

Summer 2008 www.pvcl.co

Parkview At A Crossroads - Again

By Rita Mildon Parkview President

ince the community of Parkview was first built, beginning in 1957, this has been a peaceful and somewhat out of the way place to live and raise a family. But that's not to say there have not been changes. The construction of Whitemud Drive and the Ouesnell Bridge in 1968 created new traffic challenges that continue to this day. And in September of 1981 the opening of the worlds' largest shopping center had a profound effect on traffic in Parkview, even though we are located 30 blocks away.

The first thing we have to dispel is this notion that the neighbourhood was built 50 years ago and nothing has changed since. Parkview is a remarkably stable and beautiful neighbourhood, but there has been – and will be – change.

Now a report prepared by engineers hired by the city has determined that the most efficient and cost effective way of getting the west LRT out to West Edmonton Mall and the new residential areas beyond it to run the line along 87th Avenue, through Parkview. The actual alignment (see story in this issue) is on the surface of 87th Avenue between 149th Street and

about 146th Street. Then a tunnel would take the LRT under the traffic circle and beneath Valleyview, and across the river on a new bridge.

And so, both as a community and as individuals, we have decisions to make.

It would be easy and under-

der- ap

The city administration is recommending a plan to run the West LRT route down the middle of 87th Avenue, from the University of Alberta to the West Edmonton Mall.

PARKVIEW COMMUNITY LEAGUE

LRT TOWN HALL MEETING

If this proceeds, this plan will have substantial effects on Parkview – years of construction, more long-term noise and traffic, more local commercial development and perhaps increased crime rates.

The Community League is sponsoring a "Town Hall Meeting" on April 30th at 7:30 p.m.

We encourage all residents to attend to discuss this proposal, which would have enormous consequences on our community.

APRIL 30th, 2008 7:30 p.m Parkview Community League Hall 9135 – 146th Street

Sponsored by the Parkview Community League

standable to simply have a knee-jerk reaction in opposition of this alignment. But speaking personally I think the engineers have done a pretty good job of mitigating the effect this will have on our neighborhood. In Parkview it will run on the surface for approximately four blocks of 87th Avenue, which is a road that is already crazybusy. The engineers say the placement of the LRT on 87th might turn it into a two-lane road. It's fair to ask if that is a bad thing, as

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Parkview/Valleyview Community League Contacts

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

<u>Position</u>	Name	Phone	Email		
President	Rita Mildon	483-8391	ritamildon@shaw.ca		
Vice President/ Building Coordinator					
Past President	•		•		
Secretary	Ann Sinnott				
Treasurer			jzforsyth@shaw.ca		
Basketball Coordinator	•				
Casino Coordinator					
Hall Rentals / Facility Operations			-		
Community Recreation Coordinator.					
Craft Sale Coordinator					
Fundraising Coordinator	•		~		
Indoor Soccer Coordinator	_				
Membership Coordinator	_				
Newsletter Advertising	•				
Newsletter Distribution					
Newsletter/Website Editor	•		ū		
Playschool Contacts					
•	Registrar: Auni Amini	432-1460	autarky@shaw.ca		
Outdoor Soccer Coordinator	Yvonne Seethram	483-2098 ext.	2paribus@shaw.ca		
Parkview (Playground)			•		
Redevelopment Society	Nancy Davis	489-5191	nadavisfamily@mac.com		
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Tot Time					
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Art Club	Shana Wilson	483-0438			
Girl Guide Coordinator	Stephanie Donalds-Kelly	482-6249			
Karate Instructor	David Chow	695-5457			
Senior Sharks Coordinator	Jim and Ethel Valleau	483-8363			
Tai Chi	Andy Wong	484-5088			
Adult Programs Coordinator					
Traffic Liaison	VACANT				
Special Events Coordinator	VACANT				

Calling all Volunteers

Executive Positions

With the retirement of some Executive members, Parkview needs some fresh faces! We are all busy, but it is time for some new blood. Too few people have been carrying too great a load.

- President
- Volunteer Coordingtor
- Special Events Coordinator

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



Contact Rita Mildon at 483-8391 or ritamildon@shaw.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: April 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:

Wendy Travis wendy.travis@shaw.ca

To place ads contact:

Allan Davis nadavisfamily@mac.com

Crossroads cont'd

it is bound to reduce the current freeway shortcutting problem on 87th Avenue between 142nd Street and 149th Street.

I am the first person to admit, however, that if I owned a house along 87th Avenue between 149th Street and 142nd Street, I would be asking some pointed questions and I would want some straight answers.

We also have to look at this from a political standpoint. The engineers can write all the reports the want, but the politicians decide. Mayor Mandel is already on record as opposing this proposed alignment, as does the very influential Coun. Karen Leibovici. If Parkview accepts the recommendations of the report, are we cutting the legs out from under the

very elected representatives who could kill this plan?

There has already been some opinion expressed on a possible LRT station in the area of 146th Street and 87th Avenue. Some think it would be convenient: others want the line (if it comes at all) to run through our neighbourhood with no stops. One thing we can be sure of. If a station is built to serve Parkview & Laurier Heights, the city would not accept the existing low-density single-family dwellings in that area. Land near LRT stations is intended for highdensity developments, so a Parkview/Laurier station would mean a fundamental change to our neighbourhoods. I remember flying into Toronto once, and as I descended over the suburban sprawl I saw clusters of high-rise towers sticking up from the residential areas every mile or so. That's where the subway stations were, and a station in Parkview/Laurier would inevitably lead to high-rise development.

The Parkview Community League can do one of four things. Support the proposal, support it with conditions, oppose the proposal or take no position. This is not a decision that can or should be made by 10 members of the executive. As a community league we will have to reach out to as many Parkview residents as possible. We have a big hall. In the future we will be using it to gather together (calmly) to discuss this issue as we try to reach a community consensus.

• • • • •

After five years this is my last "President's Message". I can't even begin to thank by name everyone who has contributed to the success of the Parkview Community League during that time. And I don't just mean members of the executive. The real success of this community league comes from people who do what time allows. In ways big and small so many of us give of ourselves to make this the best community in the city.

So...thank you to everyone. It's been a privilege.

Rita

In winter I get up at night
And dress by yellow candle-light.
In summer quite the other way
I have to go to bed by day.
~Robert Louis Stevenson



Parkview Redevelopment Society

IGA Gift Certificates

- Your purchase returns 15% to the redevelopment project.
- You buy \$100.00 you get \$100.00 in groceries.
- Certificates can be used at all IGA/Sobeys stores in Canada. No expiry date.
- Contact Tracie Millar at jtmillar@telusplanet.net

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 *Parkivew Redevelopment Society*.

Send to:
Parkview Redevelopment
Society
°/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, call 481-2842 or louiseclarke@shaw.ca

Going for green:

Looking at eco-friendlier choices for parking lot relocation

he Parkview Redevelopment Society is seeing green from many different angles these days. With the green buds of spring and dreams of green grass in the distant future, summer months will usher in more activity with the redevelopment plans and our efforts to green up our community gathering space.

As announced in the last issue, the Parkview is getting a lot of "green" from the Alberta Lottery Fund. Parkview Redevelopment Society received \$500,000 for the park redevelopment and hall renovations. The receipt of this very critical grant has jump-started plans for the parking lot relocation.

The project involves relocating the parking lot to the north side of the hall where the basketball courts currently reside. New basketball courts will be located on the east side of the hall, closer to the playground, while the tennis courts will remain in the current location. The north side of the hockey rink will gain some walking paths and a significant number of tree plantings, creating a natural barrier between east-facing houses on 146th Street that overlook the future parking lot area.

Committee Chair Nancy Davis notes, "While we are moving the parking lot, we will ensure the current green space remains attractive. However, more importantly, we are addressing larger concerns related to improved safety for our little people accessing the playground and hall, as well as security issues related to vandalism, mischief, and drug and alcohol activity."

As we tackle this mission, we have an additional objective in mind. Some residents expressed concerns during last year's project that the playground structures could have been recycled or re-used elsewhere. While that wasn't possible with the playground, it brought to the forefront the desire to make responsible environmental choices when proceeding with future initiatives.

At the suggestion of Doug Frost, Community Project Manager with the City of Edmonton, the Parkview Redevelopment Society will work with the city to make this asphalt project more eco-friendly. We are currently investigating the possibility of reclaiming the asphalt from the old parking lot. We hope to bring an asphalt grinder on-site and use the recovered byproduct as the base for the new parking lot.

Embracing a more "green" approach could potentially mean significant cost savings. Costs of gravel and asphalt have increased by an estimated 22 to 25 per cent over last year. With some creative thinking, this initiative will save money on gravel costs, as well as costs associated with the removal and disposal of waste.

Where are we at?

The project proposal is in the tendering process to ensure a competitive bid. A contractor will be selected by mid-April with work beginning in May, or as weather and contractor schedules allow.

Some really exciting hall enhancements are also being considered with the addition of windows and a deck to the hall's south side. This will allow natural light into the hall, extend the hall use and provide an excellent transition to the playground. The existing parking lot will essentially be claimed as park space and include a sun shelter and a larger grass area. Whether any of these projects can



be completed in this phase will be determined when all cost estimates are received for the parking lot rehabilitation. Budget and project scope will be reassessed at that time. The outdoor washroom and water spray park are expected to remain Phase III projects due to the substantial costs involved.

As the project moves forward, we remind residents that we are still in need of donations for park and hall redevelopment. If you have not made your donation, or if you would like to make an additional donation to take advantage of the new tax year, it is not too late. Your contribution will be put to good use and you can still receive permanent recognition. In addition, the committee is continually researching and applying for grants. With your monetary and volunteer contributions, the committee's vision of a revitalized hall and park area is gradually becoming a reality for Parkview and Valleyview families.

The summer will be very busy and lead to very positive results for the entire community. It will bolster what we know to be true—the appeal of this community is based upon an active community league; beautiful mature trees; the park and playground; excellent schools; and the incredible support and opportunities provided through community activities.

On a final note, residents can be assured the playground will remain open throughout construction. With a new playground and the City of Edmonton Green Shack program returning to Parkview this summer, we look forward to once again seeing lots of kids and activity. Since the parking lot is out of commission and parking will be limited, we encourage residents to also "go green" and walk to the park.

Happy Summer!

Parkview Redevelopment Society

Playground Grand Opening — Postponed until September

Sunday, September 28, 2008 2 – 4 pm

Due to the new round of construction starting in the spring, the grand opening event planned for the playground is being postponed until late September. Currently, start and end dates for construction are unknown and the hall and grounds may not be easily accessible during that time. So, we will just have to wait until we have an even bigger reason to celebrate!

Drop by the hall and playground for an afternoon of fun and socializing. Then, continue the family fun by stopping for a soak at the Jasper Place Leisure Centre during the Parkview community swim time from 5 to 6 pm. All events are FREE courtesy of your community league membership!

Watch your fall newsletter for more details about the grand opening.

Chinese Alliance Church Models Citizenship

A big THANK YOU to the Chinese Alliance Church youth who have offered their time and assistance to the Parkview Community League.

On the evening of Friday, May 16, at least 25 volunteers from the Chinese Church youth group will be on the community league site helping out with general tasks. Community residents are encouraged to drop by to help out or to offer their thanks and support to these community-minded individuals.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. ~James Dent



U16 City Soccer Champs!

Bronze Provincial Medalists

by Gerard Zentner

The Parkview Power U16 Girls soccer team for the 2008 indoor season has once again proudly represented Parkview Community. The girls were the top team in the City of Edmonton Tier 4 (highest level before rep teams), won the Gold Medal as City Champions and then ventured into the Provincial playoffs and came home with Bronze this year.

The girls were undefeated throughout the regular sea-

son and battled through very intense injuries including 6 concussions, numerous knee injuries, including a torn ACL on Bray Gregoraschuk (one of the top forwards) and, in the first game of Provincials Shannon Lough (top scorer) suffered a broken leg!

Throughout all of this adversity the girls dug deep, played hard and only lost one game in Provincials against the eventual gold medal winning team from

Camrose. In the bronze medal game against the number one team from Calgary, Parkview won 4-1!! The girls' success is based on their ability to play as a team. The compliments we get from referees and other coaches is a real testament to their ability to play together as a team and have fun doing it.

Parkview Power U16 G 2007-2008 Indoor Season Statistics:

2007 Polar Cup Gold Medal Champions

2008 Indoor City Championship Gold Medal Champions

2008 Indoor Provincial Championship Bronze Medalists

Undefeated in regular season 1 defeat in playoffs 22 wins, 4 losses, 4 ties 132 goals for, 53 goals against



Gold Medal Team:

Back Row: Coach Rick Lough, Manager Judy Davies, Emily Ruske, Katherine Creelman, Marisha Iverson, Erin Atterbury, Gen Bittorf, Laura McNeill, Megan Wood, Shannon Lough, Coach Gerard Zentner, Coach Lorne Gregoraschuk. Middle Row: Randi MacDonald, Natalie Cockwill, Stephanie Bouwsema, Linna Merrigan, Carman Davies, Hannah

Bouwsema, Linnea Merrigan, Carmen Davies, Hannah Graham, Nicole Lewis.

Front Row:Jillian McCann, Emilie Zentner, Kristen Millions, Asa Hagel, Bray Gregoraschuk Missing from the picture is Hannah Marvin





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Community League Membership has its Benefits!

y becoming a member of your Community League, you have demonstrated your commitment to your community.

Some Community League Membership Benefits include:

- Free community swim for one hour on Sundays from 5-6 p.m. at Jasper Place Pool,
- Free public skating at selected City of Edmonton

indoor rinks (see page 23 of this newsletter for more information),

- Outdoor skating rink access,
- Children's Halloween and Christmas parties,
- Weekly Tot Time program,
- · Seniors Card Sharks afternoon
- **Memberships are required for community sponsored programs.

I AM AVAILABLE TO ASSIST WITH COMMUNITY EVENTS? YES

Please note that memberships are now available online at www.pvcl.ca, or you can mail or drop off the form below to Wendy Sweetland, 9007-143 Street, Edmonton, Alberta, T5R 0P3,

Memberships are also available at registration for the following programs: Sparks, Brownies, Guides, Karate, Tot Time, Senior Card Sharks, Indoor Soccer, Basketball, or Playschool.



Parkview Community League Membership Form

Please complete and MAIL this FORM and CHEQUE to:

Wendy Sweetland 9007-143 Street Edmonton, Alberta T5R 0P3

aug made navable to: Parkview Community League

	Cheque made payable to. Farkview Community League				
Type of Membershi	o: Two Parent Family - \$40.00 Adult household - \$20.00 Senior household - \$5.00				
NAME:					
ADDRESS:	POSTAL CODE:				
TELEPHONE:	EMAIL:				
CHILDREN:	AGE:				
	AGE:				
	AGE:				

Parkview/Valleyview Park Thank you ALL for your support. Redevelopment donors

All donations \$20.00 and more a	re	Tami & Keven		Kathy & Ian Newman	\$300	Francene Starko – in memory	y of
eligible as a tax deductible donat		Lackey Family	\$1,000	David & Kevin Appleton	\$260	Peter Starko	\$250
A receipt will be issued by The Cit	y of	Debra & Stephen McLean	\$1,000	Renata & Witold Romanek	\$255	Betsy, Paul & Katia Stocco	\$250
Edmonton.		Rene & Dr. Rhea Plouffe –		Ted Allsopp	\$250	The Swinnerton Family	\$250
NEW DONATIONS ARE DENO	TED	in memory of Emma	Ф1 000	Jon & Valerie Coenen	\$250	Gwenne & Rod Tweddle	\$250
BY BOLD TYPE		Amelie Richartz	\$1,000	Nancy & Al Davis	\$250	Isabelle & Ed Verdin	\$250
Corporate donors	. 000	Sinnott & Naccarato Family		Verna Davis	\$250	Marcus & Julia Walsh- in mo	emory
	5,000	Plewes/Slade Family	\$1,000	Verna Davis – in memory of	•	of Emma Amelie Richartz	\$250
	2,500	Jared Priestner	\$1,000	Marnie Boggs, Vermilion, AB	\$250	Donna Watson	\$250
	2,500	Silver \$500 – \$999		Verna Davis – in memory of l	Dr.	The Yeudall Family	\$250
Ed & Kelly Moroz –	000	Lorna & Don Kramer	\$600	Ray Davis	\$250	Anonymous Donations	
· ·	2,000	Anna & Dave Fiala	\$550	Tracy & Alex Eadie	\$250	Anonymous	
•	,300	The Assaly Family – in mem	-	Elia-Kelly Family – in memo	ry	donations (17)	\$3,700
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2	,585	Lyndsey Creech – in memor	у	Yvonne & Jim Seethram	\$250	Amelie Richartz	- c
The Turchansky Family \$1	,300	of Emma Amelie Richartz	\$300	Kayla Shoctor – in memory o		Boris de Jonge – in memory Emma Amelie Richartz	OI
Family Dechamplain \$1	,200	Debbie & Ed Braun	\$300	Joseph H. Shoctor	\$250	Karyn Decore	
	,200	The Gooding Family	\$300	Dodie & Garry Smith – for th		Sharon Dempster – in memor	ry of
Carl & Iris Richartz – in memor	*	The Hardy's	\$300	grandchildren Ava & Charlie \$250	Lund	Emma Amelie Richartz	1 y U1
	,200	The Johnston/Starko Family		Elsie & Ron Smith	\$250	Theresa & Andreas Donauer	
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Emma Amelie Richartz

D. Savitsky

Ellen Schoek

Ann & Erich Schmidt

Elana Scraba & Peter McNab – in memory of Emma Amelie Richartz

Janet & Edward Shillington

Mary & Steve Stannard – in memory of Emma Amelie Richartz

Sharon Stepanick

Peggie & Ernie Stevens

Hazel Stevenson

Victor Tirmizi

Patricia & Claus Wagner

Dr. Sam & Eva Weisz

Danny & Connie Wolff

Carol & Bruce Woodhouse

William & Colleen Wright – in memory of Emma Amelie Richartz

Karen Zuk

Parkview Community League

Event Calendar 2008-09

May

Community League AGM 3rd Wednesday of the month

June

No Community League Meetings

July

No Community League Meetings

August

Fall Newsletter Deadline August 1st

No Community League Meetings

September

Community League Meeting 3rd Wednesday of the month

Local Programs start:

- Scouts
- Tot Time
- · Indoor Soccer Registration
- · Basketball Registration

October

Community League Meeting 3rd Wednesday of the month Tot Time Halloween Party

November

Community League Meeting 3rd Wednesday of the month Christmas Craft and Bake Sale

December

Community League Meeting 3rd Wednesday of the month

January

Community League Meeting 3rd Wednesday of the month

February

Spring Newsletter Deadline February 1st

Outdoor Soccer Registration

Community League Meeting 3rd Wednesday of the month

March

Community League Meeting 3rd Wednesday of the month

April

Summer Newsletter Deadline April 1st

Community League Meeting 3rd Wednesday of the month





(Located on the 2nd Floor of Parkview Community Hall)

Tami Lackey Playschool President

pots still available in our afternoon 4 Year old program!!!

Please contact Auni, our registrar at 432-1460 or at autarky@shaw.ca to register for our program or for more information today!

Parkview Playschool (located on the 2nd 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
 - Fundraising
 - Participation in special events and or field trips

4-Year-old Program Specifics

Children must be four years of age by March 1st, 2009. This is the current en-

try deadline for the school system.

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



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

Cost is \$85.00/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 \$65.00/month

Please visit our website for more information www. pvcl.ca/playschool/



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Angela Broniszewski HHPR & Reflexologist (780) 966-7322 Reflextherapy2007@gmail.com Parkview Hall Karate Program

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www.Renshinkai.com

Next Session's Highlights

- Kanei Uechi Tournament
- Stollery Fundraiser
- Seminars with Ground Expert Rick Wilson
- Ask about our summer program

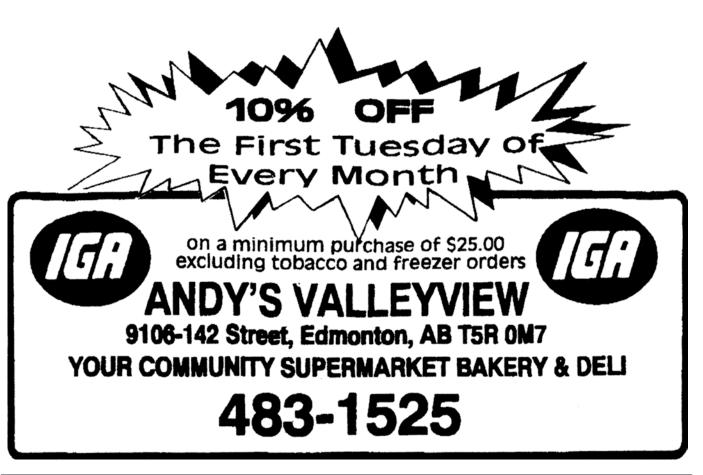
Spring term begins April 8, 2008

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Deep summer is when laziness finds respectability. ~Sam Keen

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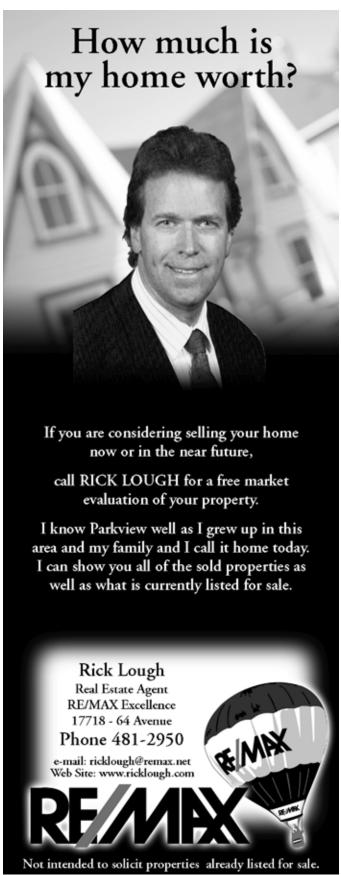
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We believe that a solid concrete academic foundation is essential at this early stage, such as counting beads before working with abstract concepts of written numerals, finger writing on sandpaper letters to

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Small group half day program for 2 1/2 - 5 years old

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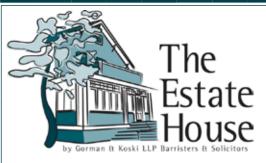






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The coldest winter I ever spent was a summer in San Francisco. ~Author unknown

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Parkview Summer Programs 2008

City of Edmonton Summer Camps



Programs for children ages 3 – 5 years:

July 28 – August 1, 2008

Little Nature Nuts

(Course Code: 283920)



It is a bug's eye view of the outdoors as children discover nature through games, songs, and crafts. Nature walks, bird watching and bug spying are all part of the fun; 9 - 11:30 am.

Programs for children ages 4 – 6 years:

July 28 – August 1, 2008

Green Thumbs

(Course Code: 283919)



Come and get the scoop on growing flowers and vegetables. Learn some neat ways that our insect friends help us out in the garden! Planting seeds, crafting some beautiful bugs and making cool garden markers are all part of the fun; 1:30 - 4:00 pm.

Programs for children ages 6 - 9 years:

Get in the Game

(Course Code: 284021) July 7 - 11,2008



An action packed program of sports for your child to enjoy. Activities will include field sports, basketball, arts and games; 1:30 - 4:00 pm.

Adventure in the Valley

(Course Code: 284275) August 18 - 22, 2008

Discover your way through this exciting week of adventure. Seek, explore and uncover the mysteries of your neighbourhood through hikes, games and the beauty of nature. Please dress appropriate for outdoor weather. (Children may be off site in ravine areas near the hall); 9:00 – 4:00pm.



Registration for all Registered Summer programs starts April 28, 2008. Call (780)496-4999 to register or go online at www.edmonton.ca/registration.

Drop In Program

Parkview Community League Green Shack Playground Program

July 2 – July 31, 2008

Monday – Thursday 10:00 a.m. to 2:00 p.m.

August 1 - 21, 2008

Monday – Thursday 2:30 p.m. to 5:30 p.m. and Friday 1:30 p.m. to 5:30 p.m.



What Makes Kids Care?

Excert from Child Safe Canada Newsletter

n a world where violence and cruelty seem to be common and almost acceptable, many parents wonder what they can do to help their children to become kinder and gentler--to develop a sense of caring and compassion for others. Raising kids who care isn't a solution to violence by itself, but it's reasonable to worry that being exposed to a lot of violence -- whether it's on television or on the streets -- could make your children hard and uncaring.

Parents, of course, can't completely control all the things that affect their children's lives. After all, children spend a lot of time out in the 'real world,' which can often be harsh, uncaring, or just plain unhappy. And children have their own personalities and characteristics that parents can't change or control. But there are some things that a parent can do to encourage their children to become caring, fair, and responsible.

People sometimes think that children don't really see the outside world -- or other people -- the way adults do, that they only view the world from their own eyes and in their own way. But is this true?

Researchers used to believe that a sense of real caring about others only came as people grow into adulthood. But now studies are finding that children can show signs of empathy and concern from a very early age. They react with concern when they see unhappiness, wanting to help or fix the problem.

As well, one study found that teenagers who were involved in helping others felt very positive about their lives and had high hopes for their own futures.

The most important thing you as a parent can do is to let your children know how much it means to you that they behave with kindness and responsibility. When you see your child doing something that you think is thoughtless or cruel, you should let them know right away that you don't want them doing that. Speak to your child firmly and honestly, and keep your focus on the act, not on the child personally -- something along the lines of 'What you did is not very nice' rather than 'YOU are not very nice.'

This emotional reaction needs to be accompanied by information--some explanation of why you disapprove--for example, 'Look, Joey is crying. He's crying because you took his toy away. That wasn't a very nice thing to do!' or 'It hurts the cat when you do that; that's why he scratched you. It isn't kind, and I don't want you to do that any more!' It's important to let children know how deeply you feel about their behavior toward others. If they see that you have a real emotional commitment to something, it's more likely that the issue will become important to them, too.

Be frank, honest and upfront with your kids about what kind of behavior you do and don't like. Keep your comments short and to the point; the idea is to teach them, not to make them feel guilty.

According to another study there are two kinds of parental role modeling that help teach children to be caring: kindness to others and kindness to the child.

In other words, our actions speak louder than words.

Keep in mind that if you say one thing and do another, your children will pay a lot more attention to what you do. The old warning 'Do as I say, not as I do' simply does not work, particularly when it comes to teaching about caring.

Try to surround your children with other people who are kind and caring, so that they have several role models.

If you treat your children with respect for their dignity, concern, and regard for their achievements, you help them understand that all living creatures should be treated with dignity and concern.

Parents understandably worry that their effort at home could be undermined by outside influences such as their children's friends, daily violence in their own neighborhoods, television shows and movies, or a culture that exalts 'heroes' who are selfish.

Here are a few things that you can do to help counteract these influences:

Give them books that promote compassionate behavior. Keep in mind, though, that kids -- especially teen-

agers -- don't like characters who are 'goody-two-shoes,' so look for books about ordinary characters who perform acts of caring and concern.

- A study at the National Institute of Mental Health found that children who tend to imitate behavior they see on television. For this reason, you may want to limit their viewing of violent programs and encourage them to watch shows that promote ideas about caring and helping.
- Find out about the movies your children want to see. Are they excessively violent? Do they glamorize criminals or people who get ahead at the expense of others? Do they glorify violence to people or animals? You can't shield your children from everything, but a little discussion can go a long way. Ask them to think about what they saw and to consider other approaches the characters might have taken.
- Educate your children about famous altruists. Local museums can provide an inexpensive and enjoyable way to do this, as can television specials and books. Talk to them and find out who they admire, and why.



Grow a Garden Club on your School Grounds



Discover ladybugs, grow flowers and dig in the dirt with your students.

Join us for this workshop:

- Discover the many benefits of garden clubs
- Learn how to organize a club for your school
- Share your ideas on exciting and varied gardening activities.

Tuesday, April 29th, 2008 7-9pm

Who should attend?

Parents, teachers and community members. If you are interested in starting a garden club, or have already done so and would like to share your experiences, please join us!

Location

John Janzen Nature Centre - 7000-143 St. (next to Fort Edmonton Park at the corner of Fox Drive and Whitemud Drive)

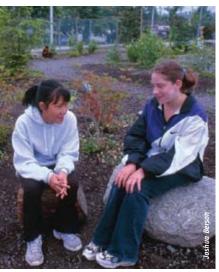
To register or for more information, please contact:Kathy Goble, Evergreen School Ground Design Consultant 780-435-1778 or kathygoble@newlinc.com







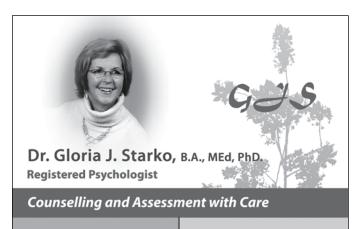
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The summer night is like a perfection of thought. ~Wallace Steven

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

Karen Leibovici Councillor, Ward 1

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