



PARKVIEW NEWSLETTER

Fall 2009

www.pvcl.ca

President's Message

By David Smith
President

My president's message this fall is short and sweet (as I write this, it is actually still summer, so I'm soaking in what little we got).

West Light Rail Transit

The LRT issue is coming to a head for Parkview in the next few months. The city's Transportation Department made recommendation in June to City Council promote low-floor LRT service in any new lines built. The advantage of low-floor LRT cars is they (and their infrastructure) tend to be less intrusive. While community groups were very supportive of it, some Council members there didn't seem to be totally sold. Council accepted the recommendation, but then approved an option to use high-floor service as needed, so really there was not much of a decision there. The next major step comes in early September, when the administration will recommend one route for the west LRT. Alignments along 87 Avenue, Stony Plain Road

and 107 Avenues are the current options. While the city recommended six routes for the whole city as being the only system for which a business case can be made, a couple of Councilors continue to suggest that two of those routes should be built in the west alone (north to downtown and south along 87th to university).

The Parkview Community League executive will be paying close attention to what happens there. Once the administration makes its recommendation in September, it will conduct some public information session in October and November at open houses across the city. Council will vote on its final alignment decision in late November or early December. I encourage everyone to come out to the information sessions this fall. If 87 Avenue ends up being the recommended route, we'll need to mobilize quickly to speak to Council before their vote in December. We are still coordinating our efforts with the WLRT Concerns group in

Lynnwood, and will let you know in November where things are headed. Go to http://www.edmonton.ca/transportation/ets/lrt_projects/lrt-network-plan.aspx for more information on the city's LRT projects.

Crime Stats for Parkview

The city has released a new tool to track crime statistics. This graphical tool clearly shows how Parkview rates in comparison with other neighbourhoods. Go to <http://crime-mapping.edmontonpolice.ca/> to have a look and try it.

Come and volunteer for the PVCL

There are still some volunteer positions available, including basketball coordinator. We'd like to fill that position, or we will lose this program and the kids will need to go elsewhere to participate. I'd also like to welcome our new volunteers; Denisa Leitch is our new newsletter editor; Robin Hobal is our new membership coordinator. Thanks for stepping up and welcome.

Our Annual General Meeting is scheduled for Wednesday, September 16 at 7:00 PM. Come out to the hall and be a part of the team!

Table of Contents:

President's Message	1
Community League	
Contacts	2
Why Volunteer?	2
Parkview Playschool.....	3
Parkview Redevelopment Society.....	4
Annual General Meeting.....	4
Silent Auction Contributions Recognized.....	5
List of Donors	6
PVCL Membership News ...	9
Membership Form	9
Parkview Tot Time	11
Parkview Basketball Registration	14
Parkview Girl Guides	15
Parkview Hall Rental	23
Fresh Market	24
Christmas Bake & Craft Sale	24

Parkview/Valleyview Community League Contacts

9135 - 146 Street, Edmonton, Alberta T5R 4L5 483-2098

Position	Name	Phone	Email
President	David Smith	780-444-0217	president@pvcl.ca
Vice President/ Building Coordinator	Rita Mildon	780-483-8391	vp@pvcl.ca
Past President	Rita Mildon		
Secretary	Nicole Karam		secretary@pvcl.ca
Treasurer	Jennifer Forsyth		treasurer@pvcl.ca
Casino Coordinator	Brenda McDonald	780-486-9079	casino@pvcl.ca
Hall Rentals	Val Bright	780-486-4337	tvbright@shaw.ca
Facility Operations	Warren Nunweiler	780-483-2098	warrennun@hotmail.com
Community Recreation Coordinator	Ruth Wong		ruth.wong@edmonton.ca
Craft Sale Coordinator	Val Bright	780-486-4337	tvbright@shaw.ca
Fundraising Coordinator	Val Bright	780-486-4337	tvbright@shaw.ca
Membership Coordinator	Robin Hobal	780-489-6578	rhobal@telus.net
Newsletter Advertising	Allan Davis	780-489-5191	nadavisfamily@mac.com
Newsletter Distribution	Christina Froberg	780-454-5040	christinafroberg@hotmail.com
Newsletter Editor	Denisa Leitch	780-447-2844	ddleitch@gmail.com
Website Editor	Debbie Braun		webmaster@pvcl.ca
Playschool Contacts	President: Laura Verbeek	780-455-9940	laura.verbeek@gmail.com
	Registrar: Tamra Simons		simons1@shaw.ca
Outdoor Soccer Coordinator	Brian Mulder		outdoorsoccer@pvcl.ca
Parkview Redevelopment Society	Nancy Davis	780-489-5191	nadavisfamily@mac.com
Security Clearance	Yvonne Seethram		paribus@shaw.ca
Tot Time	Gillian Culham	780-488-3797	parkviewtottime@gmail.com
	Tami Lackey		parkviewtottime@gmail.com
	Wendy Wilk		parkviewtottime@gmail.com
Girl Guide Coordinator	Dawn Nelson		
Karate Instructor	David Chow	780-695-5457	
Senior Sharks Coordinator	Jim and Ethel Valleau	780-483-8363	
Bridge Club	Teresa Feeham	780-483-6473	
Basketball Coordinator	Christina Froberg	780-454-5040	christinafroberg@hotmail.com
	Donna Hinchey		basketball@pvcl.ca
Indoor Soccer Coordinator	VACANT		
Adult Programs Coordinator	VACANT		
Traffic Liaison	VACANT		
Special Events Coordinator	VACANT		

Why Volunteer? from Volunteer Canada at www.volunteer.ca

Volunteers give freely of their time and expertise in order to make a difference.

Volunteering can help you:

- make important networking contacts
- learn or develop skills
- gain work experience

- build self-esteem and self-confidence
- help you meet new people in the community
- feel needed and valued
- make a difference in someone's life
- express gratitude for help you

may have received in the past.

Whether it is important to you to solve a community problem, advance a worthy cause or to develop as a person, volunteering offers many benefits in appreciation for the gift of your time and expertise.

Newsletter Deadlines

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

The advertising and copy deadlines are:

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
ddleitch@gmail.com

To place ads contact:

Allan Davis
nadavisfamily@mac.com

Parkview Playschool



By Laura Verbeek
Playschool President

Currently all of our classes are full for the 2009-2010 school year. Nevertheless, the registration status changes frequently over the summer months, so if you are interested in a quality, playschool program in your community, please contact our registrar, Tamra Simons at 780-483-1291 or simons1@shaw.ca.

Please mark your calendars for the following dates:

For families already registered in our program for the 2009/2010 school year, our AGM/Information Night is scheduled for Thursday, September 10, 2009 at 7:00 pm in the Community League Hall.

Attendance at this meeting is mandatory for at least one parent. First week of classes begins September 14, 2009.

Stay tuned for the 2010/2011 school year registration date taking place in early 2010.

Parkview Playschool is directed by a volunteer executive and is a sub-

group of the Parkview Community League.

As a non-profit parent cooperative, all parents are required to volunteer for in-class roster duty (once every 14 classes in the 3-year-old program, or once every 16 classes in the 4-year-old program), one toy wash per year and one fund-raising activity. As well, parents are asked to contribute or donate occasional supplies, assist with fieldtrips, special events and the option to participate on the executive board.

Our teacher, Merri-Ann Wojcicki achieves the goals of the Parkview Playschool through classroom activities, such as:

- Free play - allowing children to create, explore, share, problem-solve, play cooperatively, etc
- Calendar, weather, etc
- Story time, sing-a-long and action songs, etc
- Exercise, games and gym-time
- Music and stories on tape and rhythm instruments

- Crafts, painting, colouring, cutting, creating
- "Show and Share" and "Busy Bee" responsibilities
- Class parties on special days throughout the year
- Field trips, special events and invited visitors
- School readiness skills

If you have any questions or for more information, please visit our website which can be

found at www.pvcl.ca/programs/playschool, or Parkview Playschool President

Laura Verbeek at laura.verbeek@gmail.com or 780-455-9940

Parkview Playschool Registrar

Tamra Simons at simons1@shaw.ca or 780-483-1291

Tutoring by Amanda

Call 780-481-5991

- Reading comprehension and writing K-9
- Study skills K-12
- French / Spanish K-12
- B.A, B.Ed. 5 Years EPSB experience
- 1 block from Parkview Hall
- References upon request

Community Counselling Centre

780-482-3711

Caring experienced therapists helping people heal



Sliding Fee Scale
#202 10534 124 Street
www.pastcoun.com



Parkview Redevelopment Society

Moving forward on Phase III

Donations Needed!

Charitable tax receipts for donations over \$20.

Long lasting recognition will be provided within the following plateaus:

\$250 – 499.00
 \$500 – 999.00
 \$1,000 – 4,999.00
 \$5,000 – 9,999.00
 \$10,000.00 +

Cheques payable to the Parkview Redevelopment Society.

Send to:
 Parkview Redevelopment Society
 c/o Val Bright
 9016 – 141 Street
 T5R 0L2

Project Directors

- Chairperson, Nancy Davis nadavisfamily@mac.com or call 489-5191
- Treasurer, Val Bright, tvbright@shaw.ca or call 486-4337
- Communications, Louise Clarke, louiseclarke@shaw.ca , or call 481-2842.

The Parkview Redevelopment Society is excited about moving forward on Phase III, hopefully as early as this fall. As of this newsletter deadline, we have received word that the site development plan is ready for sign off. The next stages involve construction drawings, costing and then tendering the work.

As the project continues to move forward, we ask you—the generous members of the community—for your continued support by making a donation or increasing a past donation. Additional grants will be required to complete the hall win-

dows and covered patio designated for Phase III. Some of the monies already spent in Phase II will serve as seed money for the municipal Neighborhood Development Program grant available for Phase III, but new donations are needed for seed money to apply for further grants.

If you have made a donation in the past, any additional contribution will be recognized by its cumulative amount.

For example, if you donated \$150 and made an additional \$100 donation, your contribution will be recognized in the bronze category on a new recognition structure. Simi-

larly, if you have made a donation in any amount over \$250 and your name is already on the rock, any additional contribution you make that will exceed the current recognition category will be noted on the new structure also. For example, if you have made a \$400 donation and make an additional donation of \$200, you would be recognized again under the silver category on the upcoming structure.

We appreciate your support. Once completed, we think you will agree the entire grounds will be a spectacular stage for community activities and family gatherings.



Annual General Meeting

Parkview/Valleyview Community League

The AGM will be held on **Wednesday, September 17th**
 at 7:00 p.m. at the Parkview Hall
 9135 - 146 Street

To be discussed are the financial report, election of officers, and vacancies on the board.

Please come out and participate in your community.



Silent Auction Contributions Recognized

The silent auctions held in 2005 and 2007 were very successful fundraising events for the Parkview Redevelopment Society. Several individuals, families and businesses generously provided valuable items for auction. In recognition of these significant contributions to our community fundraising efforts, the committee will include the value of their donation when a new recognition piece is developed.

The new permanent recognition structure will be prepared when all Phase III fundraising is complete. The structure will include the names of new donors over \$250 and the cumulative donations from those who increased an existing donation. It will now also include the following who donated auction items that generated revenue exceeding \$250:

\$250-\$499

The Alfaro Family
Axe Music
Earhtones Garden Shoppe Ltd.
James Heelan Q.C. - Bennett Jones LLP
Lisa and Gary Holan
Hyperactive Water Sports
Parlee McLaws LLB
Parkview Certiguard
Bernard Wood
Zorzut-Bridgett Family

\$500-\$999

Bill Armstrong
Avanti Salon and Spa

The Rankel Family
& Valerie Steckler
Target Liquor

\$1000-\$4999

Acclaimed! Furnace Cleaning & Services Ltd.
Andy's IGA
The Assaly Boys
Art Boggs
Morgan, Ally & Grace Davis
Chris Hammond
Abe Hering
Chloé & Harrison Katz
Katz Photography
Alana, Josh & Luke Prokop
Rogers Sleep Shop

If a correction is required, you believe that your silent auction donations were overlooked or have increased the value of your contribution, thus making you eligible for a new donor category, please contact Val Bright at tvbright@shaw.ca or call 780-486-4337. Note, due to tax restrictions, we are not able to recognize your silent auction purchases as donations. We thank all members of the community for your continued support.





Dr. Gloria J. Starko, B.A., MEd, PhD.
Registered Psychologist

Counselling and Assessment with Care

<p>Counselling</p> <p>Adults</p> <ul style="list-style-type: none"> • Individuals • Couples <p>Parent/Child Conflict Teen</p>	<p>Dr. Gloria Starko</p> <p>205, 10240 - 124 Street Edmonton, AB T5N 3W6 Phone (780) 488 - 1322 Fax (780) 452 - 9142</p>
--	---

Parkview/Valleyview Park

Thank You to ALL Redevelopment Donors for Your Support!

All donations \$20.00 and more are eligible as a tax deductible donation. A receipt will be issued by The City of Edmonton. New donations are denoted by bold type:

GOLD \$1000 - \$4999

Gardiner-Wilson Family *\$2,100
 Sweetland Family in memory of Muriel Sweetland *\$1,400
 The Travis Family \$1,000

SILVER \$500 - \$999

The Gooding Family *\$800
 Jim Goertzen & Renee Goertzen \$600

The Jakeway Family *\$600
 The Bowen Boys \$500
Elizabeth Coenen *\$500
Diane & Walter Konowalec \$500

BRONZE \$250 - \$499

The Jakeway Family \$300
 Eric & Joan Cooke \$250
 Linda Medland Davis & Jeff Davis *\$250
 Barbara & Dalton \$250
 John & Mary Jane McLaughlin \$250
 The Clarke Family \$100

Marcia & Ronald Bercov \$250
Matthew & Jane Davidson \$300

OTHER DONORS UP TO \$249

Martha Dobbin
 The Gladwin Family
 Owen and Marilyn Jackson
 The Patterson's
 Violet Steinwant
 The Vandenberg Family
 Dr. Brian Yee & Family

*Reflects the cumulative amount of all donations received from this donor.

10% OFF
 The First Tuesday of
 Every Month

on a minimum purchase of \$35.00
 excluding tobacco and freezer orders

IGA **IGA**

ANDY'S VALLEYVIEW
 9106-142 Street, Edmonton, AB T5R 1M7
 YOUR COMMUNITY SUPERMARKET BAKERY & DELI
483-1525



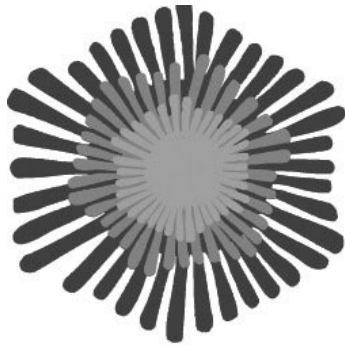
River Valley Fitness is excited to partner up with **Endurance Apparel** to become your neighborhood fitness & lifestyle provider. In addition to our endurance clinics and excursions, we are proud to offer **STOTT PILATES®** and other innovative programs to help enhance the health of the community.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:50am	Valley Bootcamp		Valley Bootcamp			
8:00-9:00am						**Running Clinic
9:00-9:50am	Pilates Mat Level I	Pilates Mat Level II	Pilates Mat Level I	Pilates Mat Level II	Valley Bootcamp	Stretch & Strength
10:00-10:50am	Valley Fit Strollers	Stretch & Strength	Valley Fit Strollers	Stretch & Strength	Stretch & Strength	
6:00-6:50pm	Valley Bootcamp	Pilates Mat Level I	**Running Clinic	Pilates Mat Level I		
7:00-7:50pm	SPIN	Pilates Mat Level II	Stretch & Strength	SPIN		**Vegas half & full marathon running clinic starts Sept. 2 nd

REGISTER NOW FOR
 Fall I session- starts week of Sept. 14th
 Fall II session- starts week of Oct. 12th
 Fall III session- starts week of Nov. 9th

*Register for all three sessions and receive a
 15% discount*

**For more information including, class descriptions,
 please visit www.rivervalleyfitness.ca or contact
 Paula Vandal at 780.760.1860
paula@rivervalleyfitness.ca**



**BIKRAM
YOGA**
WEST EDMONTON

15109 Stony Plain Road
Edmonton, AB T5P 3Y2

Feel the Heat, Feel the Difference!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 am		☀		☀			
8:15 am						☀	☀
9:15 am	☀	☀	☀	☀	☀		
10:15 am						☀	☀
3:30 pm	☀		☀		☀	☀	☀
5:30 pm	☀	☀	☀	☀	☀		
7:30 pm	☀	☀	☀	☀			

\$20 FOR 1 WEEK
OF UNLIMITED YOGA

* All classes are 90 mins suitable for beginners and advanced levels

www.bikramyogawestedmonton.ca
P:780.423.3999

Benefits of Bikram Yoga ...

- ☀ Sweat and Detoxify
- ☀ Balance Metabolism
- ☀ Promote Weight Loss
- ☀ Reduce Stress
- ☀ Gain Energy
- ☀ Stretch and Strengthen
- ☀ Calm Nervous System
- ☀ Heal Injuries
- ☀ Tone and Increase Flexibility
- ☀ Feel Great!

KARATE AT PARKVIEW COMMUNITY HALL

Practice of Karate will help to develop -



- friendships***
- respect***
- confidence***
- self-esteem***
- fitness***
- defense***

FOR ALL AGES 5 YRS AND UP

Call 780-695-KIKS

**TAKE ADVANTAGE OF OUR SEPTEMBER AND JANUARY
REGISTRATION OFFER!**

Registration at Parkview Hall on Tuesday, September 8, 2009 at 7:00 pm
Located at 9135 - 146 Street

***Across the field from Parkview Elementary-Junior High School**

PVCL Membership News



PVCL Membership Fee Increase

After ongoing discussions in May and June, a motion was passed in June 2009 to increase Parkview Community League Membership fees to include one fee of \$40.00 for Family/Adult Households. Senior households will see an increase of \$5.00 per household to \$10.00.

The increase in membership fees aligns with many community leagues in the west end of the city and streamlines the membership process from four different fees to two. We believe it is a timely and fair increase.

Effective for the upcoming membership year, September 1, 2009 - August 31, 2010 Parkview Community League membership fees will be as follows:

- Family Household (One and Two-Parent) is \$40.00
- Adult Household is \$40.00
- Senior Household is \$10.00

Thank You!

We would like to thank Wendy Sweetland for her volunteer efforts and time over the past few years as a membership coordinator. Parkview Community League would like to welcome Robin Hobal as the new membership coordinator.

Also we would like to thank Wendy Travis for her volunteer efforts and time over the past years as newsletter/website coordinator. Parkview Community League would like to welcome Denisa Leitch as the new newsletter editor.

Thank you all for taking on this extremely valuable roles and volunteering for the community!

Parkview Community League Membership Form

Please complete and MAIL this FORM and CHEQUE to:

Robin Hobal
8927-146 A Street
Edmonton, AB T5R 0X2

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 _____

Parkview Tot Time

By Gillian Culham
Tot Time Coordinator

Whether you are a first time parent with a newborn or a veteran parent, we all benefit from one another's company and experiences. Tot Time is a great way for children up to 4 years old and their parents/caregivers to get out of the house, socialize, and make valuable friendships.

Tot Time is an informal drop-in gathering run by parents and caregivers. It is held in the Parkview Community League Hall every Tuesday morning from 9:15 to 11:15am.

There is free play with lots of toys, a weekly craft, snack time, and a song circle where we all enjoy singing some of our favorite childhood songs.

Everyone is welcome to join at anytime during the year; you just need an active community league membership. There is a small weekly fee of \$1.00 per child which helps pay for operational costs.

A current community membership from any community in Edmonton is required for insurance



purposes. Memberships may be purchased at Tot Time or you may contact Robin Hobal at (780-489-6578) or (Rhobal@telus.net) or online at pvcl.ca.

Active parent/caregiver participation is essential for a successful Tot Time experience. This includes helping with set up and clean up every week, and providing a snack and craft once each season.

Tot Time follows the school year schedule. The 2009/10 program will run Tuesday morn-

ings from: September 15th to December 15th, January 5th to March 23th, and April 6th to June 15th.

If you have any questions or concerns, please contact your Tot Time Coordinators at parkviewtottime@gmail.com.

Your coordinators for the 2009/2010 year are Gillian Culham 780-488-3797, Tami Lackey and Wendy Wilk.

Drop in any Tuesday morning. We look forward to seeing you!

Parkview Community League

HALLOWEEN PARTY

9135 - 146 Street

Saturday, Oct 31, 2009
10am - 1pm

Wear a costume and enjoy the fun activities:

- Crafts
- Games
- Photo Area
- Scary stuff
- Goodies

Free fun for the family; just bring a snack to share!

For kids of all ages!



all about home...

Introducing Vietri Tableware

•
Bridal Registry

•
Custom Window Fashions

•
Fine Bedding & Bath

•
Area Rugs

•
Fine Table Linens



OPENING IN OCTOBER: OUR GOURMET KITCHEN & ACCESSORIES CENTRE

Crestwood Centre • 9646 142 Street, Edmonton, AB • 780.437.4190 • www.bellacasaDCL.com

Vita Bella Restaurant Italian Cuisine

15620-95 Avenue

Edmonton, Alberta
T5P 0A4

Phone: 780 757-1088

Web: www.vitabellarestaurant.ca

Hours of Operation:

Lunch Monday thru Friday 11 AM to 2 PM

Dinner Monday thru Thursday 5 PM to 10 PM

Friday and Saturday 5 PM to 11 PM

Wholesome Home Cooking Style.....Served and Presented Elegantly



When you list your home with me you can expect the highest level of service including...

- Extensive advertising
- Extensive double sided colour feature sheet
- Full MLS exposure
- Personal web site listing
- Virtual Tour
- Pertinent details
- Weekly activity update
- Full yard and street signage

MARCUS A. WALSH
Remax Real Estate

Office: (780) 488-4000
Home: (780) 451-2865
Cell: (780) 951-3747
Fax: (780) 426-5700

#100, 10510 - 121 Street
Edmonton, Alberta
T5N 1L4

marcus@marcuswalsh.com

Contact me today to help make your real estate adventure fun, easy and fast.



A big THANK YOU to Marcus Walsh for donating the virtual tour of our community hall! Please visit www.pvcl.ca to view the tour.

THE ROYAL GLENORA CLUB
“A GREAT PLACE TO BE” ...
ALL YEAR ROUND!



The Whole Family Can Enjoy and Benefit from our Excellent Facilities and Professional Staff

Limited Number of Membership Opportunities are Available

Visit www.royalglenora.com
or call 482-0379 for Details

Adult Fitness Opportunity

Workout with Friends, Family, Neighbors

Yoga-Based Mind-Body Fitness Class

CORE STRENGTH, FLEXIBILITY, BALANCE AND RELAXATION

Monday Mornings

9:15-10:15 a.m.

Sept 21 -Dec 14, 2009

(No Class Oct 12)

12 Weeks \$100

AND/OR

Wednesday Evenings

8:30-9:30 p.m.

Sept 23- Dec 16, 2009

(No Class Nov 11)

12 Weeks \$100



Drop-In fee for guests will be \$10.00 per class. Visa/Cash/Cheque.
Register for BOTH and SAVE \$25.00

Note: Registration is transferable among family members.
Minimum of 15 confirmed registrants per class needed to ensure class runs.

To register email Kerri at: Parkviewfitness@pvcl.ca.

Dress Comfortably. Bring a Yoga Mat and Water Bottle.

Instructor: Kerri Kaiser Gladwin, MPH, BPE, CSEP – CEP, R.Kin,
Certified Yoga Alliance Instructor – Chopra Center for Health and Well-Being

All class will be held at the Parkview Community Hall (9135 – 146 St)
All profit goes to the Parkview Redevelopment Society to help complete Phase III

CRESTWOOD

Fine Wines & Spirits

Satesh Narine

Under New Ownership

Phone (780) 488-7800

9658 - 142 Street, Edmonton, AB T5N 4B2

Parkview Basketball Registration (and surrounding neighbourhoods)

By Donna Hinchey
Outgoing Basketball Coordinator



Tuesday September 8, 6:30pm to 8:00pm
Or

Saturday September 12, 10:00-1130am
Parkview Community League Hall
9135 - 146 Street

Please bring:

- 2009-2010 Community League Membership (for sale that day)
- Alberta Health Care Number
- Registration Cheque \$150.00 Minis, Bantams, Midgets
- Registration Cheque \$80.00 Juveniles (Sept-Dec)
- Uniform Deposit Cheque \$50.00
- Volunteer Deposit Cheque \$100.00

The Season

- Practices once a week
- One game on Saturdays. No games on long weekends or school/stat holidays.
- Season runs from the end of September to the middle of March.
- Great fun, great exercise, great sport and all you need is a pair of running shoes!

Mite Basketball (5-8 years)

A registered program run in cooperation with the City Of Edmonton to introduce BB skills to the little folks. Runs out of Parkview Community League Hall on Sunday afternoons. Starts September 27th. Registration fee \$100. No uniform or volunteer deposit required. Volunteer Assistant Coaches required. Please bring Community League Membership and AHC#.

Volunteers

A Volunteer Coordinator or Coordinators are needed to run the BB program and help with registration, team formation, equipment, computer data entry, photographs etc. If you can help with any of these jobs please contact Donna Hinchey at hinchey@shaw.ca

I will be stepping down as Coordinator but am willing to help get some new folks up and running.

More information www.pvcl.ca or www.edmontonyouthbasketball.com



jim dobie photography



14216-92A Avenue Edmonton AB T5R 5E2

780.484.2759

jimdobiephoto@shaw.ca

www.jimdobiephoto.com



Parkview Girl Guides Registration Night

Girl Guides offers many opportunities for girls to have lots of fun while learning new skills, making new friendships, serving their communities, and participating in indoor and outdoor camping.

Registration this year is on **September 9th** at West Meadowlark Hall 9311 - 165 Street.

Parkview Hall hosts two levels of Girl Guides:

- **Parkview Brownies** (grades two and three)
Mondays 6:15-7:45
- **Parkview Guides** (grades four, five and six)
Wednesdays 6:00-8:00

Girl Guides also has a **Sparks Program** (kindergarten and grade one) as well as programs for junior high and high school aged girls in this area.

Contact the Edmonton area office at 780-451-2263 for more information on Guiding in Edmonton or contact Nancy MacDonald at 780-484-1812 or nancymacdonald@shaw.ca for information on Parkview Brownies and Guides.



Dog Daycare

Do you have a busy lifestyle? Then give your dog the mental and physical stimulation it requires.

View our rates at tailz.ca

Natural & Healthy Pet Food

Your pet deserves the best nutrition available. Natural pet foods promote a long and healthy life.



Self Pet Wash

Cleaning your pet just got easier! No appointment necessary. Just bring your dog, as everything else is supplied including top of the line *EarthBath* shampoos.



10050 - 163 Street

**Monday - Friday
7 AM to 7 PM**

**Saturday
10 AM to 5 PM**

780-988-0089

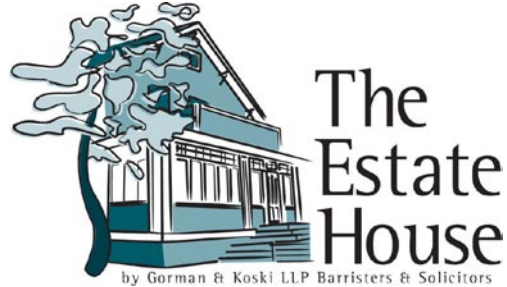
www.tailz.ca



Bridge Club



Card players interested in playing bridge, please join us at Crestwood Community League on Thursday afternoons at 1:00 p.m. from October 15th, 2009 to April 2010. Anyone interested please contact Teresa Feehan at 780-483-6473



10244 123 street
Edmonton, AB T5N 1N4
phone 451-7557
fax 451-5075
www.theestatehouse.ca

Was 'Pong' the newest video game when you made your will?
Were you driving a new Ford Pinto?
Was the Moon Walk the latest dance craze?

You should update your will if you say yes to any of these !

Wills should be updated every three - five years to keep up with changing laws and personal circumstance. The Estate House provides current legal advice to ensure you and your family get the most out of your estate plan.

Wills ♦ Estate Planning ♦ Trusts ♦ Estate & Probate

EDMONTON

Use the right can

Oversize garbage cans increase the risk of injury to waste collectors and are no longer being collected.

Waste Management Bylaw 13777 states that garbage cans must be 100 litres or less in volume and must have fixed non-swivel handles.

Household waste may also be set out in securely tied garbage bags without a container.

For more information visit
www.edmonton.ca/waste
or call 311



YES



No

THE CITY OF
Edmonton

MONEY SAVING, FUN, HEALTHY MEALS!

Dashing Dishes



“Tasty meals in no time”

Contact: Melissa @ 780-298-9921 Email: edmonton@dashingdishes.com
Website: www.dashingdishes.com

What do we do? We make your life easier by allowing you to prepare a whole week's worth of healthy delicious meals for your entire family in an hour or two.

How? We do the planning, shopping, chopping, dicing and clean up for you. There is no cooking involved at the session. You move from station to station until you have assembled 8, 12, or more different entrees ready to go home and freeze.

Where? You can find us regularly at Community Halls throughout Edmonton and Area. Private parties can also be arranged per request.

How Much? Assemble a meal for less than \$4.10 a serving! 8 Meals for \$175, or 12 meals for \$245. Have us assemble the meals for additional \$25.

What Else? Our menu changes every month so come back and see us! At Dashing Dishes we know that family meal time is important. We can guide you towards healthy affordable meal planning.

Kevin Taft,

MLA, Edmonton Riverview
9202B 149 Street Edmonton, AB T5R 1C3
(780) 414-0719
www.edmontonriverview.com



Your Voice in the Legislature

LAURIER LAW OFFICE

YOUR NEIGHBOURHOOD LAW FIRM

Quality Legal Services with a Friendly Approach

A General Practice Firm Including:
Real Estate, Family Law,
Wills and Estate & Succession Planning,
Enduring Powers of Attorney,
Personal Care Directives,
Incorporations, Estates

8623-149 Street, Edmonton, Alberta T5R 1B3
Telephone: (780) 486-0207 Fax: (780) 486-0848

Kevin J. Anderson Deborah L. Baradziej
Linda L. Wright Gordon H. Andreiuk
Barristers, Solicitors and Notaries Public
Commissioners for Oath



Linda Sloan
COUNCILLOR, WARD 1

(780) 496-8122
linda.sloan@edmonton.ca

2nd Floor, City Hall
1 Sir Winston Churchill Square
Edmonton T5J 2R7
F: (780) 496-8113



www.lindasloan.com

If you have questions or concerns
please feel free to contact me:

Karen Leibovici
Councillor, Ward 1

2nd Floor,
1 Sir Winston Churchill Sq.,
Edmonton, AB T5J 2R7
Phone: 496-8120 Fax: 496-8113
Email: karen.leibovici@edmonton.ca



Arctic autowash

FANTASTIC TOUCHLESS & 8 BAY WAND WASH

Free Air Freshener with Wand Wash!
Expires May 6/09

16008 Stony Plain Road

BELL
INTERNATIONAL REALTY

Rick Bell
Owner / Broker

780.970.2772
Fax 780.483.1956
rick@rickbell.ca

www.rickbell.ca When Experience Counts

Lifestyle Renovations Inc.

Professional Residential Renovations

Russell Shaigec 486 4035
498 2563 cell.

- basements
- bathrooms
- kitchens
- windows & doors

E-mail lifestylerenovations@shaw.ca

Selling or Buying...We can Help!

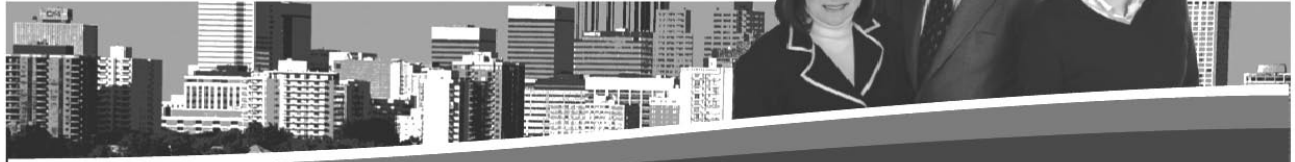
www.kellyrissling.com



RE/MAX

Real Estate

Independently Owned and Operated



KELLY RISSLING

488.4000 • 1.800.275.8191

Serving Edmonton & Surrounding Areas

TEAM

Thinking of Selling?Call a Parkview Specialist...



judy clare-packer
REAL ESTATE RESULTS

REMAX EXCELLENCE
780-481-2950
visit www.judyhomes.com





Your Custom Renovation Specialists

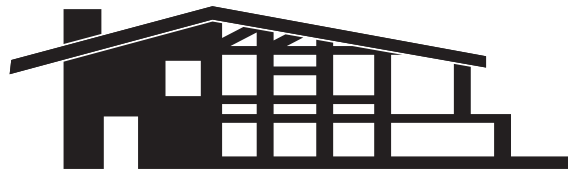


CAL TEBB
President

RUSS FERMANIUK
Operations Manager

www.homestyleconstruction.ca

10719 - 205 Street • Edmonton, AB • T5S 1Z3 • P 780.479.6032 • F 780.479.6034



Lifestyle Renovations Inc.

the 2009 federal budget proposes to implement a temporary.....

Home Renovation Tax Credit!

Your Renovation Investment	Your Tax Credit
\$1008.00.....	\$3.00
\$5200.00.....	\$630.00
\$10000.00.....	\$1350.00

use it or lose it!

this program expires January 31, 2010

Lifestyle Renovations Inc.

ph: **780.486.4035** or **780.498.2563** email: lifestylerenovations@shaw.ca

How much is my home worth?



If you are considering selling your home now or in the near future, call **RICK LOUGH** for a free market evaluation of your property.

I know Parkview well as I grew up in this area and my family and I call it home today. I can show you all of the sold properties as well as what is currently listed for sale.

Rick Lough
 Real Estate Agent
 RE/MAX Excellence
 17718 - 64 Avenue
 Phone 481-2950
 e-mail: ricklough@remax.net
 Web Site: www.ricklough.com



Not intended to solicit properties already listed for sale.

FINALLY!

- a *non-diet*, balanced approach to weight loss.

"12 Weeks" provides a solid foundation for lifestyle change.

12

Here's a solution you can live with.

WEEKS TO WEIGHT LOSS & WELLNESS

FALL SESSION



FREE Info Session Sept. 15
Program Starts Sept. 29

You can expect:

- to manage stress better
- to improve life balance
- to increase energy
- to boost confidence
- to find self-acceptance
- to lose weight

Time: 7-8 p.m.

Location: Westridge Community Hall
Please Call Claudette @ 780 481-0313
 for details, cost options, and/or to register, or visit www.weightandwellnesscoach.ca



Acclaimed!

Furnace Cleaning & Air Quality Services

TRADITIONAL SERVICE 15341-105 Avenue Edmonton, Alberta T5P 0T6

Keven Lackey

Owner & General Manager
 acclaimed@compusmart.ab
 Cell: 699-8592

413-1655

Fax: 484-9610

MODERN TECHNOLOGY www.acclaimedfurnace.com GUARANTEED RESULTS

Cedarbrae Contracting Ltd.

489-2919

Cedarbrae@shaw.ca

www.cedarbrae.net

- Licensed
- Insured
- BBB



- Renovations and additions
- Custom Designs
- Quality workmanship since 1987

Book Your Next Gathering at Parkview Hall !!!

Parkview Hall Rental

Your hall is available for all celebrations from weddings, for up to 250, to children birthday parties for 10. There is a stage for the band or hook up your computer's music to our speaker system. We have a kitchen to accomodate caterers or prepare the meals your self.

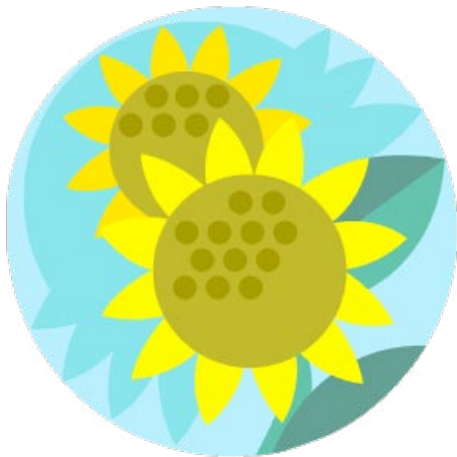
Hall Rentals 780-483-2098 or

webmaster@pvcl.ca



Visit our website for more details @ www.pvcl.ca

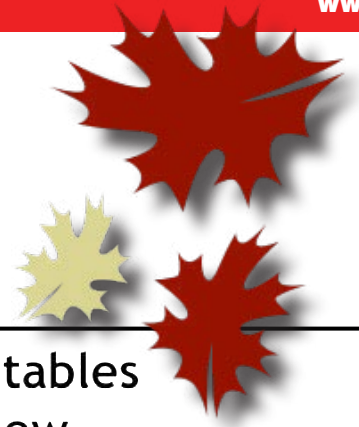
Look for information on children parties complete with a Jump Thing !



House For Sale or Rent

1800 sq foot bungalow in a quiet crescent in Valleyview. Main level and basement both fully renovated in this 3 bedroom up/2 down home. Hardwood, tile and carpet flooring. Granite countertops, 2 gas fireplaces, ensuite, and hot tub are just a few of the many features. Option to rent partially furnished.

Val Bright @ 780-486-4337 or tvbright@shaw.



Fresh Local Vegetables Coming to Parkview

Who: Brenneis Market Garden, 780-473-7733

Where: Parking lot of Parkview Hall

When: Every Friday, 4-8, until late fall

What: All varieties of local vegetables
grown east of the city