

SOUTHEAST VOICE

Serving the community leagues of
Avonmore, Capilano, Cloverdale, Forest Terrace Heights,
Fulton Place, Gold Bar, Holyrood, Idylwyld, Kenilworth,
Ottewell & Strathearn.

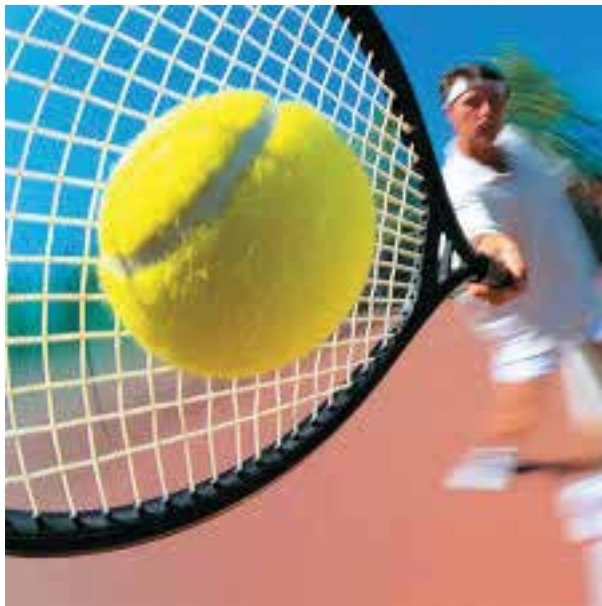
April 2015



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South East Edmonton Community Tennis

Get outdoors this spring with tennis, the sport for a lifetime. Play at southeast Edmonton's own community tennis facility, with programs for all ages, from 5 to 75!



The **CAPILANO TENNIS CLUB (CTC)**, located next to the Capilano Community League hall at 10810 – 54 Street has operated in partnership with the community league since 1976 as southeast Edmonton's only community tennis program.

An OPEN HOUSE and REGISTRATION FOR 2015 MEMBERSHIPS IS SUNDAY, APRIL 26, from noon to 5 pm at the tennis clubhouse. Memberships and/or registration for lesson

programs are available at that time, or subsequently at the club house during open hours. An annual membership costs less than a single round of golf at many city courses!

Need more information now?

Visit our web site at <http://www.capilano-tennis.ca>, or call **Maureen O'Connell** at (780) 469-9568.

CITYlab

This city initiative is to enable small, experimental and collaborative projects that fit within urban planning policies. CITYlab will focus on collaboration and relationships with internal and external groups and a commitment to sharing what we learn by trying new things together.

A "share your idea" postcard campaign inviting residents to share their creative ideas with us was launched March 7. CRC's and CBSW's will be able to provide you with post cards upon request, to submit. One or more post card projects will be selected and undertaken. For more information go to www.Edmonton.ca/citylab

Have you found a CITYlab postcard?

We've left them around the city! We want to hear your best idea to brighten up a shared space in Edmonton. Use the postcard to write or draw your idea and drop it in a mailbox by March 31. Then, be sure to follow us on Twitter @PlanEdmonton for more updates.

We will also create a temporary public art installation with returned postcards to display your ideas!

Want a postcard? Email us at citylab@edmonton.ca and we'll send you one. Our postcard campaign is just the beginning! It's a way to introduce CITYlab and hear about the creative ideas out there. But we will be undertaking projects on an ongoing basis.



Next Phase of the New Park

SECLA is looking for a few local residents interested in helping to plan the next phase of the Fulton Ravine South park (by the skate park). This phase will involve landscaping, seating areas, and perhaps other small projects.

Those interested should be able to commit a minimum of 3 hours per month over the next three months (April to June) to this project. If interested, please contact Connie at fhrep@secla.ca



Andy Verhagen
780.907.8202
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South East Community Leagues Association

PO Box 38025 RPO Capilano Edmonton, Ab T6A 3Y6
www.secla.ca

Community Representatives

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Treasurer

Olivia Li

treasurer@secla.ca

Secretary

Janet Fletcher

secretary@secla.ca



Community Network Gatherings:

The purpose of these gatherings is to share community recreation program information, to meet with other individuals, groups, and organizations, to map current programs and activities within your community, and to identify opportunities to share resources and work collaboratively.

At this second gathering, we will be providing opportunities for you to connect with other recreation providers with the intention of increasing coordination and collective capacity within your community. The Community Network Gatherings will take place for the following neighbourhoods on these dates:

• **Tuesday April 21, 2015** (Hazeldean, Avonmore, Ritchie, King Edward Park, Argyll, Idylwylde, Bonnie Doon, Cloverdale, Strathearn, Holyrood and Old Strathcona)
6:30 pm – 9:00 pm Check in and informal Networking from 6:30 – 7:00 pm
Hazeldean Community Hall
9630-66 Avenue

• **Wednesday April 22, 2015** (Capilano, Fulton Place, Forest Heights, Terrace Heights, Gold Bar, Kenilworth and Ottewell)
6:30 pm – 9:00 pm Check in and informal Networking from 6:30 – 7:00 pm
St. Augustine's Anglican Church
6110 Fulton Rd

If you are interested in attending either of these gatherings or require additional information, please email Elaine.medin@edmonton.ca or Pam.weber@edmonton.ca

Greater Hardisty After School Program

A huge shout out to all our partners for helping make the Greater Hardisty Afterschool Program a big success.

Thank you Gold Bar School, and to the participating community leagues for providing their halls, rinks, hills and facilities for this 4 week program.

There were 20-25 kids that showed up for each of the program days that allowed them to try Kicksledding, Skating, Tobogganing, Snowshoeing, Broomball, Firepit and various outdoor organized games led by City of Edmonton Staff.



Springtime At The South East Libraries

April starts off at Idylwylde and Capilano libraries with our Spring Break programs, which run until April 4 (see more at www.epl.ca/springbreak). Both libraries have ongoing programs for babies, children, teens, and adults, and we have some special programs happening this month as well.

Idylwylde Library will be holding Minecraft Club on Thursday April 16 at 3:30 and iPad Fun for Kids on Saturday April 18 at 2:00. A six-week series for adults, Better Choices, Better Health: Chronic Pain Self-Management starts on Tuesday April 21 at 6:00 p.m.

Capilano Library's Tween Lounge on Thursdays at 4 will include Minecraft on April 23 and iPad fun on April 30. Capilano will have a Legal Workshop: Wills and Estates on Monday April 27 at 7:00 p.m.

EPL will be holding our fundraising gala Books2Eat on Saturday April 18. All proceeds support EPL's Welcome Baby and Literacy Van projects. Tickets are available on our website, www.epl.ca.



Childhood Immunizations

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website: ImmunizeAlberta.ca.

ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need.

Visit ImmunizeAlberta.ca today.

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(2) Classic Pedicure
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Did you know that every year more people die from blood clots than from breast cancer and AIDS combined? In fact, more than two million North Americans are affected by blood clots every year. A blood clot, also known as a Deep Vein Thrombosis (DVT), can break loose and travel to the lungs resulting in a Pulmonary Embolism (PE), an often fatal condition. That's why HOME HEALTH STORE the leader in medical compression stockings and socks, is working to educate people about DVT prevention. Why graduated compression stockings?

Your doctor may prescribe compression stockings because they provide a graduated pressure that is more firm at the bottom of the stocking or sock and gradually decreases up the leg. This graduation aids in improved blood flow back to the heart because gravity and pressure make it difficult for the blood to flow in an upward direction.

Did you know?

A DVT can cause a life-threatening complication called Pulmonary Embolism (PE), in which part of a blood clot breaks loose and travels through the bloodstream to the lungs.

You could be at risk for a DVT!

SIGVARS



Do these describe you?

Age +40
Pregnant
Take birth control
High Blood Pressure
Cancer
Diabetes
Smoker
You could be at risk for a DVT!



You can do your part to help prevent a DVT:

Stop smoking
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Drink plenty of water
Limit caffeine & alcohol

Wear SIGVARS Compression Socks Everyday!



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League Contacts

President	Nathan	president@avonmore.org
Vice President	Vacant	
Secretary	Vacant	
Treasurer	Boris	treasurer@avonmore.org
Hall Rentals	Tanya	hallrental@avonmore.org
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Rink	Jim	rinkcoordinator@avonmore.org
Soccer	Lyne/Boris	sports@avonmore.org
Babysitting	Cheryl	admin@avonmore.org
Casino	Elizabeth	programs@avonmore.org
Grants	Walter	grants@avonmore.org
Memberships	Lisa	membership@avonmore.org
Playschool	Jamie	playschool@avonmore.org
Sign	Jamie	director4@avonmore.org
Communications	Ryan	communications@avonmore.org
Volunteers	Ginette	director2@avonmore.org

Avonmore Hall Rental

Anyone interested in renting the hall, please contact Tanya at (780) 637-5640 or email hallrental@avonmore.org

Get your Avonmore Memberships

at 75 Street & 76 Ave Dairy Queen or email membership@avonmore.org

Avonmore is looking for a group interested in delivering our community newsletters. Please contact Nathan at president@avonmore.org if you are interested.

Looking for a Babysitter Or, Interested in Babysitting Children in Our Community

Avonmore Community League is pleased to offer a Babysitter Registry to help match community members with qualified babysitters.

For Parents Seeking Babysitters, email Cheryl at admin@avonmore.org and she can provide you with a list of teens seeking babysitting work.

For Teens Seeking Babysitting Work, we regularly receive inquiries about our registry, so please send us an email to get added! To help parents find the best fit for their children, provide some information about yourself.

Tell us the neighbourhood you live in, the year you were born, your credentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and your experience caring for children. Don't forget to provide your phone number!



Wednesday May 13 7:30pm Avonmore AGM 7902 Street - 73 Ave

There will be babysitting during the meeting. Avonmore Community Board cares about our community! We want to make it a better place to live & have our community get to know our neighbors better. We have many future projects in the works to make Avonmore a great place (ex: Hall renovations, Friends of Millcreek) So come be a part of this amazing board by volunteering for one of these positions:
President, Vice President, Membership, Treasurer, Secretary, Co-Sports Director, Directors at Large (which are 1yr term)

Millcreek Ravine Cleanup Save the Date Sunday May 3 Join us in helping keep the Millcreek Ravine Clean For more information email admin@avonmore.org

Yoga

Yoga classes at Avonmore Hall
Tuesdays 6:30pm-8:00pm- Restore & Repair
Yoga- Instructor Brea Johnson
Wednesdays 6:30pm-8:00pm-Hatha Yoga-Instructor Tori Lunden

Mindfulness Meditation
Classes will be offered once a month

For more details go to www.avonmore.org and click on Programs and Events or contact Anita Lunden at 780 462-4439 or lunden@telusplanet.net

Parent & Tot

Avonmore Community Hall
(7902-73 Ave)

Parents of toddlers are invited
every Wednesday between 9:30 am - 11:30 am
to meet and chat, while the little ones play.
Community members are free.
Drop in fee-\$2 for non-members
For more information, please contact Audz 780-292-6483.

Avonmore Soccer

Tentative start date May 3, 2015 for U4-U10 the season will run until the Paul Johnson Tournament (June 19-21 inclusive)

www.communityleagueneews.com

Free Avonmore Membership Swim

Bonnie Doon Leisure Pool
Saturday 6:00pm – 7:00pm
Sunday 4:15pm - 5:45pm
Hardisty Leisure Pool
Sunday 1:15pm - 2:45pm Commonwealth Pool
Saturday 5:00pm – 7:00pm - Last day is May 23 (closed May 25 - July for repairs)
Scona Pool
Saturdays 3:00pm-4:00pm

Book Club on Sundays

The book club meets once a month at 7 pm. New members are welcome. For more information, contact Anita Lunden at 780-462-4439 or email lunden@telusplanet.net

Avonmore Community Playschool Open house

Avonmore Rink Building
7902 Street -73 Ave, Edmonton

**Wednesday April 22, 2015
6:30pm-8:00pm**

We welcome you to come out on this night to meet with our teachers, view the space and discover more about our learning through play programing. We look forward to meeting with you!



Avonmore Playschool still accepting registration

Children 3-4yrs
Upstairs of Rink Building at Avonmore Community Hall (7902-73 Ave)
Classes run early September:
Monday, Wednesday, Friday or
Tuesday, Thursday, Friday.
9:00-11:30am
Please leave a message at 780-465-1941 or email Jamie Konrad at kjkonrad@shaw.ca

League Board

President	Brent	780 757-8550
Past President	Bill	780 469-5744
Vice President	Derek	780-919-5421
Treasurer	Ivanna	780 644-9613
Secretary	Shelley	780 462-4599
Hall Rental	Kevin L.	780 966-6913
Grants/Planning	Dallas	780-707-7191
Casino Coordinator	Derek	780-919-5421
Memberships	Shawna	780 490-1931
Programs/Playground	Vacant	
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Newsletter	Jill	780 469-0513
Special Events	Paula	780 466-3342
Tennis	Bernice	780 466-9955
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Ace	780-902-3425
Soccer Programs	Craig	780-469-7916
Webmaster	Michelle	780 466-1017
Social Media	Jean	780-863-0914
Capilano Playschool	Amy	780-705-3978
Community Services	Lynn	780 496-5926
Ice Allocation	Kevin W.	780 461-4109
Hardisty Gymnastics	Shauna	780 484-3205

Meetings are held every third Wednesday of the month 7:30 p.m. - Sept - June

Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Kevin at 780-966-6913 or at capilano hallrentals@gmail.com, or visit our website at www.capilano.info.

Capilano Ball Hockey Registration

Kids will enjoy learning stick handling, passing and shooting skills in a small game environment. They will be so busy participating in games developed to improve skills they won't even realize they are learning! Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended. There is both a 4-6 year old group and a 7-12 year old group. Both groups start on Saturday April 25 at Capilano Community League rink. Registration: Contact Shauna @ canadaplays1@gmail.com or 780-966-3205.

Capilano Community League Babysitting Registry

We are always looking for names to add to our babysitting registry. If you are in Junior High or High School, if you live in the Capilano neighbourhood or a surrounding community and have taken the babysitting course, please contact Lana at 780-463-1045. (If you know of a babysitter, please pass this information on to them!) We are pleased to report that we currently have 26 sitters listed in our registry. Please contact Lana if you are a parent looking to connect with a sitter.

Capilano Community League Annual General Meeting

When: Wednesday May 20, 2014 7:30 p.m.

Where: Capilano Community League Hall 10810 - 54 Street
What's on? Annual Report, Treasurer's Report, Capilano Community Park Redevelopment update, Capilano Tennis Club Report, Election of Officers
COME OUT TO SEE WHAT IS HAPPENING IN YOUR COMMUNITY. The AGM lasts about one hour, followed by refreshments. ALL ARE WELCOME!

Capilano Community Tennis OPEN HOUSE Sunday April 26

The CAPILANO TENNIS CLUB, located next to the Capilano Community League hall at 10810 - 54 Street, is holding its OPEN HOUSE and REGISTRATION FOR 2015 MEMBERSHIPS on SUNDAY, APRIL 26, from noon to 5:00 p.m. at the tennis clubhouse. Memberships and/or registration for lesson programs are available at that time, or subsequently at the club house during open hours. Need more information now? Visit our web site at <http://www.capilanotennis.ca>, or call Maureen O'Connell at (780) 469-9568.

Capilano Preschool Soccer Registration

Have fun learning to play soccer! Instructed classes are 45 minutes long and specifically developed for 3-5 year olds. Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink, starting the week of May 4. Registration: Community league membership at any Edmonton community league is required. Contact Shauna @ canadaplays1@gmail.com or 780-966-3205.



www.communityleagueneeds.com

Spring Tai Chi Chih and Dance Tai Chi Classes Capilano Community Hall

TAI CHI CHIH

Start: Six-week class begins: Monday April 27, 2015
Day/time: Mondays from 12 p.m. - 1 p.m.

Cost: \$80

Tai Chi Chih is a series of 20 energizing movements based on Chinese Healing principles. It is an effective form of moving meditation emphasizing self awareness, health, and energy flow. Recommended for weight and blood pressure control, relief of stress, body toning and increased mental and physical well being. This class will benefit both beginners and those who have taken the class before

DANCE TAI CHI

Start: Six-week class begins: Wednesday April 29, 2015
Time: Wednesdays from 9:30 a.m. - 10:30 a.m.

Cost: \$80

Dance Tai Chi blends the healing essence of Tai Chi with the creative fluidity of Dance to help improve your flexibility, balance, health, serenity and fun. It is an easy relaxed class. No prior dance or Tai Chi experience needed. Dance Tai Chi was developed by Sharon Melvin, a Tai Chi Instructor with a lifetime love of dance.

Contact Sharon Melvin (Accredited Tai Chi Chih Instructor) at 780-288-2004 for more information and to register, and check out www.relaxwithtaichi.com.

Capilano Playschool OPEN HOUSE and TRIAL CLASS, Saturday May 23

Capilano Playschool would like to invite you to register for our TRIAL CLASS and attend our OPEN HOUSE which will be held on May 23, 2015 from 9:45-10:15 a.m. (trial class) and 10:15-11:30 a.m. (open house).

Come meet our teacher Ms. Asha, see the playschool classroom located at Hardisty School, and find out more about the Christian program that runs on MWF afternoons as well as our Healthy Apple Program that runs on MWF mornings and TR mornings.

All classes are for 3 and 4 year olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization, and self-regulation skills through physical activity, arts and crafts, field trips, stories, music and more.

To register for the TRIAL CLASS or get more information regarding our program, contact Marzena at 780-802-9307.

Memberships

Need a Capilano Community Membership?

Contact Shawna at 780-490-1931. As well, memberships are available at Solis Wellness Clinic located at 5016 - 106 Ave in our community. Contact Solis at 780-488-1552.

New! FREE Sport Sampler Day for Families, Children and Teens!

The Greater Hardisty area has some talented folks and they want to share their love and passion of their sports for families and children 2-15 years old in our community. This Sport Sampler day will enable children and families to try a variety of activities such as: wrestling, track and field, football, tennis, baseball/softball, basketball, and volleyball. Come out and get stamps in your physical literacy passports each time you try a new activity or an old one in a new way. This is a free activity day but registration will be required. Keep your eyes on the Southeast Voice and your community league website for registration details.

Save the Date! Saturday June 13

Time: 10 a.m. - 2:30 p.m.

For more information or to loan your talents contact Shauna at canadaplays1@gmail.com

Capilano Community Park Children's Fun Run/Walk May 23

Date: Saturday May 23, 2015

Time: 10 a.m.

Where: Capilano Community Park (54 Street and 108A Avenue)

What: Young walkers and runners come together for a morning of fitness and fun in support of Capilano Community Park. Each lap is approximately 750 m – it will follow where the new walking path will be developed (as part of Phase 2 of the redevelopment project). Children will have an option to walk/run:

--750 m (0-6 years old)

--1500 m (7-10 years old)

--2250 m (12-14 years old), or

--team up with four friends for a relay.

Drinks and snacks will be provided and awards given for exceptional participation.

Why: Have fun/get fit raising money for Phase 2 of the Capilano Community Park Redevelopment.

REGISTRATION: Go to www.capilano.info/site/in-our-community/capilano-community-playground-redevelopment-project to register for the Fun Run event and download a fundraising Pledge sheet.

We look forward to all our participants having a great time! For questions, concerns, or to volunteer, contact Jill Schlender jschlender@shaw.ca or Heather Somerville heathergail7@hotmail.com.

Suzuki Concert Thursday May 14 - Winspear Centre

In 1995 Suzuki Charter School received it's first public school charter. As part of our celebrations, we will be hosting our 20th Anniversary Concert on Thursday, May 14th at the Winspear Centre showcasing Canadian and movie music. All of our kindergarten to grade 6 students will don their finest black and whites and join together on stage to perform for parents, alumni, friends, and community members.

We would love to have our Capilano neighbours join us for this concert. To purchase tickets, please contact Lisa Leflar, School Secretary at the school office at 780-468-2598 or by email at leflar1@suzukischool.ca.

April 2015

Spring Craft Market Saturday May 23

WHEN: Saturday May 23, 2015

TIME: 10 a.m. – 4 p.m.

WHERE: Capilano Community Hall (10810-54 St.)

Admission is free!

Contact Pamela at 780-916-4888 or check out Facebook at: <https://www.facebook.com/events/831383636928597/> for more information.

"Outdoor Bound" Summer Camp – Capilano Hall

Once again, Capilano Community League is pleased to be hosting a City of Edmonton summer day camp at Capilano Hall (10810-54 Street).

Dates: July 6-10, 2015

Ages: 9-13 years old

Description: Bound into the outdoors and discover activities like orienteering, archery, biking, initiatives, canoeing and swimming. Your leaders will also teach you some exciting wide games that you can play in your own neighborhood.

To learn more or to register, call 311 or go online at www.edmonton.ca/eReg.

Registration begins Tuesday April 28, 2015.

Choir Concert Sunday, May 3 at 7 p.m.

The Lac Ste. Anne Community Choir, which features 60 voices singing under the direction of Conductor Debbie Rosen, will be coming to Southeast Edmonton to share exciting secular and spiritual choral music! The concert will be on Sunday, May 3 at 7 p.m. at Hope Lutheran Church (5104 – 106 Ave) – a free will offering will be taken. For more information contact 780-466-8502.

Garage Sale at Hope Lutheran May 29 and 30

Hope Lutheran (5104 – 106 Ave) will be hosting a garage sale on Friday, May 29 from 9 a.m. – 5 p.m. and Saturday, May 30 from 9 a.m. – 2 p.m. Come check it out and pick up some great bargains! Or just come join us for lunch – delicious homemade soup and baking will be for sale!

Bug Lady – Saturday, April 11 at Hope Lutheran

Families are invited to Hope Lutheran (5104 – 106 Ave) on Saturday, April 11 from 10:30 a.m. – 12:30 p.m. for the Annual Easter Bug Lady Event!

Enjoy doing some spring crafts and then learning about spiders, snakes and other crawly things, which includes an opportunity to hold these amazing creatures! A free pizza lunch will be provided and families are asked to bring some fruit, veggies, an appetizer, snack, or dessert to share.

For more information, contact 780-466-8502 or email hope-lutheran@shaw.ca.

www.communityleagueneeds.com

Save the Date! Capilano Community Park Grand Opening June 12

Join the Capilano Community Redevelopment committee in celebrating the completion of Phase 1 of the Capilano Community Park redevelopment – enjoy our new playground, our new spray deck and our new picnic shelter. Learn more about our planned Phase 2 project - walking path, outdoor exercise equipment, a bike bumps course, and community sign.

When: Friday June 12, 2015

Time: Mid-afternoon – early evening (to be determined)

Where: Capilano Community Park playground (10810-54 Street)

Capilano Community Park Redevelopment Funding Update

We are pleased to report that we were awarded a \$75,000 Neighbourhood Park Development Program (NPDP) grant from the City of Edmonton in support of our Phase 2 project (walking path, outdoor exercise equipment, a bike bumps course, and community sign). As well, the Capilano Community League (CCL) board recently approved \$25,000 in funding towards this project. The City's NPDP grant and the CCL funding, in combination with \$14,000 that has already been raised, puts us just over a third of the way towards acquiring the funds required to complete our "Park for all Ages!"

We always welcome more hands! To talk to someone in your community about how you can help with this project, contact Jill at 780-469-0513 or jschlender@shaw.ca.

Capilano Community Park Redevelopment – Be a Park Supporter!

The Capilano Community Park Redevelopment Committee offers you the opportunity to be part of the exciting Phase 2 redevelopment project through our Donor Recognition Program! Each donation level provides recognition and tax benefits (ALL DONATIONS OVER \$20 RECEIVE A TAX RECEIPT) to you or your business, while allowing you to contribute to a lasting legacy in your community.

Donor RECOGNITION LEVELS are as follows:

PERSONAL donation:

Bronze (\$20-\$99), Silver (\$100-\$499), Gold (\$500-\$1,999), Platinum (\$2000 and up)

BUSINESS donation:

Bronze (\$20-\$999), Silver (\$1,000-\$4,999), Gold (\$5,000-\$19,999), Platinum (\$20,000 and up)

To learn more about this program, please visit the Capilano Community website at <http://www.capilano.info> or contact Jill at 780-469-0513 or jschlender@shaw.ca.

THANK YOU to our donors who have already made generous contributions to the Phase 2 project as part of the Donor Recognition Program:

GOLD donors: Allan Yee

SILVER donors: Rolinda & James Graham, Keith & Kathy Turnbull, Wince Family, Ada Schlender

BRONZE donors: Sheila Thompson, Doug Fulford, Sandy Schaloske, Don Chan, Blanca Maginnis, Cheryl Stepanko/ Richard Pereschitz

Cloverdale Community League Contact Information

Board of Directors

President	Cherie	cherie_klassen@hotmail.com
Vice President	Susan	yackulic@telus.net
Civics Director	Paul	pbunner55@gmail.com
Festival Liaison Director	Tony	thilhorst@shaw.ca
Treasurer	Sandy	sfleming@gmail.com
Secretary	Reg	marmich@telusplanet.net
Program/Social Director	Bob	daszuke@gmail.com
Communications Director	Shandra	cloverdalechronicle@gmail.com

Standing Committees

Casino Committee	Bev and Shane	beverlyjoanbennett@gmail.com
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Edmonton Ski Club Liaison Committee Chair

Bruce	bbrandell@epcor.ca
-------	--------------------

Park Redevelopment Committee Chair

Murray	meschneider@shaw.ca
--------	---------------------

Hall Rentals/Emergencies

Rentals Email janmhardy@gmail.com or leave a message at the Hall at 780-465-0306.

Emergencies 780-439-3149

Facebook - Cloverdale Community League: Edmonton

For current community information, visit our website:
www.cloverdalecommunity.com



Have you considered renting the Cloverdale Hall?

Located in the heart of Edmonton's River Valley, only moments from downtown—an ideal spot for nonprofit or corporate weekday events! With a full kitchen, state of the art sound system and lots of room to spread out, the hall provides a great rental solution close to home.

Check our website for availability on the online calendar:

www.cloverdalecommunity.com

For more information or to book the hall, contact Janet at (780) 439-3149 or janmhardy@gmail.com

CCL Membership Information

Become a member and enjoy the benefits!

- A voice in Cloverdale's ongoing development
- Discounted rates at city pools and leisure centres
- Discounts on hall rentals
- Discounts on community programs and social events
- Free skating at community ice rinks
- Receive league updates by email or newsletter

RATES:

2014/2015

\$20 per family, \$10 per individual

To purchase your membership contact Janet Hardy at janmhardy@gmail.com or (780) 439-3149

Community Programs

Community League Membership is required for all community league programs. Unless otherwise indicated, please register online for the programs listed below to janmhardy@gmail.com

Hatha Yoga – Tuesdays, 7:30 – 8:30 pm

Yoga Tuesday nights at 7:30 pm. with certified yoga instructor Nita Jalkanen. \$10/class
Bring a matt, and learn some yoga poses, stretching, and relaxation.

Morning Yoga – Wednesdays, 9:30 – 10:30 am

Start your day off right with Kerry and yoga in the mornings at Cloverdale Hall!

When: Wednesdays, May 6-24, at 9:30 am.

The adult class requires no prior experience as Kerry will provide instruction for all fitness levels.

Zumba - Thursdays, 7 – 8 pm

\$10 fee. No need to register.

Bring a water bottle, indoor gym shoes, and energy!

Registered Zumba instructor Alison Moore brings the class alive with great music and easy Zumba moves!

Indoor Playgroup (Program ends April 22)

Come in from the cold and enjoy playtime at the hall! Children up to age 5 are welcome to explore and play Wednesday mornings from 10 to 11:30 am, while parents enjoy tea or coffee at the hall.

No cost for this program.

Cloverdale Community League Urban Poling/Nordic walking sessions

Put some spring into your step and join us at the Community league

When: Wednesdays, May 6- June 24 (8 sessions)

Time: 10:45-11:45 a.m.

Place: Cloverdale Community Hall (meet) then walking a variety of trails.

For Who: All fitness levels welcome.

Poles? Yes, we walk with poles. Poles are available for a nominal rental fee.

More information contact: Susan Yackulic, email: Get_fit@telus.net phone: 1-780-268-3488

Urban Poling Instructor Certification – Level 1

Interested in starting a walking program for your community league? Register for the instructor course on May 30!

Date: May 30, Saturday

Time: 12 noon – 4 p.m.

Place: SAGE (15 Sir Winston Churchill Square NW, Edmonton, Alberta)

Regular Price: \$229.99

Early Bird Price: \$199.99 (May 22, 2015)

To Register: On-line: www.urbanpoling.com http://urbanpoling.com/for-leaders/instructor-certification
or by phone: 1-877-499-7999

For further information contact: Susan (Edmonton's Urban Poling Master Trainer) 1-780-268-3488 or email her: Get_fit@telus.net

Book Club

Meets monthly on a Monday at 7 pm.

Contact Janet at janmhardy@gmail.com for more info.

Social Dance

Wedding season is just around the corner! Fine tune your waltz with Miss Cecilia. Please register and class will resume based on interest.

Ping Pong Night

The next Ping Pong Night will be April 13, at 7 pm.

All ages and skill levels welcome. Racquets and balls provided. Bring court shoes and refreshments and snacks if you like.

Please RSVP to Paul Bunner at pbunner55@gmail.com

Sunday Potluck and Games Night

Join your neighbors every third Sunday of the month at 5 pm for Potluck and Games Night at Cloverdale Hall. Please bring serving utensils for your food.

Upcoming Cloverdale Events

(details to come)

Saturday, October 25, 5-8 pm SCARY FAMILY HALLOWEEN PARTY (includes dinner)

Sunday, December 13, 1-3 pm SEASONAL LUNCHEON AND SANTA VISIT (includes lunch)

Cloverdale Event: Annual River Valley Cleanup on Sunday, May 3, 2015

On Sunday May 3, attend the River Valley Cleanup annual free pancake breakfast at 9:30 am.

Bring your family members for breakfast then head out and clean up our neighbourhood! (9:30 am. – 2:00 pm.)

Plastic bags and gloves will be supplied for cleaning up our part of the river valley.

Youth head injuries during sport and recreation

According to the Alberta Centre for Injury Control and Research, sport-related injury is the leading cause of emergency department visits in Alberta among teens aged 15-19 years.

Concussion is a common sport related injury that often occurs during hockey, football, skiing and snowboarding. A concussion is a brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect hit to the head or body.

After suffering a concussion, a person may experience many different symptoms. These could include, headache, ringing in the ears, nausea and/or vomiting, disorientation, emotional and personality changes, dizziness, poor balance and/or coordination, poor concentration, light sensitivity, irritability, fatigue and sleep complications.

In order to reduce the risk of a concussion, encourage your teen to look first when engaging in a risky activity, such as hockey. Preparation, good sportsmanship and fair play all help to reduce the risk of injury, including concussion.

Teens should also wear the gear, such as a helmet that fits correctly and is secured on the head throughout the sport. Always replace your child's helmet after impact or as instructed by the manufacturer. In high impact sports such as hockey, teens should wear a face and mouth guard. To manage a concussion, encourage your teen to seek help from a coach, teacher or parent immediately after an injury has occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until it has been approved by their doctor.

Risk is a part of life, and while not all risks can be eliminated, most can be managed. Taking smart risk means recognizing the risks of an activity and choosing to manage risk to prevent injuries. For more information on smart risk visit: <http://www.albertahealthservices.ca/4880.asp>

For more information on concussions go to www.myhealth.alberta.ca.

Sunday, April 19, 2015 From 2 to 4pm Bring your family and come out to enjoy Cloverdale's SPRING FLING AND SCAVENGER HUNT

2 TO 3 PM: BRING YOUR BASKET, BOOTS AND A GROWN UP (UNDER 12s) for a hunt around the park;

3 TO 4 PM: COME IN THE HALL FOR A CUPCAKE AND SOME GREAT ROVING ENTERTAINMENT.

FEATURING:

Spronken J. Plockett – The Amazing Magician with tricks that will leave you wondering "How did he do that?"



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League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Connie	462-1442	Secretary@forestterrace.org
Treasurer	Kathy	469-7059	
Hall Rental		465-5173	Hall@forestterrace.org
Maintenance	Justin	485-6099	Maintenance@forestterrace.org
Maintenance	Mike		Maintenance@forestterrace.org
Programs	Sharon	466-8460	Programs@forestterrace.org
Rink	Chris	469-3241	Rink@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Seniors	Connie	462-1442	Seniors@forestterrace.org
SECLA Rep	Connie	462-1442	SecLa@forestterrace.org
Soccer	Michael	887-3158	Soccer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Website	Tyler		Web@forestterrace.org
Sign	VACANT		Signs@forestterrace.org
News Editor	Liz		Newsletter@forestterrace.org
Volunteers	Alanna	465-1976	Volunteers@forestterrace.org
Events	Yvonne		Events@forestterrace.org
Safety	Angela		Safety@forestterrace.org

Meetings- 7pm 1st Tues, Monthly

Neighbourhood Safety Tip

According to the Edmonton Police Service, the first step in safety in your own neighbourhood is becoming aware about its crime as reported to the police.

Visit www.crimemapping.edmontonpolice.ca to see the statistics for Forest Terrace Heights.

“Knowing the real picture of neighbourhood crime reported to the Edmonton Police Service is the first step in doing something about it.”

FREE License Plate Screw Swap

Interested in swapping out your license plate screws with anti-theft ones? We will be offering this FREE service at our **BIG BIN EVENT on May 9th** starting at 10 am. Drive on through! Contact safety@forestterrace.org for more details.

Babysitting Registry

Are you new to the neighbourhood and looking for a babysitter? We currently have 6 certified babysitters on our registry. If you would like to hire a sitter please contact Anna at 780.485.6099 or visit babysitting@forestterrace.org.

Mother's Day Run, Walk & Ride



Join the Forest Terrace Heights Community Team for the 2015 Sport Chek Mother's Day Run, Walk, and Ride. It's Alberta's largest family-friendly run. There's a Little Legs race (free for ages 2-4), a 2.5K Bike Ride, 5K Run and Walk, and a 10K Run. Do it for your mom, your kids, or yourself! Inspire health all around!

Join the Forest Terrace Heights team, and save \$5 over individual registration (Team Price: Youth 5-10 \$20, Others \$30). * Proceeds support the Stollery Children's Hospital.

Our team is non-competitive so don't worry about times. We just want to encourage an active community. If there's interest, we may even get together for group walks or runs in our neighbourhood or through the river valley.

Visit www.mdrunwalkride.com for information and registration. For online registration, select Team: "Forest Terrace Heights" and enter Password: "MotherMother". QUESTIONS? Contact Angela at 780.885.9529 or angela@forestterrace.org for any questions or comments.



Casino Fundraiser

The money raised from this event helps with many different things, from maintenance and administrative costs to assisting the League with popular programs for the community. Without help from volunteers—this event would not be able to happen. If you would like to volunteer for 1 or 2 days of this fun event to help benefit the community, contact Anna at 780.485.6099 or email casino@forestterrace.org to sign up.

* Free meal provided.

Hall Rentals

It's time to start thinking about booking a venue for those Spring and Summer events. The Forest Terrace Heights Community League is a great location for children's birthday parties, family reunions, fundraisers, meetings, exercise classes & more! To get more information about our affordable rates, call 780.465.5173. **Hourly rates available.**



Pilates on the ball

Pilates is a gentle form of exercise that can be practiced by people of all ages and physical capabilities. The majority of the workout is done with/on the large "Swiss Ball" which is used by many physical therapists. It feels like exercising on a waterbed! It is a **VERY** affordable, casual & friendly atmosphere. Call Corrie for more info at 780.466.6679.

Community Involvement

"Volunteers do not necessarily have the time; they just have the heart." -Elizabeth Andrew

Can you spare an hour a week? FT Heights is looking for your expertise in order to assist us in reaching the needs of our community. Come be part of something amazing!

Current opportunities: Sign Director, Safety Volunteers, Walk Your Block, Adopt a Block, and Casino Volunteers (May 19-20th). See website for position details.

Community Garden

Spring is officially here! FT Heights is working towards building a Community Garden and we're looking for gardening fanatics: green thumbs & black thumbs alike! Come help shape how the garden will look and function.

The garden committee is always accepting new members, so please come out or connect via email at garden@forestterrace.org. See website for meeting dates.



½ Price Memberships!

Forest Terrace Heights Community League memberships are now on sale 1/2 price for the months of April and May!

Do not be surprised when a friendly canvasser comes to your door, or leaves a flyer about this promotion and the many things we have happening in our neck of the woods. We want *"To provide a diverse-based community forum that collectively supports all residents of the Forest Terrace Heights Community. In building effective relationships and establishing a friendly, safe, healthy, and attractive neighbourhood where citizens can continue to be proud."* (cited from our website). Join us in this vision!

As always, if a neighbor is new to the community or has never been a league member here before, we will offer them a membership FREE of charge!

Memberships can be purchased at www.efcl.org for a \$2 surcharge or at two local businesses in our community: *Shaheen's Bakery on 79St & 101Ave & Growers Direct Florist on 101Ave & 70 St*

With a membership you can participate in all the league activities--most are **FREE**. Call CoraLee at 780.430.4307 to get your membership today!

Afternoon Social

Join us for coffee & conversation at the Forest Terrace Heights Hall (10150 80St) on Saturday **April 25 @ 1:30-3pm**. Come relax, meet some neighbours & make some new friends.

For more info: 780.462.1442 or connie@forestterrace.org.

U4 at FT Heights

The U4 program is totally focused on FUN--yet, it does have 2 goals.

The first is to give very young, small and/or timid kids a chance to play with a soccer ball in a fun and supportive environment. These players will mostly be playing skill-and-drill type games with a soccer ball and with their parents. Coach Bob will help the parents and players get going and encourage and train them. There will be some time for "proper" 3v3 soccer games, but they will happen more towards the end of the season.

The second goal is for the parents of these budding soccer stars to learn to train and coach. Once these players are old enough and capable enough to move up to U6, the hope is that some of the parents would be interested in moving into a coaching position. After a year or two with Bob and being trained by the ESESA Zone, we hope that the parents will continue on with the young players.

Adopt A Block

Edmonton residents, businesses and community groups are encouraged to adopt a block in their community or business area and keep it litter-free during the spring and summer months. As an Adopt-a-Block volunteer, you can adopt the block surrounding your home or business, or any block of space in your community, such as a schoolyard or a neighbourhood park. Sign up today for the Adopt a Block Program by calling 780.944.5470. Registration is open until April 30, 2015.

Remember, a clean, safe Edmonton is a shared responsibility!

Book Exchange

Do you have books that you or your children no longer want to hold onto anymore? The Community League has started a Book Exchange program where you "Leave one and/or Take one" during select times. The shelf is located in the entrance of the hall and can be accessed during: Games Night, Craft & Hobby Night, Afternoon Social, Freezer Meal Workshop, and Community League holiday events. **Please DO NOT interrupt fitness classes or private functions.**

Family Zumba has been a big hit! Join us on Saturday mornings at the hall @ 10:30 a.m.

Our New Logo



Upcoming...

April 7th | 7-9 pm | Monthly Meeting
Apr. 8th | 7 pm | Craft Night
Apr. 17th | 7 pm | Games Night
Apr. 18th | 1-4 pm | Freezer Meal Workshop*
Apr. 25th | 1:30-3 pm | Afternoon Social
Apr. 26th | 2 pm | Community Walk
Apr. 28th | 6:30 pm | Community Garden Meeting

* Registration required. See website for further details.

Thur | 7pm | Adult Zumba | **\$13 drop-in**
Fri | 9:15am | Pilates | **\$6 drop-in**
Sat | 10:30am | Family Zumba | **\$15 drop-in**
Sat | 6-7pm | Bonniedoon Swim | **FREE**
Sun | 1:15-2:45pm | Hardisty Swim | **FREE**
Sun | 4:15-5:45pm | Bonniedoon Swim | **FREE**

Swimming

Take advantage of the **FREE** swim times that your community membership provides. Members swim at Hardisty Pool on Sundays from 1:15- 2:45pm and Bonniedoon on Saturdays from 6-7pm, and Sundays from 4:15-5:45pm. *** Remember to present your membership card.**



Freezer Meal Workshop

Are you looking to save time and money and in return spend more time with your family?

The Pampered Chef Freezer Meal Workshop will help you feed your family for a few dollars per person as well as provide you with quick and healthy meal options. Not much of a cook? No problem. Easy to follow instructions will have you chopping and measuring like a pro in no time!

How it works:

Choose a menu (Paleo & Dairy/Gluten free options available), contact Diane to register & pay for your pantry kit (Pantry kit is all the spices needed for the menu you choose) and purchase the required groceries using the list that will be provided to you.

Come to the workshop, have some fun, meet with neighbours, and accomplish something at the same time!

Cost depends on the menu you choose. Current members will receive a discount at time of purchase. Please have your membership card handy when you register.

Upon completion of the workshop you will have spices leftover and the satisfaction of a freezer full of nutritious meals.

Join us on **April 18 from 1-4 pm** at the Forest Terrace Heights Community League.

Please invite your neighbours and friends to participate, the more the merrier!

QUESTIONS? Contact Diane Pantzer at 780.466.9045 or damom23kids@gmail.com

Pampered Chef Freezer Meal Workshop Menu

**Community League Membership Discount*

#1- \$42*/ \$52 <i>Slow Cooker Meal</i> Artichoke Chicken Southwest Chicken & Rice Basil Parmesan Chicken Pasta Three Onion Beef Brisket Meatballs in Lemon Basil Sauce Chimichurri Steak Parmesan Shrimp Pasta Marinara	#2- \$48*/\$59 <i>Kid friendly/ Slow Cooker</i> Parmesan Garlic Pork Chops Cheeseburger Macaroni Parmesan- Garlic Pizza Casserole Creamy Italian Chicken Kids Chicken Chili Asian Pork Tenderloin BBQ Chicken Tacos	#3- \$53*/ \$65 <i>Gluten Dairy Free/ Slow Cooker</i> Chicken De Provence Chicken Cacciatore Lemon Rosemary Chicken Beef Fajitas Beef Gyros Stewed Black-Eyed Peas (Pork or Ham) White Bean & Vegetable Stew
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Paleo Options	
Lemon Herb Chicken Dill Chicken Savory Jerk Chicken Chicken Lettuce Wraps Mongolian Flank Steak	Apple Pork Chops Chipotle Shredded Pork Balsamic Braised Short Ribs Sweet Potato Beef Shepard's Pie Moroccan Beef & Butternut Squash

Gluten & Dairy Free Options	
Chicken De Provence Chicken Cacciatore Greek Chicken Lemon Rosemary Chicken Stewed Black-Eyed Peas (Pork or Ham)	White Bean & Vegetable Stew Beef Spanish Rice Beef Fajitas Beef Gyros Raspberry Habanero Meatballs (Turkey or Beef)



March 7th Free Family Ski Day was fantastic!

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- **Welcome new customers**
- **Senior's Discounts**

Hairstylist needed

The big burn

Understand the risks of indoor tanning

Did you know that approximately one in every three new cases of cancer diagnosed in Alberta this year will be skin cancer? And did you know that indoor tanning just once under the age of 35 can increase the risk of the deadliest form of skin cancer (melanoma) by 59 per cent?

These facts tell us something important: the impact of skin cancer in Alberta is real, and so is the opportunity to prevent it.

The decision not to indoor tan is a simple one, yet, without education on the risks, it might not be one that Albertans make. Education is particularly important for youth, whose future adult behaviour will be influenced by what they learn before they turn 18.

For this reason, Alberta Health Services (AHS) has launched a new campaign, focused on encouraging parents of children aged 10-15 talk to their kids about tanning now, before they have opportunity to start.

Much like you talk to your kids about wearing seatbelts and helmets, or not using tobacco, AHS encourages you to have a

discussion with your children about the very real risks of getting cancer from tanning beds.

For more information, facts, and tips on having this talk, visit: www.thebigburn.ca

To learn more about Alberta's new indoor tanning legislation, visit www.health.alberta.ca.

By teaching our kids about the risks today, we can help protect them from skin cancer tomorrow.

Together, we can significantly reduce the risk of cancer in Alberta.



David C. Dorward, CMA FCA
MLA, Edmonton-Gold Bar
Associate Minister of Aboriginal Relations
7510- 82 Avenue NW
Edmonton AB T6C 0X9
Phone: 780-414-1015
Fax: 780-414-1017
Edmonton.goldbar@assembly.ab.ca
www.assembly.ab.ca



The week of **June 1st-7th** is **Seniors' Week**. Seniors make a difference in our communities every day. From supporting family members and friends to assisting charities and volunteering, seniors are deeply involved in our communities and their contributions benefit Albertans of all ages.

Each year, Albertans are encouraged to join the festivities by attending one of the many Seniors' Week events to be held across the province. Whether planning an event or enjoying one with the seniors in your life, please take the time to acknowledge Alberta's seniors and all that they contribute to our quality of life. Please take a moment to say "Thank you" to the seniors you know personally for their contributions towards making our province the best place in the world to live!



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MAY 1st TO MAY 3rd, 2015

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 Follow us @AlShamalShriner

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TICKETS: \$25 EACH
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 All TicketMaster Centres - Phone 1-855-985-5000 • Online at www.ticketmasters.ca
 (Ticketmaster service charge applies)

Proceeds of this event are for the benefit of Al Shamal Shriners local projects and activities



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Liberal
ALBERTA LIBERAL OPPOSITION

Fulton Place

6115 Fulton Road
(780) 466-8140
fultonplace.org

FULTON PLACE COMMUNITY CONTACTS

EXECUTIVE

PRESIDENT	Gavin	465-0550
VICE PRESIDENT	Breanne	758-7474
SECRETARY	Krystina	453-5797
TREASURER	Trevor	466-5079

DIRECTORS

SOCIAL DIRECTOR	VACANT	
MEMBERSHIP DIRECTOR	Karen	439-2263
PROGRAM DIRECTOR	VACANT	
FACILITIES DIRECTOR	Shawn	758-7474
WAYS & MEANS	Clayton	819-5926
COMMUNICATION DIRECTOR	Josh	
SOCCER/SPORTS DIRECTOR	VACANT	

COORDINATORS

HALL RENTAL	Sherry-Lynn	466-8140
BABYSITTING REGISTRY	Ruth	465-0550
SECLA REP	Carl	453-5797
NEIGHBOURHOOD WATCH	Brangwen	919-5038
RINKS	Todd	886-0759
SIGN RENTAL	Sandra	466-9542
SOUTHEAST VOICE	Karen	439-2263
CASINO	Rick	463-4333

COMMUNITY PARTNERS

HARDISTY SCHOOL	Robert	469-0426
N. SEERA HOCKEY	Brian	461-4808
FULTON CHILD CARE	Monica	465-4383
COMMUNITY GARDEN	Sherry	903-4075
SENIOR LIASON	Miles	951-5253

MEETINGS- The Fulton Place Community League holds monthly meetings in the hall boardroom on the second Monday of each month at 7:30 pm.



Join Your Fulton Place Community League!

Being a member brings you and your family benefits. It includes free access to the ice rink, community swimming, trash day, events, activities, and newsletter information about everything Fulton Place has to offer.

And if you enjoy volunteering and contributing to the success of your neighbourhood, there are many opportunities to get involved, like serving on the board, working at the hall and ice rink, participating in our Membership Drive, and helping out during activities and events. We are currently seeking volunteer Directors for the positions of Social, Programs, and Sports.

Memberships are available for sale year-round. **Email our Membership Director at memberships@fultonplace.org** for more information and to buy your membership.



Casino Volunteers Needed

Fulton Place Community League needs 40 volunteers to work a Casino on **Wednesday May 13 and Thursday May 14, 2015.**

If you can help, please contact **Rick Meger** at 780-463-4333 by April 15 for more information or to schedule a shift.

Fitness, Fun, & Fellowship...

Is an Outreach program of Grace United Church which has been serving the community for over 40 years. Classes are offered Mon & Wed mornings for 10 weeks. Classes run from 9:30-10:30 am, followed by coffee. Women of all ages and fitness levels are welcome. Childcare is available for moms with babies, toddlers & preschoolers on Wednesdays. Come join us for a fun, invigorating workout and great fellowship!

Fee: \$50 for 10 weeks for Monday or Wednesday or \$100.00 for both days
For more information call Corrie @ 780-466-6679.

Hall Rentals

The hall is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league members.

Call us at 780- 466-8140 for prices or to view or book the hall. Please leave a clear, detailed message.

Babysitting Registry

Are you in need of a babysitter? Fulton Place has a registry of qualified sitters in your area. To be added, teens must complete both First Aide/Red Cross Babysitting course.

Have you completed the Babysitting Course? Would you like to be added to Fulton Place's registry? Contact Ruth at 780-465-0550 for more info.

Parent & Tot Playgroup

Parents and Tots (5 yrs and under), are invited out on Friday mornings from 9-11am to meet, chat, and play. Please bring a sharable snack and \$2.00/family to cover the cost of refreshments.

Contact Stacey at 780- 465-9545 for more information.



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The Sunshine Garden

The Sunshine Garden aims to build community by growing a garden together! The garden will be located on land generously made available by St. Augustine's Anglican Church, located at 6110 Fulton Road. We have named the garden the Sunshine Garden as the design is inspired by rays of the sun.

Thank you sponsors!

We would like to thank the following grant sponsors and contributors to the Sunshine Garden: Sustainable Food Edmonton, City of Edmonton, Neighbourhood Engagement Funding, Age Friendly Innovation Edmonton, Make Something Edmonton, TD Friends of the Environment, Capital Power Empowering Communities, Suncor Energy Inc, Fiskars Project Orange Thumb, and the NAIT Carpentry Program. These generous contributors will allow us to build a new community asset that will bring neighbours together and create a gathering place for everyone to enjoy.

Pre-season Garden Meeting

Are you interested in being a garden member? We offer a pesticide free, organic garden in 8' x 4' and 4' x 4' raised cedar garden beds, with access to communal produce, edible berries and fruit trees. The garden includes garden benches, a picnic table, composter, rainwater harvesting system and a garden shed. We will also have a kids plot and a donation plot!

There are also opportunities for those who want to be involved but do not necessarily want an individual plot. If you are interested, please plan to attend the pre-season garden meeting on April 16th at 7:00 pm at the Fulton Place Community hall, located at 6115 Fulton Road. We will be assigning plots to gardeners! We will also be gathering before the meeting to have a potluck dinner at the Church at 5:30 pm, following with a blessing of the land at the garden site at 6:30 pm. All are welcome.

We need construction volunteers!

We need help constructing the garden! Whether you are a future gardener, a community builder, or enjoy lending a hand, we need you! We will be constructing the garden over the weekends of April 25th, May 1st-3rd and May 8th-10th. We have 200 build shifts that need to be filled! Shifts are 3-4 hours long. Please consider volunteering toward this exciting project in our community.

To sign up, go to www.fpcommunitygarden.net/volunteer or contact jocelyncrocker@gmail.com or jsamm@telus.net. Let's make the Sunshine Garden a reality!

Thank you current volunteers!

The garden committee would like to thank the many volunteers who have contributed their time and passion to this project. In just under a year, we have determined our vision, purpose, and how we will be governed, we have put in place a land use agreement with St. Augustine's Anglican Church and a Partner-in-Parks agreement with the City of Edmonton, we have developed a Gardener's Contract for our gardeners, formed valuable community partnerships, created a detailed garden design, developed a work plan and budget, and have applied for several grants, raising over \$24,000 to date!

Please visit us at www.fpcommunitygarden.net and www.facebook.com/fultonplacecommunitygarden for more information.
Let's grow together!

FPCL Gardener's Swap Meet And Sale

9 a.m. – Noon
SATURDAY, MAY 30, 2015
6115 FULTON ROAD

Remember to plant a few extra seedlings. Save volunteer baby plants you discover in your flower beds. When you spring clean set aside extra tools, pots, books and anything else related to gardens and yards. Bring them over on Saturday May 30 and swap them for the new and different items you may find. We will also have a donation area for seedlings and plants suitable for the 'new and unusual' and 'taste and smell' sections of our new addition to Fulton Place – the Sunshine Community Garden. The Alberta Regional Lily Association will again be selling lily bulbs that will give you beautiful blooms this summer and for years to come.

We encourage passionate gardeners willing to share their experience and talents by chatting with gardening newbies in a casual venue. Grow your roots in your gardeners2012@gmail.com community and participate in a good old fashioned community event! Call/e-mail Doreen for additional information or to volunteer on the day: 780-469-9289.

Kettle Bell Beginner Class Sunday April 12th 10 am-11 am

Discover how quick & effective KettleBells are for Cardio, Fitness, and Toning. Come out to Fulton Hall on Sunday April 12th from 10am.-11am for a beginner class. Cost is \$5.00. Call 780-966-7104 to register.

Nature Nights- Friday Nights From 6:11 pm – 7:11 pm

This spring you are invited to Gold Bar Park on Friday evenings for a chance to experience nature – all ages are welcome! There will be no agenda for the nature time so sometimes we might end up going for a walk along the path by the river, or bushwacking through the trees, or even playing a game of hide and go seek (and yes, this game is good for all ages not just children!). Please come and join us for some time in nature – All are welcome!

When: Friday Nights from April 10 – June 26

Where: Gold Bar Park (take 50 street north and just before the river turn right, follow the windy road that takes you past the Water Treatment plant, and then park in the parking lot)

Meeting Place: Beside the washroom building just east of the parking lot

Time: 6:11 – 7:11pm (why the odd time – because we're going to leave for our nature excursions exactly at 6:11 so come as early as you need to come to be ready for 6:11)

For who: Everyone – all are welcome and yes this means babies through to seniors are all invited!

How to dress: The nature times will go ahead in wind, rain, snow, or sunshine so dress appropriately!

Why: Because we all need a little more nature in our lives!

More Information: Contact Jenny at 780-435-6328 or jnnysamm@yahoo.ca



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GOLD BAR EXECUTIVE

President	Erin	780-901-0422
Vice-President	VACANT	
Secretary	Jessica	780-756-9182
Hall Rentals	VACANT	
Social Director	Rhonda	780-966-3096
Memberships	Linda	780-463-9881
Babysitting	Lil	780-466-4060
Finances and Fundraising:		
Financial Director	VACANT	
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Casino Director	Isabella	780-466-3895
Communications & Programing:		
Newsletter/SEV	Sondi	780-468-2237
Sign Director	Kirsten	780-433-0132
Webmaster	BJ	
Green Shack	Sharon	780-628-2971
Summer Program	Kelly	780-434-6533

Hall committee Needed

A Hall Committee needs to be set up ASAP. We have two committee members thus far: one person who has been on the building committee for the past decade so knows what went on there, and one executive member.

This is a short-term commitment (less than a year) to set up the rules and guidelines for how the hall should be run. Please contact Pat Chmilar 780-465-7890 or p.chmilar@hotmail.com for more information.

Hall Update

• Gas is ON! Yippee!

The Painters have finished: The doors are grey, the walls are off-white with a cheerful yellow wall in the meeting room and a brick red wall in the entry way.

Memberships

Gold Bar residents can now purchase their community league memberships at Blues Java Bar (cash only). Family and Adult households: \$20, Senior: \$5.

A big THANK YOU to Leah Mailloux, owner of our neighbourhood coffee bar, for working together with the community.



CASINO positions FILLED!

Thank you to everyone who volunteered to work the casino APR 11+12 to help raise money for our hall. Most of the volunteers saw the plea posted here in the SEV – we're thrilled to have evidence that people are reading these words!

Executive Positions Available

Now that we know that you are reading this, we're hopeful that you might consider helping us. Three positions are vacant:

- **VICE-PRESIDENT**
- **FINANCIAL DIRECTOR**
- **HALL RENTAL COORDINATOR**

A big thank you to Murray Badger for serving our community as President for the past decade. Erin Sanford is our new president, after serving as vice-president for a bit – thank you for taking on this new responsibility, Erin. And Jerry Purpur has filled out many grant applications and invested many a GIC in his decade as financial director, although that job will be much easier now that the hall is near completion and the bank accounts are considerably smaller. Please consider volunteering for these positions. Contact Erin for more info: erin.sanford@gmail.com or 780-901-0422.

Spring Craft Market

You're invited to check out homemade items on Saturday, May 23rd at Capilano Community Hall from 10-4. Admission is free!



Free swim reminder

Community swim at Hardisty Sundays from 1:15 to 2:45 with valid community league membership.

Preschool at Gold Bar Elementary School

This parent co-operative welcomes 3 and 4-year olds and is taught by a loving and organized teacher who has her B.Ed. The school runs Mondays, Wednesdays and Fridays with class times from 9:00-11:30am. and the option of either 2 or 3 days per week. Call the president, Brenda Wildeboer, at 780-450-0636 with any questions or visit the school office (10524 46 Street) if you would like to pick up a registration form.

Please "like" us on our Facebook page (Gold Bar Preschool) to see all the fun we have!

Upcoming Bingo Dates:

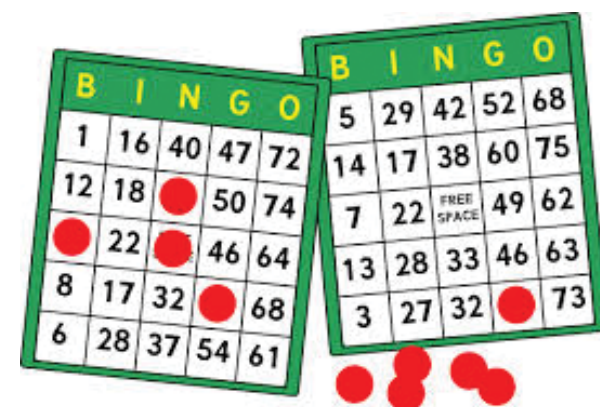
Thank you for mentioning that you are a resident of Gold Bar to the Cashier at Parkway Bingo when you visited; we were awarded an extra bingo night in August! Call Lorna @ (780) 465-5594 to volunteer at bingo, which raises money for our community.

Fort Road Bingo

Wednesday, May 6, 2015 - Afternoon & Evening
Tuesday, June 23, 2015 - Afternoon

Parkway Bingo Dates

Friday, May 15, 2015 - Evening & Late Nite
Sunday June 14, 2015 - Afternoon
Sunday, June 28, 2015 - Evening & Late Nite SPECIAL



Gold Bar Communications

To submit an item to the May 2015 SEV in the Gold Bar section, email sondi@telus.net or call SONDI at 780-468-2237 by APR 19.

To post a message on the community sign located at 106 Ave. & 47 St., please call KIRSTEN at 780-433-0132 or email sign@goldbarcl.com

Visit the community website at www.goldbarcl.com for info, or sign up at facebook.goldbarcl.com and twitter.goldbarcl.com for community updates.

Jane's Walk: Free Walking Tour

Greater Hardisty: Nature Meets Industry
Saturday, May 2 10:00 @ Gold Bar Shopping Centre
(50 St. & 106 Ave.)

Greater Hardisty was subdivided from river lots into city lots in 1911 for an expected land boom. Construction finally started in the mid-1950s. This walk looks at the growth of a sixty-year old community which includes renovated older homes, proximity to industry and water treatment facilities as well as river valley parks. We end with two examples of Douglas Cardinal's architecture. Feel free to join & or leave the group at Gold Bar Park pavilion (11:00 a.m.) if you would like a shorter walk. This walk is about 6 KM. Call Sheila at 780 468-9218 for more information or go to

<http://janeswalk.org/canada/edmonton/greater-hardisty-basic-services-industry-and-nature/>.

Jane's Walk is a series of neighbourhood walking tours, named after urban activist and writer Jane Jacobs (1916 – 2006). Jane's Walks are held annually during the first weekend in May to coincide with her birthday. Jane's Walks are led by volunteers, and are offered for free. The walks are led by anyone who has an interest in the neighbourhoods where they live, work or hang out. They are not always about architecture and heritage, and offer a more personal take on the local culture, the social history and the planning issues faced by the residents. Since its inception in 2007, Jane's Walk has happened in cities across North America and around the world. In 2014, over 40,000 people took part in a Jane's Walk led by volunteers in 134 cities across 6 continents. Jacobs was selected to be an officer of the Order of Canada in 1996 for her seminal writings and thought-provoking commentaries on urban development.

The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspx>) an online space for Edmontonians to provide their views on a wide variety of city issues. It's a place to collaborate and communicate with us and others in our community. We want to hear your opinions, learn about your needs, share information with you, and ask you to express what's most important to you.

Our City has a lot to be proud of, and we face some big challenges and have some great opportunities. Your input is important in helping to stimulate thoughtful community-wide discussion and inform decision making.

As a City, it's important we address challenges head-on. That's why it is incredibly important for us to hear from a wide range of people, of all ages and backgrounds, as we continue to build an even better city.

We ask just a few minutes of your valuable time to join. Why Join?

- Play a part in shaping your City with other engaged citizens
- Provide your views on important topics via the web or your mobile device
- Focus on topics that are important to you and your community
- Learn about exciting initiatives the City is planning
- Access opportunities to participate in workshops of interest
- Engage with the City regularly over a multi-year period

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Happy Hour

We offer \$5 buckets Monday through Friday from 1-4 PM. After that, make sure you stop in for a visit at the Beer Gardens to take advantage of our happy hour from 4-7 PM.



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Holyrood Community League Contacts

President: Wendy	president@holyroodleague.org
Vice-President: Chris	vicepresident@holyroodleague.org
Treasurer: Darcie	treasurer@holyroodleague.org
Secretary: Justine	secretary@holyroodleague.org
Programs: Mohamed	programs@holyroodleague.org
Memberships: Jennifer	memberships@holyroodleague.org
Hall Rentals:	Currently Not Renting
Facilities Director: Kirsten	facilities@holyroodleague.org
Soccer Directors: Katrina/Barry	soccer@holyroodleague.org
Playschool: Marissa	playschool@holyroodleague.org
Playgroup: Jessica	playgroup@holyroodleague.org
Communications: Andrew	communications@holyroodleague.org
Greenspace Committee: Shelley	greenspace@holyroodleague.org
Social Director: Natasha	social@holyroodleague.org
Director At Large (Casino): Cathy	directoratlarge@holyroodleague.org

To contact an executive member, send us an email, or leave a message at 780-465-1577. To find out what's happening in Holyrood, visit our website at: www.holyroodleague.org

Check us out on Facebook and Twitter by searching Holyrood Community League or @HolyroodCL, and like our page for the latest information about the goings on in the Community.

Welcome to our neighbourhood!

Do you have a new neighbor? Are you new to Holyrood?

We would like the opportunity to welcome all newcomers to our great community! If you know of any recent arrivals, or are one yourself, please contact Jennifer, our Memberships Director at memberships@holyroodleague.org. We'd be happy to deliver a complimentary Holyrood Community League membership, along with information about the programs and activities happening in our neighbourhood.

HCL PROGRAMS

Holyrood Parents and Tots Play Group

Tuesdays, 9:00 – 11:00 A.M.
Holyrood Community League Building
9411 Holyrood Road

Parents and caregivers of babies, toddlers and preschoolers are invited to come and socialize while the little ones play. This program is a great way to meet other families in your neighborhood! Free to community league members. For more information, contact Jessica at: playgroup@holyroodleague.org.

YOGA MONDAY EVENINGS 7:00 p.m. – 8:15 p.m.

All Levels Welcome
Holyrood Community League Hall
Pre-Paid \$10/class or Drop-in \$12/class
Yoga classes continue every Monday. Drop by or contact Lyle at dog08@shaw.ca if you require further information

Barre Classes in Holyrood

This energizing workout will not only get you sweating, but will help tone your body and build cardiovascular endurance. Warm up your senses as you listen and pulse to the beat of the music, feel warmth in your muscles and find your inner ballerina. Barre is an excellent low-impact workout appealing to both the young and the young at heart and is perfect for all fitness abilities.

Session Dates: new sessions starting soon! Check the website below
Location: Holyrood Community League Hall
Cost: \$60

For more information or to register contact Jeanette at jeanette@fitcommunity.ca or register on the website: www.fitcommunity.ca
Join the community on Facebook: www.facebook.com/FitCommunityYEG

Our New Logo Revealed

Thank you to everyone that voted online to pick our new logo! The logo was revealed at the Spring Fling Family Dance on March 21st. With 73% of the vote, the winner is.....



Holyrood Community League Annual General Meeting Thursday, April 30 7:00 – 9:00 pm

- What's happening in Holyrood
- Update on Summer 2015 Spray Park Build
 - Board Elections
- Community Volunteer Recognition

Wine and dessert served
Babysitting provided
Free 2015/16 HCL Memberships to all who attend!

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
 - Comments, commendations, bylaw complaints
 - Roadway & waste management information
 - Program registrations and bookings
 - Transit information
- 311 agents are available 24 hours a day, every day.

Wanted: A Few Good Members!

Like to get to know your community better? Interested in sharing your skills, passion and energy with a group of like-minded people? Want to make a difference where you live?

Opportunity waits, just down the street! We have some newly-opened positions on the Holyrood Community League Board of Directors, and are looking for candidates to stand for election at our April 30th AGM. The Board is a dynamic group of Holyroodians who are committed to our community. We're constantly striving to build on past accomplishments and head in a positive direction.

The board positions we are seeking to fill are:

Vice President: Learns the duties and responsibilities of the president, and keeps informed on community league issues. Works closely as an advisor and consultant to the president, and fills the president role in his or her absence. Volunteers for key community league programs, events and initiatives as needed.

Programs Director: Organizes and oversees the regular programs offered by the community league, including sports, fitness, and summer programs. Acts as the board contact for community soccer, play school and playgroup. Applying for grants, arranging registration and payment, keeping records, and organizing facility access are among some of the responsibilities of this position.

Communications Director: Oversees the league's communication initiatives, which include our website, social media, e-newsletter, monthly Southeast Voice household newspaper, and community sign. May delegate some of these communications duties to other board members and community volunteers.

Director at Large - Park & Grounds: Ensures the upkeep and maintenance of HCL's amazing "outdoor assets", including our park area, plaza, playground, landscaping, rink, and parking lots. Liaises with the City of Edmonton to ensure appropriate maintenance, repair and improvements as needed. Works closely with both the Facilities Director and the Chair of the Holyrood Greenspace Redevelopment Committee.

Orientation, training and mentorship will be provided for all new board members. In addition to their specific duties, all board members are part of the team that sets the vision for the league. At our 10 monthly board meetings and annual strategic planning session, we are all involved in discussing matters of policy, finance, programs, personnel and advocacy.

Board membership is a great way to make new friends, feel more connected in your community, build new skills, and make your own unique contribution. What could be more rewarding than making a difference right in the place where you live?

If you'd like more information on how one of these positions might be a good fit for you, please contact Wendy Weir, President, at 780-431-0511 or president@holyroodleague.org.

Idylwylde Community League Board Contacts

President & SECLA Marcus	marcusidylwylde@gmail.com
Vice President Monique	moniqueidylwylde@gmail.com
Secretary Vinh	vinhidylwylde@gmail.com
Treasurer Walter	walteridylwylde@gmail.com
Casino Bridget	casinoidylwylde@gmail.com
Social Caroline	caroline@schwabe.ca
Programming Kamila	kamilaidylwylde@gmail.com
Facilities Paul	paulidylwylde@gmail.com
Publicity Jenika	jenikaidylwylde@gmail.com
Membership Michelle	bluecanary1@hotmail.com
Garden Rep. Christine	fingers22@shaw.ca

Website: www.idylwylde.org
Community League Hall Address: 8631-81 Street NW
Community League Hall: 780.466.7383 or Bridget: 780.468.1944

Casino Volunteers Needed!

On Friday June 26th & Saturday June 27th we require a number of positions to be filled. Please contact Bridget if you are able to donate some of your time, 780.468.1944 or FLANAGAN@telusplanet.net

Cheery Tomato Garden 2015

The first community garden meeting is coming toward the beginning of April. Stay tuned for details for more developments or check the website www.idylwylde.org
Community Potluck May 30, 5pm
Join us!

Idylwylde AGM + Pizza

Your Idylwylde Community League is having its **AGM June 16, 2015**. We will be looking for some volunteers to join our board, so if you have a passion for your community please contact Marcus to see how you can help.



Community League Volunteers

Are you interested in seeing your community grow? If so, your community league will be looking for some new volunteers this summer to fill some vacancies on the board.

If you are interested in helping out, please contact Marcus at marcusidylwylde@gmail.com. It's a great way to get involved and make changes in how you want to see your community develop.

Community ACTIVITES

Community League Swim

Free community swims for all Idylwylde Community League (ICL) members: Bonnie Doon Leisure Centre Pool
Saturdays from 6:00-7:00 PM & Sundays from 4:15-5:45 PM
Show your ICL membership card to enter the pool.

YOGA, DANCE and FITNESS Classes

Free classes for Idylwylde Community League members
Please remember to bring your ICL membership card. Membership cards will also be available for purchase at classes.
Classes are free of charge.
Please consider bringing donations for Food Bank.

Beginners to Intermediates Yoga:
Every Monday from 7:30 PM to 9 PM
No class on April 6.

Yoga classes will be taught in the Himalayan Tradition of Yoga. A gentle form of Hatha Yoga for the posture (asana) work.

Classes will include learning to work with one's breath and energy (pranayama), a few minute meditation, a lot of stretching, joints and glands work (H.T.) and a 10 to 15 minute relaxation (Savasana) at the end of each class.

Chair Yoga:
Every Thursday from 10:15 AM to 11:15 AM

A very gentle form of yoga which is done on a chair!
Suitable for anyone with any of the following issues:

- Arthritis
- Fibromyalgia
- Knee and hip replacements
- Stiffness and lack of mobility
- Balance problems
- Aging
- A desire to ease back into exercise

Join us to increase your strength, flexibility, mobility, balance, concentration, ability to relax.

Parents and Tots Group

Every Tuesday morning from 9 AM to 11 AM at the Idylwylde Community Hall.
Call Nicole at 780-466-5090 for details.

Ecstatic Dance

Ecstatic Dance with Angela on Sunday, April 19th 1:00-2:30 PM and Sunday, May 17th 1:00-2:30 PM
at the Idylwylde Community Hall
Ecstatic Dance is designed to be a healing practice that allows us to express ourselves through authentic free-form movements with gentle guidance. Participants will be invited to explore playing with the 5 elements of earth, water, fire, air, and ether. Chakras, colours, power animals, breath work, meditation, and gentle yoga are also a part of the journey. This practice is currently open to adults of all levels of ability, but kindly communicate any health concerns or physical limitations with the instructor beforehand.
Ecstatic Dance encourages us to love our bodies, have fun, and helps us to move in new and creative ways.
Shall we dance?

Please bring a water bottle, a yoga mat and /or a blanket, comfortable clothes to move and sweat in, a journal and a pen.

This class requires registration. Please contact Angela at angelaforlalonge@gmail.com to register or if you have any questions or health concerns. Space is limited so sign up early!

SPRING INTO SUMMER FITNESS CLASS

Wednesdays starting May 6th at 7 - 8:15 PM
A complete conditioning program- an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment. A pair of runners, a mat and a water bottle is all you need. Dress comfortably as you are going to sweat! Classes will be held at Idylwylde Community Hall Wednesdays starting May 6th at 7 - 8:15 PM. Classes taught by Kelly Bray, a certified Fitness as well as Pilates instructor.

Greenshack

Idylwylde was selected by the city this year to receive a Green Shack program at our playground this summer! Keep an eye out for more information as we get closer to summer.

Dermott District Park Renewal

The Dermott District Park in our neighbourhood got approved in the capital budget to be renewed! This will include a new large playground, increased parking amenities, and improvements to many amenities within the park space. Keep an eye out for more open houses in the coming 2 years with completion of the project hopefully by 2018.

KCL League Contacts

Executive			
President	Meghan	780-450-0534	kenilworthmail@gmail.com
Vice President	VACANT		
Secretary	Jason	780-394-3902	
Treasurer	VACANT		
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	VACANT		
Memberships	Barb	780-466-2360	
Adult Programs	Sandy	780-469-0012	
Children's Prog.	VACANT		
Summer Programs	VACANT		
Capital Projects	VACANT		
Grant Applications	VACANT		
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Rob	780-707-8204	
Publicity/Website	Martine	780-466-9444	kenilworthpublicity@gmail.com
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Ladies Aux.	VACANT		
Ladies Aux.	VACANT		
Neighbourhood Watch	Gladys	780-466-1688	
Playschool	Janna	780-757-9414	
Toddler Time	VACANT		
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	kenilworthrentals@gmail.com

CONTACT US!

General inquiries: kenilworthmail@gmail.com
Publicity Requests (SEV & Website):
kenilworthpublicity@gmail.com
Hall Rental requests: kenilworthrentals@gmail.com

**Keep Current on our website,
www.kenilworthcommunity.com
Now on Facebook! Like us!**

Next Executive Meeting: Monday, April 13, 2015 @ 7 pm

Southeast Voice Newsletter Deadlines

Submissions for the May 2015 issue of the **Southeast Voice is due Thurs. Apr.16, 2015.** Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website www.kenilworthcommunity.com

KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
Weekend (Fri.pm – Sun.pm)	\$450.00	\$550.00
Day Rate	\$300.00	\$385.00
Hourly (up to 6 hrs)	\$150.00	not available
Damage Deposit	\$250/day rate	\$550/day rate
	\$450/weekend	\$550/weekend

*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details.
To book the hall, email is preferred, kenilworthrentals@gmail.com.
If email is unavailable, leave a message for Al at 469-1711.

Scrap Booking Drop-In!! Your Life/ Your Story/ Your Way

Please join me on the FOURTH Monday of every month (Sept. – June) for photo album making workshops, from 6:30-10:00 pm., Sept. to June. Workshops are free with a KCL membership or \$5.00 without.

Learn how to organize your photos and make beautiful albums. Have fun, meet new people, share ideas and have uninterrupted time and plenty of workspace. Contact Linda at 780-417-2528 or lmiburns@gmail.com for more info and to reserve seating. Supplies are always available!

New Volunteer Opportunities

Treasurer – open in March 2015.

Our treasurer will be stepping down from the position in March and we are in need of someone to fill her shoes! If you are interested in helping out in your community or would like more information on the position please call Sheri at 780-465-0430. Executive Incentive of \$450/year and a free community league membership are a couple of bonuses you receive for helping within your community. The league cannot operate without this important position. Volunteer Now!

Publicity – open in March 2015. Please contact Martine @780-466-9444 for details.

Buildings & Grounds – paid position.

Other opportunities still available are: Vice-President, Soccer Director, Summer Programs, Grant Applications, Bingo Alternate, and Capital Projects.

If you are interested in helping out with the Soccer Director position, we have one volunteer willing to co-direct. Please contact Meghan @780-450-0534.

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary Community League Membership. This is a great way to meet community residents and contribute to your community.

Please call Meghan @ 780-450-0534 for more info on how you can make a difference in your community.

August 25 & 26 – Casino

It's casino time for Kenilworth! This is our main fundraiser that provides our league with many events, upgrades, operational costs and projects. Please call Bonnie 780-469-1969 to volunteer.

Kenilworth Community League Adult Spring BBQ Saturday, May 9, 2015

Looking forward to seeing all our neighbours at the annual spring BBQ. Doors open at 5. Steak and shrimp supper at 6.

Tickets are \$20. Please call Dan at 780-469-2019.



Babysitting Registry

If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry.

Call Martine at 780-466-9444 to register your name or if you are looking for a babysitter in the area for evenings or weekends.

Babysitting



Kenilworth's Adult Program Director

Please contact Sandra Adams at (780) 469-0012 or email: kenilworthprograms@gmail.com
If you are interested in any programs, please let me know.

Christmas in July STAMP-A-STACK 10 Christmas Cards

Christmas in July STAMP-A-STACK
10 Christmas Cards

Workshop to be held at Kenilworth Hall
7104-87 Ave
Thursday, July 9, 2015
6:30 to 9:30 p.m.

Join the fun at the 11th Annual “Christmas in July” workshop. The event fee is \$25 for 10 cards or \$45 for 20 cards and payable by June 30th. To register contact Rhonda @ 780-469-0010. Supplies to bring: SNAIL or other double sided adhesive.

A huge thank you to volunteers for their help at the March 1 table and chair cleaning:

Rose Fuder
Terri & Fernie Labonte
Wayne Skorobohach
Marty Perkins
Terry Dyck
Rita Kaplan
Alma & Dan Kessel
Betty Wilson
Al & Liz Thomas
Rob McDonald
Pauline Skorobohach
Meghan Abbott

Edmonton 311 App

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

- Potholes • Damaged sidewalks • Damaged trees
- Litter • Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets!

By doing this, you’re helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

Note: The 311 mobile app is one more way for you to report your concerns to the city.

Download 311 App

Search for “Edmonton 311” on: Google Play & iTunes App Store

For more information:

Online Contact 311 Online

Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map.

http://edmonton.ca/for_residents/neighbourhoods/neighbourhood-maps.aspx

Find the City amenities - swimming pools, sports fields, parks, playgrounds, golf courses and spray parks. Locate fire stations, police stations and bus stops anywhere in the city.

You can mark your current location or home address with a red pin and search for City amenities within a 0.5km to 10km range.

Type in your address, click on the red pin and get your property assessment and waste collection schedule.

Memberships

Have a New Neighbour? Are You New to Kenilworth?

We would like the opportunity to welcome all newcomers into the neighborhood. If you know of any recent arrivals, or if you are one yourself, please call Barb at 466-2360. We will deliver a free community league membership along with information about all the activities this league offers.

Don’t have your 2014/2015 membership yet? Memberships are \$20 and \$15 for seniors.

Memberships are also available at the new Sport Shack location, 8170 – 50 St.

For more information contact Barb at 466-2360.

Need one RIGHT NOW! Go to www.efcl.org and purchase one online!



Kenilworth Playschool Registration

Kenilworth Playschool is a non-profit, parent co-operative playschool for 3 and 4 year olds. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall. We use a play based, prekindergarten curriculum that focuses on physical, social, emotional and cognitive development. Fine motor skills, printing, letter recognition and their sounds are practiced daily. Our fun and friendly atmosphere will be perfect for your child. We are currently accepting registrations for September 2015.

Help Stamp Out Crime in our Neighborhood!

The Southeast Central Community Patrol Program requires volunteers to work 1 to 4 times a month. Please apply in person to the Ottewell Community Police Station, 9807-71 Street. Thank you for supporting Kenilworth Community!

Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time.

Taking a little “me” time is an important part of managing life’s stresses.

While most of us may not enjoy feeling stressed, it’s not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function.

Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It’s meant to be about you.

There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting.

Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don’t skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit www.myhealth.alberta.ca.

Community Swim Times

Hardisty Pool - Sundays from 1:15-2:45pm, until June 28, 2015

Bonnie Doon Pool - Sundays 4:15-5:45pm, until June 28, 2015



Bingo Volunteers Needed!

We need volunteers on a regular basis! Call Julia @ 476-2992 to volunteer for SMOKE FREE bingos. Help our community league raise funds to keep our community programs and events going.



Next Bingos:

April 30, 2015 Thursday, 10:30am – 3:30pm

May 3, 2015 Sunday, 10:30am – 3:30pm

May 26, 2015 Tuesday 10:30am – 3:30pm

June 21, 2015 Sunday, 4:30pm – 11:30pm

July 31, 2015 Friday, 4:30pm – 11:30pm

August 25, 2015 Tuesday, 4:30pm – 11:30pm

If you would like to put your name down for any bingos, please call Julia at 780-476-2992. Please request your dates two weeks prior to the bingo date. This will give us time to fill the bingo if spaces are still available.

Ottewell Board

President:	Bob Hutchinson	469-6951
Vice President:	Corinne Olson	465-7755
Secretary:	Lisa Vos	462-6302
Treasurer:	Mark Bucholdt	465-3250
Hall Rentals:	Corrine Olson	465-7755
Membership:	Colleen Bain	757-1572
Bingo Coordinators:	Lisa Sarafinchan and Kyla Farmer	465-2511 490-5731
Newsletter Editor:	Sharon McCabe	465-3511
Indoor Soccer:	Sandra L'Ecuyer	468-4113
Outdoor Soccer	May Draper	757-0021
Community Patrol:	Leroy Innis	465-5000
Social Coordinator:	Dennie Hirsch and Bri Drury	952-3965
Ottewell Playschool:	Lauren Asselstine	490-7757
Time for Tots:	Cheryl	916-2606
SECLA Rep:	Lori Jeffery-Heaney	466-1007
SE Transport'n Soc:	Ernie Dorman	
Casino:	Pauline Gillanders...	465-5039
Grants:	David Liles	469-0373
Summer Playground:	Vacant	
Rink:	Vacant	
Program Chair:	Vacant	

All positions are volunteer positions.

Please feel free to contact us but we ask that you try to call between 9:00 am and 9:00 pm. Thanks so much.

All Ottewell residents are encouraged to attend Community League meetings at 7:00 pm the first Tuesday of each month (September – June).

All Correspondence can be mailed to:

Ottewell Community League

5920 – 93 A Avenue

Edmonton, Alberta

T6B 0X2

469-0093 (voice mail available)

Ottewell Community League Playschool

Ottewell League Community League Playschool is now accepting registrations for the 2015/2016 school year. Classes will run Tuesday and Thursday mornings at Braemar School from 9:00-11:30.

Please contact Lauren for registration forms and information. 780-490-7757 or lauryan@telus.net

Time for Tots

Time for Tots offers a fun environment that allows children and parents to experience learning through exploration and play. We provide a spacious playful space that caters to children who are 0 – 5 years old. We invite all of our new families to come and meet one another in an open and welcoming atmosphere.

Every Thursday 10:30 – 12:00PM. Last day for this season is April 23.

Contact Cheryl 780-916-2606 or
Cherylanne79@hotmail.com

We are looking for someone new starting October 2015 to take over the group. If you are interested in opening the hall for the play group please contact Cheryl for more details.

Monday and Wednesday morning bootcamp! New classes start in April

Join us Monday and Wednesday mornings from 9:05 am - 10:05 am at Ottewell Community Hall for 6 week registered sessions of full body fitness.

Classes will build lean muscle and increase your strength and cardio endurance through HIIT (high intensity interval training) of hi-low exercises, agility drills, bootcamp and “instructor’s choice”! New sessions starting in April!

Please contact Ann Lukey of Inertia Fitness at ann@yourinertia.com or visit www.yourinertia.com to register and for more information.

Evening Kickboxing

Foxy Kickboxing for ladies only! - we'll turn you into a knockout!

Monday and Wednesday night sessions at the Ottewell Christian Reformed Church.

Learn real kickboxing techniques in a safe and non-threatening environment. No equipment or experience is required - we will show you everything you need to know. New sessions starting soon!

This full body workout will be unlike anything you have tried before! We utilize pads and gloves so that you are actually hitting targets (way harder than a traditional ‘cardio’ kickboxing class). Perfect for building strength and tight lean muscle and no experience necessary!

Register today at www.foxykickboxing.ca. Email Jamie at jamie@foxykickboxing.ca (Wednesday evenings) or Falon at falon@foxykickboxing.ca (Monday evenings) for more details.

Community Swims and Skating

Admission is free for Ottewell Community League members during the community swim times at Hardisty and Boonie Doon pools. Please check the City of Edmonton website – www.edmonton.ca or phone 311 for the scheduled community swim times. Cost of multi-pass purchases (10+ visits) are also reduced with an Ottewell Community League membership. A schedule for Free Public Skating at indoor arenas is available on the City of Edmonton website - www.edmonton.ca. Check Ottewell.org for outdoor skate times.

Work-Out at Ottewell Junior High School

– Tuesday and Thursday evenings

Ottewell members (aged 16 and older) can work out at Ottewell Junior High School Tuesday and Thursday evenings (September – June), from 7:00 - 8:45 pm for a toonie.

Ottewell Community League Memberships must be shown for admittance. Waivers are required before use of facility is permitted.

Ottewell.org and Facebook/ottewellevents

Visit our website and Facebook page for the most current community news! Ottewell.org and Facebook/ottewellevents are up to date with information for community programs, playschool, annual events, membership sales and perks, hall rentals and much more. Subscribe to the Ottewell.org blog and receive notifications of new posts by email.

ANNUAL GARAGE SALE

OTTEWELL UNITED CHURCH

6611-93A AVENUE

THURSDAY, MAY 21, 2015

10:00 AM - 8 PM

FRIDAY, MAY 22, 2015

12 NOON - 5 PM

Miscellany, jewellery, plants, books.



Dr. Gordon Lodwig

Ottewell Dental Clinic

New patients always welcome

780-465-0505
6128 - 90 Ave.

Board of Directors

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VICE-PRESIDENT / CASINO - Keith
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GROUNDS & BUILDINGS — Scott
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MEMBERSHIP — Leslie
COMMUNICATIONS — Neil
SECRETARY — Veronica
PROGRAM DIRECTOR — Vacant
MEMBER AT LARGE — Craig
MEMBER AT LARGE — Kathryn
MEMBER AT LARGE — Jason
MEMBER AT LARGE — Meghan
SOCCER — Sonya
SOCCER — Aimee

*See our website listed below for our email addresses

Web: strathearncommunityleague.org
Twitter: @StrathearnCL
Facebook: Strathearn Community League

Strathearn Artwalk 2015 (Sept. 12)

This annual event is held on Strathearn Drive Parkland (8521-98 Avenue) and hosts Artists of all kinds:

Painters – Sculptors – Musicians – Photographers – Authors – Crafters
Metalworkers – Entertainers – Industrial Designers – Poets – Illustrators

Strathearn has a proven track record of success with this event: Last year was our fourth annual event with over 30 artists participating with over 400 attendees. Some of the feedback we received from artists at our 2014 event:

“...we thoroughly enjoyed the day. The Park location seemed to please everyone that stopped by to chat, and all the children and pets were having a wonderful time. It was a success for us...” – Lorraine Ure

“...It was such a beautiful day and the community of Strathearn is so very welcoming, we really enjoyed the day and hope to be there again next year...” – Teresa Milton

For information or to register: artwalk@strathearncommunityleague.org

There Are Lots of Reasons to Attend! In addition to the Art Show & Sale overlooking Edmonton's River Valley, we have a Kid's Activity Area, Live entertainment, Beer Gardens with beer, wine and snacks, and our Famous Strathearn Pulled Pork Sandwiches & vegetarian chili!

Show & Sale from 13:00 – 19:00 Sept 12, 2015

Food & Beer Tent opens until 21:00
\$50 for 10'x10' tend with one 6' table
\$40 for community league members

Silver Heights Dinner II

We received such positive feedback regarding our first Silver Heights Dinner at the Red Ox Inn (Held on Feb 1 2015); we've decided to have another one! Our new event (featuring a new menu with fresh wine pairings and delicious desserts) will be on May 24 at 18:00. Our last event sold out and we filled all the spare chairs and tables that the Red Ox had, so purchase tickets early by emailing tix@strathearncommunityleague.org, by tweeting to us @strathearncl or by calling Jason at the number listed on our poster. We accept Visa, Mastercard and American Express, cash or cheque, and when you contact us we'll make arrangements to hand deliver your tickets to you.

Gabrielle-Roy Playground Update

The Gabrielle-Roy playground redevelopment project is currently on track to start construction this summer. A blog/website has been set up to provide information about the project, and to receive and track comments about the plans. Follow the blog at epgrparents.wordpress.com, or get updates on Facebook at www.facebook.com/EcolePubliqueGabrielleRoy.

With an April 1 funding deadline and matching grant from the City of Edmonton, donations are gladly accepted at <https://fundrazr.com/campaigns/1hk7f/ab/61U1H1>.

90 Avenue Reconstruction

As one community league that will be affected by upcoming reconstruction on 90 Avenue between 75 Street and 85 Street, the City of Edmonton wanted to share the following meeting information with you in order to get the word out.

The City will be hosting a drop-in information session:

Wednesday, April 15, 2015
16:00 – 20:00
Vimy Ridge Academy
8205 90 Avenue
Presentations at 17:00 & 19:00

Area residents and stakeholders are invited to learn about the final project design and construction timelines for this work.

Road reconstruction will include the complete removal and reconstruction of roads, sidewalks, curbs and gutters, and streetlights.

This project is independent of the Valley Line LRT design and construction.

For more information, please visit www.edmonton.ca/roadprojects

Did you know?

You can report graffiti, vandalism, potholes, broken street lights, and other hazards or issues in our neighbourhood with your smartphone. Instead of saying “somebody should do something about that”, you can alert city officials with just a few clicks.

Get the app!

Disorder Reporter (it's a free download, available in the Apple App store and Google Play).

Salisbury Greenhouse Fund Raiser

Happy Spring!!!

2015 is here and the snow is melting...time to start thinking about your plants, gardens & flowers again!!!

The Strathearn Community League is again selling gift cards to Salisbury Greenhouse to raise funds for our new hall. Gift cards are available in \$25, \$50, \$75 and \$100 denominations. They can be used at the greenhouse (www.salisburygreenhouse.com) on all bedding plants, baskets, annuals, seeds, garden tools, fountains, bird baths, pots, garden furniture, soils, composts, bulk, etc., all shrubs, trees & perennials and all items in the Gift Shop. Gift Cards can be used year-round at the greenhouse

These gift cards make great mother's day presents! To order gift cards, send an email to communications@strathearncommunityleague.org. Include in the email your name, address and amount in \$ and denominations. We will be placing a number of orders all year and will get the cards to you quickly! Thank you for your support of this initiative.

Community League Membership Flower Give-Away

Each month this year, one community league member will be randomly selected to receive a beautiful bouquet of flowers from our local Cactus Flower House. This is our way of thanking you for being a community league member and supporting local businesses. This month we are retroactively awarding for September and October.

The winners for February were Loretta Korbut
The winners for March were Nicole and Michael Zahara

Congratulations!!!

Community Involvement

“Volunteering is at the very core of being human. No one has made it through life without someone else's help” -Heather French Henry

Can you spare an hour a week? The Heights is looking for your expertise in order to assist us in reaching the needs of our community. Come be part of something amazing!

Current opportunities: Hall Director, Sign Director, Walk Your Block, and Casino volunteers. View position details at www.forestterrace.org

Snow Shovelers NEEDED for seniors

Please consider helping a senior with snow removal this winter offered by SEESA at 468-1985 Ext. 260 or homeservices@seesa.ca and SAGE at 701-9007 or JKarayiannis@mysage.ca



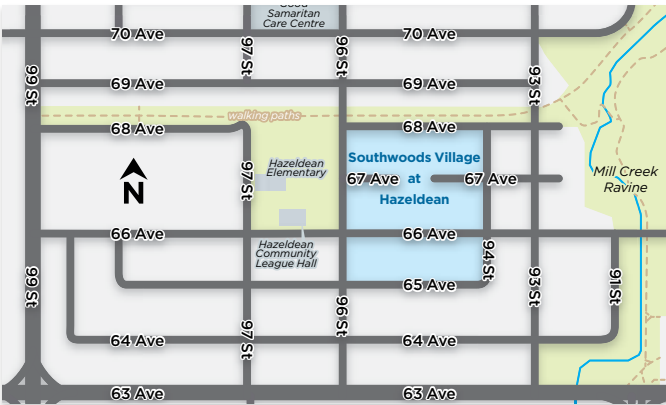
Southwoods Village At Hazeldean



The Christenson Group is pleased to introduce the retirement community Southwoods Court North, Phase 1 of Southwoods Village at Hazeldean. Centrally located, Southwoods is close to many amenities, walking paths, and the Millcreek Ravine.

Building Features:

- 1) 1 Bedroom + Den
- 2) 2 Bedroom Coach Homes
- 3) In-suite Laundry
- 4) Air Conditioning
- 5) Family Party Room
- 6) Guest Suite



For more information about Southwoods, call Lynne Christenson at **(780) 975-2509** or by email at **LynneC@CDLHomes.com**.



780.975.2509 • CDLHomes.com

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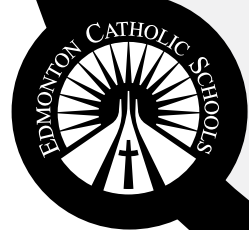





Contact my office:

- Employment Insurance
- Canada Pension & Taxes
- Citizenship and Immigration
- Student Loans
- Information Requests
- Celebratory Messages

Linda Duncan
MEMBER OF PARLIAMENT / EDMONTON—STRATHCONA

linda.duncan@parl.gc.ca / lindaduncanmp.ca
10049 81 Ave, Edmonton AB T6E 1W7
780.495.8404



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Capilano: 1100 sq.ft. Bungalow, 3+1 Bedrooms, 2 Bathrooms & Double garage



SOLD

Capilano: 1100 sq.ft. ,3 Bedrooms , 2 Bathrooms, Handyman special.