

COMMUNITY LEAGUE NEWS - WEST

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



Oct/Nov 2017

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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
Please contact our Registrar at 1-866-927-6020

2nd Annual Thorncliff Back to School BBQ an even bigger hit than last year



Did you hold a cute and fluffy bunny in the petting zoo? Did you work your way through the maze? Did you play a carnival game for some candy? Did you get your nails painted by onsite nail techs? Did you master the skill of walking on stilts? How about the unicycle? Did you bounce your way through the giant bouncy castle? Did you eat a delicious BBQ burger? Did you say "hi" to the community mascot? Did you win a door prize. I hope you can answer "yes" to at least one of these.

TCL hosted a free Back to School BBQ for residents of Thorncliff on Saturday, September 23rd from 2:00 to 6:00 p.m.



More than 300 of you were there and it was a lot of fun! Big "THANK YOU" to our community partners, Victory Church on the Rock, Thorncliffe School, Boardwalk Communities, City of Edmonton, Famoso Neapolitan Pizzeria-WEM, Mac's Convenience Store, Capital City Cleanup, and the Edmonton Federation of Community Leagues.

Although many people tried the unicycle I don't think anyone got farther on it than a foot or two, just enough distance to fall off. So we are still looking for the "Unicycle Master". There is always next year.

Aldergrove Community League's

GIFT & VENDOR SHOW

Saturday, October 14th
10 am - 4 pm

Shop close to home, support small businesses and our non profit daycare! All proceeds of the day's table rentals goes to Aldergrove daycare, directly benefiting the kids that attend. Purchase some great gifts for yourself or loved ones!
Food & refreshments at our concession.
See you there!



AGM Tuesday, October 17th
starting at 7 pm

DOOR PRIZES! - you must attend the AGM, be an Aldergrove resident and be present at time of draw to be eligible for door prizes.

Mystery Solved!

We always wondered why a couple of the basketball nets were seldom used by the youth who shoot hoops in Thorncliff's basketball court. It was the same surface to play on, same size of court, and backboards and rims were in repair. Why then did no one play on the one side? Finally we got the inside tip we were looking for. One pole had been constructed at 11 ft. tall and another at 10 ft. 6 in. Regulation height is 10 ft. It was all messed up.

This August TCL fixed the problem and lowered the two poles to their proper height. With the aid of Boardwalk Communities' frontend loader and two landscaping staff, John and Alex, the steel poles were cut, lowered, and steadied so RNR Portable Machine & Welding could make the cuts and place the poles back in their sleeves. Thanks to the combined efforts of Boardwalk, RNR, and Doug de La Salle and Randy Niederhaus from the Thorncliff Community



League, all basketball hoops are useable. To celebrate this accomplishment, TCL plans to host a basketball event for youth in Thorncliff next year. We've already been chatting with local youth who hang out at the basketball court and they're very enthusiastic to help us plan it. Start practicing, on any of the hoops now and stay tuned for a new Thorncliff youth event next summer.



ALDERGROVE

Aldergrove Community League 8535 - 182 Street, Phone: 780-481-1588 Fax: 780-489-6283 Aldergrove Daycare: 780-481-9153

E-mail: aldergro@telusplanet.net www.aldergroveonline.com Facebook: AldergroveCommunity Edmonton

OFFICE HOURS: Monday - Wednesday 9 a.m. - 3 p.m. Thursday - Sunday Office Closed

Aldergrove Community League Executive

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

- No good deed goes unnoticed -

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

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

THANK YOU! THANK YOU! THANK YOU!

**A lot of good things
don't happen
without volunteers.**

CANADA DAY VOLUNTEERS Some of the Aldergrove Community League members volunteered at a big West Edmonton Canada Day event, serving up bag after bag after bag of complimentary popcorn to event goers! Thank you for taking time out of your Canada Day to give to the West End community at large!

CASINO VOLUNTEERS Our biggest fundraiser happens once every two years. Aldergrove Community League depends on the funds raised by the volunteers who stepped up and took part at this year's casino fundraising dates. We are so thankful and the community league will benefit because of your time and kindness!

COMMUNITY LEAGUE DAY VOLUNTEERS For those Aldergrove residents who dropped off their junk during the day at our Big Bin event, or those who came to the evening dance and stayed to enjoy the fireworks, it wasn't possible without the efforts of several volunteers! Even if you just managed to look out your window and see the fantastic fireworks display ... we hope you enjoyed it!

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

ALDERGROVE'S ANNUAL GENERAL MEETING

**Tuesday, September 17, 2017
7 pm** at Aldergrove Community League

A great way to find out what's happening in our community!

GOOD TO KNOW:

You are always welcome at our monthly meetings as well. 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.

ALDERGROVE COMMUNITY LEAGUE

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



“LIKE” US ON FACEBOOK!

Look for:

Aldergrove Community League

Find us **ONLINE**

www.aldergroveonline.com

A great way to connect
with the people
in our community!

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!



ALDERGROVE OUT OF SCHOOL CARE SELLING ADMAZING COUPON BOOKS FOR \$20. EACH

Great finds inside! Stop in at the daycare Monday - Friday,
9 am - 6 pm to pick up one or more and support
daycare fundraising efforts!

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!**



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, 8850 - 177 Street
Edmonton, AB T5T 4J5
780.408.1860
edmonton.mcclung@assembly.ab.ca



Callingwood/ Lymburn



CLCL Memberships

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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"Edmonton Block"



Manheim is an Equal Opportunity Female/
Minority/Disabled/Veteran Employer.

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

CLCL Volunteer for Bingo

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:

Saturday November 4, 2017

Friday December 29, 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

Influenza Season



It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization will be made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

La Perle News

President's Message

The 2017 Community League Day celebration was another success. Thanks to those of you who spent the day with us. After all the excitement at Stars & Cars, our Community League Day was quitter, but still included Weinerama and the big bins and capped off by another amazing display of fireworks by Uncle Johns. Weinerama raised \$1,450 towards their dog rescue efforts. Thank you to all our volunteers! Without you, this event could not happen! Plans are currently underway for our 2018 celebrations with Stars & Cars on July 21 and Community League Day on September 15.

Thank you to Barb Brazel for her commitment to organizing another successful casino fundraiser at the Palace on October 2nd & 3rd.



Also, a big thank you to all the members who helped us staff this event.

As winter will be quickly upon us, we encourage our community to get engaged and help those neighbors who have mobility concerns and cannot easily clear snow from their own driveways. Also, we remind members that the City of Edmonton will be issuing periodic parking bans throughout the winter for snow removal. Failure to remove your vehicles from residential streets during these bans may result in a fine and having your car towed.

A reminder that members at this year's Town Hall meeting (held in April) voted to close the rinks permanently. The decision was based on escalating costs to maintain and operate the rinks, in conjunction with the low usage rates of the rinks over the past several years. While a few new faces were out at the Town Hall, the low member turnout at the meeting was a true indication of the value of the rinks to our members. The Board is committed to utilizing our funds more economically and ensuring that it benefits the entire community through events such as Stars & Cars. La Perle has committed \$5,000 to the operation of Belmead's rink should they decide to operate it this season.

2017/18 is my sixth year I have committed to leading La Perle Community as president. I also served as Treasurer in 2011/12. I have found the experience very rewarding and thank the fantastic Board members I have had the opportunity to work with over my seven years; however, I have decided to step back from the lead role for the 2018/19 year. If you know of someone who would like to take on the role of

president, I encourage you to have them contact the hall to express their interest or attend a future community meeting.

Please follow us on Facebook for updates on all community activities.

All of us on the executive wish you a safe and Happy Thanksgiving and Halloween!

Trevor Elliott
President

the Gutter Doctor
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La Perle Community League seeking individuals to fill the following VOLUNTEER positions:

Social Director:

Responsibilities include:

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

Events Director:

Responsibilities include:

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

Membership Director:

Responsibilities include:

- Is responsible for the organization, timing and completion of the annual Membership campaign;
- Keeps a record of and maintains the membership lists and other records pertaining to membership;
- Ensures compliance with the EFCL Code of Ethics with respect to selling memberships;
- Prepares an annual budget for membership and submits it to the Treasurer
- Reviews and prepares policy and procedures with respect to membership; and
- Reports monthly to the Board of Directors

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

Thank you's la perle community league would like to thank the following:

Todd & Alyson Opatril
Ryan and Kaylin Gallinger
Val Ferrari
Christine Bergstrom
Barb & Robin Brazel
Trevor Elliott
Denis Ricard
Cathy Johannesson

And a special guest appearance by
Andrew Knack

For all your help during
Community League Day!

30 memberships sold

**TWO BIG BINS and ONE ECO BIN
Filled**

**WE COULDN'T HAVE DONE IT
WITHOUT YOU!**

Mark September 15, 2018 for our next
Community League Day!

City Services & General Information



Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as: Inspections, licenses, permits Comments, commendations, bylaw complaints Roadway & waste management information Program registrations and bookings. 311 agents are available 24 hours a day, every day.

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City specialists, or do other business with the City. The operating hours are 8am-4:30pm Monday to Friday. The centre is closed on weekends and statutory holidays.

Breast Cancer Screening

Every October during breast cancer awareness month, women are reminded to get checked for breast cancer. That's because breast cancer is still a problem in Alberta and the most common type of cancer for women. In fact, 1 out of every 8 women will be diagnosed in her lifetime. And each day a woman in Alberta will die from the disease. But breast cancer doesn't have to be a death sentence. If we can catch it early, we can treat it and beat it.

Screening mammograms are a way to do just that. Using special x-rays of the breast that check for signs, they can help find breast cancer 2-3 years before it can be felt by a woman or her doctor. Mammograms are the best test we have for breast cancer, and the only test that has been shown to lower the chance of dying by 30%. Thanks in part to screening mammograms, most women (almost 90%) are now surviving breast cancer.

Should you get a mammogram? Women 50 to 74 should plan to have a mammogram once every 2 years, and can self-refer. Women in their 40's can speak to their doctor, and get a referral for their first screening mammogram.

Screening mammograms are available at many clinics in Alberta. To find the closest screening mammography centre near you, call Health Link at 811 or Screening Programs at 1-866-727-3926.

Screen Test is a service that brings free



screening mammograms to rural communities with two mobile clinics. To find out when the next clinic is in your area, call 1-800-667-0604 (toll free).

What else can you do to prevent breast cancer? You can talk to your doctor about your family history of breast cancer and know your risk. Know how your breasts normally look and feel, and get them checked if you find anything unusual. And of course a healthy lifestyle is important. Limiting alcohol, smoking and drinking can also help lower your risk.

Prevention is the best protection. A screening mammogram can save your life. Get a screening mammogram in October.

To find out more about breast cancer screening in Alberta, visit www.screening-forlife.ca.



Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

www.albertahealthservices.ca



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NafisaBowen.com

Nafisa@NafisaBowen.com

[NafisaBowenForWard5](https://www.facebook.com/NafisaBowenForWard5)

@NafisaBowen

780-717-7216

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



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**GET
CONNECTED**



**GET
INFORMED**

Community Events & Crime Reports

Join La Perle Community League Facebook Group

www.facebook.com/groups/488421251291111/

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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, 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 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 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

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, 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.

Free Swimming

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, Traverse climbing wall, Piano.... on Saturday and Sunday from 8 AM – 8 PM, Tuesdays from 6 – 9 PM



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: _____	

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		



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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.

Thorncliff

PRESIDENT'S MESSAGE

As the people of Thorncliff come to realize there is an active community league many of you have asked; *What is a community league and what do you do?*

A Community League is a group of your neighbours who volunteer to build the community by organizing events, activities, and programs in our community. So what have the volunteers of the Thorncliff Community League (TCL) done lately? We've hosted a community BBQ in September and a Winterfest event in February; Provided a daily hot lunch for children attending the Thorncliff Green Shack Program this summer; Held a weekly drop-in sports and family social every Thursday night from June to September; Created a ten-plot community garden; Established a children's anti-graffiti program that covered Thorncliff Park sea-can with awesome paintings by neighbourhood youth; Painted the skating rink; Remodelled poles in the basketball court, and co-hosted a children's bicycle safety day in May.

Yes! All that in just the past year! You can be part of the action. There are many ways to be involved.

One important way is to join the community league as a member. You may ask; *Why should I purchase a membership?* A Community League membership helps improve community amenities and enhance the quality of life for you and your neighbours.

Again, you may ask; *What has the Thorncliff Community League done lately to enhance the quality of my life or the lives of my family and my neighbours?*

TCL donated \$10,000 to the new St. Justin's School playground; Picked up 33 bags of garbage on parkland and school grounds since the spring; Work with the City of Edmonton, Edmonton Police Service and Capital City Clean-up to combat neighbourhood crime,

promote safe walking paths, and remove unwanted graffiti;

Represented Thorncliff residents by participating in local civic matters that are affecting our community, such as the new LRT Line, the rezoning of vacant land on the corner of 87 Ave and 175 St, and addressed traffic congestion and parking issues on 175 St.

So what is the point to telling you all this? We want you to join in with us. Will you to take a first step to support the Thorncliff Community League by purchasing an annual membership? The cost is \$25/family, \$10/single, and \$5/senior aged 65 and older. As a TCL member, we'll keep you informed of what's happening here and what activities, events and programs are being offered by the League. It opens lines of communication. Join us at a monthly membership meetings or volunteer at an event. Network with other TCL members, people who live close to you and make new friends. Did you know people who get to know their neighbours tend to look out for them and that relationship makes the community a much safer place? It is the most effective measure to increase community safety.

So get involved and help make Thorncliff a better place to live, and if you haven't already done so, purchase a league membership today!

Darlene Niederhaus
President

For more information on how to become a member, visit www.thorncliffcl.ca



Introducing.... the Arrowhead Trail Lighting Project

The folks in Thorncliff may have noticed a few changes in their community lately. This is especially true for those who use the walking path east of 173 St between the Whitemud overpass and 87 avenue, better known as Arrowhead Trail. The Neighbourhood Empowerment Team generated interest in a project to improve Arrowhead Trail by adding lights.

If this sounds familiar, it might be because this idea was launched in Callingwood North in January of this year. Seven homes on the south side of the Whitemud overpass agreed to take strings of lights and put them on their back fences to help make Arrowhead Trail a friendlier place for everyone using it.

Here is a view of the trail right as it makes its way to Callingwood elementary school. One parent in Callingwood North commented, "I have children who use the trail to and from school every day. They loved the lights and always bragged about having a special place to walk. I think they thought they were in a movie."

Well, if that wasn't successful enough, when we approached people in Thorncliff, there were seven homes between the Whitemud overpass and 82 avenue that signed up in one day for this project! And the feedback in Thorncliff has been just as positive. Neighbours have commented that the lights make Arrowhead Trail more welcoming and have given neighbours and Trail users something to talk to each other about.

A home in Thorncliff has also gotten quite creative with their lights and have strung them up their cedar tree for everyone to enjoy. Paper lanterns have also appeared



on some of the bulbs. If you live on Arrowhead trail between 87 and 82 avenues the Neighbourhood Empowerment Team is planning to visit you and ask if you would join the project.

Even if you do not live directly on the Arrowhead Trail there ways you can lend a hand. If you enjoy the lights, leave a posted note on the fence. Add some knitted tree sweaters. The possibilities of this project are really as big and wide as peoples' imaginations. The lights are a year-round feature, but there are plenty of other ways to make Arrowhead Trail an interesting place to be in all seasons.

Winter will soon be upon us, but that's no reason to stop thinking green. In fact, if people were interesting in doing some gardening along the trail to add some flowers and colour, the autumn and winter is the prime time to start imagining the possibilities and planning for the next year. Interesting planters, back fence gardening and other unique ways of adding colour could be explored as potential additions to the trail.

If any of this sparks your imagination, your inner planner, or your green thumb, get in touch! Feel free to contact Cecily Poohkay with the Neighbourhood Empowerment Team at cecily.poohkay@edmonton.ca



HomeBuilders

Support for hurting kids and parents

Kids On Track: Divorce, Separation & Bereavement Support For KIDS! HomeBuilders helps kids to make sense of what has happened in their home. **For PARENTS!** HomeBuilders helps parents understand issues their children are going through and gives them practical ideas that can help.

Projected Start: January 2018 **When:** Wednesdays 6:00 - 7:30 pm

Location: pending West End Edmonton location

REGISTRATION OPENS NOVEMBER 1, 2017

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

News Flash - Off Leash Dogs in the Park

Complaints have been made about dogs being let off leash and not being under control in Thorncliff Park. The biggest complaint has been about owners not picking up after their dogs.

According to City of Edmonton Bylaws, dogs are NOT allowed on parkland property (i.e. Callingwood Park, Thorncliff Park and the Whitemud Green Spaces) even if they are leashed and under control. The Thorncliff skating rink is not to be used as a dog park during the summer time. Dogs are only allowed on City Parkland where signage permits or the area has been designated as a legal off leash area. Thorncliff Park is neither of these but dogs can be walked on the trail system as long as they are leashed and kept at least ten metres from any developed playground or picnic site.

Bylaw officers have been more active since the many complaints of uncontrolled dogs in the park and playgrounds, as well as abandoned dog poop. Please be mindful that everyone uses these spaces and those without dogs are not accustomed to watching for "dog droppings" in fields and playgrounds.

Thorncliff Skating Rink Gets a FaceLift

Three cheers for the volunteers who came out on Saturday, August 5th to paint the skating rink inside and out: Colette and Bruce Scharf, Sharon Quickfall, Darlene and Randy Niederhaus, Tanya Boser, Jayden, Jared, Brandon, Pam and John Winski, Val and Aldo Fazio, and Nafisa Bowen. Special thanks to Doug de La Salle for helping to repair and prepare the boards for painting. After applying ten gallons of paint, the skating rink is looking alive again. It is great to see our community in action!

FREE Summer Drop-in Sports and Family Social Night a Wrap for this Year

We've watched this program grow significantly from last year to this year. Each Thursday night when we arrived to set up for the soccer game many players were already there warming up for the game.

Every week, participants and spectators enjoyed fresh watermelon and drank lots of bottled water provided by the Thorncliff Community League. TCL owes a debt of gratitude to the folks at Victory Church and our local community volunteers who helped us set up the nets, refereed the games, coached the kids, and played along as well. The huge success of this program is due to their commitment and all the players who



joined us week after week.

Drop-in soccer has sadly come to an end for this year but we'll be back again next year! We promise!!

Harvest Time for the Thorncliff Community Garden

It's harvest time in the Thorncliff Community Garden and it's been a great first year for gardeners and their families. They are now enjoying nutritious ORGANIC vegetables. Gardeners have eagerly shared their gardening knowledge and experience with our novice gardeners and we have created a wonderful new community within a community. Our children loved the experience of watering the gardens and watching the plants produce a harvest. What sheer pleasure comes from plucking and eating freshly picked vegetables from your own family garden.

Next year we plan to build ten more gardens. Some of them are already spoken for so if you are interested, please do not wait until next spring to tell us. Garden plots are 6 ft. X 12 ft. and rent for just \$25 for the entire growing season. If you would like to join the Thorncliff Community Garden, let us know. You simply can't go wrong!

To find out more about Thorncliff Community Garden or to reserve a plot for your



family, please contact us at info@thorncliffcl.ca or visit the Community Programs page of the TCL website at www.thorncliffcl.ca for more information.

Summer Green Shack Program



The Green Shack Program has ended for another year and we hope that the City of Edmonton will bring it back again next year for the children of Thorncliff. TCL supports the program through a \$1,000 donation to the City of Edmonton and offers a hot lunch program on a daily basis for which 30 children registered. Many thanks to Randy Niederhaus, Community Programs Director, for volunteering to prepare and serve the hot lunch program. A special thanks to our community partner, Victory Church on the Rock for assisting with the program.

We decided to interview the kids this year about their thoughts on the program and here's what they told us: What they enjoyed the most was playing games, especially "camouflage". What they liked the best about the snack program was feeling full when they didn't eat breakfast. When asked what they'd like us to serve next year, they eagerly suggested ice cream cake and pizza, but they also liked blueberry pancakes and muffins! All the children surveyed said they would like to come back again next year.

Safety Matters

Licence Plate Theft

Did you know that licence plate theft continues to be an issue in Edmonton? On average, ten are stolen everyday including at least two a month from Thorncliff. When was the last time you checked to see if your vehicle still had its licence plate or if the plate was the one that should be on your vehicle? Make it a habit to look at your licence plate often to check it has not been tampered with.

Safety Tips for Using Walking Paths

Now that summer is officially over and it's getting dark earlier, to enjoy our walking trails safely, you should

- plan your route before you take the trail network
- wear bright and reflective clothing
- Avoid wearing headphones or, if wearing headphones, leave one side free so you can

stay aware of your surroundings

- walk with another person if you can
- keep your phone with you on the trail so you can call for help if you need to

Things that happen when you're not home

Have you been putting your trash and recyclables out every Thursday morning only to come home to garbage debris all over your lawn or driveway? The mess is NOT caused by the City's sanitation department workers being careless, but by the local crows and magpies. As soon as you leave, these clever birds fly into to check out your waste and recycle bins. There is really no solution other than putting your refuse in stronger bags. If you are a victim, please do your part and clean up the mess to keep them from coming back for more.

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



CHRISTMAS BLACKLIGHT PUPPET SHOW!

"A King is Coming to Town"! Join us and discover who the king is with **TWO show dates: Dec 8 - Public Show & Dec 9 - for families with kids in Kids On Track programs**
Registration opens Nov. 6!
Visit our website or call 780-481-2942 to book your seat!

Looking to Volunteer?

Kids On Track is looking for people to help at our events! For more information and to get signed up email franc@kidsontrack.org

Family Fun Night: November 18 @ 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

For more info visit www.kidsontrack.org

Halloween is a time that children get excited about dressing up as their favourite character and stocking up on candy. Read on for tips to make your Halloween festivities healthier for your family and others.

- Work out a plan with your children and discuss how to enjoy their candy and to decide what they can do with the extra. Use your best judgment based on their personality and eating habits.

- Limit the amount of candy your children collect by limiting the number of houses they visit, or the amount of time they spend Trick-or-Treating.

- Always keep safety in mind. Keep only items that are unopened and in their original wrapping.

bouncy balls, pencils or tattoos.

- Know how much candy was collected and store it out of sight. Having candy visible makes it more likely that you or your children will eat it.

- Use Halloween candy for craft projects.

For others:

- Hand out stickers, temporary tattoos, bubbles or Halloween themed pencils.

- Offer healthier food options like small bags of flavoured rice cakes or pretzels, boxes of lower sugar cereal, pre-packaged cheese sticks, higher fibre granola bars, or bottles of water.

- Avoid bringing leftover candy to school.

You and your family can enjoy a healthy Halloween! Continue healthy eating and active living habits during the Halloween season.

For more ideas on healthy eating please visit:
healthyeatingstartshere.ca.

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