

COMMUNITY LEAGUE NEWS - WEST

Serving the community leagues of Aldergrove and LaPerle.

Dec 2015/Jan 2016



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

THANK YOU

A HUGE thank you to everyone who volunteered and worked at the La Perle Community League Casino on November 19th & 20th. Without you it would not have happened.

Thank you Christina, Laurie, Denise, John, Lucie, Vivian, Wendy, Melissa, Byron, Jawad, Lee, Lezley, Christine, Cynthia, Andre, Brad, Robin, Eileen, Ken, Violet, Tina, Trevor, Tara, Heather, Connie, Julia, Kristy, Todd, Michelle, Jill, Andrew, Tyler & Alan.

Our next Casino will be in the Fall of 2017.

See you then.

Barb, Casino Director

Create meaning this holiday season

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

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

Here are some ideas that may help you:

- **Gratitude:** Being thankful magnifies positive emotions and helps us appreciate the value in something or someone. Send a note of thanks to someone special or create a journal filled with things you are thankful for.
- **Do something for yourself.** Often times we are so busy taking care of others we forget to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.
- **Connect.** Join a community group, reconnect with friends, or volunteer.
- **Keep a regular sleep, meal, and exercise schedule and limit alcohol.** Taking care of yourself will help you deal with stressful situations during the holidays. Remember the 80/20 rule, and eat 80 per cent healthy foods.
- **Get organized.** Make lists or use an appointment book to keep track of tasks to do and events to attend.
- **Learn to say no.** It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
- **Know your spending limit.** Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned.
- **Give something personal.** You can show love and caring with any gift that is meaningful and personal. Make a phone call or write a note and share your feelings.

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

Merry
Christmas
& Happy Holidays
from Aldergrove
Community
League

We would like to wish you and yours a happy holiday season. May you enjoy time spent with friends and family and may you have much to be thankful for.

Please join us in the new year for Aldergrove Community League events starting with our Family Day Festivities on Monday, February 15th, 1 - 4 pm.



Art by Laurel Hawkswell.
No reproduction without the artist's written consent.

Edmonton 311 App

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

- Potholes
- Damaged sidewalks
- Damaged trees
- Litter
- Graffiti

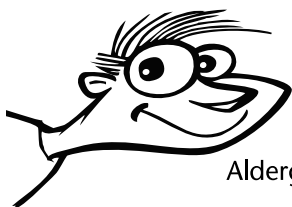
Help keep Edmonton great! Be the eyes and ears on the streets!

Send a photo with your request and use your smartphone's GPS function to pin point an issue's location. By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

Note: The 311 mobile app is one more way for you to report your concerns to the city.

Download 311 App

Search for "Edmonton 311" on: Google Play & iTunes App Store



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 Djagbare
MEMBERSHIP	Brenda Kaczor
PUBLICITY	Laurel Hawkswell
CASINO	Nanci Cavill
SOCIAL	Kathy Katzenback
NEIGHBORHOOD WATCH	VACANT
WEBSITE	Susan Berezowsky
CIVIC AFFAIRS	VACANT
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.

A huge thank you to the following people who volunteered to work a shift or more at the Aldergrove Casino Fundraiser ...

Sharon Brewka, Shauna Yasinski, Jenna Yasinski, Brenda Kaczor, Roberta White, Heather White, Crystal White, Carrie Twitney, Jonathan Woebler, Heather DeBoer, Ricahrd Snaychuk, Kathy Metzger-Corriveau, Lynda Parker, Jeanette Van Meetlaw, Steve Colquhoun, Kathy Katzenback, Lori Engman, Joy Hart, Tod Baranski, Colin Watson, Iris Breuning, Tim Hardman, Richard Lynch, Melissa Lynch, Darwin Sakundink, Connie Bowie and Nanci Cavill.

It is our biggest fundraising opportunity that only comes along once every two years.

A special thank you to Nanci Cavill.

As Casino Chair, Nanci also spent many hours organizing it all!

Our sincere apologies if we've missed someone.



Aldergrove Community League CHECK IT OUT...

ZUMBA TUESDAYS, 6:30 - 7:30 p.m.
Contact Leah @ 780-472-6238 to register.

Stretch, strengthen, relax, enjoy . . .

HATHA YOGA with Audrey

WEDNESDAYS, 6:30 - 7:30 p.m.
SEPTEMBER 23 - DECEMBER 2 (No class October 21)
Contact Connie @ 780-481-1588 to register.

FREE STYLE YOGA with Krista

Beginners Welcome!
Please contact Krista for summer session confirmation at 780-758-9642.
THURSDAYS, 6:30 - 7:30 p.m.

COMMUNITY LEAGUE MEMBERSHIPS Purchase memberships at Aldergrove Community IDA or at the League office during office hours (see Aldergrove header info) . In the winter receive skate tags for community skating (closest one is in Belmead). In the fall, winter and spring use it to access the free community swim at Jasper Place Pool on Sundays (check pool schedule). In the summer your membership can be used at outdoor pools at certain times. You must have a current membership to register for soccer or basketball. Membership fees support Aldergrove Community League, strengthening the community with community based programs and building rentals.

*Membership changes may occur.

NEW! *** INDOOR BOOT CAMP

MONDAY, WEDNESDAY & FRIDAYS, 5:30 - 6:30 a.m.
JANUARY 13 - MARCH 4
COST: Register and pay before Dec. 24 and save \$25.
Pay only \$200. for 8 weeks! AFTER DEC. 24 pay \$225.

Contact Chloe at 780-982-7071 or totalbodybc@gmail.com
Kick start the new year! All fitness levels welcome!
We have room for only a limited number of participants.

FREE SWIMS FOR COMMUNITY LEAGUE MEMBERS

Show your current community league membership!
FALL/WINTER/SPRING:
At Jasper Place Pool Sundays, 4 - 6 pm
Please check the pool schedule for confirmation.

PrimaryCare Network

EDMONTON WEST

your health. your team.

We help build a healthier community

The Edmonton West Primary Care Network offers the following community services:

After Hours Clinic

The After Hours Clinic provides increased access to non-urgent primary care for local residents who may not be able to see their family physician during business hours. The clinic is located at the Misericordia Hospital in the outpatient department.

Hours:

Mon - Fri, 6:00 p.m. – 9:00 p.m.

Sat, 9:00 a.m. – 12:00 p.m.

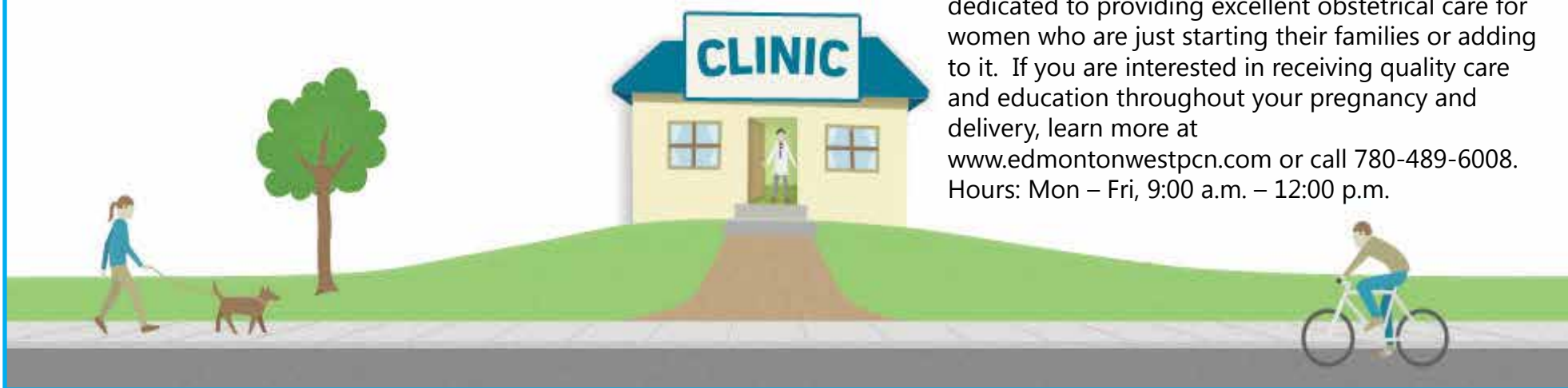
Closed Sun and statutory holidays.

Call 780-735-9253 (during clinic hours) or go to www.edmontonwestpcn.com for more information on the services provided.

Low-Risk Maternity Clinic

We have a team of family physicians who are dedicated to providing excellent obstetrical care for women who are just starting their families or adding to it. If you are interested in receiving quality care and education throughout your pregnancy and delivery, learn more at www.edmontonwestpcn.com or call 780-489-6008.

Hours: Mon – Fri, 9:00 a.m. – 12:00 p.m.



Aldergrove Community League HALL RENTALS

Perfect for your next party or gathering!

Aldergrove Community League has:

Full hall rental with kitchen (200 person maximum capacity), half hall rental, and a meeting room. Weeknight or weekend rentals available.

Check out our website at www.aldergroveonline.com or call Connie at 780-481-1588 for details.

ALDERGROVE ON FACEBOOK

Get regular community news! Search for "Aldergrove Online"

SANTA'S ANNONYMOUS

Aldergrove Childcare will have a Santa's Anonymous box in the community league lobby. Available for toy drop off 7 am - 6 pm until December 14th.

THANKS TO ALDERGROVE IDA

We'd like to thank IDA in Aldergrove for their continued support by selling Aldergrove Community League Memberships in store!

Primrose IDA Pharmacy

Now Selling
Atoma Products



780-487-7270 or 780-481-0330
8462 - 182 Street

Store Hours:
Monday - Friday: 9-9
Saturday: 9-7
Sundays & Holidays 11-6

- FREE Prescription Delivery
- Community League Memberships
- FAX service • Photocopies
- Postage Stamps
- FREE Blood Pressure Checks
- 10% Seniors Discount Everyday
- Compliance Packaging Available
- Locally Owned and Operated

*Your professional pharmacists are
Lorraine & Jackie*



Aldergrove Community League's **FAMILY DAY FUN**

MONDAY, FEBRUARY 15th, 2015 1 pm - 4 p.m

This Family Day join us for jam packed fun. No need to go out of your community!

FREE ACTIVITIES:

- Sleigh Rides
- Tobogganing
- Snowshoeing
- Roast hotdogs & marshmallows at the firepit
- Hot chocolate
- Colouring pages
- Snowman making contest
- A family friendly movie and popcorn

* Event details subject to change



**Volunteers always appreciated.
Call Connie if you can help with our FAMILY DAY EVENT 780-481-1588**

Aldergrove Community League

OUT OF SCHOOL CARE

We have a small number of spots available for children in kindergarden to grade 6. Our daycare is well established and not for profit.

Call Lori at 780-481-9153 or email: aldergrovechildcare@telus.net

SOCCER COACHES NEEDED

The Aldergrove soccer program needs coaches for the upcoming outdoor soccer season. Contact Connie at 780-481-1588 or email: aldergro@telusplanet.net

ALDERGROVE COMMUNITY LEAGUE'S SHARON DAUBERT MEMORIAL SCHOLARSHIP

presented to Cesar Montes and Jenna Yasinski by Aldergrove Community League President Kathy Katzenback. (see below)



COMMUNITY LEAGUE DAY MEMORIES!

DJ Dance Party, snacks, roasting marshmallows on the firepit and fireworks! (see right)

ALDERGROVE'S COLOUR ME SANTA



No reproduction without the artist's written consent.

The Christmas Season at the Covenant Christian Reformed Church



The season of Advent is upon us! Covenant Christian Reformed Church warmly welcomes you to join us as we celebrate the season together. Journey with us as we explore what happened "On that day...", the day that Jesus was born and the world was forever changed.

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

Our **annual Candlelight service** will be held
Sunday, December 20 at 6:30pm.

Join us as we navigate through what happened "On that night..."

Our **Christmas Day service** will be held
Friday, December 25 at 10:30.

For information please call Covenant Christian Reformed Church at
780-489-7802 or e-mail covenantcrc@interbaun.com

Covenant Christian Reformed Church
19010 - 87 Ave
Church office: 780-443-2303



The Gilded Pear Ltd.

18910 - 87 Ave. 780-413-1816

www.thegildedpear.ca

2015 Spirit Of Giving Christmas Campaign

Thanks to your generous donations, our previous Spirit of Giving Christmas Campaign's have been huge successes!! Thank you so much!!

We hope for you continued support & generosity to make this year's Campaign another successful one.

This year, The Gilded Pear Ltd. has chosen a school right here in the West End of the City this Christmas Season. From Now until December 11th we will be taking donations at the Salon.

The school is populated by many children that come mostly from low income families. The school provides breakfast and lunch to children that need it.

ITEMS WE ARE COLLECTING

- Cheerios cereal - Multigrain or Plain
- Granola bars - PEANUT FREE
- Graham Crackers • Arrowroot
 - Fruit Cups/Fruit Cocktail
- Canned peaches and pears
- Cheez Whiz • WOW Butter
- Stone Wheat Thin crackers
- Raspberry Jam • Spaghetti Sauce
- Ranch Dressing • Salsa • Nacho Chips
- Pretzels • Raisins • Goldfish crackers
- Rice Cakes • Canned tuna - large tins
 - Mayonnaise - Miracle Whip
- Kraft Dinner • Socks • Underwear
- Boots • Running shoes • Sweat pants

***School has plenty of hats, mitts and scarves so these items are not needed at this time.

For every donation you will receive a coupon that can be used towards aesthetic services.

Thank you all in advance for your support!!

Please visit our website at www.thegildedpear.ca
We are now on Facebook; look us up and become a fan!
Don't forget to share or repost our Blurbs with your friends!



Thank-you

The Gilded Pear Ltd.

Hair & Body Studio

Healthy holiday eating tips

During the holiday season, festive gatherings mean food, food and more food! Trying to eat healthy meals and snacks during this time of year can be a challenge. Here are some helpful tips to keep you on track.

At home:

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

At parties and gatherings:

- Bring a healthier option –grilled shrimp, chicken satay, cut up raw vegetables or a fruit tray.
- Socialize away from the food table.
- Choose lower calorie drinks like virgin Caesars, sugar-free pop or sparkling water.
- Use a smaller plate.
- Fill half your plate with vegetables and fruit.
- Focus on the food when eating and eat slowly.

For more healthy eating tips and delicious recipes visit: <http://www.albertahealthservices.ca/nutrition/page12598.aspx>



Now Recruiting Girls Softball Players for the 2016 Season Come and play for us!

The Edmonton Warriors Athletic Association delivers highly competitive play, funding support for teams, reasonable player rates, off-season training camps, experienced, qualified coaches, travel opportunities, emphasis on team-building, and amazing memories to last a lifetime!

Contact: Grant Taylor 780-340-2259
Kevin Martin 780-995-0983
George Juhaz 780-707-3190

Jon Carson, MLA
Edmonton-Meadowlark

*Wishing You a Peaceful and Joyous
Holiday Season!*

Phone: (780) 414-0711
E-Mail: edmonton.meadowlark@assembly.ab.ca

Suite 220, 8944 – 182 Street
Edmonton, AB T5T 2E3
Office Hours: Mon – Fri 9am – 4pm

Follow me on social media!



REGISTRATION NOW OPEN

FOR SKILLS DEVELOPMENT
CAMPS STARTING JANUARY 2016 AT
EDM-Warriors.com
Follow us on Twitter: @EdmWarriors

All I want for Christmas is...

HOLIDAY GLAM \$140

Women's Haircut & Style
6 highlight foils
Eye brow shaping

UNDER THE MISTLETOE \$190

45 Minute Signature Massage
Signature Manicure
Signature Pedicure

MERRY & BRIGHT \$220

Aroma Steam Treatments
60 Minute Signature Massage
Signature Facial

MR & MRS. CLAUS \$250

2 - Aroma Steam Treatments
2 - 60 Minute Signature Massages

CHRISTMAS JOY \$430

Aroma Steam Treatments
60 Minute Hot Stone Massage
Luxury Pedicure
Luxury Manicure
Signature Facial
Elite Membership



Try our NEW

Brazilian
SLIMPLUS



Introducing Spasations Brazilian Slim Plus

Brazilian Slim Plus brings together three therapies for reducing one's body measurements and muscle strengthening. The sessions are 90 minutes each that can be performed 3 x week. The first session is a cavitational ultrasound therapy that explodes fat cells with powerful sound waves without prejudice to the surrounding structures. The second is the non-invasive electropolysis. The electromagnetic impulses are applied by electrodes that turn fat to metabolism routes. Muscle-building occurs in the 3rd session, causing contractions at specific points, strengthening and drawing the region treated. One should engage in aerobic activity for 45 minutes after each session to consume the fat released through the heart muscle.

ULTRASOUND CAVITACION & ELECTROESTIMULATION

Working with 40K strong sound waves the Brazilian Slim Plus carries explosions which effectively conquer the body's fat metabolism; repel orange peel fat, firms skin, enhances skin elasticity, etc. The effect is long lasting. This muscle stimulator device is used for applying electrical current via electrodes in direct contact with the patient.



Look at these amazing men & women before & after transformations.

Options
1 Trial Session
5 Sessions
10 Sessions

Brazilian
SLIMPLUS

SPASATION
SALON & SPA

8 Locations to serve you

www.spssation.com • 780-406-7272





SCHOOL of
**CONTINUING
EDUCATION**

CONTINUE EXPLORING AT ANY AGE

- ARTS, DIGITAL MEDIA AND DESIGN
- BUSINESS AND MANAGEMENT
- CONSERVATORY OF MUSIC
- ENGLISH AS AN ADDITIONAL LANGUAGE
- HEALTH AND WELLNESS
- MINERVA SENIOR STUDIES
- UNIVERSITY PREPARATION

Free concerts, events, lectures

MacEwan.ca/ContinuingEducation

TODAY'S DENTAL

EXCEPTIONAL CARE ... TODAY AND EVERYDAY.



Dr. Noor-Allah Manji BSc(Hon), DMD

General & Cosmetic Dentistry,
Invisalign, TMJ Treatment

A totally different approach to dentistry...
call *Today* to experience the difference!

#1, 9977 - 178 Street (780) 489-1010

Across from Canadian Tire

www.todaysdental.ab.ca

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



See What's Happening at Kids On Track!

HomeBuilders Registration Now Open

*January 13—March 23, 2015, Wed. 6:00 - 7:00pm
A weekly support group for children experiencing divorce
or death in the family. Call to register 780-481-2942 ext:7

Christmas Blacklight Puppet & Dance Musical

December 12, 2015 at the John L. Haar Theatre
Check www.kidsontrack.org for details

**FREE
ADMISSION!**

Upcoming events:

SHIFT YOUTH:

Fridays 7:00-9:00 pm

*Bus pickup available
Call the Youth Hotline
(780-481-2942 ext.6)

Family Fun Nights:

January 9 & February 20
Saturdays @ 5 - 7:30 pm
Join us for a free dinner
and activities for all ages!



*Magical
Memories!*

Presented by



Santa

PHOTOS & HAY RIDES!

DECEMBER 12 & 19 • 11-3 PM

Bring the family for pics with Santa and hop on
a horse drawn hay ride around the parking lot!
We'll also have colouring, crafts, hot chocolate
and treats.

*Santa located in the lobby of the Callingwood
Professional Centre, 6650-177 St. Photos printed
digitally for a nominal fee. Hay ride
pick up in front of Professional Centre doors
and cancelled if weather is inclement. Contest for
\$500 Visa gift card runs from 11-3pm on Dec. 12
& 19. Entry forms available at Virgin Radio booth.*

*Win!
\$500 VISA
GIFT CARD!*



COATS FOR KIDS AND FAMILIES

We are collecting new or gently used coats and outdoor
Coats for Kids and Families. Collection bin will be set up in the lobby of
Callingwood Professional Centre (6650-177 St.) from December 12-19.

the MarketPlace at CALLINGWOOD

6650-177 Street www.callingwoodmarketplace.com

SPONSORED BY



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 & Chairs (31 Rectangle tables 6' x 2.5', 12 Round tables 8'), new 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 2015 – 2016 and 2014 - 2015 Membership

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

WEEKEND DAY RATES:

9:00 am – 1:00 am FRIDAY / SATURDAY / SUNDAY
 Main Hall / Kitchen / Bar Area /

La Perle Community Members \$350.00 / day Other Community Members \$450.00 / day
 To set up the evening before please add \$50.00 (based on availability)

WEEKEND / WEDDING PACKAGES

From Friday 3:00 pm to Sunday 12:00 Noon
 La Perle Members \$550.00 Other Community Members \$750.00
 Mandatory Third Party Liability Insurance Required

WEEK DAY / NIGHT RENTAL (3 hour minimum)

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

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 2015 – 2016		
18611 97A Ave Edmonton AB T5T 4C1		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	Francois Tousignant	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	Barb Brazel	780 489-1766
Communications Director	VACANT	
Crime Prevention Director	Ken Kirsch	780 263-5103
Events Director	Sujitha Sugunan	780 484-6993
Membership Director	Jill Tomlinson	780 489-9965
Naturescape Director	Melissa Urusky	780 484-4171
Social Director	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		1 866 927 6020

LePerle Community Playschool



18715 - 97A Ave
Afternoon Spots still available for the 2015-2016 school year
Waitlist maintained for Morning Program Spots

3 Year Program: Tuesdays & Thursdays
9:00-11:00am OR 1:00-3:00pm

*child must be toilet trained

*offers a staggered start for children who turn 3 from October-December 2014

4 Year Program: Monday/Wednesday/Friday
9:00-11:15am OR 12:45-3:00pm

Our Teachers have a combined 25 years of experience at this playschool!

LaPerle Community Playschool offers:

Affordable fees

Parent Helper days

Many Themes throughout school year which offers variety to the classroom

Field Trips for 4 year old classes

Crafts to facilitate fine motor, visual perception and sensory skills

Free Play to facilitate social skills

Circle Time to facilitate attention

Gym Time to facilitate gross motor skills

For more Information please contact our Registrar at 1-866-927-6020

www.laperleplayschool.com

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

Tuesday and Thursday mornings 9:30 – 10:30 and

Thursday evenings from 6:30 -7:30pm.

Contact Leah for questions or to sign up at 780-910-7657



Hatha Yoga With Audrey

at La Perle Community League

This class will increase flexibility, joint movement; improve stamina and strength with relaxation at the end of each class.

Classes are Tuesdays, from 6:30-7:30pm for 10 classes

Call Audrey at 780-463-9944 for class schedule and to register.

Karate at La Perle Community League

The Ohtsuka Amateur Karate Foundation (AKF) is pleased to announce the continuation of a Karate dojo at the La Perle Community League.

The AKF is a non-profit provincial organization that has been providing karate instruction in Alberta for over 30 years. Challenge yourself with this wonderful opportunity to have fun while developing a strong body and mind. Learn valuable skills in personal safety and self-defense. Become stronger, faster and fitter while learning karate techniques.

Instruction will be available for "Little Dragons" (age 5-7), Children (age 8-11), Youth (Age 12-15), and Adults (age 15+ with no upper age limit).

For further information about class times, fees, and pre-registration, please contact:
Sensei Edna or Don Chan at egchan@shaw.ca or 780-481-3153.

Please visit our organization website at www.akfkarate.com for more detailed information about our organization and affiliate clubs.

Community Outdoor Soccer Registration

REALLY????

Make a note in your new 2016 calendars that February is Soccer registration month!

Please watch our website and sign for information regarding registration.

Happy Holidays!

Volunteer Positions Available on the Community League Board

La Perle Community League is currently seeking an individual to fill the following positions:

Communications Director:

Responsibilities Include:

- ~is responsible for the publication of the newsletter and participates in collecting articles for the newsletter;
- ~oversees the delivery of the newsletter;
- ~arranges for publicity via the newsletter & social media for league events;
- ~prepares an annual budget for publicity and submits it to the Treasurer;
- ~reviews and prepares policy and procedures with respect to publicity;
- ~reports monthly to the Board of Directors

If you have a "flare" for advertising and Social Media this position could be for you!

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

Currently no events will be happening until this position has been filled.

Having people VOLUNTEER for 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!

THE BENEFITS OF PURCHASING A LA PERLE COMMUNITY MEMBERSHIP

- You are showing your support to the community in which you reside!
 - Free Swimming at Jasper Place Pool on Sunday's from 4-6 PM September 27 – June Remember to bring your membership card with you as they now scan the back of your card
 - Famoso Gift Certificate – Receive \$10.00 off your order. Valid only at WEM location expires February 28, 2016
 - Free skating at Callingwood Recreation Centre. Call 311 for dates and times.
 - Free skating at any community outdoor rinks in the Edmonton Area (Red Skate tags required) La Perle rinks closed for the 2015/16 Season
 - Allows you to register for Indoor and Outdoor Soccer, Basketball and La Perle Playschool
 - Allows you to have a vote at our Town Hall Meetings
 - Reduced rates on La Perle Hall rentals (must have held a membership from the previous year as well)
 - Reduced rates on La Perle Sponsored Community League events / 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, Fireworks presentation and more! Mark your calendar for September 17, 2016
 - Movie Night in the Spring
 - 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
 - Memberships are valid from September 1st through to August 31st of the next year
- Looking for something to do? Classes starting back up in January are:

~ Karate (Monday and Wednesday evenings) ages 5 – Adult www.akfkarate.com 780 481-3153 egchan@shaw.ca

~ Zumba Fitness (Tuesday and Thursday mornings and Thursday evenings) Call Leah 780 910-7657

~Hatha Yoga (Tuesday 6:30 – 7:30) – Call Audrey 780 463-9944

For more information check out our website at www.laperle-community.ca
Like us on FACEBOOK <https://www.facebook.com/groups/488421251291111/>

Are you a fair-weather scooper?

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

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

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

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



Community League Memberships

Community Memberships are \$35.00 for a family membership or \$20.00 for a Senior or single 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 Hall ~ 780-486-4426 or our Membership Director, Jill Tomlinson 780-489-9965
Membership cards and skate tags will be delivered or mailed.

Date _____

Adult #1 _____
Last Name, First Name

Adult #2 _____
Last Name, First Name

Address _____

Postal Code _____

Res. Ph _____ **Cell:** _____

Email _____

Children's Names	Y/M/D	M/F
_____	_____	_____
_____	_____	_____
_____	_____	_____

Membership Type: Family _____ Single _____ Senior _____

May we contact you if we need volunteers? Yes _____ No _____

May we send you news by email? Yes _____ No _____

For further comments/suggestions, please use an additional piece of paper.

Thank you for supporting YOUR community!

Dr. Allan A. Grove



Cosmetic and general dentistry for families and their friends

New patients always welcome

780-487-6565

8418 - 182 St.

La Perle Skating Rinks

Will not be open for the 2015 season

Your red skate tags are valid at any of the outdoor community rinks

West End Community Rinks

Belmead:	9109 182 Street
Callingwood Lymburn:	72 Ave & 187A Street
Crestwood:	14325 96 Ave
Elmwood:	16415 83 Ave
Glenwood:	16430 97 Ave
Jasper Park:	8751 153 Street
Lessard:	17404 57 Ave
Lynnwood:	15525 84 Ave
Meadowlark:	15961 92 Ave
Parkview:	9135 146 Street
Rio Terrace:	15500 76 Ave
Thorncliff:	8215 175 Street
West Meadowlark:	9311 165 Street
Westridge Wolf Willow:	505 Wolf Willow Road
Willowby:	6315 184 Street

Please visit their website for hours and their rules and regulations.

Sledding and Snow Safety

Getting outside in the winter is a great way for families to be active. But remember to keep your child safe while doing winter activities like sledding and playing in the snow.

To help lower the risk of your child getting hurt, make sure:

- you supervise your child closely
- your child is always in a safe place
- you and your child know about any dangers
- your child does age-appropriate activities

Winter safety tips

- Check the weather forecast so you know how to dress for the day.
- Choose play areas with warm shelters nearby.
- Dress in layers. Have a windproof, waterproof outer layer. Wear:
 - o a hat to keep the ears covered. If under 3, your child's head is larger than the rest of the body and heat is lost quickly from the head.
 - o mittens instead of gloves
 - o warm, dry, waterproof boots that aren't too tight
 - o a neck warmer instead of scarf
 - o clothes without drawstrings
- Snow forts can be fun, but building tunnels can be dangerous. Tunnels can collapse and suffocate a child.
- Watch your child for wet clothes, feeling chilled, frostbite, and being tired.
- Teach your child about frostbite and hypothermia and how important it is to dress warmly.

Sledding safety tips

- Only sled when the temperature is above -19 °C. Think about the windchill factor.
- Choose hills with a gentle slope and a long, clear run-off area.
- Sled on snowy hills and stay away from icy surfaces. Make sure the hill has no jumps, bumps, holes, bare spots, and obstacles.
- Stay away from roads, rivers, railway tracks, and parking lots.
- Don't sled over ice-covered rivers, streams, or ponds.
- Only go sledding in the daylight on hills that are well-lit.
- Your child must be supervised by a responsible adult. If your child is under 5, have a responsible adult on the sled with him or her.
- Go down the hill sitting up or kneeling on the sled. Don't go head first.
- Wear a hockey or ski/snowboard helmet.
- Check the sled to make sure it is in good shape. Use a sled with good brakes and steering. Plastic discs and inner tubes are not safe because they are hard to control.

FUTURE OF LA PERLE ICE RINKS

Please note that the ice rinks will not open for the 2015-16 winter season. The rinks have been difficult to staff over the past few years and with unpredictable weather, staffing and much needed repairs the Community League Board has decided not to open the ice rinks. Your red skate tags are valid at any other Community Rink within the City of Edmonton.

Your feedback on the future of our ice rinks is important to the Community League Board. Please answer the following few questions to provide us input.

1. Has your family used the ice rinks in the last 3 years? yes no
How many times per season ? _____
2. Do you see your family using the ice rinks in the future? yes no
3. Do you think the Community League should put money into fixing the rinks for opening in the 2016-17 winter season? yes no
4. Do you think both rinks should open? yes no
5. Do you think only one rink should open? yes no

Comments/Suggestions

Please drop your completed survey into the mail box at the Community League Hall. Thank you for your feedback.

Optional: Name:
Phone:
Email:

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

2016 Clinics at La Perle Community League

Saturday, January 2, 2016 9:00 am – 1:00 pm
Saturday, February 27, 2016 9:00 am – 1:00 pm

Call 1 888 2 DONATE (1 888 236-6283) To book an appointment.

Canadian Blood Services
It's in you to give

www.blood.ca



the MarketPlace at **CALLINGWOOD**



GREAT STORES & SERVICES IN WEST EDMONTON!

ANCHORS

Dollarama 780.486.7714
Safeway 780.487.1050
Shoppers Drug Mart 780.487.1013

AUTOMOTIVE

Petro Canada 780.481.9528
Sherlock's Automotive Repair 780.481.4905
Sparkle Express Car Wash 587.462.8886

BEAUTY SALONS & TANNING

Binh's Nails 780.705.8870
Callingwood Hair Company 780.444.6409
Fabutan 780.487.5383
Rozalia's Hair & Skin Care 780.481.1052

BOTTLE DEPOT

Callingwood Bottle Depot 780.415.5240

CHILD CARE

Country Club Day Care 780.444.6698

COMPUTER SERVICES

A&A Computers 780.444.6935

DRY CLEANER

Fabric Care Cleaners 780.487.2731

EDUCATIONAL

Academy of Learning 780.496.9428
Oxford Learning 780.433.0078

FINANCIAL SERVICES

Liberty Tax Service 780.930.1987
Liebig and Keown LLP Chartered Accountants ... 780.443.6465
Servus Credit Union 780.496.2000
TD Canada Trust 780.448.8360

FITNESS & APPAREL

Running Room 780.483.1516

FLOWERS & GIFTS

Callingwood Flowers 780.481.2361
Marisha Gifts 587.520.2787

HEALTH CARE SERVICES

Advanced Porcelain Design 780.444.2242
Breast Centre Radiology 780.434.9147
Callingwood Dental Clinic 780.487.8839
Callingwood Dental Health Centre (Dr. Xie). ... 780.489.9809
Callingwood Denture Clinic 780.487.5155
Callingwood Family Clinic 780.484.3394
Callingwood Medical Centre (Dr. Wong) 780.487.1223
Callingwood Physical Therapy 780.481.2293
Dr. Brad Richens (Dentist) 780.487.4211
Dr. Ganz Ferrance(Psychology) 780.428.5433
Dynamife DX Lab 780.487.5116
Gilbertson Chiropractic 780.484.2288
Insight Medical Imaging 780.487.9363
Natural Terrain Naturopathic Clinic 587.521.3595
Professional Hearing Clinic 780.413.1784
Vision By Design Optometry (Dr. Sarah Keep) .. 780.444.6407
Westend Callingwood Medical Clinic 780.705.6644

HEALTH FOOD & VITAMINS

Callingwood Vitamin Centre 780.481.0157

INSURANCE

Bulger Insurance 780.486.5200

LAWYER

Kathy Tarrabain Law Office 780.486.8686

LIQUOR

Liquor Depot 780.483.4600

OTHER

AJL Farms 780.487.8769

PET CARE

Global Pet Foods 780.481.3347
Marketplace Animal Hospital 780.484.1114

POLITICAL

Lorne Dach, MLA Office (ND) 780.408.1860

PRINT & COPY

The UPS Store 780.757.9944

REAL ESTATE

Realty Executives Challenge 780.483.4848

REGISTRY SERVICES

Callingwood Registries 780.483.4545

RESTAURANTS, FOOD & CONVENIENCE

Chopsticks Diner 780.487.4927
Cobs Bread 780.483.6610
Dairy Queen 780.444.4303
Japanese Bistro Kobe 780.444.7878
KFC 780.448.3722
Little Caesars Pizza 780.481.0900
M & M Meat Shops 780.481.8100
Mac's Convenience Store 780.481.9528
Muggn'z Family Restaurant 780.487.5953
Pho Kim's Vietnamese Restaurant 780.489.5619
Quiznos Classic Subs 780.443.1336
Rice Bowl Deluxe 780.761.1668
The Happy Camel 780.487.7482
The Tea Place 780.454.1212

SHOE REPAIR & TAILOR

Adam Shoe Repair 780.757.3303
Viva's Tailors 780.487.2736

6655-178 Street • www.callingwoodmarketplace.com



marketplaceatcallingwood



shopcallingwood