

LAURIER HEIGHTS

COMMUNITY LEAGUE



Over The Top – Helen V. Richards

Laurier resident Dr. Tim Terry captured a photo of these sunflowers growing over the top of his shed in the Buena Vista area.

Local artist Helen Richards created this painting based on that photo.

Summer 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

(vacant)
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:

*** Communications Team Lead ***

Oversees all areas of communications for the Community League, ensuring everyone has up-to-date information, which is then filtered out to our residents.

*** 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

The Pres Says “Let's Party”

SPRING IS IN THE AIR, THE GRASS IS RIZ, NOW
DON'T YOU WONDER HOW YOUR NEIGHBOUR IS?
WITH SO MUCH MORE DAYLIGHT, OUR
STREETS ARE ONCE AGAIN ALIVE,
WITH WALKERS, BIKERS AND GARDENERS IN
SIGHT, AND SO MANY CONNECTIONS TO REVIVE
IT'S TIME TO PAUSE AND SHAKE A HAND, BBQS,
CAMPFIRES AND PARTIES TO BE PLANNED
FOR THE NEIGHBOURHOOD IS A GIFT FOR
EVERYONE, SO GET TOGETHER AND HAVE SOME FUN
IT'S BLOCK PARTY MONTH IN EDMONTON!

Believe it or not, ‘partying’ with our neighbours is good for us – both personally and communally. Dr. Glenn Sparks & Dr. Will Miller in their book, Refrigerator Rights (and in their presentations across the continent) declare that the principle cause of stress among North Americans is less about psychological conditions and more about lifestyle...

"People who do not know their neighbor families have no way of knowing that there is harm underway. It's not about spying; it's about having relationships with the people around us. The parent whose stress level gets so high that they take it out on their spouse or children has no one in their life to catch the signs early and ward off the tragedy. It isn't rocket science. **It's about block parties, neighborhood meetings and organizing gatherings for the families and children on your street. Cookouts, gourmet clubs, touch football games are easy sells and the bonding that takes place is the beginning of cohesion and community health.** These are all Refrigerator Rights issues."

In fact, more than 50% of North American families never even have a meal together as a family – let alone with neighbours! This absence of communal meals is another indication of our lack of connectedness even with our blood – in the olden days the family would gather for at least 2, often 3, meals a day and it was often the extended family – the whole homestead – and then in the evenings the neighbours would drop by, sit on the front porch, ‘shoot the breeze’ helping themselves to a beer or lemonade from the fridge: They had refrigerator rights – we don’t even have front porch rights, we don’t even have front porches!! So, when my family decided to put an invitation to an open house in the mailboxes of all our neighbours a few years ago never having met most of them, you can imagine their shock! ... one lady arrived at

our door and said "I just had to come to see who would do such a thing, invite total strangers into their home!"

And that’s what our Abundant Community-Block Connector Initiative is all about. Block Connectors are those people – perhaps you – who naturally connect people. They become the **The Point Person; The Party Person and a Listener** on their street, for their cul-de-sac or block, which is not to say that they do everything – they’re the connection!

So this season, let’s see if Laurier Heights can break the record for number of block parties in our neighbourhood! At our block connectors’ gathering this month, we brainstormed some great ideas, from tea or lemonade in the front yard, to backyard campfires, to progressive meals to crappy dinners to ‘red’ night to our wonderful community potlucks at the hall.... You’ll see some examples in this issue as well as some invitations! Join in, initiate – contact net@lhcl.ca for tips and resources.

Why? Because eating together is valuable and life-giving for at least six reasons:

1. Eating together communicates “We’re all welcome here. We belong.”
2. Eating together pushes the ‘pause’ button— and don’t we all need that (at least once in a while)?
3. Eating together invites and makes it possible for us to both give and receive.
4. Eating together gives us an opportunity to get to know each other better (which means we’ll be better neighbours to one another especially when needs arise).
5. Eating together evokes a natural sense of thankfulness...
6. Eating together is a tangible expression of an ‘abundant community.’
7. Why else? I’m sure you and your neighbours will have some great additional ideas. Record and submit them along with a photo of your gathering(s) for our next issue. I can hardly wait to see what partyers, Laurier’ites are!

As an ancient philosopher wrote, “A party gives laughter, wine makes life merry” (Ecclesiastes 10:19).

PRESIDENT'S MESSAGE
Karen Wilk

RUNRAISER 2018



#trek4tech

Laurier Heights School Year-End Celebration & Fundraiser
June 1, 5-10 pm - Laurier Heights Community League
Register & Donate at WWW.RAISEATHON.CA/RUNRAISER

COME SUPPORT YOUR LOCAL SCHOOL -
LAURIER HEIGHTS RUNRAISER 2018!

FRIDAY JUNE 1ST, 5-10PM
@ LAURIER HEIGHTS COMMUNITY LEAGUE

RUN-A-THON + BIKE-A-THON +
COMMUNITY PARTY + BEER GARDENS!

RUNRAISER 2018 is a year-end celebration and 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 the school's Technology needs.

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 this fantastic community event! This event is open to all kids in the community, even if they aren't students at Laurier Heights School.

For more information please visit
<http://raiseathon.ca/runraiser>

All donations over \$20 will be 100% tax deductible.

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SUMMER GREEN SHACK



Edmonton

LOCATION	DATES	DAYS	TIMES
Laurier Heights 14405 - 85 Ave	July 3 - August 23 Flying Eagle will be on site August 7 - 10	Monday-Friday	10:00 AM - 1:30 PM

Our Green Shack program is running in neighbourhoods all over Edmonton. Come and join us for games, crafts, sports, free play, and more!

Water features are operational seasonally from 9 AM - 9 PM

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:
edmonton.ca/Greeshacks
or call 311.

@GreenShackEdmonton

Community League
Spirit
efcl.org





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 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!

When: May 11 & June 28

Time: 6:00 p.m.

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



Wine & Spirits Club

Laurier Heights residents, we are starting a wine and spirits club at Laurier Heights. We propose to feature three events a year; one wine, one beer and one spirit. They are tentatively going to take place (wine) in October, just before the holiday season; spirit of some kind in January and finally beer in April or May just before summer. Each event will be presented by an expert in the field, food will be provided and attendance is limited to 25 persons to ensure a good event. The cost for all three events will be \$90 for the season and each single event will cost \$35. Registration will be in the fall at the Harvest Fair or by email in September.

If this is something you are interested in, please email me at events@lhcl.ca and let me know.

Cheers! – Marie Bruseker



A Laurier Heights Trivia Quiz



1. Laurier Heights is named after Sir Wilfred Laurier, a former Canadian Prime Minister. Complete this sentence: Wilfred Laurier was the _____ (number) Prime Minister of Canada and was a member of the _____ political party.



2. Name two of the businesses that operated across from the school in the 1960's.



a) _____



b) _____



3. Where was "the Woods" located in Laurier?



4. What was "the Shack"?



5. What is the "Biscuit Box/Bread Box"?



6. When Laurier Heights was first developed, what objects were located down the center of Laurier Drive and were subsequently removed due to the protests of residents? _____



7. Which world-renowned wildlife preserve owner lived in Laurier Heights from 1951 to 1960? _____



8. What was the original name of The Valley Zoo?



9. Name two of the community's original home builders.



10. What did many women get together to do once a week in the evening in Laurier in the '50s and 60s? _____



St Timothy's News

LOCAL CHURCH BECOMES FIRST PLACE OF WORSHIP IN EDMONTON TO INSTALL HEARING LOOP TO ASSIST THOSE WITH HEARING AIDS AND COCHLEAR IMPLANTS

St. Timothy's Anglican Church has installed a Hearing Loop system for the hearing impaired. For those with t-coil equipped hearing aids or cochlear implants they can now hear clearly all aspects of the service.

Often referred to as the hidden disability, 1 in 6 people suffer from a degree of hearing loss. Although hearing aids and other devices have greatly reduced the effects of hearing loss, it is still difficult to differentiate conversations from ambient noise. In a church setting this makes it difficult for the hearing impaired to understand the sermon, prayers of the people, announcements and other parts of the service. Without a solution many parishioners simply suffer through not understanding the entire service, or don't come to church at all.

After consulting with representatives from the Edmonton Branch of the Canadian Hard of Hearing Association (CHHA), it was determined that a loop system would be a good solution for St. Timothy's.

After a six-week trial of a loop system the response

was an improvement in understandability from 20-30% to 80-90%.

In simple terms, a loop system allows electronic audio sources to be wirelessly connected to a hearing aid's built-in T-coil receiver, also known as a telecoil (from "telephone coil"). At present, approximately 75% of hearing aids and all cochlear implants have the T-coil receiver built in. An Induction Loop system wirelessly transmits magnetic energy to the telecoil-equipped hearing aid using a wire that surrounds a counter or room. When a sound source is transmitted through a Loop, the telecoil circuit inside the hearing aid receives that source directly, without background noise from the room, making it much more intelligible to the person with the hearing aid.

Although many libraries, Edmonton City Hall, recreation centres and a few businesses have installed hearing loops, we think that St. Timothy's is the first place of worship to have a loop installed.

For more information please contact St. Timothy's Anglican church, (780) 483-5506, or visit www.sttimothy-edm.ca

Dog Training

MAY 30



fun with pets



Laurier heights local resident / dog trainer Nicky will be putting on a FREE trick dog training session. This will be open to any breed. Reactive dogs permitted.

Children under 16 must be accompanied with an adult to assist. You will learn the basics on how to accomplish a few different fun tricks with your best friend.

May 30th at 7:00 p.m.

Spots may be limited

Email : socialmedia@lhcl.ca to reserve your spot and for more info.

LHCL Classifieds

Cute 3 bedroom bungalow for rent in Laurier.

New floors, carpet, paint and updating
\$1,800 - \$2,000 per month depending on term.

Contact Sam #780-908-9521

house for rent

QUIZ ANSWER KEY

1. 7th, Liberal 2. Esso Service Station, Poons Grocery, Hanratty's catering 3. Where Canterbury Court and Manor are now - used to be a forest 4. The original rink shack 5. The large toboggan hill by Laurier Drive 6. Telephone poles 7. Al Oeming (and his pet cheetah) was Tawana 8. Storyland Valley Zoo 9. McConnell, Fekette, Engineered 10. Play Bridge

10 Signs You Have Found the Holy Grail of Neighbours



Over the last 10 years, my husband and I have lived in eight different neighborhoods. Some were fancy, others modest; some were bustling, others quiet; some were friendly, others... not so much. But when the right neighborhood and, more importantly, the right neighbors came along, we stayed.

Here are 10 signs you, too, have found the Holy Grail of neighbors:

1. They make you feel special. Feeling sick? They'll bring you soup. It's your birthday? They'll buy you flowers. Had a baby? They will take your tiny, hollering human off your hands while you rest for just a second or two... Zzzzzzz.
2. They've got your back. They see the creepiest guy evah loitering by your front door and alert you, the neighborhood and the local police before you've had a chance to tell them it's actually your brother. Thanks for looking out!
3. They are your in-case-of-emergency people. When your kid gets the brilliant idea to cannonball off the roof into the pool and inevitably breaks his arm, they will be the first at the scene (since they probably witnessed the whole thing go down).
4. They double as babysitters. One kid is napping and the other needs to be picked up from school; your family is visiting and you totally forgot to buy booze; both of your kids are mid-conniption and you are late for a doctor's appointment. Don't fret. Your neighbor will be there faster than you can say, "Save meeeeeeee!"
5. They genuinely care about your kids. They buy magazine subscriptions, wrapping paper, coupon books and other nonsense odds and ends from your kids every single year.
6. They are your therapists. Having a tough day? They will totally meet you on your driveway with their portable loungers and a bottle of wine and let you unload your verbal diarrhea.
7. They help make your vacations possible. Whenever you go out of town, they take in your garbage cans, packages and newspapers. Heck, they'll even dog-sit your curmudgeonly schnauzer if you ask them to.
8. Their kids occupy your kids. When you feel like a mombie (a.k.a. mom-zombie) and your offspring have successfully destroyed every surface of your home, their kids can be counted on to get yours outside into the sunshine and out of your hair.
9. They can be trusted. Oh man, you locked yourself out again? No worries. Your neighbor to the rescue. She's taken possession of your spare house key, car key, mail key, and garage door opener because momnesia has taken over your life.
10. They are your family away from family. They will bend over backwards for you and your family, welcome you to their holiday celebrations, and loan you the shirts off their backs because, gosh-darnit, they are your neighbors and that's what neighbors do.

Lauren Lauder

Huffington Post 03/29/2016 02:42 pm ET Updated Mar 30, 2017
PRINTED WITH PERMISSION.

TAKE THE ADVICE OF ONE OF OUR BLOCK CONNECTORS
- GET ON THE CRAPPY DINNER BANDWAGON!

"Have a Crappy Dinner..."

Did you know that Crappy Dinner Parties are happening frequently in our neighbourhood? Weekend or busy weeknight, neighbours are getting together and making it easy. Crappy Dinner Parties are a perfectly imperfect opportunity to connect with neighbours - for fun, for food, for friendship. The premise couldn't be simpler... come together to share a meal and hang out.

We tend not to host dinner parties because they take time, planning, cleaning and usually special cooking and preparations of some sort. But a Crappy Dinner Party is quite the opposite. We all eat dinner... so the idea is only that we do it together. Don't cook anything special, don't

worry about the dust or the laundry that needs to get folded, and don't fix some elaborate beef wellington or chateaubriand. Just come together with whatever you feed your family anyway. And if it's not at your home, just bring with you whatever you have on hand. Maybe it's a bagged salad and goldfish crackers. The point is to regain, build upon and protect community - with respect to living in the neighbourhood.

Don't wait for a clean house or the perfect recipe

— DONNA MCLEOD HUYNH

Don't wait for a clean house or the perfect recipe or an evite response. Everyone is busy, but everyone needs food! Grab your neighbour, invite them in, eat something for dinner and relax.

TIPS FOR HOSTING A CRAPPY DINNER:

<https://www.thekitchn.com/5-rules-for-hosting-a-crappy-dinner-party-235815>

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.

Self Care COMMUNITY WELLNESS NETWORK

It's challenging to be active daily; we the Community Wellness Network (CWN) understand that family, work, friends and our communities require attention, they fill our lives with meaning and keep us busy; we also understand the importance of personal health and wellness. To stay the pace of life, to be available at full capacity without burning out requires constant acts of kindness towards oneself, AKA self-care!

Our physical body is amazing! The strength and endurance we are capable of is often taken for granted. To simply stand and take a step forward requires coordination of over 200 muscles! That is a lot of muscles routinely used without thought.

We service our car to keep it in good working order, now it's time to service our body!

A few small steps to start a self-care routine can include the following daily affirmations:

- 1) I can breathe; take 10 deep breaths
- 2) I can move my body;
 - a) move arms in circles
 - b) bend knees, straighten legs
 - c) tip to one side and then the other
 - d) bend forward and back

Eventually with thought, care and effort physical activity will become part of daily life, you may even be inspired to walk, run, bike or drive to the community hall and participate in one of the many classes we offer! Check out our schedule at www.lhcl.ca/programs

The CWN strives to make all classes inclusive of every person's ability. Rest assured you are flexible enough for yoga and strong enough for bootcamp! Our mission is to serve our community so that you, me, we can take care of each other by caring for ourselves.

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.

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



Westend Seniors Activity Centre

Cordially Invite You to Celebrate...

22nd Older, Bolder, Better! Seniors Exhibition
Tuesday, June 5th 9:30 am to 2:30 pm

FREE ADMISSION

9629-176 street, Edmonton Ph: 780.438.1209

Email: weseniors@westendseniors.com

weseniors.ca



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.

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



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LAURIER HEIGHTS COMMUNITY LEAGUE

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

Adult #1 - First Name: _____ Surname: _____

Adult #2 - First Name: _____ Surname: _____

Extra Family Member Information:

Children / Other Family Member Names	Birth Year	M / F
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Contact Information

Address: _____

Postal Code: _____ Phone #: _____

Email Address: _____

Your email address will not be sold or misused in any way; distribution is for information regarding community news & events only. By providing your email, you agree to receive email updates from Laurier Heights Community League; you may opt out at any time.

Your LHCL membership provides you with free access to community league outdoor rinks and our tennis courts.

Would you like skate/tennis tags? ☐ Yes ☐ No If so, how many tags does your family need? _____

Volunteer Opportunities

We require assistance from volunteers throughout the year for our annual fundraisers and other special community events. You can volunteer as much or as little as you'd like based on your availability and schedule. We also have vacant Board Member positions available immediately. Please let us know if you are interested in assisting. Thank you!

☐ Yes, I am interested in occasionally volunteering to assist our Community League. Please include me on the Laurier Heights Volunteer Request email alerts so I can help when I'm available.

☐ Yes, I am interested in volunteering in an ongoing capacity. Please contact me with information on current Board positions and/or other long-term volunteer opportunities. If yes, please indicate if you have any particular areas of interest for volunteering: _____

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



Membership Type:

- ☐ Family (\$40)
- ☐ Single (\$25)
- ☐ Senior (\$25)

Membership fees may be paid with cash or a cheque made payable to:

LAURIER HEIGHTS COMMUNITY LEAGUE

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

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

Christine McCourt-Reid

13807 84 Ave • T5R 3W6

membership@lhcl.ca

Optional Donations:

☐ Yes, I'd also like to support our community league by offering an additional donation of \$ _____

Tax receipts issued for donations of \$20 or greater. Donations may be made with cash or a cheque made payable to: **LAURIER HEIGHTS BUILDING SOCIETY**

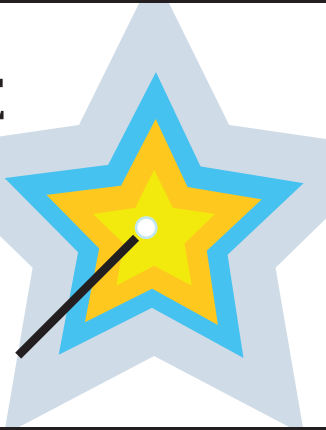
THANK YOU FOR SUPPORTING YOUR COMMUNITY LEAGUE!

DUST to SHINE Housecleaning

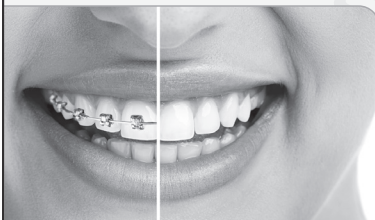
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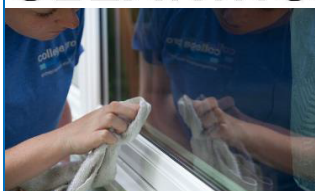
**Lori
Sigurdson**



MLA, Edmonton - Riverview
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edmonton.riverview@assembly.ab.ca
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**Linda L. Wright, Robert A. Kiss,
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LHCL Community Calendar

MAY

- 2nd Block Connectors' Gathering
- 10th Heritage Tea, 2-4 PM at the Hall
- 11th Community Potluck, 6 PM at the Hall
- 12th Abundant Community Edmonton Practitioners' Gathering (interested? contact net@lhcl.ca)
- 13th Alex Steida Classic Bike Race (Mother's Day)
- 14th BOD Meeting
- 16th Canterbury Games
- 30th Neighbourhood Conversations: Dog Trick Training, 7 PM at the Rink

JUNE EDMONTON'S BLOCK PARTY MONTH

- 1st Laurier School RunRaiser at the Hall
- 9th Abundant Community Edmonton Practitioners' Gathering (interested? contact net@lhcl.ca)
- 11th BOD Meeting
- 12th Block Connectors' Gathering
- 16th 79 Ave/141 St. Green Space Block Party
- 20th Canterbury Games
- 21st Solstice Party & Talking Gardens: Join us for a walk to learn about Native Plants with Carcey Hincz
- 28th Community Potluck/End of School Year Ice Cream Social! 6 PM at the Hall

Programs & Events

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

AUGUST

- 18th Neighbourhood Street Party at 'The Biscuit Box' on Laurier Drive

SEPTEMBER

- 15th Harvest Fair & Beer Garden
- 28th Outdoor Movie Night

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

Monthly Events

Book Club(s)

Community Potlucks

Canterbury Games
3rd Wednesday, 6:30-8:00 PM

Talking Gardens (Spring-Fall)

WWW (Women and Wine on
Wednesday)

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

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 if you have items to donate. We appreciate your help and generosity!