ Hall
22nd Canterbury Games Night, 6:30 p.m.
25th Christmas Cocktails Fundraiser
• Please join us for a fantastic evening of cocktails, finger food and an auction you don't want to miss out on!

DECEMBER

- 9th Annual Cookie Walk
Christmas Potluck Dinner & Activities
• SAVE THE DATE for a wonderful holiday gathering with friends and neighbours to celebrate the spirit of the season!

Programs & Events in Laurier

Do you have an idea or a suggestion for an activity, event or program you'd like to see in the neighbourhood? Please drop us a line and let us know; we'd love to help make it happen!

Karen: president@lhcl.ca

Kendra: programs@lhcl.ca

Marie: events@lhcl.ca

Annual Auction Fundraiser Event

Our new theme:

Cocktail Christmas in November

Saturday, November 25th

- ♦ Fabulous cocktail style food provided all evening
- ♦ Amazing door prize and fun fundraiser prizes
- ♦ Fun drinks and a special signature cocktail
- ♦ Visit with neighbours, meet new people
- ♦ High quality auction items to bid on
- ♦ Only \$50 entrance fee per person

TICKETS: email vicepresident@lhcl.ca

Don't miss out on the fun!



IN-KIND DONATIONS

Renovating/upgrading at home?

Laurier Heights Community League would like to spruce up our Heritage Room kitchen, along with the courtyard patio. We are looking for donations of the following gently-used items:

- Fridge
- Stove
- Patio table & chairs (a matching set would be ideal)
- Patio Umbrella & Stand

If you have any of the above, please contact Susan: vicepresident@lhcl.ca
We will gladly come and pick up any suitable items.
Thanks for your consideration!