

COMMUNITY LEAGUE NEWS - WEST

Serving the community leagues of Aldergrove, Callingwood/Lymburn & LaPerle.



Dec 2016/Jan 2017

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EFCL Notification on “Limits to How Narrow Lots Can Be Used”

There is some good news for leagues and citizens who have been concerned about the subdivision of RF1 house lots into lots narrower than 7.6 m – the minimum width specified in the Edmonton Zoning Bylaw.

On October 11, Council’s Urban Planning Committee (Henderson, Knack, Loken and Nickel) passed the following motion: That Administration prepare bylaw amendments to Zoning Bylaw 12800 instructing the Development Authority that it must refuse any application for a Development Permit for Single Detached Housing on a lot smaller than 7.6 m in width, measured by rounding to the nearest decimeter. These amendments shall apply to all lots subdivided after April 13, 2015 (the date when Council approved the subdivision of RF1 lots).

However, city Administration (planners) are recommending to Council that they NOT implement this motion.

Council needs to hear from you. Let Council know whether or not you support the Urban Planning Committee’s motion. The Urban Planning Committee will consider Administration’s recommendations on January 18, 2017 (tentative date).

Administration’s DRAFT report outlines 3 options to consider:

1. There shall be no variance from the minimum Site Width, measured by rounding to the nearest decimeter, for Single Detached Housing in the RF1 Zone for all Sites which received subdivision approval after April 13, 2015.

2. There shall be no variance from the minimum Site Width, measured by rounding to the nearest decimeter, for Single Detached Housing in the RF1 Zone for all Sites which received subdivision approval after (insert date of passage of the bylaw passing this amendment).

3. No change – continue to allow the development authority to decide on a Development Permit application on lots less than 7.6 m wide. Administration provides a number of arguments for the status quo:

There are 3,019 RF1 lots that are just under 15.2 m wide and could reasonably be subdivided into two lots just under 7.6 m wide. To deny a development application would create a needless hardship, thus the Subdivision Appeal Board will approve these applications even if the Development Authority does not.

Do you believe denying a development application for a lot just under 7.6 m creates a hardship? Would Council’s amendment limiting the powers of the Development Authority not also send a message to the Appeal Board that the democratically created Zoning Bylaw should be upheld?

Five RF1 sites have been approved for lots less than 7.6 m wide; these are intended for Single Detached Housing, and only one has a development permit.

If the Subdivision and Development Appeal Board denies a development permit for the remaining 4 Sites, administration feels that the land will be sterilized for residential development.

Do you believe that the land will be sterilized – meaning no housing development can be built on this site(s)? Could the subdivided land not be re-consolidated? Or could the subdivided land be used for semi-detached housing (s/s duplex)? Or could it not be rezoned to RF2, a single detached housing zone which would have no limits to variance powers of the development authority? This begs the question: Should there be no variance from the minimum site Width for Single Detached Housing in all zones, as designated in the motion by Council’s Urban Planning Committee?

The Federation has only recently received the draft report of Administration and has not yet decided how to respond. Any feedback you can provide would be appreciated.

When you do send your comments to City Council please cc Bev.Zubot@efcl.org.

Aldergrove Community League

*Happy Holidays,
Merry Christmas & Happy New Year!*

Mark Your Calendars!

FAMILY DAY FESTIVITIES

February 20, 2017

10 am - 4 pm

Sleigh rides, tobogganning, snow shoes, hot dogs, roasting marshmallows on the fire pit, hot chocolate and a family friendly movie inside.

Enjoy family day with us!

NOTE: Children must be supervised.
Event subject to change



TODAY'S DENTAL

A REASON TO SMILE ... TODAY AND EVERYDAY



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Dr. Christina Matrangolo, B.MedSc, DDS

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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 Hawkswell
TREASURER	Gary Adams
BLDG. & GRDS.	Aaron Clark
SPORTS	Damigu Djabare
MEMBERSHIP	Brenda Kaczor
PUBLICITY	Laurel Hawkswell
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.

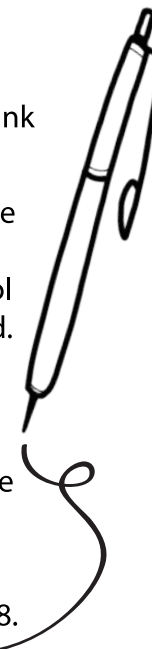
President's Message

On behalf of the executive Merry Christmas and Happy New Year! I would like to thank everyone who has volunteered to help make our community a better place to live.

Several things are happening at the community league! Over the past few months we have been in the process of updating the flooring in the hall. We have also installed a security system at the hall including security cameras. Our not-for-profit out of school care held a very successful craft sale. Thank you to all who volunteered and attended. In January we will hold a workshop to produce a walking map of our neighborhood. This workshop will be held at the hall on January 23rd at 7 pm. Please attend and help us map your favorite walking paths in Aldergrove. A committee has been established to work towards upgrading Primrose Park. please volunteer to help make our park a better place for our children to play.

We have a couple board positions vacant, SOCIAL and NEIGHBOURHOOD WATCH. We would appreciate your involvement. Contact Connie at our office at 780-481-1588.

- Kathy Katzenback,
Aldergrove Community League President



ALDERGROVE COMMUNITY LEAGUE GOOD THINGS HAPPENING

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

HATHA YOGA with Audrey
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.

OUTDOOR SOCCER REGISTRATION

OPENS February 1, 2017 For more information please go to
www.emsaWEST.com

CASINO Our biggest opportunity for raising funds for the
community league is coming in 2017. Please consider volunteering.

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 designated times. 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. *Membership changes may occur

MARK YOUR CALENDARS! FAMILY DAY ACTIVITIES February 20th, 2016, 1- 4 pm.

Sleigh rides, tobogganning,
snow shoes, hotdogs,
marshmallows, fire pit,
hot chocolate, a family
friendly movie!
All Aldergrove Residents
are welcome!
Children must be
actively supervised.

NOTE: Changes to event may occur



FREE SWIMMING

Use a current Community League Membership to go swimming at
Jamie Platz YMCA, Sundays, 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.



SNOW ANGELS

Contact Connie at 780-481-1588

Interested in helping a person in the community who is unable to shovel their walks and driveway due to illness or disability? Become a Snow Angel! Know of someone who is a Snow Angel? Let us know about them ... prizes may be given to Snow Angels such as hockey tickets to the Oil Kings and gift cards from Boston Pizza. Please help us recognize those who help their neighbours.

CONGRATULATIONS TO

Nathan Bowie, recipient of the annual Aldergrove & Sharon Daubert Memorial Scholarship

Each year Aldergrove Community League awards scholarships to two students who reside in Aldergrove boundaries and are pursuing a post secondary education. These students must be 21 years of age or younger. The scholarships are worth \$500. and are awarded in the fall. Find out what other requirements are needed to apply for this scholarship by contacting our office at 780-481-1588.

ALDERGROVE COMMUNITY LEAGUE THINGS OF INTEREST

HALL RENTALS **CONTACT CONNIE for more information at 780-481-1588** **www.aldergroveonline.com**

We have a recently renovated kitchen with new flooring being installed this month! We've painted, put up new sound board coverings. It's the perfect space for your event! We have a meeting room, boardroom, kitchen, half hall rentals, full hall rentals with kitchen (200 person maximum capacity), with week night or weekend times available.

OUT OF SCHOOL CARE SPOTS AVAILABLE

CONTACT LORI for more information at 780-481-9153

Our not-for-profit daycare is a great environment for kids. Need a hand? ... Day care spots available: full time, part time, casual, drop ins.

SENIORS NIGHT? **MONDAY NIGHTS ARE AVAILABLE** **Contact Connie if interested at 780-481-1588**

Interested in starting a Senior's Night at Aldergrove Community League? If you are willing to organise an ongoing activity night, open to any and all senior Aldergrove Community League members, we would love to hear from you! We are happy to supply the hall and support.

PRIMROSE PARK PLAYGROUND REJUVENATION

CONTACT AARON @aldergro@telusplanet.net

Please volunteer some of your time to the Redevelopment Committee to transform Primrose Park Playground into an updated area for the neighbourhood kids to play at. If you have just a little bit of extra time or a lot, Aaron would appreciate the helping hand.

The Happy Camel Inc.
Mediterranean Pita Bakery & Deli
www.happycamel.ca



The Happy Camel is a *one-of-a-kind vegetarian bakery and deli* in West Edmonton.
We specialize in fresh hummus, dips and spreads as well as baked falafel, flatbread and soft fluffy pitas – *all made on site!*

Check our Facebook page for the "12 Days before Christmas" specials.



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introductory classes for
children and adults**

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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.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

Annual Pass – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes (applies to new purchases only).

Continuous Monthly Pass – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

Multi Admission Pass – Community League Members receive a 10% on the City's already discounted multi-admission pass (10+ visits)

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops. For more information, please call 311 or visit www.edmonton.ca/wellness

Lorne Dach, MLA Edmonton-McClung

We want to know what priorities you would like your MLA to focus on in your community. Please contact our office to tell us your thoughts and concerns.

Our constituency office staff are also available to help you with contacting provincial government departments, programs and services. We look forward to talking with you!

Contact Our Office

#301, 6650 - 177 Street
Edmonton, AB T5T 4J5
780.408.1860
edmonton.mcclung@assembly.ab.ca



Ask Charles

My real estate professional told me there is a standard rate of commission in Alberta, is that true?

It depends what they mean by "standard." There is no legislative requirement or governing body that specifies the commission rate an authorized industry professional can or will charge.

The fact is, commission is something you can negotiate with your real estate professional. Some real estate professionals aren't willing to negotiate their commission while others are. That's their right. As a buyer or seller, you have the right to work with someone who charges a commission that you're comfortable with.

Before choosing a real estate professional, you'll likely want to compare the services and fees of a few real estate professionals. These interviews can help you understand the range of commission rates available, and the services provided at the various rates.

Typically, professionals calculate commissions by:

- a percentage of the sale price
- a flat fee or schedule of flat fees

- a fee for service
- a combination including any of these

Goods and Services Tax (GST) applies to real estate fees, as they are a "service." When you're signing an agreement to work with a real estate professional, make sure you understand the commission arrangements. The service agreement you sign is a legal document and it's binding. If you don't understand something in it or you don't agree with something, don't sign. Seek legal advice or find a different real estate professional to work with.

While some businesses or companies may have specific commission structures, extensive changes within the Canadian real estate industry in recent years means there isn't a standard commission rate.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

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Callingwood/Lymburn Community League

18740-72 Avenue Edmonton AB T5T 5E9
Website: www.callingwoodlymburn.com
Email: callingwoodlymburn@hotmail.com

Message from the New Interim CLCL President

I would like to take this opportunity to introduce myself as the new community league interim President. I am excited to work with each of you in making our community programs and events fun and inviting. With the hard work and support of our great board, our outstanding volunteers and our exceptional resources the possibilities for our community are boundless.

As I am new to this role, you may be curious to know a bit about me. My name is Erin Harrigan and I come with extensive experience in leadership positions within our community and school community over the past ten years – I am new to the Board but have been with CLCL for many years as a volunteer, parent of CLCP and a community member. Some of you may already know me as I work many bingos for the past 3 years. I have a good working knowledge of our programs and the mechanisms we can access to achieve our community's goals. On a personal note, I have a wonderful husband and daughter and I value our family time together.

As I became familiar and involved with our community, I have always found the people to be kind and willing to give time to build this amazing community. In the past few months we have had two amazing events at our hall. Our annual Big Bin Event was held in the rain but was a huge success and over 150 families joined us for a movie in the park on Community League Day. Events like this would not be possible without volunteers from our own community.

A big thank you to Ian and Shauna Pretty for the many hours they have devoted to our community as President and Membership Director, respectively. We wish you well in your future endeavors.

Whatever way you choose to celebrate the season ahead, we wish you a blessed one and look forward to greeting you in the new year! Have a wonderful, safe and happy holiday season!

Erin Harrigan

Outdoor Rink Hours

The community outdoor skating rink beside the community hall and behind Lymburn School will be open once the ice is ready. Rink hours for the general public are:

Monday, Tuesday, Thursday, Friday 4:30 pm to 9:00 pm
Wednesday 6:00 pm to 9:00 pm
Saturday noon to 7:00 pm
Sunday noon to 8:00 pm
**Times are subject to change. Consult the CLCL website at www.callingwoodlymburn.com

A valid Community League membership is required. This year's skate tags are OLIVE GREEN. Non member skating is \$2/person.

To purchase a community league membership, contact Jessica at jessicasaesthetics@gmail.com.

Rink rentals are available. Hockey practice ice is available on:

Wednesday 5:00 pm to 6:00 pm
Saturday 11:00 am to noon
Sunday 11:00 am to noon

Private Saturday evening rentals are also available. For more information or to book any ice rentals, contact Lisa at 780-444-0235.



Please note the change in time for our playgroup program Tuesday mornings.....CLCL Playgroup runs Tuesday days 10 am to noon.

Edmonton Neighbourhood Watch



Hello Everyone,

I wanted to share with you a new App that is available but it is in its beginning stages. It seems like it may have some great community applications. The developer described it as a virtual bulletin board that generates based on the user's location, for a set distance (e.g. 2km radius).

Here is their longer description:

Boarder is a free mobile app for people who wants to keep informed in their communities without keep checking different websites, joining Facebook groups or following different twitter account. This is an app that can bring all the relevant information to you wherever you go...Who is that person knocking door to door today?...What are some events happening near me this weekend?...Where is the garage sale I saw on my way home?...When is the next street snow removal schedule?...Why is there a police car parked at end of the block?...How can I share my concerns with my neighbors? Go on Boarder app to find the answer or start the conversation! We believe that by creating a location based information exchange platform, it can empower people to connect, engage, contribute and stay relevant. Boarder is now available for free on both App and Play store by searching "Boarder Edmonton <http://www.boarder.com>

I can see a way that this App could be used to let residents know of a door-to-door campaign, a need for volunteers, as notification of a meeting or event, or to connect residents of the community about issues related to Neighbourhood Watch. For instance, if someone has had their shed broken into, they can post it under the Neighbourhood Watch topic. It would share that notice with others in the area, using the app, who are following the Neighbourhood Watch topic. The developers determine the topics which will include Neighbourhood Watch (so it's not a free-for-all like hashtags). They also mine data from other sources. For example using Kijiji to gather locations of garage sales, etc.

The developers were featured in an article in the Examiner <http://www.edmontonexaminer.com/2016/08/10/u-of-a-grads-launch-virtual-bulletin-board-app-boarder>

If any of you are interested in the idea, download the App and give it a try. You can send your feedback directly to the developer at Hello@boarder.com but free to cc me at sueleighton@hotmail.com. I too would be interested in hearing any feedback or ideas you may have.

Cheers!.....Sue Leighton

Playschool

Callingwood-Lymburn Community Playschool has some openings come January. Two spots are available in our 4-year-old afternoon program and one spot is available in our 3-year-old afternoon class. If you're interested contact our current registrar, Hayley Kemper at 780-237-8392.

Callingwood-Lymburn Community League Membership Benefits

- Free Public Swimming at the Jamie Platz YMCA Sundays 5:00 pm to 7:00 pm

- 25% discount off the rental of the meeting room or hall at the Callingwood Recreation Centre or the community hall

- Free admission to the Jamie Platz YMCA multi-use room for children 5 to 15 years old and toddler area (parental supervision required)

Tuesday: 6:00 pm to 9:00 pm

Thursday: 11:30 am to 2:00 pm

Saturday & Sunday: All day from 7:00 am to 9:00 pm

- 10% discount on annual or multi admission passes at City of Edmonton's Recreation facilities

- Free Playgroup: A parent run program for preschool children (birth to 6 years) on Tuesday from 10:00 am to noon upstairs at the Callingwood Recreation Centre

- Access to programs available at an additional cost: AKF Karate, soccer, and playschool

- Business Discounts:
 - 15% at the Happy Camel
 - 10% off food purchases at Muggn'z
 - 25% off all public courses at University of Alberta Technology Training Centre
 - 15% off programs offered by Mommy Connections - West Edmonton
 - \$5 off a \$50 purchase at M&M Meat Shops (Callingwood 6655-178 St)

This year's skate tags are Olive green

Please contact Jessica Rochlitz at jessicasaesthetics@gmail.com to purchase your membership.

Family membership \$35. Single membership \$20. Valid September 1, 2016 to August 31, 2017.

Callingwood-Lymburn Community Bingos



Volunteer to help out at bingo! Meet people in your community and enjoy a free meal. It's simple and fun, and lets you get to know your neighbours. Bingos are important fundraisers that help the community league's programs and events and you'll receive a "chit" which can be redeemed for various programs.

Volunteers are always welcome, especially for afternoon shifts.

Upcoming Bingo Dates:
Afternoon 11am to 3:30pm
Sunday Feb 12/17
Evening 5pm to 9:30pm/**11:30pm
Monday Jan 16/17

Interested in volunteering?.....Contact our bingo chairs:

Terry Courtney 780-487-8421 / terrycourtney@hotmail.com
Kathy Kammermayer 780-481-2695 / kkamm77@gmail.com
Andre Derock Andre_Derock@yahoo.com

Thank you for volunteering!!

CLCL Hall Rentals



CLCL offers two great locations to host your event.

- Birthday Parties
- Wedding Receptions
- Corporate Events
- Baby Showers
- Family Gatherings

Rates:

- \$40.00/hr
- 25% discount for CLCL members

Hall 1 – Callingwood Recreation Centre Meeting Room:

- Capacity for 35 people
- Tables and chairs

Hall:

- Capacity for 80 people
- Kitchen with Fridge and Stove
- Tables and Chairs

Hall 2 – Callingwood-Lymburn Community Hall

Amenities include:

- Capacity for up to 75 people; 900 sq. ft.
- Kitchen w/fridge, stove, microwave, fully equipped
- Tables and chairs
- Access to Skating Rink
- Skating Rink available for rent for private functions

Note: Some restrictions may apply. Renter will be required to provide cash deposit, proof of insurance and liquor license may be applicable.

For more information or to book a hall rental contact:

Hall 1: Deanna Logan
780-486-4022
badkcatlogan@hotmail.com
Hall 2: Lisa Madsen
780-444-0235
madsen@telusplanet.net

Callingwood-Lymburn Community Playschool Registration

Callingwood-Lymburn Community Playschool Registration for the 2017-2018 School Year

- January 19 - Registration for Alumni Families (9:00-9:30 am)
- January 26 – Open house in the CLCP classroom (6:00pm-7:30pm). We will accept registration for new families at the open house

A complete registration must include ALL necessary forms and cheques attached to the registration form. Only complete registrations will secure your child's spot on the class list.

For any questions, please email us at info@callingwoodlymburnplayschool.com

or contact our current registrar, Hayley Kemper at 780-237-8392. We are also on Facebook <https://www.facebook.com/CLCPlayschool>

Callingwood-Lymburn Community Playschool Preschool Substitute Teacher Required

We are looking for a substitute teacher to work on a casual basis, during our teacher's absences. The preschool has abundant teacher resources, toys, and equipment, as well as strong parent support. Our preschool is a parent cooperative and is a wonderful school, with an engaging, interactive, caring environment.

Job Description:

The teacher will:

- supervise child care programming and/or work directly with children in providing developmentally appropriate play experiences and environments that ensure children's health, safety and development.
- execute class and lessons according to the absent teacher's written teaching plans.
- provide supervision and create a positive classroom environment to a maximum of 15 children, ages, 3-4, with additional parent help provided.
- notify the teacher of any important details that occurred in their absence.

Qualifications:

- A minimum Child Development Assistant (Level 2) Certification is required.
- Current Police Check
- Current Standard First Aid in Child Care
- *The CLCP will reimburse the successful candidate the cost of their police check and first aid course. These can be obtained following notification of them being the successful candidate.

Level of Pay:

\$132/day or \$22/hour

Hours 8:30-11:30 am and 12:30-3:30 pm
Please email Resume to Michelle Campbell to apply chair@callingwoodlymburnplayschool.com

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Shelley Hys-Postill
Master Gardener

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Educational Lectures

shelleypostill@shaw.ca
cell: 780-995-4527

Put Your Pants On Standing Up

What's the one exercise that will keep you young into your 80s? More people should be asking this question, and the answer might be surprising to you. It's simple, and from a scientific point of view, irrefutable: Put your pants on standing up. Every day. More than once if you can.

Come on, how many of us find it a struggle to get some exercise every day? Yet very few of us get through the day without putting on pants. (We'll call the rest the 'lucky ones') From a behavioural therapy point of view, we are more successful at reinforcing new habits when we tie them to something we already do regularly. You put your pants on every day, right? So start doing it standing up.

I don't have the balance, you say? Hmm. Did you know that breaking a hip increases your risk of dying in the next 12 months? And that people who fall break hips. And that people fall because their balance is poor. And that balance declines because we fail to practice it? Tell you what, how about practicing your balance every day, by putting your pants on standing up.

I'm too far gone for that, you say. Well, start by standing close to the wall. If you lose control, lean your shoulder into it for balance. After a couple of weeks, that wall's getting pretty lonely.

My belly gets in the way when I bend down. Ok, that's a good point. Eat better food, and less of it. And get some exercise. Once that belly shrinks, you'll be fine.

I have back pain and can't bend over. That is not a good enough excuse. There are hundreds of physiotherapists and other professionals nearby just waiting to help you with that. And don't give up if the first place you go doesn't work out. Find someone who specializes in your type of back pain. Get that better, and you'll be putting your pants on standing up.

My hip is stiff, and it hurts far too much to bend it all the way. We can agree that is a problem. Well in 2009 the Australian government published a report on hip and knee arthritis, with a whopping 34 recommendations for non-surgical treatment. Can you name even 10 of them? If not, go see someone about your hip and get that taken care of, because you've just got to get those pants on standing up. And do it slowly, as slow as you can. Slower than Interac on Boxing Day. The slower the better.

My pants are too tight for that. Then stop dressing like a teenager. I have a bad ankle that I can't stand on. Get it stronger. I get dizzy when I bend my head down. See a vestibular physiotherapist, because they can help. I feel silly doing it. Then close your blinds and stop dressing in front of the window.

I can do this already. Good. Now try getting those pants on standing up, both feet at the same time. All you need is a soft mattress and some knowledge of the Fosbury flop. Get to it, because this is a true statement: the more often you get those pants on standing up, the longer you will live.

Jeffrey Begg of CSA Physiotherapy is Edmonton's first Clinical Specialist Physiotherapist for musculoskeletal disorders.



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- Pain Management • Digestive Health

www.naturalterrain.com

Season's Greetings!

Wishing you and your loved ones good health, peace, joy, and prosperity this holiday season.



from MLA Jon Carson and staff



Merry Christmas

KELLY 
MCCAULEY MP
EDMONTON WEST

5613 - 199TH ST., EDMONTON, AB T6M 0M8
KELLY.MCCAULEY@PARL.GC.CA
WWW.KELLYMCCAULEY.CA • 780-392-2515

La Perle News

La Perle Community Hall Rental Information

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Email: laperle@laperle-community.ca
www.laperle-community.ca

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Wheel Chair Accessible
Full Kitchen (Fridge, Stove, Microwave and ample counter space)
Lockable Bar Area – Freezer, Stand up cooler and Coffee maker
Tables (31 Rectangle tables 6' x 2.5', 12 Round tables 5', 2 Buffet Tables x 8' x 2.5'), 150 Black 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 2016 – 2017 and 2015 - 2016 C/L Membership

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

WEEK DAY / NIGHT RENTAL (3 hour minimum)

MON – THURS La Perle Member Rate \$40.00/hour Other Community Members \$50.00/hour (Based on availability)
FRI / SAT / SUN La Perle Member rate: 50.00/hour Other Community Members \$65.00/hour

WEEKEND DAY RATES:

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

Main Hall / Kitchen / Bar Area / La Perle Community Members \$375.00 / day
Other Community Members \$475.00 / day
To set up the evening before please add \$75.00 (based on availability)

WEEKEND / WEDDING PACKAGES

From Friday 2:00 pm to Sunday 12:00 Noon
La Perle Members \$550.00 Other Community Members \$750.00
Mandatory Third Party Liability Insurance Required

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		
Rachel Johnson		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		
President: Amanda Percy		780 484-1767

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

Because YOU'RE THE TYPE TO SAVE A LIFE

. . .

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.

2017 Clinics at La Perle Community League
All clinics run from 9:00 am – 1:00 pm

Saturday, December 31st
Saturday, February 25th
Saturday, April 22nd
Saturday, June 17th
Saturday, September 30th
Saturday, December 30th

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

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 information, class fees or to sign up at 780-910-7657

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 January 10th. Jan 10 – Feb 7th (5 classes), No classes Feb 14 & 21, Feb 28 – Mar 28 (5 classes)
Call Audrey at 780-463-9944 for information, class fees or to register. Note: Returning class members almost fill the class each session. Please call early if you wish to reserve a place.

La Perle Skating Rink

Rules and Codes of Conduct

Operating hours:
Monday, Tuesday, Thursday & Friday: 4:00 pm – 9:00 pm. Saturday and Sunday: 12:00 pm to 6:00 pm
Closed for Rink Rentals on Wednesday’s (\$50.00 / hour)

Rinks are closed when temperatures reach +3 and above and at -20 with the wind chill or at the Rink Attendants discretion. Please do not use the rink if it is not open. With warmer temperatures, the blades of the skates ruin the ice and may delay opening during regular hours.
All patrons require current Community league Skate tags (Green) attached to their skate laces. Non-members will be charged \$2.00 per person per day to skate.


Memberships are available for purchase during skating hours. Cost is \$35.00 (Family) and \$20.00 (Single/Senior) Current Green Skate tags come with membership purchase.

New this year! Rent our Hockey Rink!

La Perle Community League will consider renting our skating rink on Wednesday evenings from 4:00 pm to 9:00 pm. If you are a hockey team looking for extra practices or a group looking for private time on our boarded rink, please give the office a call at 780 486-4426.
Cost is \$50.00 / hour and you must have a current community membership.

THE RULES

- La Perle Community League assumes no responsibility for the actions of other individuals.
- Skate at your own risk.
- Skaters 10 years of age and under must be accompanied by a parent, guardian or supervising adult.
- All patrons aged 11 – 18 must supply the rink attendant with emergency contact information
- Helmets are mandatory for skater’s aged 18 and under and highly recommended for anyone using the hockey rink. Using an approved helmet may prevent serious head injury.
- No sticks or pucks on the “public” ice or casual skating area.
- No fighting, pushing, checking, tripping, foul language, spitting or high sticking on ice surfaces.
- No Alcohol or Illegal drugs are allowed by any patrons on La Perle Property
- Foul language and physical confrontation will not be tolerated and guests will be asked to leave immediately.
- Rink attendant’s word is final.
- No dogs allowed at or on the rink (City of Edmonton Parks Bylaw 2202)



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:



- No smoking in the skate shack or around the rinks. An ashtray is located at the front of the building
- The Rink attendant has the FULL AUTHORITY of La Perle Community League to enforce these rules. Failure to comply with the rink rules may result in ejections from the rink and loss of rink privileges. La Perle Community League reserves the right to refuse admittance to anyone who has previously broken these rules.

It is highly recommended for all patrons to: Leave your valuables at home and take all personal belongings home at the end of the evening. La Perle Community League assumes no responsibility for lost or stolen articles.

For questions/Concerns please contact the office during office hours (Mon/Thurs/Fri) 8:45 – 11:15 am

CPR Classes at La Perle

All La Perle Community League Members receive 50% off of our CPR and AED training courses, Membership number required.

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 Basic Life Support (BLS) Provider (C) & 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

Outdoor Soccer Registration

*U-4 to U-18 registration opens February 1st, 2017.
For more information visit www.emsaWest.com*

Note to Residents

RE: Community Sand Boxes

Last year the City of Edmonton made the decision to discontinue the Community Sand Box program. Unfortunately the cost was too high and therefore Administration made the decision to provide sand at the 5 maintenance yards across the city. That decision saved them about \$650,000 per year while ensuring they can actually keep them filled on a daily basis which was certainly not the case with the community sandboxes.

For more information please call 311 or follow the link below.

(https://www.edmonton.ca/transportation/on_your_streets/community-sandboxes.aspx).



HAPPY HOLIDAYS

From all of us
At
La Perle Community League

La Perle Community Playschool



We are still accepting late registrations for these programs:

3 Year Olds (Tuesdays & Thursdays 9am–11am)
3 & 4 Year Combined (Tuesdays & Thursdays 1pm-3pm)

Important Dates:

January 31, 2017 Registration Deadline for the 2016/2017 Year
February 7, 2017 Open House 6-8pm
Registration Opens for the 2017/2018 School Year
March 14, 2017 AGM 6-7pm

Please spread the word! Check our website or contact our Registrar for further details: laperleplayschool.com

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
- Subsidy is available for eligible families

FREE CHRISTMAS DINNER

**Friday, December 23 2016 at 6:00 P.M.
at La Perle Community Center
18611 97A Ave**

This is our Free Christmas Dinner for our community here in west Edmonton, there are a lot of single mothers, homeless, and people who are barely making it and have no where to go this Christmas season.

Our Christmas Dinner will help give many a joyful Christmas Season for so many singles and families. Please come and join us for our annual Free Christmas Dinner

From: Victorious Revival Fire Christian Ministries

Thank you La Perle Community Center because you care

More information Phone or Text 780-238-1627

Email: jandfriesen@gmail.com

Free Swimming for La Perle 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 – 7pm! 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

Memberships

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.
- A \$10.00 Gift Certificate to Famoso Pizza at West Edmonton Mall location Expires July 31, 2017
- Free skating at Callingwood Recreation Centre. Call 311 for dates and times.
- Jubilations Dinner Theatre – 25% OFF the regular adult ticket price
- 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)
- Reduced rates for La Perle sponsored classes.
- 50% off a Life Rescue class (CPR)
- 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 16, 2017 for next year’s event!

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

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

- Allows La Perle post secondary students to apply for Today’s Dental Scholarship

- 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 (Newsletter) / Events Director (Community League Day) / Social Director (Dances / Programs)

Drop in and give Zumba a try! Thursdays 6:30 – 7:30 Call Leah for info or to register! 780 910-7657

~Life-Rescue CPR courses (50% C/L member discount) Please contact the office to register. www.Life-Rescue.ca

join Us!

Dr. Allan A. Grove



Cosmetic and general dentistry for families and their friends

New patients always welcome

780-487-6565

8418 - 182 St.

President's Message

The 2016 Community League Day celebration was another success. Thanks to those of you who spent the day with us.

We had many great activities including the big bins, the new ECO bin and the return of The Booming Tree Japanese drummers. Wein-erama raised \$1,050 for their animal rescue cause, and our bbq raised a few hundred dollars, which will be put back into our general funds so we can continue to hold great events such as Community League Day.

After several years of escalating costs, the board decided to switch fireworks vendors. Uncle Johns put on a great first performance, despite the heavy downpour that nearly cancelled them.

All feedback from the event has been positive and the board looks forward to making the 2017 celebration even better! Thank you to all our volunteers! Without you, this event could not happen!

The Rink Committee has been hard at work refurbishing the hockey rink for the 2016/17 season. With the Rink Committee responsible for rink operations, the board intends to open the rinks after a two-year hiatus. The biggest challenge has been to find a suitable rink attendant for the upcoming season. We are hopeful the new rink attendant will be in place and the rinks will be open by the time you receive this newsletter.

The planned schedule is to be open every night, except Wednesdays. Please note that new for 2016, all kids, 10 and must be accompanied by an adult.

As winter will be quickly upon us, we encourage our community to get engaged and help those neighbors who have mobility concerns and cannot easily clear snow from their own driveways.

Also, we remind members that the City of Edmonton will be issuing periodic parking bans throughout the winter for snow removal. Failure to remove your vehicles from residential streets during these bans may result in a fine and having your car towed.

Join the La Perle Facebook page to stay informed regarding parking bans and other community related information.

All of us on the executive wish you a safe and Merry Christmas and a Happy New Year!

Trevor Elliott
President

THANK YOU'S

LA PERLE COMMUNITY LEAGUE
WOULD LIKE TO THANK THE FOLLOWING:

To our local West End HOME DEPOT for the generous donation of the necessary materials (wood, screws, paint, rollers etc.) for our rink renewal project!

To the volunteers and families on the rink committee for painting the rinks; Ruel Family, Johnson Family, Kowalchuk Family, Crossen Family, Besko Family, Unger Family, Jardon Family, to Helena and Susana Zaldana, Michael Ratzke and Jonathon Smith. A special thank you to Sam & Yovana Gonzales for supplying the paint, sprayer and labour on the painting of the outside of the rink.

And a Hip Hip Hooray Thank you to Denis Ricard for the "countless hours" spent organizing, pressure washing and overseeing the duties of all above.
(If we have missed anyone, please accept our thanks).

WE COULDN'T HAVE DONE IT WITHOUT YOU!

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

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!

Help support our teams and get a quote from Allstate!



Residents of La Perle can help support their community league by getting a **free, no obligation home or auto insurance quote with Kim Van Huksloot 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 Huksloot at 780-467-6149 ext 5015 or email at kvanhuksloot@allstate.ca



**GET
CONNECTED**



**GET
INFORMED**

Community Events & Crime Reports

Join La Perle Community League Facebook Group

www.facebook.com/groups/488421251291111/

Have a happy and healthy holiday season

The holiday season is upon us. Over the next several weeks, families and friends will gather together to share food and company, and in doing so, they may also share not-so-joyful germs. With seasonal illness circulating, remember to protect your health and prevent illness.

Get immunized: Immunization is the single most effective way of protecting yourself against influenza viruses already circulating in our communities. It's not too late to be immunized. Vaccine continues to be offered to all Albertans (six months of age and older), free of charge. Remember: it takes up to two weeks after receiving your influenza immunization to be protected against influenza, so make plans to get your vaccine today! For more information, visit www.ahs.ca/influenza or call Health Link at 811.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.

Clean your hands: Using soap and warm water wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Clean or dirty: always try to keep your hands and fingers away from your eyes, nose and mouth.

Stay home if you are sick: If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

Mind your food prep: If you are sick, do not prepare food for anyone, until fully recovered. When you are cooking, always keep safe food handling practices top of mind. To help you with the turkey task, follow AHS' Turkey Tips: www.albertahealthservices.ca/turkeytips.asp

Around the house: Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bow on a hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all. Always thank others for declining invites due to illness.

Year-round: Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and don't drink and drive.

For more information on these and other wellness topics, visit www.myhealth.alberta.ca, or call Health Link at 811.

The Christmas Season at the Covenant Christian Reformed Church



For information please call
Covenant Christian
Reformed Church
Office at 780-443-2303 or
email covenant@interbaun.com

Covenant Christian
Reformed Church
19010 – 87 Ave



The season of Advent is upon us! Covenant Christian Reformed Church warmly welcomes you to join us as we celebrate the season together. Journey with us as we explore "*The Senses of Christmas*"

We invite you to worship with us Sunday mornings at 10:30 am. Children will be invited to join our Children's Worship program and a nursery is available for babies.

Our annual Candlelight service
will be held

Sunday, December 18 at 6:30 pm
Join us for a special evening of drama
and carol singing by candlelight.

Our Christmas Day service
will be held

Sunday, December 25 at 10:30 am.

We invite you to bring in the New Year
with us at our **New Year's Eve Service**
Dec 31 at 6:30 pm and also our
New Year's Day service at 10:30 am
on Jan 1, 2017

Create meaning this holiday season

Holidays are a joyful time, offering a chance to reconnect with friends and family. But for many it can also cause stress and loneliness. You may worry about family matters, or it may be a painful reminder of past times.

During the holidays try focusing on some simple steps that can help reduce stress, low mood and grief that are commonly felt during this time of year.

Here are some ideas that may help you:

- Gratitude: Being thankful magnifies positive emotions and helps us appre-

ciate the value in something or someone. Send a note of thanks to someone special or create a journal filled with things you are thankful for.

- Do something for yourself. Often times we are so busy taking care of others we forget to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.

- Connect. Join a community group, reconnect with friends, or volunteer.

- Keep a regular sleep, meal, and exercise schedule and limit alcohol. Taking care of yourself will help you deal with stressful situations during the holidays. Remember the 80/20 rule, and eat 80 per cent healthy foods.

- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.

- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned.

- Give something personal. You can show love and caring with any gift that is meaningful and personal. Make a phone call or write a note and share your feelings.