

### PARKVIEW NEWSLETTER

www.pvd.ca

Spring 2010

### 8th Annual Christmas Craft and Bake Sale

By Val Bright Craft Sale/Fundraising Coordinator

he 8th annual Christmas Craft and Bake Sale, held on November 28th, was, once again, a very successful event with huge crowds and tremendous fun for the children. The kids come to tell Santa what they want for Christmas and once they have finished disclosing their wish list they spend the

rest of their afternoon making gingerbread houses, roasting marshmallows and hotdogs, entering their work of art in the coloring contest or simply shopping the craft tables. Hay rides, compliments of Parkview Community league, are always a favorite event with lineups for seats on the horse-drawn wagon.

> With the children so busy. parents can enjoy the time to shop from the 27 different tables of handcrafted items. year's offer-

This

ings included hand made jewelry, pottery, knitting, scarves. Christmas decorations. wood carvings, cards and much. much more. The women of

the community also prepared a Ukrainian home made lunch which has proven to be a favorite. Good job ladies!



Continued on Page6



### **NEW! Parkview Apparel now available for sale!**

arkview Community League is now offering quality athletic wear! These specially selected items including toques, hats, sweatpants, full zip hoodies, T-shirts and hooded sweatshirts will be embroidered with the Parkview/Valleyview logo and offered to you at great prices.

For your convenience you may browse the online catalque, place your order and pay for the items using your Paypal account or credit card of your choice. Items will be available for west end pickup approximately two weeks from order date.

Custom large orders for sports teams or groups are welcome! Please contact us for more information or browse the online catalogue http://pvcl.ca/community-sports/parkview-sportswear

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#### Parkview/Valleyview Community League Contacts 9135 - 146 Street, Edmonton, Alberta T5R 4L5 Tel: 780-483-2098

Position	Name	Phone	Email
President	David Smith	780-444-0217 .	president@pvcl.ca
Vice President/ Building Coordinate			
Secretary			
Treasurer	Jennifer Forsyth		treasurer@pvcl.ca
Casino Coordinator	Brenda McDonald	780-486-9079.	casino@pvcl.ca
Hall Rentals	Val Bright	780-486-4337.	hallrentals@pvcl.ca
Facility & Hall Maintenance			
Adult Program Coordinators	Tamra & Mike Simons	780-483-1291.	simons1@shaw.ca
Basketball Coordinator	Christina Froberg	780-454-5040	christinafroberg@hotmail.com
Bridge Club	Teresa Feeham	780-483-6473	_,
Community Recreation Coordinator	Ruth Wong-Miller		ruth.wong-miller@edmonton.ca
Community Safety Liaison			
Craft Sale Coordinator	Val Bright	780-486-4337.	hallrentals@pvcl.ca
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Special Events Coordinator			
Tot Time			
	•		
	•		parkviewtottime@gmail.com
Traffic Liaison			
Website Editor	Debbie Braun		webmaster@pvcl.ca



With the retirement of some of our members, Parkview needs some fresh faces! Please volunteer and have fun, meet new people in your neighbourhood. We are currently looking for:

- Traffic Liaison
- Special Events Coordinator

Parkview is a great community and your Community League makes it better. Be a hero! Please pitch in and do your part for a better community!

We are also currently looking for other volunteer services for upgrades to our Community Hall:

- Volunteer Painters
- Engineering and Architectural Consultant
- Accountant
- Ice Rink Attendant

If you are interested in any of the volunteer positions available please contact Davis Smith at 780-444-0217 or president@pvcl.ca



### 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:**

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

### President's Message

By David Smith PVCL President

any people have asked me about the **Ice Rink** and why it was not available last winter. They will probably be asking the same question this spring.

The rink costs a sizeable amount of money and time to run each month of operation (November to March), and the people and funds are not there to mount the extra effort.

It's disappointing, we know, but the biggest shortfall is personnel. We have had a few fellows express an interest in helping out, but we saw time commitments getting in the way.

It's understandable. For years, we ran the rink with the assistance of our hall maintenance person, who was at the hall each and every night and able to provide significant extra supervision and support to run the facility. It was a big commitment of time and effort that went far beyond what could be reasonably expected of an external ice rink supervisor / contractor, and an effort well worth more than the \$1,500 in monthly compensation we would provide.

Such a resource is not available to us any longer, so we needed to find a person willing to:

- Set up the rink in the fall clear the snow, flood the rink area (it's grass, so the ground needs to be frozen but cleared of snow) until it freezes and keep flooding until it is ready for skaters in December;
- Be at the hall every night of operation to open and close the rink open the facilities, switch lights on and off, open the rink change rooms from 5:30 p.m. to closing;
- Keep the rink cleared of snow and flood as needed once the skating is finished;
- Make sure skaters are using the ice properly no rough play, etc.
- Additional duties as we need them....

As you can see, it's a big job, made no easier by the grass surface in the rink. The executive is moving ahead with plans to finish the planned hall renovations (which may include new bathroom facilities in the change rooms). One that would be good for the whole community would be a new ice rink with a concrete surface, new boards, etc. But these projects

are pricey - the last estimate for a new rink was around \$250,000 to \$350,000.

Hall users will note the new tile throughout the entrance and small

boardroom. We had the tiles installed just before the Christmas break to address in part an occasional problem with water backing up and soaking the carpet and leaving a wet messy smell. The tile also fixes the long-standing issue of that little hump in the floor as you walk into the gym.

We are now looking to proceed with painting the entrance so that it matches the new tile. The hall also is past due for painting and we were considering asking for **volunteers to help paint**. We don't need professional painters as it is not a difficult job. Anyone interested in signing up could contact our hall rental manager, Val Bright. Her contact information is on the executive sheet. Other renovation plans are in the works, and we are looking to put together a central plan and budget to tackle some of the long-standing issues with the hall. If you enjoy supervising renovations (and really, who doesn't!), perhaps you could bring your enthusiasm and planning skills to the next community league meeting. They run September to June, third Wednesday of each month, usually at the hall and always at 7 p.m.

In other upcoming events, we are thinking again about having another **Spring Cleanup & Garage Sale Event** this year. Last year's was our first and a big success. Like its predecessor, this year's garage sale will be sometime in May. More details to come.

As well, the biannual **Volunteer Appreciation Evening** is coming up May 8th. We will set up an email address for the event after March to which attendees can RSVP. Look for more details on our hall sign, on the web site and in the next newsletter.





## Bill Hunter Arena will finally be re-opening this month!

The arena was closed for infrastructure upgrades and is expected to reopen to the public February 20, 2010. Subject to change. For more info email: 311@edmonton.ca

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#### Deborah L. Baradziej Linda L. Wright Gordon H. Andreiuk

Barristers, Solicitors and Notaries Public Commissioners for Oath

### **Safety Corner**

By Danae Kortmann-Watts Community Safety Liaison

### Don't Make It Easy...

eadline in the Edmonton Journal on Thursday, January 28, 2010:

Thieves target west-end garages;

Residents make things easy when neglecting to lock doors, police warn.

"Police are warning people to lock their garages after several break-ins in West Edmonton. There have been 10 robberies since Jan. 9 -- three in Laurier Heights, six in Parkview and one in Crestwood. In most cases, police said, the garage doors have been unlocked, giving thieves easy access."

Edmonton Police service has great information on their website to help inform Edmontonians on how to keep safe. Here are some highlights, for more detailed information log onto www.edmontonpolice.ca.

#### **Vehicle Safety Tips:**

- •Park in a sensible place, avoiding unlit areas at night.
- •Remove the ignition key and activate the steering lock.
- ·Lock your doors and close all windows.
- •Hide your valuables out of sight or take them with you.
- •Take extra keys out of your vehicle.

#### **Garage Safety Tips:**

- •Keep your garage locked, even when you are at home.
- •Secure your other garage doors with deadbolts.

- •Install lights near your garage to keep the area lit.
- •Never leave your automatic garage door opener in a vehicle that is parked outside your home.

#### **Community Safety Tips:**

- •Get to know your neighbours residents should become familiar with the routine in their neighbourhoods.
- •Be aware of strangers and look out for each other.
- ·Leave keys and emergency phone num-

bers with a trusted neighbour.

•Keep up appear-

ances – a well-tended neighbourhood is less attractive to criminals and vandals.

Report all suspicious activities and/or individuals to the Edmonton Police Information Line at (780) 423-4567 and if you see a crime in action call 9-1-1.



If you have any questions or would like some more information regarding the Safety Corner please contact Danae at safety@pvcl.ca or call 780-481-5552.

### Christmas Craft and Bake Sale Continued...

For more photos from our Christmas Craft & Bake sale, please visit www.pvcl.ca

Val Bright, coordinator of the event, could not be there that day but you would not have known it thanks to the help of very efficient elves. "I wish to thank and acknowledge dear friends and family that didn't hesitate to take on the task.

I would especially like to thank Nancy Davis, Charlene Maillet, Debbie Miniaci, Carmella Adshead, her dear mom, Michelle Paonessa, Louise Clarke and Annissa Brodie who made this event possible." Val adds, "I would still be rolling the dough if it wasn't for the help of Sue Pasemko who helped with the pies and

deserts and Ann Sinnott who helped me with the perogies."

There were also many volunteers from the community who helped to pull this event together and make it the fun filled community event that it is. The craft and bake sale raised \$2579 which will go towards Phase III of the Park Redevelopment planned for spring 2010.

THANKS TO OUR BAK-ERS AND HELPERS! Every year we ask members to donate baking for the community table. Thank you to the following bakers: Sandy Young, Gill, Tracey Tanya Gilbody, Sharon Jeske, Susan Pasemko, Bev Laboucane. Andrea Kristiansen, Jodi Brown. Elsie Lefe-Laura bvre.

Verbeek, Val Coenen, Elizabeth Loenen, Natasha Pasemko, Jamie Pasemko

Thanks also to the young elves that volunteered to supervise the children's activities: Justen and Brayden Lackey,



Caitie Talty, Tori Alfaro, Andrew McNicoll, Taylor Bright, Anna, Court and Page Davis, and Jonah Mallet

And thanks to all the 108 Girl Guides for their big help!



### Parkview/Valleyview Park

\$600



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 dona-				
tions are denoted by bold type:				

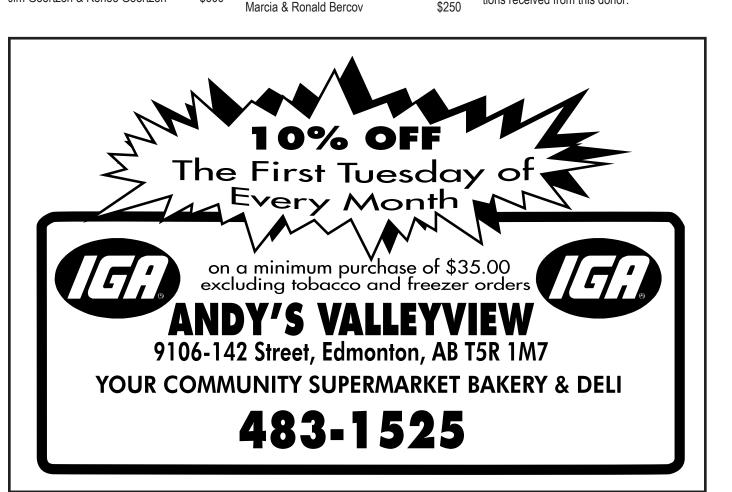
COLD #4000 #4000

GOLD \$1000 - \$4999	
Parkview Playschool	*\$3,600
Gardiner-Wilson Family	*\$2,100
Sweetland Family in memory of Muriel Sweetland	*\$1,400
The Travis Family	\$1,000
Boyko Boys	\$1,000
SILVER \$500 - \$999	
Lorna & Don Kramer	*\$850
The Gooding Family	*\$800

Jim Goertzen & Renee Goertzen

The Jakeway Family	*\$600	OTHER DONORS UP TO \$249
The Bowen Boys	\$500	Naidu-Barrett Parkview Soccer team
Elizabeth Coenen	*\$500	Parkview U5 Soccer Team
Diane & Walter Konowalec	\$500	William and Wynne Edwards
McCoy/Birk Family	*\$750	The Clarke Family
BRONZE \$250 - \$499		Martha Dobbin
Rod & Gwenne Tweedle	*\$350	The Gladwin Family
The Jakeway Family	\$300	Owen and Marilyn Jackson
Matthew & Jane Davidson	\$300	The Patterson's
Eric & Joan Cooke	\$250	Violet Steinwant
Linda Medland Davis & Jeff Davis	*\$250	The Vandernberg Family
Barbara & Dalton	\$250	Dr. Brian Yee & Family
John & Mary Jane McLaughlin	\$250	*Reflects the cumulative amount of all dona-

tions received from this donor.







### Vita Bella Restaurant

Upscale Italian Cuisine

15620-95 Avenue

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Phone: 780 757-1088

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### **Parkview Redevelopment Society**

### **Phase III Update**

#### **Donations Needed!**

Charitable tax receipts for donations over \$20.

Long lasting recognition will be provided within the following plateaus:

Diamond \$10,000 and up Platinum \$5,000 – \$9,999 Gold \$1,000 – \$4,999 Silver \$500 – \$999 Bronze \$250 – \$499

#### 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, hallrentals@pvcl.ca or call 486-4337
- Communications, Louise Clarke, louiseclarke@shaw.ca, or call 481-2842.

### Stay tuned for more park action!

ver the winter months, the efforts of the Parkview Redevelopment Society have been dedicated to grant reporting and grant writing. Reporting is nearly done on previous grants and a new grant application is underway for the Community Facilities Enhancement Program (CFEP).

Phase III plans will be tendered in early March, with work anticipated to begin in early spring. By summer, the old parking lot will be replaced by green space to complete a fully rejuvenated park and grounds surrounding the community hall.

This final portion of the project also encompasses a concrete patio, turf, benches and picnic tables, a fire pit area, additional plantings, and some minor improvements to the trails. The doors, windows, and patio covering will need to be designed and completed as part of a separate project encompassing hall renovations

and will require architectural services. If you are interested in providing professional services, please see the section on "Bringing in the experts' below.

As always, your support for the project is critical to securing the optimum amount of grant funding. Please consider a donation or an additional amount to your previous donation.

Donations may be sent to: Valerie Bright c/o 14019 – 90 Avenue Edmonton, AB T5R 4T7



### 'Bringing in the experts'

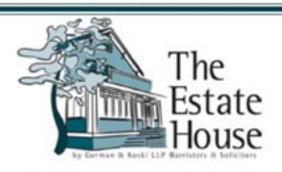
Lending your time or expertise is another significant way to assist this community project. The Parkview Redevelopment Society is inviting members of the community to assist the project by providing professional services or advice.

The PRS is currently in need of an **accountant** to audit the financial reporting for a provincial government grant. If you are able to provide that service, please contact a project director.

**Engineering and architectural** advice will be required for the design and completion of the patio area. Other work will include door and window installation, painting, and electrical changes.

Services donated in-kind are also eligible on our grant applications. As hall renovations move forward and work begins, donated professional services would be immensely valuable.

Please call Nancy Davis at 780-489-5191 or one of the other project directors as soon as possible if you are able to help.



10244 123 street Edmonton, AB T5N 1N4 phone 451.7557 fax 451-5075

www.theestatehouse.ca

Did you have an 8-track playing the last time you made your will?

Do you now have grandchildren but still have a guardian appointed for your children?

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



### **Parkview Tot Time**

By Gillian Culham Tot Time Coordinator

ot Time is an informal drop-in gathering run by parents and caregivers for children up to 4 years old. It is held in the Parkview Community League Hall every Tuesday morning from 9:15 to

11:15. There is free play with lots of toys, a weekly craft. snack all enjoy singhood songs.



time. and a song circle where we ing some of our favorite child-

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. Please also note we have added a sweep and mop section on the sign up as well, as help with cleanup is always needed.

Tot Time follows the Edmonton Public school year schedule. The remaining 2010 program

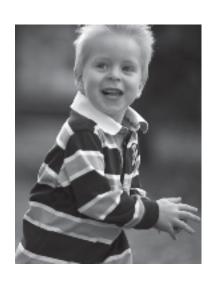
> runs Tuesday mornings from now until to March 23rd then April 6th to June 15th

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.

The year is flying by and it is hard to believe we are already into February. There have been a lot of new faces this year and great friendships are emerging from our weekly gatherings! It is a lot of fun for the children each week, especially when the weather outside is blistery and cold, be sure to come out and let the kids run off some steam!

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



jim dobie photography

14216-92A Avenue Edmonton AB TSR 5E2 780.484.2759

> jimdobiephotography@shaw.ca www.jimdobiephotography.com

### BIRTHDAY PARTIES AT PARKVIEW HALL

Make your child's birthday party a special and easy event!

Hall rental including Jumpy Thing for three hours are:

Sunday to Thursday - \$175

Friday or Saturday - \$200

Contact Val at hallrentals@pvcl.ca for bookings.



### **Parkview Playschool**

By Laura Verbeek
Playschool President



# Our registration evening for the 2010-2011 school year, was held on February 1, 2010.

Please contact **Gareth Swinnerton**, **our registrar** for information about available spots in our great program!

Parkview Playschool (located on the 2<sup>nd</sup> floor of Parkview Community Hall) provides programming for 3 and 4 year old children, primarily from the Parkview and Valleyview communities, although all children are welcome to apply, space permitting. As a parent of the cooperative program, there are a number of expectations:

- Roster duty (approximately once every 14-16 classes)
- One toy wash per year
- Participate in the "Dessert Auction Fundraising Event"
- · Participation in special events and/or field trips

#### 4-Year-old Program Specifics

 Children must be four years of age by March 1st, 2011. This is the current entry deadline for the school system.

Class times: Monday, Tuesday and Wednesday afternoons from 1:00-3:30

OR

Monday, Wednesday, and Friday mornings from 8:50-11:20

Cost is \$90.00/month

### 3-Year-old Program Specifics

· Children must be three years of age and toilet-trained by the first day of school.

Class times: Tuesday and Thursday mornings from 8:50-11:20

Cost is \$70.00/month

For more details or to register for our program contact our registrar **Gareth at 780-488-8665 or gareth.swinnerton@gmail.com** or visit our website for more information at <a href="www.pvcl.ca/playschool/">www.pvcl.ca/playschool/</a>.



### **River of Life Montessori**

Home Based Pre-School Program (Crestwood Area) **780 - 232 3636** 



We provide an orderly environment for your preschooler that nurtures their self respect and inner discipline. We pave their way in discovering their inner brilliance and wisdom, and the joy of life long learning.

#### **Program Values**

Love of Order
Self Confidence
Self Discipline
Concentration
Joy of Learning
Learning through Discovery

We believe that a solid concrete academic foundation is essential at this early stage, such as counting beads before working with abstract concepts of written numerals, finger writing on sandpaper letters to

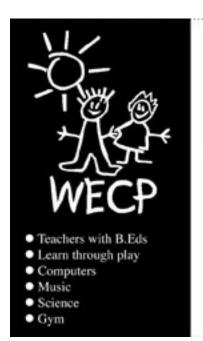


Small group half day program for 2 1/2 - 5 years old enhance recognition, and sensorial education to help develop logical and sequential thinking.

This ideal small group setting allows the teacher to monitor

each child's development and introduce challenges at appropriate times. It enhances steady progress and makes each child's learning journey enjoyable and exciting.





### Westend Community Playschool

in Rio Terrace

Open House and Registration Night:

Monday, March 1, 2010 6:00-7:00pm

> 15108 - 76 Avenue (780) 444-0221

For more information: Misty Pruner (Registrar) (780) 760-3008 westendplayschool@yahoo.ca www.wecp.ca

### **Parkview Sports**

### **Basketball Season is in full swing!**

It runs from the end of September to the middle of March. Practices are once a week. One game on Saturdays. No games on long weekends or school/stat. holidays.

Great fun, great exercise, great sport and all you need is a pair of running shoes!

More information at edmontonyouthbasketball.com or contact Donna Hinchey at 780-481-9191.

### Ladies Sports Night on Thursdays 7:30 - 9:00 pm

Basketball and volleyball for women 18 to 108). Thursdays 7:30 to 9:00 pm at Parkview School. Non-competitive, fun. Bring non-scuff runners. Call Jay (484-2482) for further information.

#### **MONEY SAVING, FUN, HEALTHY MEALS!**



"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.

<u>How</u>? 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.

<u>How Much</u>? 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.

### YOGA FOR EVERYBODY'S MIND, BODY & SPIRIT

#### Yoga-Based Mind-Body Fitness Class for Adults and Children

Workout with Friends, Family, Neighbors and Children

#### **Monday Morning Classes**

9:00 - 10:00 a.m. Jan 4th - April 19th, 2010 Parkview Hall (No Feb15 Class) \$8 class

#### Wednesday Evening Classes

8:30 - 9:30 p.m. Jan 6th - April 21st, 2010 Parkview Hall \$8 per class

### Thursday Parent & Child Classes

6:45 - 7:45 p.m. Jan 7th - April 19th, 2010 Parkview **School** (small gym NE entrance) \$10 per class

### Thursday Yoga Bear: Men Only

8:00 - 9:00 p.m. Jan 7th - April 14th, 2010 Parkview **School** (small gym NE entrance) \$8 per class

All classes will be held at the Parkview Community Hall or Parkview School

Registration is transferable among family members

Minimum of 10 confirmed registrants per class needed to ensure class runs

To register email Kerri at: yoga@pvcl.ca

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

Dress Comfortably. Bring a Yoga Mat and Water Bottle
Cash is accepted but preferable cheque payable to Parkview Community League

All profit goes to the Parkview Redevelopment Society to help complete Phase III

Next spring/summer classes will run May1 - Aug31, 2010. Keep up to date at www.pvcl.ca/sports

#### **Parkview Outdoor Soccer Registration**

#### updated Jan. 8/2010

Dates	Location	Time	
February 13 and 14, 2010	Edmonton Soccer Center - West 17415 - 106a Ave	12 noon to 3:00 pm	

#### **Bring to Registration:**

- Current (2010: ie starts with 10-) community league membership. Can be purchased at registration. Bring a cheque.
- Alberta Health Care number
- Proof of age, address, phone number
- o Emergency contacts
- List of any health concerns
- Cheques: (all payable to Parkview Community League)
  - One Registration cheque per player dated the day of registration
  - One Uniform deposit cheque of \$50.00 for each player, dated August 1, 2010 (Note U4, U5 and U6 do not require uniform deposit cheque.)
  - One Volunteer deposit cheque of \$100.00 per family dated December 31, 2010
- List of 3 players your child would like to play with. (No guarantees can be made.)
- Incomplete registrations cannot be accepted.
- Parents must be present to register players.

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Age Group	Years of Birth	Fee	Times (tentative)
Under 4	2006	TBA	Wed 6:15
Under 5	2005	TBA	Wed 6:15
Under 6	2004	TBA	Mon Wed 6:15
Under 8	2003, 2002	TBA	Tues Thurs 6:15
Under 9	2001	TBA	Mon Wed 7:15
Under 10	2000	TBA	Mon Wed 7:15
Under 11	1999	TBA	Mon Wed 7:00
Under 12	1998	TBA	Tues Thurs 7:30
Under 14	1997, 1996	TBA	Mon Wed 6:15 and 7:45
Under 16	1995, 1994	TBA	Girls Sun Thurs 6:15 and 7:45 Boys Sun Tues 6:15 and 7:45
Under 18	1993, 1992	TBA	Sunday and Thursday

Referees(paid) always needed. Courses provided. Contact coordinator.

Coaches, Assistant Coaches, Managers: If you are thinking of coaching etc. for the first time or for past coaches if you think your Police Information Check is expired (needs to be less than 3 years old) bring along 2 of driver's license, birth certificate, passport, citizenship card

Volunteers Required for Registration help and other duties. Those wanting to help with these registrations contact coordinator with your preferred day. (Sat Feb 13 or Sun Feb 14)

Soccer Coordinator: Brian Mulder brian.mulder@telus.net

Check www.pvcl.ca for updates.

Secondary Registration - Last Week in February at Parkview Hall board room. For all the details and secondary registration dates and times check www.pvcl.ca



### Feel the Heat, Feel the Difference!

	Mon	Tue	Wed	Thur	Fri	Set	Sun
6:00 am		0		0			
8:15 am					\$ 6	0	0
9:15 am	0	0	0	0	0		
10:15 am						0	0
12:00 pm	4		4		4		
1:30 pm							0
3:30 pm	0	0	0	0	0	0	0
5:30 pm	0	0	0	0	0		
7:30 pm	0	0	0	0			

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Benefits of Bikram Yoga ...

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  - Tone and Increase Flexibility Feel Great!
- Gain Energy

### KARATE AT PARKVIEW **COMMUNITY HALL**



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defense

FOR ALL AGES 5 YRS AND UP

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### Lacrosse





acrosse is Canada's official sport of summer. It is an aboriginal game developed in eastern North America. Lacrosse has two disciplines which are played in Edmonton, Box Lacrosse and Field Lacrosse.

**Box Lacrosse** is played by boys and girls from 5 to adulthood. It is played in an arena, after the ice is taken out and the season runs from mid April thru to the End of June with provincial play occurring after that. Girls play on girl's teams from pee wee level up.It is a fast and exciting game, similar to ringette and basketball, and goalies and nets similar to hockey.

The Wizards lacrosse club hosts

winter box lacrosse in the East Edmonton Soccer Center information on dates is located on the Greater Edmonton Lacrosse Council website as well as the Wizards website. Winter box is a great way to experience lacrosse, the Wizards have sticks available for use and you would require a helmet and gloves and running shoes to take part.

The first registration for lacrosse for the 2010 Box season will occur at Rexall Place on January 30th from 11 to 3 pm. If you come to register for lacrosse that day, you will be included in a draw for a free registration, and every child who registers will receive a ticket to the January 30th Rush Lacrosse Game.

January 30th sees our 4th annual GELC - Edmonton Rush Pee Wee Tournament at Rexall its an opportunity for our young players to experience playing in a National Lacrosse League Arena and on their playing surface. This is a highlight of many young lacrosse players lives come on out and see the game. Many young people aspire to join the playing ranks of the NLL and One young north Edmonton resident Shane Lopatynski was drafted by the Edmonton Rush of the NLL this season.

**Field Lacrosse** is played outside on a field similar to a soccer field, field lacrosse information and registration can be found on the GELC website or by emailing

edmlax@telus.net. Field lacrosse is played by boys and girls and many Edmonton boys currently go on to colleges and universities in the United states on lacrosse scholarships.

Kirby Zdrill a former member of the Wizards lacrosse club, and current member of the Edmonton Eclipse Junior A team was the first Canadian Drafted by Yale University to play lacrosse. Kirbys family resides in the community of Lago Lindo.

For more info visit www.gelc.ab.ca and www.wizardslacrosse.ca

#### South Jasper Place Minor Baseball Association







West Edmonton Baseball Players:

Baseball season is fast approaching. To ensure that you "Play Ball" this year, please note the following:

#### Registration Dates, Times, and Locations

SJP Baseball has five dates and times available for West Edmonton baseball players to register:

- 1. Saturday, February 27, 10:00 am 2:00 pm at Lessard Community Hall (17404 57 Avenue)
- 2. Friday, March 05, 7:00 pm 9:00 pm at Willowby Community Hall (6315 184 Street)
- 3. Saturday, March 06, 10:00 am 2:00 pm at Willowby Community Hall (6315 184 Street)
- 4. Friday, March 12, 7:00 pm 9:00 pm at Crestwood Community Hall (14325 96 Avenue)
- 5. Saturday, March 13, 10:00 am 2:00 pm at Crestwood Community Hall (14325 96 Avenue)

#### **Additional Information**

For additional information, visit our web site at www.sjpbaseball.ca or call Dan at 780-481-0689.



www.tailz.ca

### Third Eco Station now open

new Eco Station in the City's south west is making it easier for residents to dispose of their waste in an environmentally responsible way. The Ambleside Eco Station, located at 14710 Ellerslie Road, is a new drop off point for household hazardous waste (HHW), electronics and items too large for regular collection.

Edmonton's two other Eco Stations are running at full capacity. In the last five years, traffic at Eco Stations has increased an average 16 per cent each year. This third Eco Station will relieve pressure on existing facilities and meet future demand as the City grows.

Edmontonians know it's important to bring household hazardous waste to an Eco Station rather than putting it out with regular garbage. Waste from Edmonton houses, apartments and condos goes to a composting facility where organic material like food waste, grass and leaves is composted while noncompostables like plastic and

textiles are filtered out. Keeping HHW out of the garbage maintains the high quality of compost produced. As a bonus, most material brought to an Eco Station is recycled. Paint, motor oil, car batteries, computers and electronics are just a few examples.

In 2009 for instance, Eco Stations recycled 170,456 fluorescent light tubes (which contain toxic mercury). Laid end to end, they would span 208 kilometres, or the approximate distance from Edmonton to Edson.

Eco Stations are open Tuesday to Saturday, 9:00 a.m. to 4:30 p.m. and are located at:

Strathcona: 5150-99 Street -Enter on 99 Street only Coronation: 11440-143 Street Ambleside: 14710 Ellerslie Road SW (now open)

For more information on what you can take to an Eco Station visit edmonton.ca/waste or call 311.



780-988-0089

### **Adult Programming**

By Tamra and Mike Simons

<u>Adult Program Coordinators</u>
simons@shaw.ca

### Parkview "Adults" Have Spoken

hank you to everyone in the community who responded to the Adult Programming request for suggestions of the types of activities you would like to see offered. While we plan to explore all ideas suggested there are a few areas that were requested more often:

- Sporting Activities
- Food and Beverage related activities such as Wine Tasting, Cooking Classes and Meal Making Club
- Crafts such as Card Making Workshops and Scrap Book Crops
- Social Dance Classes or Club
- Book Club
- · Games Nights including card and board games



p. 780.489.1460 f. 780.489.1461 kculham@telus.net

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### Winter Activities In The Park

We are happy to report that we have been able to make progress in a couple of these areas. Starting in March we are offering three separate social sporting evenings and have also begun the ground work for putting together other activities and clubs.

As a kick off to Adult Programs we are pleased to offer Winter Activities in the Park! The cost per session is \$15.00/person and will take place at Laurier Park. Join the fun for one or more evenings and come alone or plan to register with friends. We recommend registering early as there is a maximum []

### Cross Country Skiing: Thursday March 4 from 6:30-8:30pm

Fun and safety are emphasized in this ski evening.

Practice your new skills while you play games and tour the trails.

All equipment and instruction will be provided.

### Snowshoeing: Thursday March 18 from 6:30-8:30pm

Come out and enjoy an old favourite using aluminium snowshoes for a new twist.

Learn to climb and descend slopes until your cheeks are rosy.

All equipment and instruction will be provided.

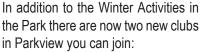
### Geocaching: Thursday April 22 from 6:30-8:30pm

Use your navigation skills and GPS units to find hidden caches in the park.

GPS units and instruction will be provided.

For more information and to register please visit our community website at pvcl.ca.

### **NEW!**





### **Book Club**

Thank you to Elizabeth Coenen for volunteering to be the contact person for a Parkview Book Club. Please email Elizabeth at eecoe@shaw.ca if you are interested in joining. Please let her know your first choice of evenings, times, and how often you would like to meet. Once we have heard from all those interested we will be able to figure out the details.

### Scrap Book Crop

Thank you to Laura Verbeek for offering to take the lead in organizing a neighbourhood Scrap Book Crop. Please email Laura at laura.verbeek@gmail.com if you are interested in attending and a date and time will then be arranged.

We also wanted to offer a quick reminder that many programs for adults already exist in the community. Parkview Yoga is in full swing - email Kerri at yoga@pvcl.ca. Ladies Sports Night takes place on Thursday evenings at Parkview School - call Jay at 780-484-2482 for further information. Card Sharks meet Wednesday at 1:00 in the Community Hall Boardroom - call Ellen Jones at 780-483-8156 for further information.

We look forward to seeing many neighbours out at the events and please let us know if you have any ideas you'd like to share. We will continue to try and grow Adult Programming in the direction provided by all of you!

Tamra and Mike Simons **Adult Program Coordinators** simons1@shaw.ca

### **Community Counselling** Centre

780-482-3711

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### 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

### Senior Card Sharks

Cards Anyone?

If you're a Senior who likes a friendly chat, great company and the challenge of a good card game, come out and meet the "Senior Sharks" in the Parkview Community League Hall at 1:00 p.m. on Wednesday afternoons. Learn the game of Wizard, enjoy a light snack and meet new people. Call Elen Jones at 780-483-8156 or June Bradley at 780-483-9475 for details

JOIN THE ART CLUB!

The Art Club meets in the Community League
Board Room. For more information email Shana
Wilson or phone: 780-483-0438

### Private Guitar Lessons for Adults

weekday mornings or afternoons in Laurier Heights beginner – intermediate – advanced folk, rock, pop, and classical

Gord McCrostie - B.Mus. 25 years experience (780)444–0741; gord.mccrostie@shaw.ca





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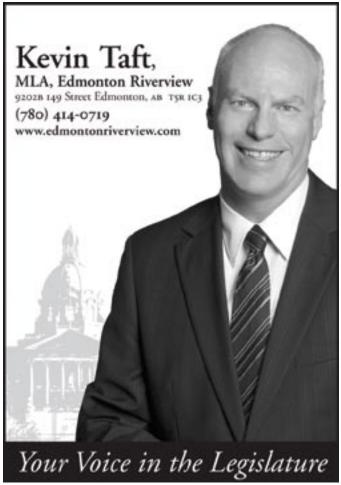
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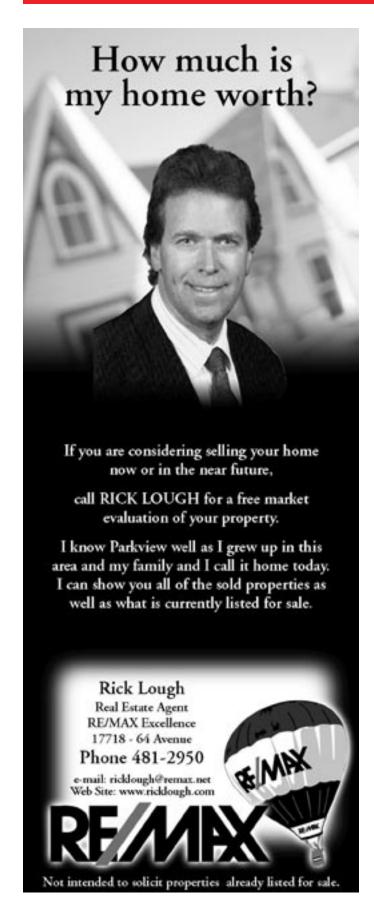
















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O I DO NOT want to have my name published in	PLATINUM 1 recognition \$5,000 - \$9,999
materials and wish to remain anonymous Name tax receipt should be issued to:	DIAMOND \$10,000+
Pledge Amount YES, I would like to donate to this project:	TOTAL PLEDGE AMOUNT: \$
Payment O Cash O Cheque O V	
Please make cheques payable to: City of Edmo Monthly payment amount (optional) \$	
Card number	Expiry date:
Signature:	Date:
Please complete if this contribution is:  O In memory of:	59
O In honour of/special occasion:	
Thank you for your support	Please forward pledge form and payment to: Valerie Bright, Fundraising Coordinator 9016 -141 St., Edmonton, AB T5R 0L2

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