

# parkview

## COMMUNITY NEWSLETTER

### SKATING PARTY 2014!

Wind chill did not stop skaters from attending

By Tamra Simons

A temperature of -24 with wind chill did not stop the Parkview Annual Skating Party from being a success! Neighbours and friends gathered together on Saturday February 22 to skate and visit. When ears started to turn bright red under hockey helmets, kids headed inside the skate shack for a hot chocolate with marshmallows, doughnut, and hot dog. Friends visited while they warmed their toes then headed back out for a few more loops around the ice. When last call was made for “snacks in the shack” the wind had calmed down and the sun was shining. The day would not have been a success without the help of many!

- Thank you to this year’s organizing committee of Laura Verbeek, Anissa Dux, and Tamra Simons.
- Big thanks to Tracey Kushniruk for support throughout the day.
- Clean-up following the event was quick and zippy thanks to Tanya Gilbody and Laila Banu.
- Thanks to those who grabbed shovels and cleared the snow off the rinks!



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**SUMMER 2014**  
VOLUME 10 ISSUE 2

## NEWSLETTER DEADLINES

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

Advertising and copy deadlines:

Spring: February 1 · Summer: May 1

Fall: August 1 · Winter: November 1

Advertising Rates:

Full back page . . . . . \$200  
(7 1/4" wide by 9" deep)

Full inside page . . . . . \$150  
(7 1/4" wide by 9" deep)

Half page . . . . . \$75  
(3 1/2" wide by 9" deep or  
7 1/4" wide by 4 1/2" deep)

Third page . . . . . \$50  
(7 1/4" wide by 3" deep)

Quarter page . . . . . \$40  
(3 1/2" wide by 4 1/2" deep)

Business card . . . . . \$15  
(3 1/2" wide by 2" deep)

Please note that we do not accept advertising inserts.

To submit articles contact:  
Denisa Leitch editor@pvcl.ca

To place ads contact:  
Louise Clarke advertising@pvcl.ca

# Parkview Community League Contacts

9135 146 STREET EDMONTON AB T5R 4L5 TEL: 780-483-2098

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



Parkview Community League operates under the direction of an energetic board of directors, and several standing and ad hoc committees. The league is primarily comprised of volunteers whose collective effort makes our centre a beautiful and vibrant hub of activity in the community with a variety of yearly social events, in house programs, and third party social/fitness programs.

If you are interested in becoming a part of this exciting entity, the league would be happy to have you on board. Please contact us at: info@pvcl.ca or John Corie at 780-669-1557 or president@pvcl.ca

Join us on facebook at [www.facebook.com/parkviewcommunityleague](http://www.facebook.com/parkviewcommunityleague)





# President's Message

I'm flying home from Eastern Canada as I compose this message and find myself contemplating how lucky we are to live in such a great community. In many parts of the country, economic conditions are less favorable and communities are faced with a declining number of residents and, therefore, a shrinking number of volunteers. Additionally, many Canadian communities lack the funds necessary to renovate aging infrastructure or operate community programs. While we will continue to work hard at making things better for everyone in Parkview, I think we should consider ourselves lucky to reside in an area of relative wealth and prosperity. When contrasted with the challenges facing many other Canadians, our problems seem smaller.

With the recent completion of bathroom renovations in the main hall (check out our Facebook page for photos), we've finished most of the construction work that was outstanding and raised the overall quality of our facility to a very high level. With this project behind us, the board will begin reviewing and evaluating what the next significant capital improvement project will be. A few of the ideas under consideration include: an expansion of the second-floor playschool to include bathrooms and reconstruction or replacement of the outdoor tennis courts. Our decision regarding the next capital project will likely need to be finalized by the fall. The board would love to hear your thoughts and ideas regarding what improvements should be prioritized for next year. Please feel free to contact any member of the executive and let us know what you think.

As always, there are many exciting community events taking place this summer and we hope to see you and your family in attendance. Be sure to join us for the **second annual food truck event, which will be held on Saturday, June 21st (See page 6 for info)**. Those who attended last year know that this event was an overwhelming success and we anticipate an even larger turnout in 2014.

Enjoy the warm weather and sunshine!

Regards,

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



## WELCOME TO OUR NEW LOOK!

It's the same newsletter, but now with a new design and full color.

I hope everyone is enjoying the Parkview Newsletter. If you have any suggestions or news articles for future editions, please contact the editor at [editor@pvcl.ca](mailto:editor@pvcl.ca)

**P A R K**

**V I E W**

**M O P**

**N I T E**

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

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

## Parkview Community Centre Hall Rentals



**Now booking for November & December!**

[hallrentals@pvcl.ca](mailto:hallrentals@pvcl.ca) [pvcl.ca/hall-rentals](http://pvcl.ca/hall-rentals)

## PROGRAMS FOR EVERYONE THIS SUMMER AT PARKVIEW

**Dance Moves** (adult dance and fitness) Jul 9 – Aug 27 call 780.445.8834  
email: [info@dancemoves.ca](mailto:info@dancemoves.ca)



**Green Shack** (children age 6 – 12) Jul – Aug, weekday afternoons, call 311 or visit  
[www.edmonton.ca/playgrounds](http://www.edmonton.ca/playgrounds)

**Art Camps** (children Gr. 1 - 6) Jul 15-17 & Aug 12 – 14 email: [tamra@studioartsessions.ca](mailto:tamra@studioartsessions.ca)  
call: 780.443.42

**City Summer Camps** Jul – Aug, call 311 or see guide for times and camp fees.  
[www.edmonton.ca/activities\\_parks\\_recreation/documents/CommunitySummerProgramsGuide.pdf](http://www.edmonton.ca/activities_parks_recreation/documents/CommunitySummerProgramsGuide.pdf)



# PVCL EVENT CALENDAR 2014

Please note: Dates are subject to change, please check [www.pvcl.ca](http://www.pvcl.ca) closer to date for info

## May 2014

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

## June 2014

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

## July 2014

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

## August 2014

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

## September 2014

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

## October 2014

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

## November 2014

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

Parkview Community League meets every third Tuesday of the month. All members of our community are welcome to join!

## December 2014

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

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# Dine Out

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## Saturday, June 21

Parkview Community Centre 9135 - 146 Street  
Food trucks will be serving from 5pm - 9pm  
Drinks served until the Summer Solstice sun sets!

EVENT OPEN TO ALL PARKVIEW  
RESIDENTS AND INVITED GUESTS  
VISIT [PVCL.CA](http://PVCL.CA) FOR MORE INFO



*casa12doce*



# SPECIAL EVENTS UPDATE

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

By Tamra Simons

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

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

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

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

## The Parkview 2014 Event Calendar

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

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

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

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

**Pancake Breakfast**  
Saturday September 20, 2014  
Team Lead: Vacant

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

**Adult Halloween Party**  
Saturday October 25, 2014 (evening)  
Team Lead: Michelle Polloc

**Parkview Playschool Dessert Auction**  
Friday November 15, 2014  
Team Lead: Parkview Playschool

**Christmas Craft Sale**  
Saturday November 22, 2014  
Team Lead: Louise Clark

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

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



### An Invitation to Participate

We are looking to speak with **people providing care** to older adults. Will you help us?

**Why?** So we can better understand the experiences of people caring for older adults. This will help us find the best way to assist caregivers like you.

**Who can participate?** People providing care to a friend or family member 65 years or older with 2 or more chronic conditions that have lasted 6 months or longer.

**What’s involved?** There will be up to three 1-hour sessions either in person, by phone or by Skype on your caregiving experience.

For more details, please call:

Dr. Heather Moquin  
Phone: 780-492-8167 or  
1-877-692-5909 (toll free)  
E-mail: [heather.moquin@ualberta.ca](mailto:heather.moquin@ualberta.ca)

This study has been approved by the research ethics board at the University of Alberta.

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[www.jazzercise.com](http://www.jazzercise.com)

# Parkview Playschool

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

## SPRING HAS SPRUNG IN PARKVIEW!

By Jody Nickerson

It is finally spring and we are now heading into our final months of classes! Our annual Mother's Day Tea and Father's Day Luncheon are coming up along with the End of the Year Party. The students have been busy making some special surprised for Mom and Dad! Our last day of school will be Thursday, June 18.

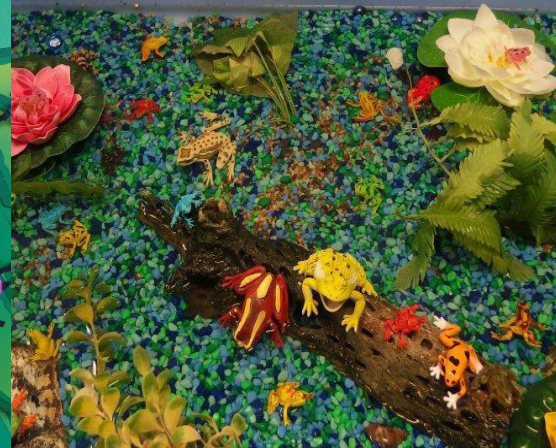
A celebration is planned for this day to ring in the summer. We hope all of our families have a fun-filled and safe summer!

### Important Dates:

- 2014/15 Orientation Night for returning/new families is Thursday, Sept. 4th
- Open House modified classes will be run during the week of September 2nd

We are still accepting registrations for 3 and 4 year old children for the 2014/15 school year. The classes are now full but the waiting lists are short. You never know what can happen! Please contact our Registrar Kathy Newman at [kjnewman@shaw.ca](mailto:kjnewman@shaw.ca) for more info.

**f** JOIN US ON FACEBOOK!  
[www.facebook.com/ParkviewPlayschoolPvclEdmonton](http://www.facebook.com/ParkviewPlayschoolPvclEdmonton)



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Website: www.edmontonrowing.ca



## Edmonton Rowing Club Teen Summer Camps

This summer you can 'beat the heat' with a new water sport. Why not learn to row in a big crew boat, and even scull (with 2 oars per person) in smaller boats? The Edmonton Rowing Club offers camps that will serve to introduce you to this team sport. So recruit some of your buddies and get out on the North Saskatchewan River with our ERC coaches.

Each camp will run Monday to Friday, from 9 am -12 noon.

Ages 13-17. Cost: \$100.00

Session 1A – July 7-11

Session 1B – July 14-18

Session 1C – July 21-25

Session 2A – Aug 11-15

Session 2B – Aug 18-22

Minimum 4 rowers per session.

Activities will include:

- Sweep (one oar) technique basics
- Sculling (two oars) rowing skills
- Erging / Tank fun & challenges
- Basic resistance training intro
- Boat maintenance & transport basics
- Education for safe rowing
- Boat-handling on/off water
- Mini-races on the river

For more information, email Junior/Youth Director Lucille Lavender (ercyouthrowing@gmail.com)

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# PARKVIEW TOT TIME

By Jill Vihos



As the 2013/14 Tot Time year nears an end, we want to thank all of the parents, caregivers and children who have helped to make Tot Time a continuing success in the Parkview Community. The last date for Tot Time will be Tuesday, June 17, and this will be our annual year-end party. As a portion of the weekly one-dollar drop-in fee is allocated toward this event we hope to see all of the children who regularly attend.

Tot Time will resume on Tuesday, September 9, 2014 and will run every Tuesday from 0900-1100. We will continue with the same format which includes play time/craft, bring your own snack and song circle. Major dates for the 2014/15 Tot Time Year are:

September 9, 2014 – First day of Tot Time

October, 25, 2014 – Annual Halloween Party

November 11, 2014 – Remembrance Day (Tot Time cancelled)

December 16, 2014 – Last day of Tot Time for 2014

January 6, 2015 – Tot Time resumes

March 31, 2015 – Spring break (Tot Time cancelled)

June 16, 2015 – Last day of Tot Time for 2014/15

If you are interested in attending for the remainder of the 2013/14 year, please email [tottime@PVCL](mailto:tottime@PVCL) if you have any questions, or just drop-by the community hall on Tuesday morning. We always welcome new community members! You can also access the PVCL website and Facebook for any important Tot Time announcements.

Many thanks again to all of the Tot Time families for another wonderful year. We wish each of you an eventful, safe and fun-filled summer!

*We hope to see you in September!*

Sincerely,

Jill Vihos, Jenai Christensen & Melissa Garcia



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## SWEATER SALE OPEN HOUSE

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Saturday, June 14, 2014

9:00 A.M. to 3:00 P.M.



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## Alcohol & Pregnancy: Help Spread the Facts!

Many Albertans know someone who has a Fetal Alcohol Spectrum Disorder (FASD) and most are aware of this preventable birth defect. FASD is a lifelong disability resulting from prenatal exposure to alcohol that has no cure. People with an FASD can have a combination of unique physical, developmental, learning and behaviour problems and concerns.

Yet 9% of Alberta women reported drinking during their last pregnancy. Some may be surprised the percentage is markedly higher (41%) for women in the highest income group. Among Alberta women 18 to 44 years of age, 80% reported drinking within the past 12 months. Given that 50% of pregnancies are reported to be unplanned, a significant number of unborn babies are at a high risk of prenatal exposure to alcohol

No wonder why women, their partners, family and friends are confused about alcohol use and pregnancy, there are myths and misinformation everywhere! From authors, health care providers to well intentioned friends, conflicting and inaccurate information is being spread to women.

What we do know is that no woman consumes alcohol wanting to cause harm to her baby. A woman may not know she is pregnant, may not be aware of the effects on fetal development. Life circumstances past and present, such as domestic violence, poverty, mental health problems and stress can result in alcohol use as a coping strategy. And all women, all ages and all socio-economic backgrounds may drink alcohol during pregnancy because it is their social norm and loved ones around them drink on a regular basis.

So what can we do? Help spread the facts by having non-judgemental prevention conversations with family, friends, colleagues and the community at large about alcohol use and pregnancy.

- Drinking can be harmful at any point during pregnancy and can result in lifelong disabilities.
- Alcohol and pregnancy don't mix. If you drink alcohol and are sexually active, make sure you use contraception.
- Friends, partners and family members can support a woman by asking how they can help her to make healthy choices for healthy babies.
- Some women need support, care and treatment to help them stop drinking during pregnancy.

For more information on the FASD Prevention Conversation or supports and services available for persons with a Fetal Alcohol Spectrum Disorder please visit: [www.edmontonfetalalcoholnetwork.org](http://www.edmontonfetalalcoholnetwork.org)





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## Join Your Community!

Have you purchased your community league membership this year? You may not know that memberships are valid from September 1st to August 31st similar to the school year. Although a community league membership is required for all community based programs, there are many benefits to having one even if your family doesn't utilize the programs or has outgrown them. These benefits such as community swims or skating are listed on the membership page. Memberships are also another way to support the community to provide other programming, general interest or activities as well as offer a sense of pride and belonging within the Parkview Area. To date, with the support of families and households living in the Parkview Community, we were able to provide a renovated hall space, new outdoor green space and our amazing brand new park! Buy your membership today!

As well as being able to purchase your membership at the various community programs like Tot Time, Soccer, etc., you may purchase your membership online at [www.pvcl.ca](http://www.pvcl.ca) and pay online through PayPal OR you may use the form listed below and follow the mail in instructions.

Once you have used one of the above options, your membership card will be mailed to you by the membership coordinator, Robin Hobal.

### Parkview Community League Membership Benefits:

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

\*Memberships are required for community sponsored programs.

## Parkview Community League Membership Form



Please complete and MAIL this FORM and CHEQUE to:

**Robin Hobal**  
**9135 - 146 Street**  
**Edmonton, AB T5R 4L5**

Please make cheque payable to: Parkview Community League

Type of Membership:  Family Household (One and Two-Parent) - \$40  
 Adult Household - \$40  
 Senior Household - \$10

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

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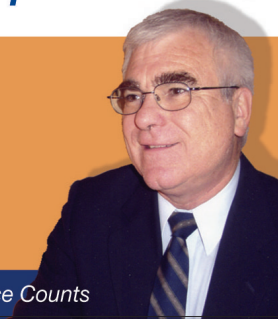
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# QUESTIONS I'M ASKED ABOUT FEEDING BIRDS

By Dave Cleary

## Q: How do birds find my bird feeders?

Birds are amazing creatures and can find new feeders several ways just like humans find restaurants. Everyone has a friend that likes to tell you about the new "hot spot". Some birds fly in flocks and may send out a scout bird to forage for new feeding sites. Or if you see a line around the block for a restaurant, you may get in line yourself to check out the food. Some solitary birds see a lot of birds at a feeder and go see what all the fuss is about. What if you see the "Golden Arches" on the way home from work? You know what's inside. Some birds already eat at the neighbour's house and may see your familiar feeders on the way home.

## Q: Do birds have a sense of smell?

This has been hard for scientists to answer. There is clear evidence that some birds have a sense of smell, such as Woodcocks that can smell earthworms buried 15 cm below ground, Turkey Vultures that are attracted to the rotten egg smell from leaks in natural gas pipelines, Kiwis, and some seabirds. The different sizes and



complexity of the olfactory organ from bird to bird suggests the ability to smell varies widely between species of birds. For backyard birds, the sense of smell does not appear to be a significant factor.

## Q: Can birds taste their food?

Humans have up to 10,000 taste buds, while songbirds have fewer than 50. A practical instance demonstrating how weak the sense of taste probably is with backyard birds is when we use cayenne pepper to deter squirrels from eating at bird feeders. The addition of the pepper does not stop the birds, while the squirrels, mammals like us, are repelled by it.

## Q: Does the type of food matter to birds?

Each species of bird has a food preference related to their bodily needs through the year. In winter, during nesting, moulting, and migration, the energy requirements of the bird takes priority. They will look for foods high in fat and protein, such as black oil sunflower seeds and nuts. Oats, barley, and wheat are cereal grains high in carbohydrates often used as fillers by some seed suppliers. Just like humans, birds recognize good quality food when they find it.

Dave Cleary and Jan Chapman are owners of Wild Birds Unlimited at the corner of 122 St and 107 Ave on Edmonton's northside. The mission of Wild Birds Unlimited is to bring people and nature together. See their website at [www.wbu.com/edmonton](http://www.wbu.com/edmonton) or call them at 587-521-2473.

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