

PRESIDENT'S MESSAGE

Bryan Sandilands



John Wojcicki; Ray Friedman; Keven Lackey; John McLaughlin; Jeffrey Lucente; Bryan Sandilands Melanie Lee; Lee Day; Shannon Stengler; Jody Nickerson; Wendy Wilk

Thank you for responding to our call for support. Last summer, I referred to the fact that people don't volunteer because they are never asked, so we asked. In October, more than eighty community league members participated in our Annual General Meeting (and holding AGMs isn't even the most fun thing we do in a year!) It was an important demonstration of community engagement and a wonderful reminder of why we live and feel a part of this neighbourhood called Parkview.

Councilor Knack brought greetings from City Council and provided opening remarks and helpful guidance to the Parkview Traffic Safety

Committee, who is currently seeking Vision Zero remedies to neighbourhood speeding and moving violations – particularly around our community schools and public spaces. Councilor Knack introduced Daniel Vriend, Urban Transportation, and Carla Stolte, Public Engagement Advisor. Mr. Vriend and Ms. Stolte provided historical context for traffic safety issues in Parkview, offered strategies and potential remedies, and discussed how City Administration prioritizes neighbourhood-readiness when implementing traffic calming measures.

The audience asked educated and insightful questions and past board members provided invaluable documentation about the last time a traffic safety strategy was proposed to Edmonton City Council over ten years ago. The discussion concluded with a general consensus emerging in favour of "neighbourhood speed limits" (e.g., 30km/h). However, this remedy will depend heavily

on the results of the Municipal Government Act (MGA) Review being conducted by the Province.

FIOVILICE.

Perhaps the most important result of the AGM was the election of a new board of directors including:

President: Bryan Sandilands
Treasurer: Lee Day
Seniors: John McLaughlin
Events: Jody Nickerson
Facilities: Keven Lackey
Vice President: Jeffrey Lucente
Secretary: Ray Friedman
Membership: Melanie Lee
Civics: John Wojcicki
Tot Time: Shannon Stengler

Pre-School: Wendy Wilk & Teryl Sporns

Thank you to everyone who took time from your schedules to fully participate in the health and well-being of Parkview and particularly to those who have made an ongoing commitment to the governance of this community organization and its facilities. I look forward to working with you and am particularly grateful for this incredible show of support.

Our volunteer recruitment does not end here, by any means. If you would like to learn more about the Parkview Community League and what we do, please do not hesitate to email info@pvcl.ca. If you would like to see an activity or an event happen, please get in touch. If you would like to contribute to and support a community initiative (e.g., traffic safety, social event), please reach out to one of your directors or come to our next meeting (the third Tuesday of every month.) We will hope to see you there.

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WINTER 2016 VOLUME 12 ISSUE 4

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 $1 \cdot \text{Summer: May } 1$ Fall: August $1 \cdot \text{Winter: November } 1$

Advertising Rates:

Full back page.

(7 1/4" wide by 9" deep)
Full inside page \$15
(7 1/4" wide by 9" deep)
Half page\$7
(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 \$4	4 C
(3 1/2" wide by 4 1/2" deep)	

Please note that we do not accept advertising inserts.

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

(3 1/2" wide by 2" deep)

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 Vice President Secretary Treasurer	Bryan Sandilands Jeffrey Lucente Ray Friedman Lee Day	780-498-2801 780-455-4115	board@pvcl.ca president@pvcl.ca vicepresident@pvcl.ca secretary@pvcl.ca treasurer@pvcl.ca
Casino Coordinator Community Rec. Coord. Craft & Bake Sales Facilities Caretaker Hall Rentals Hall Sign Membership Coordinator	Melanie Lee Chase Gingles Louise Clarke Keven Lackey VACANT VACANT Christy Wigger	780-970-8728 780-442-4848 780-481-2842	casino@pvcl.ca chase.gingles@edmonton.ca craftsale@pvcl.ca caretaker@pvcl.ca hallrentals@pvcl.ca hallsign@pvcl.ca membership@pvcl.ca
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Rink Coordinator Seniors Coordinator	Brian Mulder John McLaughlin	780-868-3017	brian.mulder@telus.net
Soccer Coordinators Outdoor Older Teams Outdoor Mini Teams Indoor	Jaci Woolfson VACANT Theresa Donauer	780-988-8933	outdoorsoccer@pvcl.ca indoorsoccer@pvcl.ca
Special Events Network Tot Time Website Editor	Jody Nickerson Shannon Stengler Carrie Nicholson-	780-434-9409 Candy	tottime@pvcl.ca webadmin@pvcl.ca



Parkview Community League operates under the direction of an energetic board of directors, and several standing and ad hoc committies. 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.



PVCL EVENT CALENDAR 2016-17

December 2016

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 Family Skate Party - Sun Feb 12, 1pm PVCL Meeting - Tue Feb 21, 7pm

March 2017

Preschool Registration - Mar 1 PVCL Meeting - Tue Mar 21, 7pm Soccer Registration - TBD

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 June 20, 7pm Tot Time Year End Party - TBD

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 Summer Programs at the Hall

September 2017

PVCL Meeting - Tue Sept 19, 7pm Pancake Breakfast - 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!

October 2017

PVCL Meeting - Tue Oct 17, 7pm Kid's Halloween Party - TBD HALLoween Party - TBD

November 2017

PVCL Meeting - Tue Nov 21, 7pm

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

PROGRAMS AT THE PARKVIEW HALL

PARKVIEW PRESCHOOL

Monday - Friday, AM & PM Classes www.parkviewpreschooledmonton.com Nicole: 780-965-9147

BROWNIES

Monday, 6:15 - 8:15pm kendraworobetz@yahoo.ca Kendra: 780-709-2646

TOT TIME

Tuesday, 9:00 - 11:00am <u>tottime@pvcl.ca</u> Shannon/Nicole

KARATE

Tuesday & Thursday, 5:00 - 8:30pm <u>chowdavid@shaw.ca</u> David: 780-695-5457

GIRL GUIDES

Wednesday, 6:00 - 8:30pm kimbostwickdineen@gmail.com Kim: 780-239-1949



THE SNOW ANGEL PHILOSOPHY

DOING MY PART FOR OUR COMMUNITY



Edmonton is a winter city that sees significant snowfall. The snow and ice that accumulates on sidewalks during the winter season is hazardous for everyone.

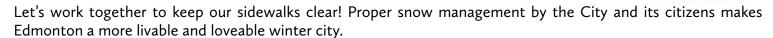
People with limited mobility, older persons, children, parents with strollers – even those with no obvious limitations – may be severely injured from a fall on ice or snow. Uncleared walkways can also make it difficult for those who deliver services in our city (e.g., mail carriers, meter readers, delivery drivers, emergency personnel) to do their jobs, safely. In fact, each year, ERs and clinics are filled with people young and old who have slipped and fallen on unmaintained sidewalks.

For these reasons, Community Standards Bylaw 14600 requires homeowners and tenants in a home to clear snow and ice from every walk and driveway on or beside their property, as well as from any other properties they own, including derelict and vacant buildings. Owners and tenants should use sand or ice-melting products to start the clearing process if they cannot shovel immediately after a snowfall. The fine for failing to clear sidewalks within 48 hours of the last snowfall is \$100.

This winter, all Parkview residents who shovel on a regular basis as well as those who help neighbours in need will receive a City of Edmonton "Snow Angels" lawn sign from the Parkview Community League. Snow Angels will also be eligible for a prize-pack from Boston Pizza and 1 of 10 pairs of Oil King tickets.



- Shoveling your walk within 48 hours of a snowfall;
- Shoveling a neighbor's walk;
- Starting a conversation with neighbours about the importance of clear sidewalks; and
- Making a plan with your neighbours to share the shoveling.



To get a Snow Angels lawn sign and package, please contact info@pvcl.ca.









We are a group of community members offering a variety of wellness programs for our community, in our community.

WINTER SESSION - Jan 16 - Mar 24, 2017

Cost: 10 weeks/\$140 \$15/drop-in Register directly with instructor

TUES
YOGA FUN & FLOW
9:30-10:45am
Sandy Brown
sandybrown.yoga@gmail.com
(780)964-8124

INTRO TO MEDITATION

2 classes only January 16 & February 27, 2017 Katrina Donner & Tami Imhoff myurbanblue@gmail.com (780)916-0889

WED	THURS	FRI
CLASSIC YOGA	ENERGIZING YOGA	BOOTCAMP
9-10am	1-2pm	9:15-10:15am
Fran Wildman	Sandy Mah	Stephanie Perry
franwildman@hotmail.com	sandylmah@gmail.com	rsperry@shaw.ca
(780)484-1476	(780)484-0874	(780)935-8768

SOMA YOGA

7-8:15pmGaylene Borgstede
simplysomatics@gmail.com
(780)819-5974



www.facebook.com/CWNyeg

All classes are held at the new Laurier Heights Community Hall (14405-85 ave)

AFTER-SCHOOL PROGRAM

Are you interested in an after-school care program for Parkview School?

Please contact Jody Nickerson and Gillian Minsos at parkviewasc@gmail.com

WE WANT TO HEAR FROM YOU!



COMMUNITY SANDBOXES

Last year, when the City was looking for efficiencies to reduce costs, the Community Sandboxes program was identified as a potential reduction. This decision was approved as part of the <u>budget process in 2015</u> (see page 27), and will save approximately \$300,000 in taxpayer dollars annually.

Instead of offering free sand for the public at community halls across the city, sand will now be provided at the five Roadway Maintenance yards:

Northwest: 14320-114 Avenue*

Central: 10517-95 Street

Northeast: 13003-56 Street

• Southeast: 5409-59 Avenue

Southwest: 14710 Ellerslie Road (next to the Eco Station)

However, for the convenience of its residents, Parkview Community League has submitted a request to the City of Edmonton to receive a box (with City of Edmonton identification removed) that will be filled and maintained at the community's expense. As usual, it will be located near the northwest corner of the main parking lot.

*Until the request to the City of Edmonton is fulfilled, the Northwest Roadway Maintenance yard is the closest location for Parkview residents to get sand.



Monday to Wednesday - 3:30 -9 Thursday - 1-9 Friday - 3:30-10 Saturday - 10-10 Sunday - 10-6 The "tennis" court ice and hockey rink are normally opened and in great shape by December 1st. The Parkview rinks are for use by Community Leauge members and their guests. For membership and skate tag inquiries, please email membership@pvcl.ca

SAND BOX



Parkview Preschool still has limited open spots for 3 and 4 year old students. Please contact our Registrar Nicole Darsaut at 780-965-9147 for more information.

Parkview Preschool is a non-profit, parent cooperative school that is located on the 2nd floor of the Parkview Community League. We have three different classes for the current school year.

- ❖ 3 YEAR AM Tuesday and Thursday, 8:50 am to 11:20 am
- 4 YEAR AM Monday, Wednesday, Friday, 8:50 am to 11:20 am
- ❖ 3/4 YEAR PM Monday and Wednesday, 1:00 pm to 3:30 pm

For more information about our preschool visit: www.parkviewpreschooledmonton.com

PANCAKE BREAKFAST 2016 - A SUCCESS!!!

Thank you to everyone who came out despite the weather at the beginning of the event. Your participation truly showed how great our community is. Around 450 people enjoyed the company, breakfast, kid's activities, special draws and auction.

Parkview Preschool Would Like to Thank the Following Sponsors

Andy's Valleyview Garden Market IGA

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Bella Casa

Bon Ton Bakery

Cafe Blackbird

Cal's Growers Direct

CB Designs

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Edmonton Federation of Community

Leagues

Lucente Family

Lucic Family

Melton Family

Minsos/Sandilands Family

Parrott Family

Serediak/DeRose Family

Starkey Family

Wilk Family

Wojcicki Family

Zdunick Family

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Randy Boissonnault

Andrew Knack

Lori Sigurdson

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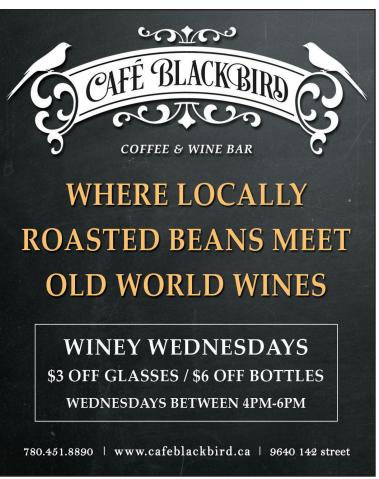
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QUESTIONS ABOUT FEEDING WILD BIRDS

Dave Cleary

Q: HOW CAN I MAKE MY YARD MORE BIRD-FRIENDLY?

Providing trees, shrubs, flowers, and offering your birds food and water are all key components of a bird-friendly yard. You can get additional guidance from the Canadian Wildlife Federation (CWF), who have a program to certify your property as wildlife-friendly provided that specific criteria and established best practices are met. Once your yard is certified you can get an official sign to place in your garden. With certification you gain official status and personal satisfaction in being part of a community of Canadians that are helping local and migratory wildlife, including species at risk, right in your own backyard. There are at least two properties in our area that we know of that are certified, one of which is owned by Parkview resident Rachael Deitch, a customer of ours whom we helped with the application process. Certified properties can raise awareness in their communities of the importance of gardening with wildlife in mind and that it can be done beautifully, in any gardening style you like, and in any size of yard. The CWF certification program mirrors nature by including the needs of songbirds and pollinators as well as other beneficial wild neighbours. The program also recognizes the benefits of providing artificial nesting and feeding structures, but they are also looking for a rounded approach that includes natural features which supports a diversity of wildlife. Some of you may already have backyards or properties close to or ready for certification. The photo accompanying this article is from Rachael Deitch's certified wildlife-friendly property in the city of Edmonton. A description of the application process and more information on how to achieve certification for your yard can be found at the Canadian Wildlife Federation website at: http://cwf-fcf.org/en/explore-our-work/connecting-with-nature/in-the-garden/get-certified/.

O: WHY DO WOODPECKER NOT FALL OFF THE TREE WHEN THEY ARE PECKING?

When you take a close look at the birds in your yard, you'll see behaviours or things about them you haven't noticed before. This is one of the fun things about observing wildlife in your yard. This question about the woodpecker is a good case in point. When you have heavy work to do, it's good to have a three point stance, and that's what a woodpecker has. Their long toes and unique tail make all the difference. Essentially, the woodpecker's tail is just like a kickstand on a bike, which keeps it from falling over. If you observe a woodpecker as it lands, you will notice that it uses its long tail feathers to prop itself up against the tree preventing it from falling off. The strong and stiff feathers absorb the force of the woodpecker's hammering blows and help to firmly anchor it to the tree. Closer observation will also reveal that each of these unique feathers is tipped with a pointed spike. Similar in shape and function to a power pole worker's climbing spikes, the woodpecker digs them into the tree's bark as it climbs. We would love to hear your observations of birds. Keep an eye out for new discoveries in your back yard.

Q: HOW DO I KEEP SQUIRRELS FROM EATING FROM MY BIRD FEEDER?

In the fall squirrels are constantly looking for ways to get food to store for the winter months. In addition to things like nuts and mushrooms, squirrels are quite happy to visit your feeders to collect and store the food you offer your birds.

If you are having problems with squirrels eating too much of your bird food, there are a number of things you can do. The first is to set up your feeders so there is a physical barrier preventing them from getting onto your feeders. This can be done by putting your feeder on a pole they can't climb or that has a baffle on it that physically blocks them. If the feeder is under a tree or there is a way they can get on from above, we have plastic domes that are too slippery for squirrels. There are tube feeders that have a spring loaded cover that closes over the feeding ports of the feeder when the squirrel, which is heavier than most birds, climbs onto the feeder. These made in



Canada feeders are the most reliable for fending off squirrels. A new product that we carry is a suet cylinder that includes cayenne pepper mixed into the suet. This works because squirrels, like other mammals, have many taste buds and they don't like the hot pepper in the blend. Birds, unlike mammals, have very few taste buds and the cayenne pepper does not bother them. Many people enjoy the squirrels in their back yard, but if they get a bit out of hand, you can try some of these methods to prevent access to your bird feeders.



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

Located in Parkview Community Hall 9135 - 145 Street



- Story time, Songs, Activity Centers, Art Projects
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For More Information

Contact Nicole Darsaut registrar@pvcl.ca

or

(780) 965-9147

www.parkviewpreschooledmonton.com

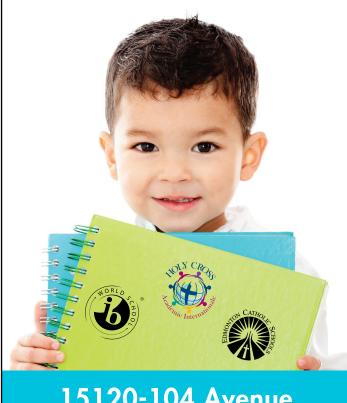
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SENIOR'S PROGRAMING

John McLaughlin

Parkview Community League is not just for young families. Residents of all ages can be active, and we can develop programs to meet your needs and interests. While the possibilities are endless, some activities that come to mind include cards, ping pong, board games, walking, speakers on topics of interest, wine tasting, dancing, and gardening. Need help with snow shoveling and other tasks so you can remain in your home? Maybe we can he help.

Having recently entered "semi-retirement" I wanted to contribute to enhancing our great community while developing new friendships in the neighbourhood. So, this year I volunteered with PVCL to develop programs of interest to older adults. That's where you come in. What programs would you participate in? A formal survey is in the works, but for the time being, I would appreciate it if you could send an email to john2399@telus.net, stating your interests.

I look forward to meeting you at one of the league's next events or programs!















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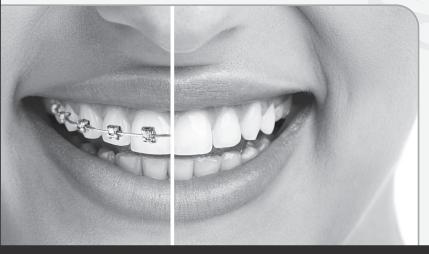
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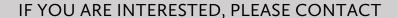
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WANTED SOCCER COORDINATOR

We are looking for organized and enthusiastic individuals to coordinate the Parkview indoor and outdoor soccer teams



Theresa Donauer Indoor Coordinator

indoorsoccer@pvcl.ca 780-988-8933 Jaci Woolfson Outdoor Coordinator

outdoorsoccer@pvcl.ca 780-903-1463





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e-mail: beplayschool@telus.net

For more information call: Samantha 780 886 2264



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TOT TIME - WINTER 2016

Shannon Stengler & Nicole Darsaut

Wow! What an amazing start to 2016... We have seen many new faces here at Tot Time and many returning families that have grown over the past few months. It's great to see all the new friendships that are forming, not only between the children but parents and caregivers as well. There have been lots of laughs and giggles, running and climbing, singing, and dancing... What a wonderful way to spend a morning. If this sounds like something you would like to attend we would love to invite you and your family to join us every Tuesday morning from 9-11am.

Important Dates for 2016/17 Tot Time:

- December 19, 2016 Last Tot Time of 2016;
- January 10, 2017 Tot Time Resumes;
- March 2017 Spring Break (Tot Time Cancelled); and
- June 2017 Last Tot Time of 2016/17 (TBD).

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. Each week, we collect a small fee of \$1.00 per child. This payment is allocated toward operational costs including craft supplies, toys and seasonal parties.

I would like to say a great big THANK YOU to IGA for so graciously donating the juice boxes for our Children's Halloween Party and to everyone who donated food for the party. It would not have been as memorable an event without all your help!

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









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Many programs available:

- ► Toddlers (19 m 2.5 years)
- ► Playroom (3 year olds)
- ► Playschool (4 year olds)

Check our website for details about registering for 2017/2018.

littlefriendsedm.com

Parkview Community Center Rentals



FOR COMPLETE INFORMATION VISIT:

http://pvcl.ca/hall-rentals

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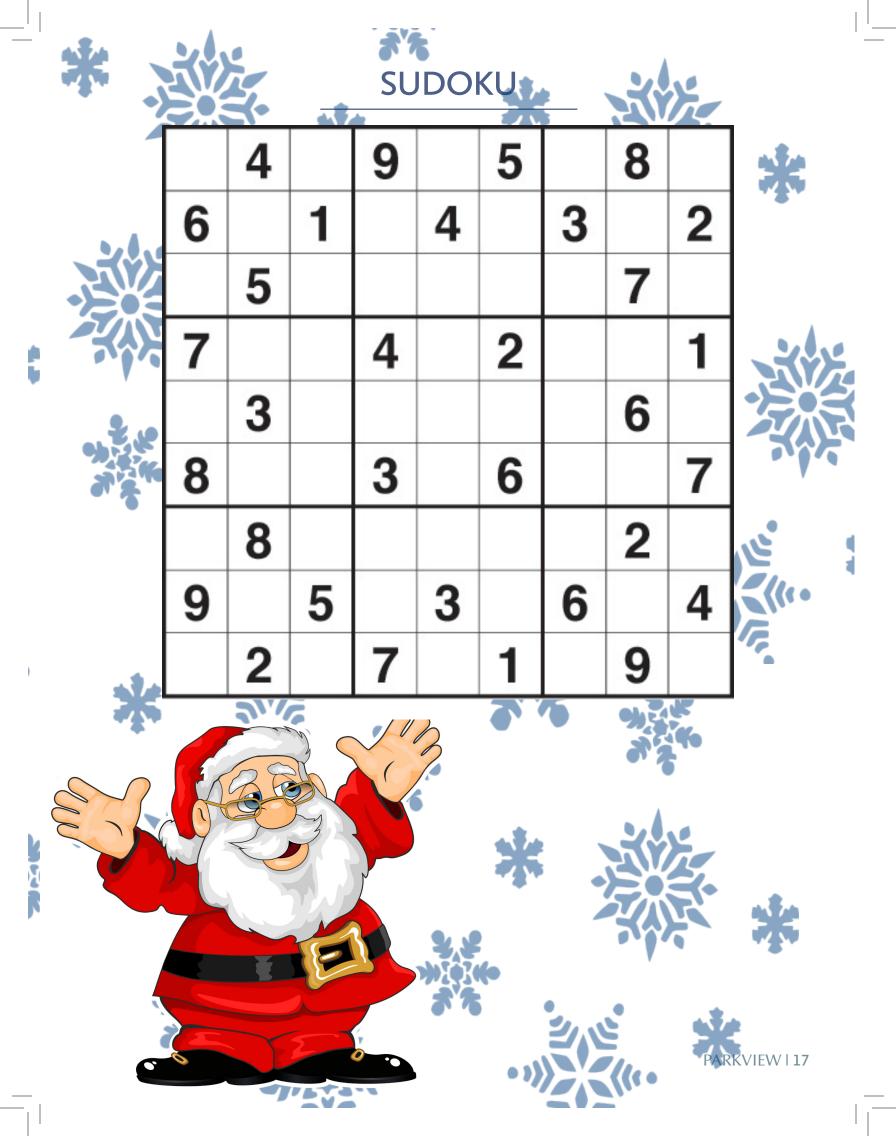
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We are in desperate need of volunteers for the Parkview Community League Casino on January 29 and 30, 2017 at the Palace Casino!

Our community league may lose \$80,000 if we are unable to obtain 40+ volunteers. Proceeds will be used to maintain our beautiful community hall which hosts fantastic events like the Halloween Parties and Christmas Craft and Bake Sale.

You will receive a complementary meal, beverages and snacks for your time too!

If you're over 18 years old, please sign up at www.pvcl.ca/casino.

Thank you for supporting your community!

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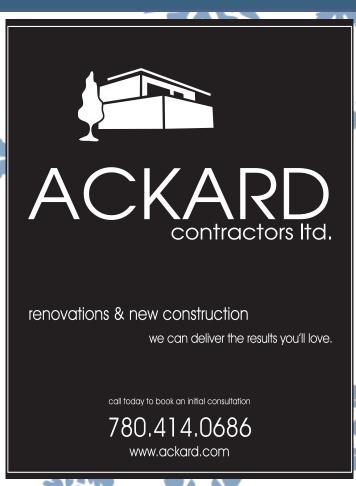








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20 I PARKVIEW

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 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 https://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, Christy Wigger.

Any families that bought a Parkview membership through the EFCL website and require skate tags should contact Robin at membership@pvcl.ca. They can be mailed out, dropped off or picked up from Christy 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:

Christy Wigger 9135 - 146 Street Edmonton, AB T5R 4L5

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 	Adult Household - \$40 Senior Household - \$10	
NAME:		
ADDRESS:	POSTAL CODE:	
TELEPHONE: EMAIL:		
CHILDREN:		
	AGE: I AM AVAILABLE TO ASSIST WITH	
' 	AGE:	
	AGE: YES: NO:	

Know Your Home

Workshop

Join your neighbours and leaders in the inspection industry for this comprehensive workshop and Q & A Panel designed for homeowners in your community.

What you will learn:

- √ How to check for attic rain
- √ Heaving and dropping driveways
- √ Where the drainage system begins You'll never guess!
- ✓ Best timelines for mechanical maintenance
- ✓ Shrinkage and settlement What are doors rubbing and drywall cracks telling us?
- ✓ DIY seasonal inspections...the path to knowing your home

Your workshop registration includes the publication,

"The Homeowner's Handbook"

December 8, 2016 or January 23, 2017 or March 20, 2017

5:30 - 8:30 pm Lois Hole Library

Check out Gaylene's article in Real Home Advice Magazine https://realhomeadvice.ca/knowyour-home/











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