

Volume 3 | Issue 18
February 2016

Highlands – Bellevue **HIGHLIGHTS**

*Neighbourhood
newsletter for the
Highlands and
Bellevue
community
leagues.*



Local photog, Ted Smith caught some folks enjoying a sunny afternoon of sledding at Highlands Golf Club. Go to page 12 for more winter fun.

Going online

Over the years, the HIGHLIGHTS newsletter has been produced in many forms – from a flyer to a small black and white product that grew into a full colour newspaper-style publication.

Now it moves online and will be emailed to every league member in both Bellevue and Highlands, plus a PDF copy will be available to download from both websites for all community residents.

It will continue to live up to its mandate of delivering news, event information and local interest articles that are relevant to both Highlands and Bellevue. And, it will now be bi-monthly – we hope you enjoy its new form.

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Working together to better our communities

Susan Ruttan, HCL president

Highlands and Bellevue community leagues have always co-operated; this newsletter is evidence of that. To improve that co-operation, the two league boards are going to meet this month (February 2016) to discuss working together.

We do many things together now. Pub Nights, a longtime Highlands tradition, will now alternate between the Bellevue hall and the Highland hall. Both leagues support the Highlandia Festival in June and the annual Christmas potluck dinner. Bellevue kids are part of our Friday night Highlands Youth Group.

The Highlands league has traditionally taken the lead on these projects. For example, we have provided insurance for the Highlandia Festival and handled the finances of the festival and the newsletter. With Bellevue's new energetic board, we're hoping to share the responsibilities in a more orderly way. Bellevue president, Brian Finley has attended several of our board meetings, which has been very helpful.

In case you're wondering, the line between Highlands and Bellevue is 67 Street. If you're on the east side of 67th, you're in Highlands; on the west side, it's Bellevue.

One challenge coming up is to find new grants for the Highlandia Festival. Until now, we have received annual grants from Northlands for the festival, but Northlands is about to lose the Oilers as tenants so it's unlikely to have money for grants this year. I'm hopeful that other funders will see the value of this terrific event.

I can be reached at president@highlandscommunity.ca



Everyone is always welcome at the HCL K-Day Pancake Breakfast held the first Saturday of K-Days.

New board, new energy, new goals

Brian Finley, BCL president

There are too many activities and changes going on in Bellevue to try and capture all of them in a few paragraphs or even in all the pages of this newsletter. I should know because I'm one of those changes, having returned as President of Bellevue Community League.

When it comes to information, I find the real problem isn't so much searching it out as it is in sorting it out. The challenge today is in making sense of the information you have and in being able to separate what really matters from what does not.

In my role as President – this time around – what would be great is to know what matters to you, because it should have a direct impact on what we are doing around building this community. We saw examples of that over the summer when we hosted the forum around the Eastglen pool closure, and facilitated meetings to allow residents to talk about how events like K-Days and Sonic Boom impact our neighbourhoods. All examples of people coming together to share what matters and then working together to make the pieces fit. It's not always an easy task but it certainly has its rewards.

The BCL is using all the latest new tech channels as part of its communication plan. However, while that is a great way to get the message out, it isn't always quite as good in receiving your responses back. Meeting face-to-face or talking directly to community members still remains the best way to share information. We do that every month, along with taking care of business at our General Meetings, usually scheduled for the third Tuesday of the month at 7 p.m. at the Bellevue Hall. You're invited and you're encouraged to participate. You will also find it is a great place for information gathering.

You can participate in the league in any number of ways ... community leagues run on the energy of its members and volunteers. As each new member or individual comes forward, whether they do a little or a lot, the load is lightened for all the rest and the sense that we can speak for our community grows. The variety of opinions and the various needs of our residents along with our ability to communicate those to one another is what makes a community "rich."

With work going on around Abundant Communities and community outreach there is a real desire by your current Board to see our membership and participation grow. It's nice to be back and it's better in Bellevue ... every day.

For more information on events or to catch up on other community activities connect to us at www.bellevuecommunity.ca - the Bellevue Community League website. There you can get information on upcoming events; you can take a look at what is being discussed at the various meetings and committees; find documents that relate to your neighborhood; and stay up on City of Edmonton activities. You can also comment and exchange information with others in the community.

I can be reached at brian@caneba.com



BCL member, Janice Fleming (green), along with Bellevue locals, Melissa Majeau and Lorraine Merioniak represented Bellevue in the EFCL entry in the 2015 K-Days parade.

We fought for it, now let's use it

Helen Gillespie, HCL representative

Community and city representatives met in December to talk about improvements to Eastglen Pool, which has been struggling with low usage numbers. Highlands, Newton, Bellevue and Montrose community leagues were represented, along with several other community members and city staff.

The pool now has a new program director and a new manager, who is called Facility Foreman.

There are more programs: some form of aquafit every day of the week and weekends, expanded lane swim times, women's only aquafit and two women's only swim times. A tethering class has started and there are women's swim lessons, general adult swim lessons and drop-in stroke improvement classes for all. There are Red Cross swim lessons and public, family and community swim times. There is shallow water specialized aquafit.

Eastglen High School Swim Academy is operating on Mondays, Wednesdays and Fridays. Some special evenings will probably continue as the Halloween special event was a great success.



Photo sourced

We emphasized that communication was crucial as was promotion of the pool. New street signs are already up on 112 and 118 Ave replacing the decrepit old signs that no one could see. Usage is already up 20% since we started calling for improvements. That's a good sign.

Free swim times

- Every Sunday from 2:15 pm to 4:15 pm for all Highlands and Bellevue community league members – just show your card.

*Memberships can be bought at Mandolin Books or online through both leagues' websites.

We're a social bunch

If it's not a potluck party, it's a pub night, music fest or an impromptu game of shinny hockey. Guaranteed, there's not a month that goes by without at least a couple of events – planned or not – where the whole neighbourhood is invited.

Mark these dates on your calendar:

Friday, Feb. 5, Highlands-Bellevue Friday Night Youth Group (Every Friday night for grades 7 to 9). It's Swim Night at ACT – 7pm, cost \$6, meet at ACT 2909-113 Ave. Full details are available on the Highlands/Bellevue Friday Night Besties facebook page. #friendshipmatters

Sunday, Feb. 7, Superbowl Sunday Party takes place upstairs a Bellevue Community Hall, 7308-112 Ave. starting at 3:30 pm BYO snacks & drinks.

Monday, Feb. 15, Highlands Community Family Day 11am to 3pm at the Highlands Golf Club by the Maintenance Building. Everyone welcome. Check page 12 for more info.

Friday, Feb. 19, Pub Night It's BCL's turn and the league is "makin' it live" with Old Wives and Gateway Blvd. Doors open at 8pm, tickets through www.bellevuecommunity.ca or at the door - Bellevue Hall, 7308-112 Ave.

Friday, March 18, Pub Night Highlands Community Hall, 6112-113 Ave. Stay tuned to the Highlands/Bellevue Highlights facebook page for more deets.

Highlands skating rink

61 St. and 113 Ave.

Even with the warmish weather, HCL facilities director, Rob and crew are doing their best to ensure the ice is in great shape.

To help them, please stay off the ice when it's warm. The rink is also closed when wind-chills hit the -23C mark.



League programming and clubs

Hatha yoga at Highlands:

Hatha yoga classes are from 6:30 to 8 pm on Monday evenings and will be running into June, with a couple of breaks. Details are on the highlandscommunity.ca website under Programs. You can drop in, or better still, email Dorothy at dotrobin@telus.net. (drop-in rates are \$12.80 for community league members)

"I appreciate Dorothy's classes because she provides a relaxed, meditative yoga experience - no strained tendons, no brute force - but gentle stretches and poses that help me to stay limber and to release tensions, and to calmly settle into myself," says local resident, Jan Kuperus.

Bellevue Kids Club – Feb. 13:

Bellevue Kids Club offers free monthly programming for children aged 5 – 10, and includes activities such as arts and crafts, games, storytelling and a snack. Younger children are welcome provided they are accompanied by a parent. BCL membership required. For more info, email Gail at gaily_123@hotmail.com

Highlands Bridge Club - 6112-113 Ave

Co-ed play: Wednesdays at Noon, Thursdays at 7 pm

Ladies only: Mondays at 12:30 pm

Open to all avid bridge players; for more info, visit the highlandscommunity.ca website

Highlands Gardening Club

Meets every Wednesday, 7 to 9 pm at the HC hall – 6112-113 Ave. It's the perfect place to share ideas and pick up creative gardening tips from local seasoned green thumbs. Open to both Highlands and Bellevue members.

For complete lists of all the programming, clubs and other activities in the Highlands and Bellevue communities, please visit the league websites: Highlandscommunity.ca and bellevuecommunity.ca

You will also find links and information to some of our favourite local associations and amenities including the Highlands Historical Society, Highlands Golf Club, Highlands Lawn Bowling Club, The Thistle Curling Club, Men's Hockey team, Eastglen Pool, Highlands Community Garden and not to be left out, our local merchant group.

Here's the spotlight on a couple of the local businesses, both courtesy of HIGHLIGHTS contributor, Allie Korpesio.

Try a taste of Italy in the Highlands

In case you didn't know, the business district on 112 Avenue got a little bit tastier in the last few months. Wadii Bouzemmi and his family opened Olio d'Oliva in the location formerly occupied by Creole Envie. A dedicated pizza oven has been ordered, and the restaurant will also offer pasta and couscous.

Mr. Bouzemmi, an engineer, helped put himself through school by working in Greek and Italian kitchens. Bouzemmi moved to Canada to be closer to his brother, and a third brother will be coming to Canada in the next few months.

Olio d'Oliva is a true family business run by all three Bouzemmi brothers. Along with pasta and couscous dishes, they also serve pizza made in a real pizza oven. They are open seven days a week and delivery service to the surrounding neighbourhoods.

On the day of the interview, I was sent home with a giant plate of seven vegetable couscous with lamb, brika (fried tuna, spices, and egg) and a salad consisting of tomato, cucumber, onion, olives, and dried mint. To say that the husband and I were in a glorious food coma is an understatement. Everything we sampled was perfectly seasoned and cooked, and my husband would have eaten the ceramic plates if it meant he got every last particle of food. Make sure to visit soon.



Award winner brings her knowledge to Highlands

"She's glowing." That was my first impression upon meeting Julie Budge.

A petite, vibrant woman with a clear passion for helping people feel beautiful in their skin, Julie and I sat down to discuss the new spa/salon/boutique business at 6515 112Ave.

Julie is the owner/operator of Julie's Day Spa (next door to Brian Mason.) Julie met husband, Mike, a Highlands resident, while vacationing in Hawaii. Originally from California, Julie moved to Canada in 2011, married Mike, got a standard poodle named Sean Connery, and fell head over heels for Highlands.

The owner of *Julie's Skin Spa* in Modesto, California, Julie has earned numerous accolades as well as the #1 spot from the Reader's Choice Awards three years in a row. With over 28 years caring for skin, Julie has a firm understanding of what each individual needs. Using only Dermalogica products, made in Southern California, Julie has also attended training in both the US and Canada. Noticing the vast difference between the California climate and the Edmonton climate, Julie is making sure each client receives the customized skin care they need.



Specializing in anti-aging treatments, microdermabrasion, chemical peels, acne facials and teen facials, the day spa will also feature a salon with a hairdresser on staff, skin care specialists, a massage therapist, an aesthetician (for manicures and pedicures and waxing) as well as eyelash extensions, and eyelash and eyebrow tinting. If all of that isn't enough to get you in the door, Julie also designs and makes custom jewellery using Swarovski Crystals, sterling silver and precious stones.

Julie was wearing a necklace she designed and made, and it was nothing less than stunning. I'm told the Day Spa will also carry scarves and candles. A quick peek into the space, loving remodelled by both Julie and Mike, confirm it is inviting and relaxing and will most assuredly be an asset to the 112Ave business corridor. Julie is also offering a 25% discount to ALL residents of Highlands and Bellevue on their first service, yet another reason to pop in for a visit (as if you needed one).

Memories of past "Happenings in the 'Hood."

Volunteers working hard at the 2015 Highlandia Fest.

Happens every June, so keep your calendar open, 'cause it's the best community music festival in Edmonton.

Photo courtesy of James Schutz.



These kids from Bellevue really enjoyed themselves as they hung out with some local officers, and learned about ways to stay safe.

One of the favourites of the Bellevue Front Yards in Bloom nominating committee, this house on 71 St. was a wonderful mix of rock, flowers and shrubbery.

There may be snow on the ground, but Front Yards in Bloom will be coming up soon, and we hear Highlands is looking for some new garden elves to take over the "planting" of the yellow signs. If you are interested, please send an email to highlights.newsletter@gmail.com



Church Listings

Highlands United Church

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

St. Mary Anglican Church

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

Orthodox Cathedral of All Saints

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

St. Clare Roman Catholic Church

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

The Neighbourhood Church

Sunday Service at 10 a.m.
5347 - 112 Avenue NW
780-479-4348

Potter's House Christian Fellowship Church

Wednesday Service at 7:30 p.m.
Sunday Services at 11 a.m. and 6 p.m.
Sunday School for children up to 12 years old at 11 a.m.
Call 780-904-9049 for Bible study details.
11816 - 66 Street NW
Pastor Les Theiss
780-423-1267

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Send us your new!

The Highlands-Bellevue HIGHLIGHTS has always been something special for everyone in our local communities, and we know that most people look forward to seeing it in their mailbox every quarter.

Like all wonderful things in our communities, it's handled by volunteers – dedicated volunteers who gave up many hours to produce the printed version. Unfortunately, the production of the magazine went from a labour of love to just plain labour. Thus the decision to move to an online product.

We will be keeping this version streamlined, focusing on league news and events, but hopefully, and as space permits, you will still be seeing your favourite contributors. If you have news or pics you would like to share – send them our way. *Submission deadline for the April issue is March 15.* Please send your submissions to highlights.newsletter@gmail.com



**Highlands
Family Day** Monday, Feb 15
11 am–3 pm

In support of Mustard Seed,
bring your skates, your snowshoes, your Nordic skis, your toboggans, your dogs, your kids, yourself and your love of winter, and join us for a fun-filled day in the snow and on the ponds at our favourite local golf course!

Hosted by Highlands Golf Club & Highlands Community League

Everyone welcome!