



# COMMUNITY CONNECTIONS

BEVERLY HEIGHTS  
COMMUNITY LEAGUE  
E NEWSLETTER

NOVEMBER 2020

To access the Hyperlinks:  
Click on the blue, underlined text.

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## Notes from the board

### October board meeting

On October 13th the monthly Beverly Heights Community League board meeting was held respecting current COVID-19 safety guidelines. Highlights include:

- ◆ The Beverly Heights hall and family centre will remain closed to rentals, programs and community events until stage 3 of the Alberta.ca Relaunch Strategy is reached.
- ◆ The decision about opening the rink will be made at the November board meeting. EFCL and the Government of Alberta are working on guidance documents for safe outdoor rink reopening the board will need to consider before making the decision.
- ◆ The Variety Show has not yet decided if the show will run for the 2021 season.
- ◆ A former board member has been working with residents to provide interim/emergency food hampers. A proposal for a LoveGood Food Box is being considered—it is like a little free library but with a few food items. The Food Box would be cleaned and stocked daily and donations would be accepted.
- ◆ The board welcomed the new Playground Liaison who will be a member on the Rundle Heights Playground Redevelopment Committee. A few more committee members are needed—see page 3 for details
- ◆ Our casino slotting has been delayed until the groups cancelled due to COVID-19 have been rescheduled. It is possible we will get a last-minute notice of an opening so may need volunteers!

- ◆ The Social Media rules have been updated for the Facebook page. Be sure to review. The Community Newspaper will be out at the end of November - watch your mailbox for your copy.

The next meeting will be Tuesday November 10 at 6:30pm. Community league members are welcome to attend the monthly meetings. Attendees are required to wear a mask and adhere to social distancing protocols.

### Do you have your 2020/2021 Community League Membership?

Your Community League membership card is valid from September 1 to August 31. Visit [beverlyheights.ca/memberships/](http://beverlyheights.ca/memberships/) for membership benefits and more information.

**Price:** \$25 Family \$15 Single \$5 Senior

### Get your 2020/2021 Membership

1. Email Crystal, the membership director, at [membersbhcl@hotmail.com](mailto:membersbhcl@hotmail.com). Once your information is confirmed...
2. Choose a payment option:
  - A) Drop off or mail a cheque (payable to **Beverly Heights Community League**) to the BHCL Hall, 4209 111 Ave NW, Edmonton AB T5W 0K3
  - B) Etransfer to [treasurer.BHCL@gmail.com](mailto:treasurer.BHCL@gmail.com)
3. Once payment is received your card and skate tags will be delivered!

*Memberships are also available at  
Edmonton Servus Credit Unions or online at EFCL.org  
(service charge will be applied)*

### Social/programs update:

The Christmas Light Tour has been canceled for this year.

A Calendar fundraiser featuring local dogs is underway. \$20 to purchase a calendar. \$5 to include five names on your birthday or anniversary. Proceeds towards adult and youth programs. Email [membersbhcl@hotmail.com](mailto:membersbhcl@hotmail.com) for information. Deadline: November 14.



### Contact us!

Do you have questions for the board? Feel free to email [Volunteer.BHCL@gmail.com](mailto:Volunteer.BHCL@gmail.com) or visit our website [beverlyheights.ca](http://beverlyheights.ca)

Join our Facebook group [Beverly Heights Community League \(Public Group\)](#) to keep in touch and to reach out if you need assistance.

# Lest we forget...

## 2020 REMEMBRANCE DAY SERVICES

**Due to Covid-19, there will be no  
Church Services or Parade**



### 2020 VIRTUAL (ON LINE) REMEMBRANCE DAY SERVICES

**CENOTAPH CEREMONIES ONLY**

**WEDNESDAY NOV 11, 10:20 AM**



- DUE TO COVID 19, 2020 REMEMBRANCE DAY CEREMONY WILL BE SHOWN ON FACEBOOK LIVE ON:
  - Beverly Memorial Cenotaph and
  - Beverly Business Association Facebook pages:
- <https://www.facebook.com/beverlycenotaph>
- To follow on Facebook "Like" the pages to get notification

**YOU ARE ENCOURAGED TO WATCH FROM HOME**

**NO PUBLIC ALLOWED IN THE PARK DURING THE OBSERVANCE**

**100th Anniversary of the Beverly Memorial Cenotaph**



Beverly Business Association & Beverly Memorial Cenotaph Committee

## Facebook links to watch the ceremony:

(You will need a Facebook account. Click on the blue, underlined text to go to the page.)

[Remembrance Day Event Link](#)

[Beverly Business Association](#)

[Beverly Memorial Cenotaph](#)

Click [here](#) for a story about the history of the Beverly Cenotaph by Lawrence Herzog.

# Where to find help in the Beverly area

The past 7 months of the pandemic have been challenging in so many ways for many in our community. Reaching out for support? Here are some groups and agencies in the area offering assistance and services (blue underlined text is a link - right click, "open hyperlink" to go to their website).

For more helping organizations in the area visit [www.bit.ly/yeg-beverly-covid19](http://www.bit.ly/yeg-beverly-covid19)

**Wecan Food Basket at Beverly Daycare & Family Resource Centre** - offer a low-cost monthly grocery hamper. Registration and pre-payment required.

**Wecan Cooperative** - free appointment with employment counsellors to assist with employment, career, schooling concerns. Assist with resume and job application skills.

**Building Hope Society** - free clothing as well as breakfast / lunch M-T-W.

**Candora Society** - weekly free lunch and resource workers to help with financial applications, family and parenting support, finding health support.

**Rundle Health Centre** - services include mental health, social work, addiction counselling, dietitian, exercise specialist, help accessing and understanding health care.

**Tegler Youth Centre**

**Sage Seniors Association**

**The Family Centre** - Free mental health counselling, videos, classes and translations.

**Edmonton Food Bank**

**Halal Food Hamper** (Islamic Family and Social Services Association)

**Meals on Wheels**

**Edmonton Immigrant Services Association**

**Distress Line** - 24-hr crisis line providing immediate support for those in crisis: contemplating suicide, feeling overwhelmed, or experiencing abuse. Call 780-482-HELP (4357).

**Call 2-1-1** for free, 24/7 confidential support. If you need food, mental health supports or information on other resources call 2-1-1.

**Alberta Health Link** - or call 811 to talk with a registered nurse for advice about health concerns or COVID-19 symptoms.



On the **Beverly Heights Community League (Public Group)** Facebook page search for Jessica Kinsella's post and send a private

message if you need a little help. She runs a home-based food community pantry in Rundle Heights and can offer small hampers to get you through until one of the other organizations can meet your needs. Donations are welcome!

Jessica is working on bringing a LoveGood Food Box to our community - like a little free library but with a few food items. Once confirmed information will be shared on Facebook.

## Need Help this Christmas?

Monday October 19, 2020

Applications are now open!

[www.christmasbureau.ca/need-help/](http://www.christmasbureau.ca/need-help/)  
or call our Intake Team at  
780-414-7695

\*No walk ins due to Covid protocol\*

## Do you, or does someone you know, need help this Christmas?

Applications are now open!

Apply once to receive services from three Christmas programs:

- Adopt-a-Teen,
- Christmas Bureau, &
- 630 CHED Santas Anonymous.

Find all of the info you need at  
[www.christmasbureau.ca/need-help](http://www.christmasbureau.ca/need-help)

Must be a resident of the  
City of Edmonton.

Deadline to apply is December 4, 2020.

# Rundle Heights Park Redevelopment Project

## Donate your bottles

Drop off your bottles at the Beverly Bottle Depot and ask that the proceeds are added to the Rundle Heights Park Project.

## Donate an auction item

The next fundraiser is an online auction starting December 1! Can you donate and item or services to support the fundraiser? Email [stjeromeparentcouncil@gmail.com](mailto:stjeromeparentcouncil@gmail.com).

## Committee volunteers needed!

Join the working committee and help support our park project and our community! The Rundle Heights Park Redevelopment Committee is comprised of a dedicated group of volunteers from Ivor Dent and St Jerome schools, as well as members of the Beverly Heights Community League and community.

Email [stjeromeparentcouncil@gmail.com](mailto:stjeromeparentcouncil@gmail.com) for more information about the project and upcoming meeting dates.

## 50/50 FUNDRAISER!

❖ **Jackpot is over \$3,300**  
- winner takes half! ❖

Get your 50/50 tickets online at  
<https://rafflebox.ca/raffle/stjerome>

**Ticket Sales End:** November 24, 2020

**Draw Date:** November 27, 2020

**Draw Location:** Live on Facebook!

Draw at St. Jerome Fundraising Society

License # AGLC-564315

### Ticket Prices:

1 for \$10	20 for \$50
4 for \$20	100 for \$100

Thank you for supporting this important community project!

## Help support the Rundle Heights Park Redevelopment project!

The current playground on 34 Street and 109 Avenue was built in 1989 and is in desperate need of an overhaul. Our goal is to create a safe and inclusive location for all the area families and residents to gather and enjoy.

The playground and park areas are used by both neighbouring schools; Ivor Dent School and St Jerome Catholic; plus many local daycares, dayhomes, youth organizations, and residents of both Rundle Heights and Beverly Heights.

## Stay in the loop:

Facebook:

[Rundle Heights Park Redevelopment](https://www.facebook.com/RundleHeightsParkRedevelopment)

Website:

[beverlyheights.ca/rundle-heights-park-redevelopment/](http://beverlyheights.ca/rundle-heights-park-redevelopment/)



# Neighbourhood notes

## Neighbourhood Watch:

The Car Curfew Program is a free and voluntary program. By placing a sticker on your vehicle's rear window (lower driver's side) your vehicle may be stopped by police to verify that it is not stolen if driven between 1 a.m. and 5 a.m. To find out more go to [www.edmontonpolice.ca/carcurfew](http://www.edmontonpolice.ca/carcurfew).

You can prevent vehicle theft:

1. Do not leave your vehicle running with the key in the ignition.
2. Never leave spare keys hidden in a vehicle.
3. Lock up your vehicles and close your windows.
4. Use a steering wheel lock device.
5. Park in a well-lit area.

Learn more about setting up a "Walk your Block" team at [Edmonton Neighbourhood Watch](http://EdmontonNeighbourhoodWatch).

Follow these Facebook pages for great information and updates:

[Edmonton Police Service](#)  
[Edmonton Police - Crime Prevention](#)  
[Community Police—Northeast](#)

## Abundant Community Beverly/Rundle:

[Abundant Community Edmonton](#) is "a grass-roots initiative fostering neighbour to neighbour relationships. The goal—to cultivate a culture of care and connection, increase sense of belonging and inclusion, and ultimately create a more healthy and livable city—one block at a time."

Are you hoping to get more connected in Beverly or Rundle Heights? Do you want to know your neighbours and feel a stronger sense of belonging? Did you know that Beverly Heights Community League is a part of the [Abundant Community Edmonton](#) (ACE) initiative?

If you'd like to know more send an email to

[volunteer.bhcl@gmail.com](mailto:volunteer.bhcl@gmail.com) or join our online workshop "Creating a Neighbourly Vibe with ACE" [here](#).

For monthly tips and ideas subscribe to the City of Edmonton "Keep Neighbouring Newsletter".

## Sidewalk sand:

The City of Edmonton fills the grey sidewalk sand box located in the parking lot, just east of the Beverly Hall at 4209 111 Ave. Bring your own scoop and bucket. If empty please call 311 to request a refill.

## Provincial MLA Virtual Town Hall:

Deron Bilous, the MLA for our area, is hosting a virtual Town Hall via Zoom at **6:30pm Monday November 2nd**. Please register in advance at <https://bit.ly/3d7HZLq>.

## The CHANGE Healthy Community Program:

The CHANGE Health Community Program is offering opportunities for families to connect, learn and engage in fun activities related to physical activity, nutrition, mental health and social connection. Led by a family physician and team of health professionals, join us online weekly to learn how you can develop and maintain a healthy lifestyle that is enjoyable for the entire family! Provided in partnership with Alberta Blue Cross and the University of Alberta, read more [here](#).

-Free on-line programs run Tuesday and Wednesday evening weekly until December.

-Space is still available and there is no cost to register! Participants receive program boxes. Email [chcp@ualberta.ca](mailto:chcp@ualberta.ca) for more information.

**"The living owe it to those who no longer can speak to tell their story for them."**

Czesław Miłosz  
The Issa Valley

Come share your stories and pictures with us!

[beverlyhistoricalsociety@gmail.com](mailto:beverlyhistoricalsociety@gmail.com)  
[www.beverly-history.com](http://www.beverly-history.com)

Olde Towne Beverly Historic Society



## Virtual Babysitting Courses:

The City of Edmonton is offering virtual babysitting courses this fall. These courses offer basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care and respond to emergencies. The courses also offer youth the skills to promote themselves as babysitters to prospective families. Courses are available in November, register online at [MoveLearnPlay.Edmonton.ca](http://MoveLearnPlay.Edmonton.ca) or call 311.

## Free non-medical masks:

Get a free package of 5 disposable masks! Email [jimtrudel@shaw.ca](mailto:jimtrudel@shaw.ca) with your name, address, and phone number to arrange pick up or delivery within the Beverly area. (While supply lasts). Please dispose of used masks properly to keep Beverly tidy!

**eNewsletter:** We hope you enjoyed this eNewsletter! Please share with friends and neighbours in the area.

Do you have suggestions for stories? Questions to be answered? Let us know!

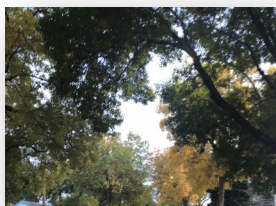
# Connecting in your community

## Facebook links:

[Beverly Heights Community League](#)  
[Rundle Heights Park Redevelopment](#)  
[Beverly Historical Society](#)  
[Beverly Page Community News and Classifieds](#)  
[Beverly Business Association](#)  
[YourAlberta \(Government of Alberta\)](#)  
[City of Edmonton](#)  
[City of Edmonton Recreation Centres](#)  
[Edmonton Public Library](#)

## Websites:

[Alberta.ca](http://Alberta.ca) (for COVID information)  
[BeverlyHeights.ca](http://BeverlyHeights.ca)  
[Beverly Historical Society](#)  
[Abundant Community Edmonton](#)



## Community Connections

*Beverly Heights Community League eNewsletter*

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[Volunteer.BHCL@gmail.com](mailto:Volunteer.BHCL@gmail.com)  
[BeverlyHeights.ca](http://BeverlyHeights.ca)

**Main Hall & Family Centre:**  
4209 111 Ave NW, Edmonton AB T5W 0K3  
780-477-2458

**Sports Building (Rink):**  
10906 40 St NW 780-477-5318

**Rental Inquiries:** [Rentals.BHCL@gmail.com](mailto:Rentals.BHCL@gmail.com)  
**General Inquiries:** [Volunteer.BHCL@gmail.com](mailto:Volunteer.BHCL@gmail.com)