

COMMUNITY LEAGUE NEWS - WEST

Serving the community leagues of Aldergrove and LaPerle.

Feb/Mar 2016



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

La Perle 2016 OUTDOOR SOCCER REGISTRATION

Outdoor Soccer Registration for La Perle beginning
February 1, 2016 – March 8, 2016

**NEW REGISTRATION PROCESS..... REGISTRATION ONLINE ONLY.....
PLEASE READ CAREFULLY**

If your child played indoor soccer for 2015/2016 then you will already have an account in the new Portal system. There will be an account already assigned to you and your family, and will be under one of the family emails. If your child did not play this indoor season 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 2015 – 2016 community membership prior to registering.

- 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) There is not an option of paying online so once your child is registered then you print off their confirmations.
- 4) 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. Cash or Cheques will be the only acceptable payment.
- 5) Call Cathy at 780 486-4426 during office hours if you have any questions or email laperle@laperle-community.ca

Don't have a computer? The Library has several computers that are available to the public.

PLEASE NOTE ... When your child has been registered on the EMSA Portal system for 2016 Outdoor Soccer Season, they will not be placed onto a Team until Payment has been received by the La Perle Soccer Coordinator. Please print confirmation and bring into Payment Session to finalize your Child's 2016 Soccer registration.

Payment Session Dates for finalizing player registrations are:

Saturday, February 20th 11:00 am – 2:00 pm @ La Perle Hall 18611 97A Ave
Saturday, March 5th 10:00 am – 1:00 pm @ La Perle Hall 18611 97A Ave

Or during office hours: Monday, Thursday, Friday 9:00 – 11:30 am
Tuesday, March 8th 6:00 – 8:30 pm @ Double Tree by Hilton (formerly Mayfield Inn) 16615 109 Ave
Payments made after March 8th will be assessed a \$25.00 late fee.

To avoid line-ups, Volunteers with a laptop are needed at payment dates.
To volunteer, contact Cathy at 780 486-4426

(Continued on page 11).

Aldergrove Community League OUT OF SCHOOL CARE SPOTS AVAILABLE!

You're in luck!... We have spots available for children in kindergarten to grade 6 inclusive. Aldergrove Out of School Care is well established and non profit.

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



Art by Laurel Hawkswell.

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
 - Comments, commendations, bylaw complaints
 - Roadway & waste management information
 - Program registrations and bookings
 - Transit information
- 311 agents are available 24 hours a day, every day.

Join the EFCL \$100 Club

The EFCL will be celebrating its 100th anniversary in 2021 to commemorate the achievements, the efforts, the joys and the friendships of 100 years of volunteer service by our community leagues with a permanent structure and park space in Hawrelak Park. As part of this celebration, the EFCL has created the EFCL \$100 Club - a special club that goes back to the grass roots of community leagues. It's an opportunity for everyone who has ever benefited or been a part of a community league to honour those who made their experiences memorable. Each \$100 donation receives: Name, Honour or Tribute Message and Community League displayed on Website Donor Wall, Onsite – Temporary Panels – in the year following the year of the donation, and name recognition in the EFCL annual report (100 project annual report presented each May AGM). For more information, visit efcl.org/efcl-100-club



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.

President's Message

Happy New Year! I hope everyone had a wonderful holiday season.

The Community League would like your ideas as to programs that you would like to see offered at our Community League Hall. A couple ideas have been a card games night for adults or a craft fair. Is there a particular type of class that you would like to see offered or perhaps you would be willing to offer/instruct a class. Please feel free to contact our Office Manager, Connie Bowie, with your ideas. Even better, attend one of our meetings which are held on the first Tuesday of the month and present your ideas in person! Please check with the office to make sure the month's meeting date hasn't been moved.

There are still a couple positions on our Board that still need to be filled. If you would like to have a say in what happens in your neighbourhood, please volunteer for one of the positions. The board meets for a couple of hours once a month with no meetings in the July and August so the time commitment is not extensive.

This newsletter will arrive in neighbourhood mailboxes just after our Family Day event. We hope that many of you were able to come to the community league and enjoy the festivities. The board organized a sleigh ride, hot dog roast around the firepit, tobogganing, snow games and a family movie. If you weren't able to attend, mark your calendars for next year!

Please remember that the speed limit in front of our school is 30 km per hour. Children attending the school deserve your patience and attention.

- **Kathy Katzenback** Aldergrove Community League President

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.

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.

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.





OUTDOOR SOCCER REGISTRATION

Registration at Aldergrove Community League (8535 - 182 Street)
FRIDAY, FEBRUARY 19th & MONDAY, FEBRUARY 22nd
6:30 - 8 pm

Please bring your child's Alberta Health Care number and payment (cash or cheque) for soccer fees and a community league membership.

Please see the the EMSA West website at emsawest.com for outdoor age group grids, and for instructions for registering.

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

THANKS TO EPCOR!

We would like to thank Aaron Clark (Aldergrove Building & Grounds Board Member) for applying for the **EPCOR HELPING HAND GRANT** on behalf of Aldergrove. This grant is available for any employees who volunteer for a good cause in their community. Aaron presented Aldergrove with a **\$300. cheque from EPCOR** at the last board meeting. A big thank you to EPCOR, and to Aaron for his continued helping hand in Aldergrove!

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.



Primrose I.D.A. 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

OUT OF SCHOOL CARE DONATIONS

We are a not for profit run Out of School Care facility. We would appreciate donations of empty pop bottles, toys, books & games in good condition (and all game pieces included), as well as paper & craft supplies. We also collect pop tabs in partnership with Ronald McDonald House. Cash donations also accepted.

COMMUNITY CONVERSATION WITH WARD 1 COUNCELLOR ANDREW KNACK

'Project Management in the City of Edmonton'.

WHEN: Thursday, March 24,
6:30-9:00pm - doors open at 6:00pm

WHERE: Big Brothers Big Sisters
16030 104 Avenue

Everyone is welcome. Councillor Knack will provide updates on current issues in Ward 1. You will also have an opportunity to ask questions of the Councillor and bring up concerns in your communities.

For more information phone 780-496-8122

ALDERGROVE ON FACEBOOK

Get community news!
Search for
"Aldergrove Online"
and connect with others
in your community.



Parents as Role Models

Parents tend to be the strongest role models in their child's life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind, respectful, and honest. If you choose to model those traits, your child is likely to follow suit.

As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too.

Here are some tips for being a good role model for your child:

Communicate - Talk to your child about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.

Provide opportunities - Find opportunities for your child to act as a role model for younger children. Ask if their school has such opportunities or seek them out in your community.

Be aware of other influences - Know your child's friends and their friends' parents. Be aware of what is being modeled in the homes that your child is visiting. Help them try to make sense of the lifestyles they see in advertising and on TV shows.

Learn from mistakes - Everybody makes mistakes; it is part of being human. If you do make a mistake, it is possible to talk to your child about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change. The important thing is to reassure them that you love them and that adult problems are not their fault. When something goes wrong, use it as an opportunity to discuss different choices.

The information above was compiled from the Alberta Health Services' Parent Information Series. For more information on role modeling and other topics for parents visit <http://www.albertahealthservices.ca/2434.asp>

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



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.



Ready or not, it's healthy to have a plan

Whether you're ready to start trying for a baby, or not ready to start trying, it's healthy to have a plan.

Alberta Health Services is sharing this message with all Albertans of reproductive age, through a new website: www.readyornotalberta.ca.

Launched January 18, www.readyornotalberta.ca provides helpful tips, tools and to-do lists for Albertans who are not yet pregnant, but who are either contemplating trying for a baby, or, who want to ensure that they remain not pregnant. For both groups, there are important considerations, many of which will impact health today, and in the future.

Given 40 per cent of pregnancies are unplanned, it's important that Albertans be aware of their health, before they conceive. This includes considering birth control options, but also goes far beyond that to include such things as nutrition, healthy weights, exercise, environmental factors and drug, alcohol and medicine use.

Visit www.readyornotalberta.ca for information and tools to support your health today, whether you're 'ready' or 'not'.

Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website www.edmontonpolice.ca/reportacrimeonline

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS has developed the Neighborhood Crime Mapping Website for the public to view crime in neighbourhoods across the city. <http://crimemapping.edmontonpolice.ca/> By accessing this timely information on reported crime, you will be able to know what is happening in your neighbourhood. By knowing what is going on, we can work together to reduce and prevent crime.

For more information about community policing, visit www.edmontonpolice.ca/communitypolicing.aspx

Think before you drink Protect against tooth erosion

It's no secret; most of your favorite beverages contain a lot of sugar. Sugar in beverages, along with bacteria in the mouth, creates acids that can decay teeth. But did you know that many popular beverages such as pop, fruit juices and sport drinks, also contain acids that can damage teeth and lead to tooth sensitivity and pain? This is known as tooth erosion – the irreversible loss of tooth enamel caused by lengthy and repeated exposure to acidic substances.

Teenagers can be particularly prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene. Because tooth erosion cannot be reversed, prevention is important:

- Drink water for thirst and milk with meals
- Reduce number of acidic beverages and use a straw for drinking them
- Rinse your mouth with water to remove acids
- Brush twice a day with toothpaste containing fluoride to strengthen teeth and floss daily
- Visit your dentist regularly for check-ups and additional preventive treatments

The Eggsperiment - Calcium is a major part of tooth enamel. Check out how acid affects calcium, the mineral that keeps an eggshell hard. Gently place a hard-boiled egg with its shell into a container of vinegar until it is completely covered. Let the egg sit for at least 24 hrs. Observe what happens to the shell, how is this similar to tooth erosion?

What can omega-3 fats do for you?

What do a can of sardines, avocado oil from the health store, and seaweed from the beach have in common? They all contain omega-3 fats. Omega-3 fats are important for long-term health, and our bodies can't make them, so we need to eat food that contains them.

We've known for a while that omega-3 fats are important for lowering your risk of heart disease—by reducing blood pressure and inflammation, helping to keep blood vessels from stiffening, preventing blood clots, and lowering triglycerides (a type of fat in your blood). They're also important for brain and eye development during pregnancy and infancy. More studies are needed to know if omega-3 fats might help rheumatoid arthritis, mental health, or other diseases.

Where can you get omega-3 fats?

The best place to get omega-3 fats is from food. Fatty fish have the highest amounts of EPA and DHA, the omega-3 fats most important for health. Fatty fish include salmon, mackerel, sardines, trout Arctic char, and herring. Try to eat at least 2 servings of fish a week to get the recommended intake of 0.5 g per day.

If you don't eat fish, try kelp and seaweed. (Instead of combing beaches for it, you can buy seaweed as wakame.)

Some people may have trouble meeting their EPA and DHA needs from food. If you're thinking about taking a supplement, talk to your doctor, pharmacist, or a dietitian before you begin. They can tell you about what type of supplement to take and how much would be best for you. If you decide to take a supplement, choose one that contains EPA and DHA, not other fats (like ALA). Also, look for one with a Drug Identification Number (DIN) or a Natural Product Number (NPN) on the bottle.

Some yogurt and eggs contain EPA and DHA; read package labels to find out which brands. Nuts and oils like walnuts, canola oil, and flaxseed oil can add to your intake of omega-3 fats. Keep in mind that nuts and oils are high in calories; choose small amounts of them (30 to 45 grams a day).

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

Battling the winter blues



Seasonal affective disorder, or SAD, is a subtype of clinical depression that occurs during the same season each year. You may have SAD if you had symptoms of depression during the last two winters but felt much better in spring and summer.

SAD is sometimes called winter depression or seasonal depression.

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern.
- Cause problems with serotonin, a brain chemical, which affects mood.

If you have SAD or any other type of Clinical Depression, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.
- Have thoughts that life is not worth living.

Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

Some ways to help combat the effects of Clinical Depression are:

- Regular exercise is one of the best things you can do for yourself.
- Getting more sunlight may help too, so try to get outside to exercise when the sun is shining.
- Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.
- Light therapy may help by resetting your biological clock. Ask your physician for more information on how light therapy may help you.
- Speak to your physician if these symptoms go on for 2 weeks or more.

If you suspect you may suffer from SAD talk to a health care professional, or call Health Link at 811 for more information.

How to talk to your children about drugs and gambling

Children are smart and they are learning all the time. You are the best person to show them how to make good decisions. The thought of your children using drugs may scare you, but your children will hear you better if you talk calmly. Take time to learn the facts about different drugs and gambling. Tell your children the facts without sounding scared and without scaring them. You can show your children that they can trust the information you give them.

Things to Remember

- You start teaching children about drugs sooner than you think.

You have been teaching your children from the time they were very small. You have done this by telling them not to touch anything in the medicine cabinet, not letting them have adult drinks like coffee and beer, and telling them to stay away from cigarettes. Start talks with your children by asking what they understand about drugs and alcohol, if they are concerned about anyone's use, or if they have been asked to use.

- A drug is a substance that's taken to change the way the body and mind work.

A drug can do a lot of good, or it can be harmful. If you take the right amount of medicine, you can get better. By taking too much, you can get very sick. Talk about this with your children. You can also talk about different kinds of drugs like medicine, legal drugs, and illegal drugs.

- Talk about gambling in a way that your children understand.

It's good to use real-life examples. Ask your children if they've ever made a bet with anyone about doing something that is hard or unsafe. An example might be betting a chocolate bar that someone couldn't walk along the top of a fence. Explain that this is a type of gambling. In this example, if the person takes the bet and walks on the fence, he or she is at risk of getting hurt. The person betting may lose the chocolate bar. Both people are risking something they value, whether they know it or not.

Children gamble for fun and don't usually think of it as gambling. They usually call it betting or daring. If you use these types of words, it will be easier for them to understand what gambling is.

- Try to think of good examples.

Have you seen a movie or read a book with someone in it who has a drug or gambling problem? Do your children have any examples to share? Talk about the people in the book or movie. Talk about their lives and the decisions they make. You can use this time to give your children good information. Keeping your children informed is the best way to help them make good decisions.

Winter 2016 Program Guides

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

- Rec Centres Winter Guide (January-March 2016) Your guide to programs, services and activities offered at City of Edmonton leisure, sports and fitness facilities.
- Winter in the City (January-March 2016) This guide showcases Arts, Culture, History and Nature at City of Edmonton attractions.
- Winter Excitement Guide Find out about all the festivals and events taking place in Edmonton this winter season.
- Priceless Fun Guide Free or low cost arts and culture, sport and recreation, events, and leisure opportunities.



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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780-455-8344





WELCOMING Men and Women 45-80+ SLO-PITCH PLAYERS

Online REGISTRATION
Deadline March 31st
587 590 0477 info@esspa.ca

AIRWAYS PARK
113 St and 113 Ave EDMONTON



45+ 1 Division - Competitive
50+ 3 Drafted Divisions
Competitive to Recreational

esspa.ca

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

La Perle Newsletter Delivery

Do you know someone in La Perle who is NOT receiving our newsletter via Canada Post? If so we want to hear from them!

Please have them call the office at 780 486-4426 or send us an email to laperle@laperle-community.ca to provide us with their address so we can notify Canada Post directly. We want to ensure that all residents of La Perle are being kept up to date on the happenings going on in their neighborhood!



La Perle Town Hall Meeting

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

All community residents are welcome

Special Guest: Andrew Knack

Discussion topics to include:

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

Coffee & Snacks Provided

La Perle Presidents Message

Well, we survived another holiday season and we are ready for 2016. Within the community, we have many of your favorite events returning.

Our annual bottle drive is scheduled for April 9th. Folks will be out in the community collecting bottles, starting at 1pm. The hall will also be open from 1pm to 4pm for you to bring your bottles. While you're at the hall, we invite you and your family to stay for a showing of Disney's Frozen. The movie will start at 2pm and we will serve free popcorn and drinks. If you're not able to make it to the hall, we ask you to please leave your bottles in front of your home for easy collection. All proceeds will go towards funding the Green Shack program that runs kids' activities during the summer. If you have some free time on April 9th, we are also looking for volunteers to help collect bottles.

We will be hosting our annual Town Hall meeting at the hall on Sunday, April 17 at 7pm. City Councillor Andrew Knack will be in attendance to discuss issues important in our community and answer your questions. We will also deliver the annual reports and hold the annual election for all Executive positions. Coffee and treats will be served.

The 3rd Annual KDays Classic Car Show will return July 31st. This year's event will be held at the community hall. Watch for more details as we get closer to the event.

Community League Day will be held Saturday, September 17th. Big Bins, Weinerama, the Drummers and fireworks will all be back. Watch for more details in the coming months.

We would also like to thank all the folks who volunteered for this year's casino. This is our biggest fundraiser. Without you, we could not offer the great programs we do.

We are looking to fill several important roles including Communications Director, Social Director, and Events Director. If you have a passion to help improve our community, please contact us to volunteer or attend our Town Hall meeting.

Sincerely,
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 for 10 classes
Call Audrey at 780-463-9944 for class schedule and to register.



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

Free Swimming at Jasper Place Pool

Did you know that with your current 2015 – 2016 La Perle Community League membership that you can swim for free EVERY Sunday from 4 – 6 PM until the end of June?

All you have to do is show your membership and swim for free!

Don't have a membership – please contact Jill at 780 489-9965 Or drop into the hall during office hours. \$35.00 / family

Be wise at the wheel

During the winter, it's easy to blame vehicular collisions on snow, ice and poor visibility. Rarely do drivers point the finger at themselves. Yet, the truth is, no matter how skilled drivers are, winter or summer, road safety depends largely



on their driving attitude. "A lot of people don't think they are part of the problem. They like to blame it on the other guy or the weather," says Sharon Richards of Alberta Motor Association Driver Education. These tips can help drivers make the right decisions on the road.

Stop tailgating

In 2009 in Alberta, driving too close was the number one reason for crashes involving a death or serious injury. Many drivers may feel they are keeping a safe distance when they're not. "The rule we recommend is one car length for every 10 kilometres per hour of speed," says Rick Gardner, acting director/deputy chief of the Alberta Sheriff Highway Patrol. In icy winter condition the distance needs to be two to three times more.

Slow down

When we get behind the wheel of a car, strangely every minute seems to count and we recklessly disobey speed limits just to get to our destination one minute earlier.

The risks of speeding increase during the winter as ice and snow drastically reduce the ability of tires to grip the road. "On icy roads, everything your car does should be slower," says Gardner. "If you try to change lanes too quickly on black ice, or make any quick adjustments, you will lose control."

Plan your route

Before leaving on a trip during the winter, plan your route and give yourself lots of time to reach your destination. Alberta's 511 telephone information line and website have the latest reports and conditions across the province. You can also check AMA Road Reports, at AMARoadReports.ca.

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.

(Soccer Registration Continued From Front Page)

Remember Please bring with you to the Payment Session:

- Cheque or cash for players registration
- Post dated cheque for \$50 for uniform deposit (post dated to June 30, 2016)
- Players Alberta Health Care card or Birth Certificate

*Please make all cheques payable to La Perle Community League (all NSF cheques subject to a \$25.00 NSF Fee)

*No refunds will be made after the team has been declared. (April 5th). All refunds prior to April 5th are subject to a \$25.00 administrative fee.

All teams need a coach – without coaches there will not be a team – please be your child's hero! 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, please be sure to register online or contact Cathy at 780 486-4426

La Perle Community Supplies Jersey's, shorts (optional) and pictures. A \$50.00 deposit cheque is required for all jerseys U8 and up.

Parents provide: Shoes, Socks (black), Shin Pads (mandatory) and an age appropriate ball (U4 – U8 - Size 3) (U10 - U12 - Size 4) (U14 and up - Size 5)

At La Perle we do our best to keep children in their home community, 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

Tentative start date is April 25, 2016 – Weather Permitting

AGE GROUP	YEAR BORN	COMMUNITY FEES	DAY AND TIMES OF GAMES (Tentative Community Dates Subject to change!)
Under - 4	born in 2012	\$ 115.00	Community Clinic TBA
Under - 5	born in 2011	\$ 145.00	Wednesday 6:15
Under - 6	born in 2010	\$ 145.00	Mon & Wed 6:15
Under - 8	born in 2009 or 2008	\$ 165.00	Tues & Thurs 6:15
Under - 10	born in 2007 or 2006	\$ 210.00	Mon & Wed 7:15 / 7:30 Possible Friday games
Under - 12	born in 2005 or 2004	\$ 230.00	Tues & Thurs 7:30 Possible Sunday Game
Under - 14	born in 2003 or 2002	\$ 260.00	Mon & Wed 6:00 / 7:00 Possible Friday/Sunday game
Under - 16	born in 2001 or 2000	\$ 260.00	Sunday & Thurs 7:30 Possible Wed / Friday game
Under - 18	born in 1999 or 1998	\$ 260.00	Sunday & Tues 6:00 / 7:30 Possible Thurs / Fri game
ADULT	Born 1997 or earlier	780 413-0140	www.edsa.org

*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

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, February 27th
Thursday, March 31st
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.

Children with Food Allergies



About one in 13 kids have a food allergy. An allergic reaction occurs when the body's immune system overreacts to a food protein (an allergen). The most common food allergens are: peanuts, tree nuts, sesame seeds, soy, seafood (fish and shellfish), wheat, eggs, milk, mustard and sulphites. Symptoms of allergic reactions can be different for everyone and may occur within minutes or hours. The most common symptoms of allergies are:

- Flushed or pale face, hives, rash, itchy skin
- Swelling of the eyes, face, lips, throat or tongue
- Coughing, wheezing or shortness of breath
- Stomach pain, diarrhea, vomiting
- Feeling anxious, weak, dizzy or faint

Severe allergic reactions (anaphylaxis) to food can be life threatening and occur quickly and without warning. These reactions can be treated with an epinephrine auto injector; an EpiPen®. The only way to prevent allergic reactions is to avoid contact with the foods or ingredients that cause them. As many children have food allergies, the majority of schools have adopted guidelines to help keep all students safe. Some of these guidelines may include:

1. No sharing of food or treats.
2. Washing hands with soap and water before and after eating.
3. No homemade treats for celebrations or special events. Cross-contamination is always possible.
4. Restricting the allergens from the classroom/school.

Food allergies are a serious medical condition, not a choice. Help prevent exposure to allergens by following your school's guidelines for food allergies. Take time to explain food allergies to your child and encourage them to learn about allergies that their classmates may have. If you are unsure of what to do, talk to the other child's parents or teacher. Students, parents, teachers and other staff all have an important role in keeping students safe, healthy and happy.

Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time. Taking a little "me" time is an important part of managing life's stresses.

While most of us may not enjoy feeling stressed, it's not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function. Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It's meant to be about you. There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting.

Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don't skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit www.myhealth.alberta.ca.



CALLIOUX LAW
FAMILY LAW & MEDIATION

Callioux Law is accepting new clients. Our firm has an excellent reputation for working with our client to craft solutions to their legal issues. We specialize in:

- Family Law matters including Divorce, Custody, Access, Parenting time, Guardianship, Child and Spousal Support, Common-law and Matrimonial Property division, adoption, and grandparent access.
- Child Welfare matters including representing parents with child welfare involvement and representation of people who want to apply for guardianship of a child in care.
- Wills and Estates including preparation of Wills, Personal Directives and Power of Attorneys.
- Mediation and Divorce Coaching.
- Complex and highly contested files. Let us help you find a solution for your family.

Please visit our website at
www.calliouxfamilylaw.com for more details.

Tel: 780-424-0812
1745, 10123 99th Street

Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges. For more information: 311