



# LAURIER HEIGHTS NEWSLETTER

Winter 2020

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## 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:

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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.

## Laurier Heights Community League

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**COVER PHOTO: DRONE PRO PHOTOGRAPHY**

Aerial 360° photo of Laurier Heights neighbourhood, highlighting the new solar panels on the roof of the Community Hall.

# Letter from the Editor

**As I think back to a year ago, 2020 seemed so full of potential and promise. I don't think any of us could have ever predicted how quickly and dramatically our lives would all change over the course of this year.**

Throughout the year, we've faced things that most of us would never have imagined: lockdown and isolation, home-schooling and virtual learning, missed celebrations with family and friends, cancelled vacations and so much more. As spring awakened and the lockdown slowly lifted, people emerged from their homes and explored the outdoors with a renewed vigor and deeper appreciation than ever before.

We have all missed out on so much this year and faced many disappointments, but with that comes a mindfulness and perspective that we may have forgotten about in our pre-COVID rushed lives with full schedules. By being forced to step back from everything in the spring, many were able to reconnect more fully with our family members, enjoying downtime that was often a rarity before the pandemic. We were also able to find beauty and gratitude in the small details of everyday life.

Personally, I am so grateful to live in Laurier Heights. With our majestic mature trees and multiple access points to the river valley, the beauty of this neighbourhood is exquisite. But beyond that, the sense of

community here is unparalleled. It's been nearly a dozen years since I moved here from the suburbs, and from the very first day, we were greeted with the loveliest of neighbours and a true sense of belonging that I'd never before experienced in my adult life.

I am so proud of how our community has responded to this pandemic. In this issue, you will not only find feature articles on some of our neighbours, you will also see the highlights of the meaningful opportunities for safe but true connection in Laurier Heights over the past few months.

Communities like this don't just happen. They are built slowly and steadily over time with the dedication of all those who live there to make their neighbourhood a safe and welcoming place to be.

I encourage you all to read this issue to learn more about some of the ways you can continue to connect with your friends and neighbours as winter sets in and the pandemic drags on, and I hope you will be inspired to get more involved. Together, we are always stronger.

Take care and be well.

**CHRISTINE MCCOURT-REID**  
LHCL Newsletter Editor

There are many ways that our neighbours are working to create connection opportunities throughout the winter months ahead. Come and connect with your neighbours in these groups and pages on Facebook:

## **LAURIER HEIGHTS COMMUNITY LEAGUE**

[www.facebook.com/LaurierHeights](https://www.facebook.com/LaurierHeights)

Our main Facebook page, this is a great place to keep up to date on the latest news and events in our neighbourhood.

## **LAURIER ROCKS: Painted Rock Project**

[www.facebook.com/groups/laurierrocks](https://www.facebook.com/groups/laurierrocks)

The Painted Rock trend has found a home in Laurier. While harder to hunt for these beauties with the snow, it's not impossible. Painting rocks makes a great quarantine craft, so we will be **giving away two (2) rock painting kits in this group** on December 20 – just in time for Christmas. All you have to do is join the group to be entered into the draw.



## **BUY NOTHING PROJECT**

[www.facebook.com/groups/1021597838016081](https://www.facebook.com/groups/1021597838016081)

Buy Nothing Project rules are simple: post anything you'd like to give away, lend, or share amongst neighbors; ask for anything you'd like to receive for free or borrow.

## **INSTAGRAM**

{ [www.instagram.com/laurierheightscommunityleague/](https://www.instagram.com/laurierheightscommunityleague/) }  
[@laurierheightscommunityleague](https://www.instagram.com/laurierheightscommunityleague)

Our newest social channel, find program and event highlights here in photo and video feeds. Give us a follow and say hello!





# Season's Greetings, Laurier

TIDINGS OF COMFORT AND JOY FROM KAREN WILK, LHCL PRESIDENT

In *The Voyage of the Dawn Treader* (Narnia series by C. S. Lewis), the Pevensie children undertake a harrowing sail into darkness —“smooth, solid blackness.” The elusive darkness increasingly drains them of hope and fills them with a growing ominousness — anxiety, fear, even despair. They begin wondering if they will ever escape the haunting dark or have a future beyond this bleak reality. But just as all hope seems to be lost, there comes a sign — an albatross. “It circled three times round the mast... and called out in a strong sweet voice what seemed to be words; though no one understood them... except Lucy. Lucy knew that as it circled the mast it had whispered to her, ‘Courage dear heart,’ and the voice, she felt sure was Aslan’s and with the voice a delicious smell breathed in her face.”

I imagine that many of us, perhaps even the whole world, at some point over the last nine months, has felt the weight of the darkness that the crew of the *Dawn Treader* did. And now we also have entered the darkest (and soon to be coldest) time of the year. Yet, there comes a sign—In fact many signs, if we, like Lucy, have ears to hear—and eyes to see: light, hope!

What signs of hope might we recognize, be grateful for and celebrate even now? When I begin to open my eyes to see them, even in the dark, there are too many to count—and top of the list—are our caring neighbours and beautiful neighbourhood!

But what about at a deeper level? In many conversations around the ‘hood (and beyond), there is a realization that we’re not going back. And while there is a sense of loss in this, the albatross is circling and whispering: Covid restrictions have revealed that we can reduce our carbon footprints, listen to the birds and find our way without our vehicles. Being “sheltered in place” (our homes and neighbourhood) has also shown us that we can do more gardening, share more with our neighbours, enjoy where we live including our beautiful river valley, be less busy—and less tired! We can pay attention to our neighbours and in so doing, discover the wonderful gifts and stories that reside ‘right next door.’ I wonder, in fact, if we’re learning that the people around us are actually more important and life giving --even when masked, 2 m. apart or on zoom-- than our previously booked solid calendars! Of course, that doesn’t mean that any of these shifts come easily or that

they don’t require some reflection and intentionality.

For your Board, it’s required both. While the bleakness of missing so many of our usual activities, especially over the holiday season—the cookie walk, artisans’ market, cocktail party, family Christmas and so on— has left us feeling a little ‘in the dark’ as to how to continue to nurture connectedness and community; we’re hearing the whispers and leaning towards the light—literally! We’re kicking off some “Merry and Bright” community initiatives by lighting up the hall and grounds and then inviting everyone to do a little extra to brighten up their home and property. Check out the back cover of this issues and the Nextdoor app, our Website, Facebook page and Eblasts for more details and updates.

A few years ago, a good friend wrote a poem which I shared at our one of our “Reason for the Season” neighbourhood dinner gatherings. It came to mind again so I’ve adapted it for all of you in our 2020 context:

What I’d really like to give you for Christmas is  
a Star...

Something you could keep in the pocket of  
your jeans

Or in the pocket of your being--

Something to take out in times of darkness  
that would never snuff out or tarnish,

Something you could hold in your hand for  
wonderment and gratitude

-- that would illumine your hope, your  
courage and resilience

Its power and presence warming your heart  
and brightening your day.

But stars are not mine for giving,  
I must be content to give you words and  
wishes without stars

So I wish for you, life as radiant as that first  
Christmas star

That you might lean towards its light and  
receive

The season’s gifts of peace, joy, hope and  
gracious love

And pass them on as they have been passed  
on to me by countless others

Who have sought the Light and ignited its hue  
-- And perhaps, if you ask, you might receive  
a star too.

– KJW

Laurier Heights  
Building Society

## LEAVE YOUR MARK IN THE PARK!

GIFT A BRICK IN MEMORY OR  
IN HONOUR OF YOUR FAMILY,  
PARENTS, FRIENDS, OR ANY  
OTHER IMPORTANT PEOPLE  
(OR PETS) IN YOUR LIFE!

In support of fundraising for  
the interior furnishings of our  
Community Hall, the Laurier  
Heights Building Society is offering  
the FINAL opportunity to engrave  
your family name or message\* on  
a brick in the park.

**There are only 2 bricks still  
available;** your contribution will  
add to a memorial begun as a  
millennium project. The brick  
tower is located in the playground  
outside the Community Hall.  
NOW is the time to make your  
Mark in the Park.

BRICK PURCHASES ARE  
TAX DEDUCTIBLE.  
INCOME TAX RECEIPTS  
PROVIDED UPON REQUEST.

Bricks are \$350 each.  
If you're interested in purchasing  
one of these final two bricks,  
please get in touch with Sue at  
vicepresident@lhcl.ca

\*Please note: There is a maximum  
of 32 characters including spaces  
and punctuation per brick.  
We reserve the right to refuse  
orders of questionable taste.

A LETTER FROM COUNCILLOR SARAH HAMILTON

## CITY INFILL UPDATE

Infill has become a defining,  
and at times divisive, issue  
for Edmontonians in the time  
since City Council introduced resi-  
dential infill guidelines in 2009.  
I've heard feedback from residents  
and I understand there is a lot of  
apprehension around potential  
infill, especially throughout Lau-  
rier Heights. I'd like to offer a few  
words about the rationale behind  
infill development, and what you  
can do if something goes wrong.

Why infill is such an attractive  
proposition from a planning per-  
spective is that it supports fiscal  
and environmental sustainability  
as well as improved quality of  
development. Populations in many  
of our mature neighbourhoods are  
trending down, and over time this  
leads to school closures and loss  
of small businesses and neigh-  
bourhood amenities. These losses  
make mature neighbourhoods less  
desirable for families, as newer  
and more densely built suburban  
areas see growth in population  
and amenities. Currently, fewer  
than 25% of new residences are  
built in established areas. And if  
Edmonton sticks to its projected  
growth, we will need almost  
840,000 new residential units in  
the next 30 years. Our reality right  
now is that density is crucial to the  
long-term viability, and afford-  
ability, of our city. Edmontonians  
deserve vibrancy in core neigh-  
bourhoods like Laurier Heights,  
and they deserve the public  
infrastructure that can support  
them. Infill does contribute to that.

Though these benefits are real  
and meaningful, I know that  
many people still have strong  
reservations about infill develop-  
ment. It can bring changes to

mature neighbourhoods that have  
particular characters or aesthet-  
ics that have existed for genera-  
tions, and it can be disruptive.

I want you to know that I hear  
you — one of the first things I did  
when I was elected to Council was  
to establish the Design Initiative,  
where I pulled together various  
City staff and other Councillors  
to engage with the design of our  
city and our communities in a  
more systematic way. I would add  
that many of the criticisms of  
early infill projects were received  
by infill developers, who are now  
making quite different choices. For  
those of you living near potential  
infill lots, I encourage you to reach  
out to developers and ask ques-  
tions, or talk to your neighbours  
who are engaging in infill projects

That said, a few years ago, to  
respond to a growing number  
of concerns around compliance  
to infill design guidelines and  
general construction standards,  
the City of Edmonton created an  
Infill Compliance Team. This team  
monitors projects and ensures  
that they are following the rules.

In the time since their incep-  
tion in 2018, they have noticed  
improved compliance and  
cooperation from developers,  
which is positive news for sur-  
rounding home owners. They are  
available to assist you if you have  
concerns about development in  
your area, through 311. The com-  
pliance team has set a standard  
of responding to a complaint  
within four days. If you have any  
issues, please do not hesitate  
to contact my office by email at  
sarah.hamilton@edmonton.ca,  
or by phone at 780-496-8120.

Thanks very much for reading.





# SYMPHONY UNDER THE SKY

ON A STUNNING FALL DAY IN SEPTEMBER, OUR COMMUNITY GATHERED IN THE NEW 'SOCIAL DISTANCING STYLE' AT THE BISCUIT BOX TOBOGGAN HILL TO ENJOY A BEAUTIFUL OUTDOOR STRING TRIO CONCERT PERFORMED BY MEMBERS OF THE EDMONTON SYMPHONY ORCHESTRA



The ongoing pandemic has affected so much – individuals, families, and workplaces to name just a few. The Edmonton Symphony Orchestra was no exception to some of the restrictions put in place during COVID times. While they had to cancel the remainder of their spring/summer season, they came up with a brilliant solution to being able to stay connected to live music and community by performing outdoor concerts in neighbourhoods all over Edmonton this summer. While the concert was originally planned for Labour Day, the weather was far too cold for these fine instruments that day and so the event was postponed to September 10. Nearly 200 Laurier Heights residents gathered together on that wonderfully warm fall day, where the temperatures soared to over 25 degrees to enjoy this exceptional concert. Many thanks to our performers for closing out their season in Laurier Heights!

**Joanna Ciapka-Sangster & Heather Bergen** – violin  
**Derek Gomez** – cello











# Community League Day

Community League Day is an annual city-wide celebration that brings community and volunteers together to make great things happen in our city. While Community League Day is normally a grand affair for Laurier Heights, we knew we wouldn't be able to celebrate it in all-out style as we normally would with the gathering restrictions in place.

On September 19, Laurier welcomed the Festival in a Box parade hosted by the Edmonton Arts Council. The parade included a mix of street performers, including Spiderman, a stilt walker, drummers, and a whole lot of enthusiasm. Many neighbours enjoyed the parade and cheered them on from their front lawns as it made two large loops through the neighbourhood. Some neighbours joined the fun, adding to the parade by following along, waving all the way!

In the evening of the same day, the community league hosted Misery Mountain Boys. The band set up in front of the community hall for a socially-distanced outdoor concert. The weather provided a beautiful September evening and community members enjoyed the music as the sun set. People brought their own blankets and chairs and were conscientious of maintaining distancing and thankfully we have a large grassed area. The Meat Street Pies food truck was popular with all the concert goers, from little children to grandparents and everyone in between.





# The Laurier Heights Treasure Hunt



THIS PAST SEPTEMBER, RESIDENTS OF LAURIER HAD THE OPPORTUNITY TO JOIN IN OUR FIRST COMMUNITY "TREASURE HUNT". BY FOLLOWING AND INTERPRETING DAILY CLUES, PARTICIPANTS TRIED TO DETERMINE THE LOCATION OF **THE GOLDEN TICKET** WHICH, ONCE FOUND, COULD BE PRESENTED TO CLAIM THE TREASURE.

**L**et's have a look at the daily clues, 7 in total, to figure out the information each clue was conveying. Note: Only 5 clues were published, as the Golden Ticket was located before the final 2 clues were revealed.

**Clue 1: I look north, south, east, west, and can move, though I only have one foot. I am the guardian of the Golden Ticket.** This clue is referring to a tree that can move. It is guarding the Golden Ticket located at its "foot".

**Clue 2: Like government, I have many, and protect the GT. Unlike my family, soon, I will change.** Here, the clue reveals that, as with government, branches are present. And, the tree, although it is in the coniferous family, will soon lose its needles because it is a larch, or tamarack tree.



**Pictured:** Sheila Butt presents the Musica family with their prize

**Clue 3: Little ones like to visit me.** Birds, squirrels, chipmunks and insects visit this tree.

**Clue 4: I welcome those who sing and, at times, I hear many songs.** Again, this clue refers to birds coming to the tree. It also tells searchers that it is located close to a church where, due to weekly church services and/or choir practice, songs can be heard.

**Clue 5: Love is served close by, and I can see happy children play.** This clue reveals that the tree is located close to the tennis court and that the playground is visible from its location.

**Clue 6: Look way up, look way down. Now look around on my (g)round. A dinosaur egg? No, but GT sure looks like one!** Searchers finally have an idea as to the form or shape of the

Golden Ticket. And its location is even more defined.

**Clue 7: Oh Tamarack! There it is!!!** Now there is no mistake as to the type of tree guarding the Golden Ticket, as well as the shape of the Golden Ticket. The Golden Ticket was painted on a rock, placed facedown, at the foot of the large tamarack tree just to the west of the tennis courts. For searchers, it came down to looking for something resembling a dinosaur egg at the foot of a tamarack tree that was located close to the tennis courts.

My heartiest congratulations to the winners! And, rumour has it, there will be another cryptic clues treasure hunt next fall. So, all you treasure hunters, keep an eye on the Laurier Heights website next September.

**by SHEILA BUTT**





WITH HALLOWEEN NEEDING TO BE HANDLED A LITTLE DIFFERENTLY THIS YEAR, LAURIER HEIGHTS RESIDENTS WENT OUT OF THEIR WAY TO CREATIVELY GIVE KIDS A SAFE AND DISTANCED TRICK OR TREATING EXPERIENCE THAT WE WILL ALL REMEMBER FOR YEARS TO COME...







# Facilities Update

IF YOU WOULD LIKE MORE INFORMATION ABOUT OUR SOLAR PROJECT, PLEASE FEEL FREE TO EMAIL ME AT [FACILITIES@LHCL.CA](mailto:FACILITIES@LHCL.CA) by **GEORGE STEPNEY**

We are excited to announce that the solar array on the roof of the Laurier Heights Hall is officially complete and connected to the utility grid! It has taken several months, but thanks to the City of Edmonton, the Municipal Climate Change Action Centre, and our great contractor Generate Energy, we are now generating as much electricity per year as we typically use.

The way our "grid-tied" solar array works is that any time we are unable to produce enough electricity to meet our immediate demand, we seamlessly draw from the utility grid just like before (and pay the standard rate to do so). However, whenever we are producing more electricity than we are using we put the excess back into the grid and we are paid the same standard rate by our utility provider. Some months we will receive a bill, some months we will receive a credit, and some months will break even.

## LEANING TOWARDS THE LIGHT

Our Little Church in the Neighbourhood has adopted the theme "Leaning Towards the Light" for this season. In the Christian tradition, the 4-6 weeks before Christmas known as Advent (meaning Arrival or Coming) is a reminder that Light has come into the world and the darkness (even of 2020) cannot overcome it! This year as neighbours, let's get together (virtually) for some conversation and contemplation, prayers and ponderings as we long for and lean towards a little more light!

We're thinking of three different evenings including:

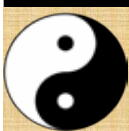
### AN EVENING OF CAROLS:

Share, listen, sing along to and learn about our favourite carols.

A **BLUE CHRISTMAS** at which we'll have opportunity to remember and lament all of our losses, pain, grief and injustices of the last year and seek light and hope even so; and finally,

A **TELLING OF THE TRADITIONAL CHRISTMAS STORY** for reflection and conversation.

Let us know if you're interested at [LHmicrochurch@shaw.ca](mailto:LHmicrochurch@shaw.ca) and we'll send you the zoom link. Please also check it out and join 'the group' on Nextdoor App!



**Drop In Tai Chi Classes**  
Beginners and Experienced Practitioners Welcome  
Laurier Community Hall  
Wednesdays at 2:00 pm

Tai Chi is a low impact, slow flowing exercise that uses synchronized movements that improve balance, and strengthen leg and core muscles. Tai Chi is a moving meditation that relieves stress and improves clarity

We have a fun, positive environment that all can enjoy and experience health benefits from

Classes are led by accomplished Tai Chi instructor Chuck Davies

Fees: Drop in \$5 per class; or One Time fee for Nov. thru June \$50 (tax receipt provided)  
All proceeds go to Laurier Heights Community League

Come and check it out! (Starting Nov. 4<sup>th</sup>)



# VOLUNTEERING



**GIVING BACK TO THE PLACE YOU CALL HOME HELPS TO MAKE YOUR COMMUNITY A BETTER PLACE NOT ONLY FOR YOU, BUT FOR ALL WHO LIVE THERE. VOLUNTEERING YOUR TIME, TALENT & TREASURE IS ONE OF THE MOST POWERFUL WAYS TO MAKE AN IMPACT, AND, AS IT TURNS OUT, TO ENHANCE YOUR WELLBEING.**

## One of the greatest gifts you can give is your time

**I**n Laurier Heights, we believe in bringing neighbours together, establishing genuine friendships and enjoying family and community programs and events that are close to home.

Community involvement and participation are especially important in ensuring that neighbourhoods are vibrant and safe for all. A healthy community provides many different ways in which its members can interact with each other to exchange information about needs and resources, become engaged in the planning and decision-making processes that affect them, and work together to achieve common goals.

Volunteering doesn't have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and our community. Best of all, research indicates that the personal benefits of volunteering can be invaluable.

### **VOLUNTEERING CONNECTS YOU WITH OTHERS**

Volunteering can open up more opportunities to have a shared experience with someone, which is often where the best friendships blossom. You can expand your social circle while strengthening your ties to community.

### **VOLUNTEERING IS GOOD FOR YOUR WELLBEING**

Volunteering provides many benefits to both mental and physical health. Research has proven that volunteering counteracts the effects of stress, anger and anxiety; it decreases depression and loneliness, and even lowers blood pressure. Long-term volunteering has also been shown to boost self-esteem and self-confidence.

### **VOLUNTEERING CAN HELP YOUR CAREER**

Volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. It shows potential employers that you can take initiative and that you're willing to give your own time to improve the world for other people.



## **VOLUNTEERING BRINGS FUN AND FULFILLMENT TO YOUR LIFE**

Doing volunteer work you find meaningful and interesting can be a rejuvenating escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life. Volunteering helps to enrich your life and give you a broader sense of purpose.

## **VOLUNTEERING MAKES A DIFFERENCE**

When you volunteer, you are making an impact in your life, the lives of those you volunteer with, and the lives of those who benefit from your efforts.

In a normal year, Laurier Heights Community League runs a number of programs, services and events – all thanks to the time and dedication of many committed volunteers. We often have need for event volunteers and other small time commitments, and we look forward to returning to those days in the future. In the meantime, we have a number of Directors from our Board who have completed their terms, and we need your help to fill these positions. Not only will your support help shape the future of our community, you will get to work with a group of incredible neighbours to effect positive change right here in Laurier. Please consider lending your expertise by volunteering for one of these roles, or by suggesting volunteer opportunities that might interest you and be of value to the community.

### **• VICE-PRESIDENT •**

As an Executive member, the Vice-President presides at meetings and attends functions in the President's absence. The VP is responsible for the annual review of the Society bylaws and acts as a signing authority for the Society.

### **• COMMUNICATIONS TEAM LEAD •**

This Director position oversees a team of volunteers to manage all communications for the Community League.

### **• DIRECTOR-AT-LARGE •**

This Director position participates on a team aligned with their interests and carries out other duties as assigned by the Board.

### **• NEIGHBOURHOOD ENGAGEMENT TEAM LEAD •**

This position coordinates and oversees the Abundant Communities Initiative to engage neighbours in being part of the community; works with a support team of Block Connectors to create engagement at every level in the neighbourhood.

### **• GRANT WRITER •**

The grant writer would research and apply for grants on an as-needed basis to secure funds for the community league.

### **• TREASURER, LH BUILDING SOCIETY •**

An Executive Member of the Laurier Heights Building Society, the treasurer is responsible for all financial record-keeping, ensuring a detailed account of revenues and expenditures is presented at every Board and General Meeting.

We also have opportunities for people to volunteer on any of our teams and sub-committees:

- Block Connectors
- Communications Team
- Events Team
- Finance Committee
- Programs Team

For more information on these and other volunteer opportunities, please email: [volunteer@lhcl.ca](mailto:volunteer@lhcl.ca)

**INTERESTED IN SUPPORTING OUR COMMUNITY BUT NOT ABLE TO COMMIT TO A VOLUNTEER ROLE AT THIS TIME? ANNUAL MEMBERSHIP PURCHASES ARE AN EXCELLENT WAY TO ENSURE OUR COMMUNITY LEAGUE IS ABLE TO MAINTAIN OUR SPACES AND ELEVATE THE NEIGHBOURHOOD FOR ALL. SEE PAGE 18 FOR MORE INFORMATION ABOUT MEMBERSHIPS.**

This summer, Becks found herself needing to leave her home of 10 years in Medicine Hat. After spending several weeks in Calgary, living in her camper (which she has dubbed “Glenda”) Becks decided to head to Edmonton. She parked Glenda in her usual favourite spot – the parking lot at a Walmart, with trips back and forth to the Edmonton Squash Club.

“I was living at Walmart... and then I ended up just parking behind the squash club, because it was better bathroom hours than Walmart,” she joked.

Humble and down to earth, Becks casually mentioned she was into squash, but further research reveals the sport has been a part of her life from an early age. She started playing in Winnipeg at the age of 11 and made the provincial junior team. At 14, she won the Canadian and U.S. Opens in her age category. This led to her joining the junior national team as its youngest member. Along with the Canadian Junior National Championship, Becks won bronze at the Canada Games, playing for Team Manitoba. But after all this success, she had difficulty balancing her sports, personal life and mental health. She quit squash at the age of 15, and lived a hard several years after that. Often homeless, moving from city to city, Becks faced many challenging

obstacles along the way.

Returning to squash in 2018- slowly at first, but gradually recognizing a high level of passion and a return of her natural talent- was the start of a fresh life chapter for Becks. She met a lot of new friends on and off the court, and one of them was Sue McCoy, Aileen’s daughter.

“I met her at a squash tournament in Red Deer,” explained Sue. “She moved to Edmonton... and was playing at the club I was playing at. She’s an amazing squash player... she brings up the caliber of the game here.” Sue and Becks were at a small birthday party for another squash player in the first week of September. Sue, aware that Becks was living in her RV behind the club, suggested she come to her place. “Sue said – hey, instead of sleeping in your RV, why don’t you come stay at my place. I gotta go pick up my mom from the hospital first, though. I said OK, so that’s when I met Aileen,” explained Becks.

Sue decided to invite Becks into Aileen’s house, where she was being dropped off after getting some bloodwork done at the hospital. “I thought- why don’t you come into the house, see where I grew up,” said Sue. As they walked around, Sue took Becks to see the basement, where there is a separate living suite with a bathroom, a small kitchen setup, and

– fortunately – a piano.

“My mom has always had someone living down in the basement as a tenant, but hasn’t for the last two years,” said Sue. “Becks sat down and started playing the piano, and I was looking around the basement thinking – why didn’t I think of this sooner? This place was meant for you, you need to move in here! More than helping you, it would help me, because you could help look after my mom.”

That was a Saturday evening, and by Monday, plans were finalized and Becks was moving in to Aileen’s home. Aileen was thrilled with the plan, and quickly took to Becks, whom she calls “B.”

“We thought it was a great idea, yes, because – I wasn’t particularly liking living alone. That’s not something I can really cope with,” said Aileen. “And that’s when everything just seemed to fall into place, didn’t it, B?” she fondly smiled over at Becks.

“It did,” agreed Becks, returning the smile.

“B loves to cook, she’s a good cook,” Aileen continued. “I can’t say that I love to cook. My mother was a dear sweet lady, but she never taught me how to cook.”

As we chatted, a black and white cat glided into the room, winding itself around Aileen’s legs.

“Oh! There’s Bean,” explained Becks, who had recently picked up

# Two Peas in a Pod

If you were to run into Becks Dudley and Aileen Fontaine getting groceries at Andy’s IGA or taking a walk together around Laurier, you might consider them an unlikely pairing. Aileen, a slight, elegant woman in her 80’s, and Becks, 32, wearing a black hoodie and sporting multiple face and body tattoos, may not appear at first to be ‘two peas in a pod.’ But that’s exactly how Becks describes the relationship she has with her housemate and friend, Aileen.

by JULIE ROHR



Bean, along with her chubby, grey counterpart Sprout, and moved them into the home as well. Both ladies seemed pleased with the addition of the two feline companions.

Becks, who had planned to try and find some sort of housing in Edmonton by November, was so pleased she was able to move in with Aileen as quickly as it all happened. "I would have been so cold, sleeping in that parking lot," she said with a laugh. "I don't even need a blanket sleeping in the basement, it's quite the difference."

The roommates have an evening ritual that revolves around something they both enjoy; game shows. "At 7 we watch Wheel of Fortune and Jeopardy. If we're having a late dinner, we'll eat dinner out here so we can watch our shows," said Becks, grinning. "I look forward to that," said Aileen. "The only problem is this – I don't ever get the right answers, but she does," she explained, with a chuckle.

"You totally get some right," interjected Becks, smiling over at Aileen. "You do."

"Occasionally I have," agreed Aileen. "I'm clapping to myself and saying enjoy it now, but it's so easy for her. She's a very smart person."

When asked if there have been any challenges to the living arrangement, both women looked at each other and shrugged. "It's been pretty smooth sailing," said Becks. "We jive. Two peas in a pod." Aileen nodded in agreement, discussing how much Becks helps her around the house.

"She helps me with my work. My favourite is I'm not living alone. I'm not very brave. Now I can go to bed with the door locked – because B locks it all the time!"

Aileen's daughter and two sons are

very pleased with the arrangement.

"It's amazing," said Sue. "Becks took to my mom very quickly, both of them have said they're long-lost friends, and they're getting along famously.



She's doing all the cooking and it's amazing, I thought to myself – did my mom even eat before? Every few days I'd bring food, leave a meal in the fridge, but nothing to the caliber that Becks is doing. She's cleaning, she's grocery shopping, she takes out the garbage – a huge weight lifted off my shoulders," she explained, mentioning she herself was a busy mom and juggling those responsibilities had been difficult.

Becks described how she lived alone for 10 years by choice, and that living with a roommate had not been in her plans, but meeting Aileen changed all of that.

"You know, it's nice to have someone to come home to," she remarked. "When I come home, I don't just talk to my cats, or Alexa on my little speaker. We have our little chats – she always asks me about my day, and what I was up to, where I went. I'm not used to that at all. It's such a shock after

living alone for 10 years. She's the only roommate I could ever imagine myself living with."

The two joke together about Becks trying to teach Aileen to use various TV remotes, and how Aileen's husband used to be the one who knew how to operate the remotes, but now Becks does the job. "She can do things that I don't know how to do," said Aileen admiringly.

At a time in life when many people her age are moving to different living arrangements, having Becks around the house means Aileen can stay in the home she loves, the home she raised four children in. Everyone involved can see the importance of this and how grateful Aileen is to be able to stay in her home and maintain her independence, while leaning on Becks for the things that are difficult for her. Becks laughs as she recalls taking Aileen for outings in the RV.

"I'd have to lift her into the front seat," she explained. "I couldn't quite get her in, so I got a stepladder out of the garage—" "It sounds ridiculous," interrupted Aileen, "but I couldn't get into that, you know, so I needed the stepladder!" The two now drive around in a newly-acquired car, which makes things a little easier.

Becks and Aileen are both so grateful to have ended up living together.

"Honestly, moving here has been one of the best life decisions I've ever made," Becks said, with a gravity and gratitude that conveyed the truth of those words.

"I would say that we get along extremely well. I could never imagine having a fight with you," said Aileen, chiming in with a quiet laugh.

If you see these two housemates on an outing in our neighbourhood, be sure to share a smile or a wave – and you'll most likely get one back.

Where is the hockey season??? Many of us are going through hockey withdrawal given the delay to the start of the 2020-2021 hockey season. It can't start soon enough! Well to assuage you hockey fans, I'd like to tell you about a hockey great who lives right here among us.

by SHEILA BUTT

# HOCKEY GREATNESS IN LAURIER

**ON OCTOBER 28TH, I HAD THE WONDERFUL OPPORTUNITY TO SIT DOWN WITH LAURIER HEIGHTS RESIDENTS, AUDREY AND BRUCE MACGREGOR. BRUCE, AND HIS LOVELY WIFE AUDREY, MOVED INTO THEIR LAURIER HOME IN 1974. HE SAID FRIENDS OF HIS BROTHER LIVED NEXT DOOR TO THEIR CURRENT HOME AND ONCE THEY LOOKED AROUND THE COMMUNITY, THEY DECIDED TO MOVE HERE. BUT, LET'S BACK UP A LITTLE BIT.**

**M**any of you will recognize Bruce's name as that of a former Detroit Red Wing and New York Ranger center. Bruce grew up in the Parkdale community where, at the age of five, he started playing hockey on the backyard rink his dad would put up every winter. It wasn't long before he started playing organized hockey – Bantam and Midget with the Maple Leaf organization and Juvenile with the Knights of Columbus, where Harry Allen was his coach. Both as a Juvenile, and Junior player with the Edmonton Oil Kings, he remembers playing in the old Edmonton Gardens building (demolished in 1982). Bruce smiled as he recalled his days in Junior hockey with the Oil Kings. "In the Central Alberta league, we played in a men's league. At the conclusion of that season, we went on to Junior competition where we played the Lethbridge Junior team and won Alberta. Then, we went by train to Saskatchewan and beat the Flin Flon Bombers. From there, we continued on to Manitoba where we beat the Brandon Wheat Kings. Then, we represented western Canada, went east, and played the Ontario league for the Memorial Cup in Maple Leaf Gardens. Eventually, we lost out to St. Catherines Teepees."







It was obvious that Bruce had talent on the ice and, in 1960; he signed a contract with the NHL Detroit Red Wings. That contract began the start of his long and illustrious hockey career with both the National Hockey League (NHL), and the World Hockey Association (WHA). He played his first year of professional hockey with the WHL Edmonton Flyers and, at the conclusion of the 1960-61 season was called up to play with the Detroit Red Wings. He scored his first NHL goal during the playoffs of that season and stayed with the Red Wings for a total of ten years. During that time, he found time to fall in love with a lovely young lady by the name of Audrey, and they were married in 1962. Audrey notes that the two of them seemed to be destined to be together as they were both born in the Royal Alexandra Hospital, just one day apart!

From the Detroit Red Wings, Bruce moved on to play four years with the New York Rangers. There, he continued to excel, scoring goal after goal. It was in New York that Bruce sustained the only serious injury in his hockey career, that of a broken ankle, which kept him off the ice for six weeks. In 1974, Bruce and Audrey, now plus son Bradley, moved back to Edmonton where Bruce played with the Edmonton Oilers (WHA) for 2 years, in the then brand new Northlands Coliseum. He had the privilege of playing with Team Canada '74 against the Soviet Red Army team. While the hockey wives were a close group and supported one another, Audrey noted that it was challenging for son Brad to change schools – bouncing between Detroit, New York and Edmonton. In 1974, when the family finally moved to Laurier Heights, Brad told his mom that Laurier Heights School was the best school ever and that he wanted to stay at that school.

As hockey fans know, contract disputes are part of the world of professional hockey, and, in 1976, Bruce found himself in such a dispute. Fortunately, both parties were able to resolve their differences and Bruce retired as a hockey player. But with hockey still in his blood, Bruce then took on a new role with the Edmonton Oilers, in management, working under then General Manager, Larry Gordon and, later, Glen Sather.

So what else can be said about Bruce MacGregor? Well, let's see, there's his total of 213 goals and 257 assists in 893 games. And, while working as Assistant General Manager with the Edmonton Oilers, the team won five Stanley Cups in 1984, 1985, 1987, 1988 and 1990. And, in 2015, he was inducted into the Alberta Sports Hall of Fame.

For a little Edmonton lad who started playing on a backyard rink and went on to achieve greatness as number 12 in the WHA and NHL, he is both modest and gracious. Bruce and Audrey, thank you for calling Laurier Heights home. We are sure happy to have you!



**Bruce MacGregor**  
**2015 Hockey Athlete, Edmonton**

Bruce MacGregor joined the Edmonton Oil Kings in 1957 and led the team to the Memorial Cup final. At 19, Bruce turned professional and played with the Edmonton Flyers before making it to the NHL. He reached the Stanley Cup finals four times with the Detroit Red Wings and once with the New York Rangers in 1972. A steady, hard-working player, he scored 213 goals with 257 assists in 893 NHL games. He also played with the World Hockey Association Edmonton Oilers for two seasons, scoring 75 points. Bruce played for Canada in the 1974 Summit Series against the Soviets.

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 and pickleball 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.



# 2020/21 LHCL MEMBERSHIP FORM

THANK YOU FOR YOUR SUPPORT!  
- MEMBERSHIPS VALID UNTIL AUGUST 31, 2021



## Household Info

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Additional Household Members:

Adult #2 (first + last name): \_\_\_\_\_

Additional Family Member: \_\_\_\_\_ Birth Year: \_\_\_\_\_

Additional Family Member: \_\_\_\_\_ Birth Year: \_\_\_\_\_

Additional Family Member: \_\_\_\_\_ Birth Year: \_\_\_\_\_

Additional Family Member: \_\_\_\_\_ Birth Year: \_\_\_\_\_

☐ YES! Our family would like skate/tennis tags so we can use the community facilities. We require # \_\_\_\_\_ tags.

## 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**  
Alternately, e-transfer payments can be sent to [membership@lhcl.ca](mailto:membership@lhcl.ca)

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)**

## 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 helping us as we work to build a better community for all. Thank you!

### ☐ BOARD or COMMITTEE

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. Areas of volunteer interest for me include:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ☐ OCCASIONAL

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

### ☐ SENDING REGRETS

No, I'm sorry that I'm unable to volunteer this year.

### ☐ OPTIONAL DONATION

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

\$ \_\_\_\_\_

*Tax receipts will be issued for donations of \$20 or greater.*

To receive your tax receipt, please ensure donations are made payable to :  
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For your convenience, memberships may also be purchased online at [www.efcl.org](http://www.efcl.org)

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Leaders in the Edmonton area have set up weekly Thursday morning Zoom meetings at 10:00 am for parents looking for breastfeeding information and support. Please visit <https://www.lllc.ca/lllc-edmonton-west> for more information to join this online call.

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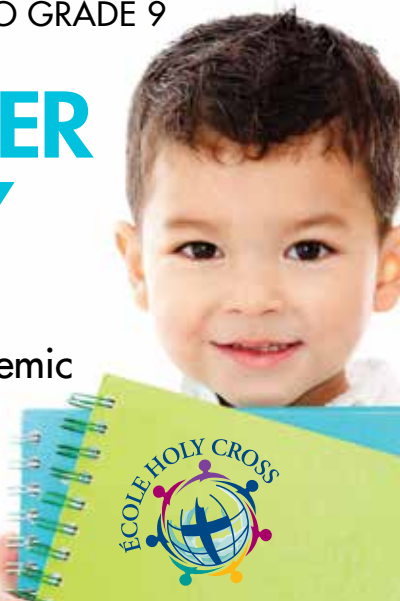
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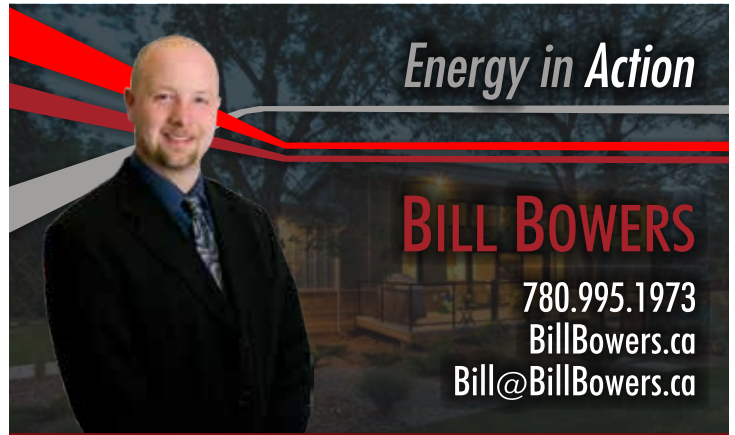


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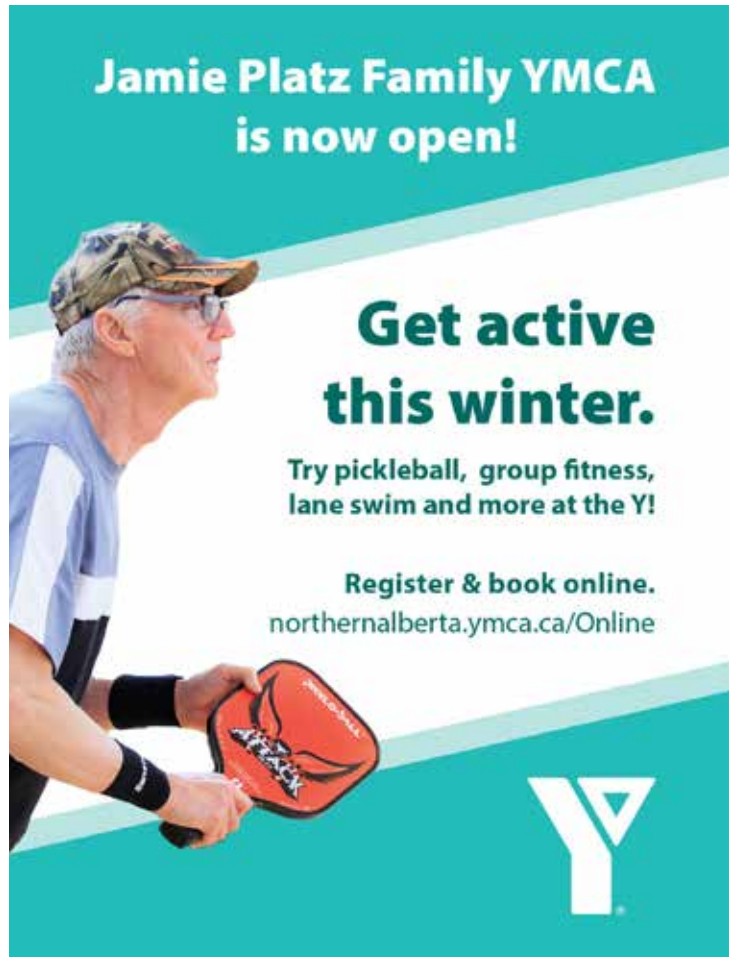


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# PROGRAMS & EVENTS

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## 2020/21 Winter Programs

### TALENT TUESDAYS

Do you have a favourite holiday recipe you would like to demonstrate? Know how to make a fabulous ornament and want to teach others? Share your skill or talent with the neighbourhood by participating in an online event! Please email [events@lhcl.ca](mailto:events@lhcl.ca) if you have a talent to share, and watch your email and the [LHCL.CA](http://lhcl.ca) website for more information.

### MERRY AND BRIGHT IN LAURIER

We could all use a bit of extra light this year! We will be having a neighbourhood contest for yard lights and decorations. Prizes will be awarded for overall best yard, most lights, and most creative yard. Please nominate your neighbour – or your own yard – by emailing at [events@lhcl.ca](mailto:events@lhcl.ca) before December 10. Visit [LHCL.CA](http://lhcl.ca) for a list of nominees and vote online for your favourite yards! Voting will close December 18.

### SEASONAL LIGHTS AT THE HALL

New this year! Starting December 1, the Laurier Hall will be lit up for winter with festive lights. The lights will go on at 7pm. Sometime this season, plan to include the park in your holiday plans. Walk by with a friend and some hot chocolate or enjoy the display with your cohort!

### TENNIS 2021

As winter takes hold on our city, we are already dreaming of spring – especially when it comes to our tennis programs. If you have any feedback to share on tennis lessons offered in 2020 at the Laurier Heights courts, please email [tennis@lhcl.ca](mailto:tennis@lhcl.ca). Your feedback will be used to make decisions on lessons going forward.

## Community Hall

At the time of printing for this newsletter, the hall has been temporarily closed to adhere to provincial recommendations. We endeavour to provide a safe space for neighbours to get together and look forward to a time when we can do it again in a way that keeps everyone as safe and healthy as can possibly be expected.

Our board will continue to monitor the advisories and guidelines coming forth from the government and health authorities, and will have discussions about reopening the hall at a time when it is safer to do so.

## Rink Update

We are looking forward to opening our two ice rinks as soon as weather permits, but we are going to be subject to city and provincial guidelines and restrictions to ensure the safety of all users and workers. You may have to expect an on-ice limit of the number of skaters allowed, restrictions regarding food and drink, and you may have to lace up on the outdoor benches rather than in the rink shack changing room. Bathroom access may also be unavailable. Guidelines are changing frequently so please bear with us as we work to remain compliant. And as always, please ensure that you have your LHCL membership paid up and that you have the current year's skate tags in order to use the rinks.