

# SOUTHEAST VOICE

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

*Aug/Sep 2015*



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## Greater Hardisty Community Sustainability Coalition Survey results in!

Thank you to everyone who responded to the Greater Hardisty Community Sustainability Coalition Survey. The following list ranks the priorities from highest to lowest based on feedback from the community.

1. Community schools stay open.
2. Crime in the community stays low and continues to be safe throughout the renewal process and in the future.
3. Seniors are able to stay in the community because a diversity of housing options and levels of care are offered.
4. Green space in the community is valued.
5. Existing amenities in the community are valuable and should be kept, redeveloped, enhanced or improved.
6. Public transportation from the community should be frequent, efficient and easily accessible.
7. Walkability and bike-ability could be increased with well-placed pedestrian overpasses, bike paths and renewed sidewalks, and make it a community that residents do not need to leave to access services and amenities.
8. The community has a small town feel that should be maintained.
9. Development opportunities that complement existing green spaces should be explored.
10. Although commercial businesses currently exist in the community, it is desirable to attract more small businesses to the area.
11. Diversity in demographics — including culture, income levels and age — would benefit the community and should be reflected in housing options.
12. Multi-generational homes are encouraged in the community.

The coalition recently presented the survey results to the city's Elevate project manager and looks forward to continuing discussions on the next phase of our community revitalization. If you have questions, please contact [lane.brenneis@shaw.ca](mailto:lane.brenneis@shaw.ca).



## Art at the skate park

Another art mural was painted at the Fulton Ravine skate park earlier this summer. The artist for this new mural is Garvin Chinnia. Garvin is a talented young artist who has done most of his previous work in oil and acrylic painting, as well as drawings done traditionally and in mixed media. While his focus continues to be on painting persons and things in an abstract expressionist manner, Garvin has lots of art interests such as incorporating found object sculpture into his work and possibly doing installation art some day. He is also interested in beginning an apprenticeship as a tattooist. Garvin has completed his Foundation year at Emily Carr University of Art and Design, and is returning to university in Vancouver this fall. We were lucky to catch him back in Edmonton for the summer, to have him contribute his talents to our park!

We are also grateful for funding we received for the mural through the City of Edmonton's Community Mural Matching Grants program, and the for the discount provided by the Paint Spot for the artist's paint supplies





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South East Community League Association

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## What's Appening!?

The Capilano library is very excited to pilot a new program this September. It's called "What's Appening?" and in this 90 minute program we will highlight different apps each week with lots of time to explore and ask questions. Apps such as Hoopla, Freegal, Freeding, and Overdrive are your gateway to enjoying free digital content like movies, TV shows, music, magazines, newspapers, e-books and more. So if you are looking for some fun on a Tuesday night come see "What's Appening" at Capilano library.

## Back to School

As we are getting ready for the back to school season, why not take some time to browse our great digital content for students of all ages. Visit [epl.ca/digital-content/kids](http://epl.ca/digital-content/kids) to learn about everything from Sesame Street eBooks to homework help, online encyclopaedias, and Solaro (an awesome Alberta curriculum based resource for grades 3-12 with lessons, quizzes and tests in an interactive package). It's all free with your EPL membership!

## Featured programs at the Capilano Branch include:

What's Appening (adults): Tuesdays - September 22-October 20 at 7:00pm – drop-in and bring your own mobile device if you have one.

Sing, Sign, Laugh, and Learn (0-3 years): Tuesdays, Wednesdays, and Saturdays at 10:30am – ongoing drop-in

Minecraft Club (teen/tween): Thursday, September 17th at 4:00pm – drop-in

English Conversation Circle (adults): Wednesdays at 6:00pm starting September 9 – ongoing drop-in

Pop-Up Makerspace (family program): Thursdays September 10th and 24th at 4:00pm.

## Featured programs at the Idylwylde Branch include:

English Conversation Circle (adults): Fridays at 2:00pm starting September 18 – ongoing drop-in

Sing, Sign, Laugh, and Learn (0-3 years): Mondays at 10:30am, Wednesdays at 6:30pm and Saturdays at 2:00pm – ongoing drop-in

Minecraft Club (teen/tween): Thursday, September 10th at 3:30pm – drop-in

Rhymes that Bind (0-3 years): Thursdays at 10:30am – ongoing drop-in

—**Summer Reading Club 2015 Closing Ceremonies** happen Saturday, August 22 at 1:00pm at Idylwylde and 2:00pm at Capilano.

For more information please contact the Capilano branch at (780) 496-1802 or the Idylwylde branch at (780) 496-1808 or go to [epl.ca](http://epl.ca)



## NEW FREE FUN FOR FALL 2015

Year Round Green Shack Programming for ages 6 - 12yrs. This year North Southeast Community Leagues will host 3 sites at the following locations. All programs will run at the following times: Monday and Wednesday 4 - 7 pm and Saturdays 1 - 5 pm. Each month will follow a theme.

- Bonnie Doon Community Hall - Nature Sept. 14th
- Avonmore Community Hall - Culture October - 12th
- Gold Bar Community Hall - Winter December 7th

## Edmonton 311 App

The City of Edmonton has provided an app for smartphones. With the 311 app Edmonton residents are able to report: potholes, damaged sidewalks, damaged trees, litter and graffiti. This user-friendly app lets you upload photos of the structure or property you are concerned with, as well as add an exact location with its GPS map. An officer will investigate your complaint within 4 business days.

## Southeast Edmonton Early Childhood Coalition

**1) SE Edmonton Early Childhood Coalition Meeting:** Monday, September 28th from 1 - 3pm Idylwylde Library Program Room - 8310 88 Avenue Please mark your calendars with the next SE Coalition meeting - all are welcome to attend. More information will be available about the meeting in September.

**2) Preschool and Early Learning Options for Fall 2015** Attached is a list of the preschool and early learning programs offered in the Southeast as well as some links to why preschool is important. If you know of someone who is looking for information about preschools in our area or even more importantly, if you know someone who has a child who is preschool age who hasn't yet registered for preschool for the fall, please pass this information along to them. I know when I entered the overwhelming parenting world, I was very appreciative of friends and neighbors who passed on referrals for children's programming as well as preschools in our neighborhood.

**3) Website and Facebook** Did you know that our SE Coalition webpage has a calendar filled with ideas for mostly FREE activities for families? If you are looking for something to do, check out the calendar at the link below and you will be amazed at how much is happening in the Southeast!  
<http://www.earlychildhoodedm.ca/events/category/southeast>

I will also be posting regularly to the SEEECCC webpage and facebook page about upcoming events, interesting articles about early learning, and resources for families. Check it out at the links below and remember to send me a quick email to let me know about upcoming events, programs, activities, etc. that you know about so that I can include them on the website and facebook page. Let's make the Southeast Coalition webpage and facebook page a well used resource that families in our neighborhoods go to for information. I will do my best to keep updated information available and I would like to ask for your help in letting your friends, family, co-workers, neighbors, etc. know about the webpage and facebook page.  
[www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast) [www.facebook.com/SEEECCC](http://www.facebook.com/SEEECCC)

Thank you for your support - I can't wait to meet you at our Coalition Meeting on September 28!  
Jenny Samm, Coalition Assistant, SE Edmonton Early Childhood Coalition 780-435-6328  
[www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast), [www.facebook.com/](http://www.facebook.com/)



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## League Contacts

President	Nathan	<a href="mailto:president@avonmore.org">president@avonmore.org</a>
Vice President	Lisa	<a href="mailto:vicepresident@avonmore.org">vicepresident@avonmore.org</a>
Secretary	Cachet	<a href="mailto:secretary@avonmore.org">secretary@avonmore.org</a>
Treasurer	Ken	<a href="mailto:treasurer@avonmore.org">treasurer@avonmore.org</a>
Hall Rentals	Tanya	<a href="mailto:hallrental@avonmore.org">hallrental@avonmore.org</a>
Programs	Elizabeth/Sherry	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a>
Rink	Jim	<a href="mailto:rinkcoordinator@avonmore.org">rinkcoordinator@avonmore.org</a>
Soccer	Lyne/Boris	<a href="mailto:sports@avonmore.org">sports@avonmore.org</a>
Babysitting	Cheryl	<a href="mailto:admin@avonmore.org">admin@avonmore.org</a>
Casino	Elizabeth	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a>
Grants	Vacant	<a href="mailto:grants@avonmore.org">grants@avonmore.org</a>
Memberships	Cachet/Wendy	<a href="mailto:membership@avonmore.org">membership@avonmore.org</a>
Playschool	Jamie	<a href="mailto:playschool@avonmore.org">playschool@avonmore.org</a>
Sign	Jamie	<a href="mailto:director4@avonmore.org">director4@avonmore.org</a>
Communications	Paul/Nikki	<a href="mailto:communications@avonmore.org">communications@avonmore.org</a>
Volunteers	Ginette	<a href="mailto:director2@avonmore.org">director2@avonmore.org</a>

## Avonmore Hall Rental

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

## Get your Avonmore Memberships

we are going door to door or at 75 Street & 76 Ave Dairy Queen or email [membership@avonmore.org](mailto:membership@avonmore.org)

## Yoga

Yoga classes at Avonmore Hall  
Starts Sept 8 -Tuesdays 6:30pm-8:00pm- Restore & Repair  
Yoga- Instructor Brea Johnson  
Starts Sept 9-Wednesday 6:30pm-8:00pm-Hatha Yoga-Instructor Tori Lunden  
For more details go to [www.avonmore.org](http://www.avonmore.org) and click on Programs and Events or contact Anita Lunden at 780 462-4439 or [lunden@telusplanet.net](mailto:lunden@telusplanet.net)



## Get To Know Your Neighbours

Membership Community Day BBQ  
September 19 11am-2pm  
Avonmore Community Hall  
7902-73 Ave  
Join your neighbours to get your community membership, music, geocaching, bouncy castle, a free BBQ for members (11am-1pm) and more!  
Learn more about your community babysitters at the Babysitter Mixer 11:30-12 email [hallrental@avonmore.org](mailto:hallrental@avonmore.org), if you are a babysitter interested in participating in this event

## Parent & Tot

Avonmore Community Hall  
(7902 Street -73 Avenue)

Parents of toddlers are invited every Wednesday between 9:30 am-11:30am 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 [vicepresident@avonmore.org](mailto:vicepresident@avonmore.org)

## Avonmore Playschool

accepting registration for Sept 2015-2016  
Children 3-4yrs  
Upstairs of Rink Building at Avonmore Community Hall  
(7902 Street -73 Avenue)  
Classes run early September:  
Monday, Wednesday, Friday  
or  
Tuesday, Thursday, Friday.  
9:00am-11:30am  
Please leave a message at 780-465-1941 or email Jamie Konrad at [kjkonrad@shaw.ca](mailto:kjkonrad@shaw.ca)

## Crib Tournament

Saturday, Oct 17  
Avonmore Hall 7902 – 73 Avenue  
Doors open: 6:30 p.m.  
Games start 7:00p.m. Sharp  
\$20.00 per team or \$10.00 per person, individuals welcome  
Late lunch provided  
To register please call Louise at 469-7765 or Faye at 465-6086

## Avonmore Book Club

Meeting on Sundays 7:00pm  
Once a month  
New members are welcome. For more information contact Anita Lunden 780-462-4439 or email [lunden@telusplanet.net](mailto:lunden@telusplanet.net)

## Avonmore Neighborhood Renewal

Avonmore Community members please note that our black style street lights will be put in at a later date during our renewal construction phase.

## Avonmore Halloween Party

Saturday, October 31  
Please save the date & check the website for what time & activity we will be hosting.

*Avonmore is Looking for a group interested in delivering our Community Newsletters*  
*Please contact Nathan at [president@avonmore.org](mailto:president@avonmore.org) if you are interested.*

## Need A Babysitter? Or Looking For A Babysitting Job

Avonmore Community League is pleased to offer Our Babysitter Registry to help match community members with qualified babysitters.  
For Parents Seeking Babysitters, email Cheryl at [admin@avonmore.org](mailto:admin@avonmore.org) and she can provide you with a list of teens seeking babysitting work.

For Teens Seeking Babysitting Work, email Cheryl and 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!





## League Board

President	Brent	780 757-8550
Past President	Bill	780 469-5744
Vice President	Derek	780-919-5421
Treasurer	Michelle	780 466-1017
Secretary	Vacant	
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	Vacant	
Green Shack	Laura	780 982-9876
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Newsletter	Jill	780 469-0513
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Craig	780-469-7916
Webmaster	Michelle	780 466-1017
Social Media	Jean	780-863-0914
Capilano Playschool	Marzena	780-802-9307
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 [capilanoHallrentals@gmail.com](mailto:capilanoHallrentals@gmail.com), or visit our website at [www.capilano.info](http://www.capilano.info).

## Capilano Community Memberships

Need a Capilano Community Membership? Contact Shawna at 780-490-1931. As well, memberships are available at:  
--Solis Wellness Clinic (5016 - 106 Ave, 780-488-1552); and  
--TGP Your Gold Bar Grocer (5036 - 106 Ave, 780-469-2535).

## 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.



## REGISTER your 3 or 4 year old for the FALL at CAPILANO PLAYSCHOOL!

Capilano Playschool is a non-profit, parent-run co-operative located in Hardisty School (10534 - 62 St.), that offers a warm and wonderful experience for children ages 3 and 4! Our award-winning teacher Ms. Asha is positive, creative and very experienced in early learning and childhood development. We provide Christian and Healthy Apple programming that focuses on community involvement and well-being, with options for 2 or 3 days a week in both the morning and afternoon. All classes include a "Learn Through Play" philosophy that facilitates socialization and self-regulation skills through physical activity, arts and crafts, field trips, music, visits to the local community garden and seniors' homes and more. With only a few spots left, make sure to register as soon as possible by contacting Marzena at 780-802-9307 or [capilanoPlayschool@hotmail.com](mailto:capilanoPlayschool@hotmail.com). For more information regarding our programs go to [www.capilanoPlayschool.com](http://www.capilanoPlayschool.com).

## Capilano Playschool - \$10 WEM SPLASH 'n SLIDE Tickets available until Sept. 30 2015

Early bird tickets are ONLY \$10 for our Annual Splash 'n Slide event at WEM Waterpark on Friday, November 6, 2015. Tickets can be purchased for youth groups, sports teams, families or friends to attend a super fun event that helps us fundraise for our non-profit playschool. Tickets can also be purchased and donated to the Terra Association for Teen Mothers and Parents. To buy tickets contact Marzena at 780-802-9307 or [capilanoPlayschool@hotmail.com](mailto:capilanoPlayschool@hotmail.com). [www.capilanoPlayschool.webs.com](http://www.capilanoPlayschool.webs.com)

## Cardio/Core Strength Workouts

Please join us at Capilano Community Hall (10810 - 54 Street) for Cardio/Core strength workouts!  
Days/time: Tuesdays and Thursdays, 7:00 p.m. - 8:15 p.m.  
Instructor: Kelly Bray  
Contacts:  
Elaine @ 780-469-2964  
Kelly @ 780-465-5611  
Dates: Classes begin Tuesday September 15 or Thursday September 17, 2015 at 7:00 p.m.  
Cost: \$140 for 28 classes (twice weekly)  
\$80 for 14 classes (once weekly - either Tues. or Thurs.)

## Registration Pilates/ Body rolling classes

### Capilano Community Hall

Pilates and Body Rolling classes will be once again running at the Capilano Community League. **REGISTRATION** for ALL classes will be held at Capilano Community League Hall (10810-54 Street) on Monday September 14 from 7:00 p.m. - 8:00 p.m.  
All classes are taught by Pearl Der. Pearl is a certified Pilates teacher and Yamuna Body Rolling Practitioner. Come and experience how Pilates and Body Rolling can transform your mind and body!  
For class and fee schedule or additional information, please visit [www.absolutely-pilates.com](http://www.absolutely-pilates.com)

## Fall Tai Chi Chih and Dance Tai Chi Classes

### Capilano Community Hall

#### TAI CHI CHIH

Start: Six-week class begins: Monday October 19, 2015  
Day/time: Mondays from 12:00 p.m. - 1:00 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 October 21, 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](http://www.relaxwithtaichi.com).



## SILENT AUCTION for Capilano Community Park – October 24

What: Silent Auction. Cash bar (event is 18+)

When: Saturday October 24, 2015

Time: Doors open 6:30 p.m.; Bidding begins 7:00 p.m.

Where: Capilano Community Hall (10810 - 54 Street)

Cost: Tickets are \$20

Each ticket includes 1 drink and appetizer finger food. Bring some friends for a fun and exciting night! Lots of great desirable items.

To purchase tickets contact: [Laura.Mercier@me.com](mailto:Laura.Mercier@me.com) or 780-758-1414

Contact Heather at 780-466-1380 to donate an auction item and learn more about the silent auction.

## Capilano Community Park Redevelopment – Update

It has been wonderful to see so many families enjoying the new playground, spray deck and picnic shelter this summer. Thank you to everyone who has been treating our park with respect and helping to keep it clean by sweeping the sand and using the waste receptacles, as well as watching over our park and reporting any issues. By working together, we can keep our park a fantastic community gathering space.

Fundraising continues in support of our Phase 2 project (walking path, outdoor exercise equipment, a bike bumps course, and community sign). Thank you to the Capilano Community League (CCL) and the City of Edmonton for contributing to our project. The City's NPDP grant and the CCL funding, in combination with \$19,000 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](mailto: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 Program! Each donation 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.

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](mailto:jschlender@shaw.ca).

**THANK YOU** to our donors who have already made generous contributions to the Phase 2 project:

-- Rob & Susan Dollevoet

-- Allan Yee

-- Colm & Finn Cunningham, Adele & Ava Falkenberg, Rolinda & James Graham, Keith & Kathy Turnbull, Wince Family, Ada Schlender

-- Blanca Maginnis, Tiffanie McLeod, Sheila Thompson, Doug Fulford, Sandy Schaloske, Don Chan, Cheryl Stepanko/Richard Pereschitz

An invite to Capilano, Gold Bar, Forest Terrace Heights, and Fulton Place  
community residents to the fifth annual Community Fun Day.

greater Hardisty  
**community  
fun day**

[New date]  
**Saturday,  
September 26 10-3pm**

**Capilano**  
Community League Playground  
108 Ave + 54 St

- 10am FREE **pancake breakfast**
- 11am + 2pm **Dynamo Dogs** Agility Demo
- **Cash BBQ** by Young Life
- **Kid Zone** activities sponsored by Andy Verhagen
- **Petting Zoo** and **Pony Carousel**
- **Bouncy things**
- Donate to **Food Bank** to be entered in a draw.

A big **THANKS** for financial support and displays to  
Strathcona Industrial Association, Celanese, Epcor  
and Imperial Oil.

  
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Celanese  
The chemistry inside innovation



## Congratulations U12 Southeast Storm!

SE Storm Dowson Gold Medal winners (U12 Boys - Group B) at the Spruce Grove Moon Day Tournament in July (Coaches Shauna Dowson, Brenda Erlam & Byron Walker)



SE Storm Dolezal Silver Medal winners (U12 Boys - Group C) at the Spruce Grove Moon Day Tournament in July (Coaches Jason Dolezal & Curtis Schneider)





## 2015 Capilano Community Summer Green Shack Program

The Green Shack program is back at Capilano Community Park (10810 – 54 St.) for 2015. The Green Shack playground program is available for neighbourhood children 6-12 years:

--Weekdays (July 2 – Aug 25) from 2:30 – 6:00 p.m.

Children under 6 years old welcome to participate with parent support/supervision.

A playground leader delivers FREE playground programs for children that includes drop in sports (4:30 p.m. daily), games, activities, and crafts. As well, there is Family Focus time Tuesdays and Thursdays from 3 – 4 p.m. that specifically accommodates families with younger children.

Thank you to the following volunteers who have participated in "Adopt a Green Shack Week" this summer: Shauna D, Lorena F, Alison P, Indra P, Jill S, Heather S, Chantelle L!

## Community Swims at Outdoor Pools

Mill Creek: Daily 7 p.m. – 9 p.m. (May 30-Sep 6)

Queen Elizabeth: Sun/Tues 5 p.m. – 7 p.m., Mon/Wed 6 p.m. – 8 p.m. (May 31-Aug 28)

Oliver: Sun/Mon/Tues/Wed 5 p.m. – 7 p.m. (June 14-Sep 6)

Fred Broadstock: Sun/Mon/Tues/Wed 5 p.m. – 7 p.m., (May 30-Aug 29)

Current Capilano Community League MEMBERSHIP CARD needs to be shown to gain free entrance during community swim times.

NOTE: All outdoor pools are closed when forecasted temperatures are below 18° C.



## Fulton Ravine Skateboard Park

(Located near Capilano Mall)

The City of Edmonton on-site staff will be happy to share their skateboarding expertise with you. Look out for the orange shirts!

Staffed Hours: June 4 – September 1

Mondays – Thursdays: 12:30 – 8:00 p.m.

Fridays: 3:30 – 8:00 p.m.

Saturdays: 12:30 – 8 p.m.

Sundays: 12:30 – 8 p.m.



**Indoor Tryouts**  
**Sept. 1 & 2**  
**6 - 9 pm**  
Cloverdale skating rink,  
9411-97 Ave.



Please bring identification of registrant (birth certificate, AB Health Care Card etc), 4 BLANK cheques and your current community league membership card (2015/2016) to registration.

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Frank@royallepage.ca

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## Cloverdale Community League Contact Information

### Board of Directors

President	Vacant	
Vice President	Susan	yackulic@telus.net
Civics Director	Paul	pbunner55@gmail.com
Folk 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

### 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](http://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](http://www.cloverdalecommunity.com)

For more information or to book the hall, contact Janet at janmhardy@gmail.com

## Upcoming Cloverdale Events

(details to come)

### Community League Day (September 19)

The Cloverdale Community League would like to organize a perennial exchange, garage sale, and big bin event on September 19, for Community League Day, but we need someone to take charge as the lead planner!

If you have an interest in organizing this event, please contact CCL Social Director Bob Zuckerman at daszuke@gmail.com

**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 AGM

**Join us for the 2015 Annual General Meeting on Monday, September 21, 7 p.m. at Cloverdale Hall.**

Interested in giving back to the community by becoming a board member? Keep reading to learn more about the available positions! Nomination forms are available for download on the CCL website on the About Us page. Email [cloverdalechronicle@gmail.com](mailto:cloverdalechronicle@gmail.com) if you are interested in applying.

### President

The President will: preside at all meetings; be an ex-officio member of all committees, except a Nominating Committee; be charged with the general supervision of all the activities of the League; nominate a member who is willing to serve and stand in for or replace the President, as circumstances require; be a signing authority, act as the official spokesperson of the league or appoint a designate, and be a member of the Executive Committee.

### Vice-President

The vice president will: preside at any meetings the President is absent from; assume any duties from the President as required; be a signing authority; be responsible for the annual review of the Bylaws, Policies and Procedures; assume any duties the business of the league requires, and be a member of the executive committee.

### Civics Director

The Civics Director will: liaise with the City of Edmonton and other Stakeholders with respect to issues of concern to the membership, particularly with respect to City infrastructure; receive and address concerns of the membership regarding municipal infrastructure development and associated community impact; and report to the Board

### Program/Social Director

The Program/Social Director will: be responsible for all matters pertaining to social activities and programs of the league, including dance programs, social nights, indoor playground, etc., prepare an annual budget for social activities and programs and submit it to the Treasurer; review and prepare policy and procedures with respect to social activities and programs; and report to the Board.

We are also recruiting directors for the **Community Garden and Flood Mitigation committees.**

## Valley Line LRT Update

The City of Edmonton is continuing work to support construction of the Valley Line portion of the LRT. Over the past couple of months, City Council has reviewed and approved updates to the Environmental Impact Screening Assessment and Site Location Study. The updates reflect input provided by affected river valley communities concerning construction access, maintenance of trail connections, regrading of slopes surrounding the Edmonton Ski Club's lift infrastructure, shifting the location of the proposed Muttart storage building and installation of anchors to support retaining walls along Connors Road. It is encouraging that the City is responding to community concerns and hopefully this approach will continue as the project moves towards construction.

On March 25, 2015 Paul Bunner and I attended a public session of the Edmonton Transportation Committee where stakeholders had a brief opportunity to voice their interests and concerns regarding the LRT.

Cloverdale's presentation focused on the installation of significant LRT infrastructure within the river valley parkland including a large storage building to support operations at the Muttart Conservatory/equipment maintenance associated with Kinsmen Sports Centre along with a major LRT siding for the temporary storage of LRT cars. Paul did an excellent job of succinctly presenting the interests of Cloverdadians, but the meeting was overshadowed by a novel presentation on re-establishing Mill Creek as a flowing channel that would see it re-connected with the North Saskatchewan River ([http://andrewleach.ca/wp-content/uploads/2015/03/mill\\_creek\\_small.pdf](http://andrewleach.ca/wp-content/uploads/2015/03/mill_creek_small.pdf)). The committee received all of the presentations as information.

As part of the city's commitment to public consultation, five Citizen Working Groups have been established to support ongoing engagement during the procurement, detailed design and construction phases of the Valley Line LRT project. The groups represent five planning zones the city designated as part of the LRT planning process and members were selected by affected community leagues, business, recreational and cultural organizations and by community members themselves at public meetings held this spring. Glenn Selland and Peter McFarlane are Cloverdale's representatives on the river valley group, with initial meetings being scheduled by the city for later in July or August.

Residents may have noticed activity within the Muttart and Henrietta Muir Edwards Park area in the past few weeks. In preparation for LRT construction, the city relocated approximately 12 large trees (mostly near the Muttart) and conducted drilling operations to gain additional information on the soil profile along the planned LRT alignment. The community can expect a significant increase in pre-construction activity as this project moves towards full construction in 2016. Individuals seeking information on LRT related pre-construction activities can subscribe to electronic updates at the city's LRT website (<http://edmonton.us4.list-manage1.com/subscribe>).

Community league members are encouraged to bring forward and comments or concerns they have regarding the LRT to Glenn Selland ([gselland@shaw.ca](mailto:gselland@shaw.ca)) or Peter McFarlane ([pmcfarlane@shaw.ca](mailto:pmcfarlane@shaw.ca)).

*Glenn Selland*

*Co-chair Cloverdale LRT Liaison*

## Reducing Flood Risk in the River Valley

On June 28 at the John Walter Museum the Edmonton City Archives held an event commemorating the catastrophic flood of 1915. Inevitably it raised the question, could it happen again? The short answer is yes, but some things could be done to reduce the risk. The Cloverdale Community League has been working on this issue off and on for decades, most recently through its Sewage System Upgrades/Flood Risk Reduction committee. We have been working with City Drainage Services to identify solutions to the local flooding that occurred in 2011 and 2013 when the local storm sewer system was overwhelmed by a combination of heavy rainfall and high river flows. These include changing the protocols for closing the gates on overflow pipes at the river, restricting the storm water that flows into Cloverdale from the hilltop neighbourhoods, and pushing the City to make upgrades of the local storm sewer system a high priority, including separating the old combined storm-sanitary sewer system in east Cloverdale.

River flooding is a lower risk than storm sewer overflows in Cloverdale. The last significant flood was in 1986, when the river spilled over the bank as far as 98th Avenue. Nevertheless, the potential for severe river flooding is an ongoing risk.



Since the major flooding in southern Alberta in 2013, the government of Alberta has been studying flood mitigation options province-wide, including the North Saskatchewan River Valley in Edmonton. Possible measures include a provincial agreement with the operators of the Brazeau and Bighorn dams to regulate water flows in the NSRV, similar to a new agreement with the operator of the Ghost River Dam to reduce the flood risk in Calgary. Other options might include building permanent raised berms along the riverbank, or installing temporary flood barriers as needed. The community league believes flood risk reduction efforts should be a high priority not only to protect the valley communities, but also the parks, trails, bridges, docks and other recreational assets used by all Edmontonians.

This fall the province will release its study about flood mitigation in the NSRV. Also this fall, the new provincial government will be releasing its long-term plan for infrastructure investments. This may be an opportunity for Cloverdale to make progress on river flood risk reduction and storm sewer upgrades.

We are currently looking for volunteers to serve on the Storm Sewers/Flooding committee. If you're interested in working on these important issues on behalf of our community please contact CCL civics director Paul Bunner at pbunner55@gmail.com.

## Hockey Registration



**Aug. 18 & 19 2015**  
**4 - 8 pm (Both dates)**

**KENILWORTH ARENA**

[www.northseera.ca](http://www.northseera.ca)



### *South East Edmonton Families*

My Name is Rob Sharp and I am President of North Seera Hockey Society, and this is my personal invitation for you and your family to come and join our NSH Family. As you can see above we have two registration nights in June and we would like to see you there.

First and foremost we are a Community Hockey based organization. Our hockey program is considered one of the best in the City.

We have ongoing skill camps for players; ongoing coaching clinics for coaches and assistance for all volunteer positions.

My true message to you is that we are more than that.

Highlights of our program include the following:

- NSH Silent/Live Auction Banquet for team fundraising.
- NSH Night at West Edmonton Water Park ( Private event for NSH and extended families)
- NSH Night with the Oil Kings is an Oil King Regular Season Game where the teams of NSH are featured with game day and time experiences.
- NSH/Millwood Hockey joint Charity Hockey Game "Shoot For Food" raising food/money for the Edmonton Food Bank
- NSH Volunteer year end recognition Banquet
- Team building fun experiences.

NSH is an affordable activity which includes both males and females ages 4-14. At NSH we believe you and your child will build lifelong friendships along with positive personal and athletic growth.

Please visit our website [www.northseera.ca](http://www.northseera.ca).

I also invite you to call me or e-mail with your questions along with further information requests.

I look forward to helping you make us the choice for your child's winter activity.

Rob Sharp *President NSH*

[president@northseera.ca](mailto:president@northseera.ca)

780-289-8490

## Community Garden an Example of CPTED

CPTED, or Crime Prevention Through Environmental Design, is the science around the design and effective use of physical space to lead to a reduction in both the incidence and fear of crime. The new Cloverdale Community Garden and the Gallagher Park Shade structure both address CPTED aspects identified by the City of Edmonton Police. CPTED seeks to reduce both opportunities and the number of targets for criminals. When legitimate users of a space are actively encouraged, opportunities for observation are increased, and potential offenders are made to feel uncomfortable. The police stress that in order to make neighborhoods safer we should encourage use of public spaces and also encourage the development of a strong sense of community.

According to Timothy Crowe, a renowned expert in CPTED, we should encourage territorial reinforcement – the design of facilities so that a sense of "ownership" is created, making legitimate users feel welcome, and discouraging illegitimate users. "Crime Prevention Through Environmental Design". Butterworth-Heinemann Publishers, 2000. Placing amenities such as seating in common areas helps to attract larger numbers of desired users, and scheduling activities in common areas increases proper use and increases the perception that these areas are controlled.

We encourage Cloverdale residents to meet, greet and enjoy your community garden and parks to build positive community relationships.



## League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Nicole		Secretary@forestterrace.org
Treasurer			Treasurer@forestterrace.org
Hall Rental	Molly	466-0585	Molly@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	Secia@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	Angela		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
Civics	Angela		Civics@forestterrace.org

**Meetings- 7pm 1st Tues, Monthly**

## Hall Rentals

Our hall is newly renovated with affordable rates and can support many types of functions, up to a maximum of 65 people. For more information email molly@forestterrace.org.



## Memberships

New 2015/16 memberships are now available for purchase. (Current membership expires end of August.)

Memberships can be purchased conveniently at www.efcl.org (for a \$5 surcharge) or at: Shaheen's Bakery on 79St & 101Ave & Growers Direct Florist on 101Ave & 70St.

Alternately, call CoraLee at 780.430.4307 or email coralee@forestterrace.org.



## Freezer Meal Workshop

Get ahead of the game and pack your freezer full of pre-made meals for when school starts up again. Freezer meals are a great time saver for busy nights. Each meal feeds between 4-6 adults. Smaller families can even split them up into smaller portions to make more servings. All the cooking utensils and tools are provided at the workshop and what's more---you get to walk away from the mess. No cleanup required!

**When: Saturday, September 26th, 1-4pm**  
**Registration deadline: September 11th**  
**Contact: Diane @ 780.466.9045 or damom23kids@gmail.com**

## Clothing Swap

Sept 12th, 1-4pm @ FTHCL

Bring your new or gently used items (open to all ages and sizes) and leave with new-to-you items!

Items for swap:

- Clothing (no under garments)
- Shoes
- Handbags
- Accessories

- \*No damaged items
- \*Items left at the end of the event will be donated

\$2 entry fee at the door  
\$1 mini glasses of wine.

Potluck style snacks, please bring something small.

## Childcare in the Heights

Our community babysitting registry is designed to encourage families to take a break and to allow community members to help each other out. Babysitters could be asked to mind children at the community league during events and programs. This is a great opportunity for someone to gain babysitting experience while being in close proximity to the child's parent(s). Older teens could be involved in the traditional babysitting while parents are out of the home for a few hours.

Interested in a Meet & Greet? Certified Babysitter? Looking for childcare?

Contact Anna at babysitting@forestterrace.org

## Fall Bootcamp

Sign up for bootcamp at the hall this fall!

Classes will run on Monday nights from September 14 - October 26th (No class on Thanksgiving October 12th)

6 week session for \$45 or \$10 drop-in fee.

This class is open to all members, including Community League members from other neighbourhoods. All fitness levels & ages welcome.

Contact Sharon Weber to register at 780.270.5273 or cs.weber@shaw.ca

## Pilates on the Ball

**September 18-December 18**  
**\$70 for fall session or \$10 drop-in fee.**

This gentle form of exercise is suited for all ages and physical capabilities. Join this exercise class on Friday mornings from 9:15-10:30 at the hall. It is a very relaxed and friendly atmosphere.

To register contact Kelly at 780.465.5611.

## Yoga (New!)

These Yoga classes will run on Thursday evenings (6-7:15 - Sattva Yoga, 7:30-8:30 - Restorative Yoga) from October 1 - November 5th

Cost : \$45/6 wks/Community League Members, \$60/6 wks/Non-Members

### *Sattva Yoga (all levels)*

In this class, we will attempt to balance body, breath and mind through physical postures, pranayama (breath) and a short meditation. This class is perfect for the beginner, as well as the advanced practitioner.

### *Restorative Yoga*

In this class, we will restore the physical body with hatha yoga postures. We will focus on more seated postures, opening the shoulders, hips, back and hamstrings, and finish with savasana. Breath with also be a focus.

\* Please bring your own yoga mat and any props you may find useful.

Contact Linda to register or for more information at Turnbull.linda@gmail.com.

## UPCOMING...

**Sept 12th** | 1-4pm | Clothing Swap/FTH Social Event  
**Sept 26th** | 10-3pm | Greater Hardisty Community Fun Day

### FREE Community Member Swims

New! Saturday CL Swim Location: Commonwealth

The fall/winter community league swim begins September 6th.

Saturdays at Commonwealth, 5 - 7pm  
Sunday at Hardisty, 1:15 - 2:45pm, and Bonnie Doon, 4:15 - 5:45pm

\* Membership card required.

## Volunteer Opportunities

We have a great group of volunteers in the Heights! Volunteering in the community is a great way to meet neighbours and build friendships close to home.

We are looking to secure the Rink Attendant volunteer position well in advance to the skating season. This volunteer will be needed from 1:45-4:30pm on Thursday's for schools' early dismissal so that there will be someone to supervise the rink until the paid staff arrive.

For more info contact Alanna at [volunteers@forestterrace.org](mailto:volunteers@forestterrace.org).

## New Sign!

A big thanks to a local Terrace Heights business for the discount on our new sign:

Aurora Flags & Banners  
(7325, 101 Avenue)  
[www.auroraflags.com](http://www.auroraflags.com)

Check out the sign with our new logo on it located at 101 Ave and 79 Street.



## Afternoon Socials News:

Two socials were held over the summer on July 11th and August 8th. On July 11th, we got to hear about some of the great things that Fruits of Sherbrooke ([www.fruitsofsherbrooke.ca](http://www.fruitsofsherbrooke.ca)) is doing as a non-profit in our community, and we were each lucky enough to take home a small sample of the jams that they make. On August 8th we had a garden social. One of the local residents shared a great tip for blanching and shell-ing peas, and we had a great time testing the tip in a hands-on practice session. Thanks so much to Sharon for sharing the idea, and to Kuhlmann's greenhouse for donating the peas for this event!

The next FTH Social will be on September 12 at 1 pm, and this event will be combined with a clothing ex-change.

The Social will be from 1 to 2:30 pm and the Clothing Exchange is from 1 to 4 pm.

- ☐ There will be free coffee and snacks - it is potluck style, guests are welcome to bring something small.
- ☐ \$1 per mini glasses of wine.
- ☐ Potluck continues until 4 pm.
- ☐ It is free to attend Social, however there will be a \$2 entry fee for those participating in the Ex-change.

The Clothing exchange is open to all ages and sizes. Items left at the end of the event will be donated. Items for swap are:

- ☐ Clothing (no under garments), shoes, hand-bags, accessories. Do not bring any items needing repairs.

Tentative date for the October social is October 17th, so save the date!

- ☐ Interested in being a guest speaker or volunteering at one of our monthly socials? Or do you have ideas for other social events? We would love to hear from you. Email [connie@forestterrace.org](mailto:connie@forestterrace.org) or call (780) 462-1442.







## Pampered Chef Freezer Meal Workshops

with Diane!

- Too busy to cook?
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- Having a baby or know someone that is?
- Want to eat at home more often?
- Want to give your partner a break from all the cooking?

Then freezer meal workshops are for you!

In less than 4 hours prepare 7 or 14 meals that will feed your family.  
Workshops take place at the Forest Terrace Heights Community League  
~Paleo / Gluten & Dairy free menus are available upon request~

**\*\*Members receive a discount\*\***

Full details at [ForestTerrace.org](http://ForestTerrace.org)

Events-> Programs & Events-> Freezer Meal Workshop

Call Diane at 780-466-9045  
Independent Consultant for The Pampered Chef



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## Marlin Schmidt, MLA Edmonton-Gold Bar

Edmonton-Gold Bar Constituency Office:

7510 82 Avenue

Edmonton, AB T6C 0X9

Email: [edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)

Phone: 780-414-1015

Fax: 780-414-1017

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## 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 8:00 p.m.



## Join Your Fulton Place Community League! 2015/2016 Membership Drive On Now!

Volunteers will be out in our neighborhood starting in September selling 2015/2016 Fulton Place Community League Memberships.

Cost is \$25.00 for Family, \$10.00 for Individual and \$5.00 for Senior.

Memberships can also be purchased by contacting our Membership Director, Registration events for Hockey or Indoor Soccer, or at The Grocery People in Goldbar shopping center.

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.

Email our Membership Director at [memberships@fultonplace.org](mailto:memberships@fultonplace.org) for more information.

## League Bylaws

The Bylaws and Policies subcommittee of Fulton Place Community League is looking for assistance in reviewing and updating our Bylaws for approval at the November Annual General Meeting as well as documenting policies for league operations. If you're looking to learn more about FPCL and can commit a few hours a month for meetings please email [krystina@fultonplace.org](mailto:krystina@fultonplace.org). No experience is necessary.  
*Krystina Langston*  
*Secretary*

## Is church what it used to be?

That's a question I often see in the faces of others I meet, particularly when I am wearing my collar. As the pastor at St. Augustine's Anglican Church in Fulton Place, I understand that church, for many people, has not always been a positive experience or, at best, it has seemed irrelevant.

At St. Augustine's it is a question we ask ourselves as well. It seemed right to us a year ago to make a significant change to our land and partner with the Sunshine Community Garden. Fulton Place community League members and neighbors have transformed our lawn into a stunning arrangement of raised box garden beds. Neighbors now meet and connect in a spot that was once simply a lawn. Perhaps this kind of thing has a lot to do with being church in this new era.

Like our land, we find ourselves transitioning from the church of the fifties where mom and dad and the four or five kids came each Sunday. (Of course, we'd continue to welcome this family with open arms today!). Today our congregation reflects the changing demographics of our neighborhood -- we are about 50 folks - many seniors - who gather to worship and support each other each Sunday.

Yet, we understand we are in a significant period of change.

St. Augustine's is reaching out to you and to others in our neighborhood to help us through this time of transition and opportunity. We would like to explore with you: what does a neighborhood based church look like? What needs does our community have that we can help meet? We are asking you (however you are able) to bring your spirituality and your experiences to this essential conversation. I believe God is always at work and that everything we need to participate in that work is found in the abundance of this community. I am caught by the person and teachings of Jesus Christ - a person whose story hinges on joyful surprise and new life. I am expecting to be surprised by your answers as well.

I would welcome a conversation. It can be one on one. Or you can come to our 9:30 Sunday (summer) service. Or take a walk with me through the Sunshine Garden and witness the transformation we see.

*Rev Jonathan Crane 780-619-3170*

## Parent & Tot Playgroup

Parents and Tots (5 yrs and under), are invited out to Fulton Hall on Friday mornings from 9-11am. Bring a sharable snack and \$2.00/family to cover the cost of refreshments. For more info contact Stacey at 780-465-9545

*More Fulton Place News on Page 18*

## 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 information.**



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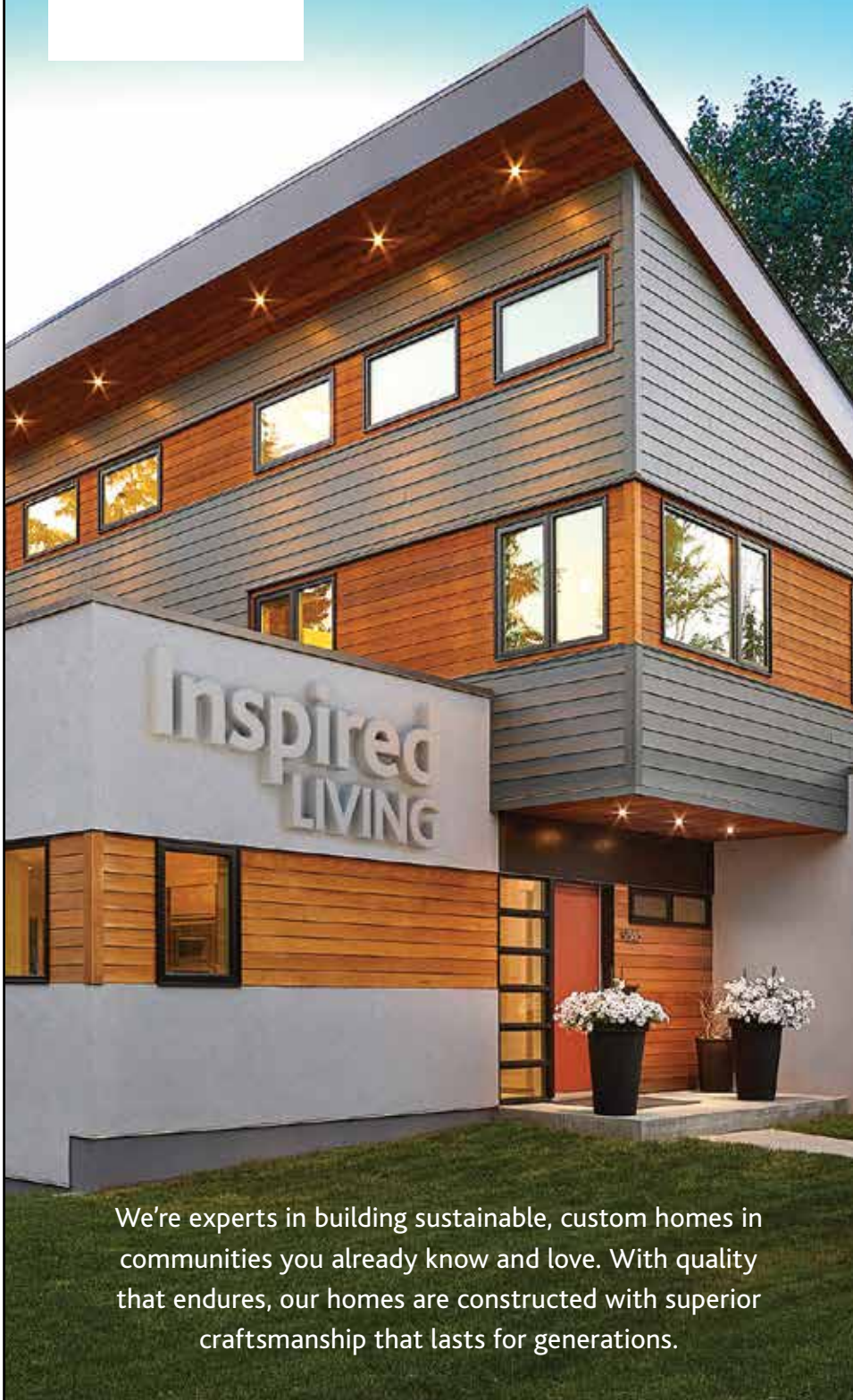
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## Childhood Immunizations

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](http://ImmunizeAlberta.ca).

[ImmunizeAlberta.ca](http://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](http://ImmunizeAlberta.ca) has the info you need.

Visit [ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) today.

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## Fulton Place Community Gardener's Swap Meet and Sale

6115 Fulton Road  
Saturday Sept. 12, 2015  
9:00 am. – Noon

September is the best time to divide peonies. You can also attack large clumps of day lilies and hostas. Dig them, break the clumps into 3- 4 pieces. Rejuvenate the soil and decide where you really want them to be. If you have extras, bring them to the Fulton Gardener's Swap to trade for other interesting plants.

Irises can be dug and the large rhizomes cleaned of all weeds. Pull them apart gently and place groupings into a star-shaped configuration (leaves on the outer edge). Replant them so that the rhizome tops are barely covered – then bring the rest to the Fulton Gardener's Swap.

Were your spring bulbs less showy last spring? Dig them, renew the soil with bone meal and replant the largest bulbs. Bring the rest to the Fulton Gardener's Swap.  
Renewing an entire flower bed? Bring what you don't want .... You get the idea! Why do this? Because you can trade your extras for different varieties!

While you are at the community hall 6115 Fulton Road, you might also pick up a bag of apples, zucchini, scallop squash, acorns, Chinese lanterns or other fruits or vegetables. You might also restock your seed supply – and pick up the pots you will need to start your 2016 garden, as well as books and magazines that will tell you how to plan that new flower bed.

See you there.

For more information contact <http://www.fultonplace.org> or [gardeners2012@gmail.com](mailto:gardeners2012@gmail.com) or Doreen 780-469-9289

## What is Responsible Pet Ownership?

### *Scoop the Poop*

- Pet waste can be smelly, unattractive, and can even be a health issue for you and your pet. Carry a bag with you to pick-up your pet's poop whenever you are off your property. Poop can be collected in a plastic bag and thrown in the garbage.
- You do not need to clean up waste immediately on your private property, but you still need to clean it up regularly. Allowing excessive waste to build up affects your neighbours and pet negatively.

### *Get a Licence*

- Licences are affordable, available online, by mail, by fax, or in person and all proceeds go to animal care.

### *Keep Them Controlled*

- Dogs must always be on a leash when on public property and should be contained in a secure yard or building when on your property. Dogs are not allowed on school grounds, sports fields, playgrounds, and golf courses  
For more information visit [edmonton.ca/pets](http://edmonton.ca/pets)



## Fulton Child Care Association Celebrates 40 Years in

### Fulton Place Community.

For the past 40 years Fulton Child Care Association had been housed in a cluster of temporary school portables dating from the late 1950's but on May 27, 2015 we moved into our newly renovated space at Fulton Place School. Without the generous support from the following organizations our renovation project would not have been possible. We wish to express thanks to: the Community Facility Enhancement Program for their assistance in helping us create a wonderful infant room, the Edmonton Community Foundation and the Stollery Charitable Foundation for helping us build a fabulous kitchen which will enable us to continue to offer nutritious meals and community workshops. We are also thankful for Manasc Isaac's 2014 Blue Sky award which provided us with a professional architectural design to create our vision for our new space, many thanks to the Edmonton Public School Board and our numerous supporters and contributors of materials, grant writers and all the community and parent volunteers who worked tirelessly to make our new space a reality. Finally we wish to acknowledge Tracy Utting with special thanks as she spent endless hours coordinating between all parties involved.

As a non-profit charitable organization we continue to accept donations in kind and these will be going to fund our new outdoor play space. We want to thank everyone for the generous donations that we have received to date as we celebrate 40 years in the Fulton Place community and look forward to 40 more years.

## Playing outside fuels a child's curiosity

For generations, parents have been telling their children to "go outside and play." It's good advice: playing outside is a big part of healthy childhood development. And it's fun.

"Children are eager to understand how the world works and they do this through play," says Laura Crawford, provincial lead for Play and Physical Literacy for the Early Years at Alberta Health Services. "Outdoor play fuels curiosity, problem solving and social skills."

Young kids, from toddlers to six years old, discover all kinds of new things while they're climbing, swinging, running or riding their bikes. Playing outside helps them develop basic movement skills. And as they master the monkey bars, they're also building self-confidence.

Children need lots of play time. "From ages one to four, children need at least three hours of activity over the course of the day," Crawford says. "Children five and older need at least one hour of moderate to vigorous physical activity every day."

Some of that play can be structured and led by an adult so children can learn how to do a new skill or activity. "Structured activities are things such as going to the park and kicking a ball, throwing a ball, playing soccer or learning to swim or ride a bike."

But it's also important for children to have plenty of unstructured play, such as running around or using their imagination to invent brand new games and activities. Crawford suggests allowing most play to be unstructured.

As a parent, you can watch, wait and listen as your child plays. Watch to see what your child is interested in and what he may be struggling with. Wait to see how you can offer support, but give him time to practise and see if he can figure it out on his own. Finally, listen to him describe his game or suggest how you can play along or help. Follow his lead.

— reprinted from Apple magazine







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## Southwoods Village At Hazeldean

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### The Christenson Group

is pleased to invite you to an informational session introducing Southwoods Court North, Phase 1 of Southwoods Village at Hazeldean. Centrally located, Southwoods is close to many amenities, walking paths, and the Millcreek Ravine. The building is now under construction.

### Building Features:

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

### Look & Learn Sessions

are being held at the **Southwoods Information Centre (9472 - 65 Ave, Edmonton).**

### Look

at existing communities on a guided bus tour. **Call to book a seat on the bus.** Bus tours will be booked according to demand.

### Learn

about the Life Lease choice and its advantages **every Tuesday at 2:00 pm.**

Seating is limited, to reserve a seat please call Lynne Christenson at **(780) 975-2509** or by email at **LynneC@CDLHomes.com.**



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## GOLD BAR EXECUTIVE

President	Erin	780-901-0422
Vice-President	Adam	780-406-9758
Secretary	Jessica	780-756-9182
Hall Rentals	TBA	
Social Director	Rhonda	780-966-3096
Memberships	Linda	780-463-9881
Babysitting	Lil	780-466-4060

## Finances and Fundraising:

<b>Financial Director</b>	<b>VACANT</b>	
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	Cassie	780-485-0350
Webmaster	BJ	
Green Shack	Sharon	780-628-2971
Summer Program	Kelly	780-434-6533

To post on the **sign** at 106 Ave & 47 St  
email [sign@goldbarcl.com](mailto:sign@goldbarcl.com).

**Community Updates:** [www.goldbarcl.com](http://www.goldbarcl.com)  
[facebook.goldbarcl.com](https://www.facebook.com/goldbarcl.com)  
[twitter.goldbarcl.com](https://twitter.com/goldbarcl.com)

## Upcoming Bingo Dates

Call Lorna @ 780-465-5594 to volunteer at bingo,  
which raises money for our community.

### Fort Road Bingo:

Wednesday, September 16, 2015 - Afternoon & Evening  
Friday, October 23, 2015 - Afternoon & Evening

### Parkway Bingo:

Friday, September 11, 2015 - Evening & Late Nite  
Sunday, October 4, 2015 - Afternoon

## Financial Director FOUND!

You can all stop squirming as a kind person has stepped forward to take on this critical executive position. Thank you, and welcome, Connie White!

## Gold Bar Communications

To submit an item to the **OCT 2015 SEV** in the Gold Bar section, email [sondi@telus.net](mailto:sondi@telus.net) or call SONDI at 780-468-2237 by **SEP 20**.

## Community League Memberships

In addition to canvassing door to door, starting July 1st, 2015-2016 Memberships will be available at your local TGP store and Blues Java Cafe.

Watch for canvassers during the summer months through September.

Fees are as follows per household:

Family- \$20.00

Adult - \$20.00

Senior- \$5.00

- Why buy a membership?
  - o Support your community
  - o Join a community sports team
  - o Free community swim at Hardisty (check pool schedule for day and time)
  - o Enjoy community funded events
  - o Community league wellness program! Present your valid Gold Bar Community League Membership at any City of Edmonton Leisure, Sports and Fitness facility and choose from the following Community League Wellness products: Annual Pass: Community League members receive a 20% discount on child, youth, adult, senior and family passes. Multi-Admission Pass: Community League members receive a 15% discount.

## Gold Bar School Community Breakfast

Thursday September 10th  
7:30 – 9:00 am,  
Gold Bar School gym

We invite the community members and families of Gold Bar School to come for a hot breakfast. Come celebrate going back to school and the strength of our community.

## Yoga with Grace

Please join us for the next session of yoga at Grace United Church, 6215 104 Ave., starting **September 14, 2015**. Classes are held on Monday evenings from 6:45 p.m. to 7:45 p.m. at a cost of 8 classes for \$50.00. Registration September 14, 20-15 at 6:30 p.m. (right before class) or email [lormuma@shaw.ca](mailto:lormuma@shaw.ca) for more information.

## Local Volunteer Opportunity

The Spina Bifida and Hydrocephalus Association of Northern Alberta (SBHANA), and The Running Room invite you to attend the 8th Annual Hope Classic for Spina Bifida and Hydrocephalus!

The eight annual 5K and 8K run, walk, wheel event will take place on Saturday, August 8th, 2015 at Rundle Park, Site #6 at 10:00 am. All proceeds from the event will support the SBHANA, and spina bifida and hydrocephalus associations across the country, who in turn provide support and assistance to people living with spina bifida and hydrocephalus.

The event is followed by a free family barbecue for all, complete with music, face painting, door prizes, and other entertainment. Registration is \$20 per individual until August 6th, and \$60 per team of four (\$15 for each additional team member, up to 10 members).

Please visit <https://www.events.runningroom.com/site/?raceId=12310> to register. We are also recruiting volunteers! For more information, contact race director Kyra Cusveller at [kyra@sbhana.org](mailto:kyra@sbhana.org) or by phone at 780-451-6921. See you at the starting line!

## City Services & General Information

Visit [www.edmonton.ca/311](http://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.





## Window and balcony safety Protecting your children

As summer temperatures rise outside, many parents open their windows or balcony doors to let in fresh air. Unfortunately, along with the fresh air comes a significant risk to children.

For a curious child, an open window or balcony door can pose the risk of a serious fall.

Every year, Alberta Health Services (AHS) EMS responds to multiple calls related to children injured after falling out of windows or off of balconies. In 2014, 20 Albertan children were seen in our Emergency Departments, due to these kinds of falls, and of those 20, 17 were less than seven years of age.



Always take these steps to prevent falls, and keep your children safe this summer season, and year round:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open. to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate the possibility that your child will be able to fit between the vertical bars of a balcony or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Direct supervision of children is always the most effective way to prevent falls.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: [www.windowssafety.ca](http://www.windowssafety.ca) to learn more.

## Gold Bar Park Snowmaking Infrastructure.

Commencing July 22, 2015 construction is to begin on the installation of in ground water pipelines and electrical cables in the trail areas in portions of Gold Bar Park. During the months of July and August, crews will be installing pipelines to carry potable water to a number of non intrusive hydrants along the ski/bike trails towards 50th street and along the North side of the lakes. The purpose of this construction will be to supply water and power to artificial snowmaking equipment in the first weeks of the ski season to facilitate snowmaking in the parks' cross country ski trails. Park users may encounter some trail disruptions at times between July 22 and September 10. Signs and detours will be posted and any disruptions will be short term. Please remember that construction sites are dangerous. Please keep away from the construction site and the equipment. Keep to designated detour routes, and follow posted signage. The successful completion of the snowmaking project will allow for a solid snow base and available supplemental snow ensuring all users of the ski trails have the best possible ski conditions regardless of the seasons' weather conditions. The Edmonton Nordic Ski Club and the City of Edmonton have Partnered to bring this Project to the public. For information on the project including its history leading up to this construction phase please search [EdmontonNordic.ca](http://EdmontonNordic.ca) snowmaking, or email Dave Storey ENSC - [snowmaking@edmonton-nordic.ca](mailto:snowmaking@edmonton-nordic.ca)



## A Green Shack Thank You!

Green Shack at Gold Bar was a huge success. A big thanks to our municipal government for funding this great program. Thank you to our city recreation department for overseeing and hiring an amazing Green shack leader this year. I don't think the kids ever beat him at soccer and it was always all of them vs. just him. It was great to have a leader who really enjoyed playing at the park with the kids. Lastly thank you to the parents who encouraged their kids to attend the Green Shack. If you ever want to know what's going on follow Gold Bar Community League on FB. You can email me feedback to help me complete the survey for this year's program, [sharon.harker@gmail.com](mailto:sharon.harker@gmail.com)






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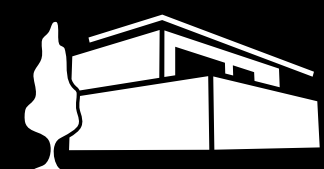
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## Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

### Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges. For more information: 311



# Holyrood

9411 Holyrood Road  
(780) 465-1577  
holyroodleague.org

## Holyrood Community League Contacts

President: Wendy	president@holyroodleague.org
Vice-President: Lynn	vicepresident@holyroodleague.org
Treasurer: Darcie	treasurer@holyroodleague.org
Secretary: Justine	secretary@holyroodleague.org
Programs: Patty	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: Danielle	communications@holyroodleague.org
Greenspace Committee:	<a href="mailto:greenspace@holyroodleague.org">greenspace@holyroodleague.org</a>
Social Director: Natasha	social@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](http://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.

## 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](mailto:playgroup@holyroodleague.org).

### Yoga - All levels welcome!

**Mondays, September 14th - November 12th (no class on October 12th)**  
**Holyrood Community Hall, 7 - 8:15 pm**  
**Cost: \$70 for 7 classes or \$12 drop-in.**  
**Contact Lyle Cott: [dog08@shaw.ca](mailto:dog08@shaw.ca)**

### Booty Barre

Holyrood "Fall" into Barre! There is no season quite like fall; back-to-school festivities, a return to routine, and enjoying somewhat cooler yet comforting temperatures that Alberta weather brings. What better a time to restart your fitness routine or try something new?

Join others in the neighbourhood for Saturday morning FitCommunity Barre. Two class time options are now available. Developed by celebrity fitness pro Tracey Mallet, Booty Barre incorporates fitness techniques from dance, pilates, and muscular endurance that will tone, define and strengthen the whole body. This energetic, fun workout fuses together the perfect combination of strength and stretching with an extra dose of cardio so your body will 'feel the burn' as you push yourself to a greater level of fitness. Movements can be modified to cater towards the enthusiastic beginner or accomplished dancer. No former dance experience is required. Let the pliés begin!

**Saturdays, September 12th - October 24th (no class on October 10th)**  
Early class: 8:15 - 9:15 am  
Late class: 9:30 - 10:30 am  
Contact Jeanette: [jeanette@fitcommunity.ca](mailto:jeanette@fitcommunity.ca)



## 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](mailto: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.

If you have an existing 2014-15 Community League Membership, please remember that they expire on August 31, 2015.

## Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map.  
[http://edmonton.ca/for\\_residents/neighbourhoods/neighbourhood-maps.aspx](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.

## Director at Large – Park & Grounds

The Holyrood Community League board is still looking for a member with an interest in maintaining and improving our fabulous parkland.

The Park & Grounds Director would oversee the upkeep and maintenance of HCL's amazing "outdoor assets", including our park area, plaza, playground, landscaping, rink, and parking lots. A large part of the position would be liaising with the City of Edmonton to ensure appropriate maintenance, repair and improvements as needed.

Contact Wendy at [president@holyroodleague.org](mailto:president@holyroodleague.org) if this volunteer board opportunity appeals to you!



## Spray Park Update

Construction has been a go this summer at Holyrood Park! Our Spray Deck and Naturalized Play Area are on target to be completed in September. Huge thanks to everyone who has helped make this project happen in Holyrood!

To ensure we can celebrate a fully completed project, we will be postponing the previously announced Block Party and Grand Opening. Stay tuned for a Spring 2016 Grand Opening Celebration where we hope to also unveil the on-site donor recognition element!

It is not too late to contribute to this project. Donations of \$25 and up are eligible for a tax receipt. Donations of \$100 and over will have their names recognized on site once the project is complete. To make a tax-deductible donation, please contact Justine at 780.462.1513 or [secretary@holyroodleague.org](mailto:secretary@holyroodleague.org)

## Holyrood Playgroup

Playgroup begins again on September 8. It runs every Tuesday from 0900 – 1100. You must have Community League membership and bring it for coordinator records.

Any questions, please contact Jessica: [playgroup@holyroodleague.org](mailto:playgroup@holyroodleague.org)

## Community League Contacts

**President:** Marcus - [marcusidylwylde@gmail.com](mailto:marcusidylwylde@gmail.com)  
**Vice President:** Monique - [moniqueidylwylde@gmail.com](mailto:moniqueidylwylde@gmail.com)  
**Secretary:** Vinh - [vinhidylwylde@gmail.com](mailto:vinhidylwylde@gmail.com)  
**Treasurer:** Walter - [walteridylwylde@gmail.com](mailto:walteridylwylde@gmail.com)  
**Casino:** Bridget - [casinoidylwylde@gmail.com](mailto:casinoidylwylde@gmail.com)  
**Social:** Caroline - [caroline@schwabe.ca](mailto:caroline@schwabe.ca)  
**Programming:** Kamila - [kamilaidylwylde@gmail.com](mailto:kamilaidylwylde@gmail.com)  
**Facilities:** Paul - [paulidylwylde@gmail.com](mailto:paulidylwylde@gmail.com)  
**Publicity:** Michelle - [michmckay@hotmail.com](mailto:michmckay@hotmail.com)  
**Membership:** Michelle - [bluecanary1@hotmail.com](mailto:bluecanary1@hotmail.com)  
**Garden Rep.** - [marcusidylwylde@gmail.com](mailto:marcusidylwylde@gmail.com)  
**Civics:** Lee - [lbrktt@gmail.com](mailto:lbrktt@gmail.com)

## Fall-Winter Community League Swim Program

Will continue in September, please view our website or the ICL bulletin board for more details.

## Fitness and Yoga classes

Please view our website or the ICL bulletin board for more details.

## 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.

## Community League Day Saturday, September 19, 2015

Come celebrate the spirit of our community with your neighbourhood family! Join us for a bbq lunch, activities for the kids including facepainting, bouncy castles and live music. Pick up your annual community membership and learn about our various programs and upcoming events. What a great way to meet your neighbours and learn about how you can get involved in the community. Also, the city will be showcasing new plans for the Dermott District Park. The park is in design phase right now so come and view the plans and add your input. Your opinions will help make our park great!

## Green Shack

Green Shack program continues till August 25 at Dermott District Park from 10am-1:30. Bring the kids and check out free play programs.

## Cheery Tomato Community Garden

Upcoming meetings held on September 5, and October 3 at 10am. We will be looking for people to join the garden next year and help out with the garden expansion project. Garden AGM will be held on October 20th at 7pm in the community hall.

## Mighty Mutts

Big thank you to the Mighty Mutts group for keeping our rink area so tidy this summer. If you have a small dog >22lbs and are interested in participating check out their website at [www.mightymutts.ca](http://www.mightymutts.ca)

## COME SING WITH US

- Award winning organization
- Professional conductors
- Travel locally, nationally, internationally
- Variety of musical styles

Junior Choirs - Ages 6-12

Boys' & Girls' Choirs - Ages 11-15

Youth Choir - Ages 15-24

## REGISTER NOW FOR NEXT SEASON

Contact us for more information about our choir programs  
[info@EdmontonYouthChoir.ca](mailto:info@EdmontonYouthChoir.ca) | [www.EYCC.ab.ca](http://www.EYCC.ab.ca)  
780-994-6539

EDMONTON  
Youth and Children's Choirs



**Dr. Gordon Lodwig**  
Ottewell Dental Clinic

New patients always welcome

780-465-0505  
6128 - 90 Ave.



## KCL League Contacts

Executive			
President	Meghan	780-450-0534	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President	VACANT		
Secretary	Jason	780-394-3902	
Treasurer	Colleen	780-469-7661	
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
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	<a href="mailto:kenilworthpublicity@gmail.com">kenilworthpublicity@gmail.com</a>
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	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>

### CONTACT US!

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

• **Keep Current on our website,**  
**[www.kenilworthcommunity.com](http://www.kenilworthcommunity.com)**  
**Now on Facebook! Like us! & Follow on Twitter, KCL Edmonton**

• **Next Executive Meeting: Monday, Sept.14 @ 7pm**

### • Southeast Voice Newsletter Deadlines

Submissions for the Oct. 2015 issue of the ***Southeast Voice*** are ***due Thursday, Sept.17, 2015.*** Please send all announcements to Martine 466-9444 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](http://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](mailto: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](mailto:lmiburns@gmail.com) for more info and to reserve seating. Supplies are always available!

## New Volunteer Opportunities

**Publicity** – currently open. 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 or email [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com).

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.

## 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.

## Membership BBQ

*Sunday, September 13  
12 – 3 p.m.  
Kenilworth Hall*

Come and enjoy the afternoon with family and fellow community members.

Events featured will be Glitter Tattoo Artist, Balloon man, and a Bouncy Obstacle Course.

Sign up for Kenilworth Programs and get your 2015-2016 membership.

Enjoy good food and meet your neighbours.



## Kenilworth's Adult Program Director

Please contact Sandra Adams at (780) 469-0012. If you are interested in any programs, please let me know.

## Ring in endorsement for new 811 Health Link phone number

More Albertans using 811 than old numbers

Just weeks after the launch of Health Link's new 811 phone number, Albertans are grabbing on to the easy to access number and dialling 811 for health information and advice.

Call statistics show just two weeks after the number was announced, 66 per cent of callers were using the new, easy to remember number in place of the old 10 digit numbers.

Health Link is Alberta Health Services' free, 24/7 health information and advice line. This province-wide service helps callers by providing at-home treatment options and information on the most appropriate health care services..

811 replaces the existing local numbers in Calgary and Edmonton as well as the provincewide toll-free number. The old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department.

For more information visit [www.MyHealth.Alberta.ca/811](http://www.MyHealth.Alberta.ca/811).

## Rink Attendants Required For Winter Season

Must be 18 years old or older. First Aid is mandatory. Kenilworth will provide registration to take the course. To apply for this paid position, please call Meghan @ 780-450-0534, or email president@kenilworthcommunity.com.



## Ice Rink Manager Volunteer Needed

Kenilworth requires a volunteer for the position of Ice Rink Manager for this season.

### Position Description

We require a friendly, mature, self-motivated, individual with excellent inter-personal skills, and experience in managing a community ice rink.

The successful volunteer will be responsible for ice rink management, scheduling, supervising and training of staff and basic cash reports and will be actively involved in day to day operations.

### GENERAL RESPONSIBILITIES, ABILITIES & DUTIES:

Overseeing day to day management of Ice Rink/ Ice Makers

Strong customer service and hospitality skills

Liaise with Executive Board and team to implement special events

Supervise staff in a positive employee relations environment

Create a positive ice rink experience for all skaters

First aid Certificate Required

Ensure a safe working environment and a safe customer environment

Work schedule will include evening and weekend shifts

Ability to maintain simple records.

Ensure members of the public are using the ice rink in an appropriate manner

If you are interested in this opportunity, please call Meghan @ 780-450-0534 or email president@kenilworthcommunity.com.

## 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](http://www.efcl.org) and purchase one online!



## 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!

## Adult Pickup Basketball

Come out with your friends & neighbors for a drop in game of outdoor basketball.

Saturdays, 7:30 – 9 pm (weather permitting), during the months of June, July, August at the outdoor basketball court.

Call Sandra @ 780-469-0012 if you would like to “reserve” any other time for a group’s use.

## Adult Badminton

Tuesday and Thursday evenings, 7:00 P.M. to 9:00 P.M. at Kenilworth Junior High School Gymnasium (7005 – 89 Avenue), starting September 3rd, 2015 to May 31st, 2016. For more info call Liz @ 780-465-5188 or Andy @ 780-474-2869.

## Annual Golf Tournament and Steak BBQ

Kenilworth Community League will be holding their Annual Golf Tournament and Steak BBQ on Saturday,



September 12, 2015.

This Texas scramble style, 9 hole golf tournament is being held at Triple Creek Golf Course, with the BBQ being held back at the Kenilworth Hall.

Tickets are \$30 for Golf/ Supper. Register early to ensure your spot. For

tickets or to donate prizes - please contact Ken at 780-915-8144 or by email at [kbalcom33@gmail.com](mailto:kbalcom33@gmail.com)

## 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:

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

**September 19, 2015 Saturday, 4:30pm – 11:30pm**

**October 16, 2015 Friday, 4:30pm – 11:30pm**

**November 14, 2015 Saturday, 10:30 – 3:30pm**

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.

## Kenilworth Playschool's I'VE OUTGROWN IT SALE

Kenilworth Playschool is hosting its Fall I've Outgrown It Sale.

Come shop for amazing deals on gently loved kids clothing (up to size 12), toys, books, baby equipment etc.

OR

Make room for your growing child's new clothes by selling off their gently loved, but outgrown clothing and toys.

Cost: \$25.00 per table

Saturday September 19, 2015

Kenilworth Community League Hall

7104 87 Avenue, Edmonton

10:00am-2:00pm

Email: [janna\\_44@hotmail.com](mailto:janna_44@hotmail.com) for more information or to book a table!



## Ottewell Community League Executive and Board Members

### Executive:

President – Corinne  
Vice President – Bri  
Secretary – Sandra  
Treasurer – Pauline

### Board Members:

Bingo Co- Chairs – Lisa /Kyla  
Hall Casino Chair – Pauline  
Rental/ Managers – David and Mae  
Grants – Mark H  
Bylaws – Leona  
History of Ottewell Committee - Andrea (Looking for more members of this Committee)  
Indoor and Outdoor Soccer Director – Glen  
Parent and Tot Team Leads – Dennie and Cheryl  
Summer Playground Chair – Colleen  
Social Team – Lori, Debbie, Bri, Cheryl/Dennie  
Playschool Chair - Current President of Playschool - Andrew  
Rink Chair – **OPEN**  
Maintenance Chair - **OPEN**  
Community Patrol – Leroy  
Southeast Transportation Society – Ernie  
Membership Chair – Russ  
Communications Chair – Sharon  
Web Page Designer - Sandra

### Representatives:

SECLA Rep – Lori  
EFCL Rep – Corinne  
East Park Baseball – Clarence

All Positions are volunteer positions.

Please send all inquires via email to [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) or call 780 469 0093 leave a message and someone will return your call.

Ottewell Community League  
5920 – 93a ave  
Edmonton, Alberta  
T6B 0X2

## Join the Ottewell Community League Team of Volunteers!

Do you want to get involved in Ottewell but don't have a consistent schedule? Put yourself on the Ottewell Volunteer List. We'll contact you when we need help for events or specific tasks; if you're available, get involved. Send an e-mail to [Ottewell2212@gmail.com](mailto:Ottewell2212@gmail.com) with Ottewell Volunteer List in the subject line, give us your contact information and indicate if there's a particular skill you have to offer or area you'd like to volunteer. All help is welcome.

**Rink Team-** Ottewell is looking for a group of 10 people, to be our RINK TEAM! This team would be responsible for the Rink during the Winter/Summer months. If you would like be a part of this team, Please email – [Ottewell2212@gmail.com](mailto:Ottewell2212@gmail.com) with RINK Team in the Subject Line. We will respond with details and answer any inquiries.

**Social Team** – Have an IDEA for an event in our Community? IF so you can be a part of our energetic team - we have many people who are willing to help with an idea to help build our Community Spirit!

## Purchase your 2015- 16 Ottewell Community League Membership Today

Take pride in your neighbourhood and purchase your membership today to enjoy the many benefits and discounts including:

- use of local pools free of charge at designated times
- use of outdoor community rink and community skate times at indoor city rinks
- involvement at community events and activities
- and access fitness, recreation, classes and more!

Memberships run from Sept. 1 to Aug. 31 and can be purchased at the Sport Shack, TGP, and at Ottewell Hall Rink Shack (during winter). Cost is \$25 family, \$10 for single, \$10 for adult, and \$5 for seniors.

More details can be found at [ottewell.org](http://ottewell.org).

## Casino

CALL out to all our Community Members! We have received our Dates for our 2016 Casino: Monday February 22 and Tuesday February 23, 2016 at the Argyll Casino. If you would like to volunteer please send an email to [Ottewell2212@gmail.com](mailto:Ottewell2212@gmail.com) with Casino in the subject line. Please provide date and time that you are able to assist as well the position you would prefer.

## Ottewell.org and Facebook/ottewellevnts

Visit our website and Facebook page for the most current community news! Ottewell.org and Facebook/ ottewellevnts 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.



## Ottewell Community League Playschool

Ottewell Community League Playschool is still accepting registrations for the 2015/2016 school year. We have reached maximum enrollment for one class so any registrations received will now be put on a wait list. Depending on the numbers, we will run a second class (Wed/Fri) Please contact Lauren at 780-490-7757 or [lauryan@telus.net](mailto:lauryan@telus.net) for registrations or information.

## Save the DATE Saturday September 12 Details of the Family Fun Day will be posted on our Community Sign. Community Memberships will be sold at this time.

## Ottewell Community League Board Meeting Wednesday September 16

For the Month of September OCL meeting will be held on September 16th, the 3rd Wednesday of the Month.

Your new Executive is still trying to determine best date to meet to share and discuss community activities.

## Thank You!

A big thank you to the outgoing Ottewell Community League Executive for the many years of dedicated service. You have helped to make Ottewell a great community to live in!

## Monday and Wednesday Morning Bootcamp!

Starting in September, join us Monday and Wednesday mornings from 9:05am - 10:05am at Ottewell Community Hall for registered sessions of full body fitness. Classes will build lean muscle, encourage fat loss and increase your strength and cardio endurance through HIIT (high intensity interval training) of hi-low exercises, agility drills, bootcamp and "instructor's choice"! Please contact Ann Lukey of Inertia Fitness [ann@yourinertia.com](mailto:ann@yourinertia.com) or visit [www.yourinertia.com](http://www.yourinertia.com) to register and for more information.

## 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.

## 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](http://www.foxykickboxing.ca). Email Jamie at [jamie@foxykickboxing.ca](mailto:jamie@foxykickboxing.ca) (Wednesday evenings) or Falon at [falon@foxykickboxing.ca](mailto:falon@foxykickboxing.ca) (Monday evenings) for more details.

## St. Brendan Replacement Elementary/Junior High School

Design development drawings for the new St. Brendan replacement school can be viewed online at [ecsd.net](http://ecsd.net). To view the drawings, search "construction status and updates".

For all construction related inquiries, please contact:

Phone: 780-441-6000

Email: [construction@ecsd.net](mailto:construction@ecsd.net)

## Washrooms at Ottewell Community League Hall

The use of these washrooms is provided to you on behalf of the Ottewell community! Please respect your community - take care of our park and washrooms. If abused it will affect us all!



## Community Swims and Skating

Admission is free for Ottewell Community League members during the community swim times at Boonie Doon pool. Please check the City of Edmonton website - [www.edmonton.ca](http://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](http://www.edmonton.ca). Check Ottewell.org for outdoor skate times.

## Time for Tots

Watch for update in our October South East Voice as this program will start then.

## It is time for the Indoor Soccer season again!

Edmonton South East Soccer Association

Please register your child born in years 1998-2011 at one of the following zone registration dates:

### Wednesday, September 9

6:00pm – 8:30pm  
Ritchie Community League  
7727-98 St.

### Saturday, September 12

10:00am – 2:00pm  
Bonnie Doon Mall (near Tony Roma's)  
82nd Ave & 83rd St.

### Monday, September 21

6:00pm – 9:00pm  
South Soccer Centre  
6520 Roper Road  
(NOTE: late fee of \$30 will apply after this date)



\* Please bring identification of child's age (birth certificate, AB Health Care Card etc), 3 BLANK cheques and your current community league membership card (2015/2016) to registration. Community league memberships can be purchased at registrations

### NEW THIS SEASON- Online Registration

Online registration will be available the last week of August.

#### STEP 1:

**PLEASE register ONLINE** at <http://southeastsoccer.ca/> and complete the family and player profile **PRIOR** to coming to one of the registrations or tryout dates.

#### STEP 2:

**PRINT OFF** completed registration form and **BRING IT** along with your payment to one of the registrations or tryouts.

For the latest information check our website or contact the ESESA office at [office@southeastsoccer.ca](mailto:office@southeastsoccer.ca) or 780-469-7344.

### Elite SE Program - Storm Tryouts

#### Tuesday September 1 & Wednesday September 2

6:00pm – 9:00pm  
Cloverdale skating rink, 9411-97 Ave.  
You **MUST** attend both evenings to be considered for the team

If you are trying out for Storm you will need to bring an additional BLANK cheque to the tryout.

Fees online at [www.southeastsoccer.ca](http://www.southeastsoccer.ca)



## Board of Directors

PRESIDENT — Jenny  
VICE-PRESIDENT- Keith  
TREASURER — Ken  
GROUNDS & BUILDINGS — Scott  
SOCIAL DIRECTOR — Vacant  
MEMBERSHIP — Vacant  
COMMUNICATIONS — Neil  
SECRETARY — Veronica  
PROGRAM DIRECTOR — Andrew  
MEMBER AT LARGE — James  
MEMBER AT LARGE — Jason  
MEMBER AT LARGE — Meghan  
SOCCER — Sonya  
SOCCER — Aimee

\*See our website listed below for our email addresses

Web: [strathearncommunityleague.org](http://strathearncommunityleague.org)  
Twitter: @StrathearnCL  
Facebook: Strathearn Community League

## Strathearn Artwalk 2015 (September 12, 2015)

**Register NOW! See our Website for details on how to register for September 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: [artwalk@strathearncommunityleague.org](mailto: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**

## Edmonton

### Police Alarm Green Stickers

We've noticed that a number of people have alarm company stickers by their front door, but no green Edmonton Police Permit Number sticker. Police will NOT respond to non-permitted, non monitored alarms unless a indication of criminal activity is present. Make sure you register your alarm with the Police.

For more information go to  
<http://www.edmontonpolice.ca/alarmpermits>

## 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 [epgparents.wordpress.com](http://epgparents.wordpress.com), or get updates on Facebook at [www.facebook.com/EcolePubliqueGabrielleRoy](http://www.facebook.com/EcolePubliqueGabrielleRoy).

## Spray Park Opening

Here is the operating information for the spray decks for this summer:

Spray Deck Open Operating times: 10:00 to 20:00

Spray Deck Closed for season: After Community League Day, approx. Sept 21



**Come skate with Figure 8!**

### Registration Dates:

September 8 & 10, 2015 at Kenilworth Arena- 8313 68A St  
4:00-6:00 pm

September 13, 2015 at Meadows Recreation Center- 2704 17 street  
10:00 am–12:00 pm

**For more Information: [www.figure8skating.ca](http://www.figure8skating.ca)  
[info@figure8skating.ca](mailto:info@figure8skating.ca)**



# Proven Leadership for Edmonton Strathcona



Len Thom

## We need a Strong Local Voice in Ottawa

Len Thom is committed to

- Supporting Families and Seniors
- Reducing your Tax Burden • Strengthening our Security
- Protecting our Economy

I grew up in this riding.  
I live and work here. I am a family lawyer in Old Scona.  
Edmonton Strathcona deserves a  
strong hardworking advocate in Ottawa.  
Contact [len@lenthom.ca](mailto:len@lenthom.ca)



Authorized by the Official Agent  
of Len Thom

**Vote Len Thom for MP  
on October 19**

**SEESA** South East Edmonton  
Seniors Association  
Activity Centre

Hello South East Edmonton! Its been a while since we have had an article - Summer is such a busy time with Holidays, and the sun calling us all outside to enjoy the all too short summer season.

Fall is now creeping up on us, kids are heading back to school - Taber Corn stands are popping up and things at SEESA are returning to their regular routine.

Here at SEESA things are back in full swing. Program Registration for the fall begins September 10th. Sign up early sign up often.

Here are some things you may not know about SEESA!

- \* We have a cafeteria
  - \* Our Cafeteria serves breakfast 8:45 am to 10:00am Monday through Friday.
  - \* You do not have to be a member to eat in our cafeteria
  - \* Most Thursdays we serve fresh baked cinnamon buns at lunch
  - \* You do not have to be a member to attend special events such as drama productions and dances.
  - \* The 1st and 3rd Friday's of every month we host and open "Jam" session, come and play, or just come and enjoy some live music
  - \* We have "stuff" We have crafts for sale, Sage Savory frozen meals, Chef's Choice frozen meals and WeCan Food baskets! - If you don't know what those programs are - pop in and have a coffee with one of the staff who would be happy to explain.
  - \* You can purchase your Terrace Forest Heights, Bonnie Doon, or Holyrood Community League membership at SEESA.
  - \* If you see a one day class, for example first aid, or an FYI session you are interested in you can sign up without being a member.
  - \* To attend Bereavement support, access Outreach services or Home Services you do not have to be a SEESA member
  - \* If you have some free time or want to add something to your resume - you can volunteer in any number of areas at SEESA without being a member.
  - \* We have hands down the best bathroom signs in the city.
- And these are just a few of the things you may not know about us.

*Come See What is happening!*  
*Celeste Nicholson,*  
*Home Services Coordinator and*  
*Community Connector*

*Southeast Voice*

[www.communityleagueneews.com](http://www.communityleagueneews.com)

EDMONTON

Find all  
community  
summer  
programs at  
[edmonton.ca/  
dropincommunity  
programs](http://edmonton.ca/dropincommunityprograms)  
or call 311.

## FREE Community Summer Drop-In Recreation Programs

Join in games, sports, crafts, music, drama,  
and special events at your neighbourhood  
park! Ages 6 to 12 are welcomed; ages 5  
and under must be supervised by a parent  
or guardian.

### Green Shack Playground Program

**Location:** Silver Heights Park

**Dates:** Monday to Friday,  
July 2 to August 25, 2015

**Time:** 10:00 to 1:30PM



THE CITY OF  
**Edmonton**

## 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](http://www.myhealth.alberta.ca).





## Strengthening Families Together

**Resilient families are strengthened and enriched by supportive and nurturing communities.**



We offer assistance and support to families by providing various workshops, community events, resources, referrals, onsite guidance, and more.



We work with families with children 0-6 years of age, teen parents, single parents, new Canadians, and families of low income.



Our mandate is to enhance the well-being of children and families through relevant and meaningful social supports.



Families receive support through the Family Support Coordinator and Early Learning Educators.

### Fall / Winter 2015-2016

#### Workshops

- Family Financial Seminars
- Goodbye Meal Time Struggles
- Brain Development
- Challenging Behaviors
- Break the Cycle (Spend Less & Save More)
- Tax Tips
- Parenting in Blended Families

#### Programs

- Rhymes that Bind
- Purposeful Play with Me
- Book for Babies
- The Get Out Together Program
- Time for Tots

**We are located at 6311 92 Ave in the Ottewell Terrace**

**All of our programs and services are free of charge to you and your families.**

**For more information on these programs & workshops or to register please call 780-469-0663**

New programs and workshops are always being added, be sure to check out our website or

Like us on Facebook for updates!

[www.primroseplace.org](http://www.primroseplace.org)



Primrose Place Family Resource Center

Funded by the City of Edmonton & Family and Community Support Services.



# Call The Dunham Team Today

780 - 466 - 0418

**Greg  
Dunham**

780-964-1469 (cell)  
gdunham@telus.net  
greg8dunham@gmail.com

- Specializing in South East Edmonton
- Investment properties
- Most clients are repeat and referrals
- FREE market evaluations



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**Renovated:** Sasatchewan Drive, View Condo, 2 Bedrooms, 2 Bathrooms, Underground parking.



**Open Concept Bungalow:** Modern updates, Oversized 2 Storey double garage, Facing green space, RV parking.



**Hardisty Drive:** View property. EXTRAORDINARY!



**Brander Drive:** 2500 Sq Ft, 2 Storey, Pie lot, Quiet cul-de-sac.



**Sherwood Park:** 2 Storey. Double garage, Finished basement



**Raised bungalow:** Revenue property, 2 kitchens.