

parkview

COMMUNITY NEWSLETTER

NOVEMBER 2025

HELLO FROM YOUR PARKVIEW COMMUNITY LEAGUE BOARD!

As the year winds down, we're filled with gratitude for the community spirit that continues to make Parkview such a wonderful place to call home. This fall has been full of memorable moments and familiar faces coming together to celebrate, connect, and give back.

Parktoberfest was a tremendous success! Thank you to everyone who joined us for a night of good company, craft beer, and soft pretzels. It was great to see so many neighbours enjoying themselves, and we're already looking forward to our next pub night in the new year!

Our Halloween Ball was another highlight, full of costumes, music, and laughter. A heartfelt thank you to all the volunteers who helped organize both events. Your time and energy keep our long-standing traditions alive and thriving.

We'd also like to extend our thanks to the Parkview Preschool for hosting such a delightful pancake breakfast. The kids had a blast on the Fitset Ninja course, and it was wonderful to see families sharing breakfast and smiles together in the community hall.

Looking ahead, we can't wait for the Winter Craft Fair, which always brings festive cheer to Parkview with its sleigh rides, holiday shopping, and community fun.

And, of course, as soon as the weather cooperates, we'll be flooding the outdoor rink, so sharpen those skates and get ready for another great season on the ice!

As a volunteer-run organization, our league thrives because of the time, effort, and generosity of neighbours like you. Whether you're helping with events, maintaining the hall, or volunteering behind the scenes, your contributions make Parkview stronger.

Finally, a note about our upcoming 2026 Casino Fundraiser, taking place January 31 and February 1 at Starlight Casino. These casino nights are a vital source of funding that allow us to operate, maintain, and improve the hall and programs for the next two years. We'd love to see new and familiar faces volunteer for a shift or two. Come meet your neighbours, have some fun, and support your community.

Thank you, Parkview, for another wonderful year of connection, celebration, and care.

Warm regards,
Parkview Community League Board



your ad could
be here.

Our Community Newsletter is delivered to more than 1,400 households in Parkview/Valleyview and extras are available at the hall and local retailers. We have room for 14 banner ads (8-1/2" wide by 2" high) in each issue at the tops and bottoms of pages. You may pay as you go or pay in advance for issues in a full year (usually four). Ads are \$125 for each issue.

Don't have an ad? Ask about our design fee!
Scan the code or email pvcnewsletter@gmail.com for more info!



CALENDAR OF EVENTS

NOVEMBER 18: AGM

NOVEMBER 22: CRAFT SALE / SLEIGH RIDES

JAN. 31 & FEB. 1: CASINO

Meet the Newsletter Team of Volunteers!

Coordinator/Editor/Photography:

Paula E. Kirman

Design/Content: Lisa Day

Proofreader: Randy Layetzke

Advertising: Stevie Lowe

Distribution: Christina Froberg, and many volunteers who deliver to our doors.

**DO YOU HAVE A
COMMUNITY EVENT IDEA**

**OR A STORY TO SHARE IN OUR
NEWSLETTER?**

For Content Submissions, Contact:
pvcnewsletter@gmail.com

For Ads, Contact:
parkview.advertising@gmail.com

Parkview Newsletter Deadlines
Submission & Advertising Deadlines:
January 15, April 15, July 15 & October 15

PARKVIEW

CRAFT SALE

20+ LOCAL VENDORS
HORSE-PULLED WAGON RIDES (1-3PM)
ACCEPTING FOOD BANK DONATIONS

SATURDAY | 11AM
NOV. 22 | 4PM

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(PARKVIEW HALL)**

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SOMETHING FOR EVERYONE...



PARKVIEW RESIDENT AIMS FOR "10K EVERY DAY"

Michelle Pollock walks at least 10 km every day.

"When I turned 50, a voice inside my head kept whispering, 'Fit at Fifty.' It motivated me to make changes and get into better shape. Knowing myself, I didn't want to commit to five days a week at the gym, and my knees reminded me that my running days were behind me," she says.

Michelle joined a weight loss program with her sister in January 2023. They would arrive early at West Edmonton Mall to avoid rush hour traffic and pass the time by walking and window shopping. "We were shocked to discover that two laps around one level of the mall added up to 5 km. By mid-April, we were meeting at the mall almost daily, often for two hours at a stretch. That's when the light bulb went off: 10K Everyday became my goal - and my motto."

That spring, the sisters explored their communities by choosing routes they could complete in 2 to 2.5 hours. This led to many adventures in the west end and beyond, including crossing every bridge from Quesnel to Walterdale in one walk, as well as adventures closer to home like taking in the lights at Candy Cane Lane. "We walked as far as the Tawatinâ Bridge in Riverdale and looped back past the Edmonton River Queen to Parkview in a single trip. In St. Albert, we walked 17 km from Kingswood to Big Lake and back," Michelle adds.

Michelle has adopted the policies of "walk while you wait" and "walk if you can." For example, she will walk in airports while waiting to board and will walk instead of driving whenever possible. "I make a point of going for walks with friends and family instead of just sitting and visiting. I even walked home from Norden Volkswagen on St. Albert Trail and 137 Ave. one day when my car needed an oil change!"

Over the last 2.5 years, Michelle has walked an average of 14.5 km daily, which translates to around 21,500 steps daily. The most she has walked in a single day is 43 km (split across three walks). She has gone through 10 pairs of running shoes and has only missed one day with a case of the stomach flu. She makes sure to dress for the weather but will head to WEM if it is colder than -20 Celcius or if it is icy, windy, or smoky outside. "Sometimes I listen to music, sometimes podcasts or audiobooks, and sometimes I just allow myself to be alone with my thoughts. I walk with friends, family, alone, but most often with my Labradoodle, Areo. I love to start and end the day with a walk."

As advice for others who may wish to take the first "steps" towards better fitness, she says: "The greatest lesson I have learned on this journey is that consistency beats intensity. Doing something every day, no matter how simple it is, can change your life. Setting a goal - and truly committing to it - can transform your body, mind, and connection to your community in ways you never imagined."

You can follow Michelle's walking adventures on Instagram: @myrefresh1



RICHARD ANGUS

REAL ESTATE AGENT

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Parkview (East of 142 Street) Neighbourhood Renewal

Sign up to receive news and updates on the Neighbourhood Renewal project. To subscribe, please visit www.edmonton.ca/BuildingParkview

Neighbourhood Renewal is coming to Parkview (East of 142 Street) and planning is underway.

The Neighbourhood Renewal Program will reconstruct roads, curbs, replace street lights, repair or replace sidewalks and, where possible, connect missing sidewalk links. Other neighbourhood improvements such as street crossings, additional bike routes and links to existing bike routes, and improvements to City-owned parks and gathering spaces will also be explored.

You can expect to learn about what's involved in Neighbourhood Renewal as well as participate in a series of upcoming public engagement opportunities. We invite you to find the right engagement opportunity for you!

We will use a variety of communication channels to share information about the project, including the project website: edmonton.ca/BuildingParkview Please visit the project website for more information.

To sign up for project email updates, scroll near the bottom and click "Subscribe now": edmonton.ca/BuildingParkview

*Please note, if you subscribed via the Google form previously on the web page, you do not need to sign up again.

The Project Team will share details about the first community-wide engagement opportunity in November/December 2025.

Working together to make the most out of your neighbourhood.



VOLUNTEER SIGN UP
PVCL CASINO

**SATURDAY JAN 31ST &
SUNDAY FEB 1ST**

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preschool, outdoor rink, beach volleyball,
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using this QR
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VOLUNTEER NEEDED:

NEWSLETTER DESIGN ASSISTANT

Design Assistant Role:

Volunteer time commitment of 2-4 hours per issue (plus an approx. 15-20 minute team Zoom meeting). There are 4 issues per year. It involves helping to format and place the text, images, and ads for the issue. Experience with Canva would be an asset.

PLEASE EMAIL: PVCLNEWSLETTER@GMAIL.COM

THE NEWSLETTER TEAM WELCOMES OUR NEWEST VOLUNTEER:

STEVIE LOWE!!

Stevie resides in Parkview with her husband and two children. You may see her out walking their two dogs or perhaps catch her in the area at an Open House she could be hosting for a home seller. Thanks Stevie for taking on the role of Advertising Coordinator!

**your ad could
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for more info!





Parkview Preschool

3 Year Program - Tues/Thurs

4 Year Program - Mon/Wed/Fri

- Play-based learning
- Curiosity & Creativity
- Social Emotional Growth



Located in the heart of your community, the Parkview Community League Hall offers a versatile and welcoming space for various events and gatherings. Our Community Hall is available for rent to both members and non-members, providing an excellent venue for a wide range of activities.

The hall is perfect for hosting social events, meetings, workshops, weddings, and family gatherings. It boasts a spacious interior accommodating over 200 people and can be adapted to suit your needs, ensuring a comfortable and enjoyable experience for all attendees.



Monday-Thursday evenings are currently booked for programs. However, we have many open time slots available for our community to use.

Our rental rates are competitive. We offer special pricing for members as a token of appreciation for their support and involvement in the community. Non-members are also welcome to rent the hall, with different rates applicable.

**SCAN THE QR CODE FOR MORE
PHOTOS AND 3D TOUR OF OUR HALL**

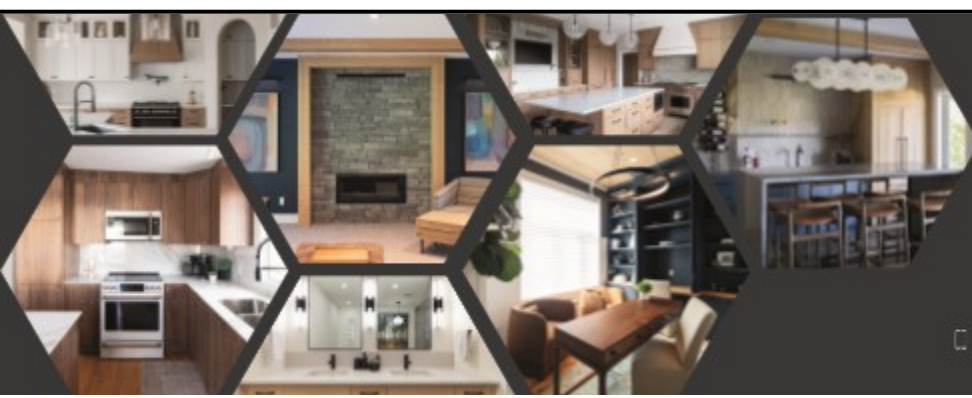
We are committed to providing a safe, clean, and friendly environment for all our guests. The hall is regularly maintained and cleaned. Booking is made easy through our online platform. You can check the availability of the hall and make your reservation in just a few clicks. For more information or to book the hall, visit our website using the QR Code below and stay informed with current news using our Instagram and Facebook pages too!

We invite you to consider the Parkview Community Hall for your next event. By choosing our venue, you are not only securing a great space for your gathering, but also supporting the community and its various programs and initiatives.



@PARKVIEWCOMMUNITYLEAGUE

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A huge thanks to the parents of Parkview Preschool who hosted our community pancake breakfast! A great time was had by all! Also, a big thanks goes out to the board members and other volunteers who support having these events in our hall. The kids were pleased with the Fitset Ninja course that we missed at our Palooza in June.



PARKVIEW PRESCHOOL

3 Year Program - Tues/Thurs
4 Year Program - Mon/Wed/Fri

Give your child a joyful head start—preschool sparks curiosity, builds confidence, and prepares them for kindergarten success!

-  Play-Based Learning
-  Curiosity & Creativity
-  Social Emotional Growth

 parkviewpreschooledmonton.com



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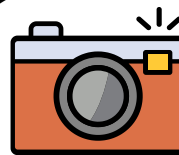
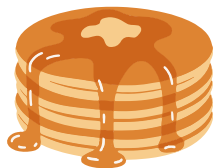
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This year's Halloween Ball on Oct. 24 was once again a big success, with fantastic costumes and great music! A big thank you to Michelle Pollock, as well as Sean Skwarok and his wife Carly for taking over the party planning this year. And a special thanks to Derek Concrete for supplying the fence!



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