

COMMUNITY LEAGUE NEWS - WEST

Serving the community leagues of Aldergrove and LaPerle.

Aug/Sep 2015



Published by Calder Publications. For advertising please call 780-434-9732 or email info@communityleagueneews.com

LaPerle Community League Casino

November 19 & 20, 2015

Volunteers Needed

Save the Dates and call or email Barb

To volunteer or for more info

(780) 489-1766 tyelsi@telus.net

CASINO FUNDS HELP TO KEEP OUR HALL RUNNING, PROVIDES PROGRAMS AND COMMUNITY EVENTS! PLEASE CONSIDER VOLUNTEERING!

La Perle Crime Column!

On Tuesday, July 14, 2015 between the hours of 10:00 and 11:15 pm, this suspect allegedly vandalized our community hall and stole two of our security cameras. The suspect was part of a group of 6 teenagers originally playing basketball behind the school.



If you have any information regarding this incident, please contact the hall at 780-486-4426 Or Edmonton Police and note occurrence no. 15.101754

Residents: if you see a crime in progress, please call 911
Or Crime Stoppers at 1-800-222-tips (8477)

Aldergrove Community League

CASINO VOLUNTEERS NEEDED

Working a casino is our biggest fundraising opportunity. It comes around every two years. Our dates:

NOVEMBER 7 & 8

Volunteer for a shift and receive a \$100. Aldergrove Community League Credit Voucher!

Vouchers can be used towards daycare fees, zumba, yoga, basketball, soccer or hall rental.

To volunteer or for more info: call Nanci at 780-483-4105 or email: ncavill@telus.net



Edmonton 311 App

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

- Potholes • Damaged sidewalks • Damaged trees
- Litter • Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets!

By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

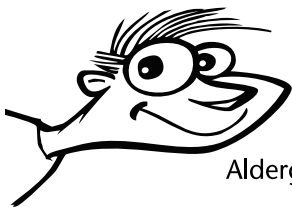
Note: The 311 mobile app is one more way for you to report your concerns to the city.

Download 311 App

Search for "Edmonton 311" on: Google Play & iTunes App Store

For more information:

Online Contact 311 Online



ALDERGROVE

Aldergrove Community League 8535 - 182 Street, Phone: 780-481-1588 Fax: 780-489-6283 Aldergrove Daycare: 780-481-9153

E-mail: aldergro@telusplanet.net www.aldergroveonline.com Facebook: AldergroveCommunity Edmonton

OFFICE HOURS: Monday - Wednesday 9 a.m. - 3 p.m. Thursday - Sunday Office Closed

Aldergrove Community League Executive

PRESIDENT	Kathy Katzenback
VICE PRESIDENT	Laurél Hawkswell
TREASURER	Steve Colquhoun
BLDG. & GRDS.	Aaron Clark
SPORTS	Damigu Djabare
MEMBERSHIP	Brenda Kaczor
PUBLICITY	Laurel Hawkswell
CASINO	Nanci Cavill
SOCIAL	Kathy Katzenback
NEIGHBOURHOOD WATCH	VACANT
WEBSITE	Susan Berezowsky
CIVIC AFFAIRS	Gary Adams
Non-voting Positions:	
SOCCER	Damigu Djabare
CHILDCARE DIRECTOR	Lori Engman
SECRETARY	Connie Bowie

- No good deed goes unnoticed -

**Please consider
giving a bit of your time.**

Find out what's happening at our monthly meetings.
Call 780-481-1588 for the next meeting date.

BE SUPER DUPER AND VOLUNTEER!

ALDERGROVE CASINO DATES: NOVEMBER 7 & 8, 2015

Daytime or Evening Shifts. For more information or to sign up
please call Nanci Cavill at 780-483-4105 or email: ncavill@telus.net

Receive a \$100. Aldergrove Community League Credit Voucher.
Good towards daycare fees, zumba, yoga, basketball, soccer or hall rental.
Help the community. It's easy. Meet people from the neighbourhood.
Get snacks and a free meal.

Aldergrove Community programs and building upkeep are funded largely from
the funds earned through working a casino once every two years. This benefits
us all. Please volunteer today.



Aldergrove Community League's Annual **BIG BIN event & NEIGHBOURHOOD DANCE PARTY**

SATURDAY, SEPTEMBER 19, 2015

BIG BIN 9 a.m. - 4 p.m.

With a current Community League Membership, you are able to use the Big Bins on site. No paint,
major appliances or bio hazards accepted (regular Big Bin rules apply). Membership sales will be available.

NEIGHBOURHOOD DANCE Party 7 - 11 p.m.

Aldergrove residents and community league members are welcome for an evening of DJ music,
fun, food and community spirit. * We reserve the right to refuse entry to groups or individuals. *

**Walk over to Aldergrove Community League and enjoy
snacks, refreshments, DJ music, beer garden and ...**

we'll finish with fireworks! *Event details subject to change

Kids MUST be supervised by someone 16 years or older.

Volunteers appreciated ... call Connie @ 780-481-1588.



All Aldergrove art by Laurel Hawkswell
Do not use any artwork without artist's consent

Aldergrove Community League

CHECK IT OUT

ZUMBA TUESDAYS, 6:30 - 7:30 p.m.
Contact Leah @ 780-472-6238 to register.

Stretch, strengthen, relax, enjoy . . .

HATHA YOGA with Audrey
WEDNESDAYS, 6:30 - 7:30 p.m.
SEPTEMBER 23 - DECEMBER 2 (No class October 21)
Contact Connie @ 780-481-1588 to register.

FREE STYLE YOGA with Krista
Beginners Welcome!
Please contact Krista for summer session confirmation
at 780-758-9642.
THURSDAYS, 6:30 - 7:30 p.m.

COMMUNITY LEAGUE MEMBERSHIPS Purchase memberships at Aldergrove Community IDA or at the League office during office hours (see Aldergrove header info) or at our Big Bin event September 19th (9 am - 4 pm at the community league). In the winter receive skate tags for community skating (closest one is in Belmead). In the fall, winter and spring use it to access the free community swim at Jasper Place Pool on Sundays (check pool schedule). You must have a current membership to register for soccer or basketball. Membership fees support Aldergrove Community League, strengthening the community with community based programs and building rentals.

*Membership changes may occur.

BABYSITTING COURSE

OCTOBER 17, 8:30 am - 4:30 pm
COST: \$50.
Contact Connie @ 780-481-1588 to register.

FREE SWIMS FOR COMMUNITY LEAGUE MEMBERS

Show your current community league membership! *Check pool schedule *

SUMMER: At any outdoor pool
Mon - Thurs, 5 - 7 pm

FALL/WINTER/SPRING:
At Jasper Place Pool
Sundays, 4 - 6 pm



Aldergrove Community League

AGM

OCTOBER 20th
7 pm

All welcome! Please attend if you are interested in volunteering or simply want to find out what is happening in our community.
www.aldergroveonline.com or call Connie at 780-481-1588 for details.

Sharon Daubert Memorial SCHOLARSHIPS

Each year Aldergrove Community League awards scholarships to two students who reside in Aldergrove's boundaries and are pursuing a post secondary education. These students must be 21 years of age or younger. The scholarships are worth \$500.00 and are presented in the fall.

A letter of application is to be submitted to the Executive at the community league office by October 14, 2015 responding to the following criteria:

A) academic achievement B) community involvement C) good character
D) school activity involvement

The applicant's name, address and phone number should be included in the letter of application. A copy of the applicant's transcripts and copy of a letter of acceptance to a post secondary institution (university, college, technical) should be included. The applicant must have parents who reside in Aldergrove and are members of the Aldergrove Community League in good standing.

Primrose IDA Pharmacy

Now Selling
Atoma Products



780-487-7270 or 780-481-0330
8462 - 182 Street

Store Hours:
Monday - Friday: 9-9
Saturday: 9-7
Sundays & Holidays 11-6

- FREE Prescription Delivery
- Community League Memberships
- FAX service • Photocopies
- Postage Stamps
- FREE Blood Pressure Checks
- 10% Seniors Discount Everyday
- Compliance Packaging Available
- Locally Owned and Operated

*Your professional pharmacists are
Lorraine & Jackie*



Aldergrove Community League HALL RENTALS

PERFECT FOR YOUR NEXT PARTY OR GATHERING

Aldergrove Community League has:

- Half hall rentals
- Full hall rental with kitchen (200 person maximum capacity)
- Weeknight or weekend rentals available.

Check out our website at
www.aldergroveonline.com
or call Connie at 780-481-1588 for details.



Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free. The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.


Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges. For more information: 311



Edmonton Drillers Youth Soccer Club Indoor 2015 - 2016

Registration for U8 and U10 programs!


Tryouts for U12-U18 tier 1 and 2 teams!

Location: H.E. Beriault/Elmwood Fields - 8125 – 167 Street

Dates: August 24-27 pm, Sat/Sun Aug 29-30 and Aug 31 – Sept 3 pm

Looking for an exciting indoor season of high level soccer?
Wondering where to excel with individual and team soccer skills?
Want a challenging and competitive environment?
Eager to have fun and become the best soccer player you can be?

Our club is committed to developing our players and supporting them in the FUNdamentals of SOCCER!



*****Watch our website for details regarding times and tryout schedule: www.edmdrillers.com**

or

To register or for more information
Contact the club registrar at edmdrillersreg@shaw.ca

La Perle News

La Perle Community Hall Rental Information

18611 97A Avenue Phone: 780 486-4426 Email: laperle@laperle-community.ca
www.laperle-community.ca

Seating for 150 people Wheel Chair Accessible
Full Kitchen (Fridge, Stove, Microwave and ample counter space)
Lockable Bar Area – Freezer, Stand up cooler and Coffee maker
Tables & Chairs (31 Rectangle tables 6' x 2.5', 12 Round tables 8'), new folding chairs
Outside Patio, Playground, skating rinks, baseball diamonds, soccer fields and basketball nets
Pre-paid cleaning service available for a fee (\$175.00) and availability
LaPerle Community League provides cleaning products and equipment as needed
Not Provided: Dishes, cooking utensils, Linens, Decorations, Sound System, Projector or Screen

THE USE OF GLITTER/SPARKLES/CONFETTI OR OPEN FLAME CANDLES ARE NOT PERMITTED IN THE HALL

- All renters need to be over the age of 25, and provide Gov't Issued ID and valid credit card as well as a current Community Membership from within the City of Edmonton
- All rentals subject to a CASHABLE \$550.00 Damage Deposit with the exception of the Skate Shack \$200.00
- To secure a rental the Damage Deposit must be received at time of booking (cash/cheque only). All cheques will be cashed at that time.
- In order to serve alcohol during an event at La Perle Community League Hall you will need
 - 1) A valid liquor license and
 - 2) Third party liability insurance that names La Perle Community League as an "additionally Insured" party in the amount of \$2 million. Proof of above must be shown prior to rental and obtaining keys.

To receive La Perle Member prices you must hold both a 2014 - 2015 and 2013- 2014 Membership

ALL RENTAL PAPERWORK MUST BE IN THE SAME PERSON'S NAME.

WEEKEND DAY RATES:

9:00 am – 1:00 am FRIDAY / SATURDAY / SUNDAY

Main Hall / Kitchen / Bar Area /

La Perle Community Members \$350.00 / day Other Community Members \$450.00 / day

To set up the evening before please add \$50.00 (based on availability)

WEEKEND / WEDDING PACKAGES

From Friday 3:00 pm to Sunday 12:00 Noon

La Perle Members \$550.00 Other Community Members \$750.00

Mandatory Third Party Liability Insurance Required

WEEK DAY / NIGHT RENTAL (3 hour minimum)

MON – THURS La Perle Member Rate \$40.00/hour Other Community Members \$50.00/hour

FRI / SAT / SUN La Perle Member rate: 50.00/hour Other Community Members \$65.00/hour

Please contact us to inquire about Special Pricing for regular user groups

NO SPORTING ACTIVITIES ARE ALLOWED IN THE HALL (EG SPORT BALL/ FLOOR HOCKEY ETC)

SKATE SHACK (Can also be used as a meeting room)

(Washrooms, fountain)

La Perle Members: \$15.00 / hour Other Community Members: \$25.00 / hour

Damage Deposit \$200.00

La Perle Community League reserves the right to rent only to those that meet or exceed the rental requirements. The

La Perle Community League also reserves the right to cancel any function that is deemed inappropriate or harmful to community members and does not meet all contractual obligations.

*Rates are subject to change without notice.

La Perle Community League Executive 2015 - 2016		
18611 97A Ave Edmonton AB T5T 4C1		780 486-4426
Email: laperle@laperle-community.ca	Fax	780 481-1726
Website: www.laperle-community.ca		
FACILITY MANAGER:		
Office Hours: Mon/Thurs/Fri 8:45 – 11:30 AM	Cathy Johannesson	780 486-4426
Sign Update	Francois Tousignant	780 486-4426
Hall Custodian	Ragini Seemrith	780 486-4426
EXECUTIVE:		
President	Trevor Elliott	780 909-3477
Vice President	Denis Ricard	780 489-4485
Treasurer	Ken Grovet	780 483-1293
Secretary	Christine Bergstrom	780 752-9050
COMMITTEES:		
Casino Director	Barb Brazel	780 489-1766
Communications Director	VACANT	
Crime Prevention Director	Ken Kirsch	780 263-5103
Events Director	Sujitha Sugunan	780 484-6993
Membership Director	Jill Tomlinson	780 489-9965
Naturescape Director	Melissa Urusky	780 484-4171
Social Director	Krystina Hick	587-521-8467
Website Director	Andre Blanchard	780 486-4426
Soccer Coordinator		
Email: laperle@laperle-community.ca	Hall Cathy Johannesson	780 486-4426 780 486-9505
Community Recreation Coordinator	Una Bryce	780 944-7593
La Perle Community Playschool (located in La Perle Elementary School) Room 14, 18715 97A Avenue www.laperleplayschool.com		1 866 927 6020



**MARK YOUR CALENDARS FOR SEPTEMBER 19, 2015
FOR COMMUNITY LEAGUE DAY AT LA PERLE!**

**MEMBERSHIP SALES
BIG BIN EVENT & ECO TRUCK
FIREWORKS
AND MUCH MUCH MORE!!!!!!
WATCH OUR WEBSITE FOR UPDATES!**

La Perle Community League Casino

November 19 & 20, 2015

Volunteers Needed

Save the Dates and call or email Barb

To volunteer or for more info

(780) 489-1766 tyelsi@telus.net



**CASINO FUNDS HELP TO KEEP OUR HALL RUNNING,
PROVIDES PROGRAMS AND COMMUNITY EVENTS!
PLEASE CONSIDER VOLUNTEERING!**

REAL ESTATE LAW REAL ESTATE LAW REAL ESTATE LAW REAL ESTATE LAW

PETER B. MASON B.COMM., MBA, LL.B.

HERITAGE LAW OFFICES

REAL ESTATE LAW

CELL: 780-908-6721

P.MASON@HERITAGELAW.COM
2841 109 STREET NORTHWEST #108,
EDMONTON, AB T6J 6B7

**HERITAGE
LAW OFFICES**

REAL ESTATE LAW REAL ESTATE LAW REAL ESTATE LAW REAL ESTATE LAW

Karate at La Perle Community League

The Ohtsuka Amateur Karate Foundation (AKF) is pleased to announce the continuation of a Karate dojo at the La Perle Community League.

The AKF is a non-profit provincial organization that has been providing karate instruction in Alberta for over 30 years. Challenge yourself with this wonderful opportunity to have fun while developing a strong body and mind. Learn valuable skills in personal safety and self-defense. Become stronger, faster and fitter while learning karate techniques.

Instruction will be available for "Little Dragons" (age 5-7), Children (age 8-11), Youth (Age 12-15), and Adults (age 15+ with no upper age limit).

Registration and Classes start on Wednesday, September 9th, 2015 and classes will run on Mondays and Wednesdays from September to December 16, 2015. Classes will resume January to April 2016.

For further information about class times, fees, and pre-registration, please contact: Sensei Edna or Don Chan at egchan@shaw.ca or 780-481-3153.

Please visit our organization website at www.akfkarate.com for more detailed information about our organization and affiliate clubs.



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Insure your  + 
and **SAVE**

Call Allstate First

Candace Stang
Edmonton West Agency
2504 Guardian Rd. NW
The Grange
Edmonton, AB
780-444-6226 ext. 5018



*Terms and conditions apply.

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005E-03/10

2015 – 2016 Dr. Manji Scholarship

Dr. Noor-Allah Manji from Today's Dental sponsors a \$500 Scholarship to a student in La Perle Community League towards their higher education. This Scholarship is a VERY GENEROUS way that Dr. Manji promotes post-secondary education to our youth.

The following criteria will apply for applicants:

- The student should be currently enrolled in a post secondary institution such as University of Alberta, NAIT, Grant MacEwan University or Concordia.
- The student must submit his or her Official grade 12 transcripts.
- Students must have parents living in the La Perle Community and be a member in good standing for at least one year of the La Perle Community League.
- The student must show how they are or have been involved in some form of community service.

Deadline for scholarship application: October 31, 2015.

Send your applications in writing to:

La Perle Community League (Scholarship Committee)
18611 97A Avenue
Edmonton, Alberta
T5T 4C1

Applications can also be dropped off in the secure mailbox located at the front of the hall.

Should you require any additional information please call 780 486-4426.



WWW.ABCHEADSTART.ORG

780-461-5353

September 2015

EARLY LEARNING SPACES AVAILABLE

OPENING DOORS FOR CHILDREN AND FAMILIES

FOR 30 YEARS!

- 4 HALF DAY PROGRAM / WEEK (TUESDAY-FRIDAY)
- LEARN THROUGH PLAY CLASSROOM EXPERIENCE
- FREE BUSSING FOR QUALIFYING FAMILIES
- NUTRITIONAL SNACKS
- FAMILY & COMMUNITY SUPPORTS FOR FAMILIES OF LOW INCOME
- PROGRAM SITES ACROSS THE CITY

CONTACT US TO LEARN ABOUT OUR PROGRAM TODAY!

Are you a fair-weather scooper?

We all know we should pick up our dog's poop, but it's very easy to forget a bag or look the other way especially when no one else is around.

Don't be that kind of dog owner. Make a point of scooping your dog's poop every single time they go on public property. Carry a few bags with you so you're always prepared to pick up after your dog. It's also important to regularly clean up pet waste on your own property.

Neglecting to pick up after your dog could mean that someone else picks it up ... on their shoes. Far more seriously, it could expose people and other pets to bacteria, viruses and parasites in your pet's waste. You could also end up with a \$100 fine.

There's no denying that scooping up poop is an unpleasant job, but it's a responsibility that comes with owning your dog and a small price to pay for the joys of owning a furry friend.

CRACKMASTERS
Auto Glass & Truck Accessory Specialists

We repair long windshield cracks.

Cracks up to 20 inches long.
Some exceptions may apply.
Chip or crack repair, windshield replacement.

CRACKMASTERS - Locally Owned & Operated

(780)488-2255 17544 105 Avenue NW Edmonton

WindshieldEdmonton@gmail.com www.WindshieldEdmonton.com



Phil at Crackmasters

ATTENTION LA PERLE DOG OWNERS!

PLEASE BE AWARE THAT THE LA PERLE FIELDS AND RINKS ARE NOT TO BE USED AS AN OFF-LEASH AREA.

WE HAVE RECENTLY HAD THREE INCIDENCES OF DOG BITES FROM PEOPLE HAVING THEIR DOGS OFF LEASH. PLEASE, IF YOU WANT TO RUN YOUR DOG OFF LEASH, TAKE IT TO ONE OF THE CITY'S OFF LEASH AREAS.

CALL 311 FOR INFO.

PLEASE BE RESPONSIBLE AND KEEP YOUR FURRY PET ON A LEASH WHERE NO ONE WILL GET HURT.

Bylaw 13145 (2003) - What It Might Cost You If You Don't Comply

Non-compliance Issue	Fine
No licence	\$250
Failure to scoop	\$100
Dog bite causing injury	\$500-\$2500
Dog attack, no injury	\$100
Dog not under control	\$100
Dog on posted parkland, school ground, playground, picnic site, golf course, roadway and flower beds	\$100
Dog off leash in a non-designated area (including paved trails)	\$100
Failure to display dog licence tag	\$100
Failure to carry a leash	\$100
Failure to control or leash a dog	\$100

SATURDAY, SEPT 12 2015

VEHICLE
REGISTRATION:
9:00-10:00 AM
(coffee & donuts for
registrants)

SHOW:
10:00 AM - 2:00 PM
(weather permitting)

AWARD
PRESENTATION:
1:30 PM

Questions? Contact Laura at
laura@beulah.ca or ext. 332

WEST CAMPUS
17504 98A Avenue
Edmonton, AB T5T 5T8
780-486-4010
www.beulah.ca/west

Beulah
ALLIANCE CHURCH

FREE ADMISSION

LePerle Community Playschool

18715 - 97A Ave
Afternoon Spots still available for the 2015-2016 school year
Waitlist maintained for Morning Program Spots

3 Year Program: Tuesdays & Thursdays
9:00-11:00am OR 1:00-3:00pm

*child must be toilet trained

*offers a staggered start for children who turn 3 from October-December 2014

4 Year Program: Monday/Wednesday/Friday
9:00-11:15am OR 12:45-3:00pm

Our Teachers have a combined 25 years of experience at this playschool!

LaPerle Community Playschool offers:

Affordable fees

Parent Helper days

Many Themes throughout school year which offers variety to the classroom

Field Trips for 4 year old classes

Crafts to facilitate fine motor, visual perception and sensory skills

Free Play to facilitate social skills

Circle Time to facilitate attention

Gym Time to facilitate gross motor skills

For more Information please contact our Registrar at 1-866-927-6020

www.laperleplayschool.com

Soccer News! Indoor Soccer Registration

Online ONLY

Registration 2015 Indoor Season
EMSA West is now accepting
Online Registration for the 2015
Indoor Soccer Season.

There will be NO central Registration. Starts June 15th – September 12th, 2015. Late fee will apply after this date.

–Payment Accepted online: Visa, Master Card, all other forms of payment will need to be brought into their office. Note: Kidssport/Jumpstart applications, please contact their office. 780 451-6453

Please visit EMSA West soccer website for further details.

www.emsawest.com

*** MUST purchase your new 2015 - 2016 Community League Membership PRIOR to registering. Memberships can be purchased at www.efcl.org or during office hours at La Perle Community League Hall.



17th Annual
Cornfest

**SATURDAY,
SEPTEMBER 12, 12-5PM**

**Raising Funds for the
Edmonton Firefighters
Burn Treatment Society!**

Hot buttered taber corn

Hot dogs & tasty food

Fire truck tours

Live music

Bouncy castles

Face painting

Petting zoo

Pony rides



Edmonton
Examiner



the MarketPlace at
CALLINGWOOD
69 Ave. & 178 St. callingwoodmarketplace.com



Hatha Yoga With Audrey

at La Perle Community League

Classes begin Tuesday, Sept 22 from 6:30-7:30pm for 10 classes

This class will increase flexibility, joint movement; improve stamina and strength with relaxation at the end of each class.

Call Audrey at 780-463-9944 to register.



Ringling endorsement for new 811 Health Link phone number

More Albertans using 811 than old numbers

Just weeks after the launch of Health Link's new 811 phone number, Albertans are grabbing on to the easy to access number and dialling 811 for health information and advice.

Call statistics show just two weeks after the number was announced, 66 per cent of callers were using the new, easy to remember number in place of the old 10 digit numbers.

Health Link is Alberta Health Services' free, 24/7 health information and advice line. This province-wide service helps callers by providing at-home treatment options and information on the most appropriate health care services..

811 replaces the existing local numbers in Calgary and Edmonton as well as the province-wide toll-free number. The old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department.

For more information visit www.MyHealth.Alberta.ca/811.

COME SING WITH US

- Award winning organization
- Professional conductors
- Travel locally, nationally, internationally
- Variety of musical styles

Junior Choirs - Ages 6-12

Boys' & Girls' Choirs - Ages 11-15

Youth Choir - Ages 15-24

REGISTER NOW FOR NEXT SEASON

Contact us for more information about our choir programs

info@EdmontonYouthChoir.ca | www.EYCC.ab.ca

780-994-6539

EDMONTON
Youth and Children's Choirs



THE BENEFITS OF PURCHASING A LA PERLE COMMUNITY MEMBERSHIP

MEMBERSHIPS ARE VALID FROM SEPTEMBER 1ST – AUGUST 31ST OF THE NEXT YEAR

- Free Swimming at Jasper Place Pool on Sunday’s from 4-6 PM September – June Remember to bring your membership card with you as they now scan the back of your card
- Free skating at Callingwood Recreation Centre. Call 311 for dates and times.
- Free skating at any community outdoor rinks in the Edmonton Area (Green Skate tags required)
- Allows you to register for Indoor and Outdoor Soccer, Basketball and La Perle Playschool
- Allows you to have a vote at our Town Hall Meetings
- Reduced rates on La Perle Hall rentals (must have held a membership from the previous year as well)
- Reduced rates on La Perle Sponsored Community League events / classes
- Green Shack at the La Perle Playground during the months of July and August – a joint venture with the City of Edmonton
- Yearly Community League Day (September) Big Bin Event, Fireworks presentation and more! Mark your calendar for September 19, 2015 for this year’s event!
- February Outdoor Family Event!
- Movie Night in the Spring
- Reduced rates for Community run programs
- Access to the Community League Wellness Program, which provides admission discounts to City-operated Sport and Recreation Facilities. Show your league membership card at any one of the City of Edmonton's Sports and Fitness Facilities and you can get 10% off adult or a family annual pass, Continuous monthly Pass or Multi-Admission Passes
- All Community Events require volunteers. Please contact the office if interested

2015 – 2016 MEMBERSHIPS ARE NOW ON SALE!
 FAMILY \$35.00 SINGLE / SENIOR \$20.00
 DROP INTO THE HALL DURING OFFICE HOURS
 (MON/THURS/FRI MORNINGS)
 OR CONTACT JILL TOMLINSON @ 780 489-9965
 CASH OR CHEQUE ONLY

PLEASE NOTE THAT WEST EDMONTON MALL PASSES ARE NOT AVAILABLE THIS YEAR.

Fact
 Did you know that there are over 2500 households in the La Perle Neighborhood of which over the past few years roughly 270 families and 10 Seniors have purchased a membership from La Perle which amounts to approximately \$9650.00.
 This is your neighborhood... Help us help you!



Community League Memberships

Community Memberships are \$35.00 for a family membership or \$20.00 for a Senior or single membership.

Please make cheques payable to the **La Perle Community League**.

Memberships are valid from September 1st – August 31st of the next year

Drop off this form and payment in the secured mailbox at the front of the hall located at 18611 97A Avenue
 Questions, please contact the Hall ~ 780-486-4426 or our Membership Director, Jill Tomlinson 780-489-9965
 Membership cards and skate tags will be delivered or mailed.

Date _____

Adult #1 _____
 Last Name, First Name

Adult #2 _____
 Last Name, First Name

Address _____

Postal Code _____

Res. Ph _____ Cell: _____

Email _____

Children's Names	Y/M/D	M/F
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Membership Type: Family _____ Single _____ Senior _____

May we contact you if we need volunteers? Yes _____ No _____

May we send you news by email? Yes _____ No _____

For further comments/suggestions, please use an additional piece of paper.

Thank you for supporting YOUR community!



Quality dance instruction since 1957

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President's Message

I hope everyone has enjoyed the warm summer we've had in the Edmonton area and have made it out to some of the many festivals and attractions that have led National Geographic to list our city as a top ten summer destination.

The AGM was held April 28 with special guest City Councillor Andrew Knack. After serving La Perle well as Vice President, Todd Opatril has stepped down to focus on his many other roles. Todd will be missed as VP; however, he will continue to be a leader in our community serving as President of the school council as well as a long-time soccer coach. Stephanie Jones will also be missed as Communications Director as will Events Director Lori Dykhuizen.

At the AGM, approval for a new HVAC system, security camera system, and table and chairs was unanimous. Attending members also unanimously voted to keep the rinks closed for 2015/16 due to escalating costs of rink maintenance and lack of individuals to maintain and manage the rinks. The rinks have been an asset to the La Perle community for years; however, we need folks to step up and help us with them, otherwise we may have no other option than to close them permanently. We encourage folks to contact us if you are interested in maintaining the rinks.

Unfortunately, the AGM didn't come quick enough as the hot water tank failed two weeks before the meeting, flooding the entire hall. We are now working with the insurance company to complete the repair of damages. A huge thank you to Facility Manager Cathy Johannesson who reacted quickly to this emergency, preventing a catastrophe.


The 2nd Annual KDays car show was a hit with both car owners and enthusiasts alike. We had over 70 vehicles come out to the event, held at La Perle shopping center, and awarded the best vehicles. Watch for the 2016 show to be held July 16 or 17 (based on weather) at the hall. Check out our website for photos and details. www.kdaysccars.com.

Circle September 19 on your calendar for the 2015 Community League Day. Lots of activities planned throughout the day with fireworks at 9pm. Be sure to bring the family out! Watch our website and Facebook page for more details.

We are also looking for individuals to volunteer for our November 19th & 20th casino at Palace Casino. To volunteer, please contact, Barb at 780 489-1766 or by email at tyelsi@telus.net

*Trevor Elliott
President*


HEY LA PERLE!



ZUMBA
kids
AGES 7-11


STARTING SEPTEMBER 15

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3:45-4:30pm
September 15 to
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12 spots
5 weeks - \$40



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Open to men and women ages 16+.

Classes located at La Perle Community League
18611- 97A Ave

Tuesday and Thursday mornings 9:30 – 10:30 and
Thursday evenings from 6:30 -7:30pm.

Contact Leah for questions or to sign up at 780-910-7657

WANT TO GIVE ZUMBA A TRY?
ENJOY A FREE NIGHT OF ZUMBA ON
THURSDAY, SEPTEMBER 3rd FROM
6:00 – 7:30 pm

This class is free, however, we are asking for a donation in the amount of your choice to the community league.

Weather permitting the class will be outside in the ice rink. Please bring indoor shoes with non-marking soles in case of bad weather and bring a water bottle!
RSVP to Leah at 780-910-7657

Submit-a-tick

Alberta program checks ticks for Lyme bacteria

As summer gets underway, Albertans are reminded to submit any ticks they find to the Alberta Tick Surveillance Program. The program tests first for the type of tick and then, if necessary, for the bacteria that can cause Lyme disease in humans. Lyme disease is an illness caused by bacteria that is spread through the bite of a blacklegged deer tick. Lyme disease in humans can have serious symptoms but can be effectively treated with standard antibiotics, especially if diagnosed early. The risk of being bitten by a tick infected with the Lyme bacteria in Alberta is very low. 63 cases of Lyme disease were reported to Alberta Health between 1991 and 2014, and all were acquired while travelling outside the province to areas where Lyme disease is circulating.

How to safely remove a tick

- With tweezers, gently grasp its head and mouth parts as close to your skin as possible.
 - Slowly pull the tick straight out – do not jerk or twist it. Try not to squash it.
 - Save the tick in a clean, empty pill bottle or zip-lock bag. Do not add ventilation. Add a small piece of tissue, lightly moistened with water, to prevent the tick from drying out.
 - Do not apply matches, cigarettes, or petroleum jellies to the tick as these may cause an infected tick to release the bacteria into the wound.
- Remember, to protect yourself from tick bites, cover up as much skin as you can when going into wooded or grassy areas, use bug spray that contains the chemical DEET, and check your pets for ticks after they've been outside.

More information on how to submit a tick to the Tick Surveillance Program is available on the Alberta Health website www.health.alberta.ca/health-info/lyme-disease.html

Window and balcony safety Protecting your children

As summer temperatures rise outside, many parents open their windows or balcony doors to let in fresh air. Unfortunately, along with the fresh air comes a significant risk to children.

For a curious child, an open window or balcony door can pose the risk of a serious fall.

Every year, Alberta Health Services (AHS) EMS responds to multiple calls related to children injured after falling out of windows or off of balconies. In 2014, 20 Albertan children were seen in our Emergency Departments, due to these kinds of falls, and of those 20, 17 were less than seven years of age.

Always take these steps to prevent falls, and keep your children safe this summer season, and year round:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open. to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate the possibility that your child will be able to fit between the vertical bars of a balcony or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Direct supervision of children is always the most effective way to prevent falls.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca to learn more.

Playing outside fuels a child's curiosity

For generations, parents have been telling their children to "go outside and play." It's good advice: playing outside is a big part of healthy childhood development. And it's fun.

"Children are eager to understand how the world works and they do this through play," says Laura Crawford, provincial lead for Play and Physical Literacy for the Early Years at Alberta Health Services. "Outdoor play fuels curiosity, problem solving and social skills."

Young kids, from toddlers to six years old, discover all kinds of new things while they're climbing, swinging, running or riding their bikes. Playing outside helps them develop basic movement skills. And as they master the monkey bars, they're also building self-confidence.

Children need lots of play time. "From ages one to four, children need at least three hours of activity over the course of the day," Crawford says. "Children five and older need at least one hour of moderate to vigorous physical activity every day."

Some of that play can be structured and led by an adult so children can learn how to do a new skill or activity. "Structured activities are things such as going to the park and kicking a ball, throwing a ball, playing soccer or learning to swim or ride a bike."

But it's also important for children to have plenty of unstructured play, such as running around or using their imagination to invent brand new games and activities. Crawford suggests allowing most play to be unstructured.

As a parent, you can watch, wait and listen as your child plays. Watch to see what your child is interested in and what he may be struggling with. Wait to see how you can offer support, but give him time to practise and see if he can figure it out on his own. Finally, listen to him describe his game or suggest how you can play along or help. Follow his lead.

— reprinted from Apple magazine

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