

COMMUNITY LEAGUE NEWS - WEST

Serving the community leagues of Aldergrove and LaPerle.

Apr/May 2016



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



La Perle Town Hall Meeting
April 17th, 2016 7:00 PM
La Perle Hall, 18611 97A Ave

All community residents are welcome to attend
Special Guest: Andrew Knack

Discussion topics to include:

- ~The future of our skating rinks
- ~Community Revitalization
- ~Bike Lanes
- ~School Surplus Sites
- ~Bylaw Changes

Guests Will Take Questions As Time Permits

Annual Reports Presented

Community Executive Elections To Be Held
All positions are up for election – Want to make a difference in your community?
NEEDED: Communications Director, Membership Director,
Social / Events Director

Wine and Cheese, Coffee & Snacks Provided



Current City Surveys

In addition to the Edmonton Insight Community surveys, the City of Edmonton uses a range of survey tools and approaches to gather input from Edmontonians. To view and complete these surveys as they appear please visit and bookmark: Edmonton.ca/Surveys

Aldergrove Community League's VENDOR SHOW

April 16th, 10 am - 4 pm

Check out the Vendor Show at Aldergrove Hall (8535 - 182 Street) for all your spring goodies. Table rentals and concession proceeds go to benefit Aldergrove's non-profit Out Of School Care program.

Contact Lori at 780-481-9153 for last minute table rental inquiries or for other Vendor Show questions.

Scentsy, Velata, Epicure, Gold Canyon Candle Co., Avon, plus many more vendors. Please also enjoy our concession.

AN ALL AGES EVENT!

Look for another Aldergrove Vendor Show in the fall.



The Great Neighbour Race

Hey neighbours, this spring, the Edmonton Federation of Community Leagues (EFCL) will be hosting a run on Saturday, April 30th, in support of the Community League Plaza that is being built in Hawrelak Park.

The Plaza is to not only celebrate the EFCL's 100th birthday in 2021, but more importantly, a salute to community leagues like ours and all the folks who have volunteered their time since 1921 to help develop our wonderful community.

The run is open to everyone – runners, joggers and walkers – of every age and every ability. There's a 10K, 5K and a 3K Family Fun run, plus a special kids' fun run for those little joggers under seven (7).

Registration date schedule:

Regular Fee – deadline April 12

Late Fee – deadline April 28

You can register online through the Running Room at <https://www.events.runningroom.com/site/?raceId=12944>



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

- No good deed goes unnoticed -

Please consider giving a bit of your time.

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

TWO EVENTS WE'RE REALLY EXCITED ABOUT! ...

VENDOR SHOW APRIL 16th, 10 am - 4 pm

As mentioned on the front page, we'd love you to come out our Vendor Show at the Aldergrove Hall (8535 - 182 Street) for some spring goodies! Table rentals and concession proceeds go to benefit Aldergrove's non-profit Out Of School Care program.

Contact Lori at 780-481-9153 for last minute table rental inquiries or for other Vendor Show questions. Scentsy, Velata, Epicure, Gold Canyon Candle Co., Avon, plus many more vendors. Please also enjoy our concession.

MOVIE NIGHT IN THE PARK

The evening of AUGUST 27th

Gather with friends and neighbours in the Aldergrove community to enjoy a movie in the park on the North side of the Aldergrove Community League building. Come enjoy a family movie, popcorn, juice boxes and hot dogs! Sponsored by Boardwalk Properties and Aldergrove Community League.



ALDERGROVE COMMUNITY LEAGUE **GET ACTIVE, HAVE FUN!...**

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.
Contact Connie @ 780-481-1588 to register or for questions.



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

NEW! INDOOR BOOT CAMP



MONDAY, WEDNESDAY & FRIDAYS, 5:30 - 6:30 a.m.
Contact Chloe at 780-982-7071 or totalbodybc@gmail.com for more information.
Kick 2016 into high gear! All fitness levels welcome!
We have room for only a limited number of participants.

DID YOU KNOW?

With your current community league membership, you can get 10% off entry to City of Edmonton swimming pools.

So please, enjoy a fun swim!

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.



FREE IDENTITY THEFT INFORMATION SESSION WITH LLOYD KENNEY

FREE! May 9th starting at 7 pm **FREE!**
at Aldergrove Community League

This Identity Theft seminar will cover a variety of issues around Identity Theft, Frauds and Scams. It will discuss general criminal activity in those areas, including some background, where the criminals get our information, how they use it, what to do if our identity is compromised and more than 30 steps we can take to reduce our risk.

Mr. Kenney has presented this session approximately 130 times, to many different audiences - retirement communities, Chambers of Commerce, service clubs, business employee groups and several other types of organizations. We are lucky to have him share his knowledge.

"Despite cybercrime being a \$105 Billion global business, it doesn't get nearly the same attention from police and law enforcement agencies as the drug trade. This is a shocking phenomenon to think that the international drug trade is now less lucrative than the trade in personal information." Jennifer Stoddard, Canadian Privacy Commissioner, Vancouver Sun, Nov. 24, 2008

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.

Weekday rentals half hall only -
55.00/ hour non-members, 45.00 members.

Weekend rentals Saturday only -
500.00 non members, 400.00 members
Sunday only -
Hourly- 55.00/ hour non- members, 45.00 members

Full weekend rental-
Fri @6:30 till Sunday at noon - 650.00 non members,

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



THE GREAT NEIGHBOUR RACE! APRIL 30TH

Mark your calendar, because you won't want to miss participating in this inaugural running event hosted by the EFCL.

This is Edmonton's newest race event. All proceeds are going to help build the new Community League Plaza in Hawrelak Park. Open to everyone, the run includes a 10K, 5K, 3K Individual and a 3K Family Fun run, or you could volunteer, donate or just simply come down and cheer the participants on.

The Great Neighbour Race is not just about running - there will also be a Community Kids Expo, bouncy castles, games and plenty of other activities to make it fun for everyone.

The Plaza is in celebration of the EFCL's 100th anniversary and is a salute to your community league and all the leagues in Edmonton, plus all the volunteers, both past and present.

As with all EFCL events, the #efclGreatRace is about spreading the community league way of life and community leagues. The event is open to everyone of every age and ability, member or non-member and EFCL is reaching out to as many people as possible. Not only do we need participants, we'll be looking for volunteers as well - to succeed at this, we would like your help.

For more information here is the link to the main Great Race page - <http://www.efcl.org/events--projects/the-great-neighbour-race/>

The Early Bird deadline to register as a participant is March 18,
Please help us spread the word. Thank you for your support and participation!

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Saturday: 9-7
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*Your professional pharmacists are
Lorraine & Jackie*



Are you a fair-weather scooper?

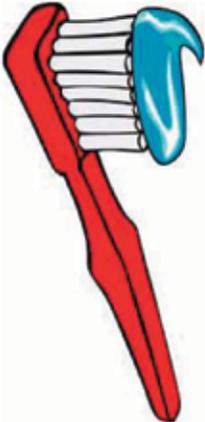
We all know we should pick up our dog's poop, but it's very easy to forget a bag or look the other way especially when no one else is around.

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.

Dr. Allan A. Grove



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8418 - 182 St.

Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members. Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

- Annual Pass* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
- Multi Admission Pass* - 10% discount on our already discounted multi admission pass (10+ visits)
- Continuous Monthly Pass - 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit www.edmonton.ca/wellness

When And Where Is The Next Paper Shredding Event?

Sponsored by AMA and the Edmonton Police Service

Saturday, April 30, 2016 - 10 am - 3 pm Beulah Alliance Church 17504 98A Ave

Identity theft costs Canadians more than \$10 billion each year. When thieves get their hands on credit card statements, banking information, or tax forms, they can use your good credit to commit fraud in your name. Protect yourself by attending one of our Shredding Events in your community. The service is free of charge to the public, and we also collect donations for local food banks.

How Our Shredding Events Work: Plan to be at the shredding site for a minimum of 30 minutes. All shredding events are outdoors, so dress appropriately. Most venues are 'drive-thru' service, but at some sites you have to park and walk your boxes over to the shredding truck. Our friendly staff is there to help, so just holler if you need a hand. If it's lined up and you're in a hurry, feel free to leave your boxes beside the truck for shredding. Events are staffed by AMA volunteers, local law enforcement and shredding company staff who have security clearance and know how to safeguard your documents.

What to Bring: Each year, our free shredding events become more popular. We love to feel the love, but to keep things moving we have to limit our services to just six boxes of personal documents (not for businesses) per vehicle. If you have more personal documents, you can always circle to the back of the line and take another run.

Items that can be shredded: Credit card slips, cancelled cheques, and bank receipts. Banking and investment statements, bills, non-solicited credit card applications. CD-ROMs/CD-Rs/DVDs, diskettes

What can't be shredded: Heavy cardboard, metal, glass, plastic, batteries, lighters, matches, electronics, computer hard drives, or toys

Get your papers ready:

- Make sure we can shred it - Remove all large plastic clips or coils (small staples and regular paperclips are fine). Please check for and remove all non-document items like batteries, matches, and coins which can cause serious damage to the shredding trucks (and the friendly operators).
- Make sure you can carry it - Bring all documents in sturdy, easily transportable boxes or containers.
- Make sure you should shred it - Not all documents are created equally. Some you need to shred regularly, some annually, and some should never be destroyed. Review the list below to find out when the documents you have should be destroyed.

Shred Regularly or Annually

- Papers, envelopes, and multimedia files with personal information such as names, addresses, and birth dates. Unwanted credit card or financial services applications or credit/background checks.
- Expired ID cards, travel itineraries, and airline tickets.
- Credit card, banking and investment statements and receipts, cancelled cheques or pay stubs.

Shred After Eight Years

- Year-end bank statements that are not needed for tax purpose
- Titles, contracts, and deeds for sold properties
- Income tax returns and related financial documentation
- Keep valuable documents safe and secure in a fireproof home safe or by renting a safe deposit box outside the home.

Don't Shred Until Expired

- Current contracts for rentals, leases or loans
- Warranty documents for products you currently own
- Active memberships, employment benefits and utility contracts

Don't Ever Shred

- Appraisals and receipts for valuables like art or jewelry
- Securities and trade confirmations, repaid loan or mortgage documents
- Wills, power of attorney, marriage, death, birth and divorce certificates
- Military service records, educational diplomas, degrees and transcripts
- Insurance investment account policies, annual statements and claims
- Documents related to a legal conflict or claim like a vehicle collision, since legal action can be taken up to 10 years after the incident.

Paper Shredding Services

Are you getting buried under a mountain of paperwork? Consider a home shredder to safely recycle every document or piece of mail that has your personal information. If you run a small business or can't wait for our next round of shredding events, contact one of our preferred suppliers or check your local yellow pages to ask about fee-based services. Edmonton: Shredit - 780-800-9610



Jon Carson, MLA
Edmonton-Meadowlark

Our office is working hard to serve the people of Edmonton-Meadowlark. Our constituency office team is available to help residents resolve issues with provincial government departments, programs and services.

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

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Spring and Summer 2016 Program Guides

The following City of Edmonton's program guides are available online at www.edmonton.ca/programguides

- Rec Centres Spring Guide (April-June 2016) Your guide to programs, services and activities offered at City of Edmonton leisure, sports and fitness facilities.
- Spring in the City (April-June 2016) This guide showcases Arts, Culture, History and Nature at City of Edmonton attractions.
- Kinsmen Facility Guide (April-June 2016) At Kinsmen Sports Centre, you will find high-quality services and programs to support your training and performance goals.
- Summer Daycamp Guide (Summer 2016) Your guide to daycamps at City of Edmonton facilities and in your neighbourhood.



100In1Day

Edmonton · 2016

Turn an empty space into an inviting place.

Join hundreds of Edmontonians in taking small steps to make our neighbourhoods more inviting on June 4.

Learn more, get inspired, and share your project at makesomethingedmonton.ca/100in1Day

It can be as simple as:

- doing sidewalk chalk art
- playing outdoor games like soccer or bocce ball
- putting out lawn chairs and visiting with passersby
- planting a community garden
- having a community BBQ
- performances or storytelling in a park
- hosting an outdoor movie night

#100in1Day
#100in1DayYEG

Presented by
MAKE SOMETHING EDMONTON 



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

Family Fun Night: April 9 @ 5:00 - 7:30 pm
Culture Day: dress or bring a flag from your country
Join us for a free dinner and activities for all ages!

Mother's Day Tea—May 7 @ 2:00 - 4:00pm
Ladies, come be pampered with a special afternoon of refreshments and entertainment while your children participate in children's activities!
— Mothers and children must pre-register—

Need a ride? Call our hotline (780)481-2942 ext:1
Coming June 11—Kids On Track Family Picnic

ACTIVE FAMILIES
April 23rd
It's All Fun & Games!
FREE program for families
activefamilies@kidsontrack.org

SUMMER DAY CAMPS
April 9—registration opens at Family Fun Night!
April 13—online forms open
Check website for details.

For more info visit www.kidsontrack.org

OUR CONSTITUENCY OFFICE IS
NOW OPEN

MONDAY - FRIDAY
8:00 AM - 4:00 PM

KELLY MCCAULEY, MP
EDMONTON WEST



5613 199 STREET EDMONTON, AB T6M 0M6
KELLY.MCCAULEY.C1@PARL.GC.CA WWW.KELLYMCCAULEY.CA
PH: 780 392 2515 FX: 780 392 2519

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

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
All clinics run from 9:00 am – 1:00 pm

Saturday, April 23rd
Saturday, July 30th
Saturday, October 29th
Saturday, December 31st

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

La Perle Community wishes to congratulate Emma Johannesson!

Emma is the 2015 recipient of

Today's Dental Scholarship towards higher education.

Emma is currently enrolled in her first year of Massage Therapy at
MH Vicars School of Massage Therapy

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



La Perle Presidents Report

Spring is in the air and we have many changes to consider for our future. For those who want to impact change in our own community, I invite you to join us for the 2016 Town Hall meeting at the hall at 7pm on April 17th. This is your opportunity to sound your voice on important matters and possibly step up into a leadership role on the community board and fill a critical role.

One of the key decisions that will be discussed at the Town Hall is what rink strategy we should adopt. Did you know that it costs \$16,000 per year to run our rinks? Our rinks also close when the temperature is too cold or too warm. In 2015/16 many Edmonton rinks were closed more often than they were open, leaving only about 50 days for the rinks to be open. This leads to an average operating cost of about \$320 for every day our rink would have been opened. In addition to our annual operating costs, the condition of our rinks is deteriorating every year. Our rinks are becoming unsafe for members to skate. Our rinks likely have a lifespan of 5 to 10 more years, after which they would need to be completely rebuilt at a cost in excess of more than \$80,000 per rink.

Our rinks were once the pride of our community with members packed in every night. Now, only 10 to 20 members visit the rinks per night on average. We need your help if the rinks are to survive. Our current board members are already tasked with many items; therefore, without a rink committee, our rinks may continue to be closed indefinitely. We need to form a rink committee who will actively discuss and manage fundraising for a new rink, finding a rink attendant, repairing rinks as necessary, and developing a strategy to attract members to our rinks. If you are prepared to fight for our rinks, I urge you to attend the April 17th Town Hall and express your interest. If you are interested but unable to attend the Town Hall, please contact our office to express interest.

Jasper Place pool is scheduled to undergo renovations starting late this year. This means that our weekly swim time will be unavailable. The closest City of Edmonton pool to La Perle is at Confederation (just off the Whitemud at 111th St) which is too far for members to access regularly. We are currently looking into options which include accessing St. FX recreation facility and/or Jamie Platz YMCA. All members are able to purchase a recreation pass for 10% discount when they present their membership cards. We are also looking into the option of offering 40% discount at any recreation facility in Edmonton. To voice your opinion, please visit the La Perle Community Facebook page and leave your comment, or email us at laperle.community@icloud.com.

The Edmonton Federation of Community Leagues (EFCL) is holding the Great Neighbours Race at Hawrelak Park on April 30th. This event is a fundraiser for the 100th Anniversary Project which will celebrate the 100th Anniversary of communities in Edmonton and will be accessible to everyone. To volunteer or participate in this 1K/3K/5K/10K event, please check out their website at <http://efcl.org/events--projects/the-great-neighbour-race/>. Soccer has a long and successful history here in La Perle. Good luck to all our soccer teams competing in the outdoor season this spring.

Cheers,
Trevor Elliott

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

New session beginning May 3 – June 21st for 8 sessions

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

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 questions or
to sign up at 780-910-7657

HELP US
RAISE
UP TO
\$500
FOR OUR TEAM

All we need is 10 minutes of your time.
There is no cost to you.

Allstate will donate \$25 to the La Perle Community League for every no-obligation
home or auto quote!* Our goal is to raise \$500!

Team Code: LCL2016



Allstate
You're in good hands.

Kimberley Van Huksloot
Sherwood Park Agency
62 Heritage Hills Crossing - 665 Baseline Road
587-745-0752
kvanhuksloot@allstate.ca

*Terms and conditions apply. Limit of one donation per qualifying quote per household. Qualifying quote must be requested by an individual who is a resident of Ontario, at least 25 years of age, an owner of an automobile and/or home, and who is not a current Allstate customer. Quote must be generated between January 16, 2016 and January 27th, 2016. Offer valid for the first 20 quotes requested. For full contest details, contact Sherwood Park Agency. Trademark owned by Allstate Insurance Company used under license by Allstate Insurance Company of Canada. ©2016 Allstate Insurance Company of Canada

2693E-01/16

Window and balcony safety Protecting your children

As warmer temperatures rise outside, many parents open their windows or balcony doors to let in fresh air. Unfortunately, along with the fresh air comes a significant risk to children.

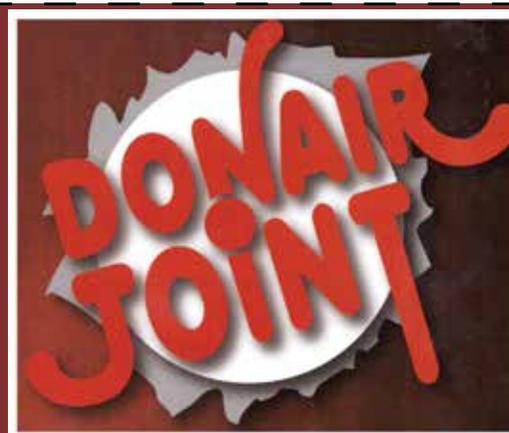
For a curious child, an open window or balcony door can pose the risk of a serious fall.

Every year, Alberta Health Services (AHS) EMS responds to multiple calls related to children injured after falling out of windows or off of balconies. In 2014, 20 Albertan children were seen in our Emergency Departments, due to these kinds of falls, and of those 20, 17 were less than seven years of age.

Always take these steps to prevent falls, and keep your children safe this summer season, and year round:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open. to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate the possibility that your child will be able to fit between the vertical bars of a balcony or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Direct supervision of children is always the most effective way to prevent falls.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca to learn more.



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