

COMMUNITY LEAGUE NEWS - WEST

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



February/March 2017

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

Missed our CLCL Outdoor Soccer Registration Dates?

ONLINE Registration for the 2017 outdoor soccer season opened Feb 1st, 2017. This program is available for children 4 to 17 years of age. All players must be registered online at www.emsawest.com, print out their completed registration form, attend a community session to confirm information and make payment. You can still register by:

1. Contacting Kevin Kraglund, our new soccer director at 780-993-9985 / clclsoccer@telus.net OR
2. Attending the last registration session on Thursday, March 9, 2017 from 6:00 pm to 8:30 pm at the Double Tree by Hilton (16615-109 Avenue – access at the back of the building)

Payment can be made by cash, cheque, CLCL volunteer credit or credit card. Any registrations after March 9, 2017 are subject to space and a \$25 late registration fee.

All players must have a 2016-2017 family community league membership which will be available at the community session or online at www.efcl.org.

birth year	age group	tentative fee	game days	game time
2013, 12, 11	U4, U5, U6	\$135	Mon & Wed	6:15 pm
2010, 09	U8	\$145	Tues & Thurs	6:15 pm
2008, 07	U10	\$195	Mon & Wed	7:15 pm
2006, 05	U12	\$215	Tues & Thurs	7:30 pm
2004, 03	U14	\$245	Mon & Wed	6:15 & 7:45 pm
2002, 01	U16	\$245	Sun & Tues	6:15 & 7:45 pm
2000, 1999	U18	\$245	Sun & Tues	6:16 & 7:45 pm

Uniforms:

- Ages 4, 5, & 6 - supplied by Tim Hortons, CLCL provides shorts & socks at no charge
- Age 8 - sponsor yet to be named, CLCL provides shorts & socks at no charge
- Ages 10, 12, 14, 16, 18 - Purchase CLCL uniforms which include Jersey, shorts and socks. Cost is \$25.00

For more information on the program or any assistance, contact: Kevin Kraglund at 780-993-9985 or email clclsoccer@telus.net

2017 La Perle Outdoor Soccer Registration February 1, 2017 – Online Only

Must have a 2016-2017 Community League membership prior to registering

MUST Pre-register online at www.emsawest.com/play/register then you MUST attend a Soccer Registration Payment Date in Person after you have registered. Registration will not be complete if you do not come to one of these registration payment dates to pay and child will not be placed on a team until payment is received. NO ONLINE PAYMENTS All payments to be made by cash/cheque or money order payable to La Perle Community League. Tuesday, February 21st 5:00 pm – 7:30 pm @ La Perle Hall 18611 97A Ave Thursday, March 9th 6:00 – 8:30 pm @ Double Tree by Hilton (formerly Mayfield Inn) 16615 109 Ave Saturday, March 11th 10:00 am – 1:00 pm @ La Perle Hall 18611 97A Ave \$25.00 late fee will apply

Or during office hours: Monday, Thursday, Friday 9:00 – 11:30 am Payments made after March 9th will be assessed a \$25.00 late fee regardless of when registration was done.

(More LaPerle soccer registration on page 10)

FAMILY DAY

at Aldergrove Community League

February 20, 2017
1 pm - 4 pm

For Aldergrove residents and Aldergrove Community League members! Sleigh rides, tobogganing, snow shoes, hot dogs, roasting marshmallows on the fire pit, hot chocolate and a family friendly movie inside.

Enjoy part of
your Family Day
with us!



NOTE: Children must be supervised. Board members reserve the right to ask anyone to leave for inappropriate behaviour. Event subject to change

TODAY'S DENTAL

A REASON TO SMILE ... TODAY AND EVERYDAY



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Dr. Christina Matrangolo, B.MedSc, DDS

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ALDERGROVE

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

E-mail: aldergro@telusplanet.net www.aldergroveonline.com Facebook: Aldergrove Community League

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

Aldergrove Community League Executive

PRESIDENT	Kathy Katzenback
VICE PRESIDENT	Lauréi Hawkswell
TREASURER	Gary Adams
BLDG. & GRDS.	Aaron Clark
SPORTS	Damigu Djagbare
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 Djagbare
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

Happy New Year! We hope everyone had a great holiday season.

A committee has been formed to work with the City of Edmonton in the preparation of Walking Maps of our neighbourhood. Your input as to what are your favorite walking trails in our community and to identify points of interest along these walking trails would be greatly appreciated. Once completed, these maps will be made available to people who want to explore the communities of Edmonton. Contact us if you'd like to add your input.

To determine the effectiveness of our newsletter and our facebook page, we are holding a **contest open to the residents of Aldergrove or current Aldergrove Community League members**. To enter the **contest**, please make a comment on the **Aldergrove Facebook page** or email me at **kathy.k@telus.net** and let me know what you like or dislike about the newsletter. You can also comment about what you would like to see in the newsletter or suggest event ideas for the community league. Your name will be entered into a draw to win a Movie Night Out Pass for two. Contest deadline: March 1, 2017 at midnight.

Kathy Katzenback,
Aldergrove Community League President

ALDERGROVE COMMUNITY LEAGUE GOOD THINGS HAPPENING

FAMILY DAY ACTIVITIES

February 20th, 2017, 1- 4 pm

Sleigh rides, tobogganning, snow shoes, hotdogs, marshmallows,
fire pit, hot chocolate, a family friendly movie!

All Aldergrove Residents and current Aldergrove Community League
members are welcome!

Children must be actively supervised. Aldergrove board members reserve the
right to ask anyone to leave due to inappropriate behaviour.

NOTE: Changes to event may occur

COMMUNITY LEAGUE MEMBERSHIPS

Purchase memberships at Aldergrove
Community IDA or at the League office.

Skate tags, free swims, soccer, basketball, discounts on hall rental, etc.
Strengthening our community with community based programs.

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

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

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

FREE STYLE YOGA with Krista
THURSDAYS, 6:30 - 7:30 pm
Beginners welcome! Please contact Krista for session details
at 780-758-9642.

OUTDOOR SOCCER REGISTRATION

FEBRUARY 13 & 22, 6:30 - 8:30 pm
at the Aldergrove Community League
MARCH 9, 6 - 8:30 pm at the Doubletree Hotel on Mayfield Road
IMPORTANT: Must have a current Community League Membership to
register. Community League Memberships available at registration.
Accepted forms of payment: cash or cheque
Must bring proof of player's birth and residence (Birth certificate and
parent or guardian's driver's license or a bill showing address.
For more information please go to www.emsaWEST.com

FREE SWIMMING

Use a current Community League Membership to go swimming at
Jamie Platz YMCA, Sundays, 5-7 pm.
It will also include the use of a small play area during this time. Bring your
current Aldergrove Community League Membership to sign in.



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

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

OUT OF SCHOOL CARE SPOTS AVAILABLE

CONTACT LORI for more information at 780-481-9153

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

SPRING CRAFT & VENDOR FAIR

Saturday, April 8th, 10 am - 4 pm Call Lori to book a table 780-481-9153

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. Stop in food and refreshments at our concession.

PRIMROSE PARK PLAYGROUND REJUVENATION

CONTACT AARON @primroseparkrebuild@gmail.com

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

SNOW ANGELS

Contact Connie at 780-481-1588

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

SENIORS NIGHT?

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

FOR THE LATEST COMMUNITY INFORMATION

On Facebook: Aldergrove Community League

Aldergrove Website: www.aldergroveonline.com

Edmonton Police Service:

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



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<https://www.facebook.com/LisaMakesNailsPretty>

Ask Charles

I saw an ad saying a real estate professional will buy my house if it's not sold in 90 days. Should I be wary?

Wary might not be the best word, but you do need to make sure you understand the details of the offer. This type of offer is a guaranteed sales agreement, and while there is nothing illegal or wrong with a real estate company offering this kind of arrangement, it is rarely the best option for consumers.

In a guaranteed sales agreement, a real estate brokerage agrees to buy a piece of real estate from a seller at a previously agreed upon price, if it hasn't sold to someone else before a certain date. Only real estate brokerages can offer these agreements, not individual real estate professionals.

If you're selling your home to buy another one, you may be interested in a guaranteed sales agreement for the home you own now. It could help you avoid owning two homes and paying two mortgages. A guaranteed sales agreement might give you the confidence to proceed with your new home purchase before selling your current one.

What sellers need to keep in mind in these arrangements is that the real estate brokerage wants to minimize its risk.

For example, it's rare that a guaranteed purchase price will be based on the property's listing price or the property's market value. In most cases, the brokerage calculates the guaranteed purchase price using a formula where legal fees, carrying cost, and commission on the resale are subtracted from the purchase price. This minimizes the brokerage's risk, but it can also greatly reduce how much that seller receives for their home.

Brokerages that offer guaranteed sales programs are required to have policies for those programs. Those policies should include how the brokerage sets the guaranteed sales price and who is in control of the property's listing price during the listing period; it may not be the seller. It's not unusual for a guaranteed sales agreement to include a clause that requires a seller to lower their listing price during the term of the listing.

Remember, your real estate brokerage wants to minimize its risk. It prefers to sell your property to a buyer rather than to use the guaranteed sales agreement, and lowering the listing price can sometimes help that happen.

If your real estate brokerage offers you a guaranteed sale agreement, it's up to you to decide whether you're interested. Before you do, make sure you read and understand all of the fine print.

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

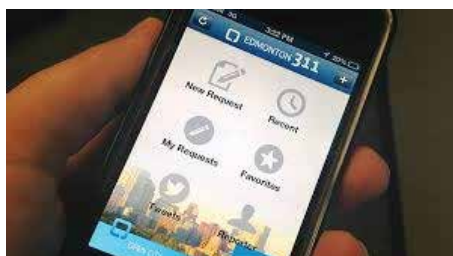


Edmonton 311 App

The City of Edmonton has provided an app for smartphones.

With the 311 app Edmonton residents are able to report: potholes, damaged sidewalks, damaged trees, litter and graffiti.

This user-friendly app lets you upload photos of the structure or property you are concerned with, as well as add an exact location with its GPS map.



An officer will investigate your complaint within 4 business days.

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



Choose Nellie Nellie McClung Girls' Junior High Program

Open House Dates:

March 8 - Avonmore 6 - 8 pm

March 9 - Oliver 5 - 7 pm

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For more information please visit:

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epsb.ca





Callingwood/Lymburn Community League

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

Message From the President

This particular edition is bittersweet as we bid a heartfelt thank you and farewell to our Soccer Directors Vic and Sharon Brown. After 17 years, they are hanging up their cleats. CLCL could never have grown our soccer program without their hard work, love and support. In their seats, we welcome Kevin Kraglund to fill their large and talented shoes. This list is by no means complete of our volunteers; CLCL is filled with unsung heroes. As we head into the soccer season, please know that we appreciate your time, expertise and participation. Thank you for making Callingwood-Lymburn Community League a warm and vibrant community.

Just a reminder that the community league board meets monthly at 6:30 pm on the first Tuesday of the month, at the Callingwood Rec Center (upstairs). All community members are welcome to attend these meetings. It is a wonderful way to stay on top of what is happening in your community and to get to know the families in your neighbourhood. We are always looking for new volunteers to join our board, provide input and suggestions and to assist us with providing programs and events for our members.

As Family Day approaches we welcome all families to come by our skating rink for a day of Free skating and to enjoy hot chocolate and cookies on CLCL (while supplies last). The rink on Family Day will be open noon to 6 pm. This will be a perfect way to spend time with your family while having fun at the same time.

The Kites Over Callingwood Committee has started to organize for our biggest event of the year as we celebrate KOC's 25th Anniversary. If you are interested in being a committee member or sponsor for the event, please contact us at callingwoodlymburn@hotmail.com. We would love to have you join us.

Stay warm as we enter into the second half of winter and hope to see you at our Family Day event.

Erin Harrigan

Outdoor Rink Hours

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

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

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

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

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

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

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



Did You Know ?

In the first three months of 2016, Edmonton Police Service (EPS) received 90,034 calls to 911 of which 41% (36,617) were NOT emergencies. Can you imagine how much police time this takes away from police work? How to get the best service from Edmonton Police Service calls: be sure to use the correct phone number for the service you need.



1. 911 Emergency: only use for life threatening situations, crimes in progress, a person in danger, and unusual noises like screams and breaking glass.
2. 780-423-4567 Non Emergency
3. #377 Mobile Access Non Emergency
4. <edmontonpolice.ca>: online crime reports (non-emergency; only available for certain crime types)
5. EPS: Mobile App: for on-line crime reports
6. 1-800-222-8477 Crime Stoppers: especially when you don't want to have to go to court about the incident, or anonymously be able to apply for a cash award if your information leads to an arrest
7. TIP250 send to CRIMES (274637): same as for #4
8. TipSubmit: Mobile App for iPhone and Android: same as for #4

On the lighter side: some of the actual calls to 911 emergency line include the following. "I need you to help me move my couch." "What temperature do I cook my turkey at?"

A flu free New Year

It's not too late for your influenza immunization

You resolve to start the year healthy. To eat well, be active... but what about your flu shot?

Influenza season is here. As of December 10, 2016, more than 774 lab confirmed influenza cases have been confirmed in Alberta and 5,323 people with influenza-like symptoms have been reported. Of these cases, 189 have been hospitalized.

No matter how healthy you think you are, if you haven't been immunized yet this season, you're at risk of contracting influenza too.

The good news? Influenza immunization, or the flu shot, is still available, free of charge, to all Albertans six months of age and older.

Start your year healthy and stay that way; get immunized today.

For more information, including local clinic schedules, visit <http://www.albertahealth-services.ca/influ/> or call Healthlink at 811.

Callingwood-Lymburn Community League Membership Benefits

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

With your membership the following is available:

- Free public swimming (times subject to change) Jamie Platz YMCA: Sundays 5:00 pm to 7:00 pm
 - 25% discount off the rental of the meeting room or the hall at the Callingwood Recreation Centre
 - Free playgroup program for preschool children (birth to 6 years) Tuesday mornings upstairs at Callingwood Recreation Centre
 - Free admission to the Jamie Platz YMCA multi-purpose room. Children 5 years and under require parental supervision
- Tuesday: 6:00 pm to 9:00 pm
Thursday: 11:30 am to 2:00 pm
Saturday & Sunday: All day from 7:00 am to 9:00 pm

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

- AKF Karate: Both a children and adult program is offered through the community league. This "Wado Style" program runs from mid-September to April.
- Soccer: Both an indoor and outdoor soccer program is run with the Edmonton Minor Soccer Association and the Edmonton West Zone Soccer Association. This program is available for girls and boys ages 5 to 18.

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

Business Discounts:

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

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

Callingwood-Lymburn Community Bingos



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

Volunteers are always welcome, especially for afternoon shifts.

Upcoming Bingo Dates:

Afternoon 11am to 3:30pm

Sunday Feb 12, 2017

Saturday Mar 11, 2017

Friday Mar 24, 2017

Saturday Apr 1, 2017

Evening 5pm to 9:30pm/**11:30pm

Thursday Apr 6, 2017

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

Terry Courtney 780-487-8421 / terrycourtney@hotmail.com

Kathy Kammermayer 780-481-2695 / kkamm77@gmail.com

Andre Derock Andre_Derock@yahoo.com

CLCL Hall Rentals



CLCL offers two great locations to host your event.

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

Rates:

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

Hall 1 – Callingwood Recreation Centre Meeting Room:

- Capacity for 35 people
- Tables and chairs

Hall:

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

Hall 2 – Callingwood-Lymburn Community Hall

Amenities include:

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

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

For more information or to book a hall rental contact:

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

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

Beat the winter blues

Many people are more sluggish in winter than in summer, and 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.

- **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.healthyeatingstartshere.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.



Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn	Prevention of burns
<ul style="list-style-type: none"> • 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable; • 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop; • 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery. 	<ul style="list-style-type: none"> • Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds; • Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child; • Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached; • Avoid picking up a child while holding any hot liquids; • Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access; • Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

If you require immediate medical attention, **call 9-1-1**

www.albertahealthservices.ca

EDMONTON LIFELONG LEARNERS ASSOCIATION

SPRING SESSION
May 1 to 19, 2017

University of Alberta
Education Centre

Register for our Spring Session at the University of Alberta. It offers top-calibre instruction with no prerequisites, exams or homework.

Enjoy lively discussion, meet new people and learn in a comfortable and friendly environment.

Offered by Edmonton Lifelong Learners Association in partnership with the University of Alberta Department of Extension.

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Sessions starting in July and August

SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:

Progressive Academy
www.progressiveacademy.ca/mas
780-455-8344



Embracing air and winter activities

With winter here many people are content to put on an extra pair of socks, settle in with a hot cup of cocoa and grumble about the weather.

Some good advice for anyone with the winter blahs is to get outside and get moving—and breathing deeply. You really can't have too much fresh air in the winter.

One of the great things about winter is the refreshing bite of cold air when you step outside.

It's exhilarating, and when you're dressed for the season, that coldness quickly disappears with a walk to the convenience store or a climb up a toboggan hill.

Try getting outside every day for a week for 10 to 30 minutes at a time. Move with purpose: shovel the walk. Shovel the neighbour's walk.

Look for birds, stars or big snowdrifts. Walk the kids to or from school if you can. Put on a pair of skates, skis or snowshoes. Slide, glide and embrace the season. And share it with family and friends.

Winter can be fun. Get out there enough and you could find yourself a little reluctant to say goodbye to winter when spring rolls around.

Using your own two feet to get around is good for you and for the air around us.

The less you drive, the fewer emissions in the air. And if you have to drive, try to cut down on the idling.

Turn the engine off when you run into the store for a cup of coffee or are waiting to pick up someone.

You might think you're just one person in one vehicle, but you'd be amazed at how small changes add up to big differences to your life and your community.

—reprinted from Apple magazine

Get Your Back Healthy

If you want a healthy back, then you might be interested in a new program.

Back on Track of Edmonton is now offering a six-week back care program developed by Medical Exercise Specialist and 30-year Exercise Specialist, Mia Jerritt of Comox, B.C.

In 2002 this program was developed to accommodate the demand from people looking for direction once they completed their prescribed medical intervention for chronic low back pain. Back on Track has recently completed The Healthy Back Licensing Program and now owns the rights to offer this program in our community.

This comprehensive six-week back care program is designed to educate participants on appropriate stretches, exercises and spinal theory. Over the six weeks and 12 sessions, clients learn 11 stretches and 9 exercises plus several balance exercises. Each action within the flexibility and strength component of the program is modified to suit each client within the class, and classes are limited to a maximum of 10 participants. Slowly, over six weeks, clients construct a foundation of stability and mobility designed to allow them to move through their normal activities of daily life with significantly less, or perhaps, no pain at all.

Exercises within the back-care program are also modified to accommodate several other conditions including shoulder issues, hip and knee issues, neck and wrist issues, hip and knee replacements and more.

La Perle News

La Perle Community Hall Rental Information

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

Seating for 150 people
Wheel Chair Accessible
Full Kitchen (Fridge, Stove, Microwave and ample counter space)
Lockable Bar Area – Freezer, Stand up cooler and Coffee maker
Tables (31 Rectangle tables 6' x 2.5', 12 Round tables 5', 2 Buffet Tables x 8' x 2.5'), 150 Black folding chairs
Outside Patio, Playground, skating rinks, baseball diamonds, soccer fields and basketball nets

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

LaPerle Community League provides cleaning products and equipment as needed

Not Provided: Dishes, cooking utensils, Linens, Decorations, Sound System, Projector or Screen

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

- All renters need to be over the age of 25, and provide Gov't Issued ID and valid credit card as well as a current Community Membership from within the City of Edmonton

- All rentals subject to a CASHABLE \$550.00 Damage Deposit with the exception of the Skate Shack \$200.00

- To secure a rental the Damage Deposit must be received at time of booking (cash/cheque only). All cheques will be cashed at that time.

- In order to serve alcohol during an event at La Perle Community League Hall you will need

- 1) A valid liquor license and
- 2) Third party liability insurance that names La Perle Community League as an "additionally Insured" party in the amount of \$2 million. Proof of above must be shown prior to rental and obtaining keys.

To receive La Perle Member prices you must hold both a 2016 – 2017 and 2015 - 2016 C/L Membership

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

WEEK DAY / NIGHT RENTAL (3 hour minimum)

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

WEEKEND DAY RATES:

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

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

WEEKEND / WEDDING PACKAGES

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

Please contact us to inquire about Special Pricing for regular user groups

NO SPORTING ACTIVITIES ARE ALLOWED IN THE HALL (EG SPORT BALL / FLOOR HOCKEY ETC)

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

(Washrooms, fountain)

La Perle Members: \$15.00 / hour Other Community Members: \$25.00 / hour
Damage Deposit \$200.00

La Perle Community League reserves the right to rent only to those that meet or exceed the rental requirements. The La Perle Community League also reserves the right to cancel any function that is deemed inappropriate or harmful to community members and does not meet all contractual obligations.

*Rates are subject to change without notice.



La Perle Community League Executive 2016 – 2017		
18611 97A Ave Edmonton AB T5T 4C1	Phone:	780 486-4426
Email: laperle@laperle-community.ca	Fax:	780 481-1726
Website: www.laperle-community.ca		
FACILITY MANAGER:		
Office Hours: Mon/Thurs/Fri 8:45 – 11:30 AM	Cathy Johannesson	780 486-4426
Sign Update		
	Rachel Johnson	780 486-4426
Hall Custodian		
	Ragini Seemrith	780 486-4426
EXECUTIVE:		
President	Trevor Elliott	780 909-3477
Vice President	Denis Ricard	780 489-4485
Treasurer	Ken Grovet	780 483-1293
Secretary	Christine Bergstrom	780 752-9050
COMMITTEES:		
Casino Director	VACANT	
Communications Director (NEWSLETTER)	VACANT	
Crime Prevention Director	Ken Kirsch	780 263-5103
Events Director (COMMUNITY LEAGUE DAY)	VACANT	
Membership Director	Barb Brazel	780 489-1766
Naturescape Director (FRONT YARDS IN BLOOM)	VACANT	
Social Director (CLASSES / DANCES IN HALL)	VACANT	
Website Director	Andre Blanchard	780 486-4426
Soccer Coordinator	Hall	780 486-4426
Email: laperle@laperle-community.ca	Cathy Johannesson	780 486-9505
Community Recreation Coordinator	Una Bryce	780 944-7593
La Perle Community Playschool (located in La Perle Elementary School) Room 14, 18715 97A Avenue www.laperleplayschool.com	President: Amanda Percy	1 866 927 6020 780 484-1767

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

Because YOU'RE THE TYPE TO SAVE A LIFE

• • •

Did you know that every 60 seconds someone in Canada needs blood?

Canadian Blood Services needs to recruit approximately 14,000 NEW donors each year in Alberta to continue to meet hospital NEEDS in the province.

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

Saturday, April 22nd
Saturday, June 17th
Saturday, September 30th
Saturday, December 30th

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

Zumba at La Perle

ZUMBA® and PARTY YOURSELF INTO SHAPE WITH LEAH AND TERESA!
This Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party is the most fun you can have exercising. Come join the party!
Open to men and women ages 16+.

Classes located at La Perle Community League 18611- 97A Ave
Thursday evenings from 6:30 -7:30pm.
Contact Leah for information, class fees or to sign up at 780-910-7657



La Perle Skating Rink

Rules and Codes of Conduct

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

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

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

New this year! Rent our Hockey Rink!

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

THE RULES

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



Community League Memberships

Community Memberships are \$35.00 for a family membership or \$20.00 for a Senior or single ADULT membership.
Please make cheques payable to the **La Perle Community League**.
Memberships are valid from September 1st – August 31st of the next year
Drop off this form and payment in the secured mailbox at the front of the hall located at 18611 97A Avenue
Questions, please contact the office ~ 780-486-4426 or our Membership Director, Barb Brazel 780-489-1766
Membership cards and skate tags will be delivered or mailed.

DATE: _____

Adult #1: _____Adult #2: _____

Address: _____Postal Code: _____

Phone: _____Email: _____

Childrens Names:DOB

M/F

1. _____4. _____

2. _____5. _____

3. _____6. _____

Membership Type: Family _____Senior _____Adult Single _____Skate Tags? _____

Can we contact you if we need volunteers? Yes _____No _____

Would you like to receive news from your League via email? Yes _____No _____

What are your families interests? (eg. Soccer, Swimming, Playschool, Skating, Fitness) If our rinks were to open this season would you use them?

Please feel free to comment below:



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

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

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

CPR Classes at La Perle

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

Life-Rescue is an Edmonton based medical training company, owned and operated by active Medical First Responders. We ourselves are residents of the community, and being so we would like to offer all La Perle Community League Members 50% off of our CPR and AED training courses.

The importance of being trained in CPR and AED usage

- 5% survival rate - If someone is having a heart attack and is not given correct medical attention.
- 80% survival rate – If an AED is used correctly within 1 minute of the heart attack.
- 10% decrease is survival rate per minute medical attention is not given – The importance of correct medical training is essential to maximize a patient’s survival rate

Who should consider taking a CPR/AED course?

- Parents with children
- Adults whose parents are now seniors, and may be living with them

- Anyone considering a career in front-line services (Police, Fire, Military or EMS)
- Anyone who is responsible for others – Ex. Babysitter, Coach of a Team, etc
- Anyone who wants to learn what to do if there is a medical emergency

What we offer

- “Heart & Stroke Basic Life Support (BLS) Provider (C) & HeartSaver (C)”
- This course includes:
 - o CPR for adults, children and infants
 - o 1 and 2 rescuer CPR
 - o AED training
 - o Choking in adults, children and infants
 - o How to use basic airway devices – pocket mask and the Bag-Valve mask

(Soccer registration continued from front page)

Birth Year	Age Group	Fee	Additional fees	Mandatory Volunteer Deposit
2011 – 2012	U6 Mixed	\$135.00	Jersey supplied – Optional short/sock purchase	
\$17.00	\$75.00 / family			
2010 – 2009	U8	\$155.00	\$30.00 Uniform Fee	Includes Jersey /Short/Socks to keep
\$75.00 / family				
2008 - 2007	U10	\$200.00	\$30.00 Uniform Fee	Includes Jersey /Short/Socks to keep
\$75.00 / family				
2006 – 2005	U12	\$220.00	\$30.00 Uniform Fee	Includes Jersey /Short/Socks to keep
\$75.00 / family				
2004 – 2003	U14	\$255.00	\$30.00 Uniform Fee	Includes Jersey /Short/Socks to keep
\$75.00 / family				
2002 – 2001	U16	\$255.00	\$30.00 Uniform Fee	Includes Jersey /Short/Socks to keep
\$75.00 / family				
2000 – 1999	U18	\$255.00	\$30.00 Uniform Fee	Includes Jersey /Short/Socks to keep
\$75.00 / family				

REGISTRATION PROCESS..... PLEASE READ CAREFULLY If your child played outdoor or indoor soccer in 2016 then you will already have an account in the Portal system. There will be an account already assigned to you and your family, and will be under one of the family emails. If you child did not play soccer in 2016 then you will have to make an account and put all your family members under that one account.

Once your account has been made then you need to register your children for the outdoor season. If you are a coach, assistant coach or team manager then you also have to register yourself for the season on the Portal system as well.

Follow these steps: NOTE: You will need a 2016 – 2017 community membership prior to registering.

PURCHASE ONLINE AT WWW.EFCL.ORG OR FROM YOUR HOME COMMUNITY

- 1) Go to www.emsawest.com and create yourself an account or log into your existing account.
- 2) Once you have located or made your family account, then you need to register each child. When registering you will see all the costs associated.
- 3) If you choose “not volunteering” your Volunteer Cheque will be cashed immediately.
- 4) There is not an option of paying online so once your child is registered then you print off their confirmations.
- 5) Bring the confirmation(s) and your child’s Birth Certificate or Alberta Health Care Card to one of the three community soccer payment sessions to pay. You will need 3 cheques, Cash, or Money Orders. All NSF cheques will be assessed a \$35.00 NSF Fee
- 5) Call Cathy at 780 486-4426 during office hours if you have any questions or email laperle@laperle-community.ca

To avoid line-ups, Volunteers would be appreciated at payment dates. To volunteer, contact Cathy at 780 486-4426.

No assistance with registrations will take place on Payment dates. If you require help, please contact the above.

*No refunds will be made after the teams have been declared. (April 4th). All refunds prior to April 4th are subject to a \$25.00 administrative fee.

All teams need a coach – without coaches there will not be a team – no experience required! With the help of EMSA West, we will send you to a coaching course relevant to the age group. If you are willing to coach, assistant coach or manage a team (to work off your volunteer bond) please be sure to register yourself online.

Police Security Clearance is mandatory - fees covered by EmsaWest.

Tentative start date is May 1st, 2017 – Weather Permitting

Parents provide: Shoes, Shin Pads (mandatory)

If needed, Balls are also available for pre-purchase at La Perle for \$15.00 during our payment dates.

At La Perle we do our best to keep children in their home community, providing we have coaches and enough players to field a team, however, sometimes it is necessary to transfer players to neighboring communities to complete a full team.

For Financial Assistance, please contact Canadian Tire Jumpstart early. Call 1-877-616-6600 Note: Parent is responsible for extra fees not covered by Jumpstart

*All players U16 and up require a player card. Carding dates to be announced (no charge for new players)

Please note: Your child can play up an age group, but they cannot play down an age group.

Please check these websites for other soccer information and updates:
www.laperle-community.ca www.emsawest.com www.emsamain.com

Memberships

By purchasing your 2016 – 2017 Community membership and supporting the community in which you live, your membership, which is valid from September 1, 2016 to August 31, 2017,

offers you the following:

- NEW! Free Swimming at Jamie Platz Family YMCA, 7121 178 Street on Sunday’s from 5 – 7 PM starting in September. Members will need to sign in by showing their current Community League Membership card. You will also have access to the indoor playground Sat and Sun 8 am – 8 pm, Tuesday 6 – 9 PM and Thursday 11:30 – 2:00 pm.
- A \$10.00 Gift Certificate to Famoso Pizza at West Edmonton Mall location Expires July 31, 2017
- Free skating at Callingwood Recreation Centre. Call 311 for dates and times.
- Jubilations Dinner Theatre – 25% OFF the regular adult ticket price
- Free skating at any community outdoor rinks in the Edmonton Area (Green Skate tags required)
- Allows you to register for Indoor and Outdoor Soccer, Basketball and La Perle Playschool
- Member rates on La Perle Hall rentals (must have held a membership from the previous year as well)
- Reduced rates for La Perle sponsored classes.
- 50% off a Life Rescue class (CPR)
- Green Shack at the La Perle Playground during the months of July and August – a joint venture with the City of Edmonton

• Yearly Community League Day (September) Big Bin Event, Fireworks presentation and more! Mark your calendar for September 16, 2017 for next year’s event!

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

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

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

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

All Community Events require volunteers. Please contact the office if interested Open Volunteer Positions:

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

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

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

Help support our teams and get a quote from Allstate!



Residents of La Perle can help support their community league by getting a **free, no obligation home or auto insurance quote with Kim Van Huuksloot from All State insurance** and All State will donate \$25.00 directly to the La Perle Community League. Simply mention our community league when you call.

Please contact Kim Van Huuksloot at 780-467-6149 ext 5015 or email at kvanhuuksloot@allstate.ca



**GET
CONNECTED**



**GET
INFORMED**

Community Events & Crime Reports

Join La Perle Community League Facebook Group

www.facebook.com/groups/488421251291111/

Note to Residents RE: Community Sand Boxes

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

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

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

Free Swimming

Purchase your New 2016 – 2017 La Perle Community Family Membership and enjoy Free Swimming at Jamie Platz Family YMCA every Sunday from 5 – 7pm! Members will need to sign in by showing their current Community League Membership card. You will also have access to the Indoor Playground on Saturday and Sunday from 8 AM – 8 PM, Tuesdays from 6 – 9 PM and Thursdays from 11:30 – 2:00 PM



Spring Bazaar

Come out and support local home based businesses and artisans

Saturday April 8, 2017 from 10:30 am to 3:00 pm

Prize draws and some great shopping
Vendors include Mary Kay, Level, Scentsy, Complementary face painting by the Painted Parrot, Mermaid Pillows, Mom's da Bomb, The Discovered Cupboard, Thirty-One gifts, and many more!

In the spirit of community and Easter, donations for the food bank will be accepted.

Please contact Julia Elliott for more information at julia.elliott@gmail.com

La Perle Community Bottle Drive Saturday April 8, 2017 9:30 – 2:00

The La Perle Community League is hosting a Bottle Drive to support our Summer Green Shack Summer Program.

The Bottle drive will be held from 9:30 – 2:00 pm

Drop your bottles off at the Community League, or leave them on your doorstep for pickup, with the top of this letter attached.

If you are stopping by the community hall, check out our La Perle Bazaar happening inside the hall from 10:30 am – 3:00 pm

La Perle Crime Prevention

RESIDENTS: IF YOU SEE A CRIME IN PROGRESS, PLEASE CALL 911
Or Crime Stoppers at 1-800-222-TIPS (8477)

ON FRIDAY, DECEMBER 30, 2016 BETWEEN THE HOURS OF 7:50 AM AND 8:05 AM THIS "ALLEGED" PERSON WAS RESPONSIBLE FOR GRAFFITI VANDALISM ON OUR COMMUNITY HALL AND ON THE BENCH ON TOP OF THE HILL.

IF YOU HAVE ANY INFORMATION REGARDING THIS INCIDENT, PLEASE CONTACT THE HALL AT 780-486-4426 OR EDMONTON POLICE AND NOTE OCCURRENCE NO. 17002683



La Perle Community Playschool:

"The Stepping Stones of Early Learning"

Registration for the 2017-2018 School Year starts on February 7, 2017

Class options include:

- 3 Year AM (Tuesdays & Thursdays 9:00-11:00am)
- 3 Year PM (Tuesdays & Thursdays 1:00-3:00pm)
- 4 Year AM (Mondays, Wednesdays, Fridays 9:00-11:15am)
- 4 Year PM (Mondays, Wednesdays, Fridays 12:45-3:00pm)

Please spread the word!

Check our website, contact our Registrar, or follow us on Facebook for further details:
laperleplayschool.com
1-866-927-6020

Highlights of the Program include:

- "Learn Through Play" philosophy
 - Kindergarten readiness skill development
 - A non-profit parent-cooperative, allowing each family to play a crucial role in their child's education
 - Fun, developmentally appropriate themes to enhance learning
- Subsidy is available for elig

La Perle Community wishes to congratulate Laura Ursuliak!

The 2016 recipient of the Today's Dental Scholarship towards higher education.

Laura is currently completing her 2nd year of a 3 year program at NAIT studying to become a

Respiratory Therapist.

We also wish to thank Dr. Noor-Allah Manji for continuing to support youth in our community with this generous donation!



A Message From The President

Happy New Year! 2017 looks exciting with many community events this year, including a St Patrick's dinner & entertainment event on March 18!

The Al Shamal Shriners are holding a St Patrick's dinner and entertainment event at our hall on Saturday, March 18th. The event will be complete with an Irish dinner, accompanied by Irish music and dancers. This will be a licensed event open to families. We encourage La Perle members to attend; however, a membership is not required to attend. Tickets are very reasonably priced at \$25 per adult for the event. Kids aged 6 to 14 are \$10. Children under 6 are free. Tickets are available by contacting me directly, or you can stop by the office (9am to noon Mondays, Thursdays, and Fridays). Tickets will also be available at the door. Check the event ad in the newsletter for more details.

We will once again be hosting our annual Bottle Drive on Saturday, March 8th. Community residents are asked to bring any bottles to the community hall from 9:30 am – 2:00 pm. This is a great way to contribute to the additional funds required for events.

We will be hosting our annual Town Hall meeting at the hall on Sunday, April 23 at 7pm. Let your voice heard! Discuss all the important issues in our community. Look for proposed bylaw changes on our website. We will also deliver the annual reports and hold the annual election for all Executive positions. Coffee and treats will be served.

Circle July 22nd on your calendars for the Stars & Cars event. Stars & Cars will include the 4th Annual La Perle Classic Car Show, as well as a visit from many of our police and emergency services units. This year's event will be held at the community hall again and will be held in conjunction with La Perle's Canada 150 celebration. Watch for more details as we get closer to the event.

Community League Day will be held Saturday, September 16th. Big Bins, Weinerama, and fireworks will all be back. Watch for more details in the coming months.

We will also have a casino once again this Fall. We encourage folks to volunteer for this year's casino - our biggest fundraiser. Without you, we could not offer the great programs we do. Remember, we offer free swimming to our members at Jamie Platz YMCA every Sunday from 5 -7. Currently we only have 13 families from La Perle that are utilizing this awesome perk!

Be sure to take advantage of the rinks that are open this winter. Thanks to the rink committee who have put in a significant amount of work to ensure the rinks are open this year. In the Spring, we will review the usage rate and the costs of maintaining the rinks. A decision on the rinks future will be decided at the 2017 Town Hall meeting.

Wishing you all the best in 2017!

Trevor Elliott

President – La Perle Community

St. Patricks Party



Saturday, March 18, 2017
La Perle Community Hall, 18611 97A Ave

- | | |
|----------------------|---------------------------------------|
| 5:30pm Cocktails | • Fun and games for the whole family! |
| 6:30pm Dinner | • Irish music and dancers |
| 8:00pm Entertainment | • Prizes for the best costume! |
| | • 50/50 Draw |

Dancers provided by Shamrock School of Irish Dance Association



Tickets – \$25; 6-14 \$10; 5 & under FREE
For tickets, contact:
• Trevor Elliott at (780)964-9963 or
• La Perle Hall - (780)486-4426



The Happy Camel Inc. Mediterranean Pita Bakery & Deli



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

**Bring in this ad and receive a FREE
8 oz. Original hummus**



(780) 487-7482 6404 177 St (next to the Callingwood Bottle Depot)

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



Family Fun Nights: February 11, March 11 @ 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, February 25 @ 1:00-3:00pm
West Jasper-Sherwood Community League—9620-152 Street
Bring your friends and family for kicksledding, snowshoeing, skating, carnival games, a bonfire, bannock, and chili! Everything is free of charge!

Kids On Track SHIFT YOUTH —Fridays 7:00-9:00 pm (Junior-Senior High)
Activities? Check the calendar on our website or call (780)481-2941 ext:6

For more info visit www.kidsontrack.org

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: February 2017 pending sufficient registration
When: Wednesday nights 6:00 - 7:15 pm for 11 weeks
Where: Peoples' Church Building, 15641 - 96 Avenue, Edmonton
More info: www.kidsontrack.org or call 780-481-2942



Beaux Esprits Playschool

Open House/Registration Night
February 16, 2017 @ 7:00 pm

Give your child the gift of a second language

- a gentle introduction to the French language
- a play-based programme with centres, crafts, music and movement
- no parent duty days
- am and pm classes for ages 3 to 5

7925 158 street
beplayschool@telus.net
Samantha 780 886 2264
www.beplayschool.ca

Dr. Allan A. Grove



Cosmetic and general dentistry for
families and their friends

New patients always welcome

780-487-6565

8418 - 182 St.