

High Park Community League NEWSLETTER

SEPTEMBER 2021

HIGH PARK AGM

Join us at the hall on Tuesday, October 26, 2021 at 6:00 pm

There will be wine and cheese, so make sure you are there!

Positions up for Election:

President	Secretary
Bingo	Sports
Member at Large	
Facility (currently vacant)	Social (currently vacant)



Current Vacant Positions:

Vice President (would be a one year position as it expires in even years)
Membership Director (would be a one year position as it expires in even years)

High Park Pet Owners

**Please be Responsible Pet Owners and clean up after your pet.
Dispose of the used bags in a garbage container.
It is always the right and proper thing to do.**

High Park School, Ken Newman Park and High Park Community Hall are NOT designated Off-Leash Parks, they are children's playground areas. The City of Edmonton offers many wonderful Off-Leash areas for the enjoyment of our dogs, please make use of them.

https://www.edmonton.ca/activities_parks_recreation/parks_rivervalley/off-leash-sites.aspx

Shannon Kinney

High Park Secretary/Memberships

BOTTLE DRIVE



High Park Softball has partnered with SkipTheDepot!

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3.

Book a free bottle pickup by using the app at:

<https://app.skipthedepot.com/highparksoftball>

- Place your bags outside your door at your appointment time
- Feel great about your donation to support the High Park Softball program.
- You can even setup recurring appointments to have your bottles picked up bi-weekly!

Join us for the

*High Park
Community
League*

• BRUNCH •

Free with membership purchase

Join us and meet your neighbors,
get your membership and enjoy Brunch

Saturday Sept 25 9:30 - 1:00

\$5.00 with out membership

11003 - 154 ST NW, Edmonton AB

www.highparkcommunity.com

111 AVE REZONING

UPDATE FROM ANDREW KNACK:

111 Avenue is in fact a SECONDARY Corridor, NOT a Primary Corridor. All the information in the last newsletter does not pertain the the 111 Avenue by High Park Community League. Sorry for any inconvenience this caused.

A huge thank you goes out to City Counsellor Andrew Knack for this update! andrew.knack@edmonton.ca

BIG BIN EVENT

THINK BIG ABOUT SPRING CLEANING

The City of Edmonton is hosting Big Bin events for household items that can't be set out for regular waste collection. All events will run from **9am to 5pm**.

City residents will be able to drop off items such as old couches, chairs, mattresses, and appliances **free of charge**.

Computers and other electronics will also be accepted for recycling. No reuse items will be accepted due to COVID-19.

Note: Do not bring household hazardous waste like paint, varnish, household cleaners or batteries. Please take those items to an ECO Station near you (also no cost).

Check the website for more details and locations:

www.edmonton.ca/programs_services/garbage_waste/big-bin-events

Speed Limit Changes in Effect

The speed limit is now 40 km/h on most residential and downtown streets. An extensive public education campaign is currently underway to help Edmontonians become aware of the change and adjust their driving behaviours.

The City of Edmonton and the Edmonton Police Service (EPS) are working together to provide education and enforce speed limits in an effort to make Edmonton's streets safer for everyone.

- EPS officers will participate in providing educational information to drivers along streets with the new 40 km/h default speed limit to encourage safe speeds. The EPS will continue to issue tickets in cases where speeding is excessive and impacts public safety.

- A grace period is in effect until September 1 for automated enforcement locations with the new 40 km/h speed limits to help drivers adjust their behaviour. Automated Enforcement in these locations will re-start at that time to protect our most vulnerable road users as they return to school.

BINGO VOLUNTEERS NEEDED

We provide each volunteer with a meal as well as a drink and snack. You will also get a credit voucher for \$75 which can be used towards activities at the hall or towards programs for your children. Please let me know if you are interested in volunteering (or know of someone who would be interested). Castledowns Bingo – 5:00 to 11:45 PM

Upcoming dates:

Monday September 27th, Monday October 25th, Sunday November 28th, Thursday December 2nd

Jean Dubois, Bingo Chairperson, 780-945-1911



3 Ways to Unlock The Power of Pumpkin This Fall



After months of fun in the sun, fall ushers in a new season of treatments and products to replenish dry summer skin. And while we can't resist apple and spice-inspired skincare goodies, the real star of autumn is pumpkin. There's no question pumpkin's nutritional benefits pack a powerful punch. Think of it as nature's collagen. Pumpkin has the highest content of naturally occurring vitamin A, salicylic acid and beta carotene, and protects the skin from UV rays thanks to its high zinc content. It also supports in eliminating toxins and neutralizing free radicals while infusing the skin with antioxidants and nutrients.

Correcting with Pumpkin

Because pumpkin is as versatile as it is impactful, let this ingredient become your go-to for seasonal-inspired cleansing, brightening, moisturizing and pro-youth results.

Here are a few of our favorite pumpkin treatments:

- **The Pumpkin Peptide Polish Facial**— infuse your skin with vitamins and vital nutrients. The pumpkin peptide polish exfoliates dead skin cells, provides antioxidant support and stimulates collagen activity, leaving skin feeling smooth and looking great for a more youthful appearance; an excellent facial for normal, dry and oily skins. Special \$89 (reg \$109)
- **The Pumpkin Apple Peel**— ideal for aging, dull skin and those with uneven skin tone. This treatment utilizes the natural benefits of pumpkins, apples and peptides to firm, tone and brighten skin dulled by summer. Special \$109 (reg \$129)
- **Pumpkin Apple Fall Facial**— packs the benefits of nutritious pumpkin and apple wine extract to tighten, firm and rejuvenate skin with potent antioxidant support. Brightens skin tone for a beautiful, glowing polished and radiant skin that will last for weeks. Special \$89 (reg \$109)



Luckily the power of pumpkin can extend long after the treatment room with home care.

- The **Pumpkin Cleanser** is an all-purpose daily cleanser, this product is especially effective as a deep pore cleansing ritual for aging skin. L-Lactic acid helps to soften and loosen dead skin cells while pumpkin extract feeds the skin with antioxidants, vitamins and nutrients.
- The **Pumpkin Lotion** freshens and tones skin, while acting as a second-phase cleansing agent. The lotion provides the balance of moisture thanks to pumpkin's antioxidant properties that plump and hydrate. This product is ideal for normal/combo skin.
- The **Pumpkin Parfait Enzyme** works to provide antioxidant support and as a mild exfoliant, reduces surface build-up, making it the perfect choice for maintenance between visits to the treatment room. It is highly recommended for pro-youth, sun-damaged and acne skin.
- The **Pumpkin E Serum** is a silky, velvety, year-round "super serum" that supplies skin with potent antioxidants and valuable hydration. Contains a blend of flavanoids and vital nutrients for much needed support for tired, lifeless, dehydrated skin,

Allura Facial Bar
for all your skin care needs

Allura Facial Bar 13236 118 ave

Call 825-333-3330 to book an appointment.

Mention this Pumpkin Promotion for \$20 off any Pumpkin Treatment.

You can find us on Social Media @AlluraFacialBar
or our website FacialBar.ca



The City is conducting major planning activities to promote the redevelopment of existing neighbourhoods that will affect adjacent to private and public property and the people already living in these neighbourhoods. Just before an election, an outgoing Council should not be making City transformational decisions about planning activities that will affect all stakeholders, without ensuring all stakeholders, including citizens and communities have been informed and engaged. Please join this Lead Now Petition Letter to Mayor and Council by going to:
<https://you.leadnow.ca/p/pause-planning>

Send a message that you want our Mayor and City Council to instruct City Administration to:

- Pause all proposed Area Plan repeals, District Planning, and Zoning Bylaw Renewal until after the election.
- After the election, inform citizens and communities and provide comprehensive opportunities to participate in public engagement that is fair, open, considerate, and equitable, as provincially mandated.
- As part of that process, develop a citizen-led risk identification and mitigation strategy for infill construction.

Thank you for your support!
Residential Infill Working Group

To contact us, please email RIWG.edmonton@gmail.com



Contact us!
14931 107 Ave NW
780-757-1900
info@motivodental.ca

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Be Safety Wise

I knew a man that was taken advantage of, he lived alone and when he was stolen from, he was too embarrassed to say anything to his family. Do not let that be you.

1. When you are working in your front yard, keep your back door **LOCKED**. If you have a garage door keep it **LOCKED**.
2. If you are working in your back yard, keep the front door closed and **LOCKED**.
3. If you have a Dead Bolt use it, every time. The garage door too. Lock Them.
4. This may be a little bit inconvenient but getting robbed is a whole lot more inconvenient.
5. Please be mindful of the people walking in our neighbourhood. Most are residence and mean you no harm, it is the others you need to be aware of.
6. Be mindful, as if you had to give a description of them to a Police Officer. Height, size, time of day, direction heading, are they acting peculiar, how are they acting peculiar? Write it down, document the incident.
7. Sometimes Greeting them will put them on notice that they are seen, and you are watching. Keep it casual. Do not confront them.
8. If you see someone, somewhere they should not be or doing something they should not be doing Report it to the Police at 780-423-4567 or West Division 780-426-8000. Call 311 for dumped buggies and furniture.
9. Let your neighbours know, if you have seen something, they may have too.
10. Get to know your neighbours, working as a Community might just be what we need to get these unwanted people to move out of our area. Don't be an easy mark. If we are a "United Front" we can live in a peaceful and safe Community. And we all deserve that. Be Safe and enjoy the summer.

Shannon Kinney
High Park Secretary/ Memberships

COMMUNITY PROGRAMS

Board Members

President - Janice Gargas
president@highparkcommunity.com
780-489-4753

Vice President - VACANT
vicepresident@highparkcommunity.com

Treasurer - Bev Christie
treasurer@highparkcommunity.com
780-819-6074

Secretary - Shannon Kinney
secretary@highparkcommunity.com
780-484-4646

Casino - Jean Dubois
casino@highparkcommunity.com
780-945-1911

Bingos - Jean Dubois
bingos@highparkcommunity.com
780-945-1911

Programs - Bing Phung
programs@highparkcommunity.com
780-707-9557

Sports Director - Jeff Christie
softball@highparkcommunity.com

Hall rentals - Janice Gargas
president@highparkcommunity.com
780-489-4753

Publicity—Jenn Stewart
publicity@highparkcommunity.com
780-288-1882

Memberships - Shannon Kinney
memberships@highparkcommunity.com
780-484-4646

Member at Large -
Eldon Chrystian
memberatlarge@highparkcommunity.com

VACANT POSITIONS
Vice President
Social Director



Kung Fu Program

Starts back up in September on Tuesday and Thursday Nights

Kids 4-10 yrs: 5:00 – 6:00 pm
Adults: 6:00 – 8:00 pm

\$75/month or \$700/year
10 punch pass - \$100

Sign up 2 or more family members: 20% off.
For more information email:
programs@highparkcommunity.com
*Community league membership required



Gentle Yoga

Hatha yoga for beginners.
All classes for ages 12+.
Drop in for a relaxing hour of gentle yoga.

Wednesdays - 6:30 - 7:30 pm

Drop in fee: \$5

Community member drop in: Free!



Painting Watercolours

If you are new or experienced, come join us one evening at High Park community hall!

All supplies included!
Mondays - 6:00 - 9:00 pm

\$80/community members
Drop in fee: \$20 or \$10/community members

**FOR MORE INFO ON PROGRAMS
PLEASE VISIT THE WEBSITE**

High Park Community playschool will be starting again!

We are excited to be offering this learning opportunity for our youngest community members, 30 months to 5 yrs. There will be guidelines and protocols in place for health checks, planning for cohorts with small group size, and maintaining a safe environment to ensure your little ones are safe and sound during these times of ongoing health concerns. Allowing for a bit more time to complete the required components of the program license renewal, we are hoping to start up soon. For pre-registration or more information, contact Trish via email. pmcewen1@live.ca