



# PARKVIEW NEWSLETTER

www.pvcl.ca



Winter 2009

## Thank You Ghosts & Goblins! Halloween Party A Resounding Success!

By Gillian Culham  
Tot Time Coordinator



Our 2009 Community Halloween Party was a resounding success!!! Tot Time truly enjoys putting on this event each year to say thanks to the Parkview Community League for donating the community hall to use each week and to throw this Halloween party. We also want to thank all of the ghosts and goblins for attending and making the party one to remember! There were many stations for the children to enjoy, from 'The Incredibles' bouncy castle, to the trick or treat spooky house, to the freaky Haunted House, filled with 'brains and guts'. And none of this would have been possible if it weren't for all of our volunteers helping with donations, giving up their time, setting up and

running the event. Great job everyone, thanks for making the party what it was!!

Please don't forget to join us at Tot Time each

Tuesday morning, from 9:15 to 11:15. For only a \$1.00 donation per child, which covers our small operating costs, and volunteering your time once a session, for a snack and craft and the occasional clean up. We appreciate everyone contributing each week and making each tot time a fun experience for the kids, from the free play time, to the craft

of the week to an amazing snack and finishing it off with song circle. We couldn't do it each week without everyone's help! Just remember to have a current community membership. Parkview Community Memberships can be purchased from Robin Hobal at 780.489.6578 or Rhobal@telus.net or online at pvcl.ca.

Important dates to remember: Fall session winds up December 15th and we return after Christmas on January 5th until March 23rd then run our last session from April 6th until June 15th.

All the new faces this year have been an amazing ad-

dition to our program and we look forward to seeing even more people as the year progresses. It is a great venue to get to know the amazing people in our community and the incredible programs our community has to offer. Hope to see you soon!

*Enjoy more photos on Page 3!*



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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	tvbright@shaw.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	tvbright@shaw.ca
Fundraising Coordinator	Val Bright	780-486-4337	tvbright@shaw.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
Soccer Coordinator - Outdoor	Brian Mulder		outdoorsoccer@pvcl.ca
Soccer Coordinator - Indoor	Peter Dushenski	780-994-9084	dushenski@gmail.com
Security Clearance	Yvonne Seethram		paribus@shaw.ca
Senior Sharks Coordinator	Jim and Ethel Valleau	780-483-8363	
Special Events Coordinator	VACANT		
Tot Time	Gillian Culham	780-488-3797	parkviewtottime@gmail.com
	Tami Lackey		parkviewtottime@gmail.com
	Wendy Wilk		parkviewtottime@gmail.com
Traffic Liaison	VACANT		
Website Editor	Debbie Braun		webmaster@pvcl.ca



### Newsletter Deadlines

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

The advertising and copy deadlines are:

**Spring: February 1**

**Summer: May 1**

**Fall: August 1**

**Winter: November 1**

#### Advertising Rates:

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! We need You!

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

- Traffic Liaison
- Special Events Coordinator

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

Contact Davis Smith at 780-444-0217 or president@pvcl.ca for more info.

## More Halloween Party Photos:



*See You Next Year!!!*

## Welcome to the Safety Corner

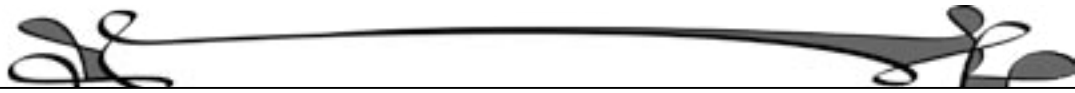
**P**arkview Community League would like to make our community a safer place for our residents. Danae Kortmann-Watts volunteered to be the new Community Safety Liaison. Danae's primary role will be to:

- Promote communication among community safety stakeholders
- Develop community based prevention programs
- Encourage members of the community to work together to ensure that Parkview continues to be a safe and desirable place to live, work and raise a family.

To ensure that the safety liaison represents the community's needs and wants, please complete the questionnaire on our web site at [www.pvcl.ca](http://www.pvcl.ca). You may also send Danae an email with your concerns and comments at [safety@pvcl.ca](mailto:safety@pvcl.ca)







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# 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	<b>*\$3,600</b>
Gardiner-Wilson Family	*\$2,100
Sweetland Family in memory of Muriel Sweetland	*\$1,400
The Travis Family	\$1,000
Boyko Boys	\$1,000

**SILVER \$500 - \$999**

Lorna & Don Kramer	<b>*\$850</b>
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The Gooding Family	*\$800
Jim Goertzen & Renee Goertzen	\$600
The Jakeway Family	*\$600
The Bowen Boys	\$500
Elizabeth Coenen	*\$500
Diane & Walter Konowalec	\$500

**BRONZE \$250 - \$499**

Rod & Gwenne Tweedle	*\$350
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
The Clarke Family	\$100

**OTHER DONORS UP TO \$249**

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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# 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  
9016 -141 St., Edmonton, AB T5R 0L2*





# Parkview Redevelopment Society

## Phase III Update

### Donations Needed!

Charitable tax receipts for donations over \$20.

**Long lasting recognition will be provided within the following plateaus:**

*Diamond*

\$10,000 and up

*Platinum*

\$5,000 – \$9,999

*Gold*

\$1,000 – \$4,999

*Silver*

\$500 – \$999

*Bronze*

\$250 – \$499

**Cheques payable to the Parkview Redevelopment Society.**

Send to:

Parkview Redevelopment Society  
c/o Val Bright  
9016 – 141 Street  
T5R 0L2

### Project Directors

- Chairperson, Nancy Davis nadavisfamily@mac.com or call 489-5191
- Treasurer, Val Bright, tvbright@shaw.ca or call 486-4337
- Communications, Louise Clarke, louiseclarke@shaw.ca , or call 481-2842.

The Parkview Redevelopment Society (PRS) looks forward to delivering another exciting change in **Spring 2010**. As Phase III slowly falls into place, the PRS will proceed with a modest amount of work this fall in order to retain two grants already awarded by the Alberta Recycling Management Authority and the Alberta government's Community Spirit grant program. Park users can expect to see improved safety around the baby swings as more rubber will be poured to address the dangerous slope that currently exists in that area.

### In The Spring...

The majority of third phase work will be scheduled in the spring, comprising the replacement of the old parking lot with new turf, concrete, benches, picnic tables and plantings. The goal is to create a seamless transition from the community hall to the playground. While awaiting construction drawings and costs, we ask that the residents of Parkview continue to show their support for the redevelopment project. Phase III will be funded largely by a new NPDP grant that we will be applying for from the City of Edmonton. However, the committee is anticipating that the hall renovations—such as south-facing windows

and the patio area extending from the hall—will require additional funding. Under the grant program from the City of Edmonton, hall improvements are not eligible; therefore, the windows will not be covered by the NPDP grant.

### Additional New Donations

are still needed for new grant applications underway. The provincial government Community Spirit grant matches donations made by private citizens. The PRS has already received one grant of just over \$14,000 and will apply again with new contributions. As well, the committee will be pursuing another Community Facilities Enhancement Program (CFEP) grant from the provincial government. The eligible amount is \$125,000, but only matches seed money already raised. To maximize the opportunities available to the community, we hope that our residents will come forward to either increase previous donations, or to make the donation they have been considering.

To ensure your name will be permanently recognized, or if you are planning to increase your donation and rise to a new category, donations should be received before the summer months. Following the completion of the third phase, the

PRS will proceed with another permanent structure for recognizing its generous donors.

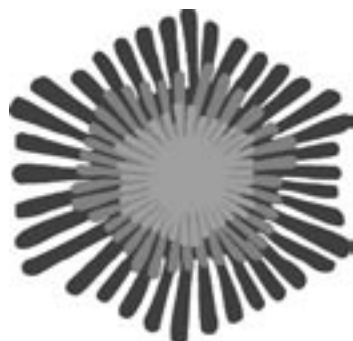
### Please support Your Community

As always, the Parkview Redevelopment Society appreciates the support of the community and delights in the positive feedback received by so many people who are enjoying all of the changes made to this point.

### Tax deadlines for 2009 Donations

**Take advantage of a tax deductible donation. Make your donation to the Parkview Redevelopment Society by December 15 to guarantee you receive your 2009 tax receipt.**





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10:15 am						☀	☀
1:30 pm	☀	☀	☀	☀	☀	☀	☀
5:30 pm	☀	☀	☀	☀	☀		
7:30 pm	☀	☀	☀	☀			

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**Practice of Karate will help to develop -**

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

**FOR ALL AGES 5 YRS AND UP**

**Call 780-695-KIKS**

**REGISTER IN JANUARY FOR OUR WINTER SPECIALS!**

**Registration at Parkview Hall on Monday, January 11, 2010 at 7:00 pm  
in the Board Room**

**Located at 9135 - 146 Street**

**\*Across the field from Parkview Elementary-Junior High School**



### Community Counselling Centre

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[www.rivervalleyfitness.ca](http://www.rivervalleyfitness.ca)

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## TEAM

# PVCL Membership has it's benefits!

## Please Join Now! Membership Form Available Online!



As well as being able to purchase your membership at the various programs like Tot Time, Soccer ,etc., you may purchase your membership online 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
  - Children's Halloween and Christmas Parties
  - Weekly Tot Time program
  - Seniors Card Sharks afternoon
  - Summer Playground Program
- \*\*Memberships are required for community sponsored programs.



### Parkview Community League Membership Form

Please complete and MAIL this FORM and CHEQUE to:

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

Please make cheque payable to: Parkview Community League

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

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

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

TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CHILDREN: \_\_\_\_\_ AGE: \_\_\_\_\_

\_\_\_\_\_ AGE: \_\_\_\_\_

\_\_\_\_\_ AGE: \_\_\_\_\_

I AM AVAILABLE TO ASSIST WITH COMMUNITY EVENTS? YES \_\_\_\_\_ NO \_\_\_\_\_



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- 4 Saturday sessions (1 hour each) beginning January 2010

- Help your child develop study habits that meet their learning style

- Total Cost \$60 (4 sessions included)

#### Six Week French Oral Communication Course

- 6 Saturday sessions (1 hour each) beginning January 2010

- Help your child feel more comfortable communicating in French through fun interactive games and activities

- Total Cost \$90 (6 sessions included)

Please contact Amanda at 481-5991 or email [amandajane@telus.net](mailto:amandajane@telus.net) for more information

\*References available upon request

Try any one class for **FREE**  
through the month of **January**

*Call for availability*

Our programs include:

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- Teen Night
- Mat STOTT Pilates
- Individual & duet *reformer* classes
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for full class descriptions, days and times



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Edmonton  
Ph-780.760.1860

[info@rivervalleyfitness.ca](mailto:info@rivervalleyfitness.ca)

# Parkview Playschool

By Laura Verbeek  
Playschool President



## Registration Night for 2010-2011 School Year

Registration night will be held on **Monday, February 1, 2010 at 7:00 pm**. You will need contact information, Alberta Health Care number and your cheque book as we will require a non-refundable registration fee.

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 10-16 classes)
- One toy wash per year
- Fundraising
- Participation in special events and/or field trips

### Registration Policy

#### Prior to the Registration Night:

- 3 year olds, or repeating 4 year olds currently registered in the program may secure their position in one of the 4 year old programs.

#### On Registration Night:

- **First** – Priority will be given to siblings of children previously registered in the program residing within Parkview and Valleyview.
- **Second** - Priority will be given to all new Parkview and Valleyview registrations.
- **Third** - Priority will be given to siblings of children previously registered in the program from other communities.
- **Fourth** - Priority will be given to registrations from all other communities.
- **Fifth** – Children registering for the 3-year-old program must be three years of age and toilet trained by the first day of the school year. Registration of a child who turns 3 after the first school day and prior to Dec. 31, 2010 will be permitted, provided there is space in the program. However, this child will not be permitted to attend until he/she has had his/her third birthday and the space is secured with payment.
- All registrations taken after Registration Night will be accepted in the order that they are received.

### 4-Year-old Program Specifics

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

FEES AND DAYS THAT THE PROGRAM WILL RUN TO BE ANNOUNCED.

### 3-Year-old Program Specifics

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

FEES AND DAYS THAT THE PROGRAM WILL RUN TO BE ANNOUNCED.

For more details contact our registrar Tamra Simons 780-483-1291, or visit our website at <http://pvcl.ca/playschool>





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### 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

### 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 Thursday afternoons. Learn the game of Wizard, enjoy a light snack and meet new people. Call Ethel or Jim Valleau at 483-8363 for details.



### 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

# Parkview Basketball



## The Season is in full swing!

Registration took place in early September. If you have any questions please contact

Donna Hinchey 780-481-9191

Practices are once a week.

One game on Saturdays. No games on long weekends or school/stat. holidays

Season runs from the end of September to the middle of March

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

More information at edmontonyouthbasketball.com, or contact Donna Hinchey .

## Ladies Sports Night

### Thursdays 7:30 - 9:00

Basketball and volleyball for women 18 to 108).

Thursdays 7:30 to 9:00 at Parkview School. Non-competitive, fun. Bring non-scutf runners. Call Jay (484-2482) for further information.

## Parkview Yoga

### Adult and Children Yoga

Workout with Friends, Family, Neighbors and Children

### Yoga-Based Mind-Body Fitness Class

CORE STRENGTH, FLEXIBILITY, BALANCE AND RELAXATION

#### Monday Morning Classes

9:00-10:00 a.m.

Jan 4<sup>th</sup> - Mar 22<sup>nd</sup>, 2010

Parkview Hall

(No Feb 15 Class)

11 weeks \$90

\$10 drop in

#### Wednesday Evening Classes

8:30-9:30 p.m.

Jan 6<sup>th</sup> – Mar 24<sup>th</sup>, 2010

Parkview Hall

12 weeks \$100

\$10 drop in

#### Thursday Parent & Child Classes

6:45-7:45 p.m.

Jan 7<sup>th</sup> – Mar 25<sup>th</sup>, 2010

Parkview School

(small gym NE entrance)

12 weeks \$100 for adults \$50

children \$10 /\$5 drop in

#### Thursday Yoga Bear: Men Only

8:00-9:00 p.m.

Jan 7<sup>th</sup> – Mar 25<sup>th</sup>, 2010

Parkview School

(small gym NE entrance)

12 weeks \$100

\$10 drop in

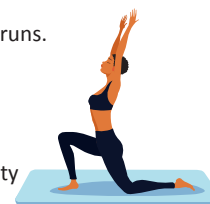
Note: Registration is transferable among family members.  
Minimum of 10 confirmed registrants per class needed to ensure class runs.

To register email Kerri at: [Parkviewyoga@pvcl.ca](mailto:Parkviewyoga@pvcl.ca).

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

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

All class will be held at the Parkview Community Hall or Parkview School  
All profit goes to the Parkview Redevelopment Society to help complete Phase III





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Expires May 6/09

**16008 Stony Plain Road**



# Calling All Adults!

By Tamra & Mike Simons  
 Adult Program Coordinators

Living in the Parkview / Valleyview Community brings many opportunities for recreation and enjoyment. Looking through the monthly news letter numerous activities jump out for families and children to enjoy and participate in: Basketball, Soccer, Sleigh Rides, Tot Time, Playschool, Girl Guides, Karate...just to name a few.

### **BUT WHAT ABOUT ACTIVITIES FOR THE "GROWN-UPS"?**

And by "grown-ups" we mean anyone who would enjoy an activity specifically for, with, and centered on adult interests. This may include and not be limited to the parent that would like a little break from the kids, the single person who has worked all day, the retiree or the post secondary student. As long as you are an adult these programs would be available to you.

The current plan is for these new programs to take place week-night evenings. We just need a little help in figuring out what you would like to see made available.

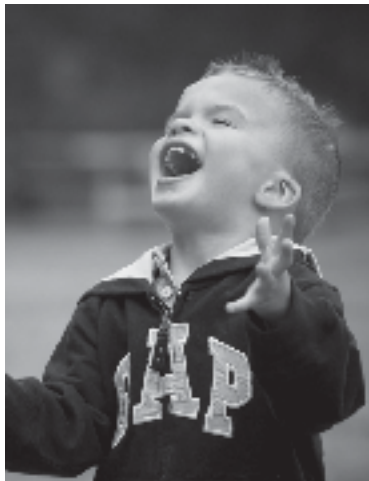
### A few possible ideas:

- **Dance Classes**
- **Cooking Classes**
- **Meal Making Club**
- **Wine Tasting Group**
- **Art Classes**
- **Scrap Booking Crop**
- **Craft Evenings**
- **Book Club**
- **Game Night**
- **Pub Night**
- **Self Defense Classes**
- **Poker Night**
- **Walking Club**
- **Drop-in Sports Programs**



Please let us know if any of these ideas catch your interest and we would really appreciate suggestions. We are also looking for volunteers who would be willing to give their time to help coordinate an activity or lead a specific group. Once we have heard from you we will be able to move forward and start planning. Keep your eyes open for an update in the next newsletter.

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



jimdobie photography



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the 2009 federal budget proposes to implement a temporary.....

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\$5200.00.....	\$630.00
\$10000.00.....	\$1350.00

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this program expires January 31, 2010

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ph: 780.486.4035 or 780.498.2563 email: [lifestylerenovations@shaw.ca](mailto:lifestylerenovations@shaw.ca)



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



Kevin Taft,  
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How? We do the planning, shopping, chopping, dicing and clean up for you. There is no cooking involved at the session. You move from station to station until you have assembled 8, 12, or more different entrees ready to go home and freeze.

Where? You can find us regularly at Community Halls throughout Edmonton and Area. Private parties can also be arranged per request.

How Much? Assemble a meal for less than \$4.10 a serving! 8 Meals for \$175, or 12 meals for \$245. Have us assemble the meals for additional \$25.

What Else? Our menu changes every month so come back and see us! At Dashing Dishes we know that family meal time is important. We can guide you towards healthy affordable meal planning.

**Rose’s Nails**

NEW SET....\$25.00

REFILLS....\$20.00

MANI-PEDI..\$45.00

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**EDMONTON**

**Use the right can**

Oversize garbage cans increase the risk of injury to waste collectors and are no longer being collected.

Waste Management Bylaw 13777 states that garbage cans must be 100 litres or less in volume and must have fixed non-swivel handles.

Household waste may also be set out in securely tied garbage bags without a container.

For more information visit [www.edmonton.ca/waste](http://www.edmonton.ca/waste) or call 311



**YES**



**No**





### Belgravia Green Homes

We have lived in the neighborhood of Belgravia for many years and love it for its sense of community and easy access to the river valley and parks, the university, health care facilities, Whyte Avenue and downtown.

We have acquired three adjacent 44 X 130 foot lots and plan to build our 'house-for-life' on one of them: a house that is 'green' (net-zero ready), accessible for all abilities and one that is both attractive and fits well into the community.

We hope to find two partners/families to purchase the remaining lots and build their own new home along with us at the same time (desired start date is May 1, 2010) with all of us using the same builder. We have chosen Habitat Studios because of their focus and experience in designing environmentally sustainable homes. With lower building costs and mortgage rates, it's a great time for this project.

Are you interested in this opportunity to build a green home in Belgravia?

We would love to hear from you. Email Kevin and Jeanette at [belgraviagreen@shaw.ca](mailto:belgraviagreen@shaw.ca)

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

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### Program Values

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



~ Photos of our classroom ~

EDMONTON'S FOOD BANK PRESENTS

# expressions of hunger

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The need is every day at Edmonton's Food Bank. Non-perishable food donations may be left at any City of Edmonton fire hall or major grocery store. The main Food Bank warehouse is located at 11508-120 Street and is open Monday to Friday between 8:30 a.m. and 4:30 p.m. to accept food and monetary donations.

Our most needed items include:

- Beans with or without pork**
- Canned meat**
- Canned fish**
- Canned fruit or vegetables**
- Peanut butter**
- Powdered milk**
- Baby food and formula**
- Macaroni and cheese dinners**
- Pasta and pasta sauce**
- School snack items such as juice boxes and granola bars**

*Thank you for your support!*




**Dr. Gloria J. Starko, B.A., MEd, PhD.**  
Registered Psychologist

*Counselling and Assessment with Care*

<p><b>Counselling</b></p> <ul style="list-style-type: none"> <li>Adults                             <ul style="list-style-type: none"> <li>• Individuals</li> <li>• Couples</li> </ul> </li> <li>Parent/Child Conflict</li> <li>Teen</li> </ul>	<p><b>Dr. Gloria Starko</b></p> <p>205, 10240 - 124 Street Edmonton, AB T5N 3W6 Phone (780) 488 - 1322 Fax (780) 452 - 9142</p>
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**use it or lose it!**  
start planning today

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# How much is my home worth?



If you are considering selling your home now or in the near future,

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I know Parkview well as I grew up in this area and my family and I call it home today. I can show you all of the sold properties as well as what is currently listed for sale.

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**Hall Rentals 780-483-2098 or  
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**Visit our website for more details  
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**Look for information on children parties complete with a  
Jump Thing !**

**Book Your Next Gathering at Parkview Hall !!!**



## Parkview Christmas Craft and Bake Sale

Saturday, November 28 10 am - 4 pm  
Parkview Community Hall 9135 - 146 Street

Homemade Ukranian Lunch - 11:30 - 2 pm

Help  
decorate a  
gingerbread house



Free Sleigh Rides



11 - 2 pm

Visit Santa Claus



1 - 3 pm

Coloring  
Contest



Marshmallow Roast

11 - 3pm

There are still tables available - Book Today!

*Please consider a donation of baking, or volunteering to help out at this event. Your contributions will be most appreciated.*

For further information, bookings, or to volunteer, contact Val Bright

ph: 486-4337

email: tvbright@shaw.ca