

# parkview COMMUNITY NEWSLETTER

## ANNUAL GENERAL MEETING

***Tuesday October 11<sup>th</sup> 7:00-9:00pm***

It's that time of the year again! This is your opportunity to hear all about the exciting things going on in our community and elect the Parkview Community League Board of Directors. For more information or to RSVP please contact Bryan Sandilands at [president@pvcl.ca](mailto:president@pvcl.ca). Childcare and refreshments will be provided.

## PRESIDENT'S MESSAGE

***Bryan Sandilands***

Autumn still gives me that “back-to-school” feeling even though it’s been awhile since I have been to class. School supplies, new shoes, maybe a change of lunch-box – there is something about September and yellow leaves that signal the start of a new year even more than the end of December.

For the Parkview Community League, this is particularly true as we look forward to our ***Annual General Meeting*** on ***Tuesday, October 11<sup>th</sup>*** from ***7pm - 9pm*** as an opportunity to reconnect with community members and neighbours and to welcome new volunteers to the board for another exciting year of local programs and services. Refreshments will be provided, as will childcare for parents who would like to learn more about the league but need a babysitter for the evening.

The year ahead will require careful and important planning decisions, including:

- A final drafting of our organizational bylaws;
- Grant applications and fund-raising;
- Plans for the Parkview Community Hall;
- Advocacy on local civic issues (e.g., neighbourhood traffic safety, residential infill and lot subdivision); and
- Long-term and short-term infrastructure and programming initiatives.

While these decisions are complex, many hands make light work. Volunteers who have served for many years are eager and willing to provide information and orientation to newcomers so that no one will be left unsupported. It is a committed and generous group; we are simply in need of more assistance.

As I mentioned in our ***Summer newsletter***, please receive this as our invitation and request to become involved in the well-being of your community. ***We require a diversity of skills and experiences*** to oversee the facility, programs, services, and events that have become staples of our neighbourhood thanks to the volunteers that have served before. We are seeking at least seven (7) volunteers to serve on the Board of Directors of the ***Parkview Community League***, this fall. Please contact me for more information:

***Bryan Sandilands***  
***780.498.2801***  
***[president@pvcl.ca](mailto:president@pvcl.ca)***

### *in this issue:*

|                          |    |
|--------------------------|----|
| President's Message      | 1  |
| Community Contacts       | 2  |
| Event Calendar           | 3  |
| Programs at the Hall     | 5  |
| Traffic Safety Committee | 6  |
| Casino Fundraiser        | 7  |
| Autumn Word Search       | 10 |
| Tot Time                 | 12 |
| Craft & Bake Sale        | 14 |
| Membership Info          | 21 |

**AUTUMN 2016**  
**VOLUME 12 ISSUE 3**

## NEWSLETTER DEADLINES

*The Parkview Community League newsletter is published four times a year and distributed to members of the community.*

### ADVERTISING & COPY DEADLINES:

Spring: February 1 · Summer: May 1

Fall: August 1 · Winter: November 1

### PREPAID ADVERTISEMENTS ONLY

#### ADVERTISING RATES:

Full back page ..... \$200  
(7¼" wide by 9" deep)

Full inside page ..... \$150  
(7¼" wide by 9" deep)

Half page ..... \$75  
(3½" wide by 9" deep or  
7¼" wide by 4½" deep)

Third page ..... \$50  
(7¼" wide by 3" deep)

Quarter page ..... \$40  
(3½" wide by 4½" deep)

Business card ..... \$15  
(3½" wide by 2" deep)

### WE DO NOT ACCEPT INSERTS

To submit articles contact:  
Andrew Koning, editor@pvcl.ca

To place ads contact:  
Gillian Minsos, advertising@pvcl.ca

# Parkview Community League Contacts

9135 146 STREET EDMONTON AB T5R 4L

WWW.PVCL.CA

## Board of Directors

|                |                  |              |                       |
|----------------|------------------|--------------|-----------------------|
| President      | Bryan Sandilands | 780.498.2801 | board@pvcl.ca         |
| Vice President | VACANT           |              | president@pvcl.ca     |
| Secretary      | Ed Braun         |              | vicepresident@pvcl.ca |
| Treasurer      | Jeff Lucente     | 780.455.4115 | secretary@pvcl.ca     |

|                        |                  |              |                         |
|------------------------|------------------|--------------|-------------------------|
| Casino Coordinator     | Melanie Lee      | 780.970.8728 | casino@pvcl.ca          |
| Community Rec. Coord.  | Stuart York      | 780.944.5450 | stuart.york@edmonton.ca |
| Craft & Bake Sales     | Louise Clarke    | 780.481.2842 | craftsale@pvcl.ca       |
| Facilities Caretaker   | Tracey Kushniruk | 780.221.5072 | caretaker@pvcl.ca       |
| Hall Rentals           | Debbie Braun     |              | hallrentals@pvcl.ca     |
| Hall Sign              | VACANT           |              | hallsign@pvcl.ca        |
| Membership Coordinator | VACANT           |              | membership@pvcl.ca      |

|                         |                  |              |                     |
|-------------------------|------------------|--------------|---------------------|
| Newsletter Advertising  | Gillian Minsos   | 780.862.3355 | advertising@pvcl.ca |
| Newsletter Distribution | Michelle Pollock | 780.919.2019 | jeph@telus.net      |
| Newsletter Editor       | Andrew Koning    | 587.784.4477 | editor@pvcl.ca      |

## Preschool Contacts

|           |                |              |                                     |
|-----------|----------------|--------------|-------------------------------------|
| Co.Chair  | Wendy Wilk     |              | parkviewpreschooledmonton@gmail.com |
| Registrar | Nicole Darsaut | 780.965.9147 | registrar@pvcl.ca                   |

|                     |              |              |                        |
|---------------------|--------------|--------------|------------------------|
| Rink Coordinator    | Brian Mulder | 780.868.3017 | brian.mulder@telus.net |
| Seniors Coordinator | VACANT       |              |                        |

## Soccer Coordinators

|                     |                 |              |                       |
|---------------------|-----------------|--------------|-----------------------|
| Outdoor Older Teams | Jaci Woolfson   |              | outdoorsoccer@pvcl.ca |
| Outdoor Mini Teams  | VACANT          |              |                       |
| Indoor              | Theresa Donauer | 780.988.8933 | indoorsoccer@pvcl.ca  |

|                        |                                 |              |                  |
|------------------------|---------------------------------|--------------|------------------|
| Special Events Network | John Corie                      | 780.669.1557 |                  |
| Tot Time               | Shannon Stengler/Nicole Darsaut |              | totttime@pvcl.ca |
| Website Editor         | Carrie Nicholson-Candy          |              | webadmin@pvcl.ca |

*Parkview Community League operates under the direction of an energetic board of directors, and several standing and ad hoc committees. The league is primarily comprised of volunteers whose collective effort makes our centre a beautiful and vibrant hub of activity in the community with a variety of yearly social events, in house programs, and third party social/fitness programs.*

*If you are interested in becoming a part of this exciting entity, the league would be happy to have you on board. Please contact us at: info@pvcl.ca or Bryan Sandilands at 780-498-2801 or via email at president@pvcl.ca.*



**f** JOIN US ON FACEBOOK!  
www.facebook.com/ParkviewCommunityLeague

# PVCL EVENT CALENDAR 2016-17

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## September 2016

Pancake Breakfast - Sat Sept 17, 9-11am  
PVCL Meeting - Tue Sept 20, 7pm

## October 2016

PVCL AGM - Tue Oct 11, 7pm  
PVCL Meeting - Tue Oct 18, 7pm  
Kid's Halloween Party Sat Oct 22  
HALLOWEEN Party - Sat Oct 29 (adults)

## November 2016

PVCL Meeting - Tue Nov 15, 7pm  
Christmas Craft & Bake Sale - Sat Nov 19

## December 2016

Winter Newsletter Deadline - Dec 1  
PVCL Meeting - Tue Dec 20, 7pm  
Tot Time Christmas Party - TBD  
Family New Year's Party - Sat Dec 31

## January 2017

Family New Year's Event - Jan 1  
PVCL Meeting - Tue Jan 17, 7pm

## February 2017

Spring Newsletter Deadline - Feb 1  
PVCL Meeting - Tue Jan 21, 7pm  
Family Day Skate & Potluck Dinner - TBD

## March 2017

Preschool Registration - Mar 1  
Soccer Registration - Sun Mar 1/8, 6pm  
PVCL Meeting - Tue Mar 21, 7pm

## April 2017

PVCL Meeting - Tue Apr 18, 7pm

## May 2017

Summer Newsletter Deadline - May 1  
PVCL Meeting - Tue May 16, 7pm  
Parkview Spring Clean-up - TBD

## June 2017

PVCL Meeting - Tue Jun 20, 7pm  
Food Truck Event - TBD

Parkview Community League meets every third Tuesday of the month (no meetings in July/August). All members of our community are welcome to join!

## July 2017

No Community League Meeting  
Green Shack at the Park  
Summer Programs at the Hall

## August 2017

Fall Newsletter Deadline - Aug 1  
No Community League Meeting  
Green Shack at the Park

*Please note: Events are subject to change, please check [www.pvcl.ca](http://www.pvcl.ca) closer to date for info.*

## MEMBERSHIP COORDINATOR NEEDED

---

In 2010, I volunteered to take over the Parkview membership coordinator position and join the community league board. During my time on the board, I had the pleasure of meeting and working with many neighbors on a variety of community events.

That's what's great about Parkview; your neighbors become friends and the sense of community is more like extended family. After six wonderful years I am stepping back and the community league is looking for someone to fill the role of membership coordinator beginning in the fall. It's a great way to be a part of a team, contribute to the sense of community and work with great people.

If this sounds like something you'd be interested in, please contact Robin Hobal at [membership@pvcl.ca](mailto:membership@pvcl.ca).





# 2016-17 INDOOR SOCCER

U4 - U18 Age Groups

Register Online at [WWW.EMSA.COM](http://WWW.EMSA.COM)



Registration Open July 15<sup>th</sup> - Aug. 31<sup>st</sup>, Late Registration Starts Sept. 12<sup>th</sup>

**MUST HAVE VALID COMMUNITY LEAGUE MEMBERSHIP FOR 2016-17**

Purchase PVCL Membership Online at [www.efcl.org/memberships](http://www.efcl.org/memberships) or See Page 21 for Details

**T-Nails**  
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11094 - 156 St NW  
Business hours  
Mon-Fri: 10:00AM - 07:30PM  
Sat : 10:00AM - 06:00PM  
Sun : 12:00AM - 05:00PM

*Tina*  
Appointment Walk-ins Welcome  
Phone: 780-889-0802

**CHOPIN PIANO STUDIO**

Two renowned concert pianists & piano professors are now accepting new students into their Edmonton studio in Crestwood for advanced study:

- Dr. Mikolaj Warszynski
- Zuzana Simurdova, MGA.

Info  
[www.zuzanapianist.com](http://www.zuzanapianist.com)  
[www.mikolajwarszynski.net](http://www.mikolajwarszynski.net)  
Cell  
Zuzana: 587.783.0527  
Mikolaj: 587.596.4025  
Email: [chopinpianostudio1@gmail.com](mailto:chopinpianostudio1@gmail.com)

Teaching experience at University level in Canada & South Korea, and have performed concert tours across China & Europe.

[www.chopinpianostudio.com](http://www.chopinpianostudio.com)



## CASINO FUNDRAISER



January 29 and 30, 2017

Parkview Community League will be hosting a casino on January 29 and 30, 2017 at the Palace Casino and we need your help.

Over 40 volunteers are required to make this event successful.



This is a great opportunity to meet your neighbours and have a complimentary meal while raising about \$75,000 for your community league. That's almost \$1,800 from each volunteer!

Proceeds will be used to sustain your community building which provides a wonderful space to hold recreational and social activities, programs, and services.

If you're over 18 years old, please sign up at [www.pvcl.ca/casino](http://www.pvcl.ca/casino).



Thank you for supporting your community!



## VOLUNTEERS NEEDED!!





# PROGRAMS AT THE PARKVIEW HALL

## PARKVIEW PRESCHOOL

Monday - Friday, AM & PM Classes  
[parkviewpreschooledmonton@gmail.com](mailto:parkviewpreschooledmonton@gmail.com)  
Wendy

## BROWNIES

Monday, 6:15 - 8:15pm  
[kendraworobetz@yahoo.ca](mailto:kendraworobetz@yahoo.ca)  
Kendra: 780-709-2646

## TOT TIME

Tuesday, 9:00 - 11:00am  
[totttime@pvcl.ca](mailto:totttime@pvcl.ca)  
Shannon/Nicole

## KARATE

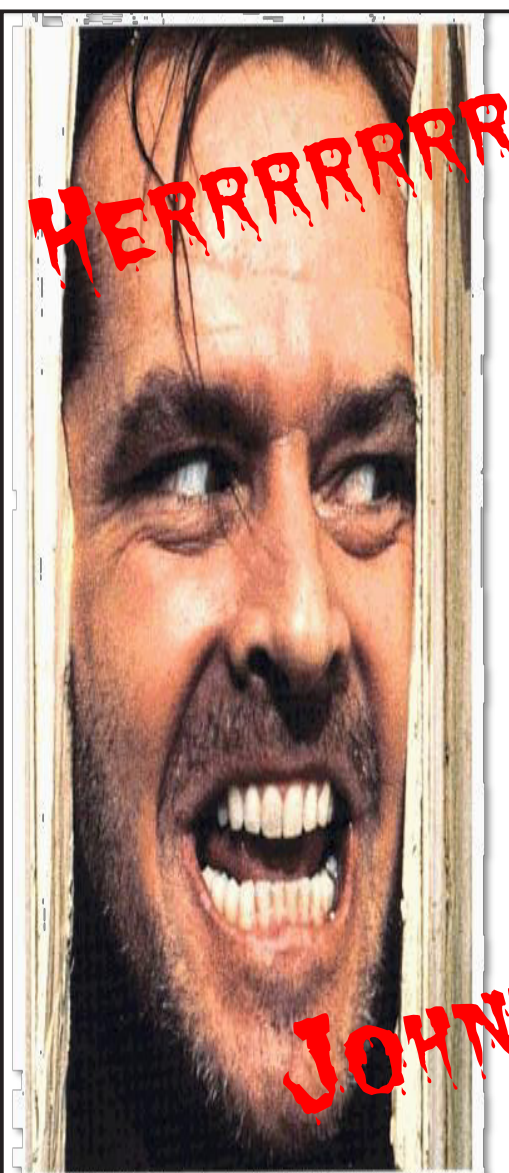
Tuesday & Thursday, 5:00 - 8:30pm  
[chowdavid@shaw.ca](mailto:chowdavid@shaw.ca)  
David: 780-695-5457

## GIRL GUIDES

Wednesday, 6:00 - 8:30pm  
[kimbostwickdineen@gmail.com](mailto:kimbostwickdineen@gmail.com)  
Kim: 780-239-1949

## FREE COMMUNITY LEAGUE SWIM

Sunday, 4:00 - 6:00pm  
Community League Members  
Jasper Place Pool



**HERRRRRRRRRE'S...**

The 4<sup>th</sup> Annual  
Parkview Community League

## HALLOWEEN BALL

8 p.m.  
Saturday  
October 29 | 2016

Parkview Community Hall  
9135 146 Street

**JOHNNY!**

Tickets \$30  
Adults Only Event



## COME PLAY WITH US...

The evening will include food and drinks, music, dancing, a photo booth, and a contest for the best costume.

Tickets go on sale  
**September 5.**

To purchase yours,  
contact one of the event  
organizers:

Carrie Candy: [morecj@gmail.com](mailto:morecj@gmail.com)  
Michelle Pollock: [jeph@telus.net](mailto:jeph@telus.net)  
Tami Lackey: [tami@shaw.ca](mailto:tami@shaw.ca)

# PARKVIEW TRAFFIC SAFETY COMMITTEE

In our last Community Newsletter, we introduced you to the **Parkview Traffic Safety Committee (PTSC)**, who is advocating for the implementation of neighbourhood traffic safety measures on behalf of the **Parkview Community League** and its members.

On July 8, 2016, the PTSC recognized that the controlled intersection at **145 Street and 91 Avenue** had been freshly repainted and larger traffic control signs around the intersection had been installed. In addition, the School Zone designation has been applied and signs installed **along 91 Avenue, between 142 Street and 145 Street**. Ken Karunaratne, a City of Edmonton, Senior Traffic Engineer, helped facilitate the School Zone designation so that we could avoid an onerous jurisdictional appeal to the province.

These are two significant milestones achieved that, in turn, allows us to remove one of our recommended Traffic Management Measures as this request would have placed extraordinary burdens on Parkview School and students to dramatically expand its Crossing Guard program.

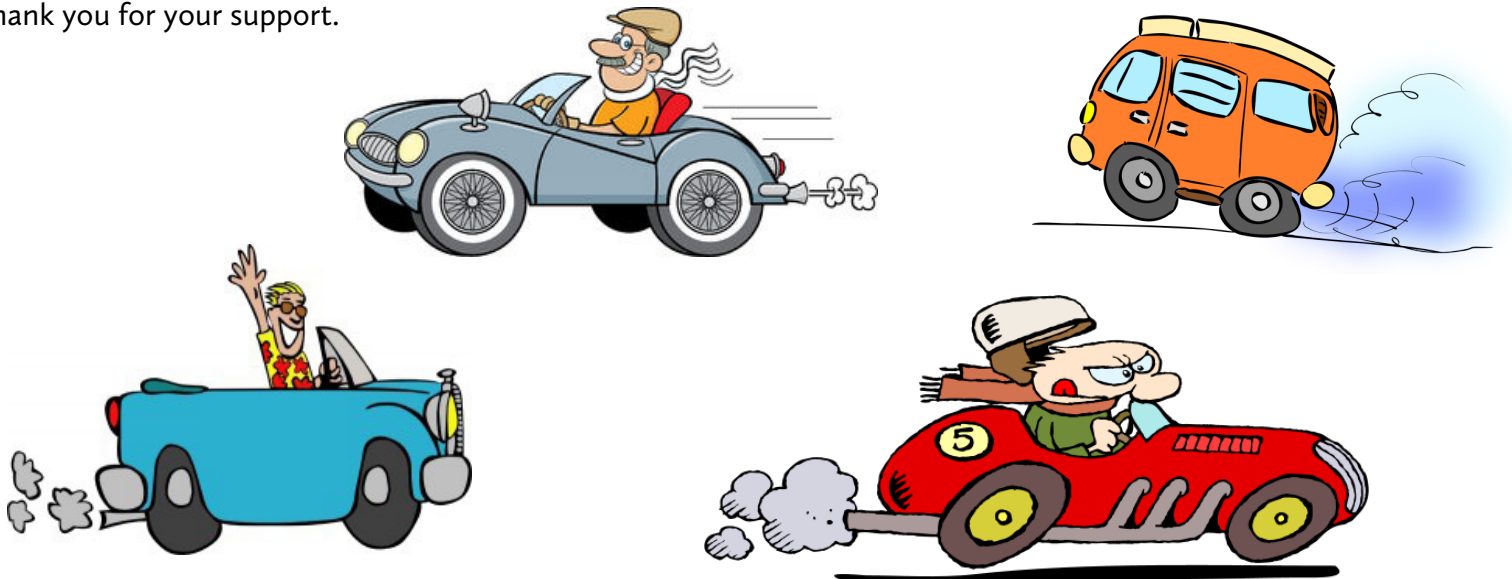
*"That the Principal of the Parkview Elementary Junior High School assign two additional Crossing Guard squads to patrol the 91 Avenue and 145 Street intersection and 91 Avenue and 143 Street intersection, for the upcoming 2016/2017 School Year"*

*(Recommended Traffic Measures PTSC Discussion Guide; p.3)*

At **Parkview's Annual Summer Solstice Food Truck Event**, the PTSC distributed a traffic safety infographic leaflet to and collected names and email addresses from over four hundred neighbourhood and resident guests. The key message was that **only 38% of drivers comply with present neighbourhood traffic measures** – a statistic validated by our own data collection. In addition, a member of the PTSC will now coordinate the Community League sign to regularly configure messages promoting traffic safety. And, **we are committed to holding a stakeholders meeting in late September** for community members to learn about, consider, and recommend traffic safety measures throughout Parkview, given the systemic nature of this issue.

It is with your inspiration and support that Parkview aspires to **Vision Zero** – that no loss of life is acceptable. We are sharing this vision with our children, parents, our school teachers, neighbourhood healthcare professionals, business owners and entrepreneurs, community organizers, political representatives and all other concerned citizens. **The Mayor and City Council has fully-endorsed Vision Zero as its Edmonton Road Safety Strategy (2016 – 2020)**. As drivers, "we are human and make mistakes. The road system needs to keep us moving. But it must also be designed to protect us at every turn."

Thank you for your support.





# ARE YOU CONCERNED ABOUT TRAFFIC SAFETY IN THE PARKVIEW COMMUNITY?



PLEASE TAKE A SHORT SURVEY AT:

<https://www.surveymonkey.com/r/CP7RHMC>

Community members have raised concerns about increased volume of traffic, speeding, and lack of compliance at the 91 Ave and 145/146 Street 4-way stop. To improve the safety for pedestrians and cyclists in our neighbourhood, the **Parkview Traffic Safety Committee** is looking into remedies for these issues and is developing a neighbourhood strategy for consideration by City Council and Administration.



## ONLY 38% OF CARS

COME TO A COMPLETE STOP AT THE  
4-WAY STOP ON 91 AVE AND 145/146 ST.



For more information or to provide feedback, please contact:

Bryan Sandilands (President) or  
Tanya Trimble (Chair)  
[president@pvcl.ca](mailto:president@pvcl.ca)

THIS IS YOUR COMMUNITY.  
PLEASE SLOW DOWN AND WATCH FOR CHILDREN.

## PARKVIEW TRAFFIC SAFETY COMMITTEE



# Northern Lights Folk Club

Bringing you the best in Folk Music  
throughout the year



## 2016/2017 Season

Season tickets or multi-packs call 780 288 8111

Individual tickets - Visit [www.northernlightsfc.ca](http://www.northernlightsfc.ca) for details and outlet information

|          |   |
|----------|---|
| SEPT. 17 | CHRISTINE LAVIN & DON WHITE   |
| OCT. 8   | WEST MY FRIEND / UNION DUKE   |
| OCT. 22  | JEZ LOWE / CHLOE ALBERT   |
| NOV. 5   | PETER KATZ  |
| NOV. 26  | ST JOHN'S WALTZ - THE SONGS OF RON HYNES FEATURING MARIA DUNN,<br>EILEEN LAVERTY, BEN SURES, BILL WERTHMANN, TOM WILSON, SHANTEL KOENIG |
| JAN. 21  | ROSIE AND THE RIVETERS / JIM & PENNY MALMBERG   |
| FEB. 4   | WINTER ROOTS WOMEN OF FOLKWAYS FEATURING DANA WYLIE & GUESTS  |
| FEB. 18  | SHARI ULRICH / KAREN SAVOCA & PETE HEITZMAN   |
| MAR. 4   | OLD MAN LEUDECKE / KEN STEAD  |
| MAR. 18  | JORY NASH & JAMES GORDON  |
| APR. 1   | PHARIS & JASON ROMERO   |



Parkview Community Hall - 9135 - 146 Street

Northern Lights Folk Club appreciates the support of:



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2017**

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# Autumn Words

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| M | A | P | L | E | T | R | E | E | Z | B | J |
| L | W | G | P | A | V | Y | E | L | L | O | W |
| O | B | J | U | P | E | Y | F | H | G | S | Z |
| R | X | K | M | P | G | O | D | A | E | J | P |
| A | E | C | P | L | E | C | L | R | E | B | E |
| N | C | H | K | E | T | T | E | V | S | R | A |
| G | O | I | I | S | A | O | A | E | E | O | R |
| E | L | L | N | E | B | B | V | S | X | W | X |
| K | O | L | H | R | L | E | E | T | N | N | M |
| V | R | Y | A | E | E | R | S | R | I | C | E |
| X | S | X | Y | D | S | S | C | H | O | O | L |
| C | S | W | E | A | T | E | R | F | A | L | L |

apple  
brown  
chilly  
colors  
fall

geese  
harvest  
hay  
leaves  
maple tree

October  
orange  
pear  
pumpkin  
red

rice  
school  
sweater  
vegetables  
yellow

What animal migrates in fall?

How is the weather in fall?





# HOLY CROSS

ACADÉMIE INTERNATIONALE

# REGISTER NOW!

## PRE-K TO GRADE 9

- IB WORLD SCHOOL
- FRENCH IMMERSION



We are a non-profit cooperative preschool that provides programming for three and four year old children.

Located in Parkview Community Hall  
9135 - 145 St



- Story time, Songs, Activity Centers, Art Projects
- Field trips, Crafts, Music, Fitness and Play
- Pre-kindergarten Curriculum and Teaching

### For More Information

Contact Nicole Darsaut

[registrar@pvcl.ca](mailto:registrar@pvcl.ca)

or

(780) 964-9147

15120-104 Avenue  
780 489-1981  
[www.holycross.ecsd.net](http://www.holycross.ecsd.net)

[www.parkviewpreschooledmonton.com](http://www.parkviewpreschooledmonton.com)

# TOT TIME SPRING 2016-17

## *Shannon Stengler & Nicole Darsaut*

Are you a parent or caregiver with a child under six? Do you have free time on Tuesday mornings? If you said yes to both questions, please consider joining us at the Parkview Community Hall for Tot Time!

Tot Time is long-standing volunteer program bringing parents, caregivers and preschoolers together in the Parkview Community. This program is a wonderful opportunity for toddlers and preschoolers to meet peers in the community while engaging in fun and physical activity. Tot Time also offers parents and caregivers a chance to create connections with community members.

Tot Time will resume in September and will run every Tuesday from 0900-1100. We will continue with the same format that includes play time/craft, snack and song circle.

To attend Tot Time, an active community membership is required for insurance purposes. Memberships can be from any community in the city. Information about Parkview Community League Membership can be found on the PVCL website ([www.pvcl.ca](http://www.pvcl.ca)). Each week, we collect a small fee of \$1.00 per child. This payment is allocated toward operational costs including craft supplies and toys, and seasonal parties.

If you have any questions about Tot Time, you can contact Shannon or Nicole at [totttime@pvcl.ca](mailto:totttime@pvcl.ca). We welcome all community members! You can also access the PVCL website and Facebook for any important Tot Time announcements.

We hope to see you in September!

### ***Experienced Babysitter***



*14 years old grade 9 student  
completed babysitting course  
all ages*



***Fionna McCrostie***

*(587) 597-6244; [fionna.mccrostie@gmail.com](mailto:fionna.mccrostie@gmail.com)*

*Caitlin Lundeen*

PHOTOGRAPHY

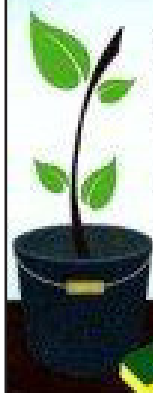
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Lynnwood School (15451-84 Ave).  
Not competitive (we don't keep score).  
Contact Jay (780-484-2482 or  
[jayspix@gmail.com](mailto:jayspix@gmail.com)) for more info.  
We look forward to seeing you!





# OPEN HOUSE

**Saturday September 24, 2016**

12:00pm to 3:00pm

Crestwood Curling Club

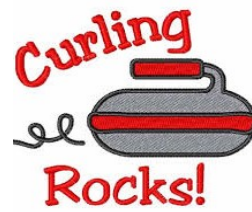
14317-96 Avenue, Edmonton, AB

## Activities

- Learn to Curl
- Wine & Cheese Reception
- View our Meeting/ Banquet Facilities

For more info: (780) 452-4174  
or [crestwoodcurling@shaw.ca](mailto:crestwoodcurling@shaw.ca)

## Wednesday Fun League



**October 12, 19, 26**

**November 2, 9, 16, 23, 30**

**December 7, 14**

**8:15pm-10:15pm**

**\$200 Registration**

**New to Curling?**

**Want to be part of the fun?**

**Join our fun League.**

**Open to all ages and curling abilities.**

**Equipment Provided**



**CONTACT US**

**Crestwood  
Curling Club**  
**14317 96 Avenue**  
**(780) 452-4174**  
**[crestwoodcurling.com](http://crestwoodcurling.com)**

**[crestwoodcurling@shaw.ca](mailto:crestwoodcurling@shaw.ca)**

We have space in leagues for teams or individuals. Men's, Ladies, Mixed, Fun, Open, Seniors, Little Rocks, Juniors.

## Beginner League

- For people new to curling
- Teach you all about the game.
- 8 Saturdays 1:00pm-3:00pm
- Equipment provided
- \$170.00 Registration

## Sunday Fun League



**October 16, 23, 30**

**November 6, 20,**

**December 4**

**12:00pm-2:00pm**

**\$120 Registration**

**New to Curling?**

**Want to be part of the fun?**

**Join our fun League.**

**Open to all ages and curling abilities.**

**Equipment Provided**

The logo features a banner at the top with the word "PARKVIEW" in a serif font. Below the banner, the word "Christmas" is written in a large, elegant cursive script. Underneath "Christmas", the words "CRAFT & BAKE SALE" are written in a bold, uppercase, sans-serif font.

# PARKVIEW Christmas CRAFT & BAKE SALE

Plans are well underway for another BRIGHT start to your holiday.

We invite you to join us November 19, 2016 for the annual *Parkview Christmas Craft and Bake Sale* at the Parkview Community Hall. It's not just a tradition, it's an institution! If you have not had the chance to experience this event to kick off your holiday season, you need to clear your calendar!

This event returns with the perennial favourites including homemade baking, sleigh rides for the family, treat decorating and a colouring contest for the kids, and the offerings of 28 local artisans. Santa also visits our sale every year, so check out the times for when he will be making his appearance. Be sure to drop in for your Ukrainian lunch, which will be available until 2 p.m.

After last year's success we will once again offer the pre-order option to secure your delicious pies. This opportunity will be available through the PVCL website starting October 15. Pie sales will close November 10 so we can get them ready for you. If you miss out, don't fret too much as there will be some pies available at the community bake table.

As always, we request that Parkview residents donate baking to the community bake table. We appreciate whatever you desire to make. However, our fastest sellers are fancy cookies and squares, tarts, and fudge. Items that freeze well are very popular. Simply drop off your baking Friday evening or Saturday morning and we will dress them up for the bake table. Funds raised at the bake table go back into the community.

All of this great fun requires many hands for the greatest success. If you love to decorate, we have a job for you. If love to bake, we have a job for you. If you love to schmooze, we have a job for you. There really is something for everyone! Please check out our on-line volunteer sign-up. It's a great way to catch up with neighbours and friends.

We look forward to seeing you there. If you have any questions or want to get involved, please contact Louise Clarke at [www.pvcl.ca](http://www.pvcl.ca).

2016 Craft Sale Committee

Louise Clarke  
Jody Nickerson  
Andrea Archimowitz  
Barb Le Mare  
Daphne Simkin  
Susan Pasemko  
Parkview Preschool

***NOTE: Sales on event day are cash purchases only. Some vendors may offer alternative payment options.***

The *Parkview Christmas Craft and Bake Sale* was founded by **Valerie Bright** to help raise funds for the Parkview playground and park revitalization. Valerie was a generous and committed volunteer who truly loved to experience our community coming together. Sadly, Valerie lost her battle with cancer in 2013, but we are pleased that the event she created has become a long-standing community tradition where friends and neighbours meet. Her role in the many improvements to our hall and grounds is a legacy that we all continue to enjoy, just as she wanted.

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Are you looking for a way to re-enforce values you are teaching your children in a community-minded environment? The St. Andrew's United Church (SAUC) Children's Program may be what you are looking for!

For Fall 2016, SAUC is adopting a new curriculum, *A Joyful Path*, which focuses on teaching interdependence, self-awareness, respect for nature, stillness, forgiveness, prayer, meditation and integrity.

Using the Bible and other wisdom stories, *A Joyful Path* helps children learn how to follow the path of Jesus, other teachers, and real life heroes in today's world.

The Children's Program starts September 11, 2016 and runs Sunday mornings at 10AM starting Fall 2016. For more information contact:

### St. Andrew's United Church

9915-148 Street  
Edmonton,

Phone  
780-452-4454

Email  
[andrewsaint@telus.net](mailto:andrewsaint@telus.net)

## A JOYFUL PATH,

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Ottawa ON K1A 0A6  
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**[Randy.Boissonnault@parl.gc.ca](mailto:Randy.Boissonnault@parl.gc.ca)**

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## Spirulina Breakfast Smoothie

Perfect as a school-day breakfast!

### INGREDIENTS

- 1 ripe banana, sliced and separated
- 1 cup Stahlbush frozen blueberries
- 1 cup spinach
- 1 cup kale
- $\frac{3}{4}$  cup of Blue Monkey Coconut Water
- 1 tsp chia seeds
- 1 tbsp Manitoba Harvest Hemp Hearts
- 1 tsp spirulina
- Optional: 2 medjool dates for sweetness and/or your favourite granola!

### DIRECTIONS

Blend all ingredients together in a blender except for half of the sliced banana and granola.

Use left over banana and granola for garnish. It helps to make a smoothie feel more filling and satisfying.



Manitoba Harvest  
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Reclaim Urban Farm  
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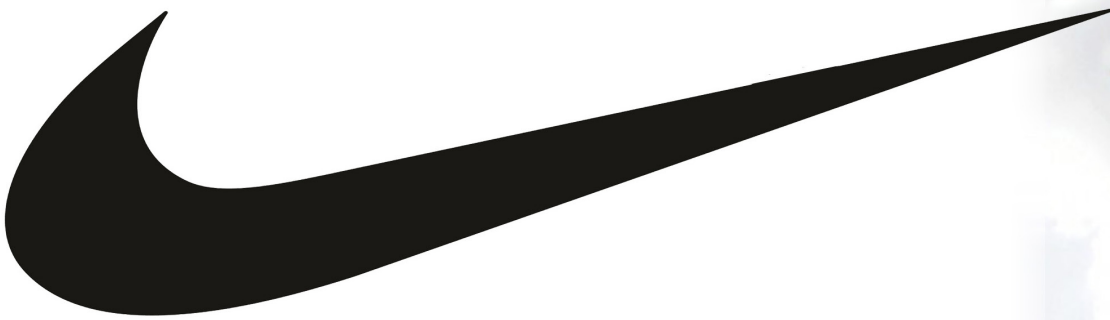
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# LADIES SPORTS NITE

*Jay Thygesen*

Parkview Ladies Sports Nite has been a joyful experience for over 25 years.

If “I haven’t played since high school” or “I was never good at sports”, this may be for you. If you want an intensely competitive game, this is not for you.

From 6:45 to 8:00 on Thursday nights from September to June, women of all ages and skill levels meet at Lynnwood Elementary School (though sometimes we get bumped to a different school). Of 25 semi-regulars, 6 to 16 people show up on a night. Player's ages range from 20 to 60+.

Each night, we divide people into two teams. Regardless of skill level, everyone gets passed to and encouraged. The score? Who knows – we don’t keep track. When anyone gets a basket, we all cheer.

Everyone plays at their own level. The most skilled players compete hard against each other, but ease off against the rest of us. When there are more than 10 people, everyone subs off evenly.

Games are often interrupted for laugh breaks. It’s great exercise, and there is lots of joy and laughter. I reluctantly went to my first one, and years later, I still love Ladies Sports Nite and the wonderful people who come to play.

Our fee for the year is \$50. Fees cover gym rental, equipment, and some refreshments for a Christmas party and a windup party.

Come and try it for free for a couple of nights and see if you like it. You owe it to yourself and your family to be the happiest you can be. Think of it as a cheap happy pill without adverse side effects.

Hope to see you there!

For more information or to sign up, email me at: [jayspix@gmail.com](mailto:jayspix@gmail.com)





# PVCL MEMBERSHIP HAS ITS BENEFITS

## Join Your Community!

Have you purchased your community league membership this year? You many not know that memberships are valid from September 1<sup>st</sup> to August 31<sup>st</sup> similar to the school year. Although a community league membership is required for all community based programs, there are many benefits to having one even if your family doesn't utilize the programs or has outgrown them. These benefits such as community swims or skating are listed on the membership page. Memberships are also another way to support the community to provide other programming, general interest or activities as well as offer a sense of pride and belonging within the Parkview Area. To date, with the support of families and households living in the Parkview Community, we were able to provide a renovated hall space, new outdoor green space and our amazing brand new park! Buy your membership today!

As well as being able to purchase your membership at the various community programs like Tot Time, Soccer,etc., you may purchase your membership online at [www.pvcl.ca](http://www.pvcl.ca) and pay online through PayPal OR <http://efcl.org/membership> OR you may use the form listed below and follow the mail in instructions.

Once you have used one of the above options, your membership card will be mailed to you by the membership coordinator, Robin Hobal.

Any families that bought a Parkview membership through the EFCL website and require skate tags should contact the Membership Coordinator at [membership@pvcl.ca](mailto:membership@pvcl.ca). They can be mailed out, dropped off, picked up, or can be made available at the rink during skate times upon proof of membership. Thank you!



### Parkview Community League Membership Form

Please complete and MAIL this FORM and CHEQUE to:

Robin Hobal  
9135 - 146 Street  
Edmonton, AB T5R 4L5

\_\_\_\_\_ Family (1 or 2 Parent) - \$40 | \_\_\_\_\_ Adult Household - \$40 | \_\_\_\_\_ Senior Household - \$10

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TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

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NOV

### EVENT HIGHLIGHTS

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**Lunch** 11:30am-2pm

**Sleigh Rides** 11am-2pm

**Santa Visit** 12:30-2pm



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