

LaurelwoodLiving

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LAURELWOOD NEIGHBOURHOOD ASSOCIATION

ISSUE 42, SPRING/SUMMER 2016

EARTH WEEK NEIGHBOURHOOD CLEAN-UP



Volunteers from MAC Give pose for a picture after the clean-up at Old Oak Park

As part of Earth Week events, many Laurelwood residents pitched in to clean up unsightly litter from their local streets, parks and area trails. All residents are encouraged to consider every week an Earth Week and to make Laurelwood a litter-free zone throughout the entire year!

In our beautiful Old Oak Park, volunteers of all ages from the Muslim Association of Canada (MAC) Give, Waterloo Chapter, worked hard to clean up Old Oak Park as part of the City of Waterloo's Partners in Parks Program. Energetic members also cleaned up other neighbourhood areas including the large empty lot to the south of Laurelwood Drive, across from the Laurelwood Commons shopping plaza, and several community trails near Laurelwood Park. Afterwards, there was a BBQ to celebrate!

Our neighbourhood is now litter-free and we want to keep it this way. Please use the garbage bins in the areas and if you see some litter while walking your dog, please pick it up. If we all take this approach to caring for Laurelwood, we will continue to have the best neighbourhood in Waterloo. **A huge thank you goes to all our Earth Week volunteers for their hard work.** You make a difference!

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2016 SLEIGH RIDE

Dashing through the snow (it was actually grass), in a 2-horse open wagon, over the hills we go, laughing all the way!

We tried something different this year; we had our family sleigh ride on a Friday evening to great success. We had over a hundred people in attendance!! Wow!

Thank you Laurelwood Neighborhood Association for sponsoring this event. It sure was lots of fun touring through the sugar bush, all snuggled up on the wagon. The hot stove and treats sure warmed us up after our ride. Did you see those adorable baby chicks and bunnies along the way?

Thanks to everyone who came out!! Hope you had a fabulous time!!

DO YOU HAVE NOISY NEIGHBOURS?

Have you ever heard roofers on your street on a Sunday morning? Well if you have, it is against the Waterloo noise by-law. The noise bylaw states that any outside work done on a Sunday can only be performed by the homeowner. That means if a contractor is operating power tools or heavy equipment on your property, that business and you, the homeowner, are breaking the noise by-law.

If you believe someone is violating the noise by-law and would like to file a complaint, please contact By-law at

<http://mypermits.waterloo.ca/> or by calling [519-747-8785](tel:519-747-8785). For after-hour calls or calls on weekends, contact the [Waterloo Regional Police Service](tel:519-653-7700) at [519-653-7700](tel:519-653-7700) and ask for the very friendly dispatcher. They will send one of the by-law enforcement officers to investigate immediately – you do not need to give your name and a police officer will not come to your house – you can remain anonymous.

RELAY FOR LIFE AT SJAM



Sir John A. Macdonald (SJAM) Secondary School will be hosting our third Relay for Life on Friday June 3rd, 2016 from 7pm to 7 am on Saturday, June 4th. Relay For Life is an inspirational, non-competitive, fundraising event that brings our community together to celebrate life and fight cancer.

Relay For Life has a festival-like atmosphere that your family, friends and peers can enjoy.

Every three minutes another Canadian is faced with fighting cancer. Every dollar raised at Relay For Life helps the Canadian Cancer Society have more impact against more cancers in more communities than any other cancer charity in Canada.

Our Highlander community is coming together to try and raise over \$100,000 to help in the fight against Cancer. Teams of 10-15 people fundraise individually and as a team to help the Canadian Cancer Society save lives and support those who are facing cancer now.

At Relay, teams gather with cancer survivors and take turns walking laps. Each team keeps at least one member on the track at all times, while all around them the party is in full swing. Teams stay united together to enjoy music, food, activities, entertainment and to celebrate life.



There are many ways you can get involved in this inspirational event:

- Visit www.relayforlife.ca/sjamwaterloo and register your own team or make a monetary donation
- Contact SJAM and make an in-kind donation to help off set the cost of running the event
- Contact SJAM and sign up as a volunteer and help out the night of the event

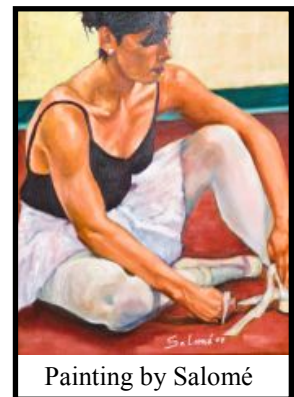
Please contact Sandy Millar at 519.880.9979 ext 2101 for further information.

FREE PORTRAIT ART WORKSHOP



Woodblock print by Nancy

Art +Community Exhibit curators (and LWNA members) Nancy Peng and Salomé Pérez continue to inspire the creativity of our residents. They will be teaching a free workshop on expressionistic portrait drawing at the **John M. Harper branch on Saturday, June 18th from 2-4pm.**



Painting by Salomé

This is in collaboration with the City of Waterloo for the “We are Waterloo Portrait Project.” According to their website, the goal for this project is “to create connections between arts, culture, community, and identity while promoting the diversity in Waterloo.” The completed artworks will be part of an exhibit in conjunction with Canada’s 150th anniversary. Space is limited so for more info/registration, please email info@laurelwood.ca.

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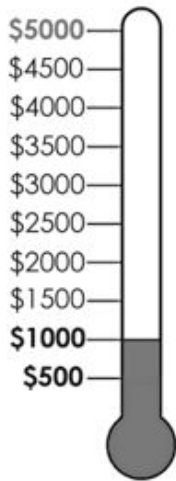
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Appointees of the Executive

Special Events Coordinator	Deb Crawford
Street Rep Coordinator	Carrie Lovegrove
Communications Coordinator	Phillippa Smith
News Letter Coordinator	Soojin Choi
Technology Coordinator	Dave Dolson
Youth Coordinators	Emma Perston Annabelle Perston

Liaisons:

Laurelwood Public School	Carrie Lovegrove
St Nicholas Catholic School	Cathy Kalisiak
Sir John A. Macdonald	Tim Osland
City of Waterloo	Kristy Smith

Members-at-Large	Lorraine Bauman Ian Inglis Poly Modak Salomé Perez Nancy Peng
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Want the cottage life without the expenses and the commute?!

Laurelwood residents are invited to join us "at the cottage" this summer with an Associate Membership at the Beechwood Bridlegate Homes Association (BBHA).

Here's what you get:

Full use of our beautiful recreational facility for swimming & tennis.

Easy access to our Old Post Road location, just off Columbia Street near Westmount.

Fun activities for kids: Halloween in July, The Amazing Race, Campfire, Crafts, Movie Nights!

Here's what you don't get:

Traffic hassles getting to "your cottage."

Maintenance chores (we keep your cottage looking great!)

Contact us for more information or to register:

bbha2014@gmail.com

<https://beechwood-bridlegate.squarespace.com/associate-memberships/>

**2016 Family Associate
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registration!**

The Upper Beechwood II Homes Association (UBII) pool and tennis courts on Leighland Drive in Upper Beechwood has a limited number of spots available for new associates to join in 2016. We offer the largest private pool in the area, a staff of nine life-guards, two new tennis courts as well as basketball, volleyball and even a winter skating rink. Families can take advantage of summer swimming and tennis lessons plus organized activities for the kids. Adults have dedicated swim times.

If you'd like to learn more, check out our web site at upperbeechwood2.wordpress.com, or contact our Associates Coordinator David Clausi at ub2associates@gmail.com.

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NATURE + NATURAL MOVEMENTS= OPTIMAL HEALTH

By Laurelwood resident Eric Chagnon, owner and trainer of Get Outside Fitness

A push-up in a gym doesn't equal a push-up in your backyard. Any activity performed in the outdoors offers a myriad of benefits that you won't get indoors.

Simply being in nature has been scientifically proven to reduce our stress, improve mental health, lower heart rate, blood pressure, muscle tension – the list goes on.

When you do a physical activity in nature, the benefits of both (nature and exercise) multiply to give you a mega dose of health and energy.

I purposefully design my fitness programs so that we use the natural features in our neighbourhood to improve our strength, mobility, balance, endurance, and agility, all the while enjoying the soothing benefits of nature. We have two groups that train in Laurelwood Park (Gatestone Park) on Saturdays at 11am and Mondays at 9:30am.



The group swinging rocks at Laurelwood Park

During a session we'll do exercises such as picking up, carrying, and throwing rocks; balancing on fallen trees; crawling on the grass; hanging from a branch; walking or running down a trail, etc. These movements are called "**natural human movements**."

It's exactly how babies start moving. Performing those **natural human movements** as adults is not only a great way to exercise in nature; it taps right into your DNA and recaptures the fitness you had as a child.

So come out and play! Feel free to email me for more information at eric@getoutsidefitness.ca.

THE LAURELWOOD AMAZING RACE RETURNS!



You have seen the show. Now live the adventure in your very own neighbourhood.

The Amazing Race is back this summer. Teams will get clues that lead them to courses competing in fun activities, detours and road blocks that will take them to other checkpoints around Laurelwood. Once a team finishes their last challenge, they will hit the finish line and enjoy some yummy food!

The race needs to be done on bicycle as it takes about 2+ hours to complete and covers 7 to 8 km. There is only room for 30 *amazing* teams of families and friends so register soon. The date of the event is the afternoon of **Sunday, June 26th** from 1-3pm. Once again we will be assisted by local businesses and organizations who continue to show their support of all our community events.



If you are interested in volunteering for this event, please contact us! We always need more people to make our events even better! To register a team or volunteer for the Amazing Race, please contact us at info@laurelwood.ca.

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LAURELWOOD NEIGHBOURHOOD ASSOCIATION

To find out about news and events in our
community, follow us on social media!



Laurelwood Na



@Laurelwoodna

2016 EASTER EGG HUNT

There was lots of hustle and bustle on Easter Saturday morning with children busy looking for



Easter eggs, parents gathering and socializing, and who did we see hopping down the bunny trail? Why it was the Easter bunny, he came!! I knew he would!

Can you imagine hiding over 3,200 eggs? Well, we did it this year with over 135 children in our Easter egg hunt!

A big thank you goes to Mark and his team at Starbucks for donating the coffee and hot chocolate, and to all our volunteers this year. We can't do it without you!



Let the hunt begin!

Our event was again a huge success this year. Thank you to Joanne for stepping up to continue the tradition of the Easter egg hunt next year!

YARD WASTE RESIDENTIAL COLLECTION PROGRAM



A separate yard waste collection runs from spring to fall in most areas of the Region.

Yard waste includes leaves, plant trimmings, spring yard rakings, grass clippings, weeds, branches, and pine cones.

All single family households of the Tri-cities and in settlement areas of the townships who receive weekly blue box and garbage collection also receive bi-weekly yard waste collection. Please refer to the 2016 tri-city yard waste collection schedule, <http://www.regionofwaterloo.ca/en/aboutTheEnvironment/resources/Yard-waste-schedule-2016-access.pdf>

Township residents please refer to your calendar.



Yard waste can also be composted in your backyard. For more information on the benefits of compost and how to create and use compost, please go to the Compost Council of Canada website. Yard waste can also be dropped off at one of the transfer stations. Fees will apply.

Wood waste contaminated with the Emerald ash borer or Spruce budworm is not collected in the Yard Waste program. Please bring them to either the Cambridge or Waterloo transfer station. Advise staff at the scale so that the contaminated material is directed to the landfill.

TIPS FOR A WINDY DAY

On a gusting windy day, all your garbage and recyclables can blow away and litter our community.

Here are some tips to ensure your curbside collectibles are not flown away:

- Place paper (newspaper, flyers, magazines, etc.) in a plastic grocery bag and tie the handles. Place it on top of containers to weigh it down. If you have multiple bagged papers, place in a separate blue box and stack it on top of your container-filled blue box.
- Don't overfill your blue box or garbage can.
- Save lightweight items for the following week's collection.
- Write your address on your bins and garbage can (including the lid) with a permanent marker for an easy return.
- Crush, flatten or bundle your recyclables to make them harder for the wind to grab them.
- Make sure garbage can lids are securely closed.
- Don't set items to the curb the night before collection if a storm or high winds are expected. Place your items at the curb by 7 a.m. on the day of collection.
- Styrofoam is not collected in the Blue Box program. Large bulky packaging Styrofoam can be dropped off at the Waterloo Waste Management Centre. Fees will apply.

Thanks for your help! As always, the collection crews will do their best to collect items at the curb.



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EVER HEARD OF CRIME STOPPERS?

Waterloo Regional Crime Stoppers provides individuals—those who may be reluctant or fearful to come forth—with an anonymous, safe way to provide information to police. A further incentive is delivered through the element of a monetary reward. What most people fail to realize, however, is that when one reaches out to Crime Stoppers, they are not talking to the police. Crime Stoppers is best described as a middle-man, a filter of sorts. It is a non-profit autonomous organization, run almost entirely by volunteers and supported through community donations, whose only goal is to solve and prevent crimes. A safer, healthier Waterloo Region is the result.

There are three words that can describe the benefits of the Crime Stoppers program for the community: proactive, empowerment, and inclusiveness. Anyone with information, even if they are unsure what they saw or heard is of significance, may call the toll-free number. This information can prevent a crime; it can take a dangerous criminal off the streets. And most importantly, it places the power back in the hands of community members rather than the criminals. All it takes is calling 1-800-222-TIPS (8477) or texting “CRIMES” (274637) to make a difference.

Every year we run a charity golf tournament that will raise funds to support Crime Stoppers' operation. This year's tournament will take place on **Thursday, August 18th**, shotgun starting at 1pm, at the Foxwood Golf Club in Baden, ON. For more information and/or to register your team, please visit www.waterloocrimestoppers.com/golf-tournament.





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LAURELWOOD NEIGHBOURHOOD AND WPL ART + COMMUNITY EXHIBIT



Nancy, Salome, and Mayor Dave Jaworsky

The Laurelwood Neighbourhood Association partnered with Waterloo Public Library to organize an amazing community art show throughout the month of March. Curated by local artists (and LWNA members) Nancy Peng and Salomé Pérez, it included artworks from local high school students, neighbours and members of the WPL community, both emerging and established artists. We had a great turn out for the reception on March 3rd and it gave residents a chance to meet and mingle with the artists.

Waterloo Mayor Dave Jaworsky was also in attendance and was impressed and excited to see the artworks by our talented community. Here's what he posted on Facebook:

"Art and Community...what a fantastic ideal to build on our most needed concept: Belonging. Art bridges youth and young-at-heart, cultures, and speaks to us at feeling/emotional level. To take it home, as a neighbourhood building idea....fantastic! Thanks to Art + Community Exhibit, Organized by the Laurelwood Neighbourhood Association, Nancy and Salomé!"

Congratulations to the artists and thank you to the Waterloo Public Library staff and patrons for their support. Read more about the artists by checking out the brochure posted on our website at www.laurelwood.ca



From left to right: Students Liliana Tiffin, Sonya Makarova and Jesse Mehrava with their artworks at the exhibit's reception



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CONTACT US



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@Laurelwoodna

LWNA CALENDAR

**June 3rd-4th, 7pm-7am:
SJAM Relay for Life
At SJAM**

**June 18th, 2-4pm:
Self-Portrait Art Workshop
At WPL Harper**

**June 25-26th:
KW Multicultural Festival
At Victoria Park**

**June 26th, 1-3pm:
The Amazing Race
At Laurelwood**

LAURELWOODLIVING

Publisher

Laurelwood Neighbourhood Association (LWNA)

Editorial Team

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