

LAURIER HEIGHTS NEWSLETTER

Winter 2019



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Cookie Walk & Craft Sale

Learn to Skate at Laurier Rink

Membership Matters

Canterbury Construction

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

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David Schoor civics@lhcl.ca

EVENTS TEAM LEAD

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DIRECTORS-AT-LARGE

Marie Bruseker Julie Rohr

NEIGHBOURHOOD

ENGAGEMENT TEAM (NET)

Steve & Karen Wilk net@lhcl.ca

LEAD NEIGHBOURHOOD CONNECTOR / ABUNDANT COMMUNITY EDMONTON (ACE)

Donna McLeod-Hunyh ace@lhcl.ca

SOCCER COORDINATION

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

Laurier Heights Building Society

PRESIDENT

Susan O'Loughlin vicepresident@lhcl.ca

VICE-PRESIDENT

Sharon Jeske secretary@lhcl.ca

TREASURER

VACANT

treasurer@lhcl.ca

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Marie Soprovich mariesoprovich@gmail.com

SECRETARY

Shannon Dompé rentals@lhcl.ca

DIRECTOR-AT-LARGE

Marie Bruseker jazzmvb@gmail.com

Laurier Heights Community League acknowledges that we are on Treaty 6 territory, a traditional meeting grounds, gathering place, and travelling route to 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.

Join Our Team!

VOLUNTEER OPPORTUNITIES AVAILABLE:

- * Programs Team Lead *
- * Casino Coordinator *
- * Grant Writer *
- * LHBS Treasurer *

We could always use your time and talent to make our neighbourhood better. Interested in knowing more about any of these roles? Email: volunteers@lhcl.ca to learn more about these roles.

LHCL Newsletter

Laurier Heights Community
Newsletter is a quartlerly
publication distributed to all
households in the Laurier
Heights neighbourhood. The
League also communicates
through social media including
the Nextdoor app and regular
eblasts. Sign up for both!

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

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

EDITOR:

Christine McCourt-Reid newsletter@lhcl.ca

ADVERTISING COORDINATOR:

Liz Herbert

advertising@lhcl.ca

A Season of Imagination

PRESIDENT'S MESSAGE - KAREN WILK

THE HOLIDAY SEASON IS UPON US ONCE AGAIN...

- ♠ DELIGHTFUL DECORATIONS BRIGHTENING OUR HOMES AND STREETS
- ♣ FESTIVE PARTIES (AND MORE PARTIES)
- * FABULOUS FOOD AND DRINK (AND MORE FABULOUS FOOD AND DRINK!)—SUCH AS AT OUR CHRISTMAS IN NOVEMBER (23RD) COCKTAIL FUNDRAISER AND HOLIDAY POTLUCK (DECEMBER 7TH)
- ♣ HOLIDAY TREATS (AND MORE HOLIDAY TREATS!) - STARTING WITH THOSE AT OUR COOKIE AND CRAFT SALE (DECEMBER 7TH)
- ♣ THOUGHTFUL GIFT GIVING AND RECEIVING AS WE EXPRESS OUR LOVE AND APPRECIATION FOR ONE ANOTHER
- ♣ TIME WITH FAMILY AND
 NEIGHBOURS (AND MORE AND
 MORE TIME WITH FAMILY AND
 NEIGHBOURS!) AT BLOCK
 'REASON FOR THE SEASON'
 SOCIALS, CAROL SINGS,
 SKATING, GINGER-BREAD
 HOUSE MAKING OR EGGNOG
 GET-TOGETHERS AND SO ON...



Il these things and more, remind us at this time of year that we have so much to be thankful for; to rejoice in; to share... And to imagine!

HAVE YOU EVER THOUGHT ABOUT THE HOLIDAY SEASON AS

A SEASON OF IMAGINATION?

Santa, flying reindeer, dancing frosty snowmen, a North Pole full of toys and elves...

A child named the prince of peace and king of kings, born in a space intended for animals...

What if Christmas is an invitation to use our imaginations?

To imagine a world ...

Where we celebrate and appreciate our particularities and differences rather than polarize and judge them?

Where we respect and care for creation, Mother Earth, all her creatures and life sustaining elements?

Where we learn from, and honour what has been good from the past and acknowledge with lament and remorse all that's been wrong?

Where we have become a neighbourhood, a city and a nation of good neighbours?

What if this holiday season we all used our imaginations not only to imagine a better world, a more peaceable kingdom, a more generous and stewardly society, a more hospitable, affirming and inclusive community – but actually lived into these dreams and possibilities?

With intentionality, commitment, sometimes sacrifice and always one another, we can make a difference; we can live what we imagine, one attitude and action at a time.
What small steps might we take?

 Including the 'unknown' neighbour in our festivities;

- Purchasing more gifts and other items that respect the earth and its inhabitants both nearby and faraway; e.g. buying local (at our Artisan's Market);
- Making or re-gifting perhaps
 10% of our gifts this year... and
 then 15% next year...and then....
- Giving 2+% of our usual holiday time and resources to charities and other good and just causes... and next year, 5% and then 10%...
- Enjoying activities and events that enhance our own and others' health and wellbeing...
- Telling and celebrating the good stories of the many sincere, kind and generous people all around us, even, or especially, right here in Laurier!

In all these ways, wouldn't we be inspired and encouraged to imagine the world, our city, and our neighbourhood as it should be? – As an abundant, thriving, good and beautiful community where all are welcomed, where every gift is appreciated and employed, every person is connected, cared for and contributing.

As Jamie Arpin-Ricci explains, "When we discover the true richness of our neighbourhoods – the vast and amazing potential – it becomes clear that we could fill many lifetimes within the boundaries of a few blocks. And that is more than enough."

The holiday season invites us to not only imagine but to appreciate that there is more than enough for us all to be generous, thoughtful, joyful and hopeful right where we live.

From our household to yours – joy, hope, love and peace this holiday season and throughout 2020. – Karen



Laurier Heights Programs

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 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

Canterbury Playgroup

NEW! Join us at Canterbury Court on the first Wednesday of each month for the newest offering in our playgroup series.

When: First Wednesday of each month

Time: 9:30 - 11:30 a.m.

No cost to attend!



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: Dec 7, Jan 25, Feb 17

Time: 5:00 p.m.

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



FOURTH ANNUAL LAURIER HEIGHTS

COOKIE WALK & ARTISAN'S FAIR

Let us do your Christmas baking!

Come select delicious home-baked cookies & squares:

- Choose from 2 sizes of containers (\$10 or \$20)
- Fill your container with your choice of baking (the only limit is that the lid has to close)
- Come early for best selection...
 once the cookies are gone, the walk is over!
- VOLUNTEER BAKERS NEEDED... see page 6
 for more details. Please confirm by Dec. 5

Start your holiday gift shopping!

Craft sale runs from 10:00 a.m. - 3:00 p.m.

- Support local artisans and give gifts that have been made with love!

Buy Nothing Ski & Skate Swap

Ski & Skate Swap runs from 10:00 a.m. - 3:00 p.m.

- Bring your outgrown and unused winter sport gear and trade it for something new-to-you!

For more info: events@lhcl.ca



SATURDAY, DECEMBER 7 | LHCL HALL

10:00 AM – COOKIE WALK, CRAFT SALE & SKI/SKATE SWAP
4:00 PM – CRAFTS & ACTIVITIES

5:00 PM - POTLUCK & SPECIAL HOLIDAY VISITOR

Connections

BECOME A PART OF OUR NEIGHBOURHOOD'S BLOCK CONNECTING CREW AND HELP TO GROW OUR ABUNDANT COMMUNITY INITIATIVES!

submitted by Donna McLeod Huynh

reetings
Neighbours!! Do
you realize that
it has never been a
better time to be a Block
Connector? Not only are
we wildly committed
to our neighbours, but
we get to be part of
wonderful neigbouring
events at a very
grassroots level.

The people on our blocks know who we are and what we do for the block. Many neighbours have made great friends and/or important connections (in business, parenting, sports and otherwise) because of our willingness and ability to strengthen the fabric of our community.

Lately Block Connectors have been involved with a few things... Halloween – boo-ing you at your doorstep perhaps?; generously meeting and greeting on Halloween night; and eating neigbours' leftover treats so as to not let them go to waste. Also, planning for our Christmas in November Fundraiser. The Cookie Walk/Craft Sale, monthly potlucks, book clubs,

progressive dinners, crappy dinner parties, Cantebury games, exercise classes, poker nights, FNMI education and awareness, play group, serving meals for the less fortunate, and encouraging you to download the NextDoor app so you can stay even better connected and feel even more in the loop with respect to everything Laurier!

Unfortunately, there are still blocks in our neighbourhood without a designated point person to make the magic happen. Is that person you? Have you been thinking... 'Wow that's so great - I should really look into that more and maybe be a block connector myself?' Then please don't hesitate. We are fun. We are easy to know and work with. We welcome more like minded community members because we really believe in a community of abundance through relationship. Each of our blocks deserve a Block Connector. Contact ace@ **lhcl.ca** to get involved.

FREE DROP-IN LEARN TO SKATE

Learn the skills to become active on the ice. Our program is designed around movement, participation and fun! We play games to enhance speed, agility, and control, all of which will give you the skills for other types of skating.

This free program is targeted for children (ages 6-12) and their families, however, all are welcome to attend!

- Skates and a CSA approved helmet are required to participate.
- Programs will cancel at -23°C with wind chill, or if the ice is closed by the facility.

For more information, please visit www.edmonton.ca/dropincommunityprograms or call 311.

LOCATION	DATE	TIME
LAURIER HEIGHTS 14405 85 Ave	SATURDAY JANUARY 6—FEBRUARY 16	10:00—1:00 PM





DEC. 6, 2019 | 6 PM TO 8 PM LAURIER HEIGHTS HALL

We are counting on your donations to make our 4th Annual Cookie Walk a success. Home-baked cookies and squares (no store-bought donations, please) can be dropped off on the evening of December 6. Note: Bakers get priority access to the Cookie Walk! For more information, contact Sue at:

780.996.9866 | vicepresident@lhcl.ca

Resident Spotlight

THIS PAST SEPTEMBER, I HAD THE WONDERFUL OPPORTUNITY TO SIT DOWN AND CHAT WITH ARLINE PETERSON, ONE OF LAURIER HEIGHTS' LONG-TIME RESIDENTS. HERE IS JUST ONE PIECE OF THIS LOVELY LADY'S STORY IN LAURIER HEIGHTS.

submitted by Sheila Butt

rline lives in the home on 142A Street that she and her husband Howard purchased in May 1964 for the tidy sum of \$25,000. They moved here from Calgary with their 2-year-old son Donald in tow. At that time the property didn't have a garage, but one was built in 1966 to accommodate the family vehicle. Arline remembers that there was only one lonely tree in the front yard – a weeping birch – and that houses were being built all around the neighbourhood.

The couple spent many years working in Edmonton. Howard was a salesman for Taylor, Pearson & Carson, selling equipment to oil companies, and Arline took a job as a Registered Nurse in the intensive care nursery at the downtown Misercordia. When she retired in 1991, her nursing career had spanned 35 years. Because she worked nights, Arline remembers that she would see the eyes of many skunks, rabbits, coyotes and deer illuminated by the street lights in front of their house. She recalls, "Sometimes we had ducks and deer



HAVE YOU JOINED NEXTDOOR?

It's the private social network for neighbourhoods

Nextdoor was created based on the idea that the neighbourhood is one of the most important and useful communities in a person's life. Nextdoor's purpose is to empower neighbours everywhere to build stronger local communities. Nextdoor's mission is to be the essential local platform for neighbours to build connections, stay informed, and help each other in their everyday lives.

Find out what's happening in Laurier Heights and connect with more neighbours.

Join today!
https://ca.nextdoor.com
Don't forget to download the app!

walking down 142A Street. Donald was so upset when Whitemud freeway was going in because it took away the ravine, but he appreciated it when he started university!"

It was fun to watch and listen to Arline smile and laugh as she recalled her fond memories of early times here in the community.

She remembers that Val Johnson was the hockey coach and Howard was his assistant. Parents would drop off their children at the Community League and leave, so Arline helped the kids put on their skates.

Son Donald had a good friend named Neil, and they went to Elementary/ Junior High school together. The two boys built a clubhouse in the rafters of the garage and used a red pail to haul things up and down. This treasured red pail was passed down to Donald's children, complete with animated stories of the clubhouse. As per the times, Donald participated in many outside activities – hockey, tennis and cubs.

Arline remembers the afternoon wine parties held every other week by ladies in 3 different houses. Yes,

even back then, the ladies knew how to escape the children and household chores for an hour or two!

"And oh, the saskatoons!" Arline exclaimed. She remembers Donald and Neil were about 4 years old when the family used to take pails and cut through the trees for a walk down to the zoo. "We would stash the pails in the trees and then pick saskatoons on the way home. They were so plentiful. Often, we would see flashes of white in the trees which were the habits of the nuns who were also filling their pails with saskatoons."

"I like it here," Arline said with a smile.
"There are lots of trees and birds. I
lost Howard in 2010, but all my friends
are here, and my granddaughter
Holly is living with me."

Arline is still incredibly active in the City of Edmonton. She is the President of the Grey House Guild that owns and manages the Allen Gray Continuing Care Centre in south Edmonton. (Oh, I should mention; Arline is a remarkable 86 years young!).

Yes, Arline Peterson is definitely one of our long-time residents who puts the shine on Laurier Heights' silver lining. 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?

What is truly

amazing is that

community leagues

are still run

entirely by

volunteers. Consider

supporting this

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

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

100-year-old Community League. tradition. 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,

better place to live for all!

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 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 DUES SUPPORT:

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

Free, low-cost social and educational events:

Seasonal community fun days, 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 place: 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		Membership Type: □ Family (\$40)	
Address:		□ Single (\$25)	
Postal Code:	Phone #:	□ Senior (\$25)	
Email Address:		□ 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	
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!		Optional Donations: ☐ Yes, I'd also like to support our community league by offering an additional donation of	
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.		Tax receipts issued for donations of	
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:		\$20 or greater. Donations may be made with cash or a cheque made payable to: LAURIER HEIGHTS BUILDING SOCIETY	
No, I'm sorry I'm unable to volunteer at this tire		Please submit this completed form & your payment to our Membership Coordinator: Christine McCourt-Reid 13807 84 Ave • T5R 3W6 membership@lhcl.ca	













Halloween in Laurier

Canterbury Construction

AS YOU MAY HAVE NOTICED, THE CANTERBURY FOUNDATION IS RENOVATING ITS FACILITY NEAR YOUR HOME. AS A NON-PROFIT ORGANIZATION, WE ARE MAKING SOME MUCH-NEEDED UPGRADES THAT WILL HELP US CONTINUE TO PROVIDE CARE TO SENIORS AND INCREASE OUR VALUE AS A NEIGHBOR IN THE COMMUNITY.

Why are we doing this?

These renovations are not only vital to our growing aging population, but they also can give community members of all ages a valuable new resource.

The renovation will provide the opportunity to:

- Add more space to accommodate the increasing aging population in our area.
- Update our facilities to give residents increased safety and quality of life.
- Install a hospice area to provide vital end of life care.
- Partner with U of A researchers to create a best in class dementia space.
- Bring Edmonton seniors still living in their homes into our facility for social events and health services.
- Enhance our common areas to enable members of our community – in all stages of life

 a space to gather together for celebrations, educational opportunities and networking.

How does this affect you?

As mentioned above, the benefits of this renovation will last for years to come. For now, the construction will impact our neighborhood on a day to day basis. We appreciate your patience and want to keep the lines of communication open.

Here are some construction issues that may affect you:

- Safety. Safety is our number one priority not just for the residents of Canterbury, but for the families that live in the area. All construction work will be held to the highest safety standards. The City of Edmonton and the safety team from our contractor Stuart Olsen are monitoring and enforcing safety policies as we complete the renovation.
- Noise. There will be construction noise while we make our renovations. We understand this affects the quality of life for people who live in the area. We will be making every effort to stay within the City of Edmonton noise bylaws, and will also restrict our construction hours even further than mandated by the law.
- Traffic and parking. This project impacts traffic and parking within our community. Whenever possible, traffic and parking congestion are to be kept to a minimum. Contractors will continue to park in designated parking areas agreed to by the Laurier Community League and the Canterbury Foundation.
- Cleanliness. A clean construction site is a safe site. No debris will be left unattended. Building materials will arrive on-site with an immediate purpose or be removed from the site as soon as possible.

What can you expect?

The Canterbury Foundation wants to make sure all Laurier Heights residents are kept informed and heard consistently throughout this renovation project. You can expect ongoing information letters like this one as well as other opportunities within the community to receive the latest information, ask questions and

talk to Canterbury representatives. Once again, we want to express our sincere appreciation to you for having patience and understanding during this process. We are excited about the future of the Canterbury Foundation and look forward to connecting with the community regularly as the construction progresses.

Chiller Update

We are installing a new soundproofing enclosure around the chiller located adjacent to the Canterbury building on 141st street. This work is being done in response to the concerns regarding the noise from the chiller. We anticipate this work will be completed by mid-December.

Your concerns are important to us. We are going to ensure we keep the noise created by the chiller as low as possible. With the help of an expert sound consultant, engineers have designed a chiller enclosure for the Canterbury Foundation using the latest best practices in noise-proofing. This brand new enclosure will help keep the noise produced by the chiller to a minimum.

There will be increased construction noise while work is conducted on the new enclosure. We understand this affects the quality of life for our neighbours. We are making every effort to not just to stay within the City of Edmonton noise bylaws, but also to restrict our construction hours even further than mandated by law. Once this enclosure is complete, the noise from the chiller will decrease.

Want to know more about what's happening with the Canterbury modernization project? Please contact us at community@canterburyfoundation. com or call 780-483-5361.



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

Burnout Breakthrough Strategy Workshop

Overcome Burnout and increase your Health and Happiness
Thursday, January 9, 2020 at 7:00 PM
4 Points Sheraton, 7230 Argyl Road, Edmonton
Workshop will be limited to 10 spaces
To reserve your spot, CALL 780-231-9505 or
email janice@theburnoutqueen .com
\$99.00 includes Beat Burnout book and
a 30-minute FREE private coaching session

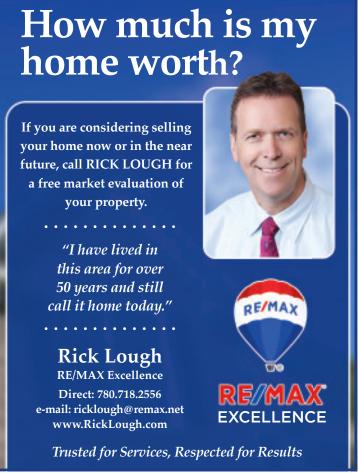
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Saturday Art Classes

JAN. 4- FEB. 29, 2020 9:30-11:00 a.m. or 1:30- 3:00 p.m.

Ages 10 and up

Cost: \$110

a minimum of 5 students must be registered for the class to operate

TO REGISTER: phone (780) 902-9493 or edith.h.chu@gmail.com



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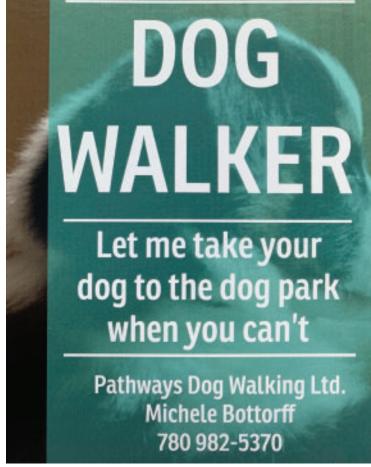
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Plumbing



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elevationphysio.ca

COMMUNITY CALENDAR

NOVEMBER

5 th	Block Connectors Gathering @ the Hall
6 th	Play Group at Canterbury , 9:30-11:30am
7 th	A.L.I.V.E. L.H. 'Choir': Singing Time for all!
10^{th}	Community Potluck &
	Healthy Communities Conversation
10th	DOD Masting

18 th	BOD Meeting
	202110011116

22 nd Single Parent Families Movie Nigh
--

23 rd	CHRISTMAS IN NOVEMBER FUNDRAISER:
	COCKTAILS AND SILENT AUCTION

DECEMBER

1^{st}	Single Parent Families Skating Party
3^{rd}	LHCL AGM & Contributors Social
5 th	A.L.I.V.E. L.H. 'Choir': Singing Time for all!
6 th	Prayer Works Serving Opportunity
7^{th}	COOKIE AND CRAFT SALE/ HOLIDAY
	POTLUCK - see page 5
29 th	WW (Women and Wine) "Reason to get out
	of Jammies" Happy Hour 4-7pm

JANUARY

12 th	Block Connectors' "Bring a Friend" Tea
	2-4pm
13^{th}	BOD Meeting
15^{th}	Canterbury Games
16^{th}	A.L.I.V.E. L.H. 'Choir': Singing Time for all!
25 th	Winter Fun Day and Potluck

JANUARY 6 - FEBRUARY 16

Saturdays: Learn To Skate at the Rink, 10am-1pm

GET INVOLVED!

Laurier Heights Community League has a number of volunteer opportunities available:
Programs Team Lead, Casino Coordinator,
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

FEBRUARY

6 th	A.L.I.V.E. L.H. 'Choir': Singing Time for all!
10^{th}	BOD Meeting
17^{th}	Family Day Cartoons & Popcorn
19 th	Canterbury Games
20^{th}	A.L.I.V.E. L.H. 'Choir': Singing Time for all!
29 th	Leap Year Potluck – early dinner: 5pm

MARCH

4 th	Block Connectors Gathering
9 th	BOD Meeting
29 th	Community Potluck – early dinner: 5pm

APRIL

314	Prayer works serving opportunity
	Neighbour Connecting Night
18^{th}	Meet & Greet: Wine, Cheese & Special
	Showing of THE GREAT DISCONNECT
26^{th}	Community Potluck
30^{th}	Block Connectors Gathering

MAY

9 th	Kitchen Party
20^{th}	Seniors' Tea & Community Potluck
28 th	Block Connectors Coffee Morning

JUNE IS BLOCK PARTY MONTH

JUNE

JOHE 13 BEGOR LARTE MORTH	
21 st	Indigenous Peoples Day
26 th	Kick-Off Summer Potluck & Ice Cream
	Social

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

Kendra: programs@lhcl.ca

Ainsley: events@lhcl.ca