

parkview

COMMUNITY NEWSLETTER

PARKVIEW ANNUAL CLEAN UP DAY

Our rink gets new life

By Jody Nickerson

Parkview residents came out in full force for our Annual Community Clean Up Day on May 24. The job was daunting but with a mighty work force, all got done. The rink boards were scrapped down and painted white, garbage was collected from all areas of the community space, the parking lot was cleaned of debris and swept, the areas around the hall were weeded and cultivated and the leaves were raked and bagged.

A huge thank you goes out to Blair Dylan McMurdo (Fantascapes Landscaping and Bobcat Service) for organizing and implementing the painting of the rink boards. This paint gives our old rink new life and brightens up the entire surrounding area. We could not have done it without Blair's guidance and plan.

The Community Clean Up Day is scheduled on a weekend in May every year. The purpose of this day is to join together as community members and make our shared space beautiful. The large amount of people who came out to help this year truly reflects how awesome Parkview is! A big thank you goes out to everyone who volunteered their time and energy:

- | | | | |
|-------------------------|--------------------------|----------------------------|-------------------|
| David Wilk | Carrie Candy & kid crew | Gillian Culham & kid crew | Jesse Woolfson |
| Debbie McCabe | Marv Malka | Tricia Johnston & kid crew | Jaime Woolfson |
| Graham McCabe | Jon Malka | Linda Piers | Tracy Kushniruk |
| Cary Williams | Jason Fedynak | Dave Owen | Jody Nickerson |
| John Corie | Casey Fedynak | Ellie Owen | Debbie Braun |
| Vanessa Mcnaughton | Laurel Starb | Theresa Donauer & family | Ed Braun |
| Mark Beeston & kid crew | Denisa Leitch & kid crew | Andrew Woolfson | Katherine O'Neill |
| Kathy Newman | Cathie Crooks | Jaci Woolfson | |



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FALL 2014
VOLUME 10 ISSUE 3

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 TEL: 780-483-2098

Board of Directors			
President	John Corie	780-669-1557	board@pvcl.ca president@pvcl.ca
Vice President	Brian Mulder	780-868-3017	vp@pvcl.ca
Secretary	Ed Braun		secretary@pvcl.ca
Treasurer	Jeff Lucente	780-455-4115	treasurer@pvcl.ca
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Seniors Coordinator	Ellen Jones	780-483-8156	
Soccer Coordinators			
Outdoor Older Teams	Brian Mulder	780-868-3017	outdoorsoccer@pvcl.ca
Outdoor Mini Teams	Stephanie Gregory		gregorygroup@hotmail.com
Indoor	Theresa Donauer	780-988-8933	indoorsoccer@pvcl.ca
Special Events Network	John Corie	780-669-1557	president@pvcl.ca
Tot Time	Jill Vihos and Jenai Christensen		tottime@pvcl.ca
Website Editor	Debbie Braun		webmaster@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

Join us on facebook at www.facebook.com/parkviewcommunityleague



President's Message

It's been another great summer in Parkview! Building on the momentum from last year, our annual food truck event was a smashing success and truck vendors served more than 1,255 portions throughout the evening. Thanks to everyone who organized and volunteered at the event and all those who attended and made the atmosphere so great.

Our playground has been consistently busy this summer, with the green shack and a variety of programs running throughout July and August. The spring cleanup event in May was also well-attended and many volunteers worked throughout the day to repaint our hockey boards and complete other outdoor projects. It's always rewarding to see friends and neighbours volunteer their time to improve our community facilities.

As school resumes this fall, I hope that you'll consider getting involved with the community in some way. We could always use more help when it comes to volunteers and those willing to organize events and manage the various projects that we undertake each year. Additionally, our volunteer board is comprised of community members just like yourself, and we'd love to have you involved as we work together to tackle challenges and plan for the future. The annual general meeting of our community league will take place in the coming months and becoming involved is easy. If you'd like to chat about the opportunities that are available, please contact me; it's rewarding work and you might even have some fun at the same time!

Our community league is now on Facebook! To stay informed about the latest Parkview news and events, please visit our page at <https://facebook.com/parkviewcommunityleague> and click "like" to continue receiving updates. This page is a place where all community members can share information about what's upcoming and any topics that might be of interest to Parkview residents. We'll be giving away prizes once our page reaches 250 likes - all those who have clicked the like button will be eligible to win.

Warm regards,

John Corie, President
Parkview Community League
P: (780) 914-7234
E: president@pvcl.ca
www.pvcl.ca



P A R K

V I E W

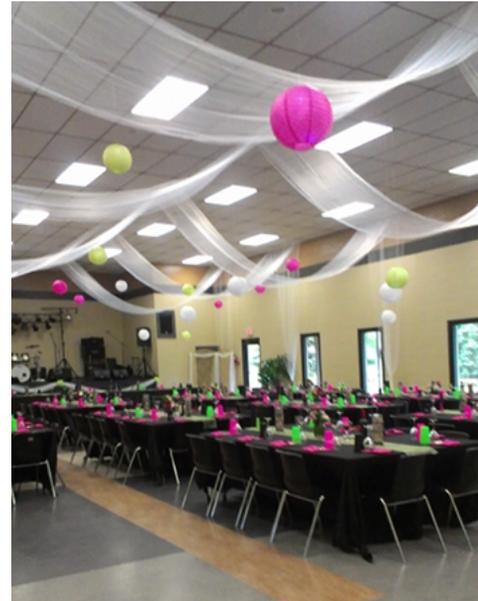
M O P

N I T E

Come and hang out with other Men Of Parkview at Brewsters in Meadowlark. Those able to make it have enjoyed meeting neighbours and friends, good food, drinks, and laughs. The “regular” attendees have yet to be able to determine an ongoing night. Currently, interested MOP’s are sent an email with date and time.

If you would like to be added to this list please send Mike an email at simons1@shaw.ca with a ‘re:’ line of MOP.

Parkview Community Centre Hall Rentals



Now booking for November & December!

hallrentals@pvcl.ca pvcl.ca/hall-rentals

PROGRAMS FOR EVERYONE THIS FALL AT PARKVIEW



Preschool	Mon-Fri, AM & PM classes	playschool@pvcl.ca	Jody	780.486.7560
Brownies	Mon, 6:15 to 8:15pm		Heidi	780.904.2570
Totttime	Tuesdays, 9:00 - 11:00pm	totttime@pvcl.ca	Jill/Jenai	
Karate	Tues & Thurs. 5 - 8:30pm	chowdavid@shaw.ca	David	780.695.5457
Guides	Wed., 6:00-8:30pm		Taletta	780.930.1109
Barre Class w/ Marjorie	Wed., 9:20-10:20am	fitintl@shaw.ca	Marjorie	
MOP (men of Parkview)	Times to be announced	simons1@shaw.ca	Mike	

PVCL EVENT CALENDAR 2014

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

May 2014

- Summer Newsletter Deadline - May 1
- Community League Meeting - Tue May 20
- Spring Cleanup Day & BBQ - May 24

June 2014

- No Community League Meetings
- Food Truck Event - June 21
- Tot Time Year End Party
- Parkview Last Day of School Get Together - June 26

July 2014

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

August 2014

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

September 2014

- Community League Meeting - Tue Sept16
- 3rd Annual Pancake Breakfast - Sat Sept 20
- Local Programs Start:
 - Scouts/Girl Guides
 - Preschool
 - TotTime
 - Indoor Soccer Registration
 - Basketball Registration
 - Karate Registration

October 2014

- Community League AGM - Oct21
- Parkview Preschool Dessert Auction - Oct4
- Halloween Party for Children - Oct25, 10am
- HALLOWEEN Ball for Adults - Oct25, 8pm

November 2014

- Winter Newsletter Deadline - Nov 1
- Community League Meeting - Tue Nov18
- Christmas Craft & Bake Sale - Nov22, 10-4pm

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

December 2014

- Community League Meeting - date and location to be determined
- Family New Year's Party - Dec31

The Gentle, All Female Dental Team.



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and is taking
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Dr. Baldip Sihota

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Hoping for good weather, games and fabulous food

Details TBD

please see www.pvcl.ca closer to date

SPECIAL EVENTS UPDATE

Do you enjoy event planning? Come join our event network!

By Tamra Simons

Parkview Special Event Community Functions have been steadily growing in popularity and variety. For the past number of years Community Special Events have been primarily supported through a Board Position. We think it is time to “spice things up a little” and try something new for our community events. Rather than having a small number of individuals hosting and organizing our annual events we would like to see Special Events being run through a much larger network of friends and neighbours.

This newly formed “Special Event Network” would see each event organized and hosted by different leaders and groups within the community. We think this is a fabulous way to introduce some new ideas to our events and allow community members the opportunity to get involved with very clear expectations and time commitments. Most importantly, it

really is fun to gather a small group of friends together or lead the charge to throw a really great party or function for our fabulous community!

We currently have 10 Community Functions planned for the 2014 calendar year. A number of functions already have a Team Lead or Group in place. All of the functions vary in time and planning but are all supported by the Community League Board and past planners who are happy to provide information and insights learned from past events.

The Parkview 2014 Event Calendar

The Family Skating Party
Saturday February 22, 2014
Team Lead: Tamra Simons

Spring Clean-up and Barbeque
Saturday May 24, 2014
Team Lead: Vacant

The Food Truck Event
Saturday June 21, 2014
Team Lead: Debbie and Ed Braun

Parkview Last Day of School Get Together
Thursday June 26, 2014
Team Lead: Tamra Simons

Pancake Breakfast
Saturday September 20, 2014
Team Lead: Vacant

Children’s Halloween Party
Saturday October 25, 2014 (10-1pm)
Team Lead: Tot Time

Adult Halloween Party
Saturday October 25, 2014 @ 8pm
Team Lead: Michelle Pollock

Parkview Preschool Dessert Auction
Friday November 15, 2014
Team Lead: Parkview Preschool

Christmas Craft Sale
Saturday November 22, 2014
10-4pm
Team Lead: Louise Clark

Family New Year’s Eve Party
Wednesday December 31, 2014
Team Lead: Vacant

We invite anyone interested in learning more about these opportunities and wanting to be part of the Special Event Network to please contact our President John Corrie at president@pvcl.ca or 780-669-1557. If you have an idea for another function and are happy to lead the charge please let us know! We look forward to seeing many neighbours and friends out at all of our functions throughout the year.



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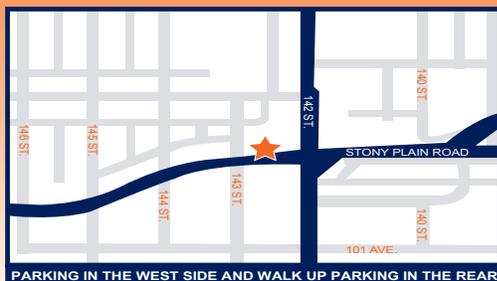
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2014 Summer Solstice Food Truck Event

By Debbie Braun



You've heard the expression, 'A picture is worth a thousand words.' Well, apparently everyone was too busy enjoying great gourmet food and having fun, to snap even a single photo of this great community event. So if you want to see what the 2014 food truck event looked like, please read the somewhat less than 1000 words that follow as I try to create a mental picture.

Ideal would be the best descriptive for the weather that day. It was warm, with a slight north-west breeze. The sun shone brightly in a cloudless sky, filtering down through the trees, illuminating the lush greens of the park in early summer.

Families began to congregate in the park and playground at about 4pm while organizers and volunteers were setting up tables, and directing food trucks to designated parking spots on the basketball court. Inside the centre in the main hall, guests

enjoyed browsing a collection of water color paintings displayed by Parkview artist, Brian Ferguson.

By 4:30 there were picnic blankets and lawn chairs sprinkled throughout the park where folks had staked out their spots for the evening. Toes tapped and heads nodded to the beat of the music, broadcast through PVCL's newly acquired sound system. The delicious fragrance of food began to waft across the park, and guests began to wander over to check out the mouth watering menus offered by four food trucks: Greek food from Little Village Food Truck, unique gourmet sandwiches and desserts at S'Wich, authentic Mexican food from Casa12Doce and an amazing variety of hot dogs and sausages from Franks.

At 5pm the food truck shutters were rolled up signalling trucks were open for business. A bar – operated by volunteers of PVCL – provided drinks for the evening. Food and drink sales were brisk. Over the course of four hours, the food trucks sold from 1200 – 1300 servings to more than 400 people. Comments circulating throughout the crowd could be summarized as, "Yummy, that was great" and "Did you try....?"

The food and drinks were great, but the best part of the evening was that it provided the opportunity for neighbors, friends, and family to come together to visit, relax and work together. The event was incredibly well attended, and many stepped up to volunteer for setup, cleanup, bartend, and sell tickets. What a testimony to the strength and unity of our community of Parkview!

If you weren't at this event and feel like you 'missed out', don't despair. We have already booked another food truck event for next year. Mark your calendar for June 20, 2015. Same time, same place, same great people. Maybe next time someone will actually take a picture or two.

Many thanks to event volunteers: Keith Johnston, Kathleen & Mark Seville, Gord Day, Ed Braun, John Corrie, Jeff Lucente, Aaron Trimble, Rod & Gwenne Tweddle, Tracey Kushniruk, Rob & Emily Anderson, Curtis Nicholson, and Dave Owen



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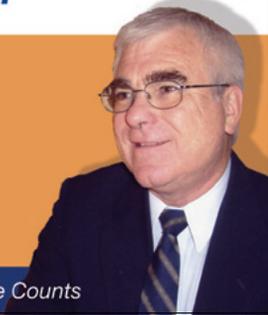
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Parkview Preschool

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

Same Quality Program, Different Name!

By Jody Nickerson

Parkview Preschool is in the process of developing a new logo for our program. Along with this logo, we are also changing our name from Preschool to Preschool. We believe that this change highlights the type of program that is being implemented. The primary purpose of preschool is to aid in your child's social, emotional, physical and intellectual development. While 'play' is still an important part of this process, it is important to note that there are many structured learning activities also taking place each day.

For those new to the community, Parkview Preschool is a non-profit, parent cooperative school that is located on the 2nd floor of the Parkview Community League. We have 3 different classes for the upcoming school year. We have a 3-year-old class on Tuesday and Thursday mornings, a 4-year-old class on Monday, Wednesday and Friday mornings, and a 3/4 blend class on Monday, Tuesday and Wednesday afternoons. The afternoon blend class has the 3 year olds attending Monday and Wednesdays and the 4 year olds attending all three afternoons. We currently do not have spots available in any of our classes but if you are interested in getting on to our waiting list, please contact our registrar, Kathy Newman at kjnewman@shaw.ca.

Registered families, please mark your calendars for the following dates:

Open House Dates:

- Wednesday, September 3, 2014 (4 yr old class am) 10:00 am to 11:30 am
- Wednesday, September 3, 2014 (3/4 yr old class pm) 1:00 pm to 2:30 pm
- Thursday, September 4, 2014 (3 yr old class) 10:00 am to 11:30 am

Note: The Open House is offered as a way for new students to get to know the teacher and familiarize themselves with the classroom. A parent/caretaker comes with the child and stays with the child for any amount of time.

Orientation Night: Thursday, September 4 at 7:00 pm in Parkview Main Hall (mandatory)

First Day of School:

- Monday, September 8, 2014 (morning 4-year old class)
- Monday, September 8, 2014 (afternoon 4-year old class)
- Tuesday, September 9, 2014 (3-year old class)

Parkview Preschool 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 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 have the option to participate on the Executive Board.

Our teacher, Merri-Ann Wojcicki, and Educational Assistants, Marnie Roch and Leanne Howard, achieve the goals of the Parkview Preschool 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:

Parkview Preschool President

Jody Nickerson at 780.340.9409 or jodyjnickerson@shaw.ca

Parkview Preschool Registrar

Kathy Newman at kjnewman@shaw.ca

f JOIN US ON FACEBOOK!
www.facebook.com/ParkviewPlayschoolPvclEdmonton

SPORTS IN OUR NEIGHBOUHOOD



Parkview Indoor Soccer - 2014/15

Looking for a fun active sport for your kids this winter. Try Indoor Soccer! Games are once a week with a weekly gym practice for older teams (usually U8 and above).

Registration dates (early September) not available at the time of newsletter printing. Please check PVCL website in late August for up to date registration details.

Volunteer coaches, assistant coaches and managers always needed. Please consider volunteering as the community programs cannot run without coaches. When coaches not available or small numbers of players are registered, players will be placed on other community teams, starting with the closest communities.

AGE GROUP	YEAR BORN	COMMUNITY FEES	TIMES OF GAMES (Tentative Dates)
Under - 4	born in 2011	\$ TBA	In FX Gyms, Saturday TBA
Under - 5 & 6	born in 2010; 2009	\$ TBA	Saturday morning
Under - 8	born in 2008 or 2007	\$ TBA	Saturday morning
Under - 10	born in 2006 or 2005	\$ TBA	Saturday
Under - 12	born in 2004 or 2003	\$ TBA	Saturday
Under - 14	born in 2002 or 2001	\$ TBA	Sunday
Under - 16	born in 2000 or 1999	\$ TBA	Sunday
Under - 18	born in 1998 or 1997	\$ TBA	Sunday

WANTED

Mini-Soccer Coordinator

We are looking for someone to coordinate the 2015 Parkview outdoor mini-soccer teams (U4 - U6)

If you are interested, please email outdoorsoccer@pvcl.ca or call 780-903-1463

Thank you!

Jaci Woolfson
Parkview Outdoor Soccer Coordinator



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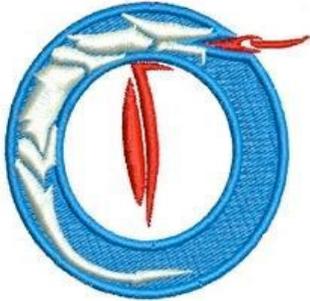
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Crestwood Curling Club

Learn to Curl/League Openings

Our learn to curl program will teach you all aspects of the game of curling! We welcome teams or individuals who have not curled or have very little curling experience. The league will take place on Saturdays from 11am-1pm on 11 dates. League starts October 18.

Price: \$225.00 Included with price of this league is equipment (broom & gripper & slider)

Also we have space available in the following leagues: Men's, ladies, mixed, juniors and seniors.

There is something for everyone!!



Contact us

14317 96 Ave Nw

Edmonton, AB

T5N 0C5

Phone: 780-452-4174

E-mail: crestwoodcurling@shaw.ca

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When:

Monday & Wednesday
evenings

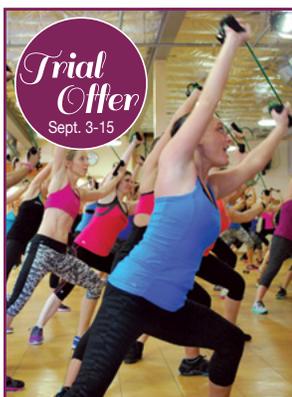
7 – 8 pm

Classes run:

September 29
through end of May

Where:

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(NE small gym)



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nwood Elementary School (15451 - 84
Ave). Not competitive (we don't keep
score) and lots of fun. Bring non-scuff

runners. Call Jay (780-484-2482) for more informa-
tion. We'd be pleased to see you! Try it once or twice
to see if you like it.



Edmonton Drillers Youth Soccer Club Indoor 2014/2015

Registration for U8 and U10 programs!
Registration for U12-U18 upcoming tryouts!

Looking for an exciting indoor season of high level soccer?
Wondering where to excel with individual and team soccer skills?
Want a challenging and competitive environment?
Eager to have fun and become the best soccer player you can be?

Our club is committed to developing our players and supporting them in the **FUNdamentals of SOCCER!**

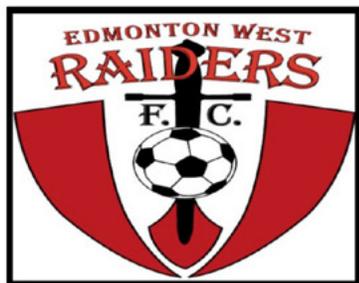


Watch our website for details: www.edmdrillers.com

or

To register or for more information

Contact the club registrar at paribus@shaw.ca



Edmonton West Raiders

Edmonton's only all girls soccer club

Raiders offers teams in the following age groups:

U10G, U12G, U14G, U16G and U18G – Tiers 1, 2 & 3

West Raiders Indoor Soccer Season 2014/15

Indoor Registration

- Online Registration – www.ewzsa.com – Registration starts August 15, 2014
- All players must register for indoor soccer online and select that they will be attending tryouts

Raiders Indoor 2014/15 Club Tryouts – Tryouts at the West Soccer Centre (17415 – 106A Ave.)

U10 Girls (2005 & 2006)

August 28 – 6:00 – 7:00 p.m.
 September 2 – 6:00 – 7:00 p.m.
 September 4 – 6:00 – 7:00 p.m.

U12 Girls (2003 & 2004)

August 29 – 6:30 – 7:30 p.m.
 September 2 – 6:30 – 7:30 p.m.
 September 4 – 6:30 – 7:30 p.m.

U14 Girls (2001 & 2002)

August 28 – 7:00 – 8:00 p.m.
 September 2 – 7:00 – 8:00 p.m.
 September 4 – 7:00 – 8:00 p.m.

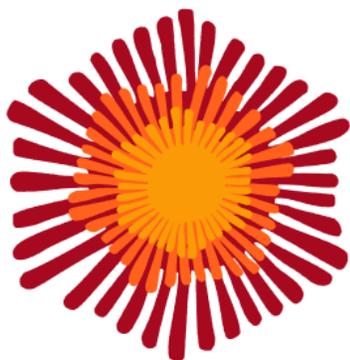
U16 Girls (1999 & 2000)

August 28 – 7:30 – 8:30 p.m.
 September 2 – 7:30 – 8:30 p.m.
 September 4 – 7:30 – 8:30 p.m.

Website: www.ewr.ab.ca

Email: Karen@ewzsa.com

Phone: 780-451-6453 ext. 2



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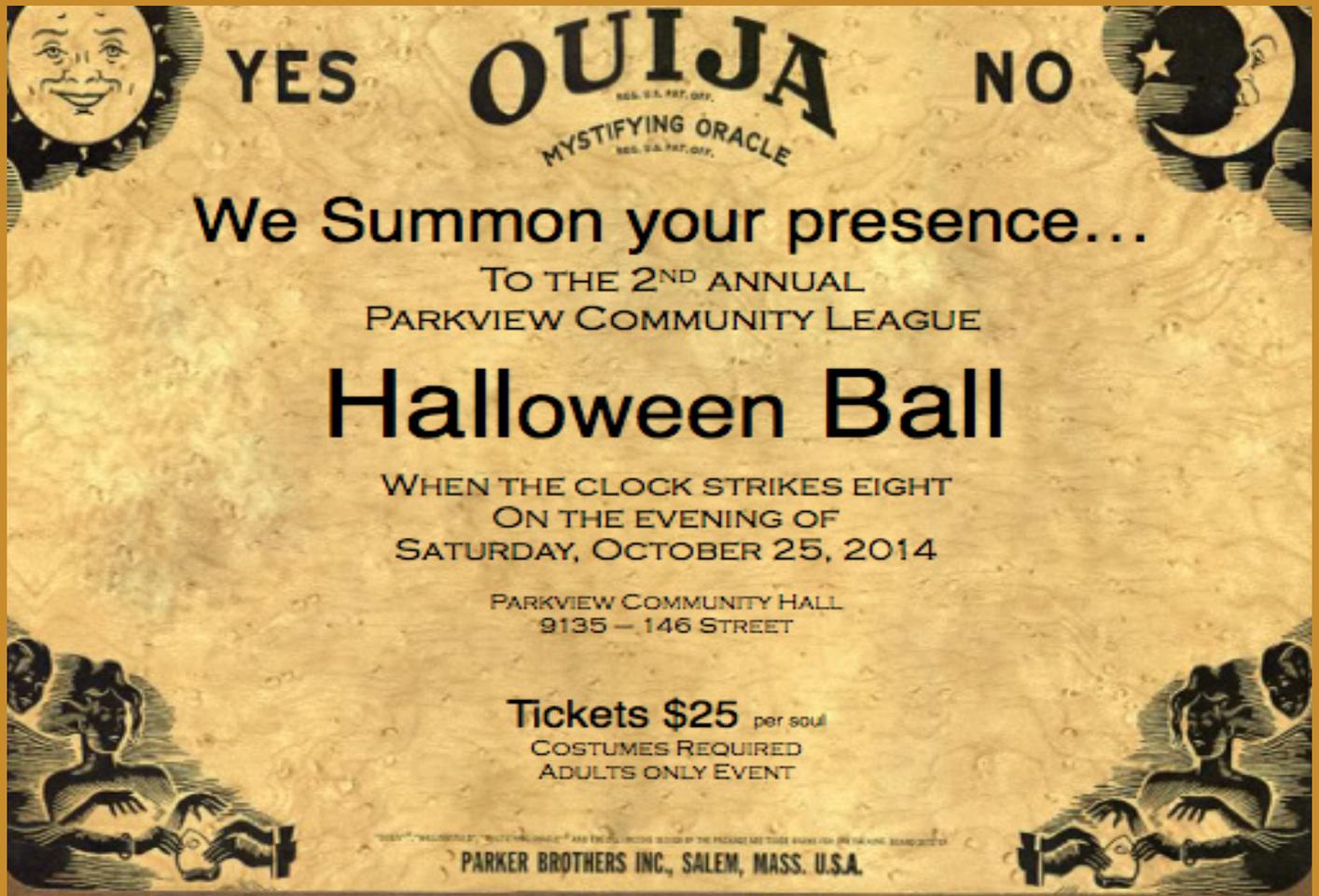
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 am		Flow 80		Flow 80			
8:15 am						Flow 80	Flow 80
9:15 am	Flow 80	Flow 80	Flow 90 min	Flow 80	Flow 80		
10:15 am						Flow 80	Flow 80
1:00 pm						Yin 75 min	
3:30 pm	Flow 80	Flow 90 min	Flow 80	Flow 80	Flow 80	Flow 80	Flow 90 min
5:30 pm	Flow 80	Flow 80	Flow 80	Flow 80	Flow 90 min		
7:30 pm	Express 60 min	Express 60 min	Yin 75 min	Express 60 min			

Flow 80 is an intermediate class

Yin 80 is suitable for all levels

Please bring in this ad for a complimentary class pass. One per student only, please.



The legend continues...

The Parkview Community League is pleased to present the 2nd annual HALLOWEEN Ball for Adults!

**Saturday, October 25 @ 8pm
Parkview Hall**

Join your friends and neighbors for a night of fun and fright. The evening will include food and drinks, music, dancing, a photo booth, and a chance to win a fabulous door prize.

Scare up a costume, bring some friends and come hang out for a spell. Spirits are sure to be high but, drink prices will be low. Bwaaah Ha Ha!

Tickets are \$25 per soul and available by contacting:

Michelle Pollock: jeph@shaw.ca
Tami Lackey: tami@shaw.ca

If you would like to volunteer to help out with this event, please contact Michelle Pollock at jeph@shaw.ca

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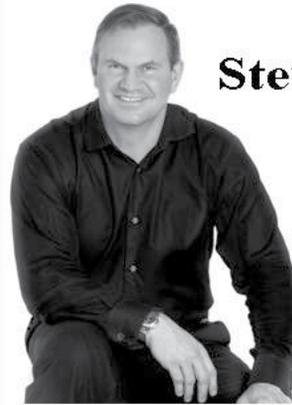
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Photo by: Bailler Photography



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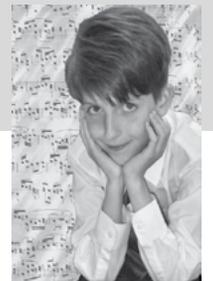
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PVCL MEMBERSHIP HAS ITS BENEFITS

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 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.

Parkview Community League Membership Benefits:

- Free public skating at selected City of Edmonton Arenas (call 496-4999 for information)
- Free use of Parkview skating rinks through the winter
- Free community swim at Jasper Place Pool (9200 163 St) on Sundays between 6-7 pm (call 311 for more info)
- Children's Halloween and Christmas Parties
- Weekly Tot Time program
- Summer Playground Program

*Memberships are required for community sponsored programs.

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 _____

QUESTIONS I'M ASKED ABOUT FEEDING BIRDS

By Dave Cleary

Q: Why do some of the birds look so scruffy?

Many birds molt during this time of year. Found a feather or two in your yard? It's most likely an old one being replaced. Feathers are responsible for more than just a bird's ability to fly; they provide weather protection, making a bird virtually waterproof, as well as insulation for cold weather, especially during winter. However, feathers wear out and need to be replaced. This process is called molting.

Typically, birds molt feathers in regular patterns or on specific parts of their bodies, and it may take weeks or months for birds to complete the molting cycle. They shed their flight feathers symmetrically, the first one or two on each wing at the same time, then the next one or two and so on, so they can molt wing feathers without affecting their ability to fly. Body feathers may be shed in tracts or sections. Sometimes Blue Jays will molt head feathers in groups and look "bald." Most of our backyard bird visitors molt from July to September. They are looking for high-quality foods to help them grow their feathers.



Q: What kind of foods do molting birds need?

The main building blocks to grow new feathers are proteins and fats. Young birds and older molting birds seek high-protein foods to grow their feathers as they are made up of more than 90% protein. Birds also need foods with fat. This supplies energy to grow feathers and provide proper colouration to feathers to best attract a mate. If they lack these proper nutrients, it could be a difficult winter and a lonely spring! You can help molting birds and more readily attract them with foods high in protein and fat like Bark Butter Bits, Bark Butter, peanuts, tree nuts, and sunflower chips.

Q: What is the best place to put my bird feeder?

Locate your feeder near tree branches or other perches so they can land prior to

going on the feeder. Watch the birds as they flit around your yard, and you will notice that each species of bird has a different pattern of movement and favourite perching spots or types of tree cover that they prefer. Lilac bushes, cedar hedges, and spruce trees are good for them to roost in. To help prevent birds from striking windows, place your feeder either within 1 metre of a window, or at least 3 metres from your house. If the feeder is close to the window,

the birds are flying slowly enough that it is unlikely they will injure themselves if they fly into the glass. If cats visit your yard, keep feeders away from fences or places from which cats can pounce. A pole to hang your feeder near tree perches but away from cat friendly launching pads is a good solution, and makes it easy for you to fill your feeder. If you have no trees, a pole system with a few metal branches for the birds to land on gives them a safe place from which to inspect the feeders. Put the feeder where you can easily see it from your house so you can enjoy the birds!

Dave Cleary and Jan Chapman are owners of Wild Birds Unlimited at the corner of 122 St and 107 Ave on Edmonton's northside. 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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Urban Beekeeping Pilot Project



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If you would like to test out beekeeping in your backyard, please

contact Hani Quan at hani.quan@edmonton.ca

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Christmas Craft and Bake Sale

Saturday, November 22, 2014

10:00 a.m. to 4:00 p.m.

28 Tables of Home-Crafted Items

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- ❄️ **Once again we bring back this wonderful event to bring friends and neighbours together.**
- ❄️ **We are looking for people to join our team. Contact Louise at louise.clarke@telus.net if you would like to be a part of carrying on this tradition.**

Look forward to seeing you there!

Contact: Louise Clarke 780-481-2842 or louise.clarke@telus.net

**Donated baking can be dropped off
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**Parkview
Community Hall
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