

COMMUNITY LEAGUE NEWS - WEST

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



April/May 2017

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

La Perle Town Hall Meeting April 23rd, 2017 7:00 PM

La Perle Hall, 18611 97A Ave

All community residents are welcome to attend but must be a current community member to vote.

Discussion topics to include:

~The future of our skating rinks and our soccer program~

Annual Reports Presented
Special Guests

Community Executive Elections To Be Held
All positions are up for election
NEEDED: Communications Director, Membership Director,
Social / Events Director

Coffee & Snacks Provided

JOIN THE CONVERSATION!
BETTER YET, BECOME PART OF THE SOLUTION!



Notice of Motion

Town Hall Meeting

7pm on April 23rd at La Perle Community Hall

Be it resolved that the operation of the La Perle Community rinks be suspended indefinitely and \$5,000 be directed to the operation of the community soccer program annually.

OUT OF SCHOOL CARE SPOTS AVAILABLE

at Aldergrove Community League

Our not-for-profit daycare is a great environment for kids!
Need a hand? ...

**Daycare spots available:
full time, part time, casual
and drop ins!**

Contact Lori for more
information at 780-481-9153.



Canada 150, and "Kites Over Callingwood's" 25th Anniversary

It's never too early to mark your calendar for the Kite Festival.

Everyone is welcome at this fun family event. Saturday, September 2 and Sunday, September 3, 2017. Hosted by Callingwood-Lymburn Community League.



The Callingwood-Lymburn Community League skating rink closed for the season on March 22.

A special thanks to all who made our 2016-17 skating season such a success!



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: Aldergrove Community League

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 Daubert
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

Our Family Day activities were a huge success! Attendance was up again this year and from all accounts, everyone enjoyed themselves! If you missed it, we had hay rides, outdoor games, a fire pit where people could roast hot dogs or marshmallows, a family friendly movie inside and snacks. It was great to see new faces and familiar ones as well.

We will do our best to have a great Family Day event again next year. Please think about volunteering. Without volunteers, events like this one can't happen. With that being said, I'd like to thank this year's Family Day volunteers: Brenda and Jeremy Kaczor, Nanci and Holly Cavill, Teagan Van Alstyne, the whole Adams family (Gary, Wendy, Sydney, Bradley, Kyle and Kyra), Connie and Chad Bowie, Steve Colquhoun, Aaron Clark, the Daubert family (Lori, Kyle and Jenna), Adam Fitzsimmons, Phil and Laurél Hawkswell. I was on hand as well to volunteer and enjoyed seeing people from the community gather for some winter, family fun!

Kathy Katzenback,
Aldergrove Community League President



ALDERGROVE COMMUNITY LEAGUE GOOD THINGS HAPPENING

CASINO VOLUNTEERS NEEDED

**Friday, September 8 &
Saturday, September 9, 2017**

Please consider volunteering. We get a casino date once every two years and Aldergrove Community League depends on the funds to help keep the community league up and running. It is by far our best opportunity to raise funds for the league.

Day or evening shifts available. It's easy! You will be given clear instruction and guidance, meet other Aldergrove volunteers, receive a free meal and most importantly ... help out your community!

For questions about volunteering at a casino, or to sign up to help please email Nanci at: nancicavill@gmail.com or call 780-446-2382

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: krista@kpoweryoga.com

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

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.



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

We have a recently renovated kitchen and new flooring! 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.

CANADA 150 CELEBRATIONS July 1st

There will be various celebrations around Edmonton but we hope you will be a part of ours. We will be teaming up with other communities to put one larger event in the West end. Not travelling far to have a great time, sounds good right! We will have more details in the next newsletter. Till then, go out and enjoy Spring in Edmonton!

PRIMROSE PARK PLAYGROUND REJUVENATION

CONTACT AARON @primroseparkrebuild@gmail.com

Currently a small committee has been established to rebuild Primrose Park, but we are requiring the commitment of 4 - 6 more members of the community to help oversee the rehabilitation of the park by helping complete a community needs assessment as well as fundraising. Primrose Park has provided our children with hours of play, excitement and fun. In order to keep this park in top shape to be a safe place for our children, this rehabilitation needs to happen. Currently there is the potential for features of the current equipment that need to be repaired be removed entirely. Please get involved in the committee.

STILL ACCEPTING SOCCER REGISTRATIONS

Contact Connie at 780-481-1588

Missed early registrations? There's still time to get your child registered for Outdoor Soccer!

SNOW ANGEL PRIZES GIVEN OUT!

Fifty five Snow Angels were identified as snow shovelling helpers in the Aldergrove Community. We drew these addresses for prizes. Ten pairs of Oil Kings tickets were given out as well as a \$50. gift card from Boston Pizza. Thank you to all who shovelled a little or a lot extra for your neighbours!

SENIORS NIGHT?

Interested in starting a Senior's Night at Aldergrove Community League? We have Monday nights available! Willing to organise an activity night, open to any and all senior Aldergrove Community League members? Contact us! We will supply the hall and support.

COMMUNITY INFORMATION

On Facebook: Aldergrove Community League

Aldergrove Website: www.aldergroveonline.com

Edmonton Police Service:

Go online to "EPS" and under the sidebar "Contact EPS" you will find "EPS Mobile App". This mobile phone app may be good for a variety of community based information.

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





Christian Reformed Church

19010 - 87 Ave

Covenant Christian Reformed Church would like to invite the community to come celebrate the richness of the Easter Season with us.

Our services for Holy Week are as follows:

April 9, 2017: **Palm Sunday**, 10:30 am

April 14, 2017: **Good Friday** Service of Shadows 10:30 am

April 16, 2017: **Easter Sunday**, 10:30 am

Covenant CRC welcomes you every Sunday to come and see what it means to be a disciple of Jesus, as we grow together in faith and in community!

Join us Sunday mornings at 10:30am.

From Volunteer Canada

www.volunteer.ca/nvw2017

In 2017, volunteering comes in many forms and is as diverse as Canada itself.

Someone who shovels their neighbour's laneway or who brings a lost pet to the animal shelter is helping to build a stronger community.

Sometimes we miss recognizing these people as volunteers, because they do not occupy a formal role within an organization or group.

To celebrate all volunteers and to get you thinking more deeply about volunteering, during NVW Volunteer Canada will release a series of crossword puzzles that reveal the impacts, benefits and diverse ways

Canadians are involved in communities. Some answers may be obvious, while others may cause you to stop and say: "Volunteering, Eh?"

However you recognize volunteering in 2017, one thing remains timeless...and that is volunteer efforts create positive impact in communities across Canada.

REPORT CARD QUESTIONS?
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Paying attention to fatigue

Many of us feel fatigued at one time or another, but fatigue can sometimes mean more is happening with your body.

Fatigue can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

Fatigue brought on by over work or illnesses such as colds or flus often resolves itself on its own without having to see a doctor. However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

- **Anemia** – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells
- **Heart problems**, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body
- **Metabolic disorders**, including diabetes
- **Thyroid issues** – both hypothyroidism (low thyroid level) and hyperthyroidism (high thyroid level) can cause fatigue
- **Kidney or liver disease**

Check your symptoms to help determine if and when your fatigue may require a visit to your doctor. Learn more about fatigue on MyHealthAlberta.



Callingwood/Lymburn Community League

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

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 support the community league's programs and events. Volunteers 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
Monday June 5, 2017
Evening 5pm to 9:30pm/**11:30pm
Tuesday May 2, 2017
Sunday May 28, 2017
Saturday June 24, 2017

Interested in volunteering?

Contact our bingo chairs:
Terry Courtney 780-487-8421 / terrycourtney@hotmail.com
Andre Derock 780-709-1385 / Andre_Derock@yahoo.com
Kathy Kammermayer 780-481-2695 / kkamm77@gmail.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

www.communityleagueneews.com

Callingwood- Lymburn Community Playschool

At our playschool, our kids live, love, laugh and learn!



As of March 26, we still have afternoon spots available in both our 3 & 4 year old playschool program for 2017/2018!

For more information, please visit our website <http://callingwoodlymburnplayschool.com>.

For questions or to register your child, please contact our current registrar, Hayley Kemper, at info@callingwoodlymburnplayschool.com or 780-237-8392.

The Callingwood-Lymburn Community Playschool is a parent co-operative program offered by the Callingwood-Lymburn Community League.

We are located within Lymburn Elementary School at 18710 – 72nd Avenue.

Our school has adopted the Learn Thru Play philosophy, believing that helping children to use their imagination fosters wonderful daily opportunities for learning.

The purpose of the playschool is to provide enriching pre-school experiences for children from the ages of 3 to 5 years old.

2017/2018 Registration Process

The registration form is available on our website. A complete registration must include ALL necessary forms of payment attached to the registration form.

Only COMPLETE registration forms with payment will secure your child's spot on the class list.

Children who are turning 3 between September and October 31 can participate in our 3 year old program!

The child must be potty trained, and must attend with their parent/guardian until the child turns 3 years of age.

Callingwood-Lymburn Community League Membership Benefits

Callingwood-Lymburn Community League memberships are available for \$35 for a family and \$20 for an individual adult. Individual and family memberships are valid 1 year from September 1st (current year) to August 31st (following year).

With your membership the following is available:

- Free public swimming (times subject to change) Jamie Platz YMCA: Sundays 5:00 pm to 7:00 pm
- 25% discount off the rental of the meeting room or the hall at the Callingwood Recreation Centre

- Free playgroup program for preschool children (birth to 6 years) Tuesday mornings upstairs at Callingwood Recreation Centre
- Free admission to the Jamie Platz YMCA multi-purpose room. Children 5 years and under require parental supervision

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

- 20% discount on annual or monthly passes or 15% discount on multi admission passes at City of Edmonton's Recreation facilities. The following programs are available with your membership at an additional cost:

- AKF Karate: Both a children and adult program is offered through the community league. This "Wado Style" program runs from mid-September to April.

- Soccer: Both an indoor and outdoor soccer program is run with the Edmonton Minor Soccer Association and the Edmonton West Zone Soccer Association. This program is available for girls and boys ages 5 to 18.

- Playschool: A parent co-op "learn-thru-play" program taught by qualified teachers is available for 3 and 4 year olds during the week at Lymburn School. Classes run morning and afternoon Tues/Thurs and Mon/Wed/Fri. Visit the playschool website at callingwoodlymburnplayschool.com.

Business Discounts:

- 15% discount at Happy Camel (6404-177 St)
- 10% discount at Princess Florence Handbags and More (16412-100 Ave)
- 25% discount off all public courses at University of Alberta Technology Training Centre (www.ttc.ualberta.ca)
- 15% discount off programs offered by Mommy Connections – West Edmonton (www.mommyconnections.ca/Edmonton-west)
- \$5 off a \$50 purchase at M&M Meat Shops (Callingwood 6655-178 St)
- 25% off tickets at Jubilations Dinner Theatre
- Discount off enrollment fees at Curves Edmonton West 17728-95 Ave (780-484-4234)

FOR A MEMBERSHIP email jessicasaesthetics@gmail.com or visit our website at www.callingwoodlymburn.com

Happy Spring Everyone!

Even with the weather not deciding if it's winter or spring we are hoping the cold will be out the door and Spring flowers will be in bloom soon!

We had another highly successful skating season at the hall. Callingwood-Lymburn Community League is always a very popular place for skating and this year has been no exception – our two rinks were extremely well used. A hats off to our Rink Director, Gary Goldsand and Attendants, Jonah Kammermayer and Sam Goldsand, for making sure the ice was maintained and the rink was supervised throughout the season.

With winter on its way out and spring approaching the outdoor soccer season will be on us before you know it. The main registration has already happened but there will still be opportunities to register if you missed it. Soccer is the largest activity for the community league. We have dozens and dozens of kids in the neighbourhood from 4 years old right up to 18 years old playing on our numerous teams. We are always in need of Soccer Coaches, Assistant Coaches and Managers for all these teams. It is important that we find people with young soccer players to pitch in and keep our program thriving. Please contact Kevin Kraglund at 780-993-9985 for more information.

Another chapter with CLCL is about to end as we say farewell to Margaret Ushko. Margaret was the Director of AKF Karate at Callingwood and will be retiring from our Board.

The exact number of years is not known but it has been at least 18 years she has been with us. As Margaret retires the AFK program will leave being a part of CLCL.

The program will still run as usual but not under the umbrella of CLCL. Thank you for all your love and support through the years.

I should also remind everyone that one of the benefits of your community membership is the free family swim at the Jamie Platz YMCA on Sundays.

CLCL have exclusive use of the pool every Sunday from 5:00 pm to 7:00 pm - just show your community league membership card.

If you have any questions or concerns about community related issues, please feel free to call or email me at any time.

Erin Harrigan
President

Ask Charles

I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. 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.



SPRING EXPO!

> SAT. APRIL 22ND
NOON TO 3:00 PM
EDMONTON ZOO

NW Community Recreation Network Gathering

This is a free, family-friendly event. Registered participants will receive admission to the zoo. Children are welcome as kids will have the opportunity to take a free guided tour with hands-on opportunities to meet the animals! (Children under 5 must be accompanied by an adult)

NOON TO 1PM: A Community Recreation Network Gathering where folks will be invited into round-table discussions regarding a range of topics including community gardens, engaging youth, special event supports and more!

1PM TO 3PM: Community-Focused Recreation Exhibitors will share information and provide demonstrations to enrich your next community event or program.

Light refreshments will be provided. Food for purchase will be available onsite. Parking is Free. Accessible by public transit. Venue is wheelchair accessible. Childminding for Kids 5+ is available through the Zoo guided tours.

EVERYONE IS WELCOME to join in an afternoon of connecting as a community on recreation. **Registration is necessary** to receive admission to the zoo and access to the guided tours. Register at nwspringexpo.eventbrite.ca Password: YEGRec

FOR MORE INFORMATION
Chase Gingles at
780-442-4848 or
chase.gingles@edmonton.ca

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Edmonton

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Open 9:00 am to 8:30 pm

GREAT NEIGHBOUR RACE

YEG 157

10K — 5K — 3K

AFTER-PARTY

ALL AGES | WALK – JOG – RUN
WILLIAM HAWRELAK PARK



SAT APR
29

REGISTER AT EFCL.ORG OR RUNNINGROOM.COM
Local league fundraising possible! Stay afterwards, the fun, food, and activities continue after the race.

TODAY'S DENTAL

A REASON TO SMILE ... TODAY AND EVERYDAY



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Dr. Christina Matrangolo, B.MedSc, DDS

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BREAKFAST WITH MLA JON CARSON



Friday, April 28th
&
Friday, May 26th

7:30 am

Pat & Mike's
Family
Restaurant

17732- 102 Ave

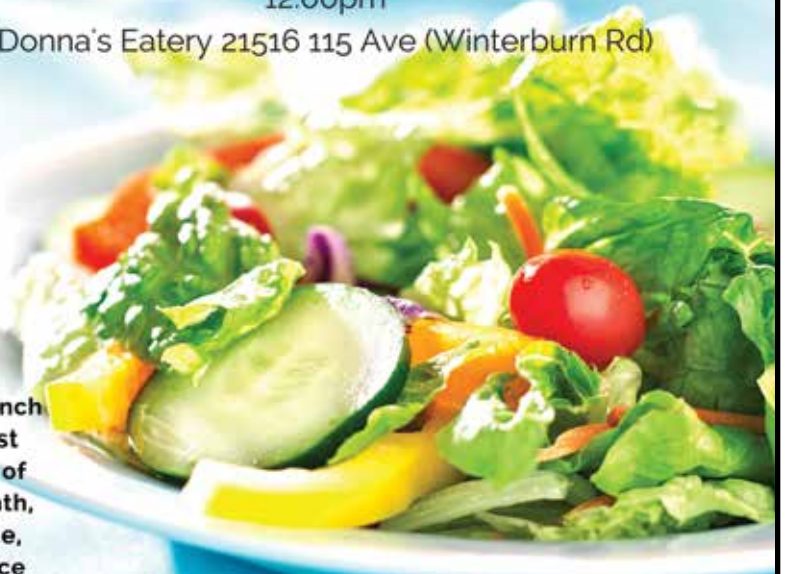
Monthly breakfast is
the last Saturday of
each month- same
time, same place

LUNCH WITH MLA JON CARSON

Saturday, April 29th & Saturday, May 27th

12:00pm

Donna's Eatery 21516 115 Ave (Winterburn Rd)



Monthly lunch
is the last
Saturday of
each month,
same time,
same place

La Perle News

La Perle Community Hall Rental Information

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

Seating for 150 people
Wheel Chair Accessible
Full Kitchen (Fridge, Stove, Microwave and ample counter space)
Lockable Bar Area – Freezer, Stand up cooler and Coffee maker
Tables (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	1 866 927 6020 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, 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



President's Message

Spring has sprung and the 2017 Town Hall meeting is right around the corner. For those who want to impact change in our own community, I invite you to join us for the 2017 Town Hall meeting at the hall at 7pm on April 23rd.

This is your opportunity to sound your voice on important matters and possibly step up into a leadership role on the community board and fill a critical role.

The primary themes at this year’s Town Hall will be fiscal responsibility and the community’s growth strategy. We are asking our membership to help us determine what programs are most important to you and where our funding should be directed.

Did you know that it cost over \$9,000 to run our rinks last year? Our rinks were only open 30 days this past winter as they are closed when the temperature is too cold or too warm and a warm winter melted our rinks very early.

Our rinks cost nearly \$200 per day they were open, serving an average of ten skaters per day, with only six of them from our own membership and most being repeat users.

Thanks to the tireless efforts of Denis Ricard and the rink committee, our hockey rink was refurbished in 2016; however, our rinks are becoming unsafe for members to skate and likely have a lifespan of only a few more years, after which they would need to be completely rebuilt at a cost in excess of more than \$80,000 per rink.

In sharp contrast, our soccer program involves 160 kids annually (indoor and outdoor combined), but not all are able to afford the program. Our uniforms and equipment are also quickly deteriorating. Our community is now at a cross-road where we must determine where our limited funds are best spent.

A motion will be made at the meeting that the operation of the rinks be suspended indefinitely and \$5,000 re-routed to the soccer program. Members who attend the Town Hall will have the opportunity to speak for and against this motion and will ultimately decide whether operation of the rinks or affordability of the soccer program is more valued. Please attend the Town Hall to be included in this decision.

To voice your opinion on any matters related to our community, please visit the La Perle Community Facebook page and leave your comment, or email us at laperle.community@icloud.com.

Congratulations to our indoor U-12 girls soccer team, coach by Todd Opatril, who won Gold in this years 2017 Slush Cup Tournament – the largest indoor tournament in Canada with approximately 400 teams participating.

They also finished with a Bronze Medal in Inter-cities on March 12th! Good luck to all our soccer teams competing in the outdoor season this spring.

Cheers,
Trevor Elliott
President



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:

Thank you
Thank you
Thank you

La Perle Community League Execu-tive wishes to thank our Rink Com-mittee, for all their hard work over the summer and winter.

We also wish to thank our Rink At-tendants, Mitch and Jonathan!

And to those community members who utilized our rinks. We hope you had fun!



CPR Classes at La Perle

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

Life-Rescue is an Edmonton based medical training company, owned and operated by active Medical First Responders. We our-selves 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 cor-rectly within 1 minute of the heart attack.
- 10% decrease is survival rate per minute medical attention is not given – The impor-tance 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
- 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

- April 29th @ 8 am – 12:00
- May 28th Time to be confirmed
- July 16th Time to be confirmed

Additional courses can be planned at any time, based on demand

Please contact Cathy @ La Perle Community League 780-486-4426 or Jesse Bowdige for inquiries or to enroll

Jesse Bowdige, BBA
Life-Rescue JBowdige@Life-Rescue.ca
(780) 965-2351

Thank You To Our Volunteer Coaches, Assistants And Managers

La Perle Indoor Soccer

I would personally like to take the time to Thank the following individuals for Stepping up and Coaching, Assistant Coaching and Managing our THREE Indoor Teams this year!

Without you – we would not have the teams!

U12 Girls: Todd Opatril, Ryan Gallinger & Daunine Pardely

U12 Boys: Harley and Maggie Russell & Angela Skelly

U16 Girls: Todd Opatril, Mark Plumb, Ryan Gallinger and Shona Nelson

Hope you had a great season!

Congratulations are also in order for U12 G Revengers for winning Gold in the Slush Cup and Bronze in Inter-cities!

~ Cathy Johannesson
La Perle Soccer Coordinator

Free Swimming

Show your 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 Toddler Zone (up to 5 years of age) and the Family Room (ages 5 & up) to enjoy Air Hockey, Foosball, Ping Pong, Traversal climbing wall, Piano.... on Saturday and Sunday from 8 AM – 8 PM, Tuesdays from 6 – 9 PM



La Perle Community Playschool:

“The Stepping Stones of Early Learning”

Registration for the 2017-2018 School Year has already begun!

Class options include:

3 Year AM (Tuesdays & Thursdays 9:00-11:00am)

3 Year PM (Tuesdays & Thursdays 1:00-3:00pm)

4 Year AM (Mondays, Wednesdays, Fridays 9:00-11:15am)

4 Year PM (Mondays, Wednesdays, Fridays 12:45-3:00pm)

Please spread the word!

Check our website, contact our Registrar, or follow us on Facebook for further details:
laperleplayschool.com
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
- Subsidy is available for eligible families

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

La Perle needs input from the next generation of young families in the Community. If we don’t know what you want – how can we deliver?

Remember: Just because your children have grown, are not playing youth sports anymore, this is still YOUR community. Let’s try and make it the best for all ages young, old and those in between!

New to the area and want information? Stop into the hall and let’s have a chat!



GET CONNECTED



GET INFORMED

Community Events & Crime Reports

Join La Perle Community League Facebook Group
www.facebook.com/groups/488421251291111/



Spring Bazaar

April 8th, 10am to 3pm
La Perle Hall, 18611—97A Ave

Start your spring off right with local vendors:

- Arts & Crafts;
- Household Supplies; and
- Home made Goods

Concession available with an assortment of snacks

\$25 per vendor table
Free entrance for consumers
All proceeds donated to:



Contact Julia Elliott for more info
(780)905-7311

Are you a fair-weather scooper?

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

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

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

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

Help keep the pathways around the league poop free and please remember that all dogs on parkland must be on a leash.

La perle rinks are not considered an off leash park; please refrain from using them for your dogs.

Giving People a Voice in Mental Health Research

Written By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness.

A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that.

This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

"Someone with lived experience will likely have a different perspective than someone doing the research," explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. "This will allow the voice of people living with and caring for mental illness to influence research projects," adds Babins-Wagner.



PUBLIC ENGAGEMENT

SHARE YOUR VOICE SHAPE OUR CITY

Join us to learn about how the City of Edmonton is transforming the way we include community input in our decision making.

FIND OUT MORE BY GOING TO:
www.edmonton.ca/publicengagement



OPEN CITY

PUBLIC INFORMATION SESSIONS (DROP-IN FORMAT):

May 4, 2017 from 5:30 to 8:30 p.m.
 West Edmonton Mall
 (Level One, in front of Hudson's Bay)
 8882 - 170 Street

May 18, 2017 from 5:30 to 8:30 p.m.
 Lois Hole Library (Program Room)
 17650 - 69 Avenue

June 10, 2017 from 9:00 a.m. to 3:00 p.m.
 City Market Downtown on 104th
 (Farmers' Market)
 Jasper Avenue and 104 Street (plaza)

Anniversary Sale

Bijou INC.

LINGERIE & SWIMWEAR

(Bras, Sleepwear, Swimwear And Mastectomy Bras)

Specialized in Bra Fittings and Mastectomy Fittings
 - We are a Vendor for AADL -



#118, 17010-90 Ave. Edmonton 780-444-5992

Kids On Track **25th Anniversary**

Bright Beginnings

GALA

April 22, 2017
 WECA Auditorium
 6315-199 Street

Tickets

\$75 each

Two for \$125

Call 780-481-2942

Purchase tickets on-line www.kidsontrack.org



**New
 Wednesday
 Time!*

**SUNDAYS 10-3
 WEDNESDAYS 12-5***

Open May 7 to October 8 in the covered courtyard and parking lot next to Safeway at The Marketplace at Callingwood shopping centre. Featuring 100+ vendors on Sundays and 30+ vendors on Wednesdays.

Callingwood Farmers Market

CallingwoodMarketYeg

@cwoodmarketyeg

the Marketplace at
CALLINGWOOD

6655-178 Street
callingwoodfarmersmarket.com



Alberta Approved
 Farmers' Market

15641—96 Ave, Edmonton
 (People's Church Building)
 (780)481-2942



Mother's Day Tea & Celebration 2017!

Ladies, join us for delicious desserts, great entertainment, and a time to honor the moms of our community!

Jubilations Dinner Theatre, West Edm. Mall
May 13, 2017—12:00 noon to 2:00 pm
 Registration opens April 3 to reserve your spot!

Need a ride? Call our hotline (780)481-2942 ext:1
Need childcare? Visit our website for details

www.kidsontrack.org/events/mother-s-day-tea/

Next Family Fun Night April 8, 2017

SUMMER DAY CAMPS

*Low Cost Summer Fun with daily excursions. Locations & dates on our website.

Apr.8: registration opens at Family Fun Night!

Dr. Allan A. Grove



Cosmetic and general dentistry for families and their friends

New patients always welcome

780-487-6565

8418 - 182 St.