

COMMUNITY LEAGUE NEWS - WEST

Serving the community leagues of Aldergrove, LaPerle & Thorncliff.



Dec 2017/Jan 2018

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

Thorncliff Out door skating rink

Ice skating – a genuinely Canadian experience! Weather permitting, TCL will once again provide Thorncliff community with an outdoor skating rink, including hockey nets. The rink will be lit nightly until 10 p.m. A rink takes countless hours to maintain, and TCL is extremely grateful to our valued partner, Thorncliffe School, for covering the cost of water and lighting each year. We are pleased that plans are underway at Thorncliffe School to continue their weekly children's skating program. However, maintenance of the rink boards and care of ice flooding and clearing equipment is a big commitment both financially and from volunteer hours. TCL is indebted to Johnny Mack and Randy Niederhaus for bearing the winter cold while building and maintaining the ice surface and removing the snow that inevitably falls on it. This year, TCL welcomes Glenn Kennedy as a new skating rink volunteer!

For a second year, we will be closely monitor-

ing the use of the rink to determine the feasibility of continuing this high cost, labour intensive program which generally operates for about 6-8 weeks per year. Many community rinks have been closing down and those that remain operational are becoming very busy. Our volunteers do a great job of creating an ice surface for our community. One of the ways they are improving the rink this year is to bank up the north end of the rink which is too high. The water keeps running away to the low end and exposing the grass and dirt underneath. By closing off this end of the rink the remaining ice surface will be more smooth and uniform for skating and playing. TCL is committed to investing into the rink for this season. We will conduct a full review in the spring to determine the feasibility of operating this rink in future seasons. So please, go out as often as you can and enjoy the privilege of having this outdoor winter amenity.

Free Christmas Dinner

**December 23, 2017, at 6:00 P.M.
at La Perle Community center
18611 – 97A Avenue**

This is our Free Christmas Dinner for our community in west Edmonton, there are a lot of single mothers, homeless, and people who are barely making it and have nowhere to go this Christmas season.

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

From: Victorious Revival Fire Christian Ministries

Thank you, La Perle Community Center



because you care

More information Phone or Text Rev. Jan 780-238-1627

Email: jandfriesen@gmail.com



Aldergrove Community League's

GREAT THINGS AHEAD!

Primrose Park Rebuild Bottle Drive Fundraiser

Saturday & Sunday, JANUARY 13 & 14, 2017

The park committee will be by to collect your bottles to raise funds for the park rebuild. They would appreciate any amount you could donate. For more information, email: primroseparkrebuild@gmail.com

FREE Family Day Fun!

**Monday, FEBRUARY 19, 2017 1 - 4 pm
at Aldergrove Community League**

ALL ALDERGROVE RESIDENTS WELCOME (as well as any current Aldergrove Community League Membership holders)

**Sleigh rides, snowshoeing, games, tobogganing, snacks,
hot dog roasting by the fire pit and loads of fun!**

Dinner, Dance & Silent Auction & activities for kids!

**Saturday, February 24, 2017 5 - 9 pm
at Aldergrove Community League**

TICKETS: Adult- \$20.00 Kids/Youth- \$15.00 Infants- Free

Tickets for sale online at:
<http://primrosepark.eventbrite.ca>
OR on [Facebook.com/primroseparkrebuild](https://www.facebook.com/primroseparkrebuild)

For more information: primroseparkrebuild@gmail.com



Holiday eating tips

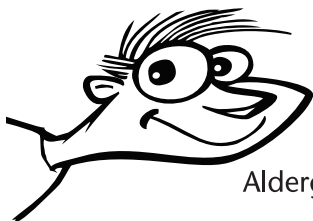
During the holiday season, keeping healthy habits up during festive gatherings may need a plan of action. Here are some helpful tips you may want to try.

At home:

- Since you will likely be busier than usual, have convenient healthy food available.
- Buy washed, cut up vegetables and fruit to make it easier to add them to meals or snacks.
- Keeping higher calorie food out of sight may make you less likely to be reminded to eat it. If there are leftovers from a meal, send them home with guests in decorative holiday containers or package up for future meals.
- If you bake for the holidays ahead of time, freeze until serving.

At parties and gatherings:

- Bring a healthier option – grilled shrimp, chicken satay, cut up raw vegetables or a fruit tray.
 - Make a plan for each party like focusing on enjoying time with others, choosing smaller portions or sharing desserts.
 - Socialize away from the food table.
 - Choose lower calorie drinks like virgin Caesars, sugar-free pop or sparkling water.
 - Use a smaller plate.
 - Fill half your plate with vegetables and fruit.
 - Focus on the enjoyment of eating food when eating and eat slowly.
- For more healthy eating tips and delicious recipes visit: <http://www.albertahealthservices.ca/nutrition/page12598.aspx>



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 Hawswell
TREASURER	Tanya Zdrill
BLDG. & GRDS.	Aaron Clark
SPORTS	Damigu Djabare
MEMBERSHIP	Brenda Kaczor
PUBLICITY	Laurel Hawswell
CASINO	Nanci Cavill
SOCIAL	Kathy Katzenback
NEIGHBORHOOD WATCH	VACANT
WEBSITE	Susan Berezowsky
CIVIC AFFAIRS	Gary Adams
Non-voting Positions:	
SOCCER	Damigu Djabare
CHILDCARE DIRECTOR	Lori Engman
SECRETARY	Connie Bowie

- No good deed goes unnoticed -

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

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

PRESIDENT'S MESSAGE

Merry Christmas and Happy New Year from all of the members of the Aldergrove Community League Executive!

The Executive would like to thank all of the people who have volunteered at our events throughout the year such as Family Day, Big Bin Event and Dance, and Casino. It is the volunteers who make these events successful. A very special thanks to our Office Manager, Connie Bowie who keeps our league and hall running very smoothly and to Lori and all of the staff of our Day Care. These staff members take pride in their work and provide excellent service. Thank you to all the members of our executive for their dedication to making our community and to our two new Board Members for volunteering to serve on the Board.

Over the past year, our community league has made more improvements! New flooring in the hall and security cameras installed both inside and outside. These cameras have been valuable in solving some of the crimes that have occurred in and around the hall.

In the upcoming year, our league is interested in creating programs for youth ages of 13 to 17 and for seniors in our community. Possible programs include pizza night, badminton, pickle ball, youth assisting seniors with computer problems, seniors helping youths learn how to cook, sew, or knit, or card game night. These are just a few of the ideas that are being discussed to date. Anyone with any suggestions or wishing to help the league put together these programs, please contact Connie at the hall or to attend one of our board meetings.

Unfortunately, this will be our last newsletter in this format. We would like to thank, Hugh Calder, for the many years in which he has published the newsletter for us.

Wishing everyone happy and safe holidays!

- Kathy Katzenback

Aldergrove Community League President

WHAT'S HAPPENING AT ALDERGROVE COMMUNITY LEAGUE

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

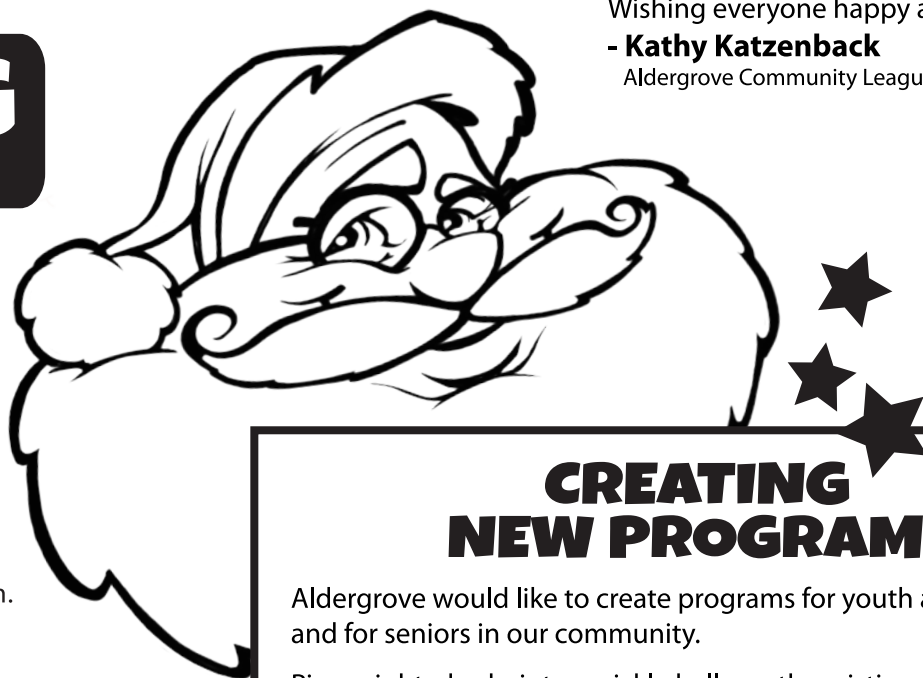
HATHA YOGA with Audrey
WEDNESDAYS, 6:30 - 7:30 pm
Contact Connie at 780 - 481-1588 to register or for questions.

FREE SWIMMING

Show your current Aldergrove Community League Membership to swim at Jamie Platz YMCA on Sundays, 5 - 7 pm.

COMMUNITY LEAGUE MONTHLY MEETINGS

You are always welcome at our monthly meetings. It's a great way to find out what's happening in your community. We generally hold them the second Tuesday of each month (except July & August), starting at 7 pm at the community league. Please call 780-481-1588 or email: aldergro@telusplanet.net to confirm the monthly meeting date.



CREATING NEW PROGRAMS

Aldergrove would like to create programs for youth ages 13 to 17 and for seniors in our community.

Pizza nights, badminton, pickle ball, youth assisting seniors with computer problems, seniors helping youths learn how to cook, sew, or knit, or card game nights... all great ideas to date.

Anyone with other suggestions or wishing to help the league put together a program is asked to contact Connie at the hall at 780-481-1588 or email: aldergro@telusplanet.net

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

ALDERGROVE COMMUNITY LEAGUE

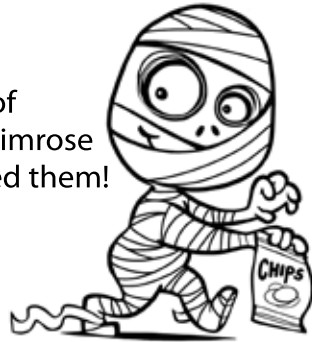
To volunteer with the Community League
please call Connie at 780-881-1588

CHIPS ON HALLOWEEN

Bags of chips were handed out on behalf of Aldergrove Community League and the Primrose Park Rebuild Committee! Hope you enjoyed them!

Please check out the information on the front page about upcoming Primrose Park Rebuild Fundraisers.

primroseparkrebuild@gmail.com for more information.



OUT OF SCHOOL CARE SPOTS AVAILABLE

CONTACT LORI for more info at 780-481-9153.

Aldergrove Community League's not-for-profit day care is a great environment for kids! **We have daycare spots available: full time, part time, casual or drop ins!**



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

DENTAL BENEFITS, DID YOU KNOW?...

Alberta seniors are eligible to apply for dental benefits without paying insurance premiums. The program provides up to a max. of \$5000 over 5 years and covers most basic dental procedures as well as dentures. Seniors must be 65 years of age, Canadian citizens or landed immigrants (permanent residents), have lived in Alberta for the 3 months prior to application and fall within the income parameters set out by the plan, to be eligible. Single seniors receive 100% coverage with taxable income up to \$27,300 and senior couples, with taxable income up to \$54,600. If your income exceeds these levels, you may still be eligible but at less than 100% coverage. You must apply for this coverage by completing a Seniors Financial Assistance application form. Unlike extended health and prescription coverage, it does not become active automatically on your 65th birthday. Stop by our office to pick up an application package or to discuss your options further.

Dr. H. Pirani Design Dentistry 18928-87 Ave. NW 780-484-8138

BENEFITS OF ALDERGROVE COMMUNITY LEAGUE MEMBERSHIPS

An Aldergrove Community League Memberships includes:

- Lower rates for community sports & other programs
- Participation in sport programs: Basketball, soccer
- Two annual \$500. scholarships for qualified individuals living in Aldergrove that are entering their post secondary education
- Free indoor public skating at all indoor rinks (for rink hours call 780-496-4999 or check www.edmonton.ca/arenas)
- Free skating at any outdoor community run skating rink in Edmonton (current skate tag required)
- Leisure Access program - discounts off family annual passes or multi-admission passes with membership
- Currents Swim Wear \$20. off
- United Cycle 10% discount
- O'Canada Gear 25% discount
- Famoso \$20. gift card
- Jubilations Dinner Theatre 25% discount on certain days
- Hall rental discounts

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



Christmas Season at the Covenant Christian Reformed Church



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

**Covenant Christian
Reformed Church**
19010 – 87 Ave



The season of Advent is upon us!
Covenant Christian Reformed Church
warmly welcomes you to join us as we
celebrate the season together. Journey
with us as we explore "DON'T BE AFRAID –
GOD COMES!"

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

Our annual Candlelight service
will be held

Sunday, December 17 at 6:30 pm
Join us for a special evening of drama
and carol singing by candlelight.

Our **Christmas Eve Day Service** will be held
Sunday, December 24 @ 10:30 am

And the **Christmas Day Service** will be held
Monday, December 25 @ 10:30 am

We invite you to bring in the New Year
with us at our **New Year's Eve Service**
Dec 31 at 6:30 pm

Managing holiday grief and stress



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

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

Here are some ideas that may help you:

- Do something for yourself. Often times
we are so busy taking care of others we forget
to focus on ourselves. Take time for yourself
this season by doing something you enjoy, go
for a walk, or try a new hobby such as yoga
or meditation.
- Connect. Join a community group, re-
connect with friends, or volunteer.
- Keep a regular sleep, meal, and exer-
cise schedule and limit alcohol. Taking care
of yourself will help you deal with stressful

situations during the holidays.

- Get organized. Make lists or use an ap-
pointment book to keep track of tasks to do
and events to attend.
- Learn to say no. It's okay to say "no" to
events that aren't important to you. This will
give you more time to say "yes" to events
that you do want to attend.
- Know your spending limit. Lack of mon-
ey is one of the biggest causes of stress dur-
ing the holiday season. This year, set a budget
and don't spend more than you've planned.
- Give something personal. You can show
love and caring with any gift that is meanin-
gful and personal. Make a phone call or write
a note and share your feelings.

Remember, get help if you need. Holidays
can be especially hard if you are already dealing
with the death of a loved one or the breakup of a
relationship. Talk with a health care professional
in your area or call the Mental Health Helpline
1-877-303-2642 or Health Link at 811.

HomeBuilders

Support for hurting kids and parents

Kids On Track: Divorce, Separation & Bereavement Support
For KIDS! Helps kids to make sense of what has happened in
their home.

For PARENTS! Helps parents understand issues their children
are going through and gives them practical ideas that can help.

Projected Start: January 10, 2018 When: Wed. 6:00 - 7:30 pm

Location: Fellowship Baptist Church (14323 - 107 Avenue)

REGISTER NOW—ONLY A FEW SPOTS LEFT!

More info: www.kidsontrack.org or call 780-481-2942

Feel better

From homemade chicken soup to a hot
shower—everyone has their own remedy for
a cold or flu. If you get sick this winter, health
management nurse Tracy Mullen has seven
tried-and-true suggestions to help you feel bet-
ter.

1. Get lots of sleep. "It's your body's way of
healing itself," Mullen says. Shoot for at least
six to eight hours a night, and nap if you can.
2. Drink lots of water to prevent dehydration
and loosen mucous.
3. Gargle with salt and warm water to re-
lieve pain, Mullen says.
4. When you have a stuffy nose, try a humid-
ifier. "It hydrates and loosens the secretions in



your sinus," Mullen says. Visit Facebook.com.
applemag.ca for tips on cleaning your humidi-
fier. You can also use a saline nose mist.

5. Talk to your pharmacist about safe over-
the-counter medications for you.
6. Give your body time to heal.
7. Get the free flu shot to prevent future
colds and flus.

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



Family Fun Nights: January 13, February 10 @ 5:00 - 7:30 pm
Join us for a free dinner and activities for all ages - parents, kids & teens!

Need a ride? Call our hotline (780)481-2942 ext:1

FREE Family Winter Carnival—Saturday, January 27 @ 1:00– 4:00pm
Britannia Youngstown Community League (15927 - 105 Ave.)

Bring your friends and family for sleigh rides, kicksledding,
snowshoeing, skating, carnival games, a bonfire, bannock, and chili!
Everything is FREE of charge!

For more info visit www.kidsontrack.org

La Perle News



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, 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 rect-angle 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 of-fers competitive rates for rentals. Communi-ty members may rent the hall for a discounted price, but must hold two consecutive years of membership.

To inquire about rates and availability please contact the hall.

Because YOU'RE THE TYPE TO SAVE A LIFE .

..

Did you know that every 60 seconds some-one 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, December 30th, 2017
Saturday, March 17th, 2018
Saturday, April 28, 2018
Saturday, June 9th, 2018
Saturday, July 28th, 2018

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

Community League Memberships

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

Please make cheques payable to the La Perle Community League.

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

Drop off this form and payment in the secured mailbox at the front of the hall located at 18611 97A Avenue

Questions, please contact the office ~ 780-486-4426

Membership cards and skate tags will be delivered or mailed.

We are recruiting for a volunteer membership director – if interested, please contact the office

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: _____	



**GET
CONNECTED**



**GET
INFORMED**

Community Events & Crime Reports

Join La Perle Community League Facebook Group

www.facebook.com/groups/488421251291111/

Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

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 Losa 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, Tuesday's from 6 – 9 PM

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

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

Discounted prices at “**Curves**” Terra Losa 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 Play-school**

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!

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

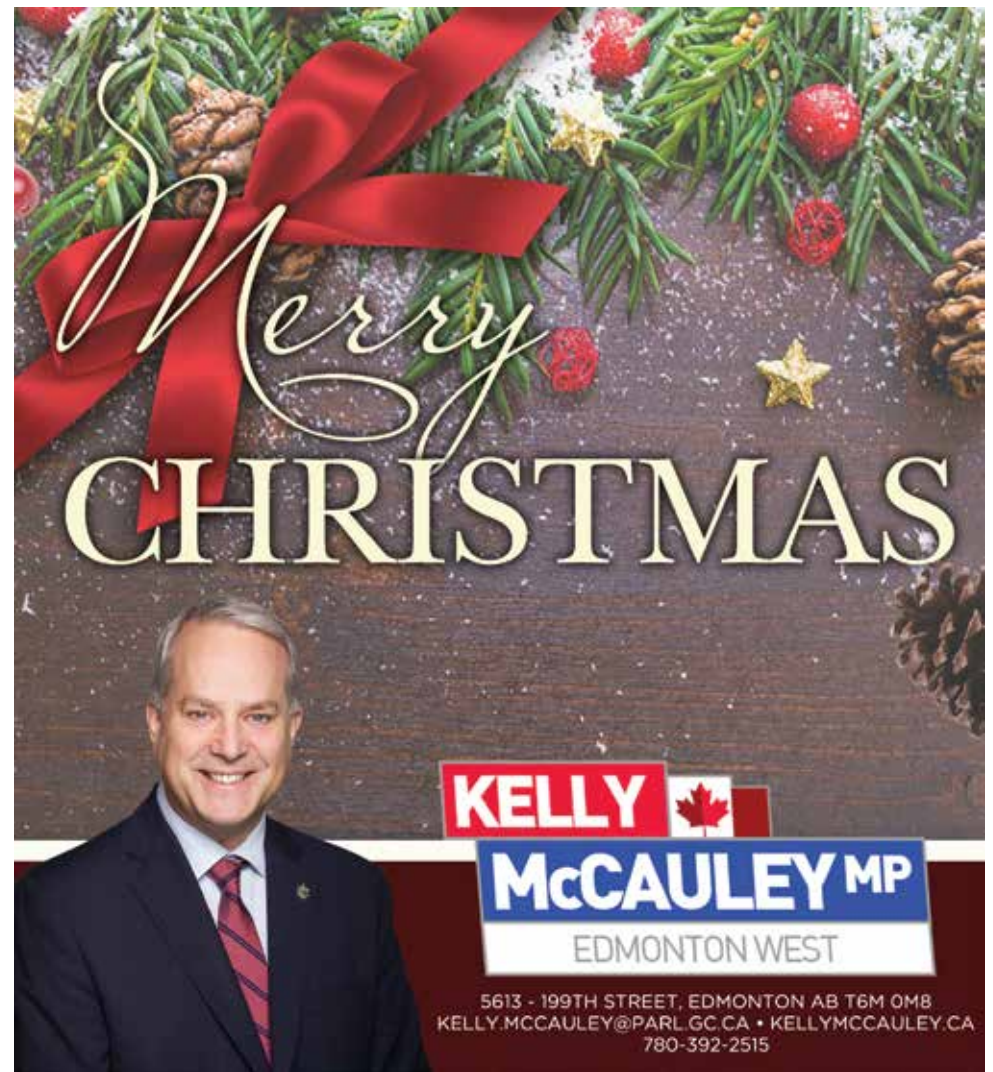
Access to the **Community League Wellness Program**, which provides admission discounts to City-operated Sport and Recreation Facilities. Show your league membership card at any one of the **City of Edmonton's Sports and Fitness Facilities** and you can get 10% off adult or a family annual pass, Continuous 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



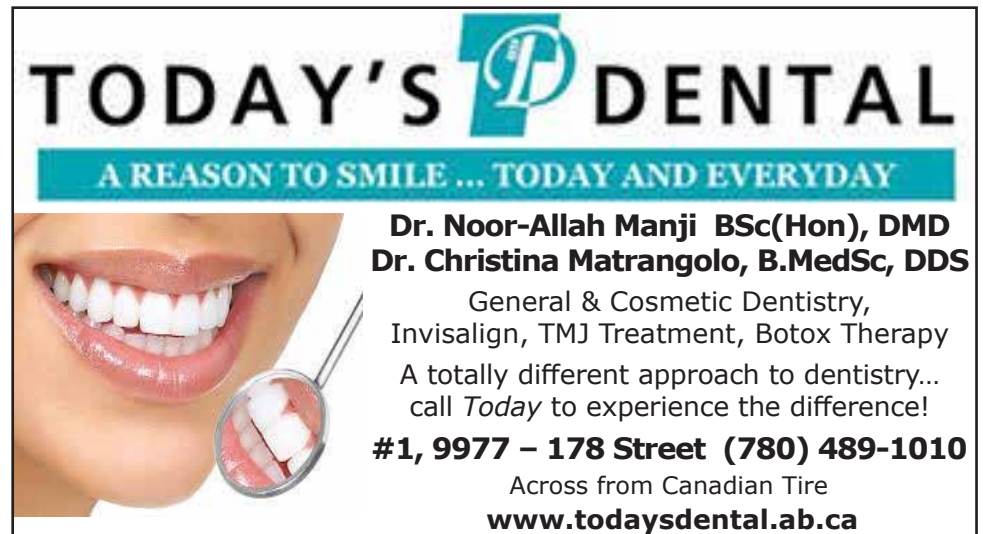
Merry CHRISTMAS

KELLY 

McCAULEY MP

EDMONTON WEST

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



TODAY'S DENTAL

A REASON TO SMILE ... TODAY AND EVERYDAY

Dr. Noor-Allah Manji BSc(Hon), DMD
Dr. Christina Matrangolo, B.MedSc, DDS

General & Cosmetic Dentistry,
Invisalign, TMJ Treatment, Botox Therapy
A totally different approach to dentistry...
call Today to experience the difference!

#1, 9977 – 178 Street (780) 489-1010

Across from Canadian Tire
www.todaysdental.ab.ca

Diane M Ruud Orthodontic Associates



Diane M Ruud & Carlos Flores-Mir
(Fluent in Spanish & Portuguese)
Registered Specialists in Orthodontics



New Patients Welcome
No referral needed

124, 17010 - 90 Ave Ph: 780-484-1511
www.ruudortho.com

RETIREMENT SALE



LINGERIE & SWIMWEAR

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

Everything in Store 20% - 70% OFF

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



Free Swimming! La Perle Community League Members!

Show your 2017 – 2018 La Perle Community 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



Mark your calendar for the La Perle Town Hall Meeting

Sunday, April 22nd, 2018 6:00 PM
La Perle Hall, 18611 97A Ave
All community residents are welcome to attend but must be a current community member to vote.
Memberships will not be available for purchase at the Town hall.
Discussion topics to include:
To be announced closer to the date
Annual Reports Presented
Special Guests
Community Executive Elections To Be Held
All positions are up for election
The President Position will be up for election. If you see yourself in this role and want a head start learning from the current President, please contact the office at 780 486-4426
JOIN THE CONVERSATION!
BETTER YET, BECOME PART OF THE SOLUTION!



HAPPY HOLIDAYS

From all of us
At
La Perle Community League

Soccer News!

OUTDOOR Soccer Registration

Please mark your calendars and watch our website for Outdoor Soccer Registration Information starting February 1st!
More information at www.emsawest.com
Registration will be online only at www.emsawest.com
Note New age groups this year



Birth Year	Age Group
2014	U4 Mixed
2013	U5 Mixed
2012 - 2011	U7 Mixed
2010 – 2009	U9
2008 - 2007	U11
2006 – 2005	U13
2004 – 2003	U15
2002 – 2001	U17
2000 – 1999	U19

Purchase your new 2017 - 2018 Community League Membership PRIOR to these dates to get all the perks of a membership!
Memberships can be purchased at www.efcl.org or during office hours at La Perle Community League Hall.

Outdoor Rink Information

SINCE THE DECISION WAS MADE, BY LA PERLE MEMBERS, TO CLOSE LA PERLE RINKS PERMANENTLY, THE EXECUTIVE VOTED TO DONATE \$5,000.00 TO BELMEAD COMMUNITY LEAGUE TO AID IN THEIR RINK COSTS.
AT TIME OF PRINT THEIR RINK IS YET TO OPEN AND ONCE OPEN HERE ARE THEIR HOURS.
PLEASE VISIT THEIR WEBSITE FOR ANY ADDITIONAL INFORMATION.

<https://sites.google.com/site/belmead-communityleague/home>

Location: 9109 182 Street
Mondays 4-7pm Public Skating 7-9pm Adult Hockey
Tuesdays CLOSED
Wednesdays 4-7pm Family Skating 7-9pm Adult Hockey
Thursdays 4-7pm Family Shinny 7-9pm Public Skating
Fridays 4-9pm Public Skating
Saturdays 12-2pm Family Skating 2-7pm Public Skating
Sundays 12-2pm Family Skating 2-6pm Public Skating
ADULT HOCKEY- Ages 16 and up. Hockey sticks and pucks are permitted
FAMILY SKATING- Open to all ages. Hockey sticks and pucks are not permitted.
PUBLIC SKATING- Open to all ages. Hockey sticks and pucks are permitted.
FAMILY SHINNY- Open to all ages. Hockey sticks and pucks are permitted.

With your current Community membership your YELLOW skate tags are valid at any outdoor Community rinks in Edmonton.
WEST END COMMUNITY OUTDOOR RINKS:

GLENWOOD: 16430 97 AVENUE
THORNCLIFF: 8215 175 STREET
MEADOWLARK: 15961 92 AVE
ELMWOOD: 16415 83 AVE
WESTMEADOWLARK: 9311 165 STREET
CALLINGWOOD LYMBURN: 72 AVE & 187A STREET
JASPER PARK 8751 153 STREET
LESSARD 17404 57 AVE
WILLOWBY 6315 184 STREET
WESTRIDGE WOLF WILLOW 505 WOLF WILLOW ROAD
PLEASE VISIT THEIR WEBSITES FOR HOURS AND RULES/REGULATIONS

THANK YOU CALDER PUBLICATIONS!

La Perle Community League would like to take this opportunity to send out our heartfelt thanks to Hugh at Calder Publications for the countless number of years in publishing the Community League newsletter.
We are sorry that this will be your last issue of publishing the newsletter that our Community Residents are so accustomed to receiving in the mail.
Best of luck to you in the future!



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

LaPerle Community Playschool Open House

Tuesday, February 6th, 6-8 pm
At the open house, you can expect to:
- meet the teachers
- meet members of the board
- tour the classroom
- ask questions
- register for the 2018/2019 school year
- potential future students can create a craft and play
Check out or website www.laperleplayschool.com and ‘like’ our Facebook page for more updates.
Hope to see you there!!
Please contact our Registrar at 1-866-927-6020 (18615–97a Avenue, NW)

ZUMBA at La Perle

ZUMBA® and DANCE YOURSELF INTO SHAPE WITH LEAH AND TERE-SA!
The Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party. Feel the music and let loose. Open to men and women ages 16+.
Classes located at La Perle Community League 18611- 97A Ave
Thursday evening’s from 6:30 -7:30pm.
Contact Leah for questions or to sign up at 780-910-7657



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

La Perle Community League
 18611 97A Ave Edmonton, AB T5T 4C1 Website: www.laperle-community.ca
 Email: laperle@laperle-community.ca Phone: 780 486-4426 Fax: 780 481-1726
 Facility Manager: Cathy Johannesson

Have you made a New Year's resolution and want to make it a habit?

You're not alone. Every year, people set goals wanting to change their lifestyle.
 To get into action, the first step is to jot down ideas for changes you want to make. From this list, pick one that you feel ready to start. Then make it a SMART goal.
 Deciding to lose weight is a goal that many people choose. To make it a SMART goal, focus on behaviour you will do every day, instead of the outcome (weight loss).

A SMART goal is:
 Specific Decide what you are going to do and how to do it.
 Measurable Keep track of how you are doing.
 Attainable Pick something you think you can do.
 Rewarding Think of how good you will feel when you make small changes.
 Timely Give yourself a time limit.

Using the SMART guidelines can help you to set a goal that is within reach. Changing too many things at once can be overwhelming. To make lasting changes, work on what you can stick with. A SMART goal example is packing a lunch that includes vegetables at least three days of the week.

Once you've set your goals, think about what might prevent you from achieving your goals. This can help you plan ways to get around barriers. For example, if your goal is to pack a lunch that includes vegetables, your barrier may be that your weeknights are always busy and this prevents you from cutting up vegetables. To work around this barrier, you could wash and cut up vegetables on Sunday night and pack them for the week. It takes a bit of planning, but a little thought and time up front will help you achieve your goal.

Remember to reward yourself and to monitor your progress. Celebrate when you stick to your goal for a month. If your plan isn't working, take time to ask yourself why, and adjust the plan so you can make it happen.

No matter how committed you are to reaching your goals, attempting too many changes all at once is not realistic. Set goals that you know you can achieve; achieving those goals can give you the confidence to set new ones. Wishing you a happy, healthy 2017!

For a SMART goal setting worksheet visit www.ahs.ca and search Setting SMART Goals.



Beat the winter blues



Many people are more sluggish in winter than in summer, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond getting a little gloomy. People who have SAD can experience: depressed mood, lack of motivation, fatigue, and often feel tired throughout the day. These symptoms can lead to excessive time in bed or in front of the TV, neglect of usual pleasurable activities, and reduced social contact.

SAD mood boosters
 If you are affected by SAD there are several simple steps you can take every day to brighten up both your body and mind, including:

- Be active. Building activity into your lifestyle not only helps lift negative feelings, it also prevents the weight gain associated with the illness. Being physically active relieves stress, builds energy, and increases both your physical and mental wellbeing and resilience. It is as easy as walking outside for 10-20 minutes each day.
- Soak in the sun. Getting in as much sunshine as possible during the winter months can help. Make sure blinds are open during the day, with a direct path to where you sit or

work. Better yet, get outside in the sunshine whenever possible.

- Choose healthy foods. For energy throughout the day, eat three meals, and have healthy snacks between meals if you find yourself hungry. Choose foods from at least three to four food groups at meals and one to two food groups at snacks. For more healthy eating information visit www.healthyeating-startshere.ca

- Stay hydrated. Carry a water bottle to make sure you drink enough fluid during the day. The amount of fluid you need depends on your age, gender, body size and activity level. Most adults need nine to -12 cups of water per day.

- Cut down on alcohol and caffeine. Caffeinated and alcoholic beverages disrupt your body's internal clock, resulting in a worsening of SAD symptoms. Try cutting down, or even cutting out, daily intake of these drinks that contain caffeine such as coffee, pop or energy drinks.

If you are concerned about your mental health or someone else's, contact: Mental Health Help Line toll-free at 1-877-303-2642 or Health Link at 811.



Thorncliff

President's Message – December/January issue

NEIGHBOURHOOD SAFETY IS A TEAM EFFORT

Most of us are privileged to have a place we call home with at least four walls and a locked door, a place that is YOUR safe haven. But if I ask if you feel safe in your home in Thorncliff, how would you respond? Do you feel safe walking streets or pathways of our neighbourhood at night? How about walking in Thorncliff Park or in the area of the Thorncliff Shopping Centre?

Every community has the potential to be victim of theft, crime and gang tagging. Many people think it's the job our Edmonton Police Services (EPS) to keep our community safe but is that where it really ends? Do you know what you can do to make your home, neighbourhood, and community a safer place to live?"

Here are some ideas to make your home safe so it's not a target for criminal activity.

Know your neighbours.

This cannot be emphasized enough but it may be one of the hardest things to do. In this day and age, many of us do not know who our neighbours are let alone speak to them. Often times we speak different languages. But this should not prevent us from at least becoming acquainted with one another. If we don't know who belongs in the next house we have no way to determine if it's the occupants or a burglar.

Whether a home owner and apartment dweller this pertains to you. It is good to know somethings about your neighbours so you know if anything is out of the ordinary. Does your neighbour works days or nights? Do they have children and, if so, what do they look like? Do you live next to an elderly couple who stay home, but sometimes needs help? Is there a teenage driver in the family? Are there small children you need to look out for? Does your neighbour have lots of guests coming and going? Knowing these things helps you be aware of what is normal and what could be considered suspicious.

It is important to have a way to be in contact with your neighbours. Out-of-ordinary or suspicious behavior around their home can be checked with them directly. Or if you're going to be away and would like them to check up on your home and vehicles.

Even if you're not the most outgoing person, make an effort to introduce yourself to your neighbours. It's as simple as greeting them if you pass on the sidewalk, in the parking lot, or even waving hello from afar. Socialize with your neighbours by having chats outside your home or apartment building. Let your children play with other kids down the street or in the complex. If someone's child is in danger or causing trouble, you can call their parents, if you know them.

Developing these relationships with neighbours is mutually beneficial for fostering trust and friendship with the goal of making your

community a better, safer place to live.

Engage with others in your community. Join your local community league.

Block parties are a great way to get out and meet neighbours. The City of Edmonton offers financial assistance to anyone wishing to organize a community Block Party. Turn it into potluck during summer months to bring community residents together in a relaxing atmosphere. Attend every community league event you can and engage with the people who attend. Keep in the know by subscribing to the Thorncliff Community League electronic newsletter—it's free to anyone who wants to subscribe, no membership required.

Keep up your yard and common areas. Encourage your neighbours to do the same.

A neighbourhood with mowed lawns, flowers, and freshly painted homes looks cared for, and this alone can deter crime. A well-kept yard also provides fewer places for suspicious persons to take cover. This includes keeping common areas of rental properties clean of debris and other discarded items especially around City garbage and recycle bins. Speaking of recycling, please breakdown and bundle large boxes from TV's and computers so you don't tip off thieves about new electronics in your home or apartment.

Don't let people unknown to you enter your secured apartment building.

It may feel awkward but if someone is standing in the front entrance of a secured building and he/she is unknown to you, do not let them enter with you. Apartment dwellers depend upon each other for safety within their building. Each resident is responsible for allowing their own guests access to the building.

Be extra cautious when you go out of town.

Talk to your neighbours and arrange for someone to mow your lawn, shovel your walks, or pick up your mail and newspapers, and clear the snow off your vehicle in the winter. Use timers on your lights, or find a security system that will allow you to turn lamps off and on remotely.

Close your windows and blinds at night.

A big screen TV is a less enticing steal if no one knows it's there. Leaving your blinds open and lights on at night provides a free look into your house or ground level apartment unit, its layout, and the habits of its occupants. And leaving windows open at night or when you're gone is an invitation for an uninvited guest to come on in.

Install a security system.

One of the surest options to improve safety in your neighborhood is to get a home security system and use it properly.

Improve the lighting on your street.

Street lights are not the only way to do this. Ask that each household turn on their porch lights in the evenings and install motion-sensor lights in the backs or sides of the house so

potential intruders don't have the darkness to hide in. Report burnt out lights on city streets, in commercial parking lots, and within apartment complexes as soon as they are noticed.

Use common community pathways wisely.

When you take a walk on one of our many walking paths in Thorncliff, try to walk with a buddy or a dog, especially at night. We recommend you do not use ear plugs or headphones listening to music or at least use one only so that you are able to hear your surroundings at all times. Make a habit of looking around so you are always aware of others using the path. Carry a cell phone to call for assistance if needed.

Get to know your local police.

Let the police know you are on their side and want to work together for safety. Offer helpful advice without complaining. If cars are often speeding through a particular area, ask the police to patrol that area. If there is a place where teens gather to smoke drugs, let the police know where and when. Request a drive-through or walk-through whenever possible. Work with your local Police department to start a Neighbourhood Watch program.

Do not call emergency lines if you do not have an actual emergency. Go to the police station in person to ask for information. Thorncliff's local police station is the Edmonton Police Service – West Division located at 106505 100 Avenue NW and their phone number is 780-423-4567.

It is also helpful to know what initiatives the police are implementing to fight crime in our neighborhood. If our community members help watch for and report suspicious activity to law enforcement, this builds a positive relationship between our neighborhood and the police. These relationships deter crime by employing a "brother's keeper" strategy for community safety.

Do you know what the Thorncliff Community League is doing to help prevent crime in our neighbourhood?

TCL Safety Committee

Members of TCL's Safety Committee work on a daily basis to know our neighborhood and what is happening in it. Knowledge is a powerful tool when combating crime. Education is key to all kinds of crime prevention.

TCL is talking with its neighbours. When we know our neighbours and business owners, we know the people who belong in our neighbourhood.

TCL is learning the normal happenings in our neighbourhood so we know when something is wrong. We walk the neighbourhood on a regular basis specifically looking for suspicious activity and people or things that seem out of place.

TCL reports broken windows, abandoned vehicles, burnt out parking lot lights, building security lights, and whatever else may be



deemed as criminal or potential criminal activity. TCL reports graffiti as soon as it is noticed and works closely with community stakeholders to have removed as soon as possible.

TCL's Safety Committee Chair communicates regularly with local law enforcement and this is helping the Edmonton Police Services stay informed about our neighborhood.

Through local liaisons, TCL's Safety Committee Chair keeps the League informed about crime happening in our area and reviews EPS crime statistics. TCL provides support and education to residents by posting safety tips and advising residents about recent local criminal activity on the Safety Matters page of the TCL website and in this greater community newsletter. We know that law enforcement wants and needs us to help them fight crime in our community.

TCL is actively involved in proactive crime fighting projects such as the Arrowhead Lighting Project underway in Thorncliff and Callingwood. An article about this project was published in the October/November issue of this newsletter.

TCL is exploring the possibility of EPS coming to a community league meeting to speak to Thorncliff residents about crime prevention and safety in our neighbourhood.

TCL's Safety Committee Chair is working with local residents, EPS, and the City of Edmonton by-law officers to resolve speeding, traffic congestion, and parking issues on 175 Street and neighbouring streets which directly affect safety of our residents, especially our children.

Improving neighbourhood safety is a team effort, but it needs to start with someone and that someone is YOU, and I, and every resident in Thorncliff. As we get to know one another and discuss our concerns, we'll find our neighborhood becomes a safer and more enjoyable place in which to live for it is everyday people like you and I who make this a really great community.

Here's wishing you and yours, great joy and peace over the upcoming holiday season and through the coming year. May your journeys be safe wherever you go, whether you travel across the city or across the country!

Darlene Niederhaus
President

Community Garden Provides Win- Win for Neighbours and Students Alike!

S. Tywoniuk, Principal, Thorncliffe School

Imagine the many ways that science learning could be enhanced if there was an experimental laboratory, such as the University Farms, right outside of the school doors? This dream became a reality this past Spring when the Thorncliff Community Gardens were built on the North/East side tarmac area of the field shared by the community league and Thorncliffe School.

When Randy Niederhaus, who spearheaded the project, invited the school to be a part of the Thorncliff Community Gardens, we were so excited. Several teachers expressed interest in the gardens immediately as they knew that rich learning would grow from that soil, along with delicious beets, carrots, cabbage, and tomatoes!

Great teachers are always searching for ways to connect the topics students are learning in the curriculum to real, hands on experiences. Plants and plant growth are such an important part of our Alberta Elementary Science curriculum. The skills of science inquiry include asking questions, proposing ideas, observing, experimenting, and interpreting the evidence that is gathered. Having a real garden to plant, watch grow, and then harvest in the fall provided a tremendous living classroom for all of that inquiry.

Thorncliffe students planted vegetable seeds in the spring, learning about different types of seeds, the needs of plants for sur-



vival, photosynthesis, and many other science outcomes. Grade 3 students recalled the spring planting as a true hands on experience, "The teacher did not do it; the kids did the planting. I planted carrot seeds! I could watch the vegetables growing over the summer when I came to the park to play."

In the Fall the same students, now in the next grade, were able to harvest, and sample their crop! "We dug with a shovel and washed the vegetables in a bucket. We got to taste all of the vegetables!"

Two of the more experienced student-gardeners that I interviewed bonded over fond memories of their grandmothers' gardens! They discovered that those two gardens were

over 4000 miles apart and in two different countries, Canada and Mexico. The Community garden experience sparked vivid, memories of gardening with their abuela and kokum, enjoying the beautiful colours, smells and flavours! "At my Kookums we plant pumpkins and strawberries."

The two classmates wish all of the students could know the feeling of excitement and accomplishment that comes from planting your own garden with your own two hands. "In Mexico I planted a garden before! People in the city do not know about gardening!"

The boys have a more ambitious goal than enhancing science lessons, wishing they

could use the garden to feed anyone who may be hungry. When asked if the Community Gardens should be continued the students replied with an enthusiastic, "Yes! It helps those who are hungry to be healthy and it gives people a garden if they do not have a yard."

The boys noticed that the gardens also enhance the playground and the community. "The garden makes it nicer in the school yard!"

The staff and students of Thorncliffe School thank Randy, Darlene and the Thorncliff Community League for embarking on this ambitious project that has created such positive growth, in more ways than one!

Keep active during winter time

Snow, ice, cold and fog are just a few of the natural elements we experience when winter is in Alberta.

Although winter provides us with an excuse to cozy up inside and stay warm, this isn't always the healthiest choice. Children often experience a variety of distractions on a daily basis and the frosty winter weather is yet another obstacle to getting the recommended amount of daily physical activity. In order to overcome the cold, sometimes we all need a little extra motivation.

Here are some tips and helpful hints on how to get the whole family outside and active this winter:

- Get the whole family involved by building snow angels, or, if you're really feeling ambitious, create your own look-alike snow-person family.

- Try making the snow into your own work of art by creating snow castles, mazes, or snow sculptures.

- Take a slide on the wild side and go tobogganing (find a safe hill and remember your winter sports helmet).

- Play snow-pitch, a traditional game of slow pitch isn't just for summer anymore! Try playing a game in your local diamond out in the snow, for a fun twist on this great family pastime.



- Create a more challenging game of hopscotch in the snow by using food coloring.

- Don't forget snowshoeing and cross country skiing. Even if you don't own equipment, these items can generally be rented at a variety of outdoor activity centres and parks.

Gear up with a helmet and safety gear and head to your local outdoor rink for a skate or a game of hockey.

Thorncliff Butt Crack Hill

It's tobogganing time in Thorncliff and we have the best named tobogganing hill in the city, "Butt Crack Hill". The temperature has dropped and enough snow has fallen. Most importantly, the dead trees have been removed. Now that there is no danger of sliding into a tree it is up to you to slide safe. Whether you use a toboggan, sled, inner tube or piece of plastic inspect your gear before you leave home for cracks, sharp edges or broken parts. Dress warmly with hats, mittens or gloves and boots. Make sure winter scarves are tucked into coats to prevent possibly serious injury to throats in the event they get caught in your equipment. If you are tobogganing with young children, bring their helmets. A CSA approved bike, ski or hockey helmet will do. Finally, remember its OK to yell and laugh while playing the hill and are reminded why it has its funny nickname.



Protect yourself from the cold



There's a reason the phrase "Jack Frost nipping at your nose" is so relatable.

When the temperature drops, skin and the tissue underneath—most commonly on the hands, feet, nose and face—can freeze or get frostbitten. From tingling hands to frozen feet, frostbite becomes more severe the longer you're outside and the colder it is; if you think frostbite is severe, seek immediate help.

The best way to protect yourself from the elements is to dress for the weather. Remember these four layers before heading outside.

1. Inner layer: choose socks, long johns and long sleeves made of merino wool or synthetic fabrics to wick moisture away from the skin.

2. Middle layer: choose sweaters and pants made of fleece or synthetic insulation to trap warm air against your body.

3. Outer layer: add a jacket with material that cuts or blocks wind and repels rain and snow.

4. Final layer: wear boots, hats and gloves that can wick away moisture and insulate, and add a balaclava or scarf to cover your face.

THORNCLIFF
Community League 3rd Annual
WINTERFEST



Saturday, February 17	
1 p.m. - 3 p.m.	Outdoor Activities
Thorncliff Park	8215 - 175 St.

Outdoor activities, hot chocolate, cookies, music & loads of fun!
* **Thorncliff families, bring your children to this FREE event!** *

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