

HIGHLANDS | BELLEVUE

HIGHLIGHTS

COMMUNITY MAGAZINE

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ISSUE 16

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your 2015 garden

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in Bellevue

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Photo: JODI RIETVELD

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February 2015

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Next deadline: March 15

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Avoid the desire to hibernate: Take advantage of activities and programs in Highlands and Bellevue

LEANNE STROH

As holiday celebrations wind down and the temperature dips lower, the connections we have in our community are even more important.

Block connectors in Highlands recently met with Margaret Wheatley at the Stanley Milner Library to discuss the Abundant Community Initiative, which is currently underway in both Bellevue and Highlands. While we may be inclined to hibernate at this time of year, Margaret mentioned that being human means we yearn to be connected with a community.

Thankfully, there are many ways to get connected and be involved in Highlands and Bellevue. You can invite neighbours over for a visit on a snowy weekend afternoon, partake in cross-country skiing and winter activities at Bellevue Hall, or take advantage of the exciting new programming at the library. With Highlands Pub Night on the third Friday of every month, playgroup for the wee ones and new parents at the Highlands Community Hall, and the wonderful volunteers who maintain our local outdoor skating rink, we have something for everyone right here.

If you’d rather think ahead to spring, check out the Highlands Garden Club’s article in this issue about planning your garden. The club is an incredible resource for those who seek to

beautify their yards and for those who tend to a plot in our community garden. If you’d rather skip right to thoughts of summer, consider joining the team that is planning Highlandia Fest. The third annual summer festival is happening this June, and Dan Rietveld and his team need your passion to make this year’s event the best one yet.

The chilly temperatures also bring out the best in us. Recent stories about the snow angels of Highlands Junior High and neighbours who work to keep the walks clear for those who are unable to remove the snow in front of their houses show that we are already a caring, connected bunch. You can read more about the snow angels of Highlands Junior High in these pages.

Consider getting more involved in Highlands and Bellevue. The Highlands Community League is always looking for new faces. You can also get involved and share your thoughts on happenings in Bellevue at its annual general meeting in February.

Do you enjoy working in InDesign? Do you go through these pages with a red pen to find the mistakes we miss? Would you like to work with local businesses that advertise in this magazine? The Highlights team needs your help, and we’d love to hear from you at **highlights.newsletter@gmail.com**.

Advertise with Us

Deadlines: We publish quarterly.

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May Issue: March 15

December Issue: October 15

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A FEW PHOTOS FROM THE NEIGHBOURHOOD

Highlands Community League Potluck Supper
Photo: MARK KNOCH



MLA Brian Mason joins the Highlands seniors supper
Photo: SUSAN PETRINA



Andrew and Audrey Clark at Highlands Community League
Potluck Supper. / Photo: MARK KNOCH

Exciting board and school news to start the new year

SUSAN RUTTAN



Susan Ruttan

- Geoff Lilge, our sports director, is now director of corporate development with the Edmonton Construction Association. Geoff and his wife Cindy Lazarenko used to own the Highlands Kitchen restaurant.
- Susan Petrina, our past-president, is constituency assistant to MLA Brian Mason, working out of Mason’s office in our 112 Avenue business area.

Please consider joining our team. We are always looking for volunteers and for people interested in sitting on our board. Our job is to provide community programs, run a hall and ice rinks, build neighbourhood spirit, and speak for Highlands to the outside world. Contact me if you’re interested, or just come to a board meeting. We normally meet the second Monday of each month, but check with me first by sending me an email at president@highlandscommunity.ca.

I had a conversation recently with a local architect who lives in Highlands. What, he asked, will happen when Edmonton Public Schools closes a school in our neighbourhood? Will that empty school and its land just sit unused?

We discovered that we both had the same vision of what should happen: some kind of seniors’ housing or condos that would suit older people ready to move out of their homes. I know a number of Highlands residents who feel ready for a smaller and less-demanding home, but don’t want to leave the neighbourhood.

We already have the Highlands Place Seniors Residence on 118 Avenue, but it serves the Edmonton area in general, not Highlands in particular. My dream is for something a little more upscale, less institutional, and nothing higher than three storeys. Put it on the

school board land only; all the city land currently next to the Mount Royal and Highlands Junior High School grounds should remain open space for soccer or baseball games.

As you know, the school board is looking at amalgamating four neighbourhood schools – Mount Royal elementary and Highlands junior in Highlands, plus Montrose and Virginia Park elementary. I have been sitting on a working committee created by the school board to give some direction to such an amalgamation. The committee consists of principals of the affected schools, plus some parent and citizen representatives.

Our committee advised on some priorities for how an amalgamation, if it happens, should be done. We ruled out Montrose and Virginia Park schools as a site for a new school, and I personally pushed for renovation of Highlands school. The school board is now considering three options:

- A new K-9 school on the Mount Royal site, with the existing school demolished once the new one is built;
- Modernizing the 100-year-old Highlands School and its 1954 addition, adding a new gym;
- Modernizing the 100-year-old Highlands School, but demolishing the 1954 addition and building a new addition.

These plans may lead to a new amalgamated school, but when it will happen is anyone’s guess. If provincial government revenues stay low because of low oil prices, these plans may be filed away for years.

The school board believes it’s good to plan ahead, and that’s right. That’s why as a community we need to think about what we would like to happen to a vacated school site.

Our membership director Jessica Knoch is now manager of the Highlands branch of the Edmonton Public Library



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Try something new in Bellevue in 2015

JANICE FLEMING



Janice Fleming Weeks

fun! Try snowshoeing, bannock making, fire-starting, cross-country skiing, or indoor tennis!

Winter Activities
Bellevue recently took some winter training from the City of Edmonton and began offering snowshoeing, bannock making, fire-starting and kids crafts starting in January 2015. These activities will likely be co-ordinated with our kids programs, which run on Saturday afternoons at Bellevue.

Cross-country drop-in skiing will also be featured every Sunday from 1 p.m. at

Bellevue Hall. Meet at the hall and go skiing in Borden Park, and then return at 3 p.m. for coffee and hot drinks. All ages are welcome!

Drop-in Tennis
Drop-in Tennis for kids aged four to eight years old and nine to 13 began the third week of January inside our main hall. Check our activities guide to see times and exact dates. This program is from the Le Petit Tennis program that ran last year.

General Meeting
Make sure you attend our general meeting on Friday, February 13, at 7 p.m. at Bellevue Hall. We will have representatives from Northlands, and the City of Edmonton Police Service and Transportation. If you have community concerns, please come and voice them to our representatives. We will also be voting on new bylaws.

Ballroom Dancing
Ballroom dancing classes will resume in late April this year, so watch our

Facebook page and our outdoor billboard for start dates.

Curling at Thistle Curling Club
The Thistle Curling Club is hosting a seniors men’s and ladies championship tournament from March 21-28. Make sure you stop in to buy some tickets and watch the matches. Teams will be playing from all across Canada.

Front Yard in Bloom Nominee Event
Bellevue will be thanking all of our Front Yard in Bloom nominees at an event on April 30. If you were nominated this year and haven’t received your event invite, contact me at bridgetjones6@hotmail.ca.

Keep Bellevue in mind for active and healthy activities in the new year – we can help increase your longevity, and keep your mind and body fit!

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Thank you from the Whetstone Pottery Guild

The Whetstone Pottery Guild has enjoyed being affiliated with the Bellevue and Highlands Community Leagues for approximately 33 years. We thank you for your undying support. We want to especially thank Jack and Mae Whetstone, who invited us into the community. The guild adopted the name “Whetstone” in their honor.

We are very sorry to say that we have now vacated our space at the Bellevue Community Hall.

We will miss our contact with you as we knocked on doors for the membership drive, delivered newsletters, and covered K-Days parking. Best of all was your support for our annual sales, where we so enjoyed chatting with you and exchanging hugs! We could not have survived all these years without you.

We are now storing our equipment until we find a suitable and affordable new home where we can start potting and seeing all of you again. If you know of a space, we are open to ideas. Please contact Sandra at 780-474-1108.

Thank you again for all your support.

The Whetstone Pottery Guild

Brian Mason, MLA

EDMONTON HIGHLANDS-NORWOOD



I am your voice in the Legislature and I want to hear from you.

Contact my office if you need help accessing provincial services like health care, AISH and AB Works, or if you have questions about how a policy or legislation affects you.

Connect with Brian!

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Email: edmonton.highlandsnorwood@assembly.ab.ca

To smoke or not to smoke

JOHN TIDRIDGE

Standing out like a sore thumb, it can be viewed easily from Fort Road and 66 Street. A symbol of things gone wrong and things not corrected – until now! The Edmonton Journal, in its December 8, 2014 edition, published what lies ahead for the lands around the old Canada Packers smoke stack. Edmonton Transit will be building a new garage to replace the Westwood Transit Garage, and if all goes well, a daycare will be included. The stack will be incorporated into the building. But I digress!

So what’s important about a smoke stack, or what does the chimney have to do with Highlands, Bellevue, or Virginia Park? It is a safe bet that there are people in these areas who relate to the days of the packing plant industry in northeast Edmonton.

The smoke stack was given municipal historical designation in 2001, thanks largely to the efforts of the Fort Road Business Association, which wanted to preserve a reminder of a meat packing industry that employed so many in northeast Edmonton.

“We’re not just saving a smokestack; that smokestack represents the industry and the lives of the people involved in it,” association project co-ordinator Deanna Fuhlendorf said in 2001 and reaffirmed for this article.

Over the years, it was thought a then well-known store, Revy, would build on the land. This was not to be. The Fort Road Association was insistent in its endeavours to preserve this historic item; it was their hope a commemorative park would be built which would include the smoke stack.

Nothing came of these hopes until recently when Edmonton Transit announced it would be the site of the new Westwood Transit Garage.

The smoke stack was part of Canada Packers one million dollar plant, built in 1936 during the depression. The plant came down in 1995, except for that 30-metre brick stack, considered the largest brick chimney in western Canada. Edmonton architect Gene Bud, who owned the property, saved it from the wrecking ball.

So, as you drive along either Fort Road or 66 Street near 125 Avenue, you will know just a little more about the smoke stack that has dominated the skyline for so many years.

For those who are really, really interested in the stack, more information is available at the Edmonton Archives.

The author is indebted to the City of Edmonton Archives for articles from the Edmonton Journal [Mike Sadava] and Real Estate Weekly [Lawrence Herzog], help from a couple of City of Edmonton employees, and the Fort Road Business Association for providing information for this article.

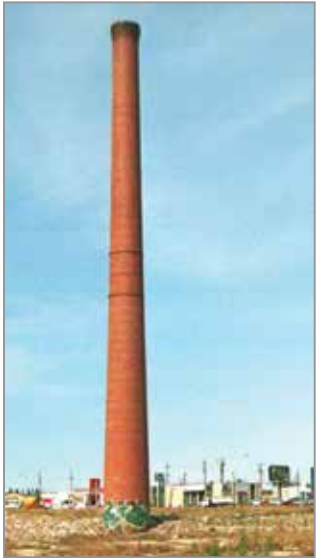


PHOTO: Courtesy of the Edmonton Journal



EIGHT GREAT REASONS TO MAKE NORTHLANDS YOUR DESTINATION

These are the kind of events worth getting excited about!

MAPLE LEAF MONSTER JAM – February 7 & 8

TRAGICALLY HIP – February 12

NICKELBACK – March 13

NORTHLANDS FARM & RANCH SHOW – Mar 26, 27 & 28

CANADIAN COLLEGE FINALS RODEO – Mar 26, 27 & 28

DEF LEPPARD – April 23

HARLEM GLOBETROTTERS – April 24 & 26

ONEREPUBLIC – April 29





Establishing new roots

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Now is the time to plan (and start) your 2015 garden

LANA LAW

With frost in the air and snow still on the ground, any hint of gardening might seem to be months and months away. But in fact, the Highlands Garden Club has been hard at work.

For plant and garden enthusiasts, January and February is a good time to plan your garden so you can start some seeds in March.

“Anyone who thinks that gardening begins in the spring and ends in the fall is missing the best part of the whole year. For gardening begins in January with the dream.”
--Josephine Nuese

Start planning your garden or any changes to an existing garden by considering:

1. How much work and maintenance you are willing to put in
2. How much space you have (how much space you need to create)
3. How much sunlight your garden gets
4. What sorts of plants you want and what are their needs

This all seems obvious, but too often, I’ve flipped through catalogues picking pretty specimens and dreaming about tasty berries before considering any of the above (and suffered). The plants either didn’t perform, or I’d set myself up for a lot more work to just keep them alive.

One plant choice guideline for perennials (plants that come back year after year) is its USDA growing zone. Edmonton is considered Zone 3 B. Plants with zone numbers higher than 3 are likely to die over winter (without intervention or special treatment) or need more frost-free days to fully fruit. Manage your expectations with these plants!

Annuals (plants that grow, flower, seed, and die in one growing season) are popular for their instant colour and are available at supermarkets and greenhouses all spring and summer. But there are some that can easily be started at home from seed.

By starting seeds yourself in this pre-spring period, you get a jump start on the growing season, the satisfaction of



growing them from the very start, and the ability to control what kinds of (if any) pesticides are used. It also gives you a chance to have plants that might not be widely available.

Here are some seed starting basics.

Step 1: Choosing plants

- Vesey’s has Edmonton’s last and first frost dates pegged at May 7 and September 23. With our short growing season, choose plants that can help from that extra boost. One club member likes to start her parsley (long germination time) and petunias (slow growing) in February.
- Avoid plants with taproots, such as sunflowers and poppies, which don’t like being transplanted and can be stunted by starting in a container.

Step 2: Choosing seeds

- Seeds have a shelf life. A surprising number of seeds are no longer viable after one year, even with special storage. Pick either fresh seeds or seeds that have been packed for a specific year to avoid disappointment.
- Follow the packet instructions!

Step 3: Choosing soil

- Various types of potting soil are available. Many will work!

Step 4: Choosing a container

- Almost any container with a drainage hole and the ability to hold soil can work. One of our members likes to raid the recycle bin for things such as take-

out containers with a clear top. The top helps keep moisture in while the seeds germinate, and it can be easily removed once spouting appears.

Step 5: Choosing a location

- Most seeds like moist (but not wet) soil and a warm place to germinate. Consider putting seeds on top of the refrigerator during this period.
- Once seeds have sprouted, move them into an area with sunlight, such as a bright window. Keep in mind that this area might be cool, so to prevent damage, continue to keep an eye on them.

There are many web resources to help with seed starting. The seed starting chart at www.organicgardening.com tells you how far back to count from our frost date (approximately May 7) for each type of plant.

Each year, club members collectively donate funds to a charity at the year’s end. Our short list for 2014 was focused on gardening and agriculture-related causes and included the volunteer-run St. Albert Botanic Park and Dustin Bajer’s Urban Ag High project (an urban agriculture learning opportunity for junior and senior high school students). To see which charity we picked, get a preview of some of the events we have planned for the year, join the club, or to find more detailed gardening tips and tricks visit our blog: www.highlandsgardenclub.blogspot.com.

Good luck, and happy growing!

Musings of a Master Composter/Recycler

HERB GALE



Construction underway at the Kennedale ECO Station

Photos: HERB GALE

Kennedale Eco Station

Edmonton’s newest eco centre, located at 5355-127 Avenue, is complete. The final systems testing is underway, and then it will be open to the public. Jane Ni, the Supervising Engineer, provided me an overview of this project.

The eco station is located on a seven-acre site with a large parking lot and a building that is five times the size of the eco station on 99 Street. This means many more (and larger) drop-off bays. All the latest technology (including water conservation) has been incorporated into this development. The building is a Leadership in Energy and Environmental Design (LEED) project, and is expected to achieve at least a silver rating. Leadership in Energy and Environmental Design is a green building certification program that recognizes best-in-class building strategies and practices.

The station contains an enclosed area dedicated to material, such as furniture, that a supervisor deems to be reusable. The general public will be allowed to pick up items of interest from this area.

To better understand the operation and unique features of Kennedale Eco Station, I have arranged for a tour of the facility. You can expect a full report will be in the next issue of Highlights

Disposal of a van-load of “stuff”

I received feedback from folks who were frustrated that their donations were not accepted by agencies.

To test the donation system, I loaded the van with table lamps, footwear (summer and winter), an old microwave, Christmas lights, several cases of canning jars, greeting cards of all types, pots and pans, a large collection of craft materials, an ergonomic chair, new stuffed animals, new floor mop, miscellaneous patch cords, electrical items, and much more.

My first stop was the Bissell Centre (just prior to its re-opening). The fellow that came to help looked over my donations. He indicated there was nothing the Bissell Centre could use. He suggested Value Village.

My next stop was to the Habitat for Humanity Restore’s location at 8210 Yellowhead Trail. They took the Christmas lights, mi-

crowave, candle sticks, floor mop and other miscellaneous small items. The chair was rejected, due to having white cat hair on the black fabric. The person who helped me here indicated that Restore has become more selective due to items taking up space and not selling. He appreciated that I did not become angry that they would not take more. This seems to be a problem.

Lastly, I went to the Goodwill Store at 11714-34 Street. The receiver came and looked over the load. No problem! They could use everything except the old computer cords and other miscellaneous electrical items.

To dispose of “stuff,” I suggest the following.

- Review the City of Edmonton’s Reuse and Recycle Directory listings.
- Once an agency is selected, contact it to confirm items to be donated will be acceptable.
- If a large number of items are to be donated, many agencies will send out a truck to pick items up from your home.
- Donations need to be clean and reusable.
- For quick no-questions-asked de-cluttering, the Canadian Diabetic Association will pick up from your door.

In summary, I found that each agency knows what sells at its particular store, which is why they seem to be picky in taking our donated items.

Politics and gardening

Last fall, the NDP candidate for the new riding of Griesbach, Janis Irwin, came knocking at my door. After kicking the political football around, Ms. Irwin realized I was the writer of this column, and our conversation changed from politics to composting and gardening.

I’m looking forward to continuing our discussions about our favourite topics of politics and gardening later this year. We in Highlands must wish our very own Janis Irwin well on her quest to represent us in Ottawa.

Janis, we who remain in Highlands can help out with your garden.

2015 Seniors Curling Championship Tournament at Thistle Curling Club

JANICE FLEMING

The Thistle Curling Club started in 1920, and it used a small shack located on Northlands during the war.

The curling club was there until Northlands took control of the land and asked it to leave. It relocated into Bellevue in 1952, and built its building at 6920-114 Avenue. Marvin, the club manager for the last 40 years, told me that the club has 1,100 members. He was a curler himself, until he hurt his back.

As you walk into the upstairs of the club, you can see the various banners celebrating championships won over the years. It is quite impressive! You can watch the curlers from the window in the lounge upstairs. Downstairs, there are a concession and windows where you can also view the games.

The Thistle Curling Club is having a men's and women's seniors championship tournament from March 21-28, in Bellevue at the Thistle Curling Club. Curlers from all ten provinces and three territories will be attending both the women's and men's

leagues. Tickets can be purchased at the club. If you are interested in volunteering during the week of the event, contact Marvin at 780-477-8142.

It is very inexpensive to sign up and join the curling club. It costs approximately \$10 a game to play for several hours. It is a great way to meet new people, hone your curling skills, and get your body in shape. I encourage you to contact the club prior to March 2015 if you wish to join league curling. Almost everyone can come and enjoy this game, from kids to seniors and both women and men.

The rink is only a short walk from my house, and we were there as a board recently for a meeting. Marvin was kind enough to lend us the boardroom, and we used the lounge afterwards to socialize. The atmosphere is very jovial and friendly at the Thistle Curling Club. Drop into this club to check it out, and be sure to watch the Seniors Curling Championships in March!



A group of curlers show how it's done.



Marvin has managed the curling club for 40 years.

Photos: JANICE FLEMING

Bellevue celebrates the season with a sleigh ride and Jubiloso!

JANICE FLEMING

The snow came down on the afternoon of Saturday, November 22, 2014, when we began our sleigh ride for members of the Bellevue community. Many families came out and enjoyed a delightful afternoon with Arie Jol from Anjl Horse and Carriage. We sang Christmas carols on the ride, and enjoyed the fresh snow and the scenery around Borden Park and Northlands. Hot dogs and hot chocolate were waiting for us when we returned to the Bellevue Community Hall.

At 7 p.m., we listened to the Jubiloso Bells of Concordia choir play beautiful tunes to "Still," the theme of this concert. Door prizes were given out during intermission, and Elvira came out and did some belly dancing. She even got a brave member from our audience, Rick Herity, to join her. After the break, Jubiloso serenaded us with both traditional and contemporary Christmas tunes.

Santa Claus arrived at 8:45 p.m. in time to give the children and audience some treats. One child pulled Santa's beard in hopes of seeing who had donned the big red suit. Earlier, during the Bellevue Kids Puppetshow program, we wrote letters to Santa telling him what we want for Christmas and put the letters in the mailbox.

We honoured Brian Mason in a tribute to his 25 years of community service as a politician representing us as an MLA and city councilor. I presented him with a beautiful glass piece commemorating his years of service. Brian thanked the community league for its work and was very pleased to receive the tribute. He said he has not decided if he will run again in the next provincial election, but he enjoys challenging the government on issues that are important to our community. We appreciate his dedication and hard work advocating for us in healthcare, and with seniors issues, employment, and education. We wish him well in all his future endeavours.

Thank you to Jubiloso and conductor Deborah Rice for a wonderful evening of bell songs. We hope to partner with them again in 2015!

Photos: JANICE FLEMING



Members of the Bellevue community enjoyed sleigh rides



Keeping warm



Santa Claus arrived



Jubiloso Bells of Concordia choir



Elvira entertains during intermission



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Bellevue Community League

GENERAL MEETING

Friday, February 13, 2015
7308 - 112 Ave | Bellevue Hall
6pm - Potluck | 7 pm - Meeting

Come discuss the issues you have in our community. We will have representatives from Northlands, City of Edmonton Transportation and Edmonton Police Services.

For more info contact Janice at 780-474-1183

Child care provided - kids can play upstairs in centennial room.

HIGHLANDS MEMBERSHIP: IT'S IMPORTANT

Our Highlands neighbourhood is only as strong and healthy as its residents make it. We do that through the Highlands Community League, the organization that acts and speaks for the 2,500 people who live here.

Every year we ask people to get a membership in the community league. It gives us much-needed money, and it gives us a membership base we can reach when we need to.



Here are some of the things the league does, or supports:

- Guards neighbourhood interests.
- Builds community connections.
- Seniors' bridge groups in our hall.
- Children's programs.
- Raised money for the spray deck and park improvements.
- The Highlandia Festival.
- Community garden.
- Events: pancake breakfast in July, Christmas potluck dinner, Pub Night 10 months a year; Community League day in September.
- Children's soccer program, winter and spring.
- Maintains two outdoor skating rinks, free to all.

All this takes effort, money and commitment. Please make a commitment to Highlands by getting a league membership.

Get your Highlands Community League Membership at Mandolin Books or email president@highlandscommunity.ca.

Prices: \$25 - family; \$15 - single; \$5 - seniors; \$5 - associates (you must be a member of another league to be an associate).



Farmers'
Market

Highlands

OUTDOOR SUMMER SEASON
May 22 - September 25

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PEROGIES - JEWELRY - COFFEE - MUSIC
PARKING - WASHROOMS - SEATING



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Community shines in Bellevue Bright Lights Contest

JANICE FLEMING

It was great to see so many residents of Bellevue and Virginia Park participating in the 2014 Bellevue Bright Lights Contest. Thanks to every person who decorated their home with lights, decorations, snowmen, and other interesting props!

We had three categories this year. Judges Anita Vivier, Denise Courteau, Grace Kelly, and I chose the following winners.

The corner house at 11349-71 Street was very eye-catching. Lights go from the front to the back along the fence to the garage to make a statement. In the front, the tree is wrapped with lights. The front porch is also framed with lights, as well as the front of the house. A snowman and Santa add to the decoration. Judges agreed that this home qualified for the highest mark for the cute and simple category.

The house at 11436-71 Street was very carefully and strategically planned. The colourful lights were hung in streams around the front of the house's windows and door and porch. A trio of snowmen and a tree were props used in the front along with trees lit with various colors. The lit-up tree you can see in the window adds a nice touch to this home. We gave this one a high rating, and it won the creative category.

The house at 7420-Ada Boulevard was very detailed with reindeer props, trees lit all around, window frames of the house carefully lit, the lights continuing on the fence to the back of the house. The balcony with traditional old decorations was a very nice touch! We awarded this home a high rating to win the extravagant category.

The owners of the winning homes in each of the three categories received a gift from Bellevue. Thanks to all of our participants for your creativity, thought, and efforts into making Bellevue a beautiful Christmas neighbourhood. We also wish to give honourable mention to Concordia University for its beautiful lighted walkways on campus.

Thanks to Paulette at the Hair Gallery, who donated a \$50 gift certificate that was awarded to the cute and simple home. Thanks to councilor Tony Caterina, who donated a family pass to the Muttart Conservatory, which the creative home received. Thanks to Dave Jones, Manager at Stadium Save on Foods, who donated a food basket that went to the winner in the extravagant category.



Creative winner



Extravagant winner



Cute and Simple winner

Photos: JANICE FLEMING

A conversation with Margaret (Meg) Wheatley

HARRY AND JAN KUPERUS

Approximately 20 Abundant Community block connectors and co-ordinators, some city folk, and even some news reporters, were gathered together by Howard Lawrence in an upper room of the Stanley Milner Library. The room was set up for an interview with Margaret Wheatley, leadership guru and author of numerous books, but when she arrived, she graciously drew us all into a circle for a conversation instead. No surprise from a woman who says, "Trust that meaningful conversations can change your world."

Dressed in earthy colours of red and brown, Meg simply wanted to converse with us about what we've experienced in the Abundant Community initiative. She stressed that we're on solid ground when we reach out to connect with neighbours, because there is a natural yearning for connectedness in all of us – we are social creatures, after all. Being human means being connected in community, something that our western individualism thwarts to the extent that our homes have a tendency

to become either islands of retreat from the stresses of work, or silos of isolation and loneliness.

One of Meg's catch phrases is, "Whatever the problem, community is the answer!" To illustrate this point, she cited a study that showed the health of children is better if there are grandparents in their lives. Personally, as block connectors, we have felt a greater sense of well-being since we have gotten to know the people on our block. Some neighbours even stepped in, unasked, and raked our leaves while we were gone this fall.

In our Abundant Community interviews we have been asking, "What are your gifts that you would like to share?" Meg suggested that we ask, "What do you want your neighbours to know about you?" -- a question that would help turn the interview into a conversation. Through conversations like these we can relate in a more meaningful way than just seeing each other coming and going from work.

Through conversations with our neighbours, we can overcome isolation, make creative changes, and gather the strength to be a health-giving community for each other.

We'll end with a quote from Dr. Wheatley: "Be brave enough to start a conversation that matters. Talk to people you know. Talk to people you don't know. Talk to people you never talk to. Be intrigued. Expect to be surprised."



Janis Irwin, Carmen and Howard Lawrence, Margaret Wheatley, and Jan and Harry Kuperus chat about community at the Stanley Milner Library

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Halloween Kids Party at Bellevue

JANICE FLEMING

The Bellevue Kids Program had its Halloween Party on Sunday, October 28, at Bellevue Community Hall. All of the kids got dressed up, played some games, and painted an ornamental pumpkin. They used various bright colours to create their own masterpiece. We also read a scary Halloween story.

The kids program usually runs every month (the third Saturday from 1 to 3 p.m.), unless otherwise posted on our Facebook page and outdoor sign. In November, we glazed our Christmas ornaments and took a sleigh ride. Ornaments were then ready for our December 20 program, where we had a Christmas party and year-end wrap up.

Next year, we plan on having Andrew Ference from the Edmonton Oilers come to visit the kids, Christina Mandrusiak from the Ukrainian Village to come and show us how to do Ukrainian Easter egg painting, and Kuhlmann's to show us how to plant seeds in May.

These are some of the exciting new speakers and activities we will feature in 2015. If you are interested in enrolling your child in this program, please give me a call at 780-474-1183. You need to have a community league membership and be willing to help out.



Fun was had by all at the Bellevue Halloween bash Photo: JANICE FLEMING

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Bellevue volunteers test out new winter activities

JANICE FLEMING

Several parent volunteers met at Bellevue to get training in winter activities. In an evening, we learned how to make bannock, start a fire, snowshoe, and make children's crafts. It was very informative, fun, and interesting to learn all these activities.

Starting a fire brought me back to my Girl Guide days. Keeping your wooden logs like a teepee is one trick, but even more important is having kindling and paper.

When making bannock, you need three simple ingredients: flour, baking powder, and salt. Water is added to get the right consistency. Once you make your dough, you wrap it like a snake around a wooden doweling and cook it like a marshmallow – slowly roasting it in the fire until it is done. You can add cinnamon and sugar to make it sweet and delicious! Or you can add a wiener and wrap the dough around it for a tasty hot dog.

The snowshoes they have today are not what I used years ago. They are much more modern and easy to put on with straps and buckles. We tried them on and went outdoors. It was quite easy getting around and staying on top of the snow.

I want to thank the leaders Kathleen and Brittany for training us on these fun winter activities, which will be offered at Bellevue in early 2015.



Kathleen teaches bannock making



Melissa and Halah chat with instructor Kathleen



Cooking bannock over the fire



Trying out modern snowshoes



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Oh, how our community garden grows

JAN KUPERUS



Cal Wrathall shows off his amazing plot, grown with his wife Jean.

As I write this, the Highlands Community Garden lies blanketed in snow, and the hoses and water barrels are stored away for the winter. But hold on, things are happening there still! Have you noticed the compost bins? At our start-up meeting last spring, we had Mark Stumpf-Allen, the city compost guy, come to inspire us. We’ve made great strides thanks to gardener Trish Fontaine, who picked up scraps from Beverly Daycare all year long. Trish has been working the bins right through winter, so that today we have real live compost, instead of our previous dead heaps of twigs and leaves. Coffee grinds provided by Mandolin Books and Coffee Company are really helping the piles to percolate!

You may be wondering why there are straw bales in the garden. This was an experiment that introduced some excitement and a little bit of wonderment into the season – as well as tantalizing scents of chicken feathers and fish meal, our organic fertilizers. When you fertilize the bales, they start to break down, and you can plant right into them, avoiding weeds and maximizing growth, because of the heat that is produced as they break down. This experiment was a qualified success. We saw some good cucumbers and squashes, and the tomatoes were doing great before the frost, but some of the bales didn’t break down as well as others. The ones that are broken down will go into the compost, and we’ll plant into the others next year.

You may have noticed that our community garden got a little sprucing up last year. One lovely spring morning, I was out on my bike and spotted some activity in the garden. It was one of our gardeners, Jean, and her grandson Seth, hard at it, scraping and painting our rather derelict benches and table a bright white, and then they completed the beautification with two pots of purple petunias. It was just the spot for a coffee break during the three work bees we had last year. We had two in the spring: one for setting up and weeding and mulching the paths, another to plant

the straw bales. We had another weeding frenzy in August.

Also new this year was the community plot, planted with carrots, zucchini, and tomatoes. This is a way to share with others what the garden produces; we prefer this way of sharing to the other – pilfering. We lost some of our beans and carrots that way. Then there was the case of the cut locks – two of them last year. We lost our lawnmower on the second break-in. The next day one of our gardeners showed up with a replacement mower, telling us it needed sharpening. Then one afternoon I met a fellow from Recovery Acres, who was mowing the weeds around the straw bales. It was tough slogging with the dull mower, but he told me it was just what he needed; it was helping him to release pent up frustration! Later, another gentleman from Recovery Acres volunteered to sharpen the blades. So all’s well that ends well!

If being part of the community garden appeals to you, contact Jan at minne@telusplanet.net. We hope to see you at our registration meeting at the Highlands Community Hall on March 21 at 1 p.m.



A carrot from Jenn and Holly’s garden.



Elva Zicker waters her plot.

Commonwealth Games coming to Highlands?

SUSAN RUTTAN

The Commonwealth Games may be coming to Highlands. The City of Edmonton is hoping to host the Games in 2022. If it succeeds in its bid, the city will use the bowling greens of the Highlands Lawn Bowling Club on 113 Avenue as a training venue for lawn bowling.

In a letter to the Highlands Community League, Rob Smyth of the City of Edmonton says a requirement of the games bid is to secure guarantees for performance and training venues for the 17 sports to be hosted. That’s where our lawn bowling green would come in. Of course, the league would be thrilled to have them.

Smyth is the city’s branch manager of community and recreational facilities. He has also written the lawn bowling club, which would be most affected by the use of its greens in summer 2022. “This is to notify you that the City of Edmonton will require the use of this field/support area in the summer of 2022,” Smyth writes.

The city needs to meet a March 2 deadline for submission of its application. The host city will be selected in September 2015. Edmonton City Council is unanimous in its support for the games bid, despite the estimated \$1 billion cost of hosting. More than 70 countries take part in the event.

Edmonton held a memorable Commonwealth Games back in 1978.

Will there be a new Highlands Community Hall by 2022, to welcome the commonwealth athletes? Oh, we sincerely hope so.

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Highlands Facilities Renewal Committee update

SUSAN PETRINA



As reported in the December 2014 issue of this magazine, sub-committee members Brad Burns, Audrey Hayward, Geoff Lilge, and Johanne Yakula contacted board members from several other community leagues to tour and assess their building facilities and learn from our friends’ successes and challenges.

Following that review and ample discussion, the Highlands Facilities Renewal Committee decided to search for community members to invite to join our team and serve as our volunteer project management subcommittee.

A select few experienced professionals in the areas of construction, project management, engineering and design will be approached for participation in our Highlands’ dream-build project.

Dependent upon the time commitment capacity of these individuals, this subcommittee will be able to guide us through the next 6-12 months (or more). Because they would collectively have direct experience working with architects, planners, and the City of Edmonton’s development (permits) process, the team could delay the need to contract an external professional project manager, if not mitigate this need completely.

Some Highlanders have already been approached and have expressed enthusiastic interest in our proposal. I look forward to updating you on our progress in the next edition of Highlights.

Spotlight on Ambergate

JOHN TIDRIDGE



Stuart Neal in the office.

It was a chilly morning [-21C] when I ventured out for my chat with the owner of Ambergate: Advisors Inc., Stuart Neal. I have said before that it is more important to find out how an owner treats a bumbling reporter than the stock on the shelves or the information in the computer.

Let it be known: Stuart is an affable and likeable chap. We spent 40 minutes chatting. So, what did I learn? First, I was two years late! Stuart told me he has been ‘in situ’ for at least two years. So, make up time! Second, it took me three guesses before guessing his country of origin, but I digress!

Stuart, originally from the United Kingdom, has been in the real estate industry for almost 20 years. He has had an Alberta Real Estate Broker’s licence since 2003, and he set up the brokerage in September 2012.

Ambergate offers a service that aims to provide more opportunity and choice to sellers, and more interaction between the seller, the agents and the buyer.

There are many different options available at Ambergate. A viewing of the website at www.LowerRealtyFees.com will reveal more of the services offered by this company.

The brokerage is committed to delivering a top quality real estate experience for the lowest possible fee. Home sellers are offered a wonderful alternative to the “for sale by owner” approach and the traditional full-fee Realtor.

Neal, like several real estate agents, has chosen to live in the Highlands area. He has lived here for five years. He loves the area and really appreciates access to the river valley where he spends a lot of time cycling or walking his family wheaten terrier – Fudge.

I am positive Stuart would appreciate anyone dropping in for a chat; however, it would be advisable to call ahead to make sure he is available.

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PETER GOLDRING
Member of Parliament
Edmonton East

HELPING SAVE UCAMA

Member of Parliament for Edmonton East, Peter Goldring has actively supported a new site for the future of the Ukrainian Canadian Archives and Museum of Alberta (UCAMA) to help ensure that Ukrainian-Canadian culture and heritage is preserved and remembered for many future generations.

This new facility in the former Lodge Hotel will mean a great deal to Edmonton’s Downtown East. The site will be in close proximity to St. Barbara’s Cathedral, the origin of Ukrainian Orthodox worshipping in Northern Alberta, being built in 1905, and will help revitalize the area. UCAMA’s new building will draw people to the area to experience the museum’s educational and cultural offerings, with an accompanying economic boost. However, without adequate funding the completion of this project might not be possible.

After two years, construction has come to a halt due to financial difficulty. As the current building does not provide a suitable venue to house the organization’s extensive collections, federal, provincial, and municipal governments have each provided upwards of \$3 million, while private donors have raised \$1.2 million to help the organization relocate to a new facility. Currently, the museum needs \$5 million to complete the renovations.

Mr. Goldring has long been a proponent of the project, and continues to actively campaign for support from all three-levels of government. The museum will showcase the histories and accomplishments of Ukrainian immigrants and their families of Edmonton East since the early 1900s. These include many elected leaders like William Lesick, MP (1984-1988); William Yurko, MP (1969-1979) and MLA (1979-1984); William Skoreyko, MP (1958-1979); Ambrose Holowach, MP (1953-1958) and MLA (1959-1971); and Edmonton East’s Member of Parliament since 1997, and his wife, Lorraine Taschuk, and her family.

Ukrainian immigrants contributed greatly to the settlement and growth of Western Canada. What do you think about the future of UCAMA?

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Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

www.albertahealthservices.ca



We are ready for an exciting season of winterscaping and snow play! Now is the time to start thinking about how to you can create a beautiful front yard in winter. Celebrate winter in the city, and keep our neighbourhoods looking great.

Nominations are open until February 22

There are two ways to send in a photo nomination beginning January 12:

1. Online submission form (available January 12 - February 22)
2. In person at the front desk of select Edmonton Public Library branches

Take a photo of any winterscape this winter and submit it during the nomination period. You can nominate your neighbour's winterscape or your own winterscape.

For complete details, please visit: edmonton.ca/winterscapes



My family and I moved to the Highlands area in 2012. I'm a long-time resident of Edmonton, value community, and can see the benefits of living in any part of the city and surrounding areas. I'm eager to help my neighbors and friends meet their real estate needs!



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Beverly Bottle Depot

HERB GALE



My knowledge of bottle depots has been limited to simply returning beverage containers for money. For years, I have used the Beverly Bottle Depot located at 4825-118 Avenue, and I have found the staff to be friendly and accurate while counting containers. To better understand the operation, I contacted Dennis Cherniwchan, President of the Beverly Bottle Depot.

Dennis has been in the business for more than 40 years, and he has been at the 118 Avenue location since 1986. This site (along with a few others in the city) is grandfathered, as the city would prefer bottle depots to be located in industrial areas.

Here is a summary of what I learned during my conversation with Dennis.

- Beverage containers that have a deposit are returnable for a refund. These include aluminium cans, plastic and glass beverage containers, and milk and juice containers.
- Bags of containers do not have to be sorted. Depot staff will do the sorting.
- Do not include any garbage in the bags. Staff can reject the return if garbage is mixed in with the containers. In the past, staff have seen kitchen waste and soiled baby diapers mixed in with the returnables.
- Empty all liquid from the containers. Staff have found every kind of foreign product in bottles. Furthermore, frozen containers which are dropped off in winter and contain liquid thaw and cause a real mess.
- Bottle caps do not have to be removed from plastic containers. This was a problem years ago as some container caps

were almost impossible to remove. Now the caps are removed by machines.

- The bottle depot’s sorters count by increments of four. When they get to 100, they enter the count into the computer.
- Maximum drop offs of five big plastic bags are ideal. This amount makes it easy to keep track of numbers and ensure a fast turnaround. Trucks that arrive full of bottles are stressful for staff to count and handle, and this causes long line ups to form.
- What are unacceptable products? Everything that is not a beverage container. Do not bring in your windshield fluid containers, oil containers, food containers, and so on. Even if you paid a deposit for it, bottle depots only handle beverage containers.
- When the depot is processing bottles, containers are sorted by material and size. Two counting machines tabulate the number of plastic and aluminium containers. Several types of containers must be counted by hand. Next, containers are placed into mega-bags which hold 2,160 aluminum cans. Bags are held until a semi-truckload is available for pick up.

The Beverly Bottle Depot doesn’t just serve the general public. The depot collects containers from hospitals, hockey teams, schools, lunch programs, and food courts from Edmonton, Fort Saskatchewan, and Sherwood Park.

Dennis is full of ideas for the future of the depot, including an after-hours drop off system. A couple months ago, Dennis implemented a pilot program to help customers and staff expedite returns. After providing ID and basic contact information, the Beverly Bottle Depot sets up an account which provides the customer with access to quick drop service. Once you have an account, you can go right to the quick drop kiosk and scan your smart tag, select the number of bags being dropped off, and print and stick labels on your bags. Staff will put the return on your account and you can return with your receipt to pick up your money at your convenience.

I encourage you to check out the Beverly Bottle Depot for yourself. Are you interested in learning more about how bottle depots work? Send me your questions at herbmastercom-poster@gmail.com.

We are what we eat!

KARIN NELSON

Most of us can probably relate to this: we hear about organic food and wonder, “Is it really that much better?” We’ve looked at the price in the grocery store and wondered if the higher price is really worth it.

I was a sceptic until a few years ago, when I got involved in the food movement and started looking into what Monsanto, Dow, Cargill, Syngenta, and other food and chemical giants are doing to our food system.

The vast majority of the food we buy these days contains genetically modified ingredients. In Canada and the U.S., there are no laws saying that they have to be labelled as such. So, food companies slip them into our food without telling us.

Whether or not you agree with genetically engineered food on a scientific basis, the downside of producing food in this way is the chemicals, herbicides, pesticides, and fungicides that this method of food production uses. For instance, the main ingredient in Roundup Ready Canola is glyphosate, and is meant to withstand heavy applications of the herbicide Roundup, which will then kill everything except the corn. Yes, this is the chemical you may have used on weeds in your yard that kills everything it comes into contact with, and yes, you are eating Roundup!

The other downside is what this kind of food production is doing to soil quality, pollinators, and independent farmers. These chemicals kill soil organisms and the runoff carries into our lakes, rivers, and groundwater. We’ve all heard of the declining bee and butterfly populations. Without pollinators, humans won’t survive on the planet. These huge chemical companies are driving small farms to bankruptcy, because the companies operate on a massive scale and destroy the competition. Monsanto has also been suing non-GMO farmers when genetically engineered crops have been found in the non-genetically engineered fields, because the wind and rain have carried seeds there.

The top four food crops that are genetically engineered are corn, soy, canola, and sugar beets. Of all of these crops produced in the U.S., between 85 and 94 per cent are GE genetically engineered. These four foods are in approximately 85 per cent of prepared foods in some form or other.

If the foods you buy are not genetically engineered, they may have been sprayed with chemicals throughout their growth if they are not grown organically. These chemicals are absorbed by the plant, and run off into the soil where they kill soil organisms. These chemicals cannot be rinsed off when you wash your food before preparing it. If you can remove the peel of a veggie or fruit, you are reducing the harm, but you are also throwing away a nutrient-rich part of your food.

Many, many of these chemicals have been linked to cancer,



and it’s no coincidence that cancer rates have soared since the majority of food has started to be routinely chemically sprayed. Organic food has been scientifically proven to be higher in nutrient content, so you have to eat less to get sufficient nutrient values.


What can you do? Buy organic whenever possible! The fruit or vegetable sticker beginning with the number nine denotes organic. Yes, organic costs a little more because of the way it is grown and harvested, but aren’t you and your family worth it? You can buy cheap food now, but you will pay later with your health and you

are supporting the degradation of the planet. Ask your grocer to bring in more organic products. Get involved in the food movement (Monsanto March and World Food Day), and take back the right from these greedy companies to know what is in your food. Insist on GMO (genetically modified organism) labelling. We are literally what we put in and on our bodies: the fewer chemicals in the food we eat and the products we use, the less chemicals we absorb.

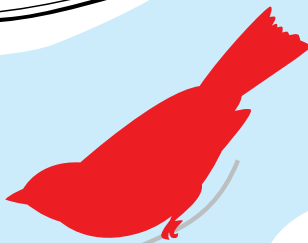
Hippocrates said, “Let food be thy medicine and medicine be thy food.” Eat healthy, and live healthy!



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The survivor

JOHN TIDRIDGE

Four children brought home four green spruce seedlings over different Arbour Days. One of the original green spruce did not survive its initial transplanting, so a replacement – a blue spruce – was sought from the city greenhouses. The trees were planted and moved several times. Over the years, the three green seedlings, having grown to seven to nine feet tall, were finally taken away. The blue spruce remained.

The tree thrived, and is now over 40 feet tall, though it is not particularly well shaped, as the top centre growth was removed, and the tree sprouted three centres. The lower branches have also been removed; it could not be classed as a prime specimen!

However, the tree is the cause of many comments from the three sisters whose “common” green spruce trees were removed. Especially as the remaining tree, the glorious blue spruce, belongs to only brother: the favourite, according to them.

The blue spruce was even moved

once to accommodate its un-allowed for growth, which only caused more (good-natured) comments to be made. All the children, now in their forties and fifties, have married and moved away, but not so far as not to know what is [occasionally] planned for the remaining tree!

Trees personally planted by the owners do tend to take on a family connection. A birch in the same garden, started as a five-foot-tall, skinny slip of a tree with a trunk that was only one inch in diameter, is now over 35 feet tall. It is babied, professionally pruned, and watered. It has been twice scheduled for removal, but so has the blue spruce!

The owners of the trees, long-time Highlands residents, are planning to remain in their home. The blue spruce will also remain.

One closing thought: more than 15,000 spruce seedlings have been handed out in Edmonton over the years; how many other spruce trees in Highlands-Bellevue are survivors?



The surviving spruce

Photo: JOHN TIDRIDGE

Tony Caterina

WARD 7 COUNCILLOR

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Edmonton, Alberta T5J 2R7

Communities to be proud of.



Home is in the Highlands

DEBBIE JEANOTTE

All Photos: DEBBIE JEANOTTE



As a realtor, I have the opportunity to see many different homes in many different neighbourhoods. Although I love so many of these wonderful communities, there is no place like home in Highlands.

While walking our little dachshund, Lily, I appreciate seeing the diversity of our neighbourhood. There is a barrage of different homes with different architecture from all different decades, and it just seems to work.

I love the history in Highlands! Buttercup Farmhouse still occupies the spot it was originally built on and comes complete with its own plaque on the front lawn explaining its origins. Named after Buttercup the cow, who lived at the back of the property, this home was one of seven houses built to attract perspective buyers to the Highlands community. Nicely done, I would say.

As Lily inappropriately barks at anything and everything along Ada, it makes me smile to stroll by a tree house on a real tree. You can find just about every style of house, not just in Highlands, but on this one boulevard. From simple bungalows to stunning million dollar homes, we have it all.

And what neighbourhood doesn't need its very own historic mansion. As I stopped to take a picture of the Magrath mansion, another woman was admiring this stunning building. She told me she comes to take in this bit of history every time she visits Edmonton.

Highlands isn't for everyone, but if you love tree-lined streets and a whole lot of history, you may just call it home.



The Snow Angels of Highlands School

BRAD BURNS, PRINCIPAL

The date was Friday, November 28, and Edmonton woke up to discover the first major snowfall of the season had happened overnight. On my drive to work, I stopped three times to push unsuspecting motorists out of snow banks and back on the road. The radio was reporting that cars were stuck in deep drifts of snow blocking sidewalks and alleyways all over the city. It is funny to think that even though we live in a winter city, we are somehow shocked by the arrival of winter, and many of us are caught so unprepared. Perhaps this just shows the optimist in each of us.

When I finally arrived at school, my heart began to swell at what I witnessed. The school parking lot was full of students, teachers, and community members working together to help push out stranded drivers who were caught unaware of the slippery conditions while dropping off their children at the daycare centre. Together, they pushed more than ten vehicles to safety. It seemed as though just as they freed one car another got stuck. Shovels were put to work, and snow was flying everywhere.

I immediately hopped out of my vehicle and joined the action. When it seemed all was clear we retreated into the school to begin a day of learning. During first block, there was a knock at my office door. It was a group of leadership students seeking permission to go into the neighbourhood with shovels to begin clearing sidewalks for the people who lived around the school. I thought this was a splendid idea and gave them my full support. Out they went, bundled up with mittens and toques, and armed with snow shovels and ice scrapers. A small army consisting of 12 students and a teacher began to clear sidewalks.



Highlands students helped motorists and neighbours amid deep snow on November 28

Photo: BRAD BURNS

As the news spread, the excitement grew. More and more students wanted to be part of this act of kindness. Shifts of Highlands students, who were armed with shovels, worked to dig out our neighbours for the entire day. Some homeowners came out to work alongside the students, sparking up their snow blowers to make the work go faster. Neighbours from the seniors residence across the street asked if we could come help with their parking lot, as they would not see any snow clearing until at least Monday of the next week. Upon receiving the call, a team of students eagerly grabbed their shovels and sprung to action. It was here that they were first called the snow angels. Some of our neighbours came out to offer money for the service, but the students just smiled and politely refused.

Hot chocolate was prepared at the school throughout the day to warm the hands and bellies of the students, but that day it was the students who warmed the hearts of the community.

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Library Programming

ANNE BECHARD

Baby Laptime
Enjoy stories, songs, books, rhymes, finger plays and more. Cuddle your baby and connect with other caregivers.
For ages up to 12 months old.
Drop in. Participation limit: 30.
10:30 a.m. on Thursdays from February 5 to April 30.

Family Storytime
Share stories, songs, and games for the whole family.
For all ages. Drop in. Participation limit: 30.
11 a.m. on Saturdays from February 7 to May 2.
6:45 p.m. on Mondays from February 2 to April 27.
Note: No program on April 6, as the library is closed for Easter.

Sing, Sign, Laugh and Learn
Join us for singing, rhyming, and signing. Parents will learn strategies to engage their children and enhance their communication and development through repetition, visuals, and movement. Offered in collaboration with the Edmonton Early Intervention Program. Siblings are welcome. Note: this is not a signing course.
For children up to three years old.
Drop in. Participation limit: 40.
11 a.m. on Wednesdays from February 3 to April 29.

Share a Story: Listen. Move. Play.
Attention preschoolers and their grownups! Join us for stories, activities, technology, and fun just for you!
For children ages three to five years.
Drop in. Participation limit: 20.
1:30 to 2:30 p.m. on Sundays from February 8 to May 3.
Note: No program on April 5, as the library is closed for Easter.

Pop-up Makerspace
Join us for robot challenges, DIY music, art and 3-D design, and more at this pop-up maker event. Drop-in, hang out, bring friends, try things and make fun stuff.
For all ages. Drop in. Participation limit: 25.
1 to 2 p.m. on the third Saturday of each month: February 21, March 21, and April 18.



Photo: William Prettie

Tween Lounge
Join other kids in the program room to play video games, make a DIY project, meet friends, or just hang out.
For ages eight to 13 years old. Drop in. Participation limit: 30.
3:30 to 5 p.m. on Thursdays from February 5 to April 30.

Teen Drop-in
Join other teens once a month to play video games, make a DIY project, meet friends, or just hang out.
For ages 13-17 years old. Tickets will be available starting at 4 p.m. on the day of the program. Participation limit: 25.
6:30 to 8:30 p.m. on the fourth Friday of each month: February 27, March 27, and April 24.

Spring Break Starts Here 2015: Minecraft Tournament
For ages seven to 16 years old.
Participation limit: 20.
11 a.m. on Sunday, March 29.

Spring Break Starts Here 2015: Sandy Seasons the Magician
All ages. Participation limit: 40.
2 to 3 p.m. on Monday, March 30.

Spring Break Starts Here 2015: Little Bits Synth: Nine Volts of Noise
Ages seven to 12 years old.
Participation limit: 20.
3 to 4 p.m. on Tuesday, March 31.

Spring Break Starts Here: Engineering for Kids
Ages six to 12 years old.
Participation limit: 40.
2 to 3 p.m. on Wednesday, April 1.

Tech Help at EPL
Have a tech question? Drop by one of these sessions, where friendly library staff will help you find an answer in a relaxed group atmosphere. Learn about topics like computer basics, email, iPads, eBooks, and more. Learn how to access and play with EPL's fabulous eCollection, including eBooks, eReaders, audiobooks, databases, and the library catalogue. You're welcome to bring your own tablet, laptop, or phone.
For adults. Drop in. Participation limit: 30.
10:30 to 11:30 a.m. on Tuesdays from February 3 to April 28.

NFB Film Club
This monthly film series brings you the best in animated and documentary films from the National Film Board of Canada. Featuring stories from home and around the world, NFB Film Club is your window to issues shaping our world. From geopolitics to animatic frolics, there's something for everyone.
For adults. Drop in.
Participation limit: 30.
1:30 p.m. on Saturdays: February 28, March 28, and April 25.
For more program information, visit www.epl.ca.



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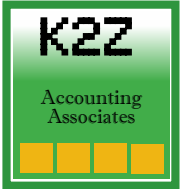
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Highlands Outdoor Soccer Registration

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Eligible players: born 1997 - 2011

Registration

Highlands Hall
6112 113 Avenue
February 28 12–2pm
March 14 12–2 pm
March 17 6:30–8 pm

*Any registrations submitted after this time will be subject to an additional fee.

What to Bring:

- Player identification (new players only)
- Form of payment (cash or cheque)
- Highlands Community League Membership (can be purchased at registration)
- Volunteer commitment & deposit
- Please know you child's sock/shorts size

Please Note: Parents will be **required** to volunteer as a coach, manager, or community volunteer. A volunteer deposit will be required along with your volunteer preference at registration.

Questions? Please email highlandssoccer@gmail.com

Come see why soccer is the #1 sport in the world!

30 • HIGHLANDS BELLEVUE HIGHLIGHTS | FEBRUARY 2015

FEBRUARY 2015 | HIGHLANDS BELLEVUE HIGHLIGHTS • 31

Sunday Service 10:30 a.m.
11305-64 Street NW
Rev. John Burrell
780-479-1565
www.highlandsunitedchurch.ca

Sunday Service 10:30 a.m.
11203-68 Street NW
Rev. Elizabeth Metcalfe
780-477-5458

Sunday Service 10:00 a.m.
Sunday School every second Sunday
(check with the church)
5824-118 Avenue NW
Most Rev. Archbishop Joseph (Royer)
780-471-2781
www.allsaintsorthodox.net

6310-118 Avenue NW
Saturday 4:00 p.m.
Sunday 9:30 a.m.
Sudanese 1:00 p.m.
Father Bob Kasun
780-471-2353

Sunday Service: 10:00 a.m.
(SE corner of 112 Ave 55 St. NW)
5347-112 Avenue NW
780-479-4348

Sunday Services: 11:00 a.m. & 6 p.m.
 Sunday School up to 12 yrs of age at 11:00 a.m.
 Wednesday: 7:30 p.m.
 Bible study: Call 780-904-9049 for details.
 11816-66 Street NW
 Pastor Les. Theiss
 780-423-1267

Visit www.highlandscommunity.ca and look at the left side bar, scroll down to 'Places of Interest.'

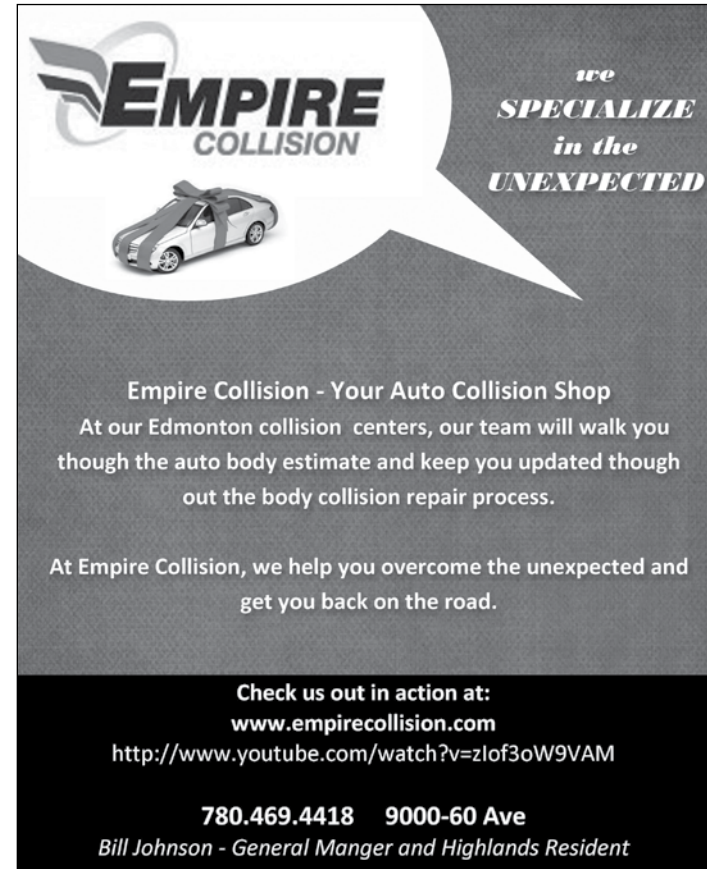
For more information, please call the church at 780-477-5458, check us out on Facebook by searching for St. Mary's Anglican Church, or visit us on the web at www.stmarysanglican.ca.



Friends of Highlandia, it's that time of year again where we begin to set our sights on glorious days of summer, warmth, music, dancing, food, and festivities.

Highlandia Fest will once again be happening during summer solstice in June. Our organizing crew is looking for energetic neighbours to join us and help make this year more stunning than ever.

If you can commit to a few hours per month with any area ranging from volunteers, food, grounds and site set-up/tear down, grant writing, MC'ing, communications, art, stage beautification, vendors, etc., send a message directly to the Highlands Social Club Facebook page, or email Dan at dan.rietveld@ocya.alberta.ca. Game on.



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Upcoming Events

Friday, February 13, 6 p.m.
Bellevue Community League General Meeting and Potluck
Bellevue Hall
See ad on page 12 for details.

Saturday, February 14, 1 to 3 p.m.
Bellevue Kids Program
Valentine’s Day/Chinese New Year’s theme
Bellevue Hall
See page 16 for details.

Friday, February 20, 8:30 p.m.
Highlands Pub Night
Highlands Community Hall

Saturday, February 21, 1 to 2 p.m.
Pop-up Makerspace
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Friday, February 27, 6:30 to 8:30 p.m.
Teen Drop-in
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Saturday, February 28, 1:30 p.m.
NFB Film Club
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Saturday, February 28, noon to 2 p.m.
Highlands Outdoor Soccer Registration
Highlands Community Hall
See ad on page 31 for details.

Saturday, March 7, 9 a.m. to 4 p.m.
Community Garage Sale
Bellevue Hall
See ad on page 39 for details.

Saturday, March 14, noon to 2 p.m.
Highlands Outdoor Soccer Registration
Highlands Community Hall
See ad on page 31 for details.

Tuesday, March 17, 6:30 to 8 p.m.
Highlands Outdoor Soccer Registration
Highlands Community Hall
See ad on page 31 for details.

Friday, March 20, 8:30 p.m.
Highlands Pub Night
Highlands Community Hall

Saturday, March 21, 1 to 2 p.m.
Pop-up Makerspace
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Saturday, March 21, 1 to 3 p.m.
Bellevue Kids Program
Ukrainian Cultural Villiage/Easter egg making
Bellevue Hall
See page 16 for details.

March 21-28
Seniors Curling Championship
TournamentThistle Curling Club
Tickets can be purchased at the club.

Ongoing Events

Women’s Bridge Club
Open to all female bridge players and those interested in learning.
Mondays at 12:30 p.m.
Highlands Lounge, Second Floor
Call Vivien for more info: 780-471-4119

Family Storytime
Mondays at 6:45 p.m.
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Tech Help at EPL
Tuesdays from 10:30 to 11:30 a.m.
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Open Alcoholics Anonymous Meeting
Tuesdays at 8 p.m.
6329 118 Street (downstairs)

Open Narcotics Anonymous Meeting
Tuesdays at 8 p.m.
6329 118 Street (top floor)

Sing, Sign, Laugh and Learn
Wednesdays at 11 a.m.
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Wednesday Afternoon Bridge Club
Open to all bridge players and those interested in learning.
Wednesdays at noon.
Highlands Lounge, Second Floor
Call Paul for more info: 780-474-4076

Drop-in Indoor Tennis
Wednesdays at Bellevue Hall
5:30 to 6:30 p.m. for children aged four to eight who are beginners and want to learn basic skills
6:30 to 7:30 p.m. for children aged nine to 13 who have taken tennis before and want to increase skill level

Baby Laptime
Thursdays at 10:30 a.m.
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Friday, March 27, 6:30 to 8:30 p.m.
Teen Drop-in
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Saturday, March 28, 1:30 p.m.
NFB Film Club
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Sunday, March 29, 11 a.m.
Spring Starts Here 2015: Minecraft Tournament
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Monday, March 30, 2 to 3 p.m.
Spring Starts Here 2015: Sandy Seasons the Magician
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Tuesday, March 31, 3 to 4 p.m.
Spring Starts Here 2015: Little Bits Synth - Nine Volts of Noise
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Wednesday, April 1, 2 to 3 p.m.
Spring Break Starts Here 2015: Engineering for Kids
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Saturday, April 4, 1 to 3 p.m.
Bellevue Kids Program
Easter egg hunt
Bellevue Hall
See page 16 for details.

Friday, April 17, 8:30 p.m.
Highlands Pub Night
Highlands Community Hall

Saturday, April 18, 1 to 2 p.m.
Pop-up Makerspace
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Friday, April 24, 6:30 to 8:30 p.m.
Teen Drop-in
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Saturday, April 25, 1:30 p.m.
NFB Film Club
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Tween Lounge
Thursdays from 3:30 to 5 p.m.
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Highlands Farmers’ Market
Thursdays, from 4 to 8 p.m.
St. Mary’s Anglican Church: 11203-68 Street
See page 12 for details.

Thursday Evening Bridge Club
Open to all bridge players and those interested in learning.
Thursdays at 7 p.m.

Highlands Lounge, Second Floor
Call Murray or Laurel Hoke for more info: 780-474-5408

Family Storytime
Saturdays at 11 a.m.
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Drop-in Cross Country Skiing
Group ski through Borden Park, warm up after with coffee and hot chocolate.
Sundays at 1 p.m., starting in January.
Meet outside of Bellevue Hall.

Share a story: Listen. Move. Play.
Sundays from 1 p.m. to 2:30 p.m.
Edmonton Public Library,
Highlands Branch
See page 30 for details.

Canine Drop In
All non-aggressive dogs are welcome to come play.
Sundays from 4 to 5 p.m.
Highlands South Tennis Court
Call Samantha for more info: 780-975-5950

Have you had a chance to visit Highlands’ new library?

JOHN TIDRIDGE

The new, imposing building sits at the northwest corner of 67 Street and 118 Avenue. It beckons to old and new customers, and people interested in viewing the structure to come and take a closer look. To the surrounding neighbourhood it might be saying, “Look at me, I’m new... can you keep up with me?” It is obvious libraries contain books! It’s just like a restaurant serves meals, but it is the service as well as the product that makes one want to return.

On August 11, 2014 a long, interesting conversation was held with manager Joanne de Groot [a former adjunct professor at the U of A], and our Community Librarian Anne Bechard. It is safe to say that all is well with the branch! The ladies showed both enthusiasm and desire to provide the absolute best service, programs, and projects that would best serve their clientele. At that time, it was a little early to have everything in place, but research was underway to understand the demographics of the library’s influence and to meet those needs.

Both ladies are aware of the diversified nature of the area. Bechard had already made contact with several people who are ‘in the know’ to discover the needs of our neighbourhood. De Groot admitted there were certain things as manager she was required to do, but she had leeway to be creative and to produce programs and events relevant to the Highlands area. She intended to take advantage of that fact.

Old and new library programs are going ahead, covering a multitude of topics. It is safe to say that if there is a need, with a reasonable number of people interested, all kinds of new and stimulating activities could and would be arranged.

About half of the former library staff have returned, which means there are many new faces to meet! If you haven’t had the chance already, drop in and borrow a book or a tape or just take a tour of the new space.

Environmentally speaking, the building has passed the Leadership in Energy and Environmental Design standard. It is one of the first libraries to do so. More information can be found on the Edmonton Public Library’s website.

The branch is approximately 11,800 square feet over two floors, making it 2,200 square feet larger than the old branch. Approximately 30,000 items are available for borrowing: enlarging the former collection by more than 18,500 items. In addition, there are 18 public computer stations, a larger children’s area, a bigger program room, and an expanded reading area for adults. You’ll also find a dedicated teen space, quiet study and reading area, second floor mezzanine, and new technologies and devices to promote making and creation in the branch.

History of the library:

The Edmonton Public Library Board minutes for December 15, 1960, indicate “The branch library to be established in northeast Edmonton should be known as the Highlands Branch Library. This early designation is necessary so that the Catalogue Department can prepare the book stock that is being acquired for such a branch library.” The library was named for practical reasons (acquiring and cataloguing of the collection) before an exact location was determined. It was not until November 21, 1961, that the decision was made as to where to



Photo: EDMONTON PUBLIC LIBRARY WEBSITE

locate the Highlands branch. In 1963, the branch moved into a cottage at 8606-118 Avenue and was known as the “little house library.” A newer building, located at 6710-118 Avenue, was constructed in 1964. Since that time, the area’s population has grown and its needs related to library services have changed; hence the new building, which opened in 2014. During the construction of the new building, services were provided at a temporary building at 66 Street and 118 Avenue.

The library is in good hands: visit and enjoy!

[The author thanks and is grateful to the EPL staff for providing and allowing the use of some of its material, and to Edmonton Archives for their usual prompt help.]

Bellevue
Community
League

Community
Garage Sale

Saturday, March 7, 2015

7308 – 112 Ave | Bellevue Hall

9am– 4pm

Tables are \$25 each

For more info contact
Janice at 780-474-1183



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