

# LAURIER LIFE NEWSLETTER

February 2024

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## 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 on the website at 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:

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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.

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# In a Gift Economy...

A hunter [from a hunter-gatherer community in the Brazilian rainforest] had brought home a sizable kill, far too much to be eaten by his family. The researcher [Daniel Everett] asked how he would store the excess. Smoking and drying technologies were well known; storing was possible. The hunter was puzzled by the question—store the meat? Why would he do that? Instead, he sent out an invitation to a feast, and soon the neighboring families were gathered around his fire, until every last morsel was consumed. This seemed like maladaptive behavior to the anthropologist, who asked again: given the uncertainty of meat in the forest, why didn't he store the meat for himself, which is what the economic system of his home culture would predict.

"Store my meat? I store my meat in the belly of my brother," replied the hunter.\*

And Laurier is learning to 'store our meat in the belly of our neighbours!' From the Buy Nothing group to our block connecting, to our various clubs, initiatives (like the Food Forest), and so many of our events and programs, we are learning--as you'll discover as you read the articles, updates, reflections and expressions of gratitude in this issue--that we are nurturing and participating in 'a gift economy' like the hunter in the story.

In a gift economy, wealth is understood as having enough to share, and the practice for dealing with abundance is to give it away. In fact, status is determined not by how much one accumulates, but by how much one gives away. The currency in a gift economy is relationship, which is expressed as gratitude, as interdependence and the ongoing cycles of reciprocity. A gift economy nurtures the community bonds that enhance mutual well-being; the economic unit is "we" rather than "I," as all flourishing is mutual.\*

## Editorial Reflections



We are together enhancing our collective well-being and recognizing that the more we give, the more we have and that sharing our gifts—whether time, talent or treasure—is not only a gift for others, it is a gift for ourselves. As Laurier becomes a more abundant, vibrant and caring community, we experience the joy of participating in the giving and the receiving, the reciprocity, relationships and interdependence of an economy of community.

So perhaps as we consider hopes, dreams and desires for the year ahead personally, we might also do so communally. If our desire, hope and dream for Laurier in 2024 is to nurture a gift economy, what's our next step—what might be your next step? How about...

- Getting a LHCL membership - it's all about citizenship!
- Becoming a block connector
- Volunteering with our Board or one of our Teams
- Giving and receiving via our Buy Nothing group
- Inviting your neighbours for 'a feast' (whether it's 'for meat', tea, crappy or progressive (ask your block connector about the latter two)!)

May you enjoy 'storing your meat in the belly of your neighbour' this year!

*Karen Wilk*

LHCL Newsletter Editor

\*Excerpts from [THE SERVICEBERRY: An Economy of Abundance](#) by Robin Wall [Kimmerer](#) Emergence Magazine October 26, 2022

A wish is not the same as a dream  
Nor a desire, a hope,  
though it may seem—  
Wishful thinking is just that  
Passive optimism falls flat  
But when we hope,  
we act  
We make plans to have impact  
A step towards, a way forwards  
Though there may be work to do  
We might struggle, stumble, sacrifice too  
Our hopes and dreams we will pursue  
For they give life—  
ARE life— for me and you.



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



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



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



[www.lhcl.ca](http://www.lhcl.ca)

# Thank you to these committed community members who have shared their time and talents so generously.....

## SARAH STEPNEY

Sarah, has served as LHCL Treasurer since 2018 (3 terms!) with excellence, efficiency and commitment; we are so grateful! While she has completed her term on that Board, she has volunteered to continue as LHBS Treasurer--Amazing!

She and her husband George (Facilities Team Lead) have lived in Laurier since 2001. They moved to a new home in Laurier this past summer - with Annie, their terrier, and are here for the long haul!

Sarah explains, "Aside from the obvious benefits of location and river valley access, I feel very connected here. I've met so many wonderful neighbours through being involved with the LHCL board and our local Buy Nothing Group, which I started for our area in 2018. Being off the board will give me a bit more time to keep up with my reading for book club, and maybe help out with block connecting."

Her 'secret' (not-so secret) talent: Sarah has never lost a hula hooping contest! (Perhaps you'll want to challenge her at this year's Summer Kick-off!



## AINSLEY BROWN

Ainsley, who moved here in 2008 when her oldest was born, enjoys the connectedness in Laurier. She appreciates that she and her 3 children (Madeleine, Elliot, and Beatrice) have friends in the neighbourhood and that neighbours help each other out. "It's been great to have babysitters nearby as well and now Madeleine is babysitting others' kids! We also have fun" she adds, "And the board and volunteers make an effort to meet a diversity of desires, from playgroup to activities with Canterbury (babies to seniors)-It's impressive."

While she has been slowly renovating portions of their home for a while, last year, she took the plunge and did a kitchen, dining room and living room reno which they love! So, now that she has a little more 'free time' she is hoping she might finally be able to plan a 'kitchen warming' party!

Her 'secret' (not-so secret) talent: Ainsley can make a meal 'out of nothing', fast!



# PRESIDENT'S AGM MESSAGE

## Laurier Wonderland

In our community, volunteers shine bright,  
Guiding us through challenges, with all their might.  
Treasurer Sarah, counting coins with glee,  
In the financial world, a master, you see.

Ainsley, the secretary, with records so neat,  
Keeping everything in order, a feat.  
George leads facilities, tools in his hand,  
Fixing up spaces, making them grand.

Natasha in comms, spreading news far and wide,  
Connecting us all, side by side.  
Jen manages membership, a welcoming face,  
Ensuring everyone finds their rightful place.

Karen, the past president, wise and true,  
Leaving a legacy, like morning dew.  
Shannon coordinates rentals with flair,  
Making events smooth, beyond compare.

David in civics, understanding the law,  
Guiding us with wisdom, without a flaw.  
Jesse in digital comms, tech-savvy and bright,  
Spreading messages in the digital night.

Paul, the tennis coordinator, on the court,  
Bringing the love of the game, a lively sport.  
Suzanne, connector lead, building bridges with glee,  
Uniting us all in community.

Directors-at-large, a team so strong,  
Sharon, Gillian, Michael, and Donna, a guiding throng.  
And a special shout-out, oh so grand,  
To Sheila Butt, our historian, keeping history in hand.

Janice and Ofer, soccer leads so grand,  
Thanks for the years, a steadfast band.  
In a challenging year, they stood tall,  
Leading our soccer program, above all.

So here's a cheer, a festive decree,  
For volunteers so bright, and full of glee.  
Merry Christmas and gratitude to you,  
For making our community strong and true!

By Christine McCourt-Reid



### JOIN THE LHCL TEAM:

There are a number of opportunities for community members to get involved in our Board and with other roles that contribute to making our neighbourhood a better place to live for all! Any member of LHCL is welcome to join one of our Teams and/or to consider filling one of the following positions:

Vice President  
Volunteer Coordinator (Events Team)  
Programs Lead  
Grant Writer (Finance Team)

Events Team Lead  
Soccer Coordinator (Programs Team)  
Signage (Communications Team)  
Block Connectors (Connect Team)

# BLOCK CONNECTING HIGHLIGHTS

Block Connecting is at the core of nurturing a gift economy (see Editorial). As point people, party people and listeners, block connectors are committed to, and passionate about facilitating generous hospitality, kindness, care and connection. Thank you block connectors!



## October was also - SOCKTOBER!

Thank you all for your great donations to the Jasper Place Wellness Centre. We received many warm coats for adults and kids, and lots of new socks and underwear as well as toiletries, snacks, backpacks and more.



## PROGRESSIVE DINNERS

are a fun and delicious way to get to know a few more neighbours. Our first post-covid one was held in November. It was a great group of nine people who 'progressed' through five homes and five yummy courses. "It was a beautiful evening not only to be out in the neighborhood, but to be visiting with familiar and new neighbours and filling our bellies with wonderful food."

Contact Suzanne [connect@lhcl.ca](mailto:connect@lhcl.ca)  
or Karen at [pastpres@lhcl.ca](mailto:pastpres@lhcl.ca) for  
ideas, support and to learn more  
about joining our amazing team of  
point people, party people and  
listeners!

## BLOCK PARTIES AREN'T JUST FOR SUMMER!

Several blocks got together in a variety of ways in December. One block held their third annual holiday get-together around a campfire and were thankful that this Sunday afternoon was much much warmer than last year! Hot chocolate and s'mores were highlights while everyone enjoyed a visit.

Another block of neighbours enjoyed a turkey potluck dinner together... while other block connectors hosted open houses and tea parties.

Winter isn't over yet! Several years ago, a number of block connectors also had great responses to 'wine and cheese' drop-ins in February. What could you do to 'warm up' these winter months with your neighbours?





## BLOCK CONNECTORS DINNER SOCIAL

### LIGHT THE NIGHT

was a special evening to bring light to our neighbourhood on the shortest day of the year (December 21st). A number of households displayed luminaria 'lanterns' and hosted firepits. It was a beautiful way to connect with neighbours and make the night lighter (in more ways than one)!



Did you know, as Edmonton's City services, puts it... Loneliness depends on the quality of day-to-day interactions with other people, not just how many there are. We can strengthen our communities by getting closer, it can be as simple as saying "Hello, How Are You?"



## COMMUNITY POTLUCKS

Each month, block connectors host a neighbourhood potluck at the hall usually at 6 pm on a weekend evening. Often the date is linked to a special day and includes a fun activity like bingo. The purpose of these gatherings is to get together and, since we all have to eat, so why not do so around a table with your neighbours?

The expectations are simple:

- EVERYONE is welcome!
- Come as you are.
- Bring what you have (it does not have to be fancy).
- Donations accepted to help cover beverage costs.

Contact Suzanne at [connect@lhcl.ca](mailto:connect@lhcl.ca) for more info.

# Thanks, Winners, & Fun!

## LHBS PRIZE PONG FUND RAISER



The Laurier Heights Building Society (LHBS) enhances our Laurier Heights Community League by providing support and funding for various projects and community events, as well as keeping our hall in great shape and fully stocked for events held there.

At the September Harvest Fair, LHBS hosted a "Prize Pong" fundraising event. People young and old had lots of fun playing and winning some great prizes including gift baskets, beer, wine, and chocolate.

Special congratulations to Mara Dompé and Collette Agnew who won gift certificates to the newly opened Stingray Restaurant in Crestwood!

**GRAND PRIZE WINNER GEOFF SCHNEIDER** won 2 tickets to an Oilers vs Penguins game with seats in the Sports Net Lounge Rail!!

*Congratulations, Geoff!!*

Thank you to everyone who donated prizes and made the fundraiser possible - The LHBS (and all of Laurier!) appreciate your ongoing contributions and support!

**THE December 2nd ARTISAN FAIR AND COOKIE WALK was a fun and full day thanks to all our bakers, volunteers, artisans, shoppers, and Santa!**

- We received 276 dozen cookies! Our goal was 250, which was about 50 more than last year's target but with only a week to go before the event, we had less than 100 dozen committed for. Yet surprise?! Not that we should never be surprised at how incredibly Laurier neighbours always come through! Thank you, Laurier bakers—should we aim for 300 (or even more) next year?
- We sold 69 small x \$10 and 54 large x \$20 for a total of \$1770 (wow!) We could have easily sold MANY more—who knew cookies were such a big hit? (Well, we did 😊)
- We had SEVENTEEN tables with incredible displays of beautiful handcrafted items—everything from wood to pottery to clothing to candles.
- Laurier neighbour, Sandi Bell (Belladora Designs) generously donated a beautiful gift basket as a door prize. And Jessica was thrilled to be the winner!
- In the evening, we had a wonderful turnout for our Holiday social. There was an abundance of delicious food, a fun holiday 'who am I' game and of course, Santa's visit!
- Mark your calendars for next year's December event day, December 7th!

**ARTISAN'S  
MARKET  
DOOR  
PRIZE  
WINNER:  
JESSICA**





# HOW YOUR DONATIONS ARE HAVING AN IMPACT

Donations to our community are of great benefit to us all because we all get to enjoy our wonderful neighbourhood, our facilities, grounds, programs, events and connections (including this newsletter)!

With nearly \$15,000 donated over the last couple of years, the Laurier Heights Building Society (LHBS) has provided funding for the following projects:

- Two commercial grade BBQs for the hall – a fixed gas unit for the north patio and a moveable propane unit – Both great additions for our community events and our valued hall renters.
- LED lighting upgrades for the Heritage kitchen, washrooms and garage.
- Laurier Heights Matthan Quince Rink lighting upgrade.
- An 'OWL' with video conferencing camera for remote/hybrid meetings.
- Beautiful flowers and plants on the hall grounds.
- Benches for the tennis courts.
- Another \$15,000 has also already been raised for the Julie Rohr park upgrades (goal is \$30K).

With your gifts in the next year (or two), we look forward to supporting a new garden shed, improved hall security system,, pickleball court line painting, more signage, the continued development of the food forest and a possible insulation upgrade in the Heritage Hall!

THANK YOU!! Every gift is received with gratitude and appreciation.

## HOW CAN YOU MAKE A DONATION?

- By e-transfer directly to the Laurier Heights Building Society Treasurer (Sarah Stepney) at [donateLHBS@lhcl.ca](mailto:donateLHBS@lhcl.ca) (NOTE: Please include your name and address in the comments for issuance of your tax receipt).
- By cheque to LHBS: PO Box 67195 RPO Meadowlark Park, Edmonton, AB T5R 5Y3
- Online directly through Canada Helps: <https://www.canadahelps.org/en/charities/laurier-heights-building-society/>

**THANK YOU!**



WE ARE SO GRATEFUL FOR ALL OUR DONORS AND YOUR CONTINUED SUPPORT OF OUR COMMUNITY AND ENDEAVORS.

SCAN THE QR CODE BELOW TO DONATE DIRECTLY TO THE JULIE ROHR PARK FUND.

**SCAN ME!**



## Our SIXTEEN DAYS OF ACTIVISM VS GENDER-BASED VIOLENCE!



Submitted by Melissa Wilk

The 16 Days of Activism Against Gender-based Violence kicked off on November 25 (International Day for the Elimination of Violence Against Women) and ended on December 10 (Human Rights Day). This global initiative raises awareness about all forms of gender-based violence, honouring and listening to victims, and working towards change. It was inspiring to see so many Laurier people getting involved, wearing their purple ribbons, engaging in dialogue, and contributing to fundraising efforts. Some highlights included selling chai and handing out ribbons at the Artisan Market and Cookie Walk, the by-donation yoga class, and the City approving our request to light the High-Level Bridge in purple to commemorate the 16 Days. All in all, we are proud to have raised \$605 (that we are aware of) for the Alberta Council of Women's Shelters (and encourage you to continue donating to this important organization). Thank you to all who donated and took part in these events. We hope you will join us for the 16 Days of Activism vs. GBV in 2024! Check out our Facebook and Instagram to learn more and find helpful resources for learning about what you can do to keep the conversation ongoing.

# MEET OUR NEW BOARD MEMBERS!



**Michael Auschrat**  
Member at Large



**Sam Dawe**  
Treasurer



**Gillian Dompe**  
Member at Large



**Karla Horcica**  
Member at Large



**Cassidy Munro**  
Secretary

Jen and I moved to Laurier in the summer of 2016. We targeted Laurier because we were looking for a quiet, family-friendly, and active neighbourhood.

We moved to LH in 2006 shortly after getting married. One of our best LH memories, is our kids learning to skate on the small rink with Princess skates. The park has been an amazing place for us!

My family moved from Calgary to Laurier Heights in 2009. My favourite thing about the neighbourhood is how engaged and welcoming everyone is.

We have lived in LH for 20 years. We came as newlyweds for the school for our future children and stayed for the people!

My husband, Dylan, and I moved here from downtown about a year ago! We wanted a home in a neighbourhood that was still central but had charm and, lots going on community-wise.

Jen and I have a small but close family. We met online. Since that day, around 12 years ago, there haven't been many days where we've been apart.

My husband, and I have 2 girls. One is in Grade 9 and the other in Grade 11.

I live with my two younger siblings, parents, and our dog Marbles. I am a 2nd year student in psychology at the U of A.

We are a family of 4 (plus the obligatory doodle). Our two kids are now in high school, and were raised by the LH village.

We have two cats and the occasional foster dog. We're both small town/farm kids who came here for university and never left. I'm a librarian at Callingwood Branch, come say hello!

We enjoy meeting new people in LH and I'm always looking for excuses to host dinners! We also enjoy camping and getting together with friends to play board games.

Lately I spend my time volunteering filing taxes for people through the Bissel Center, and I am the Chair of the School Council at Laurier Heights school.

I like to spend my free time playing games with my family. Boggle is probably my favourite but canasta is a close second.

Everything outdoors from running, biking, skiing, hiking, and of course, pickle ball! When it's time to relax, I love to puzzle.

It's probably no surprise that I'm a big reader! I'm also newly discovering a love for gardening.

A secret talent? Making balloon animals. And not-so-secret? His 'day-job' is as a senior business analyst!

A secret talent?  
  
Sam used to BMX bike race!

My not-so-secret talent is knitting! My friends tease me about being an "old soul" but I don't hear any complaints about the free hats!

A secret talent? Escape Rooms. We have done every single one in the city and now find ones out of town when we can.

A secret talent? Making tea blends! Two friends & I used to have own InfiniTea, but now just use our skills for our own tea-drinking.

# LIFTING STONES

## The hard way!

Have you ever said to yourself, “I can’t believe I lifted that!”? Well, there is a Laurier Heights resident who prides himself on being able to lift a deadweight beyond the average person’s wildest imagination.

Dave Nisbet’s day job is that of a first responder. As one can imagine, being physically fit is a requirement of this job. However, Dave takes his fitness to the next level. He notes, “I have many hobbies, but the one that takes up most of my time is strength training.” For eight years, he has been an active participant in power lifting and strong man competitions. But when Covid came along in 2019, it shut down these events. Needing to stay active, Dave continued his strength training, with a focus on improving his grip strength training. This led him into breaking horseshoes with his hands! Through social media, he met others from around the world who participate in this sport, and he quickly rose to the top by establishing a world record in timed horseshoe breaking. His best time is an amazing 44 seconds



With his success in horseshoe breaking firmly established, Dave turned his focus to his other hobby, lifting stones – heavy ones! Dave notes that one of the most difficult feats in a strong man competition is natural stone lifting. “I saw a documentary, called ‘Stoneland’, about historical stone lifting in Scotland. Having Scottish heritage, it caught my interest right away.” Historically, stone lifting was associated with a test of manhood. As Dave researched this sport further, he found that it is a world-wide activity. Some countries, such as Scotland, Ireland, Iceland, and Spain, have a long history of stone lifting and still host lifting competitions with 800+ year old stones.

In 2023, Dave travelled to Scotland to try his hand at lifting the famous Dinnie Stones. Individually, these stones weigh 414 lbs. and 318 lbs. Each one has a large iron loop fastened to its top and, to record a successful lift, the lifter must have a Dinnie stone on each side, bend to grasp the loops and then stand erect with a stone in each hand, holding for two seconds to show control.



On September 13, 2022, Dave lifted these stones and went into the record book as the first western Canadian to have completed this feat. (Congratulations, Dave-wow!)

Back home, Dave has continued to increase the weight of the individual stones he lifts. To date, his heaviest stone lift, held at chest height, is a remarkable 409 lbs.

Lifting these stones is no easy undertaking. Dave outlined the process, explaining, “The initial lift of the stone off the ground is done by breaking it from the ground (the Scottish saying is ‘putting wind beneath the stone’), then lapping the stone (in this position, grip adjustments can be made), and, finally, standing and bringing the stone to chest height. In some competitions, the stone can also be put onto the shoulder, with a pause before dropping it – this demonstrates ‘control.’” Strength, fitness, and sheer determination are a few of the prerequisites for this sport that is open to both men and women. In fact, Dave notes that a couple of Edmonton women are lifting stones heavier than some of the men can lift!

This sport is gaining world-wide attention. Dave was recently interviewed by the Globe and Mail newspaper. For those readers who are interested in seeing and learning more about local stone lifting, Dave recommends visiting: “Edmonton Stones of Strength”, on Instagram.

Good luck lifting Dave – heave, ho!

Story by Sheila L. Butt, our LHCL “Historian”

# 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!



## 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](mailto: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 sandyimah@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](mailto:programs@lhcl.ca) with your questions and/or suggestions.

# LAURIER IS EXCITED TO BE HOSTING THREE YMCA SUMMER CAMPS THIS YEAR!

YMCA will be providing camps for 6-12 year olds at Laurier this summer! Participants will enjoy a day of activities such as outdoor games, fundamental movement skill development, crafts and more. YMCA Camps are run by trained camp counsellors.

Camps will be the weeks of:

- July 29 - Aug 2
- Aug 6 - Aug 9
- Aug 12 - Aug 16

Registration opens on February 13th for YMCA members and February 20th for non-members.

**REGISTER ONLINE AT [YMCANAB.CA/REGISTER](https://ymcanab.ca/register)**

## REGISTER FOR U4-U19 OUTDOOR SOCCER!

Tentative start date:

May 1, 2024.

Register online at

[emsawest.com](https://emsawest.com)

and/or contact

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

for more info.

# BENEFITS OF MEMBERSHIP

**YOUR MEMBERSHIP OPENS DOORS TO A HOST OF INCREDIBLE BENEFITS that enhance our personal and communal lives and foster a strong sense of community including:**

### 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.

# Membership Form

As a citizen and resident of Laurier, membership is your privilege and responsibility- Thank you for your support!



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!

### 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"/>

# of skate/court tags needed:

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

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



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## *Upcoming Events In Laurier Heights*

- February 8 & 9 – LHCL Casino Fundraiser @ Yellowhead Casino
- FEBRUARY 19 – FAMILY DAY FUN!
  - BOARD GAME SHUFFLE, 2:00–5:00 PM
  - COMMUNITY POTLUCK & MOVIE NIGHT @ 6 PM
- FEBRUARY 29 – CANTERBURY GAMES @ 1:30–3:00 PM
- APRIL 1, EASTER MONDAY – Baskets, Bunnies & Brunch Potluck!
- APRIL 18 – HERITAGE TEA (Seniors & long-time residents)
- MAY 25 – POTLUCK AND DANCE PARTY!
- JUNE 27 – SUMMER KICK-OFF! Food Trucks & LIVE Music!

JOIN OUR EVENTS TEAM AND HELP MAKE ALL THESE GREAT COMMUNITY BUILDING OPPORTUNITIES HAPPEN

CONTACT [pastpres@lhcl.ca](mailto:pastpres@lhcl.ca)

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LHCL FACEBOOK PAGE (GENERAL)



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