



# Soccer Season is Upon Us

OLD MAN WINTER IS STILL HERE BUT WE'RE ALREADY PLANNING FOR THE 2018 OUTDOOR SOCCER SEASON.

OUR FIELDS WILL SOON BE FILLED WITH EXCITED CHILDREN, WITH THE COMMON GOAL OF BEING ACTIVE, LEARNING SOME SKILLS WHILE HAVING FUN, AND PLAYING SOCCER WITH THEIR FRIENDS AND NEIGHBOURS. FEBRUARY IS REGISTRATION MONTH AND YOUR OPPORTUNITY TO GET YOUR CHILDREN INVOLVED IN THIS FABULOUS SPORT!  
SEE PAGE 9 FOR MORE INFORMATION.

Spring 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 COORDINATOR

Bill Bowers  
communications@lhcl.ca

### MEMBERSHIP

Christine McCourt-Reid  
membership@lhcl.ca

### NEIGHBOURHOOD ENGAGEMENT TEAM (NET)

Karen & Steve Wilk

### SOCCER COORDINATOR TEAM

Ofer Pittel *and* Janice Haugjord  
soccer@pittel.ca | soccer@lhcl.ca

### HALL BOOKINGS

Shannon Dompé  
rentals@lhcl.ca

### PROGRAMS COORDINATOR

Kendra Picton  
programs@lhcl.ca

### SPECIAL EVENTS COORDINATOR

Marie Bruseker  
events@lhcl.ca

### E-BLAST'ER

Sandy Brown  
eblast@lhcl.ca

### GRANTS

Leah Jones  
grants@lhcl.ca

THE COMMUNITY OF LAURIER HEIGHTS WOULD LIKE TO ESPECIALLY THANK TWO SPECIAL PEOPLE AS THEY 'RE-TIRE' FROM THEIR LONG HELD POSITIONS ON OUR BOARDS.

**Marg Petrin** has served as our Treasurer for the last ten years with patience, passion, skill, efficiency and such dedication- working for us even when she's in Mexico! Her attention to detail, wisdom and forward thinking have not only kept us on track but kept our books balanced and made it possible for us to receive numerous grants. Marg has also cheerfully and faithfully volunteered in many capacities at numerous events. Her husband, Norm, has also been actively involved in our Board and Building Society work, particularly as the project manager of our new build and its ongoing finishing touches and modifications. You may have seen them walking around the neighbourhood, delivering newsletters, tax receipts and other mail, too!

**Marie Soprovich** has been on the Board of Directors for Laurier Heights Building Society for many years, first as Director of Fund-raising and then as President for the past 7 years. Marie's dedication contributed to making our dream of a new Community Hall a reality. She brought renewed energy to the task even when inflation made our precious fund-raising dollars appear to shrink. Her positive "can do" attitude gave the Board the courage to start building in 2015 even though we did not have all the funds 'in the bank.' Marie helped with both the construction decisions and fund-raising ideas. She urged residents to "Donate Close to Home" and they/we did! -Thus, by the end of 2016 the hall was built, equipped and furnished. She, her late husband, Doug and their company also put the gazebo in Gazebo Park!

Marg and Marie, thank you! We are so grateful for you, and for all you have contributed to making Laurier a better place to live for us all. We wish you all the best in your ongoing and future endeavours; and look forward to continuing to connect with you in the hood!

## 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  
jazzmvb@gmail.com

## LHCL Newsletter

cover photo: Natasha Chiam

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

# Why Neighbourhoods Matter

WANT MORE INFO OR TO BECOME MORE INVOLVED? CONTACT [NET@LHCL.CA](mailto:NET@LHCL.CA)

## PRESIDENT'S MESSAGE

**Karen Wilk**

Our book club read Peter Lovenheim's In the Neighborhood which won the 2011 Zocalo Public Square Book Prize for "the book that most effectively – and most creatively, strikingly, or enjoyably – enhances our understanding of community."

It's a story that begins with a shocking event on his block that leads the author to get to know his neighbours, one sleepover at a time! (It's available at EPL and I'd be happy to discuss it with any who might be interested— in fact, it would be great to have a neighbourhood focused book club, contact [net@lhcl.ca](mailto:net@lhcl.ca) )

What Peter says about why neighbourhoods matter makes sense to me. They – YOU -- matter because...

**1/ We are all mortal.** In an emergency, a friend even 10 minutes away can be a friend too far. Sometimes, only the person across the street or next door can be there quickly enough to help.

**2/ All our resources are finite.** If you are baking, and send your spouse to the supermarket at night in a snowstorm for a six-ounce bottle of vanilla, as my neighbor, Deb, admits to having done, you are wasting gas, energy, and time. It's quicker, cheaper, and more environmentally friendly simply to borrow the vanilla from a neighbor. Same goes for a cup of sugar, eggs, a stepladder, or a shovel whatever you need in a pinch, it can likely be borrowed.

**3/ The people who live near us can enrich our lives in ways we can only know if we know them.** There was a woman, Grace, who had walked through our neighborhood every day for forty years. If I had taken piano lessons from Grace, knowing I was going to see her every day, maybe I would have practiced more!

**4/ Our society has become fragmented.** We divide ourselves by ethnicity, income, city versus suburb... It wasn't meant to be this way. Settlements were originally built around a central green or common meeting house people saw each other and talked over the issues of the day.

**5/ Neighbourhoods were meant to be a fundamental building block of a healthy civil society.** If we want to start repairing the social fabric of our country and become more tolerant of people whose beliefs differ from ours, the building we live in or the block we live on is a very good place to start. For more info, check out: <http://peterlovenheim.com>.

Thank you Laurier, and especially all those that contribute in numerous ways to helping us 'know each other', connect with and care for each other, share our 'sugar' – talents and resources, and in so doing, enrich our lives. A number of these great neighbours are mentioned in this newsletter. In addition, this issue (as usual) is packed with stories and information that highlight the many opportunities we have to be neighbours! Be sure to keep your issue handy and pin the back cover calendar on your bulletin board so you don't miss a thing!

And don't hesitate to get more involved, to join our Board, become a block connector or volunteer at an event (contact any of our Board members). Look forward to connecting with you around the 'hood!

**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.**

## LHCL Values

We are welcoming to ALL Laurier residents and strive to create a sense of belonging, caring, and friendship. We are committed to practising hospitality at all levels. We foster diversity, tolerance, acceptance and the well-being of all within our neighbourhood. We value a secure, safe and healthy environment for all. We focus on creating community and are leaders in developing relationships amongst neighbours, embracing and employing the gifts and contributions of everyone. We are an organization based on integrity, mutual respect and trust. We foster innovation and creativity by being open to change and by identifying and initiating new ideas, approaches, activities and proposals in and with the neighbourhood.





### SIPS & TIPS: VODKA & GIN NIGHT

Some Laurier Heights community members had a fabulous cocktail night and tasted different vodkas and gins from micro-distilleries in Alberta at our monthly Sips & Tips night in January. We had Nick MacDonald, an amazing bartender, make our cocktails for the evening (he even gave Christine lessons with the cocktail shaker!). There were delicious hot and cold appetizers that kept coming all night long. What an enjoyable way to spend a cold winter's evening.



THIS PAST DECEMBER THE LAURIER HEIGHTS COMMUNITY LEAGUE HOSTED THE 2ND ANNUAL CHRISTMAS COOKIE WALK.



Members in our community donated around 220 dozen cookies and squares (that's correct, over 2,600 baked goodies). Thanks to all those who attended the sales, we made \$1,400 for our community. WOW!!! We look forward to seeing you at the 3rd Annual Cookie Walk in December.

## Thank you to our baking team

Ayla, Geoff, Maya & Madelaine Hope  
 Bill Bowers & Family  
 Canterbury Court  
 Cara Kaup  
 Carol Billey  
 Carol Hutchings  
 Cheryl Fereday  
 Christine McCourt-Reid  
 Dawn Newton  
 Donna McLeod-Huynh  
 Gaylene Borgstede  
 Helen Richards  
 Holly Paull  
 Janice Haugjord  
 Janice & Chris Voss  
 Julie Rohr  
 Karen Wilk  
 Kendra Picton  
 Laura Frey  
 Laurie Murray

Lisa Clarkson  
 Liz Herbert  
 Lois Hammond  
 Marie Bruseker  
 Marilyn Dale  
 Merle Taylor  
 Michelle Lacoursiere  
 Ray Philipenko  
 Sandy Lavoie  
 Sandy Snow  
 Sarah Laary  
 Shannon Dompe  
 Sharman Armfield  
 Sharon Jeske  
 Shelby Marozoff  
 Stefany Shinbine  
 Sue Lord  
 Susan O'Loughlin  
 Terra Gallaher  
 Wiz Wenzel





# 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 fun for everyone unstructured drop-in program. Snacks provided (please bring a toonie). Playgroup follows the school calendar (September - June).

When: Fridays

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

Cost: \$2 per family per visit



## Art Society

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

When: Mondays and Thursdays

Time: 1:00 p.m.

No Charge to attend



## Community Potlucks

Our 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: March 9 & April 13

Time: 6:00 p.m.

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

## Neighbourhood Conversations

### Parenting from a Developmental Perspective: Feb 22, 7:00-9:00pm at the hall

Not always sure about the best way to parent your kids? Have questions about how to help them grow up well? Nancy will first help participants understand the developmental paradigm and then give opportunity for discussion around parenting challenges that could be reframed from a developmental (rather than a behavioral) perspective.

Nancy has lived in Laurier Heights almost her entire life. She is married to Andrew, her "childhood sweetheart" who she met at Laurier Heights School. Nancy and Andrew have three young adult children: Greg (28), Tim (25) and Emily (21). Nancy has studied extensively under Dr. Gordon Neufeld a developmental psychologist from Vancouver and author of the best-selling book "Hold on to Your Kids." She has also worked with Dr. Deborah MacNamara, another developmental psychologist and author of the book "Rest Play Grow." Along with offering breastfeeding support through the La Leche League organization for over twenty-five years, Nancy has helped parents "make sense" of their children through an understanding of the maturation process.

# Be Well and Breathe...

submitted by **Gaylene Borgstede**

## GREETINGS FROM THE COMMUNITY WELLNESS NETWORK (CWN)!

We are a group of local wellness practitioners who have come together to serve our community. We strive to provide quality wellness programming in your own neighbourhood. Throughout the week you can find us in the beautiful Laurier Room at the hall leading a series of yoga and boot camp style classes. Check out our schedule in this newsletter, on-line [www.lhcl.ca/programs](http://www.lhcl.ca/programs) or on our Facebook page @CWNYeg and connect with the us for more information.

In the next few newsletters, the CWN will provide feature articles outlining useful tips, stories or just some 'good information' to ponder.

It is our way of reaching out to share our breadth of experience, knowledge and qualifications in the field of health and wellness for the benefit of every member of our community.

## BREATHE

Have you ever heard the phrase, "Just take a deep breath"? There is profound wisdom hidden in this simple suggestion. It really is 'just breathing' – an involuntary action

that we don't, normally, think about. Here's the rub – breathing is what keeps us alive. That, my friends, is the profound nature of the breath. It is something so simple and yet so essential to our existence.

In activities such as yoga, and even a workout, attention is given to the breath and it becomes a 'voluntary' action. We make it more conscious and use it to navigate various poses and movements. We become more present. Conscious breathing helps us notice and when we notice we are present. That is mindfulness!

Feeling stressed? Overwhelmed? Angry? Sad? Elated? Nervous? Emotions, thoughts and life itself can drain and exhaust the best of us. Use the breath in your daily living – tap into it, connect with it, observe it and make a conscious effort to take a full breath in and a long breath

out several times during the day.

Here is what taking a few deep breaths can do for you:

- It can regulate your heart rate. The heart and lungs work together to regulate each other.
- It slows you down. Taking a moment to consciously breathe helps to ground you, to give you a few seconds (or minutes) to collect yourself and move forward more deliberately.
- It helps you to act rather than react. Taking those few seconds to consciously breathe gives you a moment to decide HOW to move forward. It offers you more control of the situation that you find yourself in.

BE WELL and BREATHE!



**COMMUNITY**

**Wellness Network**

**Community driven wellness programs**  
**On going classes through June 2018**  
*General inquiries: [cwnyeg@gmail.com](mailto:cwnyeg@gmail.com)*

**5 pass \$75 / 10 pass \$150** \*pass sales are class specific  
 Classes at **Laurier Heights Hall (14405 - 85 ave)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BOOTCAMP</b> <b>9:15-10:15am</b> Stephanie Perry <a href="mailto:sperryfit@gmail.com">sperryfit@gmail.com</a> (780)935-8768	<b>YOGA FUNDAMENTALS</b> <b>9:30-10:45am</b> Sandy Brown <a href="mailto:sandybrownnyoga@gmail.com">sandybrownnyoga@gmail.com</a> (780)964-8124  <b>SOMA YOGA</b> <b>7-8:15pm</b> Gaylene Borgstede <a href="mailto:simplysomatics@gmail.com">simplysomatics@gmail.com</a> (780)819-5974	<b>YOGA</b> <b>9-10am</b> Sandy Mah <a href="mailto:sandylmah@gmail.com">sandylmah@gmail.com</a> (780)951-3189  <b>CHAIR YOGA</b> <b>1:30-2:30pm</b> Gaylene Borgstede <a href="mailto:simplysomatics@gmail.com">simplysomatics@gmail.com</a> (780)819-5974	<b>YOGA</b> <b>9:15-10:15am</b> Sandy Mah <a href="mailto:sandylmah@gmail.com">sandylmah@gmail.com</a> (780)951-3189  <b>YOGA FUNDAMENTALS</b> <b>8:15-9:30PM</b> <i>*no class 4th Thurs of every month</i> Sandy Brown <a href="mailto:sandybrownnyoga@gmail.com">sandybrownnyoga@gmail.com</a>	<b>BOOTCAMP</b> <b>9:15-10:15am</b> Stephanie Perry <a href="mailto:sperryfit@gmail.com">sperryfit@gmail.com</a> (780)935-8768

**KIDS YOGA**  
**3:45-4:30pm**  
 Sandy Brown  
**Feb 26 - Apr 30**  
*\*no class Apr 2*  
**pre-reg only: \$100**  
[sandybrownnyoga@gmail.com](mailto:sandybrownnyoga@gmail.com)

Find us on **@CWNYEG** to stay up to date



# End of Summer Party

SAVE THE DATE: AUGUST 18, 2018

Greetings to all Laurier Friends and Neighbours,  
As many of you may know, the Laurier End of Summer Party held last August on Laurier Drive was an enormous success. We counted over 300 attendees including more than 100 children over the course of the evening. We enjoyed food trucks, live music, a bouncy castle and the company of our amazing Laurier Community neighbours, friends and family. For many of us it was an opportunity to meet many of the people who live close by that we might not otherwise have an opportunity to meet.

So... we wanted to take this opportunity to ask you to SAVE THE DATE for the Second Annual Laurier End of Summer Party.  
More info to come!

## Save the Date

**Where:** The "Biscuit Box" – Road and greenspace across from 101 Laurier Drive

**When:** August 18, 2018

**Who:** All Laurier residents, family and friends

Special Edition Playgroup:



## DONUT DADS

### HEY THERE DADDIO!

Drop in with your tot(s) age 0-4 for coffee, a donut, and some unstructured playtime at the hall! There are lots of toys for the little ones while you relax with some neighbourhood pals.

Snack is provided for your tot.

Please bring \$2 • No RSVP – just drop in!

**SATURDAY, MARCH 24 9:00-11:00 AM**

Regular Playgroup runs every Friday 9:00-11:00am

Coffee/snacks provided; \$2 drop in fee

Questions? email: [programs@lhcl.ca](mailto:programs@lhcl.ca)

## SIPS & TIPS

WHET YOUR PALETTE AND  
TICKLE YOUR TASTEBUDS AT  
OUR MONTHLY TASTINGS



### Wines of the Okanagan

**THURSDAY, MARCH 14, 7-9 PM  
HERITAGE ROOM, LAURIER HALL**

Your chance to taste and discover wines of the Okanagan including a sparkling one. The evening will be presented by Mike Fregren of Artisan Wines. Come enjoy some wine and appetizers and visit with like-minded friends of Laurier Heights. Tickets are \$25 each; space is limited to 25 persons.



### Rums of the Caribbean

**WEDNESDAY, APRIL 11, 7-9 PM  
HERITAGE ROOM, LAURIER HALL**

Come be introduced to the rums of the Caribbean ranging from white to amber to dark both for mixing and for sipping. We will be looking at 6 different rums and tasting all neat and some in a cocktail. There will be rum-appropriate appetizers and a good time to be had. Tickets are \$30 each; space is limited to 25 persons.

Reserve Your Spot: [events@lhcl.ca](mailto:events@lhcl.ca)

# River Valley Revenge



Jeremy Cowan finishes RVR

Canadian River Valley Revenge would like to thank Laurier Heights for your support of our event on January 20th. It was a great community experience.

Thanks also to the Mudpie Café for donating free coffee cards to all our racers and volunteers!



BLAIR MCMURDO, CLT

## OWNER

9311 - 151 STREET  
EDMONTON, AB T5R 1K1

PHONE / FAX: 780-756-1078  
CELL: 780-977-3261  
BLAIR@FANTASCAPES.CA  
WWW.FANTASCAPES.CA



La Leche League Canada  
Where breastfeeding and mothering connect

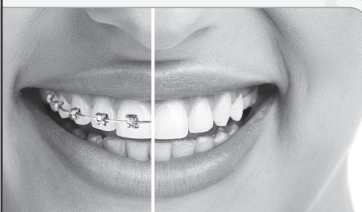
Meeting time:

**3rd Thursday of each month, 10:30 a.m. to 12:30 p.m.**  
Laurier Heights Community Hall: Laurier 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 pregnant women, mothers and children are welcome.**

For more information please call Nancy at 780-489-9704 or visit [www.lllc.ca](http://www.lllc.ca)



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

## Is a move in your future?

When experience matters, you can count on Les Phillips for proven results – guaranteed! Call Les Phillips and discover how his unique marketing plan can benefit you in your next move!

**LES PHILLIPS, Associate Broker**

**780-498-2549 or [les@lesphillips.ca](mailto:les@lesphillips.ca)**

Not intended to solicit properties or persons under contract





# Laurier Heights School

VIBRANT ENGLISH & FRENCH IMMERSION  
KINDERGARTEN TO GRADE 9 PROGRAMS  
HOME OF THE LAURIER LIONS!

## OPEN HOUSE

French Immersion and English K -9  
March 13, 6:30 - 8:00 p.m.



SAVE THE DATE! RUNRAISER 2018  
FRIDAY JUNE 1ST, 5-10PM

### LAURIER HEIGHTS COMMUNITY LEAGUE

RUNRAISER 2018 is a year-end celebration and major fundraiser for Laurier Heights School. The fundraiser is a run-a-thon and spin-a-thon where students will collect pledges in the community to raise funds for school programming and initiatives. The community's support is much appreciated. All donations over \$20 will be 100% tax deductible. Family and community members are invited to attend the event on Friday June 1st from 5-10pm to cheer on our runners and spinners! There will also be a DJ, food vendors and beer gardens to celebrate the end of the school year. Please support our student canvassers and save the date for this fantastic community event! For more information please visit <http://raiseathon.ca/runraiser>  
THANK YOU FOR SUPPORTING SPORTS PROGRAMMING AT LAURIER HEIGHTS SCHOOL!

École Laurier Heights School  
8210 - 142 Street NW  
Edmonton, AB T5R 0L9  
780-483-5352  
[laurierheights@epsb.ca](mailto:laurierheights@epsb.ca)  
[www.laurierheights.epsb.ca](http://www.laurierheights.epsb.ca)  
follow us on Twitter: @LHSEPSB

## Outdoor Soccer Information

The procedure for the 2018 outdoor soccer season will be the same format as last year. Registration takes place online beginning February 1st at the EMSA Soccer Portal.

**You must have a current community league membership (17-\*\*\*\*) to register.** See next page for membership info.

Payment must be made in person (cheque or cash) at one of the community registration dates:

- Tuesday, Feb 27th, 2018 from 6:00-8:30pm at Laurier Heights Community League Building, 14405 85 Avenue, Laurier Room
- Wednesday, March 7th, 2018 from 6:30-8:00pm at DoubleTree by Hilton, 16615 109 Avenue, Ballroom

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

Please note that until payment is received, player registration is not complete. Any payments made after March 7th, 2018 will be subject to a \$50 late registration fee. Registration fees do not

include tournaments; however, they do include team photos.

For all players in age divisions U9-U19, there is a further requirement of 2 post-dated cheques:

- Uniform Deposit - \$50, dated for July 1st, 2018 (cheque is shredded upon return of team jerseys to community league)
- Volunteer Deposit - \$150, one cheque per family, dated for December 31st, 2018 (cheque is shredded upon completion of a minimum 3-hour volunteer duty for EMSA or Laurier Heights Community League)

Equipment Needed for Laurier Soccer Program:

- Shin Pads
- Black Soccer Socks
- Black Shorts
- Soccer Cleats (not mandatory for U4-U6, but mandatory for all other age divisions)

The outdoor soccer season is scheduled to begin the week of April 30th. We are scheduled for soccer photos on Saturday, May 5th regardless of potential changes to season start date. Our U4 and U5 teams play in house and will not be travelling outside of the community. U7-U11 teams play in the West Zone. U13-U19 teams play city wide.

If you have further questions, please feel free to contact Janice at [soccer@lhcl.ca](mailto:soccer@lhcl.ca).



# 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](http://www.efcl.org)

Please submit this completed form to our Membership Coordinator:

**Christine McCourt-Reid**  
13807 84 Ave • T5R 3W6  
[membership@lhcl.ca](mailto: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.*



# 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. SEE THEIR WEBSITE AT [WWW.WBU.COM/EDMONTON](http://WWW.WBU.COM/EDMONTON) OR CALL THEM AT 587-521-2473.

## Q: HOW CAN I HELP BIRDS SURVIVE COLD WEATHER?

Typically, your feeders serve as a supplemental food source for birds. In contrast, during periods of extreme cold and severe winter weather, your birds may switch to using your feeders as a critical source of food that enables them to survive from day to day. So make sure your foods are worth their weight with quality high-calorie, fatty foods for the birds.

You can play a vital role, as feeding the birds becomes critical when extremely cold conditions occur. At these times, a reliable supply of energy-heavy food can mean the difference between life and death for a bird. To stay warm, birds will expend energy very quickly, some losing up to 10% of their body weight on extremely cold nights. Food is the most essential element, providing birds with the energy, stamina and nutrition they need. An ample supply of high-calorie foods such as suet, Bark Butter, sunflower, and nuts is crucial to a bird's survival.

Quality suet as well as suet nuggets are full of essential fat and protein helping birds, such as woodpeckers, chickadees, nuthatches, and others, maintain their high metabolic rate. Sunflower chips are high in fat and protein, and they are a favourite of Pine Siskins, Common Redpolls, House Finches and most other birds that we see at feeders in Edmonton and area.

Bird food cylinders are a win-win for you and your birds. Cylinders, like No-Mess and Nutty for Nuts, are long-lasting allowing you fewer trips to fill the feeder. They are packed with high-calorie peanut, tree nut and sunflower energy to help the birds stay warmer. There are no shells, providing a quick energy snack for birds and no mess for you.

In order to meet your birds' needs, it's important to have at least one

foundational feeder that dependably provides food every day and does not have to be filled very often. Studies have demonstrated that a constant, and reliable source of supplemental food helps to improve the overall health and body condition of wild birds.

Help your birds know your food is worth the weight by locating your foundational feeder in a sheltered location out of the wind and keep it full of the high-calorie, fatty foods that provide birds the crucial nutrition they need to survive and thrive even during the coldest times of the year.



*submitted by* **Dave Cleary**



# HOLY CROSS

## ACADÉMIE INTERNATIONALE

Kindergarten  
& Junior High

# OPEN HOUSE

Wednesday, February 7 at 7pm

- IB WORLD SCHOOL
- FRENCH IMMERSION



15120-104 Avenue • 780 489-1981  
[www.holycross.ecsd.net](http://www.holycross.ecsd.net)



## Beaux Esprits Playschool

French Immersion - our 39<sup>th</sup> year

2018-2019 Registration Night  
February 13, 7pm

7925 158 Street (in Our Lady of Victories School)  
For more information contact the Registrar @ [beregistrar@gmail.com](mailto:beregistrar@gmail.com)  
[beplayschool@teuls.net](mailto:beplayschool@teuls.net) / [www.beplayschool.ca](http://www.beplayschool.ca)

## DUST to SHINE Housecleaning

References and security check  
upon request

\$25.00/hour, minimum of 3 hrs

Donna: (780) 447-7297



## How much is my home worth?

If you are considering selling  
your home now or in the near  
future, call RICK LOUGH for  
a free market evaluation of  
your property.

.....

*"I have lived in  
this area for over  
50 years and still  
call it home today."*

.....



**RE/MAX**  
EXCELLENCE

**Rick Lough**

RE/MAX Excellence

Direct: 780.718.2556

e-mail: [ricklough@remax.net](mailto:ricklough@remax.net)

[www.RickLough.com](http://www.RickLough.com)

*Trusted for Services, Respected for Results*

## EURO-MEN Painting Ltd.

Residential & Commercial  
Interior & Exterior / Free Estimates

*painting is our passion*

Euro-Men Painters are experienced, reliable and  
hard-working professionals that are committed to  
delivering the best workmanship on every job.

To learn more visit

[www.euromenpainting.com](http://www.euromenpainting.com)

15%  
SENIOR  
Discount



Edmonton 780.619.1635 Alberta

# ST. PAUL

CATHOLIC ELEMENTARY SCHOOL

## WELCOMING NEW STUDENTS

## REGISTER TODAY!



14410-96 Avenue  
780 452-1510  
[www.stpaul.ecsd.net](http://www.stpaul.ecsd.net)

## LAURIER LAW OFFICE

*your neighborhood law firm*

*Quality Legal Services with a Friendly Approach*

A General Practice Firm Including:  
Real Estate, Family Law,  
Wills and Estate & Succession Planning,  
Enduring Powers of Attorney,  
Personal Care Directives,  
Incorporations, Immigrations

8623-149 Street, Edmonton, Alberta T5R 1B3

Telephone: (780) 486-0207 Fax: (780) 483-0848

Linda L. Wright, Robert A. Kiss,  
Gerald C. Bolton, Katrina Pia D Angeles

Barristers, Solicitors and Notaries Public  
Commissioners for Oath



## OPEN HOUSE

**Sunday, February 25, 2018**

12:00pm to 3:00pm

Crestwood Curling Club

14317-96 Avenue, Edmonton, AB

### Introduction to Curling "Free"

No children under 7 years of age. Children are required to wear a helmet. (not provided)

For more info: (780) 452-4174  
or [crestwoodcurling@shaw.ca](mailto:crestwoodcurling@shaw.ca)

## Fun League



**March 4, 11, 25, 2018**

**12:00pm-2:00pm**

**\$50 Registration**

**New to Curling?**

**Want to be part of the fun?**

**Join our fun League.**

**Open to adults and children over 7.**

**Instruction included.**

**For more information please  
contact us @ ( 780) 452 4174 or  
email [crestwoodcurling@shaw.ca](mailto:crestwoodcurling@shaw.ca)**



## THE SOUND CHOICE FOR Expert Hearing Care



Capital City Audiology welcomes you to our family run, locally operated clinic.

Both **Kevin Anderson & Colleen Hughes-Anderson**, *Doctors of Audiology & Registered Clinical Audiologists*, have been proudly serving patients for over 15 years.

Come say hello. And hear what you've been missing.

- Full Hearing Assessments
- Digital Hearing Aids
- 90-Day Full Money Back Guarantee
- Best Price Guarantee
- WCB, VAC, NIHB, RCMP and AADL patients welcome



CALL **587-462-1000**

**NOW OPEN!**

8770 149 Street, Edmonton | [www.capitalcityhearing.ca](http://www.capitalcityhearing.ca)

*learning through play*

## Little Friends PRESCHOOL



Little Friends is a non-profit, parent cooperative preschool located in Crestwood. We offer educational field trips, exciting visitors, special events, and activity stations in our newly renovated rooms! Our teachers and assistants are highly experienced and qualified.

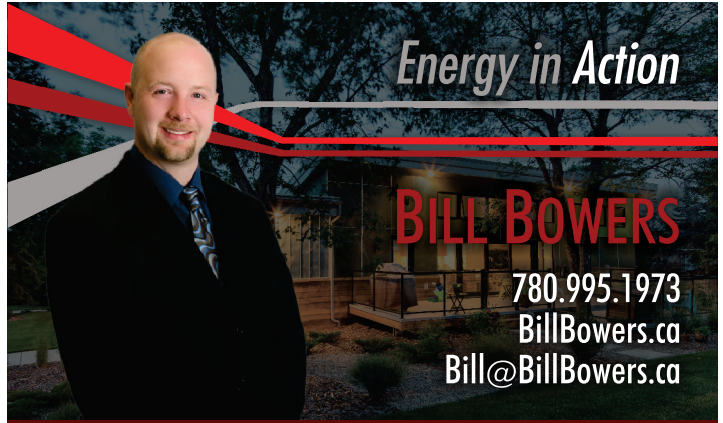
Available programs:

- ▶ Toddlers (19 m - 2.5 years)
- ▶ Playroom (3 year olds)
- ▶ Playschool (4 year olds)

Registration for next school year opens in early March. Please visit our website for more details.

[littlefriendsedm.com](http://littlefriendsedm.com)

## Energy in Action



**BILL BOWERS**

780.995.1973

[BillBowers.ca](http://BillBowers.ca)

[Bill@BillBowers.ca](mailto:Bill@BillBowers.ca)

### 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.



## ALD

ANNIKA LANE DESIGN & RENOVATION

We provide design-and-build home renovations to clients who want an affordable way to enjoy exceptional professionalism, top-quality construction, and beautiful yet functional designs.

CALL

**780-887-7700**



[www.annikalane.ca](http://www.annikalane.ca)

# LHCL Community Calendar

## FEBRUARY

- 18<sup>th</sup> Family Fun Bowling: @ Plaza Bowl
- 21<sup>st</sup> Canterbury Games
- 22<sup>nd</sup> Neighbourhood Conversations:  
Parenting, A Developmental Approach  
(see page 5 for information)

## MARCH

- 9<sup>th</sup> Community Potluck, 6 PM at the Hall
- 12<sup>th</sup> BOD Meeting
- 14<sup>th</sup> Sips & Tips: BC Wines @ Heritage Hall
- 16<sup>th</sup> Block Connectors' Social
- 21<sup>st</sup> Canterbury Games Night
- 22<sup>nd</sup> Neighbourhood Conversations:
- 24<sup>th</sup> Donuts and Dads

## APRIL

- 4<sup>th</sup> Block Connectors' Gathering
- 9<sup>th</sup> BOD Meeting
- 11<sup>th</sup> Sips & Tips: Rums of the Caribbean
- 13<sup>th</sup> Community Potluck, 6 PM at the Hall
- 18<sup>th</sup> Canterbury Games
- 26<sup>th</sup> Neighbourhood Conversations

## MAY

- 1<sup>st</sup> Block Connectors' Gathering
- 11<sup>th</sup> Community Potluck, 6 PM at the Hall
- 14<sup>th</sup> BOD Meeting
- 16<sup>th</sup> Canterbury Games
- 23<sup>rd</sup> Sips & Tips
- 24<sup>th</sup> Neighbourhood Conversations

## JUNE EDMONTON'S BLOCK PARTY MONTH

- 1<sup>st</sup> Laurier School RunRaiser at the Hall
- Block Connectors' Gathering
- 11<sup>th</sup> BOD Meeting
- 14<sup>th</sup> Sips & Tips
- 20<sup>th</sup> Canterbury Games
- 21<sup>st</sup> Neighbourhood Conversations &  
Talking Gardens: Host a Walk to learn  
about Native Plants with Carcey Hincz
- 28<sup>th</sup> Community Potluck/End of School Year  
Party! 6 PM at the Hall

## AUGUST

- 18<sup>th</sup> Neighbourhood Street Party at 'the Bowl'  
on Laurier Drive

## 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](mailto:president@lhcl.ca)  
**Kendra:** [programs@lhcl.ca](mailto:programs@lhcl.ca)  
**Marie:** [events@lhcl.ca](mailto:events@lhcl.ca)

### Weekly Events

Art Group  
Mondays & Thursdays

Community Wellness  
various times

Nordic Walking  
Wednesdays @ 1:30 pm

Play Group  
Fridays, 9:00 - 11:00 am

Prayers and Ponderings  
Tuesday afternoons

### Monthly Events

Book Club(s)  
Talking Gardens (Spring-Fall)

WWW (Women and Wine on  
Wednesday)

Neighbourhood Conversations,  
4th Thursday

Watch for more details about these and  
other events/activities on our website,  
Facebook page and via e-mail..  
If you are not currently receiving  
our e-news, please contact:  
[communications@lhcl.ca](mailto:communications@lhcl.ca)

### In-Kind Donations

The Heritage Room (our 'old'  
hall) needs some TLC.  
The kitchen is in need of a  
new(er) fridge.

The Facilities Team is in need  
of a working lawn mower.

Please contact:  
[facilities@lhcl.ca](mailto:facilities@lhcl.ca)  
if you have items to donate.  
We appreciate your help  
and generosity!