

LAURIER HEIGHTS NEWSLETTER

Winter 2023

IN THIS EDITION:

Season's Greetings
from the Editor

Being a Good
Neighbour when
infill and
construction are on
your street

Sixteen Days of
Activism Against
Gender-Based
Violence

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Laurier Heights
Health & Wellness
Programs

How YOU can make
a difference in your
neighbourhood



LHCL Newsletter

is a quarterly publication distributed to all households in the Laurier Heights neighbourhood. The League also communicates through social media, our website and regular email newsletters.

Sign up for our digital newsletter: newsletter@lhcl.ca

If you have a story or photos you would like to share about our community, please send them our way for submission in future newsletters.

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

EDITOR:
newsletter@lhcl.ca

ADVERTISING COORDINATOR:
advertising@lhcl.ca

Laurier Heights Community League acknowledges that we are located on Treaty 6 territory and respects the histories, languages and cultures of First Nations, Metis, Inuit and all First Peoples of Canada, whose presence continues to enrich our vibrant community.



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.

Laurier Heights Community League

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PROGRAMS TEAM LEAD VACANT	BLOCK CONNECTOR LEAD Suzanne Davis connect@lhcl.ca
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MEMBERSHIP Jen Bann membership@lhcl.ca	SOCCER COORDINATION Lead: VACANT Equipment Coordinator: VACANT

Laurier Heights Building Society

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TREASURER VACANT	SECRETARY Cathy Seidel seidelc@shaw.ca
DIRECTOR-AT-LARGE VACANT	

Editor's Letter:

Gratitude & Reflections



I confess this new role as Editor of the LHCL quarterly newsletter is a new and unfamiliar challenge for me. Figuring out everything behind the scenes of producing a newsletter is another story! I'm so grateful for Communications Team Lead, Natasha and for our daughter Melissa, who stepped in as skilled co-editor for this issue. It's great to have so many people, including young adults involved and committed to our community.

My sense of gratitude expands as I look at my inbox, my day timer and down my street, and realize how rich and full my life is - with neighbourhood life! It is also multiplied as a review the pages of this newsletter.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." ~ William Arthur Ward

Perhaps it's also the time of year: the invitation to be intentional about reflecting on and expressing our gratitude is 'in the air.' The key word in that sentence is intentional. It's all too natural for us to complain, grumble and forget. It is easy to get caught up in the hustle and bustle, the lists and lineups, programs, parties and plans. Gratitude requires practice: pausing, paying attention, and in so doing, being grateful.

Brené Brown (an LH Book Club favourite) observed in her research,

"Without exception, every person [she] interviewed who described living a joyful life or who described themselves as joyful, actively practiced gratitude and attributed their joyfulness to their gratitude practice." (The Gifts of Imperfection (77-78)

I resonate with the link between joy and gratitude. Even in the midst of dark and difficult days both nearby and far away, if we practice gratitude, we discover the goodness and beauty all around us. In the seemingly small things, like a neighbour's wave and the bigger things, like an abundant community. May you have opportunity to practice and share joyful gratitude and grateful joy this season with neighbours, family and friends.

Happy Holidays,

Karen Wilk

LHCL Newsletter Editor

May you be circled by LOVE...
By love that keeps...
Kindness within, and selfishness out,
Generosity within, and greed without
Community within, and isolation without
Peace within and discord without
Hope within, and despair without,
Gratitude within and disregard without,
Joy within and fear without,
May you, your loved ones and our
neighbourhood be circled by love.

My first job as new editor of the must be is to express my Gratitude and praise for Christine McCourt-Reid.

Christine has been our creative and skilled Newsletter Editor for the last number of years producing issues that have not only received the accolades of many neighbours, but caught the attention and admiration of other communities as well.

Thank you, Christine, for the dedication, time, talent and effort that you have donated to our neighbourhood through this endeavour.

I also want to express my appreciation for you stepping into the position of President this year! We wish you all the best as you continue in this Board Leadership role.

CHEERS to and for YOU!

 president@lhcl.ca

 [@laurierheightsyeg](https://www.instagram.com/laurierheightsyeg)

 [@laurierheightsyeg](https://www.facebook.com/laurierheightsyeg)

 www.lhcl.ca

Laurier Heights Community League Annual General Meeting



The Laurier Heights
Community League
**ANNUAL GENERAL
MEETING**
(AGM) IS ON
Monday, December 11
@ 7:00 PM
at the community hall.
Everyone is welcome

There are a number of opportunities for community members to get involved in our Board.

The following positions are open for nominations:

- Secretary
- Treasurer
- Communications
- Facilities
- Programs Lead
- Events Team Lead
- Member-at-Large

*A reminder to all that a current LHCL membership for 2023-24 is required to be nominated and to vote.

LHCL CASINO FUNDRAISER: SAVE THE DATES! FEBRUARY 8-9, 2024

LHCL will be hosting a community casino fundraising event on Thursday, February 8 and Friday, February 9 at Yellowhead Casino. The funds LHCL receives from this casino event are necessary to keep our hall operating, to support community infrastructure like our hockey rink, tennis and pickleball courts, as well as supporting existing and new community based programs.

We need ~45 volunteers. If you can, please set aside these dates to support your community. The LHCL Board is grateful for community members who are able to volunteer their time.

CONTACT SHARON AT CASINO@LHCL.CA TO FIND OUT MORE AND SIGN UP!



A LETTER FROM THE COMMUNICATIONS TEAM LEAD

Community COMMUNICATION

Keeping the neighbourhood informed and up to date with all the comings and goings in Laurier Heights is a big job. One I am very honoured to share with a very dedicated team of individuals all giving their time and efforts to keep the website updated, post to our social media channels, change the community sign and get this newsletter written, edited, and out to you, our neighbours and friends. It's a collective effort, just like everything done by your Laurier Heights Community League Board and members.

Our community league depends on the time and volunteer efforts of many to keep up these communications and the myriad of events, programs and facilities we have all become used to and look forward to in our community. This year, many of our volunteers have reached the end of their terms on the board, or their time with programs they have helped run, sometimes for years.

Our Playgroup Leader has stepped down, now that her children are in school, and the group needs new leadership. Our Soccer coordinators, Janice and Offer, who have managed this very important program for MANY years, are both moving on now that their kids are also older and no longer in community soccer. Both of these programs can not and will not exist without someone (or a few someones) to take up the reins.

Change and transition are never easy, and filling the shoes of previous volunteers and taking on new roles and commitments can seem daunting. But as the saying goes, *"many hands make light work"*. **Right now, our community league needs many new hands.**

The LHCL Annual General Meeting is coming up on December 11th. Nominations and elections for board positions will be happening that night. There are many opportunities to take on a new role or to join existing teams and people working to make and keep Laurier Heights the abundant and connected community it is known for and we all benefit from. We welcome everyone to this meeting and to become part of the great volunteer machine that keeps our community and its events, programs and spirit alive and thriving!

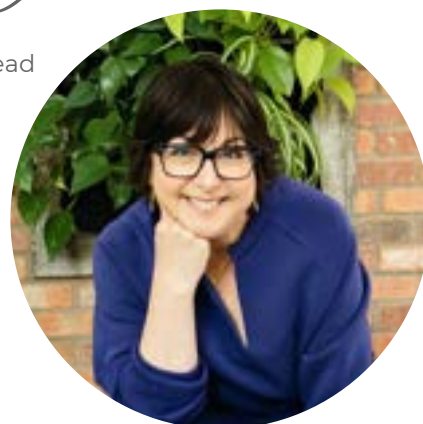
When you do decide to get more involved, please know that there is a group of folks who will welcome you with wide open arms, help you get up to speed and support you, and wholeheartedly accept new ideas and new life injected into our community and community leadership.

I look forward to seeing you at the AGM, or at a community event in the near future.

Sincerely,

Natasha Chiam

Communications Lead



get involved

Volunteering is not just about giving; it's also about receiving. By doing meaningful work that resonates with you, you'll find joy and fulfillment that enriches your life and gives you a broader sense of purpose.

And here's the real superpower: you'll make a difference. Your contributions will impact lives, including yours, those around you, and those who benefit from your efforts.

We have exciting opportunities for you to get involved. Our Laurier Heights Community League runs various programs and events thanks to the dedication of committed volunteers like you. You can help shape the future of our community and work alongside an incredible team of neighbors.

Even if you have limited time, every bit counts! From event volunteers to small task wizards, your support is highly valued.

Ready to be a hero in your own community? Join the Laurier Heights Community League and discover the joy of making a positive impact. Your superpowers are needed, and your impact will be legendary.

Get in touch with us today to volunteer or share your ideas for potential opportunities. We can't wait to welcome you to our fantastic team. Together, we'll create a welcoming and thriving community right here in Laurier Heights.

The list to the right shows our current ongoing roles available, but we also have opportunities for people to volunteer on any of our teams and sub-committees:

- Block Connectors
- Communications Team
- Events Team
- Programs Team

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

CURRENT VOLUNTEER BOARD POSITIONS

• 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.

• PROGRAMS TEAM LEAD •

Take charge of organizing and overseeing all Society programs while collaborating with community members and volunteers to ensure a thriving and inclusive community experience for all.

• EVENTS TEAM LEAD •

Lead a team to plan, organize, and execute all League social events, collaborating with other LHCL teams and members to ensure successful events.

• VOLUNTEER COORDINATOR •

Ensure all volunteer shifts are efficiently filled for our community events, fostering a sense of unity and ensuring the success of each gathering.

• SOCCER COORDINATOR •

Serve as the Laurier Heights liaison to Edmonton Minor Soccer Association, actively encouraging, organizing, developing, and promoting soccer within our community.

• PLAYGROUP COORDINATOR •

Lead and coordinate the Laurier Heights Community Playgroup, which runs from 9am - 11am on Fridays during the school year.

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 13 FOR MORE INFORMATION ABOUT MEMBERSHIPS.

BEING A GOOD NEIGHBOUR



WHEN INFILL AND CONSTRUCTION
ARE ON YOUR STREET.

Infill development is happening at an increased pace in Laurier Heights. Redevelopment revitalizes our community, brings young families to our community school, and reduces the number of vacant and aging homes. It also brings some challenges, unavoidable disruptions, and inconvenience to those nearby.

There are many ways for those involved and affected by construction and infill to be respectful and considerate good neighbours. Homeowners, construction companies and the surrounding neighbours all have a role to play. Understanding everyone's concerns ahead of time and having open communication can lead to a smooth project from start to completion.

Grant Plamondon, from *Serenity Contracting & Design*, has built and renovated many homes in Laurier Heights. He says he and his team adhere to the six basic rules for infill/renovation builders, and they are always open to discuss and address any concerns from neighbours around their construction sites.

RULES FOR BUILDERS:

1. Get all required permits and approvals
2. Tell the neighbours what you are doing
3. Protect the neighbourhood, including private property, fences, trees and shrubs
4. Clean up and keep a tidy worksite
5. Keep noisy work to allowable times
6. Do not block driveways (public or private), or roads

When you first see the little white and blue sign that signals a new development on your street, record the contact information. When infill or construction issues do arise, the City of Edmonton encourages residents to first work with the builder to discuss their concerns, before calling 311.

“It’s important to get to know the people who are working on the construction site.” says Ricki Golick, whose home in Laurier Heights is currently flanked by an infill construction project on one side and a major home renovation on the other. “Ask for the project manager’s contact information. If you have questions or concerns, they will be able to help you. I have also found a batch of homemade chocolate chip cookies brought over to the site is a really good way to make friends.”

LIVING WITH INFILL AND CONSTRUCTION AROUND YOUR HOME CAN BE CHALLENGING.

WITH GOOD COMMUNICATION AND SOME PATIENCE ALONG THE WAY, WE CAN WORK TO BUILD LASTING RELATIONSHIPS WITH NEIGHBOURS EXCITED FOR THEIR NEW HOMES, AND OUR TEMPORARY NEIGHBOURS WHO ARE BUILDING THEM.

THE CITY OF EDMONTON MONITORS AND ENFORCES INFILL CONSTRUCTION ACTIVITIES THROUGH A COLLABORATIVE AND INTEGRATED TEAM. IF COMMUNICATION WITH THE BUILDER IS NOT WORKING, RESIDENTS ARE ASKED TO CALL 311 TO ACCESS THE INFILL COMPLIANCE TEAM.

- Ask for the Infill Compliance Team to report complaints related to untidy worksites, damage to alleys/sidewalks/public trees, noise concerns, absence of required permit signage, or to inquire about a site's compliance with its development permit.
- Ask for the Safety Codes Officers for complaints related to excavations, site fencing or other construction related concerns.



For the third consecutive year, LHCL is participating in the *16 Days of Activism Against Gender-Based Violence*, an annual international campaign that runs from November 25, the International Day for the Elimination of Violence against women, until December 10, Human Rights Day.

As a community, Laurier Heights wants to acknowledge and respond to this global epidemic which affects all of us and comes at a great cost to society. This year we would like to respond to this crisis by supporting and fundraising for *The Alberta Council of Women's Shelters (ACWS)*. Our goal is for Laurier to raise \$1000 or more for this important work.

On November 25, join us at the Hall from 1:00 to 2:00 PM to kick-off this initiative with a short introduction, purple ribbons, cookies to decorate (& eat). This is a Family friendly event.

Throughout the 16 Days engage with our social media posts, stories and links to video clips, podcasts, and articles.

On December 2, stop by our display at the *Artisan's Market* for chai and conversation!

On December 3, join us from 10:00 Am to 12:00 PM for *Relax & Restore: Yoga for Women & Gender Diverse Folks*, followed by Tea and Conversation. This class is drop in and by donation -all going to the ACWS. Suggested donation \$10+.

WHY THE URGENCY?

- It costs lives: in 2022, 184 women and girls were violently killed, primarily by men. One woman or girl is killed every 48 hours.
- The toll on those who are harmed is significant. It's hard on those around them, too. Children who witness violence in the home have twice the rate of psychiatric disorders as children from non-violent homes.
- It costs billions of dollars: \$7.4 billion to deal with the aftermath of spousal violence alone.
- Domestic violence can carry over into the workplace, threatening women's ability to maintain economic independence. More than half (53%) of study respondents who experienced domestic violence said that at least one type of abusive act happened at or near their workplace. Almost 40% of those who had experienced domestic abuse said it made it difficult for them to get to work, and 8.5% said that they lost their jobs because of it.

DECEMBER 6TH IS THE NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN IN CANADA.

On this day, we remember the 14 women murdered at Polytechnique Montreal in 1989. We mourn their loss, remember their lives, and reaffirm our commitment to fight the hatred that led to this tragedy, and the misogyny that still exists today.

VIOLENCE SHOULD BE THE EXCEPTION, NOT THE NORM: THE PERSONAL STORY OF A LAURIER NEIGHBOUR

I grew up in a lovely home with a pet rabbit, a big brother, and two sisters. A pretty, athletic girl, fortunate, privileged, and gifted. What was hidden was the early onset of gender-based violence that occurred regularly in and outside of my southside Edmonton childhood home. I was the favorite target of the large abusive male that my other siblings called 'dad'. Throughout my preschool and elementary years, I was shoved to the ground, hit, punched in the torso, shouted at, and sexually assaulted by this man. This was my childhood norm.

I ask myself as I write this deeply personal account of gender-based violence "Was I a magnet for violence and abuse?" It followed me into my teen years, where I and other female swim team members were sexually assaulted. Even as an adult, it has occurred in parking lots, at sporting events, in the workplace and in seemingly safe places. It's real and it's pervasive and it is never the victim's fault!

Knowledge and speaking out can help decrease gender-based violence. I choose to share this information with the hope that others who share similar backgrounds will reach out, talk, and help each other heal. The stories need to be told and heard. Many steps need to be taken to prevent it and to come alongside those who have been affected with respect, hope and healing.

I am thankful for and proud of Laurier Heights for seeking to address this epidemic, and I look forward to sharing the #16Days journey with you my neighbours so that we can support one another and make a difference.

GENDER-BASED VIOLENCE IS A SERIOUS ISSUE THAT AFFECTS EVERYONE IN CANADA — BUT ESPECIALLY YOUNG WOMEN.

In the 12 months prior to a 2018 survey:

1 in 10
women aged
15-24
had been
sexually
assaulted

6 in 10
women aged 15-
24 experienced
unwanted sexual
behaviours in
public

3 in 10
women aged 15-24
were emotionally,
financially, or
psychologically
abused by a partner

If you or someone you know needs help please call:

The Family Violence Info Line
Phone: 310-1818
(multilingual services available)

Alberta's One Line for Sexual Violence
Toll-free: 1-866-403-8000
Text: 1-866-403-8000
Email: mailbox@aasas.ca

supporting our community school



LAURIER HEIGHTS SCHOOL ATHLETICS: CHAMPIONS IN OUR COMMUNITY AND CITY!

The Laurier Heights School Athletics program has gotten off to a great start this year winning all of the sporting competitions in Tier Two for Edmonton Public Schools.

The cross country running team won their division with many top 10 finishes throughout the season. The team consisted of 21 athletes with a strong showing from students in grade 7 and 8, meaning that they will be a force to reckon with again next year.

The LH girls soccer team had a fabulous season with only one loss. They entered the playoffs as a top contender to win the premier conference in tier two. With a convincing win in the final against Johnny Bright, they were champions for the 3rd year in a row!

The boys soccer team also came out on top this year for the first time since Laurier Heights School started competing in the tier two conference. They had their biggest challenge at the finals against the Edmonton Islamic Academy and won with a score of 2-1, making for a very exciting end to their season.

Laurier Heights School is very proud of their student athletes and would like to acknowledge that none of this would have been possible without the help of coaches, volunteers and parents/guardians. Thank you to everyone who supports our community school and to our athletes as we continue with our Athletics programs and teams this year!

1. School Readers – *Do you have some extra time to spare and would like to make a difference in the life of a child who is learning to read?* Consider becoming a volunteer reader at LH School. We need both French and English readers. To learn more, contact the assistant principal at tammy.trevor.epsb.ca.

2. Lunchroom Supervisors – Lunchroom supervisors fulfill an important role in the development of the social behaviour and emotional well-being of children. LH School employs lunchroom supervisors for one hour a day (12:00 - 1:00) at a rate of \$25.00 per hour, and you can work as little as one day a week or as many as five days a week. Please contact lauren.toma@epsb.ca to sign up!

3. Santa's Workshop Donations – Santa's workshop is an annual tradition at LH School that students and families love. Please donate items that are gently used or new as re-gifts appropriate for an adult. Each child will purchase one gift for a significant adult in their life for a toonie. All proceeds are donated to the Edmonton Food Bank. Donations can be dropped off at the school in the general office.

Contact the school via email at laurierheights@epsb.ca

LAURIER HEIGHTS

BLOCK CONNECTORS



The role of a block connector is to model and foster micro (and macro) connections as a ‘point person, party person and listener.’ It’s a fun, rewarding and meaningful ‘job’ that ends up, not being a job at all!

I (Karen) began this ‘job’ before it was designated and developed by the City into what is now the Abundant Community Edmonton (ACE) Initiative. Our neighbours have become our friends, our support, those with whom we ‘do life together.’ As more and more of us live far away from extended family and, social isolation has become endemic, *it just makes sense, doesn’t it?*

We need each other—whether for a cup of sugar, a game of pickleball or a shoulder to cry on –It’s good for our personal, social and communal well-being. Join us in this movement of neighbourliness.

BLOCK CONNECTING IS ABOUT BLOCK PARTIES, COMMUNITY POTLUCKS AND FACILITATING OTHER NEIGHBOURLY CONNECTIONS, GROUPS, AND GATHERINGS. BUT IT IS ALSO, AND PERHAPS MORE IMPORTANTLY, ABOUT WHAT COMMUNITY EXPERTS CALL ‘MICRO-NEIGHBOURLINESS’ --SMALL ACTS OF NEIGHBOURLINESS THAT OFFER WELCOME, GOODWILL, CARE AND CONNECTION.

OVER TIME, THESE SMALL ACTS INSPIRE AND MOTIVATE MORE SMALL ACTS OF (A SNOWBALL EFFECT), AND BEFORE WE KNOW IT, WE ARE DISCOVERING ALL THE WAYS WE CAN MAKE OUR NEIGHBOURHOOD AN EVEN BETTER PLACE TO LIVE!

Suzanne, our Block Connector Team Lead, shares her own story of discovering the beauty and significance of neighbourliness.

“I have lived in Laurier Heights almost all my life. For many years I owned and operated my own business. Work was everything and we didn’t have kids. We didn’t know our neighbours. When Ally and Julie moved to my block and became block connectors, All of a sudden, I started getting to know people in my neighbourhood through their friendly gestures and efforts to connect us. I even liked all of them! Covid reared its ugly head, but even then, out walking our dog, my husband and I ran into neighbours that we knew and met many more. I took over Ally’s spot as block connector when she moved and then stepped into Julie’s huge shoes when she passed away.

Now, we visit with neighbours, play pickleball, enjoy the potlucks and other events. We love our neighbours! I am now on the Laurier Heights Board as Block Connector Team Lead.”

Want to meet more of your neighbours? Let’s talk! To learn more about block connecting, join us on January 6th, 2024 for our ***New Year’s Block Connecting Social***, for a fun and informative evening with current block connectors, those interested or curious, and their partners.

To find out more, please email Suzanne at connect@lhcl.ca

membership

WELCOME TO THE VIBRANT COMMUNITY OF LAURIER HEIGHTS!

Living in this neighbourhood is a truly enriching experience. With its vibrant culture, beautiful parks, and exciting attractions, there's no shortage of things to do here. To make the most of your time in this great city, we invite you to get involved with your local community league.

Being a part of the community league offers numerous benefits. It's not just a way to meet new people and get involved in your neighborhood; it's a chance to make a meaningful difference in your community. With a diverse range of activities, events, and programs, there's something for everyone. Whether it's attending potlucks, playing recreational sports, or enjoying family activities, you'll find a welcoming community that suits your interests.

ARE YOU NEW TO LAURIER HEIGHTS?

If you've moved here within the past year and haven't held a membership with us yet, we'd love to gift you your first LHCL membership! Your membership is more than just a requirement for community soccer registration, youth sports, rink/court use, and select programs and social events – it's an invitation to belong, contribute, and participate as a unique and valued member of our community.

We believe that community league membership is about fostering a sense of belonging and creating a place where your gifts and contributions are valued. It's about being part of a supportive network that cares for its members.

We believe that together, we can create a stronger, more connected community that uplifts and supports each other. So, don't miss out on the fantastic opportunities that await you as a community league member. Join us today and become a valued part of the Laurier Heights family! Fill out the form on the next page, and our membership coordinator will be delighted to welcome you with open arms. See you soon!

So why wait? Join us today, and let's embark on this journey of camaraderie, growth, and making a positive impact on the world around us. Fill out the form on the next page, and our membership coordinator will be delighted to assist you in becoming a part of our flourishing community. See you soon!

2023/24 MEMBERSHIPS ARE NOW AVAILABLE FOR PURCHASE. GET THE MOST OUT OF YOUR MEMBERSHIP YEAR BY PURCHASING TODAY!

AT OUR COMMUNITY LEAGUE, YOUR MEMBERSHIP OPENS DOORS TO A HOST OF INCREDIBLE BENEFITS DESIGNED TO ENHANCE YOUR LIFE AND FOSTER A STRONG SENSE OF COMMUNITY. HERE'S WHAT YOU CAN LOOK FORWARD TO:

THRIVING COMMUNITY SPACES:

Enjoy access to well-maintained community spaces that bring people together. Our Community Hall, skating rinks, playground, splash deck, tennis and pickleball courts, Gazebo Park, Urban Orchard, and Food Forest provide a perfect backdrop for building lasting memories with friends and family.

ENGAGING SOCIAL AND EDUCATIONAL EVENTS:

Experience the joy of being part of a vibrant community with our exciting array of free and low-cost events. From seasonal community fun days and the Green Shack program to neighborhood newsletters, community potlucks, family movies, playgroups, art clubs, urban food forests, ACE, Sprouts, Scouts, and more – there's always something fun and enriching happening!

HEALTH AND WELLNESS:

We care about your well-being, and that's why we offer a range of health and wellness perks. Take advantage of FREE skating at the Laurier Heights rinks and other League rinks across the city. Stay active with access to the Laurier tennis courts, and let our FREE summer and winter playground leaders (Green Shack) keep the little ones entertained. Additionally, our subsidized fitness programs through the Community Wellness Network will help you maintain a healthy lifestyle. Plus, enjoy exclusive discounts at various City of Edmonton recreational facilities through our Community League Wellness Program.

SAVINGS AND CONVENIENCE:

As a valued community league member, you'll have access to special discounts on various services. Enjoy savings on Community League hall rentals, selected programming, and city-wide discounts offered through the Edmonton Federation of Community Leagues. These perks are our way of saying thank you for being an essential part of our community.

A PLACE TO BELONG:

Beyond the tangible benefits, your membership grants you something truly special – a place to belong and a community that cherishes your unique gifts and contributions. By joining us, you become an indispensable and cherished member of the close-knit Laurier Heights community.

LHCL Membership Form

Thank you for your support! **2023/24**

MEMBERSHIPS VALID UNTIL AUGUST 31, 2024



Membership Type

- ☐ **FAMILY MEMBERSHIP** (Annual Fee : \$40) Primary member must be 18+; unlimited household members
- ☐ **INDIVIDUAL MEMBERSHIP** (Annual Fee : \$25) Individual member must be 18+; no additional household members
- ☐ **SENIOR MEMBERSHIP** (Annual Fee : \$25) Up to two 65+ members in the same household
- ☐ **ASSOCIATE MEMBERSHIP** (Annual Fee : \$50) Membership for those who live outside of Laurier Heights neighbourhood
- ☐ **NEW MEMBERSHIP** (First Year Free) For those new to the neighbourhood in the past year with no previous membership

Primary Member Household Contact Information :

First Name: Last Name :

Address :

Post Code : Phone No :

E-Mail :

Additional Household Members:

Full Name :	<input type="text"/>	Birth Year :	<input type="text"/>
Full Name :	<input type="text"/>	Birth Year :	<input type="text"/>
Full Name :	<input type="text"/>	Birth Year :	<input type="text"/>
Full Name :	<input type="text"/>	Birth Year :	<input type="text"/>
Full Name :	<input type="text"/>	Birth Year :	<input type="text"/>
Full Name :	<input type="text"/>	Birth Year :	<input type="text"/>

Volunteering

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 / COMMITTEE** 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.
- ☐ **OCCASIONAL** I am interested in volunteering to assist from time to time. Please include me on the Laurier Heights Volunteer Request email alerts so I can help when I'm available.
- ☐ **REGRETS** No, I'm sorry that I'm unable to volunteer this year.

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: **LAURIER HEIGHTS BUILDING SOCIETY**

Membership fees may be paid with cash or a cheque made payable to:
LAURIER HEIGHTS COMMUNITY LEAGUE
E-transfer payments can be sent to membership@lhcl.ca

Please submit form & payment to:
Jen Bann • 14604 84 Ave T5R 3X2
membership@lhcl.ca

LAURIER LIFE

ONE OF THE MANY UNIQUE AND MUCH APPRECIATED FEATURES OF OUR NEIGHBOURHOOD IS THE MANY OPPORTUNITIES FOR COMMUNITY, CONNECTION AND FUN! AND ACCORDING TO EXPERTS, KNOWING YOUR NEIGHBOURS IS ESSENTIAL FOR PERSONAL AND SOCIAL WELL-BEING!



WHERE WILL YOU JOIN IN THE FUN THIS WINTER?

SIGN UP FOR THE LHCL EMAILS AND/OR CONTACT [NET@LHCL.CA](mailto:net@lhcl.ca)



BOOK CLUBS

»» Homes, Various Times

There are a number of Book Clubs in Laurier discussing a variety of books including fiction, non-fiction and children's literature. Why not check one out or start your own? Or how about a movie discussion group?



MONTHLY POTLUCKS

»» 6pm Laurier Hall

Come as you are, bring what you have, and enjoy sharing a meal with your neighbours! This monthly gathering is a great way to meet new and familiar folks next door and down the street – after all, we're neighbours!



BRIDGE FOR FUN

»» Homes, Various Times

Do you have images of serious folks in serious competitions? Reimagine Bridge as a fun, engaging card game and social event, beginners welcome! And when you're 'the dummy,' you'll get to enjoy lots of snacks & beverages!



WWW – WOMEN & WINE ON WEDNESDAY

»» Monthly Gathering

A wonderful opportunity for women and gender-diverse folks to take an evening off to relax, connect with neighbours, share stories, ideas, highs and lows, food and fun! This was a popular gathering pre-covid and often included things like accessory or T-shirt exchanges as well. *Contact net@lhcl.ca to get involved!*

programs & activities

There are many wellness programs and activities happening at the Laurier Heights Community hall. We encourage everyone to check them out and support the community members and instructors who are giving their time and talents to enhance our lives through these programs.

Drop-in Programs	These programs are ongoing	Drop in fee is \$15.00 (\$5.00 for Tai Chi)	Location	Instructor/Contact
Boot Camp	Tuesday & Fridays	9:30 - 11:00 AM	Laurier Room	Steph Perry sperryfit@gmail.com
Yoga	Wednesdays	9:30 - 11:00 AM	Laurier Room	Sandy Mah sandylmah@gmail.com
Hatha Yoga	Thursdays	6:30 - 7:30 PM	Laurier Room	Karina Ryan karinak.ryan@hotmail.com
Tai Chi	Tuesdays	2:30 - 3:30 PM	Laurier Room	Chuck Davies cdavies9cd@gmail.com




Registered Programs	Day	Time	Location	Contact Instructor for information and to register.
AKF Karate	Mondays & Wednesdays	6:30-9:30 PM	Laurier Room	Jared Amos jamos@ualberta.ca
Embers (formerly Brownies)	Tuesdays	6:30-8:00 PM	Laurier Room	Niki Suvan 154thedmontonembers@gmail.com
Watercolour Class	Mondays & Wednesdays	6:30-8:30 PM	Heritage Room	Bing Phung bingphung@yahoo.ca

Please contact our Programs Team if you have a talent or skill you would like to share via an instructional program, or if you participate in a program elsewhere and would like to help make it happen in our community. If you are looking for a volunteer role with the LHCL, the programs team is also seeking new members.

Email programs@lhcl.ca with your questions and/or suggestions.

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CASINO NIGHT

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Finding Hope in a Dark World

Join us on Dec 24

Christmas Eve Service: 5:00 pm

Laurier Heights Baptist Church

www.lhbc.ca

Thinking about buying or selling?





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COME JOIN THE FUN...

DECEMBER 2023

November 25th to December 10th Sixteen Days of Action Against Gender Violence

December 2nd - Cookie Walk and Artisan's Fair (10-4 PM)

December 2nd - Holiday Potluck and Social @ 6 PM in the Laurier Room

December 11th - LHCL Annual General Meeting and Board Social. 7 pm

JANUARY 2024

January 6th - Block Connectors New Year's Social

January 13th - Community Clothing SWAP, 1:00 to 4:00 PM

January 13th - Community Potluck @ 6pm.

January 15th - LHBS (Building Society) AGM at 6:30pm; LHCL Board Meeting, 7pm.

January 16th - Canterbury Games Night

JANUARY 27TH - *WINTER FUN DAY: SLEIGH RIDES, CAMPFIRE, RINK ACTIVITIES!*

FEBRUARY 19TH - *FAMILY FUN DAY AND COMMUNITY POTLUCK*

**JOIN OUR EVENTS TEAM AND HELP
MAKE ALL THESE GREAT COMMUNITY BUILDING
OPPORTUNITIES HAPPEN - CONTACT
EVENTS@LHCL.CA**

FIND US ON FACEBOOK IN THESE COMMUNITY GROUP PAGES



LHCL FACEBOOK
PAGE (GENERAL)



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LAURIER ROCKS
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