

# LAURIER HEIGHTS NEWSLETTER

Spring 2020



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## Join Our Team!

### VOLUNTEER OPPORTUNITIES AVAILABLE:

\* Programs Team Lead \*

\* E-Blaster \*

\* Grant Writer \*

\* LHBS Treasurer \*

We can always use your time and talent to help make our neighbourhood better. Interested in knowing more about any of these roles or joining one of our teams? Email: [volunteers@lhcl.ca](mailto:volunteers@lhcl.ca) to learn more about these opportunities.

## LHCL Newsletter

Laurier Heights Community Newsletter is a quarterly publication distributed to all households in the Laurier Heights neighbourhood. The League also communicates through social media, the Nextdoor app and regular e-blasts.

Sign up for our digital newsletter: [newsletter@lhcl.ca](mailto:newsletter@lhcl.ca)

If you have any stories or photos you would like to share about community happenings, please be sure to send them our way for submission in future newsletters.

For more information on the newsletter or advertising opportunities, contact:

#### EDITOR:

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[newsletter@lhcl.ca](mailto:newsletter@lhcl.ca)

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# Your Community Boards:

## Laurier Heights Community League

### PRESIDENT

Karen Wilk  
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### VICE PRESIDENT

Susan O'Loughlin  
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### SECRETARY

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Shannon Dompé  
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### PROGRAMS TEAM LEAD

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### CIVICS TEAM LEAD

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### EVENTS TEAM LEAD

Ainsley Brown  
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### CONTRIBUTIONS COORDINATOR

Ainsley Brown  
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### DIRECTORS-AT-LARGE

Marie Bruseker  
Julie Rohr

### NEIGHBOURHOOD

#### ENGAGEMENT TEAM (NET)

Steve & Karen Wilk  
[net@lhcl.ca](mailto:net@lhcl.ca)

### LEAD NEIGHBOURHOOD

#### CONNECTOR / ABUNDANT

#### COMMUNITY EDMONTON (ACE)

Donna McLeod-Hunyh  
[ace@lhcl.ca](mailto:ace@lhcl.ca)

### SOCCER COORDINATION

Lead: Janice Haugjord  
[soccer@lhcl.ca](mailto:soccer@lhcl.ca) | 780.235.8312  
Equipment Coordinator: Ofer Pittel  
[soccer@pittel.ca](mailto:soccer@pittel.ca) | 780.483.8364

## Laurier Heights Building Society

### PRESIDENT

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[vicepresident@lhcl.ca](mailto:vicepresident@lhcl.ca)

### VICE-PRESIDENT

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### TREASURER

VACANT  
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### PAST-PRESIDENT

Marie Soprovich  
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### SECRETARY

Cathy Seidel  
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### DIRECTOR-AT-LARGE

Marie Bruseker  
[jazzmvb@gmail.com](mailto:jazzmvb@gmail.com)

Laurier Heights Community League acknowledges that we are on Treaty 6 territory, a traditional meeting ground, gathering place, and travelling route of the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux. We acknowledge all the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries.

The Laurier Heights Community League is dedicated to being respectful, inclusive and supportive of the LGBTQ+ community, both as an organization and as a community. Furthermore the Laurier Heights Community building stands as a safe space for all members of the LGBTQ+ community from harassment, discrimination, and intolerance.



# LHCL Programs

With a wide variety of drop-in and registered programming, we have programs for almost everyone. Interested in helping out, or you'd like to add a program? Please contact [ace@lhcl.ca](mailto:ace@lhcl.ca)

## DROP-IN

**Classic Sports Car Club:** Adult  
Third Wednesdays of the month  
January - November

**Bootcamp:** Adult (\$15)  
Monday & Friday 9:30-10:45 am  
Sept - June

**Classic Yoga:** Adult (\$15)  
Wednesdays 9:30-10:45 am  
Sept - June

**Gentle (Chair) Yoga:** Adult (\$15)  
Thursdays 9:30-10:45 am  
Sept - June

## REGISTERED

**Karate:** 5 yrs and up (\$130-\$160/4)  
Mon & Wed evenings 6-9 pm  
Sept - April

**Art Class:** 8 yrs and up and/or  
Adult only (\$20/class)  
Saturdays 9:30-11:30 or 1:30-3:00  
Various times throughout the year

**Art in the Park Summer Camp:**  
8-12 yrs  
August 10-14, 9:00 am - 5:00 pm  
Register at [https://www.edmonton.ca/activities\\_parks\\_recreation/community-daycamps.aspx](https://www.edmonton.ca/activities_parks_recreation/community-daycamps.aspx)



## Stay & Play Playgroup

Laurier Heights Playgroup is a great place to play with your children and other families. 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); no playgroup on school holidays.

**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 p.m. 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:** Mar 29\*, Apr 20, May 20, June 26

**Time:** 6:00 p.m. (\*5:00 on March 29)

**Please RSVP:** [potluck@lhcl.ca](mailto:potluck@lhcl.ca)

## Canterbury Playgroup

NEW! JOIN US AT CANTERBURY COURT ON THE FIRST WEDNESDAY OF EACH MONTH FOR THE NEWEST OFFERING IN OUR PLAYGROUP SERIES. NO COST TO ATTEND!  
FIRST WEDNESDAY OF EACH MONTH, 9:30 - 11:30 A.M.

NOW A HALLOWED  
COMMUNITY TRADITION  
AT OUR DECEMBER AGM,  
OUR BOARD PRESIDENT  
DELIVERS A CHRISTMAS  
POEM CELEBRATING  
ALL THE WONDERFUL  
PEOPLE AND AMAZING  
ACCOMPLISHMENTS IN  
LAURIER HEIGHTS. HERE IS  
A FOND LOOK BACK AT 2019

# Looking Back with Gratitude

**Karen Wilk, LHCL President**

'Twas the night of the AGM, and all  
through the hall

All Laurier was stirring in response to  
the call,

Agendas were stacked on the table with  
care,

In hopes that all that was needed, was  
there;

The Board was all settled with gratitude  
in their hearts

With the satisfaction that a year well  
spent, imparts;

What has happened since this time last  
year you might inquire?

Just review our calendars to be inspired!

Here's to making a list and  
checking it twice

And to naming so many who've  
been generous and nice

Let's start with those programs  
that are ongoing all year,

And to all of them and more, let's  
give a loud cheer!

To our Community Wellness  
Network, Prayers and Ponderings

Play group and Art Society

Who meet, play, create, and eat  
together each week actively,

Then there's our A.L.I.V.E. 'Choir,'  
Canterbury Games, the Prayer  
Works Dinner Serving Team,  
walking group and book clubs,

And also our Rhythm Rhyme and  
Story Time, rub a dub dubs!

We can't speak of the regular,  
growing and enjoying in the  
'hood,

Without a loud shout out to  
our Block Connectors, and our  
monthly potlucks,

Table Top Board Games;  
thanksgiving feasts, at the crux,

Of nurturing and inspiring an  
abundant community

A place for all to connect,  
contribute and experience  
inclusivity!

And then in a twinkling, let us  
hear from the roof,

The seasonal activities which also  
give proof...

We made it through winter quite  
well all in all,

Managing the renos in Heritage  
hall

Enjoying our Winter Fun Day with  
a grand Swing'n Skate

A live big band, outdoor Ping-

Pong and more -what a date!

Michelle led our lantern making  
for the Flying Canoe Festival too

With skating and hockey, Pat and  
his crew had so much to do

Then Family Day cartoons and  
popcorn, thanks to Kendra, it's  
true.

For their service on our Board, we  
also thanked Michael and Jen

And turned over our Facilities  
Lead to George S. then...

In Spring we turned to outdoor  
soccer, thanks to Janice and  
team,

A wonderful community sport,  
which makes us beam

Especially since this year we also  
approved a contingency plan

To assist families so more kids  
can play, was our stand.

The Brené Brown Group launched  
with a flare

Spring also included our Heritage  
Tea so fair

Many helped with our annual  
spring clean up

The Big Bin Event, Yard Sales &  
lemonade setup

Thanks to Julie—what next? Well  
let's see

The Talking Gardens led by Lynn  
became busy as bees;

The East Coast 'Kitchen Party' was  
a hit

Thanks to Marie and Betty, we'll  
recommit!

In addition Block Parties took  
place all through June

Neighbours connecting, sharing,  
what a boom!

And at potluck for the last day of school,  
We enjoyed an ice cream social so cool!  
Summer arrived with more Block Parties in cue  
Races for bikers and runners too  
And our Cheer Team with Christine raised such a cheer  
That they won us the prize for best station this year!  
The tennis courts were full with all levels of skill  
The Green Shack and spray park were always a thrill  
Gazebo Park was lost and then renewed  
While our Urban Orchard Food Forest, phase One ensued  
Pickleball well, it was envisioned and dreamed about  
Next year, we'll have courts and games-- without a doubt!  
September began with acknowledging our Treaty Six land,  
Exploring ways to connect with Indigenous sisters and brothers  
And becoming an Affirming Community, welcoming all others  
We already have reason to sing out praises  
But we're not finished yet with all this year raises  
For out on the lawn there arose such a clatter,  
The community came out to enjoy such a matter  
As our delightful Harvest Fair and Beer Garden  
All ages engaged, line dancing, petting zoo, such a win

We gathered again for our Art Society's Show and Sale  
And our new NET Lead, Donna stepped in with a hail!  
While Ainsley took on Events Team Lead and every detail,  
For it was also time to renew memberships and share some tweets!  
Out on our streets, many booed a home or two with some treats  
And away to the neighbours, some flew with a flash,  
To share progressive dinners throwing open the sash,  
Then what to our wondering eyes --and potlucks-- should appear?  
But a Healthy Community Conversation to which U of A gave ear  
And a commitment to Board development, meeting protocols and by-laws so dear  
As well as a new app which have brought many NextDoor  
And the start of our Single Parent Family Group with Leanna and more.  
With the moon on the breast of the new-fallen snow  
Our Cocktails and Auction dressed us up, more than 'joe'!  
And the cookie walk and artisan's fair are still to come  
Along with a little old driver, so lively and quick,  
at our Christmas potluck, we'll know in a moment it must be St. Nick.  
More rapid than eagles the accolades they came,  
And so I'll whistle, and shout, and call them by name;  
Now cheers and thanks to every member of each Team

And to each board member who makes us beam,  
There's our Exec, Treasurer Sarah, Secretary, Sharon and our Vice, Sue  
And Shannon coordinating rentals and the hall, for me and for you--  
And where would be without our Facilities Team led by George, caring for buildings, equipment, garages and grounds--  
Our Civics Team led by David, Elisa and Natasha navigating parking, construction and development their work abounds,  
Then so essential is our Communications Team with Gord our new lead,  
And Christine on memberships, newsletters, bylaws, such significant deeds  
Let's not forget Events with Marie and now Ainsley who's also recruiting volunteers  
Donna our Neighbourhood Connector and our other member at large, Julie completes the roster, three cheers!  
So with a wink of an eye and a twist of a head,  
The year is completed with nothing to dread;  
We spoke lots of words, and went straight to our work,  
And filled our neighbourhood; with connection and care  
Now giving a nod of gratitude, to each member, friend and team with a whistle,  
we continue our journey like the down of a thistle.  
So hear us exclaim, ere this year goes out of sight,  
HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!

# Produce Program

## LAURIER HEIGHTS' 2020 COMMUNITY SUPPORTED AGRICULTURE (CSA) PROGRAM

Community Sponsored Agriculture (CSA) programs connect local farms directly with local consumers for the mutual benefits from buying locally-grown produce. The Laurier Heights CSA Program will launch for a second year this spring and a contact link is provided below for those interested in joining. Here is a summary of CSA goals and its first summer of operations.

By purchasing a subscription to a CSA program in early spring, consumers are guaranteed a weekly supply of fresh local produce during the growing season and gain an understanding of the rigours of produce farming in the process. Because farmers receive payment upfront at the start of the new planting season, typically when expenses are highest, they have the cash resources to cover seeding and production costs and a customer base for their produce.

In 2019, ten Laurier families subscribed to a CSA and converged at the community hall every Wednesday for 14 weeks to receive freshly picked, organic produce from The Golby Farm located 100 km northwest of Edmonton. In 2020, CSA Shares are available for a couple and for a family of four at \$325 and \$575, respectively.

Over the summer, we received the full range of garden vegetables including seven varieties of let-

tuce over two plantings, spinach, kale, radishes, parsley, dill, garlic, rhubarb, green and yellow onions, Swiss chard, kohlrabi, turnips, carrots, parsnips, three varieties of beets and of beans, snap peas, garden peas, green and pickled cucumbers, red and gold raspberries, tomatoes, and, in the final weeks the potatoes (russet, Yukon gold, pink, purple) and zucchini (green and orange squash, butternut, spaghetti).

The extent of the Golby's production reflected the family's dedication given the risks inherent in farming that summer. The weather posed a particular challenge in 2019 what with spring drought, wet summer, and the briefest of Indian summer. The Golbys also contended with maintaining soil health, seed quality and germination issues beyond their control, disease, parasites, and weeds attacking crops as well as garden invasion from mice and gophers. This is all to be expected on the farm but was managed by the Golbys without pesticides and artificial fertilizers.

Over 2019 and 2020, the Golbys have added to the farm's infrastructure with the installation of an irrigation system and construction of a greenhouse to assist with early spring planting. If interested in the Laurier Heights CSA, for more information contact Brandon Golby at [brandon.golby85@gmail.com](mailto:brandon.golby85@gmail.com)

*submitted by: Lenora Roberts*

## Community Swim returns

### JASPER PLACE POOL REOPENS



JP Pool

Community Swim Starts in April  
Jasper Place Leisure Centre  
Sundays, 4pm - 6pm  
Show your Laurier Heights Community League Membership Card to get in free



LA LECHE LEAGUE  
CANADA

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 and children are welcome.**

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





MAY 20, 2020

## HERITAGE TEA FOR SENIORS

2:30 - 4:30 pm

Coffee, tea &  
baking provided



# EAST COAST KITCHEN PARTY

Join us for live music provided by  
[Sweet Vintage Rides](#), and adult camaraderie.  
Beer and wine available for \$6;  
food truck on site.

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## MAY 9, 2020

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7:00 pm - late  
Laurier Heights Community Hall

\$25/ticket  
(email [treasurer@lhcl.ca](mailto:treasurer@lhcl.ca) for tickets)

## Thank you to our 2019 Donors

Ernest & Alkmine Afaganis

Tiya Al Murr

Carol Billey

Donna Bobinski

Gaylene Borgstede

Clark/Winchester Family

James & Marilyn Dale

Lorraine Edwards

Herb & Pauline Ertman

Jason & Debbie Hatch

Richard & Betty Haugen

Jones/Balay Family

## Soccer Season

**FEBRUARY IS REGISTRATION MONTH AND YOU CAN REGISTER YOUR CHILD FOR THE 2020 OUTDOOR SOCCER SEASON BEGINNING ON SATURDAY, FEBRUARY 1ST. DON'T MISS YOUR OPPORTUNITY TO GET YOUR CHILD INVOLVED IN THIS FABULOUS COMMUNITY SPORT!**

**THE OUTDOOR SOCCER SEASON IS SCHEDULED TO BEGIN THE WEEK OF MAY 1ST. WE ARE SCHEDULED FOR SOCCER PHOTOS ON SUNDAY, MAY 31ST.**

**IF YOU HAVE FURTHER QUESTIONS, PLEASE FEEL FREE TO CONTACT JANICE AT [SOCCER@LHCL.CA](mailto:SOCCER@LHCL.CA)**

### HOW DO I REGISTER?

**1** Sign in or create an account on to the EMSA Soccer Portal at <https://emsasoccerportal.com/ui/?>. You must have a current community league membership (19-\*\*\*\*) to register. See pages 10-11 for membership purchase.

**2** Payments can be made online but your registration is not complete until your volunteer and uniform deposits have been received by your community soccer coordinator. Make sure you go to the community where your child is planning to play. Volunteer and uniform deposits for Laurier Heights are only required for players U9-U19. If your child is in a younger age division, you are not required to leave deposits, although you are always welcome to help coach your child's team.

**3** Attend one of Laurier's registration dates to verify ID and leave deposits. Please Note - There is no central payment night scheduled this year. If you plan to play Laurier Soccer, you must bring deposits in person (post-dated cheques or cash) to one of our scheduled community registration dates at the Laurier Heights Community League Building, 14405 85 Avenue (Laurier Room):

Tuesday, February 25th, 2020 from 6:00 p.m. - 9:00 p.m.

Saturday, March 7th, 2020 from 9:00 a.m. - 12:00 p.m.

**UNTIL DEPOSITS ARE RECEIVED, PLAYER REGISTRATION IS NOT CONSIDERED COMPLETE AND YOUR CHILD WILL NOT BE PLACED ON A TEAM.**

Any payments made after March 7th, 2020 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, the 2 post-dated cheques required are:

#### **VOLUNTEER DEPOSIT - \$150**

One cheque per family, dated for December 31st, 2020 (cheque is shredded upon completion of a minimum 3-hour volunteer duty for EMSA or Laurier Heights Community League)

#### **UNIFORM DEPOSIT - \$50**

One cheque per player, dated for July 1st, 2020 (cheque is shredded upon return of team jerseys to the community league)

Deposit requirements are different for each community. It is highly recommended that you contact the community where your child will be playing to attend their registration nights. You can find this information on the EMSA West website: <https://emsawest.com/wp-content/uploads/2020/01/Community-Payment-Nights-Outdoor-2020-1.pdf>; we cannot collect deposits for other communities.



Mark & Dianne Kirwin  
 Bev & Jeff Larbalestier  
 Dave & Laurie McInnes  
 Cheryl Pengelly  
 Tom & Helen Richards  
 Schoor/Rohr Family

William & Karen Sevcik  
 George & Sarah Stepney  
 William Stevenson  
 Tim & Joan Terry  
 Sheryl Tymkow  
 Rose Warwa

Gary & Loris Webb  
 Whistance-Smith Family  
 Bruce & Mary Winton  
 William & Patricia Wishart  
 Yoko Wong

## WHAT SHOULD I BRING TO REGISTRATION?

1. Bring one copy of the player's registration form (displayed on phone is acceptable) and the player's Alberta Health Care Card or passport to verify birth date.
2. Bring 2 post-dated cheques for volunteer and uniform deposits if your child is in U9-U19.
3. If you have not paid online, please bring your cash or cheque payment.
4. If you are planning to coach or manage, and do not have a current valid Police Information Check, please bring in a photocopy of any 2 pieces of government-issued ID and your completed Police Information Check and Third Party Notification forms, which can be found on the EMSA West website: <https://emsawest.com/season-info/coachs-corner/police-information-check/>. You must also register on the EMSA portal at the beginning of each new season as a team official so that we can place you on a team.

## EQUIPMENT NEEDED FOR LAURIER SOCCER PROGRAM:

- Shin Pads
- Black Soccer Socks
- Black Shorts
- Soccer Cleats (not mandatory for U4 & U5, but mandatory for all other age divisions)

Age Division	Birth Year(s)	Game Day(s)	Fee	Special Days
U4 Mixed	2016	Sun @ 2:00, in house	\$100	June 13 U4/U5 Tournament
U5 Mixed	2015	Sun @ 2:00, in house	\$100	June 13 U4/U5 Tournament
U7 Mixed	2013/ 2014	Mon & Wed @ 6:15, in house	\$140	June 20 Timbits Jamboree (coach registers)
U9 Boys/ Girls	2011 / 2012	Tues & Thurs, some Sun, West Zone	\$190	
U11 Boys/ Girls	2009 / 2010	Mon & Wed, some Fri, West, Spruce Grove, Stony Plain	\$220	City Finals TBD
U13 Boys/ Girls	2007 / 2008	Tues & Thurs, some Sun, City Wide & Surrounding Areas	\$270	City Finals TBD
U15 Boys/ Girls	2005 / 2006	Mon & Wed, some Fri/ Sun, City Wide & Surrounding Areas	\$270	City Finals TBD
U17 Boys/ Girls	2003 / 2004	Sun & Thurs, some Wed, City Wide & Surrounding Areas	\$270	City Finals TBD
U19 Boys/ Girls	2001 / 2002	Sun & Tues, some Thurs, City Wide & Surrounding Areas	\$270	City Finals TBD

**OUR U4, U5 AND U7 TEAMS PLAY IN HOUSE AND WILL NOT BE TRAVELLING OUTSIDE OF THE COMMUNITY. U9-U11 TEAMS PLAY IN THE WEST ZONE. U13-U19 TEAMS PLAY CITY WIDE AND IN SURROUNDING AREAS.**



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

## Why Become a Member?

**M**embership is one way we can be good neighbours and become better ones!

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

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

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

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

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

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

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

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

### **GOODS & SERVICES DISCOUNTS AVAILABLE TO EFCL MEMBERS:**

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

## MEMBERSHIP FEES SUPPORT:

**Maintained community spaces:** Community Hall, skating rinks, playground, splash deck, tennis courts, Gazebo Park, Urban Orchard and Food Forest.

### **Free, low-cost social and educational events:**

Seasonal community fun days, Green Shack, neighbourhood newsletters, community potlucks, family movies, playgroup, art club, urban food forest, ACE, Sprouts, Scouts and more!

**Health and Wellness:** FREE skating at the Laurier Heights rinks and at other League rinks in the city; access to the Laurier tennis courts; FREE summer and winter playground leaders (Green Shack); subsidized fitness programs (Community Wellness Network); and discounts at various City of Edmonton recreational facilities through the Community League Wellness Program.

**Discounts:** Community League hall rentals, selected programming, and city-wide discounts offered through the Edmonton Federation of Community Leagues.

**A sense of community:** Most importantly, your membership gives you a place to belong, contribute, share your gifts and participate as a unique and valued Laurier Heights community member.

# LAURIER HEIGHTS COMMUNITY LEAGUE

2019 - 2020 Membership Application (valid until August 31, 2020)

THANK YOU FOR SUPPORTING OUR COMMUNITY LEAGUE

**Adult #1** - First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

**Adult #2** - First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

## Extra Family Member Information:

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

## Contact Information

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

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

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

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

## Volunteer Opportunities

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

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

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

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



## Membership Type:

- ☐ Family (\$40)
- ☐ Single (\$25)
- ☐ Senior (\$25)
- ☐ Associate (\$50)

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

## Optional Donations:

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

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

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

**Christine McCourt-Reid**

13807 84 Ave • T5R 3W6

[membership@lhcl.ca](mailto:membership@lhcl.ca)

# The Beauty Salon at Canterbury

## SELF-CARE WITH A SIDE OF KINDNESS, COMPASSION AND FRIENDSHIP

**90**-year-old Beulah Marples sits patiently on a padded white wicker seat by the front desk of the Canterbury Beauty Salon, eager to enjoy her weekly visit for a little bit of pampering and good conversation.

"It's just fantastic and my favourite part is seeing Hilary," says Beulah. "She does such a good job with my hair and she's such a good and nice person, with lots of personality and it makes you feel good to sit in her chair."

Beauty Salon Supervisor, Hilary Lindembach, comes over to greet Beulah and take her over to the sink to have her hair washed. Hilary gently leans Beulah back to massage her head under the warm water.

"I took hairdressing out of highschool and have been doing hair for 40 plus years, I wouldn't say I know it all but I feel like I have learned a lot over the years." "You don't look a day over twenty," replies Beulah. "That's why you're my favourite Beulah," says Hilary smiling.

A retired RN with nearly 50 years behind her helping others recover and get well, Beulah enjoys having those same kindnesses now shared with her since she's moved into Canterbury.

"They really provide you with a lot of support and help where you need it," says Beulah. Along with her husband, Beulah lived in Edmonton's Westmount neighbourhood in a home they built together when Westmount mall was still being constructed. Nine years ago, after her husband's passing, she moved to Canterbury where she enjoys visits from her three children and eight grandchildren.

hands. The salon is not only open to Canterbury residents but to members of the community as well.

"We do have clients who come from the neighbourhood, it's a great way to introduce them to Canterbury if they're thinking about moving here in the future," says Hilary. "We understand their needs, we have the right equipment to assist them and we have proper training for things like helping



Beulah beams as she shows off her french gel manicure that she had done recently at the salon, "It feels to me like we can almost do them again," Hilary comments. "Yes," Beulah replies "They grow so fast." "Well that's a good sign, it means you're healthy!" Hilary adds.

The Beauty Salon offers all of the traditional services of a regular salon whether you're looking for a cut, colour, perm or setting. They also offer facial waxing and nail care for the

someone in and out of a wheelchair."

Hilary has worked at the salon for more than 12 years and has managed the place for over four years. She takes joy in building relationships with the residents.

"It really comes down to the people, I like the people I work with and I like the people I work for and you really do form friendships," says Hilary.

"I've been seeing Beulah for the last



## Canterbury, cont.

7 years at least, and they really do mean a lot. You mourn if they pass away you see them live through changing family situations, you cry with them when they cry and sometimes we just hang out and do nothing, don't we Beulah?"

"That's right," Beulah replies.

No matter your age, self-care is key, but there are certain factors that make it particularly important as you age.

"There's a lot of things you lose as you get older. You lose your job, your independence, but you can still look good and feel good," says Hilary. "To have your hair done gives you that boost and helps you feel a bit better especially if you've had a tough week, you can come and we're here for you to help make you feel better by the time you leave."

With the sweet smells of shampoo and hair product in the air, Beulah is brought back to her childhood while Hilary dries and curls her locks.

"I had really long hair when I was growing up, and I used to wear it in a ponytail," remarks Beulah. Memory recall is an important part of the beauty routine and one that only gets more impactful when a resident develops dementia. It's an area of care Hilary feels very supported in and is happy to be a part of.

"We consider care on a case by case basis, depending on their mental and physical needs," says Hilary. "And we get a lot of training and support from Canterbury when it comes to dementia care."

"We are all compassionate people and we all care, and I think the residents feel that and know that," says Hilary. "We do," replies Beulah.

Once her hair is styled Hilary helps Beulah out of the salon chair, and as they pass the front desk, Hilary bends down to fix Beulah's twisted pant leg. "Same time, same place?" asks Hilary. "Same time, same place," Beulah replies.

**THE BEAUTY SALON IS LOCATED INSIDE  
CANTERBURY COURT AT 8403 - 142 STREET.  
TO BOOK AN APPOINTMENT,  
CALL (780) 444-0483.**

## School News



On behalf of the entire Laurier Heights school community, I would like to invite you to our School's Open Houses!

At Laurier Heights School, we believe that everyone has something special to contribute and the ability to succeed. We provide both English and French programming for students in Kindergarten to Grade 9 with an inspiring learning environment that respects diversity and understands that students learn in unique ways. We are also a District site for the Extensions Program.

Please join us::

6:30 pm, Wednesday, March 11th for our Regular Open House  
Thank you,

Lon McMullen

Principal, Laurier Heights School

ÉCOLE LAURIER HEIGHTS SCHOOL OPEN HOUSE

MARCH 11, 2020 | 6:30 - 8:00 PM

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Feature Screening of  
**THE GREAT DISCONNECT**  
with Wine & Cheese  
**April 18th, 7:30 PM at LHCL Hall**

Strengthening the community fabric of our neighbourhood is a top priority for LHCL. This is why we are proud to host a screening of the timely feature length documentary **The Great Disconnect** – a film that explores this very topic.

The film uncovers why, in a world seemingly more connected than ever before, people are feeling more and more socially isolated – and the true cost this has on our lives and communities. It then invites us to reflect on the relationships we have with those around us and raises the question: is it possible to overcome our modern culture of disconnectedness and rediscover how truly essential we are to one other?

Tickets are \$10 and can be purchased by emailing [ace@lhcl.ca](mailto:ace@lhcl.ca)

Learn more about the film and watch the trailer here:  
[www.disconnectdoc.com](http://www.disconnectdoc.com) | @disconnectdoc

THE GREAT  
**DISCONNECT**



# Block Connector Update

**"THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS."**

- CORETTA SCOTT KING

On behalf of our Block Connectors, we are so fortunate to call Laurier Heights home. We see ourselves as passionate, active and engaged neighbours. We take part in activities together, from hosting before and after parties to dog walking or dog sitting to showing up for a neighbour in need. We embrace the idea of neighbourliness and work hard to ensure the people on our blocks are well connected.

Unfortunately, January was a month of change and challenge for many, many neighbours- but your block connectors were there quietly behind the scenes; thinking of ways to support, to involve/ include everyone and to stay active in our community work while balancing our own families, careers and other commitments at the same time. Huge shout out to you, BC's!

One of the ways you may notice the work of your block connector is on the Nextdoor app. This network is great in lots of ways, but especially because it allows us to share with you the amazing, positive and abundant goings-on in the neighbourhood. It also helps us to action, form groups based on our hobbies and interests, and achieve shared community goals.

If you don't think you have a block connector on your block, or if you have any interest in learning more about, or sharing your passion for our neighbourhood -

Get in touch!  
[ace@lhcl.ca](mailto:ace@lhcl.ca)



ABUNDANT COMMUNITY EDMONTON IS A GRASSROOTS INITIATIVE FOSTERING NEIGHBOUR TO NEIGHBOUR RELATIONSHIPS. THE GOAL - TO CULTIVATE A CULTURE OF CARE AND CONNECTION, INCREASED SENSE OF BELONGING AND INCLUSION, AND ULTIMATELY CREATE A MORE HEALTHY AND LIVABLE CITY - ONE BLOCK AT A TIME.



## Saturday ART

MARCH 7, 14, 21, 28, 2020  
9:30 - 11:30 a.m.  
Adults

Laurier Hts Community League Hall  
14405 85 Ave NW

Cost: \$80 per person

*To Register or Inquire*

Phone: (780) 902-9493  
E-mail: [edith.h.chu@gmail.com](mailto:edith.h.chu@gmail.com)



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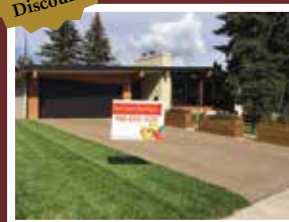
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## SOFTBALL REGISTRATION

**To register for the 2020 season  
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**[www.highparksoftball.ca](http://www.highparksoftball.ca)**

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# COMMUNITY CALENDAR

## MARCH

- 5<sup>th</sup> A.L.I.V.E. Singing Time for all!
- 7<sup>th</sup> Soccer Registration
- 16<sup>th</sup> BOD Meeting
- 18<sup>th</sup> Canterbury Games
- 20<sup>th</sup> Block Connectors Gathering
- 29<sup>th</sup> Community Potluck – early dinner: 5pm

## APRIL

- 3<sup>rd</sup> Prayer Works Serving Opportunity  
Neighbour Connecting Night
- 15<sup>th</sup> Canterbury Games
- 18<sup>th</sup> Meet & Greet: Wine, Cheese & Special  
Showing of THE GREAT DISCONNECT  
<https://vimeo.com/297421782>
- 26<sup>th</sup> Community Potluck
- 30<sup>th</sup> Block Connectors Gathering

## MAY

- 9<sup>th</sup> Kitchen Party
- 20<sup>th</sup> Seniors' Tea, 2:30 pm
- 20<sup>th</sup> Community Potluck
- 28<sup>th</sup> Block Connectors Coffee Morning

## JUNE

### JUNE IS BLOCK PARTY MONTH

- 5<sup>th</sup> Laurier Heights School RUNRAISER
- 19<sup>th</sup> Soccer Wind-Up Party
- 21<sup>st</sup> Indigenous Peoples Day
- 26<sup>th</sup> Kick-Off Summer Potluck Dinner  
& Ice Cream Social

## AUGUST

- 6<sup>th</sup> & 7<sup>th</sup> Casino Fundraiser for Laurier Heights  
(Volunteers Required: if you are  
interested and available to help out and  
sign up for a volunteer shift,  
please get in touch!  
[casino@lhcl.ca](mailto:casino@lhcl.ca)

## PROGRAMS & EVENTS

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

Please drop us a line and let us know!

**Karen:** [president@lhcl.ca](mailto:president@lhcl.ca)

**Donna:** [ace@lhcl.ca](mailto:ace@lhcl.ca)

**Ainsley:** [events@lhcl.ca](mailto:events@lhcl.ca)

## GET INVOLVED!

Laurier Heights Community League has a number of fulfilling and interesting volunteer opportunities available:  
Programs Team Lead, E-blast Writer,  
Grant Writer, Treasurer (LHBS)

Or join one of our established teams:  
Programs, Events, Facilities,  
Neighbourhood Engagement Team (NET),  
Block Connectors

For more information, contact Ainsley:  
[volunteer@lhcl.ca](mailto:volunteer@lhcl.ca)

## WHY VOLUNTEER?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to the community, but the benefits can be even greater for you, the volunteer.

Giving your time to others can help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

Volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.