

LAURIER HEIGHTS

COMMUNITY LEAGUE



Mediterranean Harbour (copy of Richard Robinson original)
– Ed Bak, Laurier Heights Artists Society

LAURIER HEIGHTS ART SHOW & SALE

Over 25 years ago a group of painters attended Spring Session for Older Adults (now ELLA). It was a non-competitive, encouraging environment that allowed art dabblers to network and learn from each other. It acted as a springboard for a group that would dedicate their afternoons twice a week for the enjoyment of art. They called themselves the Laurier Heights Artists Society. We wish to thank the Laurier Heights Community League for their support over the years, as well as our friends who have purchased our paintings and come to the show every year, just to tell us how good we are and how much we have improved.

On **Sunday, September 30, from 2:00–4:30 p.m.**, we invite you and your friends to enjoy the work of over 20 artists. Meet old friends and neighbors over coffee and cake in our Community Hall (14405 85 Avenue).

Autumn 2018

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.

Your Community Boards:

Laurier Heights Community League

PRESIDENT

Karen Wilk
president@lhcl.ca

VICE PRESIDENT

Susan O'Loughlin
vicepresident@lhcl.ca

TREASURER

Sarah Stepney
treasurer@lhcl.ca

SECRETARY

Sharon Jeske
secretary@lhcl.ca

COMMUNICATIONS TEAM LEAD

Mike Elliot
communications@lhcl.ca

MEMBERSHIP

Christine McCourt-Reid
membership@lhcl.ca

HALL BOOKINGS

Shannon Dompé
rentals@lhcl.ca

SOCCER COORDINATOR TEAM

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

PROGRAMS TEAM LEAD

Kendra Picton
programs@lhcl.ca

SPECIAL EVENTS COORDINATOR

Marie Bruseker
events@lhcl.ca

E-BLAST'ER

Sandy Brown
eblast@lhcl.ca

TENNIS COORDINATOR

Terry Daniels
tennis@lhcl.ca

NEIGHBOURHOOD

ENGAGEMENT TEAM (NET)

Karen & Steve Wilk
net@lhcl.ca

Laurier Heights Building Society

PRESIDENT

Susan O'Loughlin
vicepresident@lhcl.ca

VICE-PRESIDENT

Sharon Jeske
secretary@lhcl.ca

TREASURER

Sarah Stepney
treasurer@lhcl.ca

PAST-PRESIDENT

Marie Soprovich
mariesoprovich@gmail.com

SECRETARY

Shannon Dompé
rentals@lhcl.ca

DIRECTOR-AT-LARGE

Marie Bruseker
jazzmbv@gmail.com

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

Join Our Team!

VOLUNTEER OPPORTUNITIES AVAILABLE:

* Newsletter Distribution Coordinator *

* Events Committee *

* Facilities Team *

* Neighbourhood Engagement Team *

Interested in knowing more about any of these roles? Or want to be notified when other volunteer opportunities come up? Email: membership@lhcl.ca and ask to be added to the volunteer list. We will contact you for help as volunteer needs arise in the community.

LHCL Newsletter

Laurier Heights Community Newsletter is a quarterly publication distributed to all households in the Laurier Heights neighbourhood. For more information on the newsletter:

EDITOR:

Christine McCourt-Reid
newsletter@lhcl.ca

ADVERTISING LIASON:

Liz Herbert
advertising@lhcl.ca

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.



PRESIDENT'S MESSAGE

Karen Wilk

president@lhcl.ca

A Caring, Connected Community

AS I WRITE THIS LETTER, IT'S STILL SUMMER - BRIGHT AND BEAUTIFUL, HOT AND SUNNY - AND NEIGHBOURS ARE OUT AND ABOUT, ENJOYING EACH OTHER'S COMPANY, GARDENING, WALKING, BIKING, HANGING OUT AT BLOCK PARTIES, AROUND CAMPFIRES, IN OUR PLAYGROUND, SPRAY PARK, TENNIS COURTS AND GREEN SPACES. ALL GREAT STUFF BUT WHAT HAS STRUCK ME THE MOST OVER THE SUMMER IS HOW WE ARE, PARTICULARLY THROUGH THE ABUNDANT COMMUNITY EDMONTON (BLOCK CONNECTORS) INITIATIVE, WEAVING TOGETHER A FABRIC OF CARE IN LAURIER.

For most of us, summer is a more relaxing season, with less scheduled activities (other than vacations!) and more fun - family and neighbour time! Yet, for the last several months, there have also been numerous households bearing significant burdens in Laurier. The amazing reality nonetheless is that they are not doing so alone! I am aware of and am thankful to have been a part of numerous support systems providing significant gestures of care to neighbourhood households that...

- Have a family member in the hospital for treatments, surgery and/or other health issues;
- Are experiencing loss;
- Are struggling with employment issues
- Have house/yard/renovation/moving challenges, etc.

How are we supporting each other? First, by being there; by being available. Secondly, by providing meals, care packages, gift baskets, child care; thirdly, by helping out with driving, laundry, house and yard work... what an incredible testimony to the power of community! This is one of the reasons why sociologists like John McKnight and Peter Block (the founders of the Abundant Community) can assert irrevocably that a vibrant neighbourhood improves health. They say, the neighbouring relationship is a unique and potent source of well-being.

So now that fall is just around the corner with all its busyness and newness - new classes, new programs and new opportunities - let's continue to weave a fabric of care in our neighborhood. Let's keep our eye out for one another, for the elderly couple at the end of the block, the family with health issues, the kids on the street. Let's nurture and extend our good neighbouring, as our community also enjoys a fresh start on its activities, projects and connections including:

- The Heritage Room (old hall) renovation;
 - The new season of groups, clubs and community events such as our monthly potlucks and conversations, Pancakes & Ponderings and a Princess Theatre movie club.
 - The participation of new BOD Team leads and members, Block Connectors and volunteers
- and we'd love to have you involved in one or more of these ways too!

Check out the rest of this newsletter for more details, keep the back page calendar on your fridge or bulletin board and look forward to being an integral part of our abundant community... as the ACE initiative declares, "The key to becoming a competent community is simply a matter of intention -an intention to enhance the spirit and culture of connecting." Thanks for making that our intention!

Laurier Heights Needs Champions Like You

Do you have an idea for a project that would benefit the Laurier Heights Community? Does your workplace have a sponsorship program that the Community League should know about? We want to know! Please contact Leah Jones at grants@lhcl.ca and let's talk.

Neighbourhood Events

join your friends and neighbours at these community get-togethers

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

All are welcome to join us for our annual

Art Show & Sale at the hall on

Sunday, September 30 from 2:00 - 4:30 p.m.

We would love to see you there!

Sportball

When: Tuesday mornings

Where: Heritage Room

More Info: See ad on the right →

Stay & Play Group

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 fun for everyone unstructured drop-in program... no need to RSVP. Snacks provided (please bring a toonie). Playgroup follows the public school calendar year (September - June).

When: Friday mornings, starting September 7

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

Cost: \$2 per family per visit

Playgroup needs your help! Are you a parent or caregiver interested in bringing your child(ren) to socialize with other community children and adults? We need volunteers to contribute to the ongoing success of our playgroup.

We currently are looking for adults to open/set-up and/or clean-up before and after playgroup.

We follow the EPSB calendar in terms of which Fridays playgroup runs.

If you are available for one Friday or a month of Fridays to keep us running, please email Kendra at programs@lhcl.ca Thank you!

Rhythm, Rhyme & Storytime

When: Tuesday mornings

Where: Heritage Room

More Info: See ad on the right →




Sportball

YMCA & Sportball Partnership in your Community at
Laurier Heights Community League

This is a partnership program with Sportball and the YMCA. Sportball is a Multi-Sport program, introducing children to the fundamental concepts and skills behind eight popular ball sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball. The equipment that we use is age-appropriate and sized just right for the children in our programs. Skill development will be based off the Sportball Curriculum. Games and activities will focus on Physical Literacy in the 'Active Start' stage of the CS4L LTAD model.

Parented Sportball

- ages 2-3.5 years
- Tuesdays
- 9:30-10:15 AM
- Sept 18 - Dec 18
- **Registration Course Code:** 186970

UnParented Sportball

- ages 3.5-5 years
- Tuesdays
- 10:15-11:15 AM
- Sept 18 - Dec 18
- **Registration Course Code:** 186971

No Classes Oct 9 and Nov 13

Course Fees (12 weeks):
YMCA Members \$157
Public \$202

3 registration options:

- Call 780-423-9622 to register over the phone
- Call or visit your local YMCA
- Online:
<https://online.activecommunities.com/YMCAEdmonton/Start/start.asp>
<https://northernalberta.ymca.ca/>

Rhythm, Rhyme & Story Time

A musical adventure for you and your child! (Ages 9mo-5yrs)

***Laurier Heights, Wednesdays Starting Sept. 19th-Nov. 21st (9:15-10am)**
Cost \$95/ 10 weeks (half price for second child!)

www.EdmontonPreschoolMusic.com
rhythmrmestorytime@gmail.com



COMMUNITY POTLUCKS

Our ongoing tradition of hosting themed potluck dinners at the hall has been such a success, we are making it a monthly event. These are fun family gatherings, giving you a chance to catch up with longtime neighbours, and make some new friends as well. Everyone is welcome; we hope to see you there!
See Calendar (pg 16) for dates.
Time: 6:00 p.m.

WINE & SPIRITS CLUB

We are excited to announce the creation of our newly revamped Wine & Spirits Club. We will be hosting three events annually, each one focusing on a different libation: wine, beer & spirits. Each event will be presented by an expert in the field; food will be provided. Please note that attendance will be limited to 25 persons per event to ensure an intimate, personalized experience. Register for all three events for \$90, or \$35 each for the single events. Please join us for our wine event this October; spirits in January and our beer event later in the spring. Stay tuned for details!
Wines for the Holiday Season: Delicious wines & decadent appetizers
When: Friday, October 19
Time: 6:00 p.m.
Registration/Information: events@lhcl.ca

Harvest Fair & Beer Garden

SATURDAY, SEPTEMBER 15 | 3:00 - 10:00 P.M.

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

➤ 4th 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 check out how the pros do it!

➤ HAY RIDE

➤ ZOO PETS

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

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

➤ BIGGEST GARDEN PRODUCE COMPETITION:

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

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

➤ INTERGENERATIONAL GAMES including the very popular 'donut on a string'!

➤ HOT DOG & SNACK STAND

➤ Support our community: Sign up for your annual membership; learn about block connecting and be part of making Laurier an even better place to live!

Beer Garden Social

5:00 - 10:00 PM

➤ Burgers for Sale

➤ LIVE local musical talent!

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

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

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

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

VOLUNTEERS NEEDED! GET TO KNOW MORE OF YOUR NEIGHBOURS AND HELP MAKE THIS DAY A SUCCESS WHILE DOING SO.

IF YOU ARE WILLING AND ABLE TO ASSIST IN ANY OF A VARIETY OF WAYS AND/OR IF YOU NEED TO FULFILL YOUR SOCCER TIME COMMITMENT, PLEASE CONTACT NET@LHCL.CA OR SIGN UP VIA [HTTPS://WWW.VOLUNTEERSIGNUP.ORG/ER43R](https://www.volunteersignup.org/er43r)

LAURIER HEIGHTS OUTDOOR MOVIE NIGHT

TICKETS: <https://www.eventbrite.ca/e/outdoor-movie-night-tickets-48431956285>

The Laurier Heights Community League and the Parents Association of Laurier School are partnering together to offer our community another OUTDOOR MOVIE NIGHT! We will be airing **THE INCREDIBLES 2** on **September 29, 2018!** Gates will open at 7pm and the movie will start at around 7:30 – or dusk. There will be a simple concession that will have the essentials – popcorn, drinks and licorice.

This event is FREE! However, it is a costly event to hold as we have hired a movie company (Fresh Air Cinema), obtained a movie license and purchased items for the concession. DONATIONS are welcome and will help to cover our costs. Be sure to look for a link to an EVENTBRITE site in the near future to assist you in making your donation!

We are also looking for sponsors to help cover the costs. There is a preshow (advertising displayed on the large screen just prior to the movie) that has 12 spots (GOLD level sponsorship) for companies, agents and/or businesses. If this is something that interests

you, or someone you know, please contact Gaylene Borgstede at gborg@ualberta.net for more information.

If you attended the last outdoor movie, about 7 years ago, you will remember how awesome it was! Bring a blanket or short, festival chairs to sit on, some extra blankets to wrap up in and your community spirit! It's the perfect way to bring our friends and neighbours together so we can have an INCREDIBLE kick-off to the school year. See you then!

THANK YOU TO OUR SPONSORS

(as of July 31, 2018):

GOLD: • Ackard Contractors Ltd.
• Bill Bowers (Realty Executives Encore)
• Community Wellness Network
• Kingston Ross Pasnak LLP

SILVER: • Aquarian Renovations
• Andy's IGA

BRONZE: • Bon Ton Bakery

Please note: For newsletter printing purposes, sponsors committing after July 31st, 2018 could not be included on the above list. Be assured all sponsors will be acknowledged at the event. THANK YOU!

Casino 2018

CASINO 2018 HAS COME AND GONE. THANK YOU TO THE WONDERFUL NEIGHBOURS WHO CAME TOGETHER FOR THIS IMPORTANT EVENT. THEIR EFFORT WILL HELP ENSURE OUR COMMUNITY RECEIVES CASINO FUNDING TO HELP RUN OUR COMMUNITY PROGRAMS OVER THE NEXT TWO YEARS. A HUGE THANKS, **YOU ARE OUR HEROES.**

Allison Marozoff
Andrew Whistance-Smith
Barbara Thompson
Carole Kurpers
Clarence Kachman
Colleen Ference
Cornelia Scheper-Tamas
Fordyce (Duke) Pier
Gail Lai
Ian Reekie
James McPherson
Janet Clark
Janice Haugjord
Jocelyn Kirk
Karen Sevcik
Kathy Sharp
Kelly Rissling
Laird Smith
Laura Fitzgerald
Laurie McInnes
Marie Soprovich
Mary Cole
Nancy Whistance-Smith
Nicole Poirier
Pat O'Loughlin
Pat Pier
Penny Mah
Rhonda Philipenko
Sandy Mah
Sarah Stepney
Shaun Dawe
Sheila Butt
Teresa Scot
Terry Kirkland
Terry Nayowski



Community driven wellness programs

Fall Classes start September 24, 2018

Everyone Welcome!

5 pass \$75 / 10 pass \$150 *pass sales are class specific

Classes at Laurier Heights Hall (14405 - 85 ave)

Wellness Network

Monday	Tuesday	Wednesday	Thursday	Friday
BOOTCAMP	FUN-CTIONAL YOGA	YOGA	YOGA FOR SENIORS	BOOTCAMP
9:15-10:15am	9:30-10:45am	9:30-10:45am	9:30-10:45am	9:15-10:15am
Stephanie Perry	Sandy Brown	Sandy Mah	Jane Batistella	Stephanie Perry
sperryfit@gmail.com	cwnyeg@gmail.com	sandymah@gmail.com	janebatistella@shaw.ca	sperryfit@gmail.com
			*starts Oct 11	
YOGA	SOMA YOGA			
12:30-1:30PM	7-8:15pm			
Sandy Mah	Gaylene Borgstede			
sandymah@gmail.com	simplysomatics@gmail.com			
			cwnyeg@gmail.com	
			@cwnyeg	



check out our LIVE schedule at www.lhcl.ca/events "hall calendar" for class info and teacher bios!

Hall News: Heritage Room Update

THE OLD HALL, OR THE HERITAGE ROOM, AS IT IS NOW KNOWN, HAS SERVED THE LAURIER HEIGHTS COMMUNITY WELL FOR A VERY LONG TIME. BUILT IN THE 60'S, IT HAS HOUSED COUNTLESS BIRTHDAY PARTIES, HUNDREDS OF PLAY DATES, AND MANY IMPORTANT COMMUNITY FUNCTIONS AND EVENTS. IT HAS BEEN A GATHERING POINT, BRINGING THE COMMUNITY TOGETHER FOR OVER 50 YEARS.

Over the past year, a number of volunteers have been hard at work to secure funding for a much needed renovation to the old hall. We are happy to share with you that the city has approved our grant application, and that the renovations will soon move forward.

Based on the feedback we received from frequent users of the hall, and with a desire to improve building safety, we pitched a modest renovation scope to the city. The final

budget is not big, meaning we really needed to pick our priorities and find a contractor willing to work with us to get the most out of our budget.

Our top priority is the kitchen. Too long have neighbours been limited in their cake selections based on the size of the hall fridge; the time of the apartment-sized range is over. It's time to have a functional modernized kitchen. As part of the kitchen reno, we will also be updating the electrical system in the old hall. This is both for safety and convenience. No one likes running to the rink shack when the breaker goes.

The second priority is to improve the washrooms in the hall. We have decided to do away with having gender-specific washrooms; we will have two nearly identical washrooms. We will remove the clunky, space consuming metal stall walls in each washroom and install locks on the outer doors instead. The extra space will allow us to install proper change tables in both washrooms and install new commercial toilets.

As with most renovations to existing older structures, it is difficult to predict all the issues a contractor may face. Therefore, if we have not exhausted our budget updating the kitchen and washrooms, our last priority is to improve storage in the hall and give the interior an update.

Though we have yet to set the project schedule, we hope to have everything completed before the spring. As we finalize our plans, the facilities team will do everything we can to minimize the impact the renovations will have on our regular users. Your patience and understanding will be appreciated. Should any planned event be affected by the reno, we will contact the organizer directly. Otherwise, look for updates regarding the renovation on the community league website and in future newsletters.

As one of the many volunteers working to make this happen, I am excited to see this project finished and to see people enjoy using the new space. I hope you are too.

– **Michael Auschrat**
FACILITIES TEAM LEAD

Christmas Cocktails in November

Saturday, November 17

6:30 PM

Laurier Heights Community Hall

14405 - 85 Avenue

\$40 per ticket

- ♦ Complimentary Christmas Cocktail
- ♦ Fun drinks and 3 signature cocktails - cash bar
- ♦ Appetizers followed by a variety of gourmet food selections
- ♦ Fabulous auction items to bid on
- ♦ Christmas ornament wine draw - everyone wins (tickets sold on site)
- ♦ Neighbours, friends & family welcome
- ♦ RSVP: Tickets@lhcl.ca



AFTERNOON TEA DATES WITH NEIGHBOURS...
IT WAS WRITTEN IN THE LEAVES

An Agreeable Afternoon Tea

Author Henry James once said: "there are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea." I would have to agree with Henry. I, myself, am a daily tea drinker. When my husband David and I first met, we agreed to "go for coffee," as the saying goes. Once we met up at the coffee shop, we discovered that neither of us are coffee drinkers, but we both love a good cup of tea! Needless to say, the coffee-maker doesn't get turned on very often at our place, but the kettle seems to always be boiling.



As this spring rolled around, I got the idea to have a series of "gratitude tea parties" with women that are near and dear to my heart. Many of my neighbours happen to fit that description very well, for which I'm very grateful. I had my first set of two tea parties in June; the weather wasn't very cooperative with my initial idea to sit outside, so I set up tables inside our home library and had a delightful time setting everything up and making the place beautiful. I live with three males - my husband and our two boys - and they aren't always interested in pretty decorations, so I love any event that lets me set up a beautiful table for a group of lady friends. I made little fairy garden centrepieces, which was really fun and added some whimsy to the tables. There was tulle and pretty

plates and champagne - and best of all, there were neighbours!

A dozen of us sat around the table each day, sharing fresh scones, fruit salad, hot tea and other treats. We had one neighbour bring her new baby with her, who was passed around and admired by the cooing guests. Another neighbour had just moved in - and one is moving in later this summer when her renovation is complete. New connections were formed and old connections strengthened. We shared our gratitude with one another for these special friendships. When one of the ladies looked at her watch, we were all surprised to see how many hours had flown by in wonderful company!

I share this story to illustrate that it isn't difficult to make connections with the people around us. A simple little afternoon tea turned into a beautiful memory that I will cherish. My hope is to do a couple more teas like this before summer is over. Our family have often been the recipient of a lunch, tea or dinner invite from neighbours, and I am always thankful to share these experiences with the people who live near me. It doesn't have to be fancy, either! A chat on the front sidewalk leading to an unplanned 'come on in!' invitation can lead to similarly beautiful memories and experiences. I'm grateful to live in Laurier, where such experiences are a regular part of our lives.

– Juile Rohr

Civics Team

DID YOU KNOW THAT LH
NOW HAS A CIVICS TEAM?

The Team was formed in November 2017, first met in December 2017 and now has eight members. Our mandate is to be a positive and pro-active force in the direction, development, and progression of the community. We review and respond to planning applications affecting the community and address general planning and development issues as they arise. We also seek to promote community interest and facilitate community dialogue on local planning and development matters through the newsletter, forums and/or surveys. This means that we care about high quality development plans and practices, public improvements to streets and parks, and other initiatives related to the environment, heritage preservation and community development. While not claiming to be the voice of the League, we are eager to, where possible, represent the community's perspective on a variety of concerns including traffic, wildlife and local planning and development issues. Our portfolios thus include Canterbury Development, Engagement Edmonton, Infill Development, and Development Permitting.

In all of these matters, we are mindful of the community's role in the overall development of Edmonton, including relationships with neighbouring communities and the policies of the Municipal Development Plan and Edmonton's transportation and utility master plans.

In the coming months we will meet with our Ward councillor, and next year we intend to prepare a long range neighbourhood plan.

If you are interested in participating, please contact David Schoor at dschoor@islengineering.com

LAURIER HEIGHTS COMMUNITY LEAGUE

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

TIME TO RENEW! NOTE THAT ALL CURRENT MEMBERSHIPS WILL EXPIRE ON AUGUST 31, 2018

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!



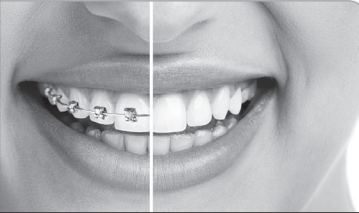
WELCOME TO THE NEIGHBOURHOOD: SWEET PEA CAFE

Sweet Pea cafe will be open as of August 7th in the gorgeous, welcoming community of Laurier Heights at 14238 85 Avenue, NW - just across the street from Laurier Heights School. Our cafe will be serving your new favourite specialty coffees as well as house-made everything from cakes and cookies to pizza and spanikopita! We are fully plant-based, and we offer various gluten-free options. We have also banned peanuts from the premises to make it a little more safe for those with allergies. We will be open from 7am-6pm Tuesday to Friday and 9am-5pm on the weekends. As of September, our playhouse will be opening with unique playhouses custom made for our space for your children's enjoyment, engagement, and learning. We have a few more surprises up our sleeves, and we are so excited to share them with you! Please see our social media for more information. You can find us on Facebook and Instagram @sweetpeacafeandplayhouse; our twitter handle is @sweetpeayeg. See you soon!

Sweet Pea cafe & playhouse



Simply ORTHODONTICS
...Beautifully different



Bringing smiles to life

Your Community Orthodontist
Specialist smile care for youth, teens and adults
780-756-7600
Stony Plain Rd & 150 St
SimplyOrtho.ca

DUST to SHINE Housecleaning

References and security check upon request

\$30.00/hour, minimum of 3 hrs

Donna: (780) 447-7297





Lori Sigurdson

MLA, Edmonton - Riverview
780-414-0719
edmonton.riverview@assembly.ab.ca
9202 B 149 Street NW, Edmonton, AB T5R 1C3








La Leche League Canada
Where breastfeeding and mothering connect

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 & children are welcome.

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

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3rd Annual Laurier Heights Community League

Cookie Walk

Saturday, December 1st, 10 AM

The sale ends when the cookies are gone

BUT come early, the cookies go fast !

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

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

All proceeds go towards events and programs at the Laurier Heights Community League. Last year we collected over 2,600 cookies and made nearly \$1,400 for our community. That doubled the previous year. WOW!!

ATTENTION:

We urgently need your home-baked cookies and squares for our 3rd Annual Laurier Heights Community League COOKIE WALK Christmas Fundraiser.

Bake a pan of squares, or two; whip up a dozen cookies, or 5 dozen or 10 dozen. Whatever you can manage. We need lots, and lots, and lots. Please provide in a non-returnable container.

You can drop them off Friday, Nov 30th at the hall between 6 PM and 8 PM OR call us and we will come pick up your home-baked goodies.

Please confirm your contribution by December 1st.
Contact Susan at 780-996-9866 or email vicepresident@lhcl.ca

Please consider donating to help us reach this year's goal of 250 dozen cookies.

Thank you!



BUY NOTHING MOVEMENT: LAURIER HEIGHTS EDITION

Laurier Heights is now part of the worldwide Buy Nothing movement! This is a place to give, receive, share, lend and express gratitude through a worldwide network of hyper-local gift economies in which the true wealth is the web of connections formed between people who are real-life neighbours.

The Buy Nothing Project is set up through Facebook, and Laurier group includes the neighbouring communities of Parkview, Crestwood, Grovenor and Glenora.

To find us on Facebook, search Buy Nothing Laurier Heights/Glenora, Edmonton, AB. You will need a Facebook account in order to join, and you must join with your personal account, not one with a business name.

The giving and receiving is underway; please join us in this unique initiative; it's a great way to get rid of (and discover) things, and to meet your neighbours at the same time!

For more information on the Buy Nothing Movement, check out their webpage:

<https://buynothingproject.org/>



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Crestwood Curling Club

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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

**Sunday,
September 23, 2018**

12:00pm to 3:00pm

Crestwood Curling Club
14317 96 Avenue,
Edmonton, AB

- Activities
- Learn to Curl

- View our Meeting/ Banquet Facilities

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

Wednesday
Fun League
October 17, 24, 31
November 7, 14, 21, 29
December 5, 12, 19

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

Saturday
Fun League

October 13, 27
November 17, 24
December 15
January 12, 26
February 9, 23
March 9
9:00pm-11:00pm
\$220 Registration

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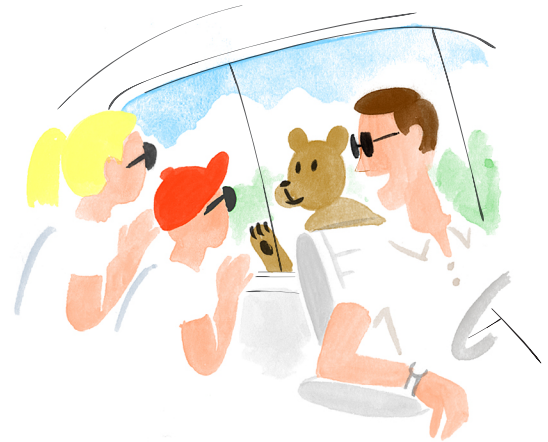
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LHCL Community Calendar

AUGUST

- 13th BOD Meeting
- 15th Canterbury Games Night
- 16th A.L.I.V.E. Laurier Heights 'Choir'
- 18th Neighbourhood Street Party at 'The Biscuit Box' on Laurier Drive
- 23rd Community Potluck & Conversations, 6:00pm @ Hall

SEPTEMBER

- 6th A.L.I.V.E. Laurier Heights 'Choir'
- 10th BOD Meeting
- 15th Harvest Fair and Beer Garden, 3-10pm
- 19th Canterbury Games Night
- 20th A.L.I.V.E. Laurier Heights 'Choir'
- 23rd Pancakes and Ponderings
- 27th Neighbourhood Conversations
- 29th Outdoor Movie Night
- 30th Art Show & Sale

OCTOBER

- 6th A.L.I.V.E. Laurier Heights 'Choir'
- 12th Community Potluck, 6:00pm @ Hall
- 15th (Tuesday) BOD Meeting
- 17th Canterbury Games
- 18th A.L.I.V.E. Laurier Heights 'Choir'
- 23rd Pancakes and Ponderings
- 25th Neighbourhood Conversations

NOVEMBER

- 1st A.L.I.V.E. Laurier Heights 'Choir'
- 2nd Community Potluck, 6 PM @ Hall
- 12th (Tuesday) BOD Meeting
- 15th A.L.I.V.E. Laurier Heights 'Choir'
- 17th Christmas in November
- 21st Canterbury Games
- 22nd Neighbourhood Conversations
- 25th Pancakes and Ponderings

DECEMBER

- 1st Cookie Walk 10:00am & Community Christmas Potluck, 6:00pm @ Hall
- 6th A.L.I.V.E. Laurier Heights 'Choir'
- 10th AGM & Volunteer Social
- 19th Canterbury Games
- 23rd Pancakes and Ponderings

WEEKLY EVENTS

Art Group

Mondays & Thursdays

Community Wellness

Various times

Nordic Walking

Wednesdays @ 9:30 am

Play Group

Fridays, 9:00 - 11:00 am

Prayers and Ponderings

Tuesdays, 1:00 - 3:00

Laurier Heights Community Choir

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

MONTHLY EVENTS

Book Club(s)

Community Potlucks

Canterbury Games Night

3rd Wednesday | Canterbury Court

Talking Gardens

(Spring-Fall)

WWW (Women and Wine on Wednesday)

PROGRAMS & EVENTS

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

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

IN-KIND DONATIONS

The Heritage Room (our 'old' hall) needs some TLC. The kitchen is in need of a new(er) fridge. Please contact: facilities@lhcl.ca if you have one to donate. We appreciate your generosity!