



LAURIER HEIGHTS NEWSLETTER

Summer 2022



JUNE IS BLOCK PARTY MONTH!

How will you and your neighbours celebrate?

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

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:

Christine McCourt-Reid
newsletter@lhcl.ca

ADVERTISING COORDINATOR:

Liz Herbert
advertising@lhcl.ca

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 2SLGBTQ+ 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 2SLGBTQ+ community from harassment, discrimination, and intolerance.

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COVER PHOTO: FREEPIK

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STAY CONNECTED:

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@LAURIERHEIGHTS



@LAURIERHEIGHTS



WWW.LHCL.CA



SIGN UP FOR OUR EMAIL NEWSLETTER:
WWW.LHCL.CA



SUMMER IS THE PERFECT SEASON TO GET OUTDOORS... YOUR MIND, BODY AND SOUL WILL THANK YOU FOR IT!

Scientists have done a lot of research that demonstrates being in nature is good for our physical, mental, and emotional wellbeing.

Here are just a few great things about being outside (and the best part is that it's free)...

- One research found that 20 minutes outside offers your brain the same vigour as one cup of coffee.
- Outdoor exercising is easier: In one study, bikers pedalled while seeing green, grey, and red videos. Those who exercised in front of the green reported less physical exertion and more good attitudes.
- Your eyes will appreciate it. True story. Spending more time outside reduces the risk of nearsightedness in primary school kids.
- It might mean less pain medication. High-intensity natural sunshine reduced tension and discomfort in surgical patients, according to a research.
- It boosts immunity: Scientists believe breathing in phytocides, an airborne plant toxin, stimulates white blood cells needed to fight infections and sickness.
- Outdoor fragrances may create peace and relaxation.
- A few days outside without electronics boosts creativity by 50%, say some psychologists.
- Sunlight provides 90% of our Vitamin D. It's important for calcium absorption and inflammation control (just don't forget your sunscreen!).
- A stroll in nature helps restore concentration and makes us "better people" by helping us to recall and cherish relationships, sharing, and community, say psychologists.

This summer, I plan to spend plenty of time outdoors, and it's going to start right here in our community. From our outdoor programs (such as Green Shack, Tennis, Pickleball and Tai Chi) to exploring our beautiful riverside trails, there are so many reasons to get outside. I hope to see you out there!

CHRISTINE MCCOURT-REID
LHCL Newsletter Editor

PRESIDENT'S MESSAGE

KINDNESS AND SUCCESS

Our neighbourhood Book Club (one of them) is reading, or should I say, contemplating-- The Boy, The Mole, The Fox, and The Horse by Charlie Mackesy right now. It's an invitation to slow down, to reflect, and to ask important questions.

Being kind is also one of the book's themes. How can we be kind to one another, and ourselves? The boy tells the mole that when he grows up, he wants to be kind.

I wonder if a community can want to be kind when it grows up, too.

And I wonder if Laurier could be growing up right now --for I see kindness everywhere...

Kindness in the honouring of folks who have been a part of our Art Society for over thirty years.

Kindness in the playground, playing fields, pickleball and tennis courts.

Kindness in the celebration of neighbours' birthdays, and the welcome of new community members, both those who have moved in and those who have just been born!

Kindness in the empathetic gestures and comfort shared with our neighbours who have lost dear ones, are ill or suffering in other ways.

Kindness passed on, paid forward in words and gestures...

Mr. Rogers invites us to "Imagine what our neighbourhoods would be like if each of us offered, as a matter of course, just one kind word to another person."

Perhaps it's not that hard to imagine in Laurier because it's already happening here!

Just this week, I experienced kindness in so many ways, an invitation to dinner at a neighbours, help with a dislodged bike chain, gardening advice, neighbours coming forward with ideas for our food forest, rakes in hand for our cleanup day and a friendly welcome to a neighbour checking out pickleball for the first time.



Would we be a success if we were simply known as a kind neighbourhood? – Would it be enough? Could kindness be one of our primary goals?

According to Mr. Fred Rogers, it could and should be: "There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind."

Could all our kindnesses --The seemingly small things like cleaning up after our pets, stopping to greet a neighbour and, the seemingly bigger things like sharing our gifts, passions, skills and expertise with the neighbourhood through our community league and block connector initiatives – be our ultimate success?

Makesy concludes his book with the phrase "look how far we've come." Indeed, look how far we've come, Laurier!

Let's keep on going- growing! As we have more and more opportunities to be together and be community this summer--through block parties, food forest activities, outdoor concerts, enjoying our great facilities, let's continue to practice kindness – and be successful---for as the horse said, "Nothing beats kindness."

I look forward to connecting with you soon! Happy Summer!

P.S. Wondering how to get involved and practice kindness even more? Be sure you're receiving our eblast, checking out our website, Facebook and other social media. Become a Block Connector and/or join one of our League Teams.

SUBMITTED BY: KAREN WILK

CASINO UPDATE

thanks

THE LAURIER HEIGHTS COMMUNITY LEAGUE HOSTED A COMMUNITY CASINO ON MARCH 28 AND 29 AT THE PURE CASINO YELLOWHEAD.

DID YOU KNOW THAT THE COMMUNITY CASINO IS OUR ONLY SOURCE OF INCOME AND IS VITAL IN RAISING FUNDS TO SUPPORT YOUR COMMUNITY AND ENHANCE ENJOYMENT FOR EVERYONE IN OUR NEIGHBOURHOOD.

THE FUNDS THAT LHCL RECEIVES FROM THE CASINO ARE NECESSARY TO SUPPORT OUR:

- COMMUNITY HALL** - UTILITIES, REPAIRS, MAINTENANCE AND UPKEEP
- SPORTS AMENITIES** - HOCKEY RINKS, PICKLEBALL COURTS, TENNIS COURTS - UPGRADES, MAINTENANCE, EQUIPMENT, RINK ATTENDANTS, TENNIS INSTRUCTORS, SUMMER PORTA POTTIES
- PROGRAMS** - GREEN SHACK, COMMUNITY GARDENS, FOOD FOREST
- ...AND MUCH MORE!!!!**

THERE WERE 38 SPOTS TO FILL, 10 ADDITIONAL SPARE SLOTS = 48
WE HAD ONLY 23 COMMUNITY MEMBERS VOLUNTEER, BUT WERE LUCKY TO HAVE 11 NON COMMUNITY MEMBERS JOIN US. MANY OF OUR VOLUNTEERS WORKED MORE THAN 1 SHIFT. WITHOUT THE 11, WE WOULD HAVE LOST OUR CASINO!
EVERYONE HAD A GREAT TIME WITH ENLIGHTENING CONVERSATIONS AND GREAT FREE FOOD.

AS CASINO COORDINATOR, I AM VERY GRATEFUL AND ON BEHALF OF THE LHCL BOARD OF DIRECTORS, I WOULD LIKE TO THANK ALL THE INDIVIDUALS LISTED HERE FOR VOLUNTEERING THEIR VALUABLE TIME.

NATASHA CHIAM
JANET CLARK
MARY COLE
JEFF DEPAPE
KEITH FOSTER
BRIAN JESKE
JULIE JESKE
SHARON JESKE
LAURIE MCINNIS
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KAREN SEVICK
GEORGE STEPNEY
SARAH STEPNEY
BOB WYATT

SUBMITTED BY: SHARON JESKE

CANTERBURY'S INTERGENERATIONAL COMMUNITY GARDEN MURAL

CONNECTING CANTERBURY AND COMMUNITY,
AS DESCRIBED BY MURAL ARTIST JILL THOMSON

In between Canterbury's Manor and Court on the tall, vertical wall of the Heights, the Intergenerational Community Garden Mural has been conceived as a colourful, dynamic, eye-catching mural that reflects the vibrant communities of Canterbury and Laurier Heights. The painting contains a central vertical area of larger figures that represent an intergenerational group of gardeners. The woman in turquoise and the man kneeling in the foreground are also the main characters in an illustrated film that will be created from the artwork.

The painting also features local Edmonton birds. The top of the painting is lit up by a mountain ash tree with three waxwings eating berries.

The Edmonton Valley Zoo is a treasured landmark for citizens young and old so for this section I featured the original carousel and train and the entranceway courtyard of the newly renovated Valley zoo.

In my paintings, I move from interior to exterior settings in this area I painted the stained-glass windows of the chapel and Canterbury with The Court, The Heights and The Manor.

Across the crosswalk from Canterbury is Laurier Heights School with the beautiful stand of trees lining the street

Many residents at Canterbury have described passing on a love of gardening to the next generation. A grandmother gardens with her grandchildren.

In my urban garden paintings, I like to visually connect the kitchen to the garden. Here, the fresh garden vegetables are being prepared by Canterbury's Chef and kitchen staff and residents are gathering in the dining area and other social gathering spots to listen to music and enjoy food and conversation.

A mother and daughter enter Canterbury carrying flowers from an outside garden. This urban garden painting contains baskets of garden vegetables, a trellis of green beans, apples, tomato, rhubarb and pumpkin plants and garden flowers.

Dog walking and the dog park were one of most requested features that the Laurier Heights community asked to see in the mural. Also, the scenic Buena Vista/Hawrelak Park footbridge, as a river crossing to the dog park.

Below the bridge and above the dog park, I found a lovely spot to include the picnic area at Sir Wilfred Laurier Park.

I photographed the garden areas all around Canterbury for the painting. Many of the gardens are planted and tended by residents. Students from the Laurier Heights school often come to help planting flowers and plants. This area also features an interior greenhouse area where residents care for plants indoors. Moving between Canterbury gardens and Laurier Heights, I also included Gazebo Park.

Many outdoor concerts and gatherings are held in the outdoor barbeque area. Here a cello player



is performing for the residents with gardens all around.

I added a robin into the bottom right corner of the painting in the shade of a rhubarb plant. There will be many regional birds represented in the mural. The frame for the mural will contain black and white still life drawings of fruits and vegetables and lots of birds. The drawings were created by residents, staff, volunteers and researchers who participated in art workshops collaboratively creating these drawings for a project with Dr Megan Strickfaden and researchers from the Department of Human Ecology at the University of Alberta.

Laurier Heights is in Sipiwiyniwak (Ward 7) which represents the Enoch Cree nation and means river Cree. As land acknowledgement honouring these traditional lands, the painting contains the North Saskatchewan River winding through the landscape from top to bottom.

WHAT'S ON in our Community



Summer Camp 2022
8 August 2022 - 12 August 2022

Learning doesn't have to end when school's out!
Our camps keep kids engaged throughout summer breaks!

- 9:00 AM to 3:30 PM
- for kids ages 6-12
- STEM discovery with new theme daily
- Outdoor games and physical activity

5 Days Camp Fee \$ 250.00



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JUNE IS BLOCK PARTY MONTH IN EDMONTON!

Our Laurier Heights Block Connectors are busy getting neighbours organized and ready to celebrate and meet new people! To connect with your Block Connector about how you can get involved, please visit:

<https://lhcl.ca/becoming-a-block-connector/>

TAI CHI (OUTDOORS)

Beginners and Experienced Practitioners Welcome
Laurier Heights Rink
Thursdays at 2:00 pm (weather permitting)

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 Tai Chi instructor Chuck Davies. For more info, please email:

cdavies9cd@gmail.com

CELEBRATION OF LIFE FOR JULIE ROHR

June 20th

1 PM at Hope City Church

Come celebrate the remarkable life of our neighbour, friend and passionate citizen, Julie.

ADULT TENNIS LEAGUE

Are you looking for a fun and friendly opportunity to play tennis with your neighbours this spring and summer? Laurier Heights is setting up an adults tennis league at the community courts! Game play will be friendly doubles matches that take place from 7:00-9:00 PM (day of the week TBD). Players of all levels are invited to play, as long as you have a current community league membership. If you have any questions, please feel free to reach out to Paul: tennis@lhcl.ca

ALCOHOL CONSUMPTION IN PARKS

Beginning May 1, 2022, responsible alcohol consumption will be permitted at 124 picnic sites across 18 parks as part of an expanded pilot project that will run until October 10, 2022. This includes Sir Wilfred Laurier Park. This is the second year a pilot program has run that permits alcohol consumption at designated picnic sites. For more information visit: www.edmonton.ca



FREE DROP-IN GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

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

Laurier Heights

14405 - 85 Ave
10:30 am - 1:30pm, Monday - Friday
July 4 - August 25



The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

Get in touch with us:
Email: greenshack@edmonton.ca
For more information, call 311 or visit: edmonton.ca/Greenshacks

ALEX STIEDA: NEIGH



WRITTEN BY: SHEILA BUTT

Laurier Heights is home to many accomplished individuals, several whom have achieved remarkable feats and received global recognition. On May 13th, I sat down to chat with such a person: Alex Stieda.

Now for those of you who are cycling aficionados, his name will immediately be familiar to you. Yes, he is the Canadian champion cyclist who, in 1986, won a coveted yellow jersey in the Tour de France -- the penultimate achievement for race participants. But, looking back, his cycling wins had started years earlier.

Alex's career in bicycle racing started in Vancouver at the age of 16. He quickly became well-known in the Canadian Junior circuit and, in 1979, he won every event at the Canadian Junior Track Championships. With these winnings under his helmet, he qualified for the 1979 world championships in Buenos Aires, Argentina. Without a doubt, Alex was creating a stir in the Canadian cycling world! In 1982, Alex continued his roll into the winner's circle, winning a Bronze medal in individual pursuit at the Commonwealth games in Brisbane, Australia. It was in 1982 that he started racing with the American 7-Eleven team; the one that was to ultimately participate in the 1986 Tour de France.

In reflecting on the time leading up to the 1986 Tour de France race, Alex said, "It was a fluke that our team was going. We didn't know until 2 months before the race." The team was supposed to have raced the Tour de Spain earlier in the season, but it was advised not to participate in this event because of global political unrest. Now, with only two months to prepare for the Tour de France, "We had to ramp up our training!" Alex said emphatically. "None of us had raced the Tour de France before."

The Tour de France is over 3500 kilometers in length and is three weeks in duration. Cyclists must finish within a certain percent of the winner's time every day. Those who don't are sent home. In the first stage, Alex said he did very well, placing sixteenth, the best placed rider on

BOUR & CHAMPION

their team. He was feeling good but knew that the next day had two stages. The first stage was 80 kilometers and, because he felt he was more suited to his racing strengths, he decided to attack that stage. “The odds were stacked against me,” he remembered. “But I’ve learned in life, you just have to put yourself out there.



That day was a metaphor for how I live my life.” With true determination, Alex said he was able to get enough time bonuses to lower his overall time which put him in the lead at that stage of the race. “It was that point, I got the yellow jersey,” Alex smiled. “I also won four other leader’s jerseys during the first stage of that second day: the Poka Dot Jersey for best climber; the White Jersey as best young rider; the Red Jersey as best sprinter; and the Combination Jersey as leader in all jersey categories.” At this point, Alex realized there was another stage to do later that day. Smiling, Alex shook his head, “I was elated but exhausted. I was running on adrenaline.” He was mentally and physically drained.

That afternoon, the second stage, was a team time trial, where each team – having 10 riders per team -- must cover the 60-kilometer event as fast as possible. The team forms a long straight line to take advantage of the draft. Alex noted that here, “You have to be really careful, as you are going very fast and the roads are not straight. A couple of our riders crashed, so we had to wait. Another had a flat tire.” As Alex and his team approached the end of the course where it was hilly, he remembered, “I didn’t have any energy left in my legs. I had to drop back.” Fortunately, each rider has a radio in their ear to advise the other team members of any issues. He let his team know he was in trouble, and two riders dropped back to ensure he finished, allowing him to continue to participate in the race. It was this sense of team dynamics that Alex would carry into his future professional business career. “Giving it all for the team is important in all walks of life. The whole is much larger than the sum of the parts.”

For a young boy who started cycling using his paper route money to purchase a used bike, he achieved every cyclist’s dream. And one will never know if it was the support he received from his parents, or whether it was always in his genes. You see, his grandfather was a member of a cycling club in jolly old England! Whatever the case, Alex realized a dream to which few can attest; to ride down the Champs-Élysées in the peloton, finish the Tour de France and become the first north American to wear the Maillot Jaune. Félicitations Alex!



membership

MEMBERSHIP MATTERS

Becoming a member of your Community League is one way we can all be better neighbours! A Community League is a group of neighbours who come together to coordinate neighbourhood events, activities, and programs. There are presently 157 Community Leagues in Edmonton. By becoming a member of your Community League, you help your neighbours connect, build, protect, and improve community facilities, thereby increasing your quality of life. Community Leagues do this through the organization of recreational, educational, and sporting events, the construction of amenities such as spray parks, playgrounds, sports courts, community gardens, and league halls, and the advocacy of local causes.

Community Leagues have always been led by local community volunteers — your friends and neighbours. Community leagues are an excellent training ground to cultivate future leaders in a variety of disciplines, including government. Several of our current council members began their careers on community league boards! Volunteering in your community might help you meet new people and develop new skills. We are building a flourishing community that benefits everyone!

2021/22 MEMBERSHIPS ARE NOW AVAILABLE FOR PURCHASE. GET THE MOST OF YOUR MEMBERSHIP YEAR BY PURCHASING TODAY!

NEW TO THE NEIGHBOURHOOD? IF YOU HAVE MOVED TO LAURIER HEIGHTS IN 2021 AND HAVE NEVER HELD A MEMBERSHIP WITH US, WE WOULD LOVE TO GIFT YOU YOUR FIRST MEMBERSHIP! SIMPLY FILL OUT THE FORM ON THE NEXT PAGE AND SUBMIT IT TO OUR MEMBERSHIP COORDINATOR!

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

MORE IMPORTANTLY, THOUGH, YOUR MEMBERSHIP GIVES YOU A PLACE TO BELONG, CONTRIBUTE, SHARE YOUR GIFTS AND PARTICIPATE AS A UNIQUE AND VALUED MEMBER OF OUR COMMUNITY.

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.

2021/22 LHCL MEMBERSHIP FORM

THANK YOU FOR YOUR SUPPORT!
- MEMBERSHIPS VALID UNTIL AUGUST 31, 2022



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)
Primary member must be 18+;
unlimited household members

☐ SINGLE (\$25)
Single member must
be 18+

☐ SENIOR (\$25)
For up to two 65+ adults
in the same household

☐ ASSOCIATE (\$50)
Membership purchase for those
living outside of Laurier Heights

☐ NEW (FREE)
For new Laurier
residents as of 2021

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

Please submit this completed form & your payment to:
Jen Bann • 14604 84 Ave • T5R 3X2 • 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 TEAMS

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



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Cell: (780) 953-3050
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We love what we do!

Randy Boissonnault

Member of Parliament / Député
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Follow along on social media:

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@R_Boissonnault



MP Services

Tel: 780-442-1888 | Email: randy.boissonnault@parl.gc.ca

Navigating Federal Departments and Programs

Our office can assist you with Citizenship and Immigration, Canada Pension Plan, and various other federal departments and programs.

Congratulatory Messages

Our office can arrange for birthday and anniversary messages to be sent from the MP, Prime Minister, Governor General and the Queen.

Additional Services

We can provide schools and students with literature on Canada and Parliament, copies of bills, amendments, Hansard or other House of Commons publications.



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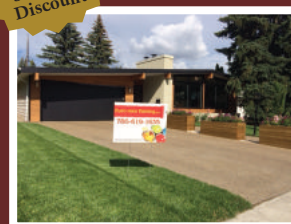
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YMCA Summer Camps & Clubs Register now!

YMCA CLUBS (grade 1-age 12)
Art Club | Science Club | Nature Club | Y Venture Club

YMCA CAMPS (age 3-15, varies based on camp)
Aqua Explorers | Aquatic Leadership | Art-Rageous | Camp Y | CIT
Sport Performance | STEAM Creators | Y Basketball | Y Cycle
Y Skatepark | Y Soccer | Y Swim | Y Ventures | Y World of Sports
YEG Explorers

YMCA Summer Camp Weeks (8 Sessions)
1 (Jul 4–Jul 8) 2 (Jul 11–15) 3 (Jul 18–22) 4 (Jul 25–29)
5 (Aug 2–5*) 6 (Aug 8–12) 7 (Aug 15–19) 8 (Aug 22–26)
Civic holidays (no camp) *Aug 1

SUMMER at the Y.

northernalberta.ymca.ca/camps

COMMUNITY CONNECTIONS

A community is built through giving. Join us!

WE'RE ALL ON THE SAME TEAM... JOIN US IN CREATING A COMMUNITY WHERE NEIGHBOURS SHARE A SENSE OF BELONGING AND OWNERSHIP

Edmonton Community League volunteers have provided Edmontonians a voice in community development as well as unparalleled recreational and social facilities. When you volunteer, you have a say in shaping your community and impacting the lives of those you volunteer with. Giving back to your community helps to make it a better place for all to enjoy.

VOLUNTEER YOUR TIME AND SKILLS AS A GIFT TO STRENGTHEN OUR NEIGHBOURHOOD

VICE PRESIDENT

(POSITION STARTS IN DECEMBER 2022)

Replaces the President at meetings and functions when the President is not available. Vice-President usually steps into the President role when their term is complete.

PROGRAMS TEAM LEAD

(POSITION STARTS IN DECEMBER 2022)

Is responsible for all matters pertaining to Laurier Heights programs (including soccer, hockey, and tennis).

EVENTS TEAM LEAD

Organizes a group of community people to handle all aspects of League social activities.

TENNIS COORDINATOR

Works with Program Team Lead and partner organizations to provide lessons, camps and other tennis activities for the community.

OTHER OPPORTUNITIES

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

- Communications Team
- Events Team
- Finance Committee
- Programs Team

For more information on these and other volunteer opportunities, please email: volunteer@lhcl.ca

THINGS TO DO THIS SUMMER...

• SUMMER KICK-OFF •

JUNE 29, 2022 | 5:00 - 8:00PM

LAURIER HALL & PARK

School's out for summer! Join us at the hall to celebrate the start of summer with your friends and neighbours. Food trucks, games, music by Beth Portman and fun for all ages!

TENNIS

THE LAURIER TENNIS COURTS ARE OPEN TO USE FOR ALL OUR COMMUNITY LEAGUE MEMBERS AT NO COST! AS SPECIFIC PROGRAMS ARE SCHEDULED FOR THE SUMMER, THE SCHEDULE WILL BE POSTED ON OUR WEBSITE SO NEIGHBOURS CAN SEE WHEN COURTS ARE AVAILABLE. VISIT US AT [LHCL.CA](http://lhcl.ca) FOR MORE INFORMATION.

PICKLEBALL

MONDAY & WEDNESDAY: 9:30AM – 11:30AM

TUESDAY & FRIDAY: 7PM – 9PM

SUNDAY: 3PM – 5PM

PICKLEBALL IS DROP-IN AND COURTS ARE ROTATED DEPENDENT ON NUMBERS.

Have an idea for an event you'd like to see in our neighbourhood? Send us an email: net@lhcl.ca

Subscribe to our digital newsletter to get regular updates about everything happening in Laurier: <https://bit.ly/3638qCh>

KEEP IN TOUCH!

Are you receiving our regular email update newsletters? It's full of great information for the neighbourhood. Sign up on our website at www.lhcl.ca