

parkview

COMMUNITY NEWSLETTER

COMMUNITY UPDATE

By Bryan Sandilands

“Spring came early to Parkview this year,” he said on the eve of an Edmonton summer snowstorm. (Stranger things have been known to happen.)

Summer in Parkview is looking beautiful and busy but before we look ahead, and on behalf of the Parkview Community League, I would like to thank Melanie Lee for once again recruiting and coordinating volunteer services for the Palace Casino on March 26th and 27th. We would also, of course, like to thank each and every one of you for offering time from your lives to assist with this vital and necessary fundraiser. By our newsletter deadline, we had not yet received final confirmation but expect to raise more than \$75,000 for two days of effort. We simply could not raise this operating capital without your commitment and effort so thank you, one and all.

*As we transition into summer, spring-cleaning is upon us, as well. If you have the time, please consider volunteering a few hours and join friends and neighbours on **Sunday, May 24th from 1pm to 4pm for the Parkview Spring Clean-up**. We would really appreciate your help in giving our community space and parking area some extra attention and TLC. Easy, meaningful jobs will be offered upon your arrival.*

*For those who are interested in participating in the **Parkview Community Needs Assessment** survey this summer, please visit our Facebook page and website at pvcl.ca for more information as we aim to open the survey in June. This is just the beginning of the planning process. Further and multiple opportunities for input and engagement will be ensured.*

As always, there are many exciting community events taking place this summer and we hope to see you and your family at all of them. The Green Shack at the Park will run again this year, July through August. Please check out our summer programs in this newsletter (page 6-8) and at pvcl.ca.

The 3rd Annual Parkview Food Truck Patio will be held on Saturday, June 20th from 4pm to 11pm. It is Edmonton's latest craze. Everyone loves the food trucks and those who attended last year know that this event was an overwhelming success. This year we are planning for an even larger turnout with the addition of live, outdoor music, and more family fun.

From the Halloween Ball, to the Northern Lights Folk Club, the Christmas Craft and Bake Sale, and the Food Truck Patio, Parkview is quickly earning a reputation as Edmonton's all-season, fun-raising neighbourhood (though I prefer to think of us as the West-End's best-kept secret.) It is quite something to be part of such a vibrant and engaged community.

Enjoy the warm weather and sunshine!

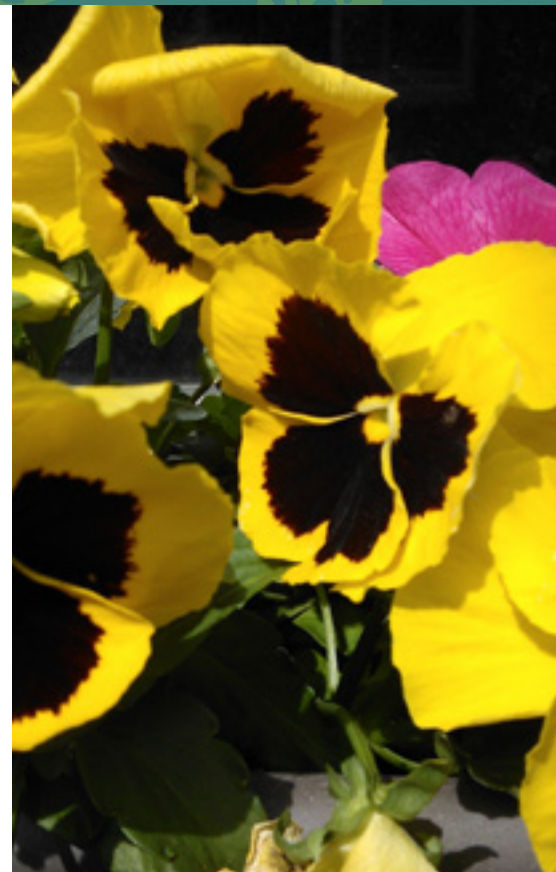
Very best regards,

*Bryan Sandilands, Vice President
Parkview Community League*

P: (780) 498-2801

E: president@pvcl.ca

www.pvcl.ca



in this issue:

Community Contacts	2
Val Bright Day	3
Hall Rental	4
Event Calendar	5
Kids Summer Programs	6-8
Preschool	9
Tot Time	13
Sports	14
Membership Info	19

SUMMER 2015
VOLUME 11 ISSUE 2

NEWSLETTER DEADLINES

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

Advertising and copy deadlines:

Spring: February 1 · Summer: May 1

Fall: August 1 · Winter: November 1

Advertising Rates:

Full back page \$200
(7 1/4" wide by 9" deep)

Full inside page \$150
(7 1/4" wide by 9" deep)

Half page \$75
(3 1/2" wide by 9" deep or
7 1/4" wide by 4 1/2" deep)

Third page \$50
(7 1/4" wide by 3" deep)

Quarter page \$40
(3 1/2" wide by 4 1/2" deep)

Business card \$15
(3 1/2" wide by 2" deep)

Please note that we do not accept advertising inserts.

To submit articles contact:
Denisa Leitch editor@pvcl.ca

To place ads contact:
Louise Clarke advertising@pvcl.ca

Parkview Community League Contacts

9135 146 STREET EDMONTON AB T5R 4L5

WWW.PVCL.CA

Board of Directors			
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Soccer Coordinators			
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Outdoor Mini Teams	VACANT		
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Tot Time	Jill Vihos/Jenai Christensen		tottime@pvcl.ca
Website Editor	Graeme Bell		webadmin@pvcl.ca



parkview
COMMUNITY LEAGUE

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 John Corie at 780-669-1557 or president@pvcl.ca

f JOIN US ON FACEBOOK!
www.facebook.com/Parkview
CommunityLeague

**“I’ve always felt that having
a garden is like having a good
and loyal friend.”** *C.Z. Guest*

Bedding Plant Sale and Celebration

*In loving memory of
Val Bright*

May 23rd

10:00 am - 1:00 pm

Parkview Community Hall

9135 - 146 Street

Edmonton

*Val
Bright*

**ALL FUNDS RAISED WILL BE
DONATED TO THE PARKVIEW
COMMUNITY HALL**

**FUNDRAISING ACTIVITIES: BARBEQUE (HOT DOGS AND HAMBURGERS)
SNOW CONES · COTTON CANDY · BIRD HOUSE BUILDING
FREE ACTIVITIES FOR THE CHILDREN: INCLUDE:
A BOUNCY CASTLE & FACE PAINTING**

Parkview Community Center Rentals

For complete information visit our website:



<http://pvcl.ca/hall-rentals>

As of January 1, 2015
main hall available Sunday
afternoons from 1 pm.

Glenora School's 75th Anniversary

2015 marks the historic 75th Anniversary of Glenora Elementary and the school is celebrating in a big way! If you attended or have a connection to Glenora School, or know someone who does, we want to hear from you! Please visit our special anniversary website: www.glenoraschool75.ca or our Facebook page (search Glenora 75) to share your memories and learn more about the anniversary celebrations.

Save the Date for a Big Celebration!

Saturday, September 26, 2015
Glenora School - 13520-102 Avenue

Festivities begin at noon and include:

- Official Ribbon Cutting of our new playground
- Games through the decades
- Great food and fun
- An evening alumni event is also being planned

Everyone is welcome – alumni, community members, families, and anyone who has a connection to Glenora School.

Northern Lights

Hello Parkview residents! The Northern Lights Folk Club is very excited to be joining your community. We hope to meet many of you at our upcoming concerts in your warm and friendly hall. We invite you to have a look at our website www.northernlightsfc.ca where you can sign up for our e-newsletters, check out past performances, and get a general feeling of what we are all about. You can also "like us" on Facebook or contact us personally at 780 288 8111. **Our concerts are typically the 1st and 3rd Saturdays of the month, starting this September 19th.** We will be announcing our full 2015/16 lineup in your fall newsletter - stay tuned! We have been promoting folk music concerts in Edmonton for 16 years at the Queen Alexandra Community Hall, and now look forward to our new "home".

Folk Club

PVCL EVENT CALENDAR 2015

Please note: Events are subject to change, please check www.pvcl.ca closer to date for info

January 2015

- Community League Meeting - Tue Jan 20

February 2015

- Community League Meeting - Tue Feb 17
- Spring Newsletter Deadline - Feb 1
- Family Day Skate & Potluck Dinner - Feb 16, 2:30pm - 7:30pm

March 2015

- Community League Meeting - Tue Mar 17
- Preschool Registration - Wed Mar 11, 7-8pm
- Casino - March 26 & 27
- Outdoor Soccer Registration - Mar 1 & 8, 6-8:30pm

April 2015

- Community League Meeting - Tue Apr 21

May 2015

- Community League Meeting - Tue May 19
- Summer Newsletter Deadline - May 1
- Val Bright Day - May 23, 10-1pm
- Parkview Spring Clean-up - May 24, 1-4pm

June 2015

- Community League Meeting - Tue June 16
- Tottime Year End Party - Tue June 16, 9am
- Food Truck Patio Event - Sat June 20, 4pm-11pm

July 2015

- No Community League Meetings
- Green Shack at the Park
- Summer Programs at the Hall

August 2015

- Fall Newsletter Deadline - Aug 1
- No Community League Meetings
- Green Shack at the Park
- Summer Programs at the Hall

September 2015

- Community League Meeting - Tue Sept 15
- 3rd Annual Pancake Breakfast - Sat Sept 20
- Local Programs at the Hall Start:
 - Scouts/Girl Guides
 - Preschool
 - TotTime

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

October 2015

- Community League AGM - Oct 20
- Parkview Preschool Dessert Auction - Oct 16, 7pm
- Halloween Party for Children - Oct 24, 10-1pm
- HALLOWEEN Ball for Adults - Oct 24, 8pm

November 2015

- Winter Newsletter Deadline - Nov 1
- Community League Meeting - Tue Nov 17
- Christmas Craft & Bake Sale - Nov 28

December 2015

- Community League Meeting - date and location TBD
- Tottime Christmas Party for Children - date TBD
- Family New Year's Event - Jan 1

The Gentle, All Female Dental Team.



We are pleased to announce Dr. Baldip Sihota has joined our team and is taking new patients!

Our all female staff provides gentle family and cosmetic dental care in an unhurried environment.

The Time To Care dentists, (from left to right): Dr. Anne McCaskill Pellatt, Dr. Sylvie Renoir, Dr. Michelle Breault

Dr. Baldip Sihota

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Summer Daycamps in Parkview

Rock Star – ages 7 - 10

- Monday July 6 to Friday July 10, 2015
- 9 a.m. to 4 p.m.
- Cost: \$125
- Course code: 539890
- Spend a week rocking with air bands, dance routines, costume and magazine design. Showcase your talent at weeks end for family and friends!

Little Sports of All Sorts ages 4 - 6

- Monday July 20 to Friday July 24, 2015
- 9 a.m. to 11:30 a.m.
- Cost: \$74
- Course code: 539854
- Have a ball with cooperative games and sports such as t-ball, soccer, obstacle and relay races and other activities!

Registration opens **April 28, 2015**.
Register early to avoid disappointment!

To Register

- Call 311
- Online at eReg.edmonton.ca
- In person at any City of Edmonton Recreation & Leisure Centre



Summer Daycamps in Parkview

Summer Survivor – ages 7 - 10

- Monday August 17 to Friday August 21, 2015
- 9 a.m. to 4 p.m.
- Cost: \$144
- Course code: 539907
- Develop your survival skills with shelter building, outdoor cooking and team work Hikes, games and other outdoor activities and an off site field trip.!

Nature Explorers ages 4 - 6

- Monday August 10 to Friday August 14, 2015
- 1:30 p.m. to 4:00 p.m.
- Cost: \$74
- Course code: 539868
- Learn outdoor skills, grow flowers, experience nature crafts and games and discover new creatures under your magnifying glass !

To Register

- Call 311
- Online at eReg.edmonton.ca
- In person at any City of Edmonton Recreation & Leisure Centre



EDMONTON

FREE Community Summer Drop-In Recreation Programs

Join in games, sports, crafts, music, drama, and special events at your neighbourhood park! Ages 6 to 12 are welcomed; ages 5 and under must be supervised by a parent or guardian.

Location: Parkview 9135 146 Street

Dates: Monday to Friday,
July 2 to August 25, 2015

Time: 2:30 PM to 6:00 PM

Find all
community
summer
programs at
[edmonton.ca/
dropincommunit
yprograms](http://edmonton.ca/dropincommunityprograms)
or call 311.



THE CITY OF
Edmonton

SPRING FUN AT PARKVIEW PRESCHOOL!



By Jody Nickerson

We held our Open Registration Night on Wednesday, March 25th. It is great to see so many new families joining our community. There are spots still available in the 3 year am class and the 3-4 year pm class. Please contact our Registrar Nicole Darsaut at 780-964-9147 or nicoledarsaut@hotmail.com for more information. Some of the benefits of Parkview Preschool are the small class sizes, numerous extracurricular

activities, low fees and great community involvement.

Our students have been busy this spring working on fantastic art projects, preparing for big Mothers' and Fathers' Day celebrations, and learning about their community and city. The 4 year students just completed a special book project facilitated by Studio Art Sessions. The students made beautiful book keepsakes. Here is some information on the project:

RELIEF PRINTMAKING:

"My Moody Monster Book"

Program of Study Connections: Visual Art, Language Art
Media and Technique: Relief Printmaking, Collage

Students begin this journey with a brief history of the "who, what, where, when and why" of printmaking and how artists have used this medium to tell stories and communicate over time. Each child will create their own "monster matrix" using scratch foam. The image is printed into a small folded book format using collage, brayers, and printing ink. The art fundamentals of line, shape, colour, and texture are the focus, as well as the influence they have on changing and creating the mood of a story when the printed image remains constant.

Final Product: A fabric covered booklet with 4 printed images on collaged mixed media paper.



Parkview Preschool

www.parkviewpreschooledm.com

2nd Floor of the Parkview Community League, 9135 - 146 St



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www.facebook.com/ParkviewPreschoolPvclEdmonton



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 Saturday, June 20, 2015
 9:00 A.M. to 3:00 P.M.




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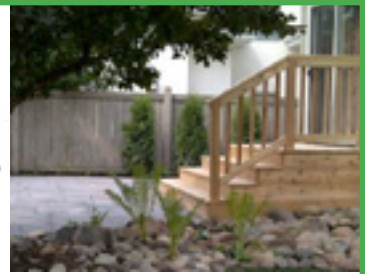
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TOT TIME NEWS



September 15, 2015 – First day of Tot Time
October, 24, 2015 – Annual Halloween Party
December 15, 2015 – Last day of Tot Time for 2015
January 5, 2016 – Tot Time resumes
March 29, 2016 – Spring break (Tot Time cancelled)
June 14, 2016 – Last day of Tot Time for 2015/16

By Jill Vihos

As the 2014/15 Tot Time year nears an end, we want to thank all of the parents, caregivers and children who have helped to make Tot Time a continuing success in the Parkview Community. The last date for Tot Time will be Tuesday, June 16, 2015 and this will be our annual year-end party.

Tot Time will resume on Tuesday, September 15, 2015 and will run every Tuesday from 0900-1100. We will continue with the same format which includes play time/craft, bring your own snack and song circle. Major dates for the 2015/16 Tot Time Year are:

For the 2015/16 year, Tot Time will continue with the same format:

0900-1030 Free play and craft
1030-1045 Snack time (bring your own snack and drink)
1045-1100 Song circle

If you are interested in attending Tot Time for the remainder of the 2014/15, please email tottime@PVCL if you have any questions, or join us at the community hall on Tuesday morning. Tot time is an excellent program for new community members with young families who are looking to become involved in educational, athletic and recreational programs offered within Parkview. It is also an exceptional opportunity for new community members to make connections with neighbours and meet others in the community. We always welcome new community members! Tot Time information and updates are also available on the PVCL website and Facebook.

Many thanks again to all of the Tot Time families for another wonderful year. We wish each of you an eventful, safe and fun-filled summer!

We look forward to seeing you in September!

Sincerely,

Jill Vihos and Jenai Christensen



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SPORTS IN OUR NEIGHBOUHOOD



Indoor Soccer Registration 2015/2016 (Changes for Fall 2015)

- Will start June 15th, 2015 and continue through summer until the first week of September!
- Will be online only through EMSA west website - please go to www.emsawest.com to register
- EFCL will have the 2015-16 memberships on sale effective May 15th, 2015. (<http://efcl.org/membership>) If you prefer to purchase through the Parkview membership coordinator, please wait until late August to purchase your membership and register online.
- EMSA West will be taking credit cards online and open to the public for cash/cheque payments during business hours and 1 night per month (dates available on website). Fees TBA on website.

KARATE AT PARKVIEW COMMUNITY HALL



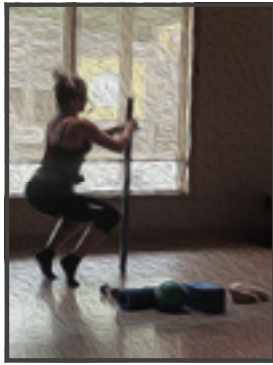
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www.marjorieoconnor.com

Email: fitintl@shaw.ca



Fun and frolic with Ladies Sports Nite - **BASKETBALL** for women 18 to 108. Thursday evenings, 6:45 to 8:00. Lynnwood Elementary School (15451 - 84 Ave). Not competitive (we don't

keep score) and lots of fun. Bring non-scutt runners. Call Jay (780-484-2482) for more information. We'd be pleased to see you! Try it once or twice to see if you like it.

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To register or for more information

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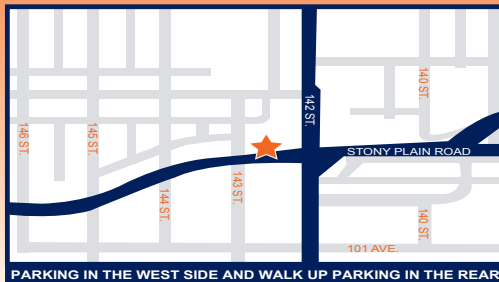
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Exciting news...we have recently moved (just around the corner in the same mall – beside Subway) in to a beautiful brand new clinic.

Dr. Jennifer Stelfox is joining our team and bringing many years of excellent veterinary services. Her interests are in oncology and rehabilitation medicine.

We will be the first vet clinic to offer physiotherapy using an underwater treadmill.

We would love to see your pet, whether it is for a routine exam or because they just don't seem themselves. Seeing your pet go home happy, healthy, pain free and live as long as possible is what we strive for here at River Valley Veterinary Clinic.

River Valley Veterinary Wellness Clinic

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QUESTIONS I'M ASKED ABOUT FEEDING BIRDS

By Dave Cleary

Q: When should I put my hummingbird feeder out?

By the time you read this article the hummers will already have crossed into the province after having migrated up through the southern states from their winter stay in Central America. We can expect to see returning Ruby-throated Hummingbirds around May 10 this year. It's a good idea to get your feeders filled and ready to put out shortly after May 5. The reason to put them out this early is so that the males, who usually

arrive before the females, will see your feeder as they begin passing through looking for territories with good food supplies. Most hummingbirds recognize feeders as sources of food as they have either been shown them by their mothers, or have used them on their journey south on migration. It's good to use a feeder that is easy to fill and clean, and one that allows you to see the bird regardless of where it is on the feeder. The nectar they need is easy to prepare, 1 part granulated white sugar mixed with 4 parts warm water, to help it dissolve-no food colouring. Keep some in the fridge to make it easy to refill the feeder.

Q: Do I need to feed the birds this spring and summer?

Springtime for birds means a shift from focussing purely on survival to propagation of the species. What we see now is the return of summer birds, more courting behaviour between male and female birds, checking out of nesting boxes, and building nests. Access

to abundant and healthy food supplies is important to birds..regardless of the season. Bird feeders allow birds to spend less time foraging for food and more time engaging in activities that enhance their health and safety. It does not make them too lazy, or too dependent. These misconceptions have been dispelled by modern research and observation. Bird feeders can play an important role in maintaining some populations of birds where less natural food is available. During nesting season adult birds with a backyard food supply have more time to select better nesting sites and construct higher quality nests. And more food for adult birds means the chicks also receive more food, can be healthier, and are more likely to survive.

Q: Do we get Cardinals in Alberta?

These beautiful birds are originally native of the American South but are now present in most areas of Eastern Canada with the occasional rare sighting in Alberta. The hotspot for Central Alberta is Sherwood Park where there have been at least one, and perhaps as many as three, breeding pairs of Northern Cardinals. A Sherwood Park couple who are long time bird feeders had a male show up at their feeder starting in 2006. He persisted until a female arrived in 2008. Magic happened and a chick from the union was feeding from their bird feeder in 2009. Since then the frequency of sightings has increased slowly. At the store, we've had reports of Cardinal sightings by customers in Redwater, Gibbons, Fort Saskatchewan, Strathcona County, and Sherwood Park confirming that area as the one to watch for growth in the breeding population. There have been occasional sightings in the City of Edmonton and just west of Devon. If you have seen a Northern Cardinal, we'd love to hear from you.

Dave Cleary and Jan Chapman are owners of Wild Birds Unlimited at the corner of 122 St and 107 Ave on the northside in Edmonton. The mission of Wild Birds Unlimited is to bring people and nature together. See their website at www.wbu.com/edmonton or call them at 587-521-2473.

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Join Your Community!

Have you purchased your community league membership this year? You may not know that memberships are valid from September 1st to August 31st 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 and pay online through PayPal OR <http://efcl.org/membership>* OR you may use the form listed below and follow the mail in instructions.

options, your membership card will be mailed to you by the membership coordinator, Robin Hobal.

* If memberships are purchased through EFCL, please email Robin Hobal (membership coordinator) membership@pvcl.ca at the end of August to have your skate tags mailed to you.

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Parkview Community League Membership Form



Please complete and MAIL this FORM and CHEQUE to:

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

Please make cheque payable to: Parkview Community League

Type of Membership: ___ Family Household (One and Two-Parent) - \$40
___ Adult Household - \$40
___ Senior Household - \$10

NAME: _____

ADDRESS: _____ POSTAL CODE: _____

TELEPHONE: _____ EMAIL: _____

CHILDREN: _____ AGE: _____

_____ AGE: _____

_____ AGE: _____

I AM AVAILABLE TO ASSIST WITH COMMUNITY EVENTS? YES _____ NO _____

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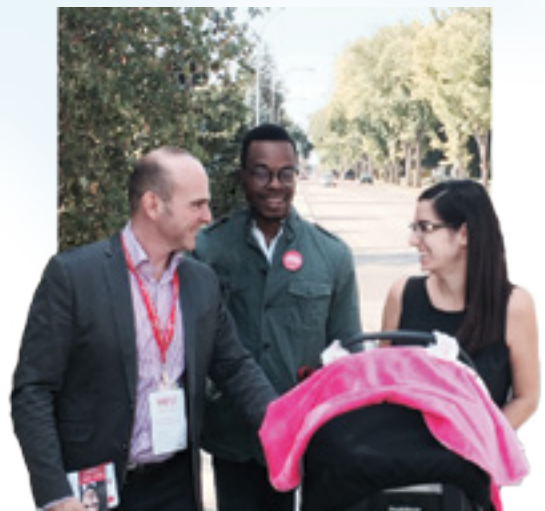
I have built my life and career in Edmonton because of its pioneering spirit and culture of prosperity.

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COMMUNITY CONVERSATION
with
WARD 1 COUNCILLOR
ANDREW KNACK



**Wednesday,
June 24**

6:30-9:00pm
(doors at 6pm)

at
Westend Seniors
Activity Centre
9629—176 Street

Everyone is welcome to attend this Community Conversation where Councillor Knack will provide updates on current issues in Ward 1. You will have an opportunity to ask questions and bring up concerns in your communities.

For more information: andrew.knack@edmonton.ca or phone 780-496-8122



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KEVEN
LACKEY

As you read this issue, I'm hopeful the unseasonable January thaw continues into February and March.

Enough with needing the furnace already! Spring into action before the hot weather arrives and get the most out of your A/C this year. How to do your annual A/C maintenance?

Here's how: Turn off the power to the furnace and A/C. Check and replace your furnace filter if required — check it monthly. Check the humidifier pad for calcium build up; replace if required and close its damper and valve. Flush the A/C evaporator coil

drain line (above furnace) with a bleach and water solution; check it for flow. Look at the underside of the evaporator coil and drain pan for debris or dust; clean if required. Make sure the A/C condenser (outside) is on a solid, level pad, with 2 feet of space around it. Inspect the condenser for debris and dust; vacuum as required and clean the coils with an approved coil cleaner; flush with water. Turn on the power to the furnace and A/C. With the thermostat in "cooling mode", test the A/C's operation; only when it's above 15 degrees outside. Now you're all set to be cool! Give us a call if you have any questions, or if your system requires service.

Install Air Conditioning before June 29th and Save the GST!

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