

COMMUNITY LEAGUE NEWS - WEST

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



Aug/Sep 2017

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

STARS & CARS

Thank You

for an outstanding event



25th Annual Kites Over Callingwood Festival Saturday, Sept 2, 2017

Event Program:

- 10 am to 11:30 am
Pancake Breakfast
- Noon to 5 pm
Kites Over Callingwood Festival
- 6 to 8 pm
Remax Hot Air Balloon Ride
- 8:30 pm
Movie in the Park
- After the movie
Fireworks Display



Come join us for a free pancake breakfast and then build and fly a kite at our annual festival! This year the Boy Scouts and Venturer's return to help with the kite building with kits from The Kite Guys, and supply our concessions. Gigi and Friends will decorate your arms and faces with various tattoos and Sparkles Tattoos will now be joining her. The Shriner clowns will be kept busy making balloon animals while we listen to music supplied by our DJ from City Pro Entertainment. Jesse Naguib has returned and created a fabulous t-shirt logo to help us celebrate our 25th anniversary!

To end the event, Remax will be giving tethered Hot Air Balloon Rides and we will follow this with a Movie in the Park with pizza from Famoso Pizzeria and popcorn, courtesy of Lorne Dach. Then as a cap off to the wonderful day we will have a fireworks display.

New this year will be some stunt kite flying by Tristan from KiteZone Entertainment. As well we will have street performer, Leah James – The Jackie Sparrow Show. In our exhibitor tents we will have various coloring activities supplied by ABC Head Start and Curves. Edmonton Public Library will provide some story telling time. See a new snacking concept through Make A Wish Foundation. There are other activities planned for the day so come and check us out!!

We'd like to thank our most recent sponsors, Servus Credit Union, Magnet Signs, Famoso Pizzeria, Big Top Rentals, Lorne Dach and Remax. If you'd like to help us out, send us an email at callingwoodlymburn@hotmail.com.

Come fly a kite and have some fun!

ALDERGROVE'S PARTY IN THE PARK FUNDRAISER

AUGUST 19th 3:30 - 7:30 PM
Primrose Park at 84 Ave & 189 St

Everyone welcome at Primrose Park to take part in fun family activities and support the Primrose Park Rebuild with:

- ★ BBQ ★ Carnival games
- ★ Bouncy castle
- ★ Inflatable obstacle course
- ★ iPlay Game Truck
- ★ Face painter ★ Balloon twister
- ★ 50/50 draw

Tickets \$1.
for each item/activity
Larger donations appreciated!



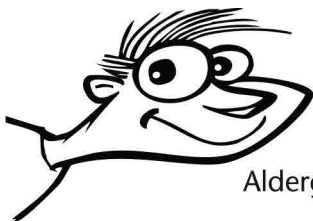
Rink Manager / Attendant Required

Callingwood-Lymburn Community League is looking to fill a seasonal position(s) as Rink Manager and/or Attendant(s) at the outdoor skating rink by the community hall at 18740-72 Avenue. CLCL is looking for individuals experienced in ice making, maintenance of ice and supervision of patrons.



Besides the main rink which has an asphalt surface, a smaller rink on a grass surface will need to be made and maintained over the skating season. Other duties will include clearing of walk ways, light cleaning of the change room facility and collection of membership fees. If interested please send resume to

callingwoodlymburn@hotmail.com.



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

CASINO VOLUNTEERS NEEDED

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

OUR BIGGEST FUNRAISER! We get a casino date once every two years and Aldergrove Community League depends on the funds. 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, receive a free meal during your shift. As a thank you you will receive a \$100. Volunteer Chit that can go towards a Aldergrove hall rental, Aldergrove daycare fees, Aldergrove sports & classes.

Sign up at: Volunteersignup.org/JDMQW

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



Quinlyn Hawskwell

WHAT'S HAPPENING AT ALDERGROVE COMMUNITY LEAGUE

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

FREE SWIMMING

Free swimming in August at all City of Edmonton outdoor pools!
In the Fall, show your current Aldergrove Community League Membership to swim at Jamie Platz YMCA on Sundays, 5 - 7 pm.

Keep up with neighbourhood events:
FACEBOOK: AldergroveCommunity Edmonton
www.aldergroveonline.com

COMMUNITY LEAGUE DAY BIG BIN AND DANCE

**Saturday,
September 16, 2017**
at Aldergrove Community League

BIG BIN 9 am - 4 pm

With a current Aldergrove Community League membership, you can dump your junk in our Big Bins! Regular Big Bin rules apply. \$35. memberships available for purchase on site.

DANCE 7 - 11 pm

FREE event for Aldergrove Community residents! D.J. dance party, snacks, refreshments, firepit and evening fireworks!
Children must be supervised.
Changes to party details may occur.





ALDERGROVE HALL RENTALS

We have a recently renovated kitchen and new hall flooring!
We've also painted and put up new sound board coverings.

We have a meeting room, board room, half hall rentals,
full hall rentals with kitchen (200 person maximum capacity),
with week night or weekend times available.

It's the perfect space for your next event!

Contact Connie for more information at 780-481-1588.
Connie's office hours are Monday - Friday, 9 am - 3 pm and
returns messages during that time.
www.aldergroveonline.com



COLOUR ME!

OUT OF SCHOOL CARE SPOTS AVAILABLE

CONTACT LORI for more info at 780-481-9153

Aldergrove Community League's
not-for-profit daycare is a great
environment for kids! Need a hand? ...

**We have daycare spots available:
full time, part time, casual
or drop ins!**



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.

ALDERGROVE COMMUNITY INFO

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



Thorncliff

President's Message

Thorncliff Community League...*creating community through our connections.*

I love our little community! You can walk around the whole place in an hour on our great walking path system and through the big beautiful green space right in the community's heart. But the thing I love most is the growing connections between all of us who call this place home. We are not a big community by city standards but we are a very unique community. It is because of our relatively small size that I can see us developing strong, vibrant and supportive community connections. I am excited to be part of Thorncliff and invite you to see what is happening here in your community.

Have you seen the new community garden? This is TCL's most recent project. You simply must visit the multi-purpose area of the Thorncliff Park and see the garden built by local residents. Thank you, Thorncliffe School, for providing the water source.

Last year, TCL made a \$10,000 donation to the new, and very awesome, children's playground at St. Justin School. This past winter, TCL held its second annual Winterfest, a free event providing an afternoon of outdoor activities for all ages. TCL is also a participant in the area Walking Map project. This spring we co-hosted the City of Edmonton's Bike Safety Program which was a big hit with the children of our community. TCL is also a proud partner of the City of Edmonton summer Green Shack program held in Thorncliff. The supervised program runs Monday to Friday during the months of July and August for children ages 6-12.

For a second summer, TCL is hosting free drop-in Sports and Family Social event on Thursday night. And this year, for those not interested in soccer, we've added more

games like bocce ball and ladder ball. Come join us at 6:30 p.m. every Thursday night at Thorncliff Park. Bring your family and bring your friends!

We are hoping some of, or perhaps all these activities offer something you and your family can connect with. There are also a few other projects happening in Thorncliff that are less visible, including a community safety initiative, graffiti control, EPCOR transmission line consultations, and a discussion about the community skating rink. To learn more about TCL and what's happening in our community, visit the League's website at www.thorncliffcl.ca.

A special thanks to the many hard working TCL volunteers who have put in a tremendous amount of effort over the past 18 months to get League's momentum moving. You are an amazing team and have accomplished much in a short time. Thank you to our community partners: Principal Susan from Thorncliffe School, the folks at Victory Church on the Rock, Northern Alberta Scale Car Auto Racer's Association, Banti from Mac's Convenience Store, and Rob from Famoso Neapolitan Pizzeria WEM.

It's such a rewarding experience to serve your community and be an active part of a united neighbourhood who works together for the common good of their community. Keep up the great work Thorncliff!

Darlene Niederhaus
President
Thorncliff Community League



Call to Action for Residents of Thorncliff



Surprised by all the activity that's been happening in your neighbourhood?

Want to be kept informed about community activities taking place in Thorncliff?

Interested in joining a social neighbourhood network that will help you to meet new people?

If you answered "yes" to any of the above, now is a perfect time to join the Thorncliff Community League.

TCL's Board of Directors continues to work hard to revive the league community league in order to engage the residents of the Thorncliff in common goals and activities. For the 2017/2018 fiscal year, beginning this September, our goal is to double our memberships and the number of active volunteers. We invite all Thorncliff residents to become a member of our community league.

Community volunteer work can be very gratifying. Do you have a couple of hours a month that you could offer to help us keep our community engaged?

We are now in the process of recruiting for

positions on the Board of Directors for terms beginning October 2017. When you join the League's Board, you become a part of a vibrant team that works together to make good things happen. Directors and Committee Chairs lead specific areas of responsibilities with lots of help from other members, but as a Board, we all work together to get the work done. Each position has a job description that serves as a guideline for understanding the role and fulfilling respective duties. Job descriptions are posted on the Membership page of the TCL website.

To find out more about becoming a member or a director, visit our website at www.thorncliffcl.ca or contact Darlene Niederhaus, President, at info@thorncliffcl.ca or call 780-243-2540 evenings or on weekends. We'll be happy to tell you more about the exciting opportunities awaiting you as a member of the Thorncliff Community League. The next Thorncliff Community League Meeting is Thursday, September 21, 2017.

Children's Anti Graffiti Program

With the arrival of warm weather comes the removal of graffiti. This year TCL initiated an innovative and interactive children's anti graffiti program in Thorncliff Park. The kids in our neighbourhood are slowly but surely adding works of art to the sea-can in the multipurpose area and it looks fantastic. Thorncliff kids rock!

All the children understand what we are doing and why we are doing it, and they know if we get "tagged" we start all over again but they're in this project for the long term. Many lessons are being learned and we hope children involved will not grow up to become taggers themselves in the future. In the meantime, our children are getting rave reviews for their colourful artwork.

See it...Report it...Remove it

We're looking to residents of Thorncliff to be good community partners too. While it sometimes takes a while, all reported graffiti is eventually cleaned up within two weeks, but it's very important to report it first by calling 311 or using the 311 app. Never clean graffiti unless you know it's been reported.

The longer graffiti stays up, the more it encourages the taggers to continue to hit our community so do your part and report it to 311 as soon as you see it, and send a photo if you can.



GREEN SHACK – Free Summer Program

It's back! From now and until August 24, the City of Edmonton is offering a FREE drop-in Green Shack Program. The program runs **Monday to Friday**, in Thorncliff Park supervised daily from **10:00 a.m. to 6:00 p.m.**

The Green Shack program features popular summer playground programs, with a trained leader who engages the children in a variety of sports, games, arts, and crafts aimed at children age 6 to 12.

TCL and Victory Church on the Rock partner with The City of Edmonton each year by offering a free daily hot lunch program for all program participants. Blueberry pancakes or hot oatmeal are served along with milk, water, fresh fruits and vegetables. A special thanks to the employees of Go Auto West Edmonton for their generous donation towards



the 2017 Green Shack Program.

Thorncliff Park is a safe and fun daytime place for children in the neighbourhood to hang out.

Ready...Set...Grow!

When was the last time you crunched into a garden fresh carrot or shelled some peas right off the plant? The taste is so fresh and delicious!

The May 13th grand opening of Thorncliff Community Garden brought cheers from community gardeners and guests. Now the growing season is well underway. The first phase included ten garden box beds and all ten were snapped up in the first few days. We plan to double the number of garden plots next year!

Everyone is invited to drop by the community garden over the summer and watch a once barren space turn into beautiful gardens filled with lots and lots of vegetables! All garden plots are spoken for this year but there is a spot for you next year. This is a great activity to do with your children and everyone will love the fresh garden taste at your dinner table.

If you are interested in becoming a community gardener, call Randy at 780-405-8866. To see photos and find out more about the community garden, visit www.thorncliffcl.ca.

The hard work already done, a debt of gratitude is owed to:

- TCL's Board of Directors for supporting and funding the project
- Randy and Darlene Niederhaus for their vision and for making the case with the City of Edmonton
- Thorncliffe School for providing their ongoing support and the water source for the garden
- Banti Shaw of Mac's for donating the picnic table and the Scharf family for donating the umbrella and community wheel barrow
- And last, and certainly not least, to all volunteers and community gardeners who donated time and muscle to haul the wood, upgrade the fence, build and line the garden beds, and fill with earth.

What an outstanding community effort. What an amazing community team! Thank you to everyone who is supporting this project.



As part of the Community Garden Program we are also inviting you to nominate a private garden in the "Thorncliff Blooms" program. This is our own local program similar to the City of Edmonton's "Front Yards in Bloom". But this little contest is just for us! There are three nomination categories: 1) In-ground garden 2) Patio garden 3) Container garden. If you see a neighbour with a beautiful garden, or patio garden, or impressive flower pots, nominate them as a "Thorncliff Blooms" finalist! Current members of the Community Garden will determine the winners from among the nominations. Winners will receive a special gift at our Fall BBQ held in September. To make a nomination simply call Randy at 780-405-8866 and state the address or suite number you would like to nominate. Nominations will remain open until September 10st.

TCL Partners with Capital City Clean-Up

As a new member of the Capital City Clean-up Program, TCL is taking its job seriously. We're doing our best to keep Thorncliff Park and its multi-purpose area looking good. We've been putting our clean-up tools to work and as of July 23 we have collected 27 bags of garbage and logged 20.5 volunteer hours.

It's so simple to do. We are asking you, Thorncliff residents, to join the movement to keep our park beautiful. So pitch in and pitch your garbage in the trash cans provided around the park and on the trails. Encourage your children to do the same on the playgrounds. Together, we are making a BIG difference in our community.



Save the date! Back to School BBQ Saturday, September 23

For a second year, TCL will host a free community BBQ on Saturday, September 23rd in the multi-purpose area of Thorncliff Park. Last year, about 120 people took the opportunity to get to know their neighbours and members of the community league. A good time was had by all with lively music, great-tasting hotdogs, refreshing summer drinks, bouncy castles, hockey shoot-out, putting challenge and lots of fun playing a variety of other children's games. A special thanks to the folks from Victory Church on the Rock who host a mini carnival for the children and to all the community volunteers who were part of the event. The success of events like this is totally dependent upon special people like you, so we hope you will plan to join us this fall! More details will follow as plans are made. Visit our events page on the TCL website at www.thorncliffcl.ca.



Safety Matters

It's summertime and the living is easy for thieves. Thorncliff has seen a spike in the number of thefts from vehicles. Remember: do not leave anything visible or valuable in your vehicle. **LOCK THE DOORS!** If you do get broken into or have something stolen report it to the police, no matter how minor.

Numerous break and enters have also been reported in the communities around Thorncliff this summer. In one reported incident thieves walked in the front door while residents were in their backyard. **LOCK YOUR DOORS.** Also, shut your garage door while you are in your yard and lock it when you not. It takes less than a minute for a thief to walk into an open garage, grab something and walk out while you are nearby weeding or watering. Bicycles and tools are the favourite targets.

The Edmonton Police Service recommends that we join the **#9PM** Routine every night. It's easy! Every night at 9PM do a quick walk around your place and check that your vehicle(s), garage, sheds, windows, and doors are locked and put all valuables out of sight.

Drop-In Sport and Family Social Night

Thursday nights. Come and play! Featuring soccer and other family sports like bocce ball and ladder ball. Everyone is welcome and it's always FREE. Every week we host an organized soccer game. Last year we had many fun, yet competitive games. If soccer isn't your favourite come and play one of the other games or just come by and say "hi". Perhaps this year we can get ourselves organized enough to put out a friendly challenge to a neighbouring community league for a games night.



All the nets, balls and equipment are provided. You just need some shoes and come ready for a little bit of exercise.

Start time is 6:30 p.m. in the Thorncliff Park soccer fields next to the racetrack and St. Justin's playground Thursday evenings throughout the summer (weather permitting).

Bicycle Safety Program in Thorncliff a big hit with local kids

Hosted in May by the City of Edmonton in partnership with TCL, local kids had an exciting day of learning and fun with bicycle safety instructors Phil and Kim. An awesome group of 16 "local bikers", age 5 to 13, enjoyed a great day in the sunshine. We are planning to work with the City to run the program again next year in Thorncliff. Thanks to our local NASCAR club for opening up their race track for this event, boasted by the bicycle safety instructors as one of the best sites to date!

Callingwood/ Lymburn



Indoor Soccer – 2017/2018

With another outdoor soccer season behind, our 2017/2018 indoor season is already just around the corner! **Please note that, with registration closing on August 31st, don't wait until September! Register now!** For information about online registration (including the purchase of your community league memberships and making payment) please visit www.emsawest.com. Registration can also be completed through www.emsasoccerportal.com. If you have any questions or need help registering, please don't hesitate to contact the West Zone office (15430 – 93 Avenue) at 780.451.6453. Their office hours for July and August are from 10 a.m. – 2 p.m. every Tuesday, Wednesday, and Thursday. Once you've registered, please watch your email inboxes closely for information about jersey nights.

Kevin Kraglund
CLCL Soccer Coordinator
clclsoccer@telus.net

CLCL Big Bin Event

CLCL will be holding our 2nd annual Big Bin Event for our members on Sunday, August 20 from 9 am to 3 pm at the Lymburn School parking lot. *A valid membership must be shown to use the bins and can be purchased on site at the event.*

Acceptable items:

■ Couches, chairs, mattresses and other household furniture items too large for curbside pickup

Non-acceptable items:

■ Commercial waste
■ Household appliances
■ Computers, televisions and other household electronics. Please take these items to an Eco Station where they are accepted at no cost.
■ Household hazardous waste like paint, oil. Please take these items to an Eco Station where they are accepted at no cost.

President's Message

Summer is in full swing and we hope that everyone is having a wonderful and safe time. There has been no rest for our league as we gear up for our 25th Anniversary of Kites Over Callingwood. This year will be like no other year and we invite you all to come and join us in the festivities. The event will be a 1 day event on Saturday, September 2, 2017. We will kick it off with a free pancake breakfast from 10 to 11:30 am. The Kites Festival will take flight at Noon till 5:00 pm. We will have many new items this year so come and enjoy yourself. Remax has donated a tethered Hot Air Balloon Ride that will be sailing over Callingwood from 6:00 pm to 8:00 pm. Then we will be having Movie in the Park once sun down has happened. Movie to be announced in the next week. We will then end the night with a Fireworks presentation. Look to our next issue of all our donors that have come together to help us pull this event together. All activities will take place at Callingwood Park.

Before Kites happens, we will be hosting the CLCL 2nd Annual Big Bin Event at our Hall by Lymburn School. You must have a valid membership card to access this service. The event will take place from 9-3 pm. Please see the ad in this issue of acceptable items. Once again, we would like to apologize for the confusion of July 1st Fireworks. The event was not hosted by CLCL but by MAC. There was a change of location and it looks like it changes weren't updated on all websites. If you have any questions please feel free to contact MAC directly.

With regards to our 3 playgrounds that we have in Callingwood-Lymburn we would like to remind everyone that all these sites are maintained by the City of Edmonton. All three schools worked very hard to raise over \$2 Million dollars. If there are any issues with any of the playgrounds we encourage you to contact 311 and inform them. This is very important as we can then work with the City to try and fix any reoccurring issues that might be happening.

We thank Sue Leighton and Monique Hampson for their years of service as they leave CLCL for other commitments. You will be dearly missed and we wish you all the best. With all the activities happening with our Kites Over Callingwood Event, our Annual General Meeting will be announced in the coming weeks. We encourage all members to join us and help us make our community a better and stronger place. If you have any questions or comments please remember I am only a call or email away. Have a wonderful last month of summer and hope to see you at our events.

Erin Harrigan
President

Time to Renew Your Membership!

Community league memberships for 2017-2018 are available now! Memberships are valid from September 1st to August 31st.

To buy a Callingwood-Lymburn Community League membership, email jessicasaesthetics@gmail.com or visit our website at www.callingwoodlymburn.com. You can also purchase memberships at our Kites Over Callingwood event on September 2.



CLCL 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:

- 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.

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 - \$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

Common signs of stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.

At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.

Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.

The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.

You also may notice signs of stress in your thinking, behaviour, or mood. You may:

- Become irritable and intolerant of even minor disturbances.
- Feel irritated or frustrated, lose your temper more often, and yell at others for no reason.
- Feel jumpy or exhausted all the time.
- Find it hard to concentrate or focus on tasks.
- Worry too much about insignificant things.
- Doubt your ability to do things.
- Imagine negative, worrisome, or terrifying scenes.
- Feel you are missing opportunities because you cannot act quickly.

It's important to recognize signs of stress and know how to cope. Stress relief is different for each person. For some ideas to see which ones work for you visit: My Health Alberta at www.myhealth.alberta.ca and search managing stress.

If you are finding you are not coping well, contact Health Link at 811 to find help near you.



Callingwood-Lymburn Community Playschool

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

We still have afternoon spots available in our 3 & 4 year old playschool program for Sept.

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

For questions or to register your child, please contact Monique Hampson at info@callingwoodlymburnplayschool.com.



Our playschool is a parent co-operative program offered by the Callingwood-Lymburn Community League. We are located within Lymburn Elementary School at 18710 – 72 Ave. 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.

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.

Make a Difference in Your Mental Wellbeing

Alberta Health Services wants to remind you resources are available to help your emotional and mental health. AHS is hoping to inspire you to learn more about how you can increase your positive emotional and mental health including ways to help you de-stress through online resources such as:

- Ways to Wellness, an online mental health challenge, provides seven different tips and ideas to encourage you to engage in physical activity, eat healthy foods, practice gratitude and have fun as some small steps to improve your mental health and help to reduce stress. Learn more about the simple steps you can take through the video: Ways to Wellness (YouTube).

- Help in Tough Times, has resources and services available to help you or someone you know who may be struggling. It has information, resources, tools and important contact information to help you, including self-help tips to ease some of the stress you may be feeling. AHS wants Albertans to remember, if you are struggling, whether it's day to day stresses, a loss of a loved one, home or job, or family crisis, you are not alone. There are supports in place to help you cope. Help can come in many forms and for some of us we may need more support than others.

For more information on addiction and or mental health services near you, call Health Link at 811 or visit: <http://www.ahs.ca/amh/amh.aspx>.

Puppy Alert! Puppy Raisers needed for fostering service dogs in-training

Do you want a cute puppy and only commit for a year? Would you like to learn dog training skills while enhancing the life of an Albertan with a disability? Do you enjoy being involved with a great group of volunteers while helping someone in your community? The call now (780-944-8011) if you are able to provide a safe, stable, and loving home for one of our service dogs in training!

Benefits:

- All food, equipment, and veterinary costs are covered by us! All you provide is bedding, toys, treats, and endless love and fun!
- Holidays planned? No problem! We have loving and dedicated volunteers to care for your puppy while you're away!
- Great memories, and knowing that by fostering one of our dogs, you will be providing someone with independence and their wings of freedom!

Want to help?

Phone 780-944-8011, email kerri@dogswithwings, or attend our upcoming information sessions on Aug.17 at 5:30pm (11343 174 St).

Overdose prevention awareness

August 31 is International Overdose Awareness Day, a global event to raise awareness of overdose and reduce stigma of drug-related death.

In Alberta, opioid related overdoses are occurring at an alarming rate. Fortunately, many overdose deaths are preventable if medical help is given when you first begin to notice any symptoms.

Here are the signs of an opioid overdose:

- Their breathing is slow or they may not be breathing at all
- Body is very limp

- You can't wake them up
- Blue lips and nails
- Skin is cold and/or clammy
- Gurgling or snoring sounds
- Choking or throwing up
- Pupils are tiny
- Seizures

If you come across someone or are with someone who may be overdosing, call 911 and, stay with them until we arrive. They may need your help while the ambulance is on its way. Due to the Good Samaritan Drug Overdose Act people who experi-

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

Note: Some restrictions may apply. Renter must provide cash deposit; proof of insurance and liquor license may be applicable.

For more information or to rent contact:

Hall 1: Deanna Logan: 780-486-4022
badkcatlogan@hotmail.com

Hall 2: Lisa Madsen: 780-444-0235
madsen@telusplanet.net

ence or witness an overdose and who call 911 for help will receive some protection under the law.

While you wait for help, keep checking on them. Are they breathing? If not, begin rescue breathing. Are they responding or breathing on their own? If they are still unresponsive and you have naloxone – follow the step by step instructions and administer naloxone. Naloxone can temporarily reverse the symptoms of an opioid overdose.

For more information on opioid overdose, or how to get help for yourself or a loved one, including where to get naloxone, visit www.stopods.ca.

Breaking Stereotypes: Modern Seniors

What goes through your mind when you hear the term “senior centre”? Is your instant response “I am way too young. I am still vital and active.” Do you picture “old” people sitting in circle knitting or playing cards?

None of these thoughts accurately reflect the vibrant life in the Jewish Senior Citizens’ Centre - the “hidden gem of Edmonton” that has been serving multicultural seniors for more than 65 years. We are not a seniors’ residence. We are an activity centre at 10052 – 117 Street. We are a non-profit charitable organization.

We enjoy sharing our Jewish culture with our diverse membership. We explore and celebrate other cultures such as: Portuguese, Chinese, Moroccan, Russian, etc. with special events that focus on each culture individually. Our Cultural days introduced dancers, musicians, and poets who generously share their traditions and stories with us, plus we serve traditional dishes of the featured country.

We have much to offer. Come and explore the possibilities. Contact us 780-488-4241 or email jdic@shaw.ca.

Perhaps you are not familiar with senior centres. Not surprising, in our Ward 5 we do not have one. I have suggested to the City Council that they incorporate a seniors’ centre into the newly designed West Edmonton Lewis Farms Community Recreation Centre. Although the Recreation Centre is in a different ward, it will be much closer to our community. Let’s make it happen together! Vote in the upcoming municipal elections Monday, October 16, 2017.

Dr. Svetlana Pavlenko
Executive Director
Jewish Senior Citizen’s Centre

CLCL Bingos

Meet people in your community, and enjoy a free meal. It’s fun. 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. Need volunteers especially for afternoon shifts.

Upcoming Bingo Dates:

Afternoon 11am to 3:30pm
Friday August 25, 2017
Evening 5pm to 9:30pm/**11:30pm
Wednesday August 16, 2017
Monday September 11, 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

ELECT

Sarah Hamilton

for City Council

WARD 5

Stay in Touch!

Hamiltonforward5.ca

Sarah@HamiltonWard5.ca

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HamiltonforWard5

Twitter

SJLHamilton

780 930 2949

FRESH IDEAS

SMART LEADERSHIP

We are seeking energetic individuals for part-time work sampling food and liquor to in-store customers.

We offer flexible hours (up to 16-25 hours per week) and competitive pay for those individuals who enjoy social interaction while working independently.

You must have your own vehicle as you do need to get to different stores.

Interested individuals can send their resume and cover letter to
Kim Boucher at:
kboucher@saraconsulting.com

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Diane M Ruud & Carlos Flores-Mir

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Ph: 780-484-1511

www.ruudortho.com



8 Community League News Aug/Sep 2017

www.communityleagueneews.com

CLCL 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:

■ **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)

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

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A REASON TO SMILE ... TODAY AND EVERYDAY

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Dr. Christina Matrangolo, B.MedSc, DDS

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La Perle News

CPR Classes at La Perle

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

Upcoming courses

Sunday, October 22nd 8am – 12 pm

Sunday, November 26th 8am – 12 pm



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 in 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:

CPR for adults, children and infants

1 and 2 rescuer CPR

AED training

Choking in adults, children and infants

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)

Same content as Heart & Stroke HeartSaver (C)

Also includes wound care, spinal care, bone/joint injuries and environmental emergencies

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

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

Jesse Bowdige, BBA

Life-Rescue - Operating Partner JBowdige@Life-Rescue.ca (780) 965-2351

Edmonton, Alberta, Canada

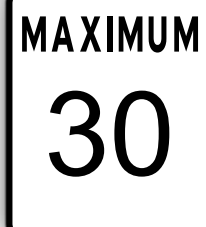
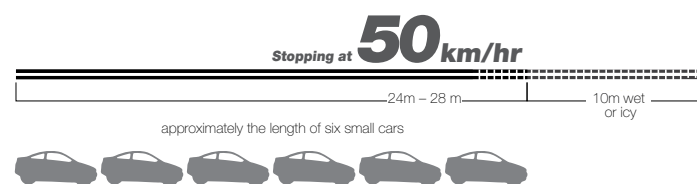
Website: www.Life-Rescue.ca

WHY 30 AT JUNIOR HIGH SCHOOLS?

As of September 5, 2017, school zones are in effect around **elementary** and **junior high schools** throughout Edmonton. Motorists are required to slow down to 30 km/h between 8 a.m. and 4:30 p.m. (08:00 – 16:30) on school days where school zone signs are posted.

WHY IS IT IMPORTANT TO SLOW DOWN?

The lower speed limit protects our most vulnerable road users: our **children**.



08:00 - 16:30
SCHOOL DAYS



Edmonton

edmonton.ca/visionzero

VISION ZERO EDMONTON: zero traffic fatalities and serious injuries

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City of Edmonton Big Bin Events

Big Bin Events allow residents to dispose of household items too large for regular collection at no charge.

Materials Accepted

- Couches, chairs, mattresses, and other household furniture items too large for curbside pickup
- Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
- Computers, televisions and other household electronics (will be recycled)

Materials Not Accepted

- Commercial Waste
- Household Hazardous Waste - please take to an Eco Station. They will be accepted at no cost.

Date	Location	Address
Aug 19 & 20	Jasper Place	9200 – 163 Street
Sept 9 & 10	Terwillegar Recreation Centre	2051 Leger Road



GET CONNECTED




GET INFORMED

Community Events & Crime Reports

Join La Perle Community League Facebook Group


www.facebook.com/groups/488421251291111/



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- Primary tap & jazz 5 year olds
- Ballet
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- Jazz • Pointe classes
- Tap • Hip Hop • Lyrical
- Stretch & Technique
- Musical Theatre • ACRO
- Competitions
- Adult Classes

780-484-7338
9764 - 182 St
www.leckydance.com



15641—96 Ave, Edmonton
(People's Church Building)



Fall Events at Kids On Track!

Family Fun Night Kickoff @ Peoples' Church
Saturday, September 16, 2017—5:00-7:30 pm
Join us for a free dinner and activities for all ages!

Come celebrate Thanksgiving with us!
Saturday, October 7, 2017
Fun family entertainment & family dinner service.
Check our website in September for more details.

For more information visit www.kidsontrack.org
Need a ride? Call our hotline (780-481-2942 ext:1)

SHIFT YOUTH:
Fridays 7:00-9:00 pm
New & interesting activities every week.
Check events @ kidsontrack.org/youth/
Or call the youth hotline (780-481-2942 ext.6)

Watch For:
* **Character Clubs** in West Edmonton Schools



Leading...Youth Soccer

Ages 4 and Up



Register for the Indoor 2017/2018 Season

- Tryouts U11-U17
- U9/U10 League
- U5, U6, U7 and U8 Grassroots

Check our website out for details: www.edmdrillers.com
or contact the club administrator admin@edmdrillers.com

The Drillers have been developing players since 2003.

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Read This and Give it to
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Then
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On Monday, October 16th

ATTENTION VOTERS!

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Ward 5 City Councillor

Dr. Svetlana Pavlenko

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Phone: 587-974-3455

Free Swimming for La Perle Community League Members!

Show your 2016 – 2017 La Perle Community Family Membership until August 31st and after that date your 2017-2018 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, Trampoline climbing wall, Piano.... on Saturday and Sunday from 8 AM – 8 PM, Tuesdays from 6 – 9 PM

La Perle Community League Needs Your Help!

Our Casino is scheduled for Monday Oct 2 & Tuesday Oct 3 at WEM Palace Casino. Volunteers receive a free meal & snacks and a \$50.00 credit towards La Perle Programming, Membership, Soccer Registration, Hall Rental or School Lunch Fees. To Volunteer or for more info call or email Barb (780) 489-1766 tyelsi@telus.net

La Perle Community Playschool: "The Stepping Stones of Early Learning"

- Highlights of the program include:
- "Learn Through Play" philosophy with core subject and emergent literacy and numeracy learning embedded within
 - 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
 - In and out-of-school field trips, guest presenters, and special events
 - Family celebrations (Halloween, Christmas, Spring Tea, Graduation)
 - Located right inside LaPerle Elementary school, allowing strong relationships and easy transitions for students and families
 - Over 35 years combined teacher experience
- Subsidy is available for eligible families

Registrations for the 2017-2018 School Year have begun! Please contact our Registrar at 1-866-927-6020

Registered families may attend our Registration night: Tuesday, August 22nd at La Perle Community League (18611-97a Avenue, NW) 3-Year Program registrants attend 6:00-7:00pm 4-Year Program registrants attend 7:15-8:15pm



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: _____

Children's 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: _____

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 – 2:00 pm 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.

Soccer News!

Indoor Soccer Registration



Online ONLY

EMSA West will be accepting Online Registration and Payment for the 2017 Indoor Soccer Season beginning in July 4th through to August 31st. Payment must be received at EMSAwest by August 31st for the registration to be considered "verified" –Payment Accepted online: Visa, Master Card, all other forms of payment will need to be brought into their office. Note: Kidsport/Jumpstart applications, please contact their office. 780 451-6453

Please visit EMSA West soccer website for further details.

www.emsawest.com

*** YOU MUST purchase your NEW 2017 - 2018 Community League Membership PRIOR to registering. Your 2016 memberships are not valid for the program that begins in October. Memberships can be purchased at www.efcl.org or during office hours at La Perle Community League Hall or at the West Zone office.

Age Group	Birth Year / Fee	Game Days
U4 Mixed	2014 \$110.00	Sunday Morning FX Sports Center
U6 Mixed	2012 – 2013 \$200.00	Saturday West Soccer Center
U8 Boys/Girls Mixed	2010 – 2011 \$200.00	Saturday West Soccer Center
U10 Boys/Girls	2008 – 2009 \$260.00	Saturday – City Wide
U12 Boys/Girls	2006 – 2007 \$270.00	Saturday – City Wide
U14 Boys/Girls	2005 – 2004 \$290.00	Sunday – City Wide
U16 Boys/Girls	2003 – 2002 \$290.00	Sunday – City Wide
U18 Boys/Girls	2001 – 2000 \$300.00	Sunday – City Wide

Season runs from Mid October 2017 through to February 2018

Volunteer coaches / assistants and managers needed. Please register yourself on the portal as well. (All coaching staff must undergo Security Clearance).



Perks of a La Perle Membership!!!

If you live between 179 Street to 190 Street bordering between 95 Avenue and 99 A Avenue then you are a La Perle resident. Also, if you live in Terra Rosa then you can also purchase our memberships.

Memberships are valid from September 1st to August 31st of the following year and offers you the following:

Free Swimming at **Jamie Platz Family YMCA**, 7121 178 Street on Sunday's from 5 – 7 PM Year round. 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, Traverse climbing wall, Piano.... on Saturday and Sunday from 8 AM – 8 PM, Tuesdays from 6 – 9 PM

A **\$20.00** Gift Certificate to **Famoso Pizza** (West Edmonton Mall location only) Expires Dec 31, 2017

Jubilations Dinner Theatre – 25% OFF the regular adult ticket price

Discounted prices at **"Curves"** Terra Rosa location

50% off **Life Rescue CPR** classes at the hall

Allows La Perle post-secondary students to apply for **Today's Dental Scholarship**, must live within La Perle Boundaries

Free skating at any of the open community outdoor rinks in the Edmonton Area. Skate tags required.

Free ice skating at **Callingwood Recreation Centre**. Call 311 for dates and times.

Allows you to have a vote (2 votes with Family Membership 1 vote for single membership) at our

Annual Town Hall Meeting (member in good standing for 6 months)

Allows you to register for **Indoor and Outdoor Soccer, Basketball and La Perle Playschool**

Must have a membership to be on the Executive Board

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.

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 Big Bin Event** and a spectacular Fireworks presentation! **Mark your calendar for September 16, 2017!**

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

Stars & Cars Classic Car Show – Meet our local heroes, the **First Responders** – Free – **Petting Zoon, Hot Air Balloon, Bouncy Castle** – Sponsored in part by Re/Max July 22, 2017 11:00 – 3:30 pm at La Perle Community League.

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

Join La Perle Community League Facebook Group for Community Events & Crime Reports www.facebook.com/groups/488421251291111/

Do you know of a business or group that would like to contribute to our membership perks?

We'd love to hear from them! Bonus for them, bonus for you!!

Call 780 486-4426

Hospice, one of many options for end-of-life care

In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice.

Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what's important to them and where they would like to be at the time of their illness where they may either have: a life expectancy

of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time.

A patient's choice may change as an illness changes, and individuals can get palliative and end of life care at any time.

There's also a new program that's helping to bring emergency care to people who get palliative and end of life care in their homes.

The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's

what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.



What a roller coaster ride this summer has been

I hope you all had the chance to get out to the 2017 Stars & Cars event on July 22. We had representatives from a number of first responder agencies. Other highlights included a hot air balloon, a bouncy castle, a petting zoo, a tasty bbq, and the classic cars were back for a fourth year! Thanks to all the volunteers, first responders, car owners, and community members for making this a fun family experience. Overall, it was a great time for everyone and plans are already in place to hold the next event on July 21, 2018. Please contact us if you would like to help plan this event for 2018.

Unfortunately, on the morning of July 24, around 1:15am, an individual armed with a crowbar and saw broke into the hall, leaving significant damage to the hall and stealing the proceeds from the Stars & Cars event. The crime was caught on video surveillance and the authorities are investigating. Photos of the thief have been shared on Facebook and in this newsletter. If you have any tips regarding this crime, please contact Crimestoppers at 1-800-222-8477.

Capping off the summer festivities, Community League Day is back Saturday, September 16th. We will once again host the Big Bin Event and Weinerama will be back by popular demand! Bring out your small breed dogs for play time between 11am and 2pm and have them participate in events like bobbing for hot dogs, musical mats, and a costume contest. All funds from this event go to Heart Prints dog rescue society so they can save more lives. Fireworks will go at 9pm. The day is sure to be fun for the whole family! Please contact us if you can help volunteer.

We are also looking for volunteers to work the casino on October 2nd & 3rd. Please contact Barb Brazel if you can work a shift. Casino proceeds help maintain the hall, as well as put on events such as Stars & Cars and Community League Day. All volunteers receive a \$50 certificate that is valid for a La Perle membership or programming.

Be sure to connect to our FaceBook page for all the most current news happening in our community! I look forward to seeing you all on September 16th!

Trevor Elliott
President – La Perle Community

La Perle Community League

18611 97A Ave Edmonton, AB T5T 4C1
Email: laperle@laperle-community.ca
Website: www.laperle-community.ca

Phone: 780 486-4426 Fax: 780 481-1726
Facility Manager: Cathy Johannesson

2017 – 2018 EXECUTIVE:		
President	Trevor Elliott	780 909-3477
Vice President	Denis Ricard	780 489-4485
Treasurer	Ken Grovet	780 483-1293
Secretary	Christine Bergstrom	
COMMITTEES:		
Casino Director	Barb Brazel	780 489-1766
Communications Director (NEWSLETTER)	Barb Badry	780 486-4426
Crime Prevention Director	Ken Kirsch	780 263-5103
Events Director	“insert your name here”	
Membership Director	“insert your name here”	
Sign Update	Rachel Johnson	
Soccer Coordinator	Cathy Johannesson	
Social Director	“insert your name here”	
Website Director	Andre Blanchard	
Director at Large	Amanda Percy	
Director at Large	Robin Brazel	
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		

2017 Today's Dental Scholarship

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

The following criteria will apply for applicants:

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

Deadline for scholarship application: October 31, 2017.
Send your applications in writing to:

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

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

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

2017 La Perle Community Hall Rental Information

18611 97A Avenue Phone: 780 486-4426 Email: laperle@laperle-community.ca
For photos please visit our website: www.laperle-community.ca

La Perle Community Hall is the perfect location to host a family gathering, wedding reception, family reunion, company meeting or a holiday party for your family and friends. Our facility is equipped to hold events up to 150 people and is Wheel Chair Accessible and is equipped with handicapped bathroom facilities. Amenities include a large kitchen with one stove, microwave, full fridge, ample counter space, large deep sink as well as a Lockable Bar Area equipped with a deep freeze, stand up cooler and industrial coffee maker. For seating choices we offer 29 rectangle tables (6' x 2.5') and 12 5' round tables and 4 banquet tables as well as 150 black folding chairs. Adjacent to the Community hall is an Outside Patio, Playground, baseball diamonds, soccer fields, basketball nets and tobogganing hill. The Community Hall offers competitive rates for rentals. Community members may rent the hall for a discounted price, but must hold two consecutive years of membership.

LaPerle Community League provides all cleaning products and equipment as needed
Not Provided: Dishes, cooking utensils, Linens, Decorations, Sound System, Projector or Screen

Weekday rental (3 hour minimum)

Monday to Thursday & Sunday morning or Afternoon La Perle Member Rate \$45.00/hour Non-members \$55.00 / hour

Friday, Saturday or Sunday FULL Day Rental 8:00 am – 2:00 am

La Perle Community Members \$450.00 Non-member rate \$550.00 / day

To set up the evening before (3 hour max) please add \$50.00 (based on availability)

Friday, Saturday HOURLY rental (3 hour minimum)

La Perle Community Members \$50.00/hour Non Members \$65.00/ hour

Full Weekend / Wedding Packages From Friday 12:00 pm to Sunday 12:00 Noon

La Perle Members \$650.00 Other Community Members \$775.00

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

(Washrooms, fountain)

La Perle Members: \$20.00 / hour Non-members: \$30.00 / hour Damage Deposit \$250.00

Insurance: *All renters must obtain Liability Insurance for their functions that name La Perle Community League as additionally insured

You can purchase this insurance from Foster Park Brokers by following this link.

<https://www.fpb.ca/Home>

*All renters who will be serving alcohol must obtain a Liquor License, which can be purchased at any liquor store.

*La Perle Community League will require copies of insurance

Pre-paid cleaning service available for a fee (\$175.00) and availability

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

To maintain our soundboards and floors no sporting activities are permitted in the facility. (sport ball / floor hockey etc)




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 \$250.00

To secure a rental the Damage Deposit must be received at time of booking (cash/chq only).

** 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.

Back to school safety

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

Motorists

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

Pedestrians

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

Around school buses

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

www.albertahealthservices.ca

How to talk to your children about drugs and gambling

Children are smart and they are learning all the time. You are the best person to show them how to make good decisions. The thought of your children using drugs may scare you, but your children will hear you better if you talk calmly.

Take time to learn the facts about different drugs and gambling. Tell your children the facts without sounding scared and without scaring them. You can show your children that they can trust the information you give them.

Things to Remember

- You start teaching children about drugs sooner than you think. You have been teaching your children from the time they were very small. You have done this by telling them not to touch anything in the medicine cabinet, not letting them have adult drinks like coffee and beer, and telling them to stay away from cigarettes.

Start talks with your children by asking what they understand about drugs and alcohol, if they are concerned about anyone's use, or if they have been asked to use.

A drug can do a lot of good, or it can be harmful. If you take the right amount of medicine, you can get better. By taking too much, you can get very sick. Talk about this with your children. You can also talk about different kinds of drugs like medicine, legal drugs, and illegal drugs.

- Talk about gambling in a way that your children understand.

It's good to use real-life examples. Ask your children if they've ever made a bet with anyone about doing something that is hard or unsafe. An example might be betting a chocolate bar that someone couldn't walk along the top of a fence. Explain that this is a type of gambling. In this example, if the person takes the bet and walks on

the fence, he or she is at risk of getting hurt. The person betting may lose the chocolate bar. Both people are risking something they value, whether they know it or not.

Children gamble for fun and don't usually think of it as gambling. They usually call it betting or daring. If you use these types of words, it will be easier for them to understand what gambling is.

- Try to think of good examples.

Have you seen a movie or read a book with someone in it who has a drug or gambling problem? Do your children have any examples to share? Talk about the people in the book or movie. Talk about their lives and the decisions they make. You can use this time to give your children good information. Keeping your children informed is the best way to help them make good decisions.

All Welcome

Covenant Christian Reformed Church

warmly welcomes you to
worship with us

Sundays at 10:30 am.



We have refreshments and a time to get to know each other after the service.

At Covenant CRC we believe that our faith does not end after Sunday morning. Our belief is that we should strive to serve God in all areas of life, outside of the church walls. By connecting and developing strong community ties and partnering with other organizations and agencies that are also service oriented; we hope to develop relationships that encourage and support those in need.

Covenant offers various ministries for all age groups. We would like to invite you to learn more about our ministries and become actively involved in our community of believers.

Our fall ministries kick off Sunday, September 10

For information on Bible Studies, Boys and Girls Clubs and other small group ministries, please visit our website at Covenantcrcdmonton.com or call us at the church at 780 443 2303.

Covenant Christian Reformed Church

19010 – 87 Ave 780-443-2303

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.



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CLOTHING PLUS MORE

 **9:30-11:30AM**

SHOW N SHINE

 **10:30AM-2:30PM**



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