

COMMUNITY LEAGUE NEWS - WEST

Serving the community leagues of Aldergrove and LaPerle.

August/September 2016



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

Benefits of a LaPerle Membership

By purchasing your 2016 – 2017 Community membership and supporting the community in which you live, Your membership which is valid from September 1, 2016 to August 31, 2017 offers you the following:

- NEW! Free Swimming at Jamie Platz Family YMCA, 7121 178 Street on Sunday's from 5 – 7 PM starting in September. Members will need to sign in by showing their current Community League Membership card. You will also have access to the indoor playground Sat and Sun 8 am – 8 pm, Tuesday 6 – 9 PM and Thursday 11:30 – 2:00 pm. (Times subject to change due to construction).

- A \$10.00 Gift Certificate to Famoso Pizza at West Edmonton Mall location Expires

- 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

- Member rates on La Perle Hall rentals (must have held a membership from the previous year as well)

- 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! This year we will celebrate on September 17th! See our website for all the details!!!! As usual we need volunteers to help out at these events. Mark your calendar for September 16, 2017 for next year's event!

- February Outdoor Family Event (based on having a Social or Event Director)

- Bottle Drive / Movie in the Spring ((based on having a Social or Event Director)

- Allows La Perle post secondary students to apply for Today's Dental Scholarship by Oct 31st, 2017

- 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 Open Volunteer Positions: Communications Director / Events Director / Social Director
Classes being offered in the hall this Fall are:
~ Karate (Monday and Wednesday evenings) ages 5 – adult www.akfkarate.com 780 481-3153 egchan@shaw.ca

~ Zumba Fitness Thursday evenings from 6:30 – 7:30) Call Leah 780 910-7657

~ Yoga (Tuesday 6:30 – 7:30) – Call Audrey 780 463-9944

~ CPR courses offered by Life-Rescue (50% C/L member discount) September 11th, October 2nd and November 20th Please contact the office to register. www.Life-Rescue.ca

DO YOU WANT THE RINKS TO REMAIN OPEN????

Consider volunteering on our rink committee, please contact the hall for more information!

1. COMMUNITY OUTDOOR MOVIE NIGHT

SATURDAY, AUGUST 27th

at Aldergrove Community League

2. COMMUNITY LEAGUE DAY BIG BIN & PARTY

SATURDAY, SEPTEMBER 17th

Get all the details inside...

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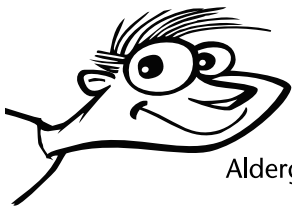
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ALDERGROVE

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 Hawksell
TREASURER	Gary Adams
BLDG. & GRDS.	Aaron Clark
SPORTS	Damigu Djabare
MEMBERSHIP	Brenda Kaczor
PUBLICITY	Laurel Hawksell
CASINO	Nanci Cavill
SOCIAL	Kathy Katzenback
NEIGHBORHOOD 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.

President's Message

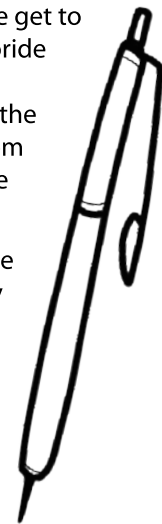
Hope everyone is enjoying their summer!

In May, our community league started a walking group. Anyone is welcome to join, it's free! Join us every Monday at 6:30 outside the front of the community league hall. Our walks have had us exploring our own neighborhood as well as Belmead, LaPerle, Thorncliffe and Callingwood Lynwood. Our walks are really enjoyable! We get to meet new people in our community and learn new things about our neighborhoods. The care and pride Aldergrove residents have in our community is very evident as we walk passed the manicured and landscaped yards. Good things come from our walks together: as a result of the suggestion of one of the members of the walking group, the community league is looking into the possibility of starting a Mom and Tots group at the community league! If you are interested in participating in such a group, please let Connie, our office manager know.

September brings fall and time to renew our community memberships. Again the community league will host our Big Bin Event followed by food, drinks, dance and fireworks. This event is on Community League Day on Saturday, September 17th. Read through this newsletter for details. Hope to see you there!

Our Annual General Meeting will be held in October. The date will be announced soon. Please plan on attending, your input is valuable.

- Kathy Katzenback, Aldergrove Community League President



BIG EVENTS AT ALDERGROVE...

MOVIE NIGHT IN THE PARK

AUGUST 27th

Event start will be posted online at:
www.Aldergroveonline.com
on Facebook:
AldergroveCommunity Edmonton

In the evening, gather with friends and neighbours to enjoy a family friendly movie. Activities held in the park on the North side of the Aldergrove Community League building. Come enjoy a family movie, popcorn, juice boxes and hot dogs!
Sponsored by Boardwalk Properties
and Aldergrove Community League.



BIG BIN EVENT AND DANCE & FIREWORKS!

SEPTEMBER 17

Big Bin: 9 am - 4 pm

With your current Aldergrove Community League Membership you can get rid of your junk! Memberships available for purchase for \$35. during the Big Bin. No Big Bin dumping of commercial waste items or household hazardous waste or fridge/freezers.

Dance/Fireworks: 7 - 11 pm

No need for a community league membership, all Aldergrove residents welcome! Children MUST be supervised. Tickets will be given for one free meal per person (while supplies last). This includes a hotdog, chips and pop. Additional food/drink items can be bought for a small fee.

Aldergrove Community League Board Members reserve the right to ask individuals to leave event. Event details may change without notice.



ALDERGROVE COMMUNITY LEAGUE GOOD THINGS HAPPENING

NORTHWEST BASKETBALL REGISTRATION

September 6th - St. Francis Xavier 6:30-9 pm.

September 7th - Ross Shepard High School 6:30- 9 pm

September 8th - Wellington Community League 6:30- 9 pm.

Registration can also be done online.

BABYSITTING COURSE

October 1st, 8 am - 4 pm

Cost 50.00 Call Connie to register @ 780-481-1588

ZUMBA TUESDAYS, 6:30 - 7:30 pm
Contact Leah at 780-472-6238 to register.

HATHA YOGA with Audrey
STARTS SEPTEMBER 14th & runs WEDNESDAYS, 6:30 - 7:30 pm
Contact Connie at 780-481-1588 to register or for questions.

FREE STYLE YOGA with Krista
THURSDAYS, 6:30 - 7:30 pm
Beginners welcome! Please contact Krista for session details at 780-758-9642.

FREE WALKING GROUP

MONDAYS AT 6:30 pm Meet at Aldergrove Community League for a leisurely walk in our neighbourhood or neighbouring communities. Walk with us for as long as you'd like! Excludes holidays & rain outs. Contact Connie for any questions at 780-481-1588.

FREE SWIMMING

THIS FALL Use your current Community League Membership to go swimming at:

Jamie Platz YMCA

**starting September 4, 2016
from 5-7 pm.**

It will also include the use of a small play area during this time. Bring your current Aldergrove Community League Membership to sign in.



COMMUNITY LEAGUE MEMBERSHIPS

Purchase memberships at Aldergrove Community IDA or at the League office during office hours (see Aldergrove header info). In the winter receive skate tags for community skating. In the fall, winter and spring use it to access the free community swim and in the summer, at outdoor pools at certain times (see above). 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

DAY CARE SPOTS

A great environment for kids! Need a hand? ... Day care spots available: full, part time, casual, drop ins. Call Lori to register 780-481-9153.

CRAFT & GIFT SHOW

November 26th, 10 am - 4 pm

Mark your calendars! The Aldergrove Craft & Gift Show at the Aldergrove Community League hall, will have a wide variety of treats, treasures and gifts!

Table rentals and concession proceeds go to benefit Aldergrove's non-profit Out Of School Care program.

Contact Lori at 780-481-9153 to book a table or for other show inquiries.

PAINT NIGHT

Interested in a Paint Night at Aldergrove Community League in the fall? Let us know ... call Connie at 780-481-1588.

PRIMROSE PARK REDEVELOPMENT

Contact Aaron @ aldergro@telusplanet.net if you would like to be part of the Redevelopment committee.



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ALDERGROVE COMMUNITY LEAGUE INTERESTED IN STARTING A SENIOR'S NIGHT?

Our community league is available on Monday nights.

Board games? Cards? Dancing? Art/Crafts?
Or different things every Monday?

If you would like to spirehead the organisation of an Aldergrove Senior's Night on Monday nights ... call Connie at 780-481-1588.

Back to School Health Checklist

It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead: taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

□ **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.

□ **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.

□ **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.

□ **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>

□ **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>



Emergency
Medical
Services



**Back to
school safety**

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on a cell phone, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the "walk" sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

www.albertahealthservices.ca

Dementia advice available provincially through Health Link

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out daily activities. This number is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

Alberta Health Services provides province-wide, specialized dementia advice through Health Link to help support individuals and caregivers living with dementia, including people with Alzheimer's disease.

By dialing 811 – any time, any day – callers will reach Health Link staff who can assess their needs and provide immediate advice for their health concerns. When needed, callers can also be referred to a specialized dementia nurse for additional support.

Specialized dementia nurses can provide a more in-depth assessment to gain an understanding of each individual situation and provide personalized support and advice, as well as connecting

callers to available community services and supports.

For more information and resources, visit: <http://www.albertahealthservices.ca/scns/Page12938.aspx>



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Current City Surveys

Help the City of Edmonton build an even better city by becoming a member of the Edmonton Insight Community. Complete online surveys on City policies, initiatives and community issues. Open to all Edmontonians, over the age of 15. Registration is quick and easy at www.edmontoninsightcommunity.ca

In addition to the Edmonton Insight Community surveys, the City of Edmonton uses a range of survey tools and approaches to gather input from Edmontonians. To view and complete these surveys as they appear please visit and bookmark: Edmonton.ca/Surveys

- Transit Strategy Exploring Trade-offs Survey
- Property Owner Feedback Survey – Property Taxes
- BREATHE – Open Space Plan Survey
- Mature Neighbourhood Overlay Review Survey
- Traffic Safety Culture Survey

COMMUNITY CONVERSATION with **WARD 1 COUNCILLOR ANDREW KNACK**

**Thursday,
September 22**

6:30-9:00pm
(doors at 6pm)

at

**Winterburn School
(Library)**

9527 Winterburn Road



All Ward 1 residents are invited to attend this Community Conversation where Councillor Knack will provide updates on current issues in your Ward. You will have an opportunity to ask questions and bring up concerns in your communities.

For more information: andrew.knack@edmonton.ca or phone 780-496-8122



Children in Hot Cars

Never leave your children unattended in the heat

It's an act of convenience that can kill. Every summer, EMS and other first response agencies respond to calls, across the province, where children have been left inside vehicles while their parent, or caregiver, “quickly ran inside”.

According to experts, there is no safe amount of time to leave a child unattended in a vehicle in the heat. One study found that in 35°C weather it took just twenty minutes for the interior temperature of a car to rise to 50°C.

Unlike adults, children's bodies aren't adapted to cool them rapidly. As a result, they are more susceptible to heat-related illness and injuries, even death.

It takes only minutes for tragedy to strike but just seconds to prevent it.

- Never leave a child alone in a vehicle, even for just a few minutes.
- Always check the interior of the vehicle before you lock it to ensure you haven't left your child behind.
- Lock your vehicle when it's not in use so children can't get in without you knowing.
- If you see a child left unattended in a vehicle, call 911 immediately and, if possible, get the child out as quickly as you can.

It may seem more convenient to not have to fuss with a car seat or seat belt for a quick stop but a hot car is no place for a child. Save a life, not time.

Edmonton Drillers Youth Soccer Club

Indoor 2016-2017

Registration for Grassroots and U10 programs

Tryouts for U11 – U17 teams



Location: HE/Berriault/Elmwood Fields – 8125-167 street

Tryouts run from August 24th – September 1st, 2016

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See www.edmdrillers.com for full schedule and registration details

Our Club is committed to developing our players and supporting them in the FUNDamentals of Soccer

To register or for more information please contact the club at admin@edmdrillers.com

Interested in the traditional art of Highland Dance?



Accepting registrations for the 2016/17 year!
Offering lessons for ages 4 and up (beginners to adult).
Opportunities include competitions, shows, and choreography.

Contact: ThistleGlenDance@gmail.com

Facebook page: Thistle Glen School of Highland Dance

Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members. Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

- Annual Pass* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
- Multi Admission Pass* - 10% discount on our already discounted multi admission pass (10+ visits)
- Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit www.edmonton.ca/wellness

Walking for Fitness

Warm summer days and evenings make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health. Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.

- Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.
- Wear comfortable footwear that provides protection and supports the foot.
- Try tracking your steps with a phone app or a pedometer.
- Challenge friends and colleagues to join you.
- Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.
- Daily dog walks are also a great way to keep up both you and your four-legged friend healthy.
- Whenever possible, walk to appointments, meetings or to run errands.
- Get to know your neighbourhood by taking a slightly different route each time you walk. You just might find some hidden gems near home.
- Find walks that include hills or stairs to increase your challenge and improve cardiovascular benefits.

Using a few simple tips can help make a daily walk one of the most pleasurable parts of your day.

Parents as Role Models

Parents tend to be the strongest role models in their child's life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind, respectful, and honest. If you choose to model those traits, your child is likely to follow suit.

As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too.

Here are some tips for being a good role model for your child: Communicate - Talk to your child about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.

Provide opportunities - Find opportunities for your child to act as a role model for younger children. Ask if their school has such opportunities or seek them out in your community.

Be aware of other influences - Know your child's friends and their friends' parents. Be aware of what is being modeled in the homes that your child is visiting. Help them try to make sense of the lifestyles they see in advertising and on TV shows.

Learn from mistakes - Everybody makes mistakes; it is part of being human. If you do make a mistake, it is possible to talk to your child about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change.

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Sunbeds and skin cancer

Child getting ready for graduation? Think you need a tan before your vacation? No matter what the motivation now, it's not worth risking skin cancer in the future.

UVR exposure through indoor tanning equipment has been linked to all forms of skin cancer, and the International Agency for Research on Cancer of the World Health Organization has placed UV tanning beds into its highest cancer risk category, "carcinogenic to humans," thereby ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

The risk of getting skin cancer is consistently higher among those who started using sunbeds at an earlier age, and for a longer time. In fact, the use of tanning equipment before the age of 35 increases the risk of melanoma, the deadliest form of skin cancer, by 59%. Unfortunately, many young people are still "fake tanning" anyways.

While many teens are aware of the effects of overexposure to UV rays, they don't see their trip to the tanning salon before graduation or vacation as dangerous. But, every trip adds up—any more than 10 tanning sessions can double the risk of Melanoma, the deadliest skin cancer.

Talk to your kids about skin cancer, and be a healthy example. Here are some facts you can share with your kids:

Tanning beds are NOT a safe way to get your vitamin D. Why increase your risk of skin cancer when taking a vitamin D supplement is safer and cheaper?

Artificial tanning is more dangerous than the sun. Some tanning beds emit 10-15 times more UVA radiation than the midday sun. That means eight minutes in a bed is like 1-2 hours on a beach—without sunscreen.

It has been estimated that an indoor tan offers a sun protection factor (SPF) of only 2-4, while an SPF of 30 is the minimum sunscreen recommended. Plus, a base tan is created only at the expense of further skin damage, some of which will be permanent and additional damage to DNA.

To learn more – including how to talk to your teen - visit <http://www.thebigburn.ca/indoor-tanning-101/>

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SATURDAY, SEPT 17, 2016

VEHICLE REGISTRATION | 9-10 AM (coffee & donuts for registrants) | **SHOW | 10 AM - 2 PM** (weather permitting) | AWARD PRESENTATION: 1:30 PM

FREE admission for the whole family!

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Questions? Contact
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www.laperle-community.ca

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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 2016 – 2017 and 2015 - 2016 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 2016 – 2017		
18611 97A Ave Edmonton AB T5T 4C1	Phone:	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	VACANT	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	VACANT	
Communications Director (NEWSLETTER)	VACANT	
Crime Prevention Director	Ken Kirsch	780 263-5103
Events Director (COMMUNITY LEAGUE DAY)	VACANT	
Membership Director	Barb Brazel	780 489-1766
Naturescape Director (FRONT YARDS IN BLOOM)	VACANT	
Social Director (CLASSES / DANCES IN HALL)	VACANT	
Website Director	Andre Blanchard	780 486-4426
Soccer Coordinator	Hall	780 486-4426
Email: laperle@laperle-community.ca	Cathy Johannesson	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

AS YOU CAN SEE, WE HAVE SEVERAL POSITIONS VACANT –
PLEASE MAKE A DIFFERENCE IN YOUR COMMUNITY ~

Karate at La Perle Community League

*Because
YOU'RE
THE TYPE
TO SAVE A
LIFE....*

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).

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.

Did you know that every 60 seconds someone in Canada needs blood?

Canadian Blood Services needs to recruit approximately 14,000 NEW donors each year in Alberta to continue to meet hospital needs in the province.

*2016 Clinics at La Perle Community League
All clinics run from 9:00 am – 1:00 pm*

*Saturday, October 29th
Saturday, December 31st*

*Call 1 888 2 DONATE (1 888 236-6283)
TO BOOK AN APPOINTMENT OR VISIT
www.blood.ca
Walk in's are welcome.*



Community League Memberships

Community Memberships are \$35.00 for a family membership or \$20.00 for a Senior or single ADULT 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 office ~ 780-486-4426 or our Membership Director, Barb Brazel 780-489-1766

Membership cards and skate tags will be delivered or mailed.

DATE: _____

Adult #1: _____

Adult #2: _____

Address: _____

Postal Code: _____

Phone: _____

Email: _____

Childrens Names: DOB M/F

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

Membership Type: Family _____ Senior _____ Adult Single _____ Skate Tags? _____

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

Would you like to receive news from your League via email? Yes _____ No _____

What are your families interests? (eg. Soccer, Swimming, Playschool, Skating, Fitness) If our rinks were to open this season would you use them?

Please feel free to comment below:

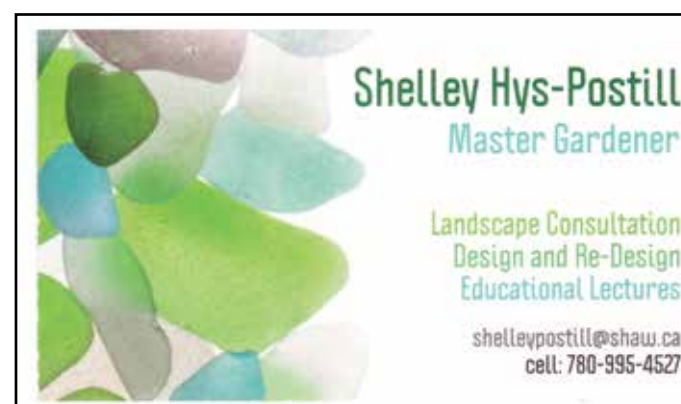
Residents of La Perle can help support their community league by getting a **free, no obligation home or auto insurance quote with Kim Van Huuksloot from All State insurance** and All State will donate \$25.00 directly to the La Perle Community League. Simply mention our community league when you call.

Please contact Kim Van Huuksloot at 780-467-6149 ext 5015
or email at kvanhuuksloot@allstate.ca



Free Swimming for Community League Members!

Purchase your New 2016 – 2017 La Perle Community Family Membership and enjoy Free Swimming at Jamie Platz Family YMCA every Sunday from 5 – 7 PM starting in September! Members will need to sign in by showing their current Community League Membership card. You will also have access to the Indoor Playground on Saturday and Sunday from 8 AM – 8 PM, Tuesdays from 6 – 9 PM and Thursdays from 11:30 – 2:00 PM





Indoor Soccer Registration

Online ONLY www.emsawest.com

Purchase a new 2016 – 2017 membership prior to registering
Everyone is required to register online at www.emsawest.com
Registration will open **July 22, 2016**, EMSA West will close online payment and registration **August 31st/16**. Registration will be closed until Sept. 12 for team formation by the Age Directors. Late registration will open to fill spots on teams on Sept. 12th, 2016 (late fee will apply)
–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 www.emsawest.com soccer website for further details.

**** NOTE All players must have a current 2016 Community Family Membership that corresponds with the season they are playing in as per EMSAmain. Purchase FAMILY Membership PRIOR to registering. Memberships can be purchased at www.efcl.org or during office hours at La Perle Community League Hall or call Barb @ 780 489-1766*

2016 -2017 Community Indoor Soccer Season
Start Date Saturday, October 15, 2016

AGE GROUP	BIRTH YEAR And Cost	GAMES PLAYED TENTATIVE DAYS OF PLAY	MINUTES BY HALF	PRACTICE
U4 MIXED Age Specific	2013 \$110.00	Sunday mornings Tentative start time: 9, 10, 11am St. FX 163 ST & 94Ave	25 minute practice 2 x 15 min. mini game	No practice Day
U5 & U6 Mixed;	2011 –2012 \$200.00	Saturday West Soccer Center	20 min. practice; 2 x 15 min game	No practice Day
U8 Boys/Girls/Mixed	2009 –2010 \$200.00	Saturday West Soccer Center	20 min. practice; 2 x 15 min game	Depends on Coach
U10 Boys / Girls	2007 –2008 \$260.00	Saturday Various Soccer Centers	2 x 25 min game	Practice 1 weeknight, location and time to be issued Oct 15 th .
U12 Boys / Girls	2005 –2006 \$270.00	Saturday Various Soccer Centers	2 x 25 min game	Practice 1 weeknight, location and time to be issued Oct 15 th .
U14 Boys / Girls	2003 –2004 \$290.00	Sunday Various Soccer Centers	2 x 25 min game	Practice 1 weeknight, location and time to be issued Oct 15 th .
U16 Boys / Girls	2001 –2002 \$290.00	Sunday Various Soccer Centers	2 x 25 min game	Practice 1 weeknight, location and time to be issued Oct 15 th .
U18 Boys / Girls	1999 –2000 \$300.00	Sunday Various Soccer Centers	2 x 25 min game	Practice 1 weeknight, location and time to be issued Oct 15 th .

All U16 & U18 players need a player card. Check out calendar for carding dates.

**Thank You To Our Volunteer Coaches, Assistants
And Managers**

La Perle Outdoor Soccer
I would personally like to take the time to Thank the following individuals for Stepping up and Coaching, Assistant Coaching and Managing our SIX Outdoor Teams this year!

Without you – we would not have the teams!
U5 Mixed: Brad Berube, Dan Chernyk & Erin Umrysh
U6 Mixed: Eric Brindis-Reyes, Melissa Daigle & Kori Parke
U8 Girls: Brad Berube, Linda Blanchard, Ashley Monea & Tiffany Martin
U12 Girls: Todd Opatril, Ryan Gallinger & Daunine Pardely
U10 Boys: David Mackintosh, Bobbi Menard & Angela Skelly
U14 Girls: Todd Opatril, Mark Plumb, Ryan Gallinger and Shona Nelson

I would also like to thank Tim Horton’s for sponsoring our U5 and U6 Teams
And Kidsport for providing Financial Support for those in *need*.

Hope you had a great season!

Congratulations are also in order for
U12 G Revengers for making it to City Playoffs And U14 G Firebullets who won Silver at Inter-Cities
in Calgary

~ Cathy Johannesson

ZUMBA at La Perle

ZUMBA® and PARTY YOURSELF INTO SHAPE WITH LEAH AND TERESA!
This Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party is the most fun you can have exercising. Come join the party!
Open to men and women ages 16+.

Classes located at La Perle Community League 18611- 97A Ave
Thursday evenings from 6:30 -7:30pm.
Contact Leah for questions or to sign up at 780-910-7657
Classes begin on September 8, 2017

Hatha Yoga With Audrey

At La Perle Community League
Are you looking for away to become more flexible, more relaxed and improve stamina and strength? If so, join this yoga class with Audrey.

Classes are Tuesdays, from 6:30-7:30pm for 10 classes beginning Sept 13 - Oct 11 - for 5 classes, No classes Oct 18 & 25, Nov 1 - Nov 29 - for 5 classes

Call Audrey at 780-463-9944 to register. Note: Returning class members almost fill the class each session. Please call early if you wish to reserve a place.

Life-Rescue is an Edmonton based medical training company, owned and operated by active Medical First Responders. We ourselves are residents of the community, and being so we would like to offer all La Perle Community League Members 50% off of our CPR and AED training courses.

The importance of being trained in CPR and AED usage
• 5% survival rate - If someone is having a heart attack and is not given correct medical attention.
• 80% survival rate – If an AED is used correctly within 1 minute of the heart attack.
• 10% decrease is survival rate per minute medical attention is not given – The importance of correct medical training is essential to maximize a patient’s survival rate

Who should consider taking a CPR/AED course?
• Parents with children
• Adults whose parents are now seniors, and may be living with them
• Anyone considering a career in front-line services (Police, Fire, Military or EMS)
• Anyone who is responsible for others – Ex. Babysitter, Coach of a Team, etc
• Anyone who wants to learn what to do if there is a medical emergency

What we offer
• “Heart & Stroke Foundation HeartSaver (C)”. This course includes:
o CPR for adults, children and infants
o 1 and 2 rescuer CPR
o AED training
o Choking in adults, children and infants
o How to use basic airway devices – pocket mask and the Bag-Valve mask
• Red Cross Standard First Aid, Emergency First Aid and CPR/AED (C)
o Same content as Heart & Stroke HeartSaver (C)
o Also includes wound care, spinal care, bone/joint injuries and environmental emergencies

Upcoming courses
• September 11th
• October 2nd
• November 20th
• Additional course can be planned at any time, based on demand

Please contact Cathy @ La Perle Community League 780-486-4426 or Jesse Bowdige (contact information below) for inquiries or to enroll
Jesse Bowdige, BBA
Life-Rescue - Operating Partner
Website: www.Life-Rescue.ca
JBowdige@Life-Rescue.ca
(780) 965-2351



**MARK YOUR CALENDARS FOR SEPTEMBER 17, 2016
FOR COMMUNITY LEAGUE DAY AT LA PERLE!**

**MEMBERSHIP SALES
BIG BIN EVENT & ECO BIN
DRUMMERS**

**AND MUCH MUCH MORE!!!!!!
WATCH OUR WEBSITE FOR UPDATES!**



Did you know?

LaPerle Community Playschool is now accepting registrations for the 2016-2017 school year. Our 3-Year-Old Program runs Tuesdays and Thursdays (9am-11am or 1pm-3pm) and our 4-Year-Old Program runs Mondays, Wednesdays, and Fridays (9am-11:15am or 12:45pm-3pm)

Please spread the word! Check our website or contact our Registrar for further details:
laperleplayschool.com
Phone: 1-866-927-6020

Highlights of the Program include:

- “Learn Through Play” philosophy
- Kindergarten readiness skill development
- A non-profit parent-cooperative, allowing each family to play a crucial role in their child’s education
- Fun, developmentally appropriate themes to enhance learning
- Child-centered, holistic approach to management, teaching, and learning
- Over 35 years combined teacher experience
- Subsidy is available for eligible families

After contacting our Registrar, you may attend our Registration Night at LaPerle Community Hall:

Tuesday, August 23

3-Year-Old Program registration starts at 6:00pm

4-Year-Old Program registration starts at 7:15pm

2016 Today’s Dental 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, 2016.**

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.

Be Super Duper And Volunteer!

Volunteer Positions Available on the Community League Board

La Perle Community League is currently seeking individuals to fill the following positions:

Communications Director:

Responsibilities Include:

- Is responsible for the publication of the newsletter and participates in collecting articles for the newsletter and sending items to the Publisher;
 - Oversees the delivery of the newsletter via Canada Post
 - Arranges for publicity via the newsletter & social media for league events;
 - Prepares an annual budget for publicity and submits it to the Treasurer;
 - Reviews and prepares policy and procedures with respect to publicity;
 - Reports monthly to the Board of Directors.
- If you have a “flare” for advertising and Social Media this position could be for you!

Social Director:

Responsibilities include:

- Is responsible for all matters pertaining to social activities of the League, including dances, social nights, etc.;
- Prepares an annual budget for social activities and submits it to the Treasurer;
- Reviews and prepares policy and procedures with respect to social activities; and
- Reports monthly to the Board of Directors

Events Director:

Responsibilities include:

- Is responsible for all events, including talent competitions, Community League Day, Winter Festival, etc.;
- Prepares an annual budget for programs and submits it to the Treasurer;
- Reviews and prepares policy and procedures with respect to programs; and
- Reports monthly to the Board of Directors.

Naturescape Director:

Responsibilities include:

- Is responsible for all matters pertaining to the environment within the community
- Chairs the “Front Yards in Bloom” and “Balconies in Bloom” programs
- Reports monthly to the Board of Directors

Rink Committee: Is currently accepting volunteers to be a part of this rink revitalization. Without a committee the rinks will remain closed. Please contact the hall if you are interested.

Having people VOLUNTEER for Positions and events is the only way that the League can continue to offer events/socials/February Family Frolic and Community League Day activities. If you want to see change – volunteer and be a part of the solution. Please contact the La Perle office at 780 486-4426 for more information!

President's Message

Welcome back! I hope you all have had a great summer! We had some great weather and a lot of exciting event in Edmonton and within our own community!

La Perle held its 3rd Annual KDays Classic Car Show & Shine on July 24th. We moved this event to the hall this year and had a good turnout with great weather. Thank you to all the local owners who brought their vehicles out as well. Thanks also to Competition Insurance who sponsored the event, and to all the volunteers who made this event happen! Photos from this year’s event will be posted at www.kdaysccars.com. The 2nd annual event is scheduled for Saturday, July 22nd, 2017! If you would like to help with the 2017 planning committee, please contact Trevor Elliott at (780)964-9963.

Capping off the summer festivities, Community League Day is back Saturday, September 17th! We will once again be hosting the Big Bin / Eco Bin Event (purchase of your 2016 membership is required) and Weinerama will be back by popular demand! Bring out your small breed dogs for play time between 11am and 2pm and have them participate in events like bobbing for hot dogs, musical mats, and a costume contest. All funds from this event go to Heart Prints dog rescue society so they can save more lives. Don’t miss the popular Japanese drummers! We will also be running a BBQ to support our La Perle programs. \$5 for a burger, chips, and a cold drink! Fireworks will go at 9pm. The day is sure to be fun for the whole family!

The Rink Committee is in full force and needs your help! If the rinks are important to you, please join the committee. The rinks will not operate without your help.

Be sure to connect to our Facebook page (facebook.com/groups/488421251291111) for all the most current news happening in our community! I look forward to seeing you all on September 17th!

Trevor Elliott

President – La Perle Community

WE'VE MOVED!

The new address for the office of MLA Jon Carson is 17010- 103 Avenue Suite 235. Edmonton. T5S 1K7

Please join us for a chocolate and cheese fondue party for our Grand Opening on Tuesday, September 13th from 4pm-7pm.

We will be serving delicious refreshments and will have a special guest and entertainment.

We look forward to seeing you!

Jon Carson
MLA, Edmonton-Meadowlark

