



PARKVIEW NEWSLETTER

www.pvcl.ca



Summer 2010

President's Message

Class of 1965
Parkview School Reunion
(See page 9 for more details)

By David Smith
PVCL President

We're headed into summer, but before we get that far, there are a few spring items to note. First is the second annual community garage sale. This event was a major success last year – we had a huge turn out and everyone looked like they had a great time. This year, it's more of the same with tables for sale to vendors, treats and fun for the kids and of course the opportunity to get out a meet the neighbours.

The second big event is the semi-annual volunteer appreciation dinner, which we are putting on at the community hall in early June. This event is our chance as a league to say thank you to the community members who come out and provide their time and leadership to run the wealth of community programs – soccer, basketball, tot time, playschool, adult programs, and so many more. The evening will be a mix of food, friends and fun and I look forward to seeing our dedicated volunteers there.



Speaking of volunteers, we are always in need of new blood on the PVCL board, and maybe more so now. There are several open positions we need your support with. Commitment varies by position, but the common denominator for all is coming out to the monthly board meetings every third Wednesday of the month at the community league hall (September to June). We have at least two meetings out during the year where we meet over dinner or beverages, so it's not all work. With your help, we can make the community league run even better and provide these essential services to all.

Currently we still need a volunteer coordinator. This is someone who coordinates the time that the community league levers from the program-related volunteers, which are those

parents who sign up their kids for community programs and agree to donate 4 hours of free time. These volunteers often help out in their kids' programs, but there's always the need to share help across others. The volunteer coordinator keeps the master list of all program-related volunteers and ensures everyone meets their obligation to help while providing potential volunteer names to program leaders when extra help is needed.

As a program volunteer myself, June will mark the end of my second year as president and it's been a really terrific experience. I encourage everyone who reads this to think about volunteering your time to our league. It would make a big difference to Parkview and to your own household as well. For example, we worked hard to ensure the city listened to our concerns over the west light rapid transit route this past year and have seen the tremendous result of that effort. The Parkview Redevelopment Society has made won-

derful changes to the hall and property and continues to lead the renovations into Phase III this year. But there is always something new on the horizon and we need your volunteering time and effort to carry us forward.

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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 Coordinator	Rita Mildon	780-483-8391	vp@pvcl.ca
Secretary	Nicole Karam		secretary@pvcl.ca
Treasurer	Jennifer Forsyth		treasurer@pvcl.ca
Casino Coordinator	Brenda McDonald	780-486-9079	casino@pvcl.ca
Hall Rentals	Val Bright	780-486-4337	hallrentals@pvcl.ca
Facility & Hall Maintenance	Warren Nunweiler	780-483-2098	warrennun@hotmail.com
Adult Program Coordinators	Tamra & Mike Simons	780-483-1291	simons1@shaw.ca
Basketball Coordinator	Christina Froberg	780-454-5040	christinafroberg@hotmail.com
	Donna Hinchey		basketball@pvcl.ca
Bridge Club	Teresa Feeham	780-483-6473	
Community Recreation Coordinator	Ruth Wong-Miller		ruth.wong-miller@edmonton.ca
Community Safety Liaison	Danae Kortmann-Watts		safety@pvcl.ca
Craft Sale Coordinator	Val Bright	780-486-4337	hallrentals@pvcl.ca
Fundraising Coordinator	Val Bright	780-486-4337	hallrentals@pvcl.ca
Girl Guide Coordinator	Dawn Nelson		
Karate Instructor	David Chow	780-695-5457	
Membership Coordinator	Robin Hobal		membership@pvcl.ca
Newsletter Advertising	Allan Davis	780-489-5191	nadavisfamily@mac.com
Newsletter Distribution	Christina Froberg	780-454-5040	christinafroberg@hotmail.com
Newsletter Editor	Denisa Leitch	780-447-1844	ddleitch@gmail.com
Parkview Redevelopment Society	Nancy Davis	780-489-5191	nadavisfamily@mac.com
Playschool Contacts	President: Laura Verbeek	780-455-9940	laura.verbeek@gmail.com
	Registrar: Tamra Simons		simons1@shaw.ca
Security Clearance	Barb Lintell	780-634-0668	blintell@shaw.ca
Soccer Coordinator - Outdoor			
..... Outdoor Older Teams	Brian Mulder	780-868-3017	outdoorsoccer@pvcl.ca
..... Outdoor Mini Teams	VACANT		
..... Equipment Coordinator	VACANT		
Soccer Coordinator - Indoor	VACANT		
Senior Sharks Coordinator	Ellen Jones	780-483-8156	
	June Bradley	780-483-9475	
Special Events Coordinator	VACANT		
Tot Time	Gillian Culham	780-488-3797	parkviewtotime@gmail.com
	Tami Lackey		parkviewtotime@gmail.com
	Wendy Wilk		parkviewtotime@gmail.com
Traffic Liaison	VACANT		
Website Editor	Debbie Braun		webmaster@pvcl.ca

Block Parties

Pull out your lawn chairs, picnic tables and wiener sticks and meet new neighbors, re-establish old friendships, promote safety and learn about your community history!

If you are interested in organizing a block party contact your Community Recreation Coordinator Ruth Wong-Miller at ruth.wong-miller@pvcl.ca to get a "Neighbourhood Block Party Kit". This will contain all the tools to host that party!

Newsletter Deadlines

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

The advertising and copy deadlines are:

Spring: February 1

Summer: May 1

Fall: August 1

Winter: November 1

Advertising Rates:

Full back page \$200

(7 1/4" wide by 9" deep)

Full inside page \$150

(7 1/4" wide by 9" deep)

Half page \$75

(3 1/2" wide by 9" deep or

7 1/4" wide by 4 1/2" deep)

Third page \$50

(7 1/4" wide by 3" deep)

Quarter page \$40

(3 1/2" wide by 4 1/2" deep)

Business card \$15

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

Please note that we do not accept advertising inserts.

To submit articles contact:

Denisa Leitch
ddleitch@gmail.com

To place ads contact:

Allan Davis
nadavisfamily@mac.com

Calling all Volunteers!

With the retirement of some of our members and with the recent upgrades to our Community Hall, Parkview needs some fresh faces! Please volunteer and have fun, meet new people in your neighbourhood. 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 currently looking for:

- Traffic Liaison
- Special Events Coordinator
- Volunteer Coordinator
- Tot Time Volunteers
- Soccer Coordinator - Outdoor Mini Teams
- Soccer Equipment Coordinator
- Painters (not professional) to paint our new tiled front Community Hall Entry
- Engineering and Architectural Consultant
- Accountant
- Ice Rick Attendant



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

Parkview Hall Rental

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

*Hall Rentals 780-483-2098 or
hallrentals@pvcl.ca*

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

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

Book Your Next Gathering at Parkview Hall !!!



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PVCL Membership has it's benefits!

Membership Form Now Available Online at www.pvcl.ca

Join Now! As well as being able to purchase your membership at the various 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 season
- Free community swim at Jasper Place Pool (9200 163 St) on Sundays between 5-6pm (call 311 for more info)
- Children's Halloween and Christmas Parties
- Weekly Tot Time program
- Seniors Card Sharks afternoon
- Summer Playground Program

**Memberships are required for community sponsored programs.

NEW! Parkview Apparel now available for sale online!

Parkview 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 catalogue, 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>

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 _____



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fax 451-5075
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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.

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Offer valid from 9 am - 9 pm

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Safety Corner - Prevention is the Key to a Healthy Community

By Danae Kortmann-Watts
Community Safety Liaison

Last month I met with our Community Liaison EPS member and outlined some of the concerns of Parkview residents, including traffic issues and petty crimes.

The Edmonton Police Service has developed a crime mapping application for the public to view crime in neighbourhoods across the city. Neighbourhood crime is more than just numbers; it's about knowing where crime is happening in the area you live. Knowing the real picture of neighborhoods crime is the first step in doing something about it.

By accessing this timely information on reported crime, we will be able to know what is happening in our neighbourhood. By knowing what is going on, we can work together to reduce and prevent crime. To find out more log onto www.edmontonpolice.ca

Making a difference in Parkview

We need to act on this knowledge and create solutions. We begin to make a difference by knowing what's really going on in our neighborhoods. Please report any suspicious persons/behavior to **780-423-4567**. Examples of things to report are:

- *Thefts/Mischiefs*
- *Break and Enters into homes/businesses*
- *Disturbances/Noise complaints*
- *Property damage collisions where vehicles are not driveable*
- *Parking Offences/abandoned autos*
- *Neighbour/Family disputes*
- *Suspicious persons/vehicles*



Traffic Concerns....SLOW DOWN!

We as a community need to slow down and respect all traffic signals. Edmonton Police were out in our community conducting traffic enforcement in different sections in our neighbourhood and did issue several tickets to local residents. We need to set an example to our neighbours and visitors on how we want people to drive on our roads.

To get involved from a community perspective EPS recommended we review the speedwatch and pace car programs. The following links provide information on the programs and how to proceed should these programs interest the members of Parkview. I encourage you to check them out.



http://www.edmonton.ca/transportation/roads_traffic/speed-watch.aspx

http://www.edmonton.ca/transportation/roads_traffic/pace-cars.aspx

If you are interested in volunteering to spearhead either of these programs please contact me at safety@pvcl.ca or 780-481-5552.

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Linda L. Wright

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Commissioners for Oath

Safety Corner - cont'd

'One man's trash is another man's treasure'....



Have you noticed an increase of bottle pickers in our neighbourhood? Bottle pickers are raiding blue bags, digging around for refundable containers. The number keeps increasing as these people discover that there is money to be made in Parkview. To reduce this activity and reduce litter please consider the following:

- **Do not put refundables in blue bags – keep for the next bottle drive**
- **Do not put out your garbage until the night before or day of garbage pick up – for scheduled pick up please log onto http://maps.edmonton.ca/scripts/titles/gadgets/my_property.asp**
- **To prevent littering, make sure all loose materials like grass cuttings, light plastics, and bits of paper are put into bags or boxes.**
- **Take oversized garbage like tree cuttings or furniture to the eco-station or the dump.**

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.

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Class of 1965

Parkview School Reunion

The students that attended Parkview School from 1956 to 1965 are having a Reunion on September 11th, 2010. When we all graduated in 1965 we were only 15 years old and thought we had life all figured out. Now in 2010, as we are about to turn 60, we realize how little we knew at that time. We have connected with over 40 of our classmates, and all have expressed great interest in attending the event. One of our classmates is actually coming all the way from Australia to attend. Activities planned will include; gathering at the old school to wander the halls and retake our graduation photo; and then spending time at the Parkview Community Hall reconnecting with our classmates, telling stories and sharing some food and refreshments. If you attended Parkview School between 1956 and 1965 and are interested in attending the Reunion please contact Terry Lawson by phone at (780) 483-9474 or by e-mail at terrylawson@shaw.ca

Fun Summer Day Camps

Laurier Heights Baptist Church will be running four summer day camps again this year:

- Preschool (August 3-6) 9-Noon - \$45.00
(Please note: camp begins on Tues.)
- Elementary #1 (July 19-23) 9-4 pm - \$90.00
- Elementary #2 (August 9-13) 9-4 pm - \$90.00
- Junior High (July 26-30) 9-4 pm - \$135.00

If you have any questions or would like further information please contact Garret Parsons or Lyn Beddoes at: 780-483-5366, or drop by our church office.

Laurier Heights Baptist Church,
8505-142 Street, Edmonton, AB, T5R 0M2
http://lhbc.ca/SDC_WEBSITE/Welcome.html



Parkview/Valleyview Park

Thank You to ALL Redevelopment Donors for Your Support!

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

GOLD \$1000 - \$4999

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

Lee Day & Gord Sawatzky	\$500
Lorna & Don Kramer	*\$850
The Gooding Family	*\$800
Jim Goertzen & Renee Goertzen	\$600

The Jakeway Family	*\$600
The Bowen Boys	\$500
Elizabeth Coenen	*\$500
Diane & Walter Konowalec	\$500
McCoy/Birk Family	*\$750

BRONZE \$250 - \$499

Rod & Gwenne Tweddle	*\$450
The Jakeway Family	\$300
Matthew & Jane Davidson	\$300
Eric & Joan Cooke	\$250
Linda Medland Davis & Jeff Davis	*\$250
Barbara & Dalton	\$250
John & Mary Jane McLaughlin	\$250
Marcia & Ronald Bercov	\$250

OTHER DONORS UP TO \$249

Naidu-Barrett Parkview Soccer team
Parkview U5 Soccer Team
William and Wynne Edwards
The Clarke Family
Martha Dobbin
The Gladwin Family
Owen and Marilyn Jackson
The Patterson's
Violet Steinwant
The Vandenberg Family
Dr. Brian Yee & Family

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





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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:

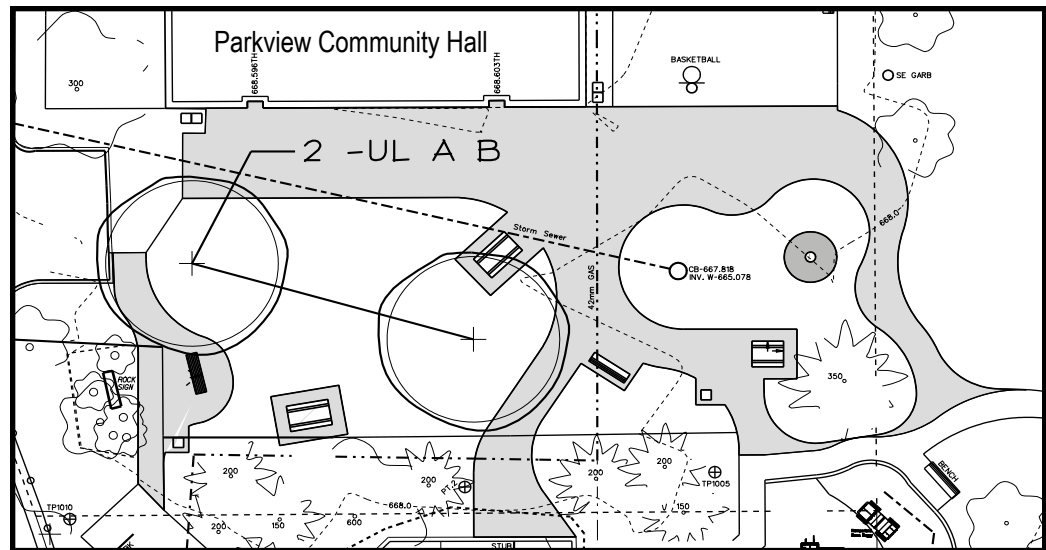
Parkview Redevelopment Society
c/o Val Bright
14019 - 90 Avenue
Edmonton, AB
T5R 4T7

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.

Parkview Redevelopment Society

Phase III - Breaking ground again for new social area



Pict 1: Construction drawing of the proposed redevelopment of the old south parking lot

The Parkview Redevelopment Society (PRS) is pleased to report that Phase III plans are moving forward after several delays.

After meeting with our City of Edmonton project manager, the project is now going to tender. A contractor should be secured within the next few weeks, at which point the start date will be confirmed. The work itself is expected to take two to three weeks.

To provide a snapshot of the design (See Pict 1 above), this construction drawing shows plans for redeveloping the old parking lot area. The grey areas indicate new concrete extending from the hall and connecting to the park on the east and west sides. The white areas will be grass. The plans

also show the placement of a new fire pit area, additional benches and picnic tables, as well as two new trees.

Costs for the work are currently estimated at just over \$150,000. Funding for the project will mainly come from a City of Edmonton Neighbourhood Parks Development Program (NPDP) grant, although the PRS has applied for \$125,000 from the Alberta government Community Facilities Enhancement Program, and if successful, will reserve the NPDP funding for project work at a later date.

The original project scope included a patio covering extending from the hall, as well as hall windows. Since the parking lot redevelopment will exhaust PRS funds, this

portion of the work will be left to the Parkview Community League.

In addition, the current committee will be stepping down once Phase III is complete. If you are interested in becoming involved, please contact any of the project directors listed on the sidebar in the left hand corner of this page.

We are confident the new social area will be a welcoming addition, where Parkview area residents will socialize with family and friends. Please make it part of your summer plans to enjoy the entire park and grounds.



Pledge Form

YES! I would like to support my community park redevelopment project.

Name: _____

Mailing Address: _____

_____ Postal code: _____

Phone: _____ E-mail: _____

Please use my name on recognition materials as follows to encourage others to donate:

I DO NOT want to have my name published in recognition materials and wish to remain anonymous

Name tax receipt should be issued to:

Your donation will be recognized according to the following categories:

BRONZE
\$250 – \$499

SILVER
\$500 – \$999

GOLD
\$1,000 – \$4,999

PLATINUM
\$5,000 – \$9,999

DIAMOND
\$10,000+

NOTE: Charitable tax receipts are issued for all donations over \$20.

Pledge Amount

YES, I would like to donate to this project:

TOTAL PLEDGE AMOUNT: \$ _____

Payment Cash Cheque VISA

Please make cheques payable to: *City of Edmonton*

Monthly payment amount (optional) \$ _____ Number of payments _____
(NOTE: \$50 min for monthly VISA installments)

Card number _____ Expiry date: _____

Signature: _____ Date: _____

Please complete if this contribution is:

In memory of: _____

In honour of/special occasion: _____

Thank you for your support

Please forward pledge form and payment to:
Valerie Bright, Fundraising Coordinator
14019 - 90th Avenue, Edmonton, AB T5R 4T7



Tot Time - Volunteers Needed!

By Gillian Culham
Tot Time Coordinator

Another year of Tot Time is coming to an end - only seven weeks left! It has once again been a great year for the kids and we have continued to see new faces come out each week.



We are presently looking for volunteers for coordinators for the upcoming 2010/2011 Tot Time. It is a lot of fun and a great way to meet people and give back to your community! The program needs three people to run the program. This allows ample coverage, should you need to miss a week or two. If you are interested or just want to get

more information about the duties, please contact me via email at kgculham@telus.net.

The last gathering and year end party for the Tot Time program will take place Tuesday, June 15, 10 am to Noon, at the Parkview Community Hall. Festivities will include a bouncy castle, face painting, games, crafts, and a potluck lunch. Please sign up for your potluck item at the next Tot-time session. The regular drop-in fee of \$1 per child applies.

On behalf of all the parents and children of Tot-Time, we would like to thank the Community for their support and especially to the Parkview Community League for the use of the hall. Also, Andy's IGA for the generous donations of juice throughout the year.

Tuesday, September 14, will be the start of Tot Time for 2010/2011, BUT that will only happen if volunteers step up to be the coordinators of Tot Time. It is a valuable tool for the families of the community & helps build lasting relationships for children and parents alike.



jim dobie photography



14216-92A Avenue Edmonton AB T5R 5E2

780.484.2759

jimdobiephotography@shaw.ca

www.jimdobiephotography.com

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Parkview

9135 – 146
StreetSummer Childrens Registered
Programs in Parkview**Einsteins and Frankensteins**

Experience the exciting world of science. Conduct hands-on experiments. Get involved in fun activities, crafts, games, and projects.

July 12 – 16

1:30pm – 4:00pm

Ages 6 – 9

Cost: \$56

Course Code: 354811

Wild at Art

Explore the world of art. In this program, you will sample everything from molding clay paper to paper mache to painting in different forms.

July 26 – 30

1:30pm – 4:00pm

Ages 6 – 9

Cost: \$61

Course Code: 354790

Adventure in the Valley

Want an exciting week of adventure? Explore and uncover the mysteries of your neighbourhood. We will be going on hikes, playing games, and discovering the beauty of nature. Please dress appropriately for outdoor weather. (In this program, children may be off-site in ravine areas near the hall.)

August 23 – 27

9:00am – 4:00pm

Ages 6 – 9

Cost: \$101

Course Code: 354865

To Register: (beginning May 4, 2010)Call 311 or online at <http://eReg.edmonton.ca>THE CITY OF
Edmonton

EDMONTON

Parkview

9135 – 146
StreetSummer Preschool Registered
Programs in Parkview**Wonderful World of Wheels**

Explore bikes, cars, trucks, and trains in this 'wheelie' great program for preschoolers. Bike safety, building kub cars, obstacle courses, games, and crafts are all part of the fun! You MUST supply your own bike helmet and bell.

July 5 – 99am – 11:30 am
Ages 3 - 5Cost: \$58
Course Code: 354541**Young at Art**

Young artists will love creating their own masterpieces. You'll be molding clay, smearing paint, and squishing dough.

July 5 – 91:30pm – 4:00pm
Ages 3 - 5Cost: \$67
Course Code: 354576**Little Nature Nuts**

It's a bug's eye view of the outdoors as you discover nature through games, songs, and crafts. Nature walks, bird watching, and bug spying are all part of the fun.

July 16 – 309am – 11:30am
Ages 3 – 5Cost: \$67
Course Code: 354582**To Register: (beginning May 4, 2010)**Call 311 or online at <http://eReg.edmonton.ca>THE CITY OF
Edmonton

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.

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 enhance recognition, and sensorial education to help develop logical and sequential thinking.

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

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.



Program Values

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



~ Photos of our classroom ~

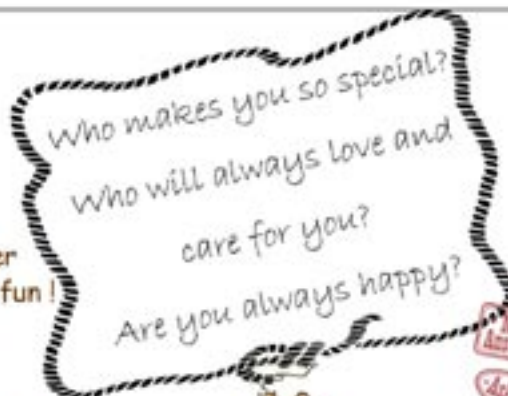


Roundin' Up Questions, Drivin' Home Answers

Come join our VBS Summer Camp and have **cowboy** fun!

Activities :

Craft, Music, Games;
Unique and diverse field trips for every afternoon;
Fun and Exciting Carnival



Preschool to Grade 6

Full Time
Jul 5-9, 2010

Program Date:

July 5 – July 9, 2010. 9am - 4pm

(childcare available before and after program time)

Preschool (4 Years old & above) to Grade 6

Fee: \$120 per child (Early bird \$100 till May 23)

Edmonton Chinese Alliance Church

9120-146 Street. Tel. 780-483-2143

Field Trips Carnival Craft Music Games



Parkview Playschool

By **Laura Verbeek**
Playschool President

Parkview Playschool provides programming for 3 and 4 year old children, primarily from the Parkview and Valleyview communities, although all families are welcome to apply. Our Open House took place on February 1st. Please contact our registrar, Gareth Swinnerton at 780-488-8665 or gareth.swinnerton@gmail.com, to register or for program information.



For families already registered in the program, our **Annual General Meeting will take place on June 2, 2010, at 7:00 pm at the Parkview Community Hall.** We still have spots available on our Executive Board for the coming school year. If you are interested in volunteering please contact me at laura.verbeek@gmail.com.

4-Year-Old Program Specifics

- Children must be 4 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 old 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

All classes take place on the second floor of the Parkview Community League. We look forward to hearing from you.

Please visit our website for more information at www.pvcl.ca

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.



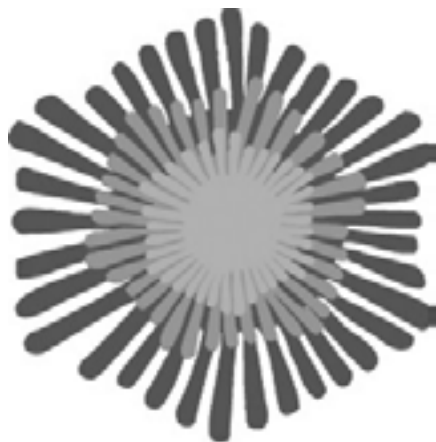
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- Study Skills K-12
- French / Spanish K-12 (Immersion & FSL)
- BA and BEd, references available upon request



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	M	T	W	T	F	S	S
6:00 am		●		●			
8:15 am						●	●
9:15 am	●	●	●	●	●		
10:15 am						●	●
11:30 am	●		●		●		
1:30 pm						●	●
3:30 pm	●	●	●	●	●	●	●
5:30 pm	●	●	●	●	●		
7:30 pm	●	●	●	●			

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- Reduce Stress
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- Stretch and Strengthen
- Feel Great!

*Not Affiliated with Bikram Yoga Edmonton or Bikram Yoga Edmonton Downtown

KARATE AT PARKVIEW COMMUNITY HALL



Practice of Karate will help to develop -

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

FOR ALL AGES 5 YRS AND UP

(Adult only classes offered)

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YEAR ROUND REGISTRATION!

Parkview Sports



At the deadline of this newsletter community outdoor soccer has just started. This year Parkview is hosting twenty two teams ranging in age from 4 to 18. Depending on the type of team the season runs from the last week of April into July.

Thanks to all the coaching staffs for leading our teams. Several of the staffs have been coaching a similar group of players for years!! Community soccer can only exist because of you dedicated volunteers.

The soccer program in Parkview is in need of volunteers to assist in the coordinating of the program. A co-

Outdoor Soccer 2010 Update.

By **Brian Mulder**
Soccer Coordinator
outdoorsoccer@pvcl.ca

coordinator to help with registrations, planning meetings and coordinating half of the teams would be ideal. The time commitment would be around 20 to 30 hours starting in January and lasting until the soccer season is over. The program could also use a person to take charge of the soccer equipment. This would involve taking an inventory of the equipment we have and the distribution and collection of the team uniforms and other equipment. The time commitment would be around 10 to 20 hours from early April to mid July.

Finally, the indoor soccer coordinator from last season is unavailable. Parkview had 5 teams last season. The coordinating of indoor is substantially done by the West Zone Soccer Association so

the time commitment is less than for outdoor soccer. The season lasts from roughly October to March and somebody familiar with indoor soccer could easily handle this position.

If any of these positions interest you please contact the outdoor soccer coordinator at outdoorsoccer@pvcl.ca.

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-suff runners. Call Jay (484-2482) for further information.

Bellydance at Almeh:

...Ancient exercise for the modern woman

Imagine this: there was a time in history... when the bounce and sway of a woman's hips was considered so beautiful that they set it to music and made a dance out of it...

Carolena Nericcio

(780) 482-7277

201, 12316 - Jasper Avenue

www.raqs-al-almeh.ca

Facebook group: Raqs Al Almeh - Academy Of Middle Eastern Dance



established studio and instructors

... fitness, fun, friendship

... morning, evening and weekend classes

... summer • fall • winter • spring • sessions

... classical, exercise, folkloric, tribal, and fusion styles

... no dance experience required

...we look forward to dancing with you!



code of conduct

1. Honour bylaw rules - licence, leash, control and pick-up after your dog. Keep dogs 10 metres away from school grounds, playgrounds, sport fields and picnic sites.

2. Allow your dog off-leash only within the boundaries of designated off-leash areas. The sites are all listed in this brochure!

3. Walk restricted dogs away from off-leash parks - they are not allowed in. These dogs must be leashed and muzzled at all times outside your property.

4. Limit aggressive dog behaviour - immediately leash and check your dog if it acts hostile toward people, dogs or wildlife.

5. Train your dog to respond to voice and signal commands.

6. Pick up after your dog - keep parks healthy and clean for everyone.

7. Protect your dog with vaccination - stop the spread of infectious diseases to wildlife and other dogs.

8. Hold back dogs from chasing wildlife - coyotes, deer, birds, waterfowl; all creatures great and small living in urban parks need our protection.

9. Carry a leash on every walk - restrain your dog where required, especially on trails, and use a leash no longer than 2 metres (six feet).

10. Be considerate and responsible - keep your dog in sight, stay alert for other trail traffic, restrain your dog around other park or trail users and walk on the right.

11. Share off-leash parks and trails with others - all of Edmonton's parks and trails are multi-use; they belong to all of us!

finest* for 2010

No licence	\$250
Failure to remove dog defecation	\$100
Dog attack	\$100 – \$2500
Dog out of control	\$100
Dog off leash in a non-designated area	\$100
Dog on school ground, playground, picnic site, golf course, roadway or flower beds	\$100
Failure to display dog license tag	\$100
Failure to carry a leash	\$100

The City of Edmonton has a no tolerance policy with owners who do not licence their pets.

*Fines maybe subject to change

contact us (call 311)

Parks for Paws Information

Parks for Paws website
www.edmonton.ca (keywords: off leash)

Bylaw Services Animal Control

www.edmonton.ca (keywords: animal control)

Park Rangers

www.edmonton.ca/parks
Email: parkrangers@edmonton.ca

Volunteer Park Patrol

Report Hazards

City Talk



what if your best friend got lost?

Last year, City Animal Control Officers received almost 3,500 lost dogs. Thankfully, we were able to return more than two-thirds of them to their families.

Licensing is the best way to get your lost pet home. It's fast, simple and affordable. Take care of them. Purchase a licence online at edmonton.ca/bylaws or in person at 5th floor, 10250 - 101 Street and at Animal Services - 12515 - 128 Street.

where to walk dogs off-leash

- Check the City Map, find a location and look inside for the site description.
- Remember: Keep your dog on leash when coming and going from sites.
- On location, check the posted map for the site boundaries.

where to walk dogs on-leash

Beyond your yard, keep your pet on a leash. Walk your dog on-leash along:

- any trail (more than 0.5m wide) on parkland;
- city boulevards;
- or area signed on-leash.

keep dogs away from

- school grounds
- playgrounds
- sports fields
- picnic sites
- park buildings or facilities
- golf courses
- off-trail outside off-leash area boundaries
- off-trail inside community league parks.

Just Doo It!

New bio-degradable dog waste bags are available in off-leash parks. Place them in the Doo-It! disposal containers for composting. Be a steward of Edmonton's great parks system. Properly removing dog waste is a safe, organic practice that will improve the health of the soil and the plants, resulting in less need for pesticide applications.



Dog Daycare

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

View our rates at tailz.ca

Natural & Healthy Pet Food

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



Self Pet Wash

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



10050 - 163 Street

Monday - Friday
7 AM to 7 PM

Saturday
10 AM to 5 PM

780-988-0089

www.tailz.ca

June is Stroke Month: A Focus on Prevention

Stroke Month is designated to mark the significance of stroke and help people better understand how to prevent and recognize stroke. Stroke is the leading cause of acquired long-term adult disability in Canada with more than 50,000 evident strokes occurring each year. Help prevent a stroke by learning more about the risk factors you can do something about, and those you can't control.

Are you at risk? Take the Heart & Stroke Risk Assessment™ and get a personalized risk profile and a customized action plan for healthy living that includes tips, tools, recipes and much more to help you reduce your risk.

Go to www.heartandstroke.ca/risk today for your personalized assessment.



June is Stroke Month

Stroke is the leading cause of acquired long-term adult disability in Canada.

June has been nationally designated as Stroke Month to mark the significance of stroke and help people better understand how to prevent and recognize stroke.

The Alberta Health Services Stroke Program in the Edmonton area is gearing up once again for their annual Stroke Awareness presentations.

We are offering free one-hour public education sessions to any interested groups, businesses or organizations during the month of June. These presentations are made available to reach as many people as possible and get the word out on stroke awareness, risk factors and prevention.



To book a presentation, please call
780-407-3041

Adult Programming

By Tamra and Mike Simons
Adult Program Coordinators
simons@shaw.ca



We wanted to offer a quick reminder that many programs for adults already exist in the community and are in full swing!

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!

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.

NEW! 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.

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



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

Karen Leibovici
Councillor, Ward 1

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




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


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2010 Big Bin Events

The City of Edmonton is hosting Big Bin events for household items that can't be set out for regular waste collection. Twelve weekend events will be held in various locations throughout the City.

City residents will be able to drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics will also be accepted for recycling.

Note: Do not bring household hazardous waste like paint, varnish, household cleaners or batteries. Please take those items to an ECO Station.

All events will run from 9:00 a.m. to 5:00 p.m.

Date	Location	Address
May 1 & 2	Callingwood	17740 – 69 Avenue
May 8 & 9	Millwoods Town Centre	23 Avenue & 66 Street
May 15 & 16	Abbotsfield Shoppers Mall	118 Avenue & 34 Street
May 29 & 30	Blue Quill	11304 – 25 Avenue
June 5 & 6	Woodcroft	13915 – 115 Avenue
June 12 & 13	Castle Downs	11520 – 153 Avenue
June 19 & 20	Northlands	11203 – 73 Street
August 14 & 15	Callingwood	17740 – 69 Avenue
August 21 & 22	Kennedale	12810 – 58 Street
August 28 & 29	Blue Quill	11304 – 25 Avenue
September 11 & 12	Millwoods Town Centre	23 Avenue & 66 Street
September 18 & 19	Commonwealth Stadium	112 Avenue & 90 Street



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Window & Balcony Safety

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window in their house— often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

Windows and screens

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

AHS EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

www.albertahealthservices.ca

BIKE 2 SCHOOL DAY



BIKE 2 SCHOOL DAY

Get on your helmet, dust off your bike and join us on June 3rd for the first Alberta Bike to School Day.

Schools or individuals can participate! Come on Alberta bike to school!

Register online at www.shapeab.com and ideas and suggestions to organize your day will be sent to you.

EDMONTON**Parkview Community League**

9135 146 Street

Saturday, June 5, 2010**RIDE TO SURVIVE****1:00-3:00 pm**

Stay safe while having fun!
Learn basic bicycle skills and rules
of the road. (No training wheels please)

For children 5-10 years

Course Code: 357972

COST: \$10.00**4 WHEEL DRIVE****10:00am-12:00pm**

This class is for children who love biking and are still
on training wheels! Children learn how to stay safe
while having fun on their bike!

For children 4 - 6 years

Course Code: 357975

COST: \$10.00**Helmets and bike bells are mandatory.****REGISTRATION INFORMATION:**

By Phone: 311
In Person: Any City of Edmonton Leisure Centre
On Line: eReg.edmonton.ca

This Program is brought to you by the Parkview Community League &



Summer Fun Pages

Help the mom and kids find their way through the ice cream cone shaped maze to find ice cream cones for the kids.



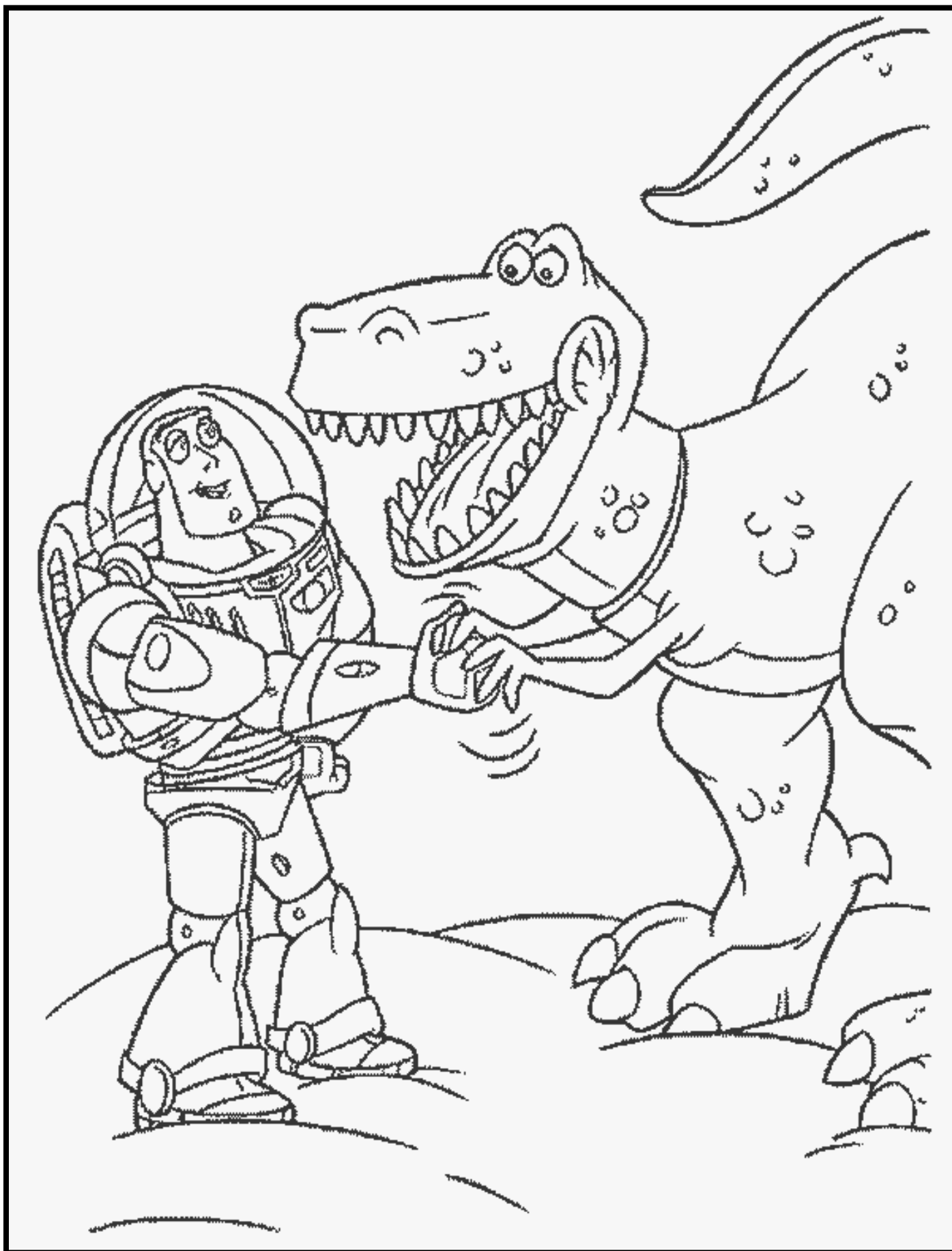
Strawberry Yogurt Popsicles

Ingredients:

- 2 cups fresh (chopped) or frozen strawberries
- 2 cups low fat vanilla yogurt
- 12 small paper cups
- 12 wooden sticks

Directions:

1. Combine strawberries and yogurt. Mix well.
2. Fill cups with mixture. Cover cups with plastic wrap or tin foil.
3. Insert a stick through the plastic wrap or tin foil.
4. Freeze popsicles until firm.
5. Gently tear away paper cup from frozen yogurt popsicle before eating.
6. Makes 12 popsicles





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