

# SOUTHEAST VOICE

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

December 2015



Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

## Forest Terrace Heights Infill Event

Over 100 people came through the hall for our All About Infill event and connected with the many resources available.

Bev Zubot, EFCL Planning Advisor, provided excellent tips for people living next to infill. Colton Kirsop, Chris Wilcott, Anlin Wen, and Fiona Paris from City of Edmonton's Zoning Bylaw and Residential Approvals Teams explained the development permit process, variances, zoning bylaw changes and the upcoming Mature Neighborhood Overlay review. Paul Blais, from RE/MAX Elite provided some recent market statistics and interesting before and after examples of teardowns and new homes in the area. Gordon McCallum from First Foundation mortgage brokerage answered questions regarding construction loan financing. Yvonne De la Fuente, architect with YDLF Design, discussed anything from renovations to new builds, accessible design to flex housing. Peter Amerongen of Habitat Studio, Dale Rott from Effect Homes, Leigh Bond of Think Mechanical, and Kelly James (Holyrood homeowner of a Near Net-Zero home) all shared their knowledge regarding building energy-efficient houses and renewable energy sources. Shannon Clarke from the Capilano library also



In this photo: Bev Zubot, EFCL Planning Advisor, and Yvonne De la Fuente, Architect (YDLF Design)

brought renderings and information on the new library as well as a great selection of books on home design, landscaping, interior design, renovations that were all available to check out and take home straight from the event! Many people also had the chance to speak with MLA



Marlin Schmidt, Councillor Ben Henderson, and school trustee Bridget Stirling. Others took the opportunity to catch up on community developments such as the seniors condo project by chatting with the community league Seniors Rep. Connie Lussier and Civics Director Angela Mao.

A huge thank you to our guest speakers and community volunteers for their contribution to promoting positive infill experiences!

In this photo: Bridget Stirling, Councillor Ben Henderson, Kelly James, Gord McCallum and MLA Marlin Schmidt

Edmonton Food Bank Donations Welcome: Dons pour la Banque alimentaire d'Edmonton sont appréciés.

**SATURDAY DECEMBER 12, 2015:**  
**SAMEDI 12 DÉCEMBRE 2015**  
11:00am – 4:00pm: de 11h à 16h  
**Ottewell Community League:**  
**Centre communautaire d'Ottewell**

**Sleigh Rides: Tours de traineau**  
**Kick Sleds: Trotinettes des neiges** **Skating: Patinage**  
**Cross Country Skiing: Ski de fond**  
**Snowshoeing: Raquettes à neige** **Indoor Activities: Activités intérieures**  
**Teen Hockey Tournament: tournoi de hockey pour jeunes**  
**Concession: Concession** **Tobogganing: Luge**  
**Maple toffee: Tire sur la neige**

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South East Community League Association  
PO Box 38025 RPO Capilano Edmonton, AB T6A3Y6  
[www.secla.ca](http://www.secla.ca)

COMMUNITY LEAGUE	REPRESENTATIVE	E-MAIL
Avonmore	Elizabeth Descheneaux	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a>
Capilano	Bill Burtnik	<a href="mailto:burtnik@shaw.ca">burtnik@shaw.ca</a>
Cloverdale	Susan Yackulic	<a href="mailto:yackulic@telus.net">yackulic@telus.net</a>
Forest Terrace Heights	Connie Lussier	<a href="mailto:conniedl10@gmail.com">conniedl10@gmail.com</a>
Fulton Place	Carl Langston	<a href="mailto:clangsto29@gmail.com">clangsto29@gmail.com</a>
Goldbar	Adam Rompfer	<a href="mailto:Adamrompfer@yahoo.ca">Adamrompfer@yahoo.ca</a>
Holyrood	Michael Chocho	<a href="mailto:srbuyer76@gmail.com">srbuyer76@gmail.com</a>
Idylwyld	Bridget Flannigan	<a href="mailto:marcusidylwyld@gmail.com">marcusidylwyld@gmail.com</a>
Kenilworth (Vice-chair)	Rob McDonald	<a href="mailto:neufmcd@shaw.ca">neufmcd@shaw.ca</a>
Ottewell (Chair)	Lori Jeffery-Heaney	<a href="mailto:jefferyheaney@shaw.ca">jefferyheaney@shaw.ca</a>
Strathearn	Meghan McKinnie	<a href="mailto:meghan_mckinnie@hotmail.com">meghan_mckinnie@hotmail.com</a>

## WHAT IS SEEECCC?

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

SEEECCC, or Southeast Edmonton Early Childhood Community Coalition, is a volunteer group of community members who are passionate and committed to nurturing young children in the community. Early childhood development sets the course for a child's future! It affects: how well they do in school and their physical and mental health, behavior, relationships, and general well-being.

For more information about the coalition or to access the events calendar filled with ideas for FREE or low cost activities for families living in Southeast Edmonton, check out... [www.earlychildhoodedm.ca/events/category/southeast](http://www.earlychildhoodedm.ca/events/category/southeast)

## UPCOMING EVENTS

**FREE WORKSHOP - BREAK THE CYCLE (SPEND LESS & SAVE MORE)** Wed, Dec. 9 from 5:30 – 7:30pm at Fulton Place Child Care Center (5910 – 103 Ave) Finding money in the budget to put towards savings starts by understanding spending. Break the Cycle covers everyday ways for families to decrease spending and how to make savings grow. Free dinner and childcare provided. **To register call 780-469-0663.**

**SE WINTER FUN DAY- SPECIAL ACTIVITIES FOR YOUNG CHILDREN** Saturday, December 12 from 11am – 4pm at Ottewell Community Hall (5920 – 93A Ave) Bring the whole family out for FREE family fun including sleigh rides, skating, kick sleds, tobogganing, etc. and then when your little ones get cold head into the hall for some engaging activities especially for them. That's right, the SEEECCC will be at the Winter Fun Day inside the hall with dinky toy construction vehicles for your little ones to push through the "rice snow", with penguin figurines to play with in the "cotton-ball snow", and several other fun winter themed activities especially geared toward children ages 1 – 5.

## Winter News From SEESA

Merry Christmas, Happy Hanukkah, Happy Holidays! We here at SEESA are wrapping up another year of programming and entertainment. Our Accidental Drama Group just completed another production. Their first full length play "The Ambassadors Wives" by Edmonton playwright Stewart Lemoine. The production received rave reviews.

Tickets for our Valentine Dance go on Sale December 1st - come join us for an evening of Romance and Dance with -The Romantics! We have a Crib Tournament Saturday December 5th and our Christmas dinners are December 10th and 11th this year.

We still have a very few tickets left for our New Years Eve Dance and would love to see you there.

Our Winter program guide will be out December 12th and registration for Winter Classed begins that day! Sign up early and often.

Why don't you come see what is happening at SEESA!

*Celeste Nicholson*  
Home Services Coordinator  
South East Edmonton Seniors Association

## 1 **FREE** Community Baby/Toddler & Me Programs

At 5910-103 AVE  
Confirm by email: [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca) or  
Call Dodie at 780-465-4383 ext 22 or 26

<b>Hands up and sing, hands up and read (SIGN LANGUAGE)</b> Fulton Child Care 10310 – 56 Street (West Doors) Confirm #of adults/#of children	<b>Tuesdays</b> 1:30 – 2:30PM Classes repeat every 4 weeks
<b>Movers and Shakers</b> Drop in Play Program This is a great program for preschool children	<b>Wednesdays</b> 9:30 – 10:30
<b>Sing Sign Laugh and Learn</b> Fulton Child Care 10310 – 56 St (West doors) Confirm #of adults/#of children	<b>Fridays</b> Second Friday of the month starting December 11 <sup>th</sup> 10:30-11:00

## 2 **FREE** Community Programs

At 6115 – fulton Rd  
Confirm by email [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca) or  
Call Dodie at 780-465-4383 ext 22 or 26

<b>BABY YOGA</b> Fulton Place Community Hall 6115 – Fulton Rd Confirm #of adults/#of children	<b>Wednesdays</b> 2:00 – 3:00
<b>Music and Movement</b> Fulton Place Community Hall 6115 – Fulton Rd Confirm #of adults/#of children	<b>Wednesdays</b> Dec 9 <sup>th</sup> Jan. 13 <sup>th</sup> Feb 10 3:00 – 3:45



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Kevin Martin 780-995-0983  
George Juhaz 780-707-3190



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Toll Free (877) 417-9106

<http://www.homehealthstore.ca>

ICE PICK FOR CANES YAK TRAX BOOT GRIPS

League Contacts					
President	Nathan	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
Vice President	Lisa	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
Secretary	Cachet	secretary@avonmore.org	Grants	Vacant	grant@avonmore.org
Treasurer	Ken	treasurer@avonmore.org	Memberships	Wendy	membership@avonmore.org
Hall Rentals	Tanya	hallrental@avonmore.org	Playschool	Jamie	playschool@avonmore.org
Programs	Elizabeth/Sherry	programs@avonmore.org	Sign	Bob	Director4@avonmore.org
Rink	Vacant	rinkcoordinator@avonmore.org	Communications	Nikki/Paul	communications@avonmore.org
Soccer	Lyne/Boris	sports@avonmore.org	Volunteers	Ginette	Director2@avonmore.org

## Casino Volunteers Needed

Sign up to help on Feb 10 & 11 at Baccarat Casino.

This important fundraising opportunity provides dollars to operate programs and events throughout the year and help Avonmore Community League realize long term fundraising goals. Email Programs Coordinator, Elizabeth for more information: [programs@avonmore.org](mailto:programs@avonmore.org) or sign yourself up on Volunteer Spot.

### Here's how it works in 3 easy steps:

1. **Click this link** to go to our invitation page on VolunteerSpot: <http://vols.pt/dyoYX3>
2. **Enter your email address:** (You will NOT need to register an account on VolunteerSpot)
3. **Sign up!** Choose your spots - VolunteerSpot will send you an automated confirmation and reminders. Easy!

Note: VolunteerSpot does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

**Important note:** If your child will be participating in the outdoor soccer season, keep in mind that you can fulfill your volunteer commitment by signing up for a casino shift. Just let Elizabeth know when you confirm your volunteer shift.

## YOGA

Yoga Classes are offered at the Avonmore Community Hall on **Tuesdays and Wednesdays from 6:30 p.m. to 8:00 p.m. until December 16, 2015 and starting again on January 12, 2016**

**Cost:** Drop in fee is \$14.00 per class. Registration for full session of 15 classes starting in January is \$130.00 for members of any community league - \$145 for non members.

For more information or to Register: Contact Anita Lundén at 780 222 4482 or [director3@avonmore.org](mailto:director3@avonmore.org)

**Tuesday Class: Restore & Repair Yoga:** Perfect for those new to yoga and any level of fitness. Instructor: Brea Johnson [www.heartandbonesyoga.com](http://www.heartandbonesyoga.com)  
**Wednesday Class: Hatha Yoga:** For those wanting to develop stamina, strength, and flexibility. Instructor: Tori Lundén [www.torilunden.com](http://www.torilunden.com)

## Learn to Skate at Avonmore Rink!

Join us at Avonmore rink on Thursdays January. 14, 21 & 28 3:30-6:30pm. The ice will be open to families for a free skate.

## Avonmore Book Club

If you enjoy reading, this very popular book club would love to have you. The Club meets on Sunday evenings every 4-6 weeks. Members take turn picking books and hosting meetings. New members always welcome from any community. For more information contact Anita at 780 222 4482 or [director3@avonmore.org](mailto:director3@avonmore.org)

## Avonmore Garden Club

Are you interested in beautification of your neighborhood? Do you want to learn how to grow flowers or your own vegetables? Do you wish you knew how to landscape your yard or plant a container garden on your porch? Are you looking for or have perennials or seeds to share? Are you looking for garden space or have space someone else could use? Are you concerned about environmental issues facing your community?

Whether your passion is gardens, flower beds, trees or landscaping in general you live in the perfect neighbourhood. We have lots of space and lots of expertise to be shared.

If you are interested in being part of a community gardening club then contact Anita at (780) 222-4482 or [director3@avonmore.org](mailto:director3@avonmore.org). There will be an organization meeting in mid to late January once I've gotten a sense of who and how many are interested.

## Avonmore Craft Catch Up Night

Do you have Christmas cards to write, presents to wrap or Christmas crafts to catch up on?

Or maybe you just want to join other adults to chat and unwind from the hustle and bustle of the holiday season. Join your neighbours on Monday December 7th Avonmore Community League Hall from 7:30 - 9:30PM for fun and for friendship. Stay for the whole two hours or pop in to say hi. We are looking forward to seeing you.

## Avonmore Christmas Carolling

Join your neighbours as we go carolling around the neighbourhood. We will meet at the hall on Thursday December 17th at 6:30PM and carol until we need to come inside and warm up. We will gladly accept donations of winter accessories or bus tickets for donation to a local group in need as a show of appreciation.

## Avonmore Pride

Please let us know of any homes that are decorated in the neighbourhood so that we can be sure to include them on our decoration directory and thank them for helping Avonmore shine bright. We will post any submissions we receive will be posted on our Facebook page. For more information and to submit decorated homes please email Vanessa at [director1@avonmore.org](mailto:director1@avonmore.org)

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

## Crib Tournament

Date: Jan 30, 2016

Location: Avonmore Hall (7902 Street -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

To register please call Louise at 469-7765 or Faye at 465-6086

## 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. 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!

## Free Community Swim Times

Until July 2, 2016

Bonnie Doon Pool: Sat 6-7pm & Sun 4:15-5:45pm

Commonwealth Pool: Sat 5-7pm

## Parent & Tot Playtime

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 Audz at [audzaj@gmail.com](mailto:audzaj@gmail.com)

## Farley Mackenzie Family Community Fun Day

Save the date: Feb 15

More details to follow.

Check out the volunteer opportunities for this event too! Visit [www.avonmore.org](http://www.avonmore.org) to see our Volunteer Spot link. We are looking for someone to coordinate the event and plenty of helping hands on the day of the event.

## Thinking of Becoming a Babysitter?

Mark your Calendar: Red Cross Babysitting Safety Course Offered at Avonmore Hall on Saturday, February 20.

All the safety and first-aid that a home-alone / babysitter needs to know in a fun, hands-on workshop. Includes Babysitters Manual and first-aid kit.

**Time:** 9:00am – 5:00pm

**For:** Girls and boys, ages 11 and up (or 11 by end of March)

**Cost:** \$66.67 + GST = \$70.00 manual and mini first-aid kit included

Avonmore Members \$40 with 5 volunteer hours

**Bring:** lunch, pencil, water bottle & large floppy doll or teddy/bunny that lays flat

RED CROSS CERTIFICATE ISSUED ON SUCCESSFUL COMPLETION

Be confident. Be prepared. Be safe.

## Put it in your Calendar– Soccer Registration is Coming in February

Watch for details in the Avonmore News community newsletter in December with reminders about soccer registration for the outdoor season. Note that if you do a volunteer shift at the casino fund-raiser in January, this will count toward your volunteer commitment required when you register your child for soccer.

## This Year Check out the Avonmore Winter Shack!

Thanks to everyone who came out and enjoyed the fall shack at the Avonmore playground. It was a huge success! Watch for details in the Avonmore News community newsletter about the upcoming Winter Shack. You can also check [www.avonmore.org](http://www.avonmore.org) for exact dates. Hope to see you there!

## Get Your Avonmore Community League Membership

If you would like to purchase a 2015/2016 membership, please email [memberships@avonmore.org](mailto:memberships@avonmore.org) or visit the Dairy Queen located at 76th Street & 76th Avenue to purchase a membership directly. Thanks for your support.

## Avonmore Hall Rental

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

## Avonmore Playschool is Accepting Registrations

Children ages 3-4

Located in the upper floor of the rink building across from the Avonmore Hall (7902 – 73 Avenue)

Classes start in September:

Mon, Wed, Fri

**OR**

Tues, Thurs, Fri

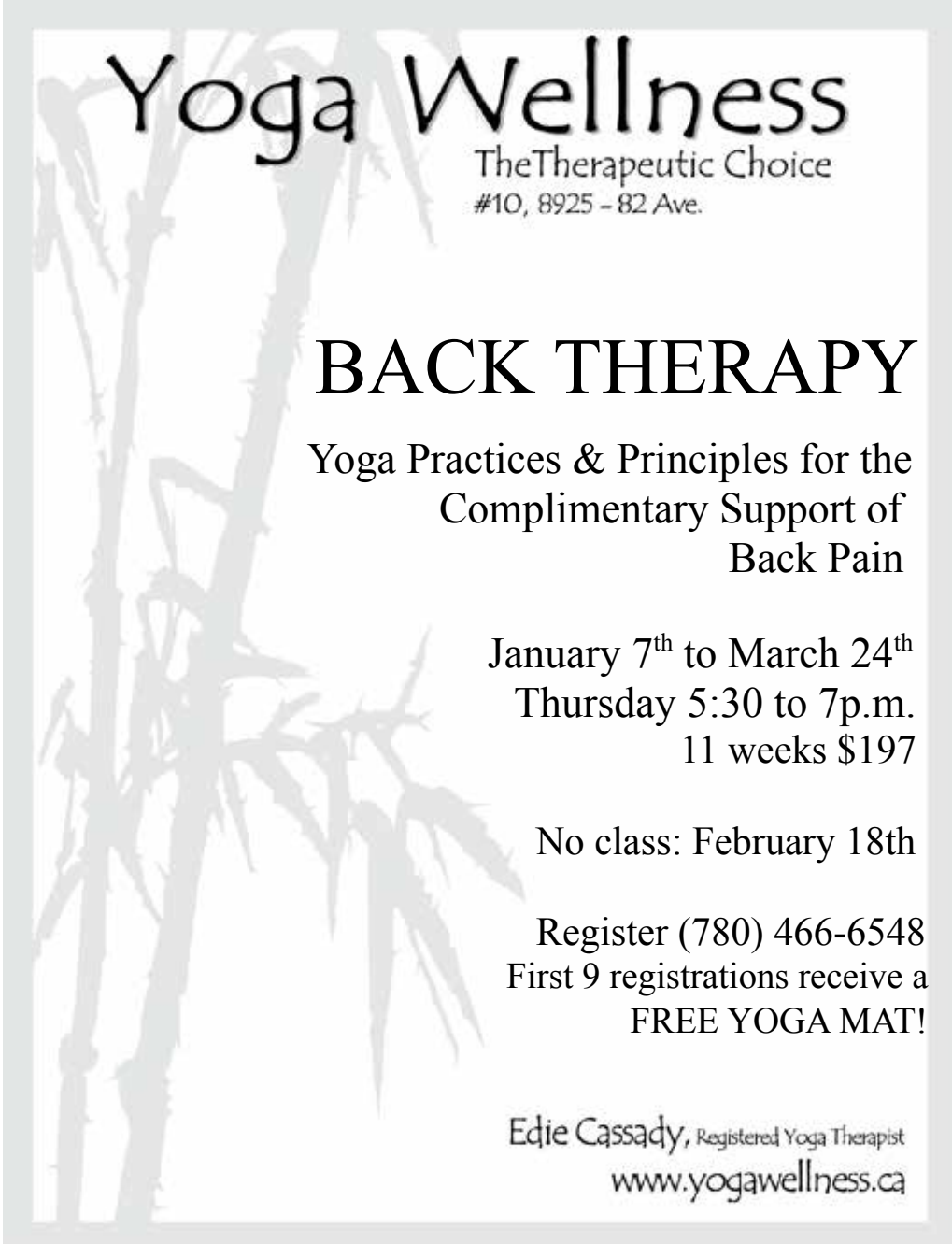
9am-11:30am

Contact Jamie Konrad by phone (leave a message) at 780-465-1941 or email at [kjkonrad@shaw.ca](mailto:kjkonrad@shaw.ca)

## Edmonton 311 App

The City of Edmonton has provided an app for smart-phones. 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.



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No class: February 18th

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## League Board

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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 D	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 **31 sitters** listed in our registry. Please contact Lana if you are a parent looking to connect with a sitter.



## Capilano Playschool - FREE Trial Class and Open House on Jan. 28, 2016

Capilano Playschool runs morning and afternoon classes with a choice of 2 or 3 days a week and offers a Healthy Apple or a Christian program. We currently have spaces available for your child to start in January! Our teacher, who won a provincial Award of Excellence, is warm, positive, creative and very experienced in early learning and child development. Our programs follow a 'learn through play' philosophy.

If you think your little one might be ready to start Playschool next year, on **January 28, 2016** we are offering a free trial class from **6-6:30 p.m.** and an **Open House from 6:30- 7:30 p.m.** Come check out our classroom and meet our teacher! We are located in Hardisty School (10534-62 Street). For more information or to register your 3 or 4 year old check out [www.capilano-playschool.com](http://www.capilano-playschool.com) find us on Facebook or call **780-802-9307**.

## Capilano Community League is now on Facebook!

Follow us on Facebook and keep up to date on Capilano Community League events and programs.

## 2nd Annual Artisan CRAFT SALE - December 5

**WHEN:** Saturday December 5, 2015

**TIME:** 10 a.m. - 3 p.m.

**WHERE:** Capilano Community Hall (10810-54 St.) Come celebrate your local artisans from the greater Capilano community. You may be surprised what creative genius may live down your street! Visit with your neighbours over hot cider and cookies and get into the festive spirit. Vendors will be showcasing: Jewelry, Vintage reclaimed furniture, Felt art, Handmade wood crafts, Christmas baking and much more!

## Capilano Community's "Light December Lights" December 11

Come celebrate with Capilano community neighbours, family and friends...

**WHAT:** A Friday evening with sleigh rides, Christmas treats, cookie decorating, and a Christmas craft. Weather permitting, bring your skates and toboggans for some outdoor fun!

**WHEN:** Friday December 11, 6:00 p.m. - 8:00 p.m.

**WHERE:** Capilano Community League Hall (10810-54 Street)

RSVP: how many are attending to Heather at 780-818-1456. FREE and All are welcome.



## Free Community Christmas Dinner

**WHEN:** December 12, 2015

**TIME:** 5:00 p.m. - 6:30 p.m.

(Dinner served at 5:00 p.m.)

**WHERE:** Hardisty School (10534-62 St.)

**WHAT:** Come share a meal and celebrate the holidays. Turkey dinner, caroling and Santa! Arrive at 4:30 p.m. to make centerpieces with your children.

For more information or to reserve your free dinner tickets, contact Grace United Church at 780-466-0916 or [grace.united@shaw.ca](mailto:grace.united@shaw.ca). Hosted by Greater Hardisty Area Churches.

## Hardisty Gymnastics Club – Winter Classes

Sponsored by Capilano Community League

**Offering programs TUESDAY or THURSDAY evenings – Cheerleading and Gymnastics classes!**

**Where:** Hardisty Junior High School (10534-62 St.)

**Dates:** Tuesdays Jan. 5 – Feb. 23, 2016 OR Thursdays Jan. 7 – Feb. 18, 2016

**Cost:** Tuesday: \$104/child, Thursday: \$91/child  
Parent & Tot, 18 mos.-3 yr old: 6:00 – 6:45 p.m. (Tuesdays)

Preschool 3-5 yr old: 6:00 – 6:45 p.m. (Tuesdays & Thursdays)

Preschool 3-5 yr old: 6:45 – 7:30 p.m. (Tuesdays)

Elementary 6-12 yrs: 6:45 – 7:45 p.m. (Tuesdays & Thursdays)

Cheer 6-12 yrs: 6:45 – 7:45 p.m. (Tuesdays)

Cheer 6-12 yrs: 6:00 – 7:00 p.m. (Thursdays)

New\* Junior Cheer: Thursdays 7:45 – 8:45 p.m.

Please REGISTER online at Hardisty Gymnastics found on the Capilano Community League (CCL) website. To learn more, contact Shauna at 780-966-3205 or canadaplays1@gmail.com.

\*NEW: drop-in shinny hockey for 4-11 year olds.

Checkout the CCL website for days and time.

## 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:** Sharon Weber

**Contacts:** Elaine: 780-469-2964, Sharon: 780-468-9196

**Dates:** Classes begin Tuesday January 12 or Thursday January 14, 2016 at 7:00 p.m.

**Cost:** \$140 for 28 classes (twice weekly)

\$80 for 14 classes (once weekly - either Tues. or Thurs.)

## Winter Tai Chi Chih and Dance Tai Chi Classes – Capilano Community Hall

### TAI CHI CHIH

**Start:** Six-week class begins: Monday January 25, 2016

**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 January 27, 2016

**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).

## Learn to Skate – Capilano Community Rink

Fun and basic skills are the focus of these free drop-in skating sessions delivered by the City.

--Sunday afternoon January 10 (time TBD)

--Monday evenings – February 1, 8 and 22 (times TBD)

For participants of all ages! Children 5 and under require a parent or guardian to attend.

Participants will be exposed to various skating skills while participating in stations and games. The program will be adapted to the age and skill level of the participants dropping into the program.

\*Participants must have their own skates. A CSA approved helmet is mandatory for participation.

\*\*The program will cancel at -20 degrees Celsius with the wind-chill.

Come out with your children and see some old friends (or meet new ones!) from your neighbourhood and enjoy some FREE hot chocolate! Parents and caregivers welcome to skate.

## Capilano Community Rink Schedule

Below is the TENTATIVE SCHEDULE for the Capilano Community rink. It is subject to change and of course is weather dependent.

**Monday:** 4:30 – 8:30 p.m. Free, 8:30 p.m. – Close ‘Old guys’

**Tuesday:** 4:30 – 6 p.m. Free, 6 – 9 p.m. Team Bookings

**Wednesday:** 4:30 – 6 p.m. Free, 6 – 9 p.m. Team Bookings

**Thursday:** 4:30 – 6 p.m. Free, 6 – 9 p.m. Team Bookings

**Friday:** 4:30 p.m. – 9 p.m. Free

**Saturday:** 10 a.m. – 12 p.m. \*Family Skate, 12 p.m. – evening Free

**Sunday:** 10 a.m. – 12 p.m. \*Family Skate, 12 p.m. – evening Free

\*Family Skate: no sticks or pucks and skaters of all ages and abilities are welcome.

Additionally, the SMALL RECREATIONAL ICE RINK on the south side of the rink shack is always open for family/public skating. What a great way to get some exercise, and enjoy the outdoors with family and friends down at the community rink!

## Capilano Winter Green Shack – February 2016

**WHEN:** February 1 – 27, 2016

**DAYS/TIMES:** Mondays/Wednesdays 4-7 p.m., Saturdays 1-5 p.m.

**WHERE:** Capilano Community Park (54 St. & 108A Ave)

**WHAT:** Enjoy winter activities!

**WHO:** Children aged 6-12 years are welcome. Children under age 6 years must be supervised by a parent or guardian at all times. Please ensure your child comes dressed for the weather.

## FREE Swim for Capilano Community Members

Bring your current, valid Capilano Community League membership card to swim for FREE during the following time:

--Hardisty Fitness & Leisure Centre from

1:15 to 2:45 p.m. on Sundays

Hardisty will be closed for maintenance November 2015 through January 2016. During this closure, Capilano's FREE community swim will be held at:

--Commonwealth Recreation Centre (11000 Stadium Road) from 5:00 – 7:00 p.m. on Saturdays

The indoor community swim program runs from the second weekend in September until the end of June. Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

## Upcoming Workshop

The Capital Region Interfaith Initiative on Homelessness and Affordable Housing would like to invite you to a facilitated discussion about housing the homeless and the related idea of affordable housing as it affects this area. Homelessness is an issue that affects everyone who lives in Edmonton, directly or indirectly. There are homeless or near-homeless people in every area. What are the realities? What myths are in play? And most importantly, what are your ideas and concerns? Let's have our voices heard now before projects are announced.

**WHEN:** Saturday, January 16, from 1-5 p.m.

**WHERE:** Hope Lutheran Church 5104 106 Avenue.

Sponsored by: Capital Region Interfaith Initiative on Homelessness and Affordable Housing, supported by the City of Edmonton. Admission is free and refreshments will be served.

For more information or to RSVP by January 11, 2016 please contact Rev. Brian Kiely, Unitarian Church of Edmonton 780-455-9797.

## Serenity Hair & Spa

7428-101 Ave. 780-469-8080



- Hair
- Waxing
- Pedicure
- Manicure
- Ear-piercing

*New customers welcome!*



## Capilano Community Park Redevelopment – CFEP Grant Received!

We are excited to announce that our project was recently awarded a provincial CFEP grant of \$70,000 in support of our Phase 2 project - a walking path, adult outdoor exercise equipment, a bike bumps course, and community sign. The Community Facility Enhancement Program (CFEP) assists communities with construction, renovation or redevelopment of community public-use facilities, thereby helping enhance the quality of life and citizen well-being in communities across Alberta.

Thank you to the Province of Alberta, the City of Edmonton and the Capilano Community League (CCL), for contributing to our project. The Province's grant, the City's grants and the CCL funding, in combination with \$32,000 that has already been raised, puts us about two-thirds of the way towards acquiring the funds required to complete our "Park for all Ages!" We always welcome more hands! To talk to someone in your community about how you can help with this project, contact Jill at 780-469-0513 or jschlender@shaw.ca.

## Capilano Community Park Redevelopment – Be a Park Supporter!

The Capilano Community Park Redevelopment Committee offers you the opportunity to be part of the exciting Phase 2 redevelopment project through our Donor 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. THANK YOU to our donors who have already made generous contributions to the Phase 2 project:

-- Rob & Susan Dollevoet  
-- Greg & Jill Schlender, Allan Yee  
-- Donald Chan, Morgan & Fallon Mitchell, Elite Integrity Services, Colm & Finn Cunningham, Adele & Ava Falkenberg, Rolinda & James Graham, Keith & Kathy Turnbull, Wince Family, Ada Schlender  
-- Alison Parry, Carol Anne Suddards, Blanca Maginnis, Tiffanie McLeod, Sheila Thompson, Doug Fulford, Sandy Schaloske, Cheryl Stepanko/Richard Pereschitz

## Silent Auction a Success!

Our October 24 Silent Auction, in support of the Capilano Community Park Redevelopment Phase 2 project, was a success! \$10,000 was raised in support of the project! WOW!!!!

It was a fabulous evening – so many incredible donated items, great support from our community residents and a beautiful social event, led by Heather and Laura.

Dozens of individuals and businesses graciously donated items and services in support of our fundraiser. THANK YOU! THANK YOU! THANK YOU! We can't thank you enough!

Here is the full list of all our generous silent auction donors that we want to recognize:

### 2015 Capilano Community Park Silent Auction Donors

-93.1 FM	-Jeff & Carrie Riddle
-Absolutely Pilates	-Jet Label
-Ada Schlender	-Keith Turnbull
-Albert's Family Restaurant (Capilano)	-Lara & Darren McClelland
-Alberta Governor	-LaunchPad Trampoline Park
-AMRE Supply	-Lennox
-Art Gallery of Alberta	-Linda McBain Cuyler
-Bernice Townsend	-Little Strand Salon
-Bikram Yoga	-Lumberjacks' Restaurant
-Bill Burtnik	-Makami College
-Blues Java Bar	-Marsha Mason
-Boston Pizza (Argyll)	-Marzena McKenzie
-Brent Larson Finance	-Masco Canada
-Cabela's	-Maxaur Inc.
-Campbell Trucking Service	-MRC Global Whitecourt
-Capilano Community League	-NAIT
-Capilano Rehab Centre	-Oh Sweet Cakes
-Capilano Tennis Club	-Playworks
-Central Body Works	-Pure Care
-Chantelle Leidl	-Ronda Lisowski
-Cheryl Stepanko	-Royal LePage ArTeam Realty
-City of Edmonton	-Ryan Townsend
-Clement L. Draperies	-Second Cup (Wayne Gretzky Dr.)
-Conal Hancherow	-Second Nature Compost
-Councillor Ben Henderson	-Sinclair Supply
-Curves (Bonnie Doon Centre)	-Singleton's Hair Care
-Dairy Queen (Terrace Road)	-Solis Wellness Clinic
-DeeDee Kopchia	-Sophia Hair Design
-Discovery Toys (Jennifer Ky)	-St. Joseph School Metals Works Class
-Earls on 50 <sup>th</sup> St.	-Suncor
-Eco Chic Cleaning Services Inc.	-Sunridge Ski Area
-Edmonton Eskimos	-Suzuki Charter School
-Enterprise Canada	-Terry-Jo Jardine
-Esther Sulz	-TGP Gold Bar Grocer
-Fit International	-The Quarry Golf Club
-George's II	-U in Color
-Global News Edmonton	-University of Alberta Athletics
-Gold Bar Cleaners	-United Cycle
-Government of Alberta	-Vallen
-Gregg Meropoulos	-Vincent Tayler Salon
-Gymfit	-Weatherford International
-Imperial Oil	-West Edmonton Mall
-Jean Halko	-YMCA Daycare-St. Gabriel
-Jed Roberts (Eskimos Alumni)	-Zambelli's

## McDougall United Church "In the Heart of the City"



"Come Home to  
Christmas"

**Sunday Services 10:30 a.m.**

**Christmas Music at  
Noon Benefit Concerts  
12 noon - 1 p.m.**

• Wednesday, December 2

Artists: Kimberley and Sean McMann,  
Adam and Jessica Robertson

• Wednesday, December 9

Artist: Timothy J. Anderson

These are FREE noon time  
community concerts.

Donations welcome in support of E4C School  
Lunch Program.

**Special Christmas Music Service**  
Sunday, December 20 – 10:30 a.m.

**The Longest Night**  
Taize and Christmas Music by Candlelight  
Sunday, December 20 – 7 p.m.

**Christmas Eve by Candlelight**  
Thursday, December 24 – 7:30 p.m.

**New Year's Eve Benefit Concert**  
Thursday, December 31 – 7:30 – 10:30 p.m.  
A family night of folk music, refreshments,  
kids activities.

Admission: Donations to the  
Edmonton Food Bank

**McDougall United Church**  
**10025 – 101 Street & Macdonald Drive**  
**Phone 780-428-1818**  
**[www.mcdougallunited.com](http://www.mcdougallunited.com)**

## Cloverdale Community League Contact Information

### Board of Directors

President	Reg	marmich@telusplanet.net
Vice President	Bonnie	blpowers@telus.net
Past President	Susan	yakulic@telus.net
Civics Director	Sebastian	
Folk Festival Liaison	Tony	thilhorst@shaw.ca
Director		
Treasurer	Sandy	sfleming@gmail.com
Secretary	Karen	kpmcfarlane@shaw.ca
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
CCL Membership	Janet	janmhardy@gmail.com
Community Garden Chair	Shelley	shelleybrett1805@gmail.com
Flood Mitigation Chair	Eric	ejlobay@gmail.com
LRT Committee Co-chair	Paul	pbunner55@gmail.com

**Rentals** Email janmhardy@gmail.com or leave a message at the Hall at 780-465-0306. **Emergencies** 780-439-3149



### Have you considered renting the Cloverdale Hall?

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

Check our website for availability on the online calendar:  
www.cloverdalecommunity.com  
For more information or to book the hall, contact Janet at janmhardy@gmail.com



## Cloverdale Christmas Party on Sunday, December 13

This year's Cloverdale Christmas party will combine the best of indoor and outdoor celebrations for all ages!

Starting at 2:00pm join us inside the Cloverdale Community hall for a lovely soiree featuring photos with Santa, and Christmassy crafts for both the little ones and adults. We will be serving hor d'oeuvres and ask that you bring your favorite holiday baking along to share!

At 3:30pm we will head outside to sing some carols around the bonfire. Adults can enjoy some curling on the rink, and guests of any age can head to the toboggan hill and test their courage.

Business casual to cocktail dress is encouraged. Please bring snow gear to change into and partake in the outdoor activities comfortably. We will have some sleds available, but if you have your own please bring them along to avoid waits on the hill.

In the Christmas spirit, we will be collecting donations for both the Food Bank and Santa's Anonymous.

Please RSVP to Tessa by Dec. 6th at tessa.mulcair@icloud.com  
We look forward to celebrating with you!

## Cloverdale Ladies Christmas Ornament Exchange

Wednesday, December 9, at 7:00pm  
Come down to the hall for a Christmas-themed ladies night with your neighbors!

Please bring a wrapped Christmas ornament to exchange and a plate of Christmas treats to share. Tea and wine will be provided.

Bring along a special tea cup if you like and come prepared with a favorite holiday memory to share! Contact Janet at janmhardy@gmail.com to RSVP.

## Community Programs

At the Cloverdale AGM in September, it was voted that programs will be offered at no cost to CCL members for a trial period of one year! Contact Janet at janmhardy@gmail.com if you have questions about any of the programs.

### Learn to Skate Program

The City has offered Cloverdale a learn to skate program at the Cloverdale rink on Tuesday and Thursday evenings. More details to come. Contact Janet at janmhardy@gmail.com if you are interested in participating.

### Hatha Yoga – Tuesdays, 7:30 – 8:30 pm

Yoga returns to Tuesday nights from 7:30 – 8:30 pm. \$10/class and \$72/8 week program or free for Cloverdale Community League members. Open to members of any community league.

Bring a mat and learn some yoga poses, stretching, and relaxation.

### Morning Yoga – Wednesdays, 9:45 – 10:45 am.

Bring your mat or sit in a chair, and join your fellow community members in an hour of self-recreation to balance and strengthen your body, calm your mind and enrich your spirit. You will limber up and gain a greater sense of well-being. Come have fun and bring a friend! Everyone welcome. No prior yoga experience necessary to enjoy this class.

Variations to suit everybody's need will be gladly accommodated. Get to know neighbours and get healthy at the same time.

\$10/class or free for Cloverdale Community League members. Open to members of any community league.

### Zumba - Thursdays, 7 – 8 pm

\$10/class or free for Cloverdale Community League members. No need to register. November 5–December 17 (7 weeks).

Bring a water bottle, indoor gym shoes, and energy. Registered Zumba instructor Alison Moore brings the class to life with great music and easy Zumba moves!

### Cloverdale Community League Urban Poling/Nordic walking sessions

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

When: Wednesdays

Time: 11am-noon

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

For who: All fitness levels welcome. Includes poles and coffee or tea after the walk.

Cost: \$10/session or free for Cloverdale Community League members.

### Ping Pong

Come down to the hall for ping on Monday nights at 7pm. All ages welcome!

### Indoor Playgroup

Come and enjoy playtime at the hall! Playgroup will run Thursdays from 10-11:30 am.



## League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Nicole		Secretary@forestterrace.org
Treasurer	Michelle		Treasurer@forestterrace.org
Hall Rental	Molly	466-0585	Molly@forestterrace.org
Maintenance	Justin	485-6099	Maintenance@forestterrace.org
Maintenance	Mike		Maintenance@forestterrace.org
Programs	VACANT		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/Daniel		Signs@forestterrace.org
News Editor	VACANT		Newsletter@forestterrace.org
Volunteers	Alanna	465-1976	Volunteers@forestterrace.org
Events	Yvonne		Events@forestterrace.org
Safety	Lyndsey		Safety@forestterrace.org
Civics	Angela	885-9529	Civics@forestterrace.org

Meetings- 7pm 1st Tues, Monthly

## Parent & Tots Playgroup - NEW!

Parents and Tots (5 yrs and under) are invited out to the hall (10150 80 St) on the second Wednesday morning of every month (**December 9th & January 13th**) from 10am -12 pm to meet, chat & play. Craft activities available for older children.

Contact Barb at [barb\\_mountainay@me.com](mailto:barb_mountainay@me.com) for the most current information.

## Babysitting Registry

Looking for a sitter? Or, looking to put your babysitting credentials to work?

We are pleased to offer a Babysitter's Registry to help match FTHCL members with qualified babysitters, who hold a valid babysitter training certificate.

For more information call 780.485.6099 or email [babysitting@forestterrace.org](mailto:babysitting@forestterrace.org).



## Pilates on the Ball - Drop-In

This gentle form of exercise is suited for all ages and physical capabilities. The majority of the workout is done with a large Swiss Ball which is used by many physical therapists. Looking for a calm and casual exercise environment? Join this exercise class on Friday mornings from 9:15-10:30 at the hall. Classes run until December 18th.

Drop-in Cost: \$7

Contact Kelly at 780.465.5611 for more info.

## The Beautiful Game at FT Heights

*"FT Heights is proudly hosting 4 teams this season. We have a U18B team that is competing at the highest level for a community team. We also have a U10B team that is just starting out, but the game I watched on Saturday was sure a fun game to watch as they won handily. We also have a U8 team and a U6 team. These small players try so hard and have so much fun that it can be infectious. 'GO FT Heights!'*

*On a side note, all our coaches are off to training with a very talented sports psychologist who will help them use emotions and energy to get the most out of these players all the way from U6 to U18. This should make games more fun and practices more useful."*



By Michael Gurnett  
Co-director of **FT Heights soccer** and  
VP and Fields and scheduling coordinator for  
**Edmonton South East Soccer Association**

## Senior's Appreciation Tea



A seniors' tea was held on November 18th with a good turnout, and a great time was had by all. Thanks to Reg Silvester for providing the lovely musical entertainment for the event. We are also very appreciative of local businesses and organizations for their support of the event: Door prizes were donated by Grower Direct, Starbucks, Joey's Seafood restaurant (Capilano), Great Hair Day, Albert's restaurant (Capilano), and by SEESA, as well as the N.E.T. (Neighbourhood Empowerment Team) currently working in the Forest Heights neighbourhood. Fargo's restaurant provided some delicious food for the event. Thanks everyone!



Don and Fay at the Senior's Appreciation Tea Event with their prize floral arrangement from Capilano Grower Direct — at Forest Terrace Heights Community League on Nov. 18th.

## Join the NEW Planning Committee

Proposed developments, seniors condos, 101 Ave revitalization, affordable housing, bike lanes, transit avenues (more frequent bus service), infill construction issues, Mature Neighbourhood Overlay review, tree preservation/replacement during construction, urban design and more. ALL these topics will affect the character and function of our neighbourhood in the years to come and ALL of them involve working with city planning.

**Can you help the community league work with city planners to guide development in our community?**

We are looking for community members to form a Planning Committee. Responsibilities include: keeping up with planning issues, consulting with stakeholders (city officials, developers, businesses, EFCL, etc.), providing constructive feedback, and also being ambassadors to share the information with your neighbours as well as solicit their feedback. Everyone is challenged for time and no one person could keep up with all of this. That's why we're looking for at least 6-10 people to share the load. That's also how we hope to get a variety of perspectives.

If this sounds like something you would be interested in or even if you can't commit but would like to keep up with the news and issues by browsing the **Planning forum** online, contact [civics@forestterrace.org](mailto:civics@forestterrace.org) or Angela at (780) 885-9529 to be added.

## Volunteer Opportunities



### Newsletter Editor

Creates and submits articles for the South East Voice, 10 times yearly.  
Creates and emails E-news, 10 times per year.  
Attends monthly meetings.

\* Our Newsletter Editor has moved from our neighbourhood and unfortunately can no longer serve in this position with our league. Thanks Liz for your great work with our community league, and all the best in your future endeavours!

### Marketing/Communication

Assist with social media accounts (Facebook, Twitter)  
Assist with spreading the word about events and programs  
Build relationships with nearby businesses

### Program Coordinator

Contact for the City of Edmonton swimming program  
Contact for the programs running at the hall (Parents N' Tots, fitness classes... etc.)  
Contact for the Green Shack program during the summer months  
Organize a learn to skate and/or intro to hockey program  
Attends monthly meetings

Email [volunteers@forestterrace.org](mailto:volunteers@forestterrace.org) if you are interested in any of these positions.

## Forest Terrace Heights Hall Rentals

Book our hall for your Christmas and New Years' parties today! For prices or to view or book the hall, call Molly at 780.466.0585 or email [Molly@forestterrace.org](mailto:Molly@forestterrace.org).

### UPCOMING...

**December 9th** | 10am-12pm | Parent and Tots  
**December 9th** | 7pm | Craft Night  
**December 12th** | 11am-4pm | SE Edmonton Winter Fun Fest  
**December 18th** | 3:30-8pm | Rink Party  
**January 2nd** | 1-4pm | Freezer Meal Workshop (Registration required)  
**January 13th** | 10am-12pm | Parent and Tots  
**January 22nd** | 7pm | Games Night  
**January 23rd** | 1-4pm | Freezer Meal Workshop (Registration required)

## NEW Perk for Community League Members

Free event tickets are a **new perk** for community league members, most tickets cost more than your yearly membership. These tickets could be City of Edmonton recreation passes, concert tickets for all ages, Oilers game tickets, Eskimos and more! Get your membership today and check us out on social media to stay up to date.

**Get your league membership:** online at [www.efcl.org](http://www.efcl.org) (\$5 surcharge), at the Shaheen Bakery (10130-79 St), Growers Direct (7231 - 101 Ave), SEESA (9350 82 St) or by contacting [coralee@forestterrace.org](mailto:coralee@forestterrace.org) / 780.430.4307.

(Don't live in the community but want to attend our programs and events? We would love to have you, please make sure that you have purchased a community league membership in support of your own community league.)

## Free League Member Swim

Bring your current, valid Forest Terrace Heights Community League membership card to swim for FREE at the following locations/times:

Saturdays: Commonwealth @ 5-7pm

Sundays: Bonnie Doon Leisure Centre @ 4:15-5:45pm.

**Note: Hardisty Fitness & Leisure Center is NOW closed for maintenance and upgrades until January 29th.**

## Yoga Classes

**When:** Thursday 6-7:15pm (Sattva),  
7:30-8:30pm (Restorative)  
**Drop-in Cost:** \$12 (\$10 for community league members of any league)  
**Dates:** Weekly until December 17th  
**Contact:** [Turnbull.linda@gmail.com](mailto:Turnbull.linda@gmail.com)  
**Where:** FTH Community League,  
10150 80th St

## Freezer Meal Workshops

Make some meals and new friends while you spend an afternoon at a Freezer Meal Workshop. With a freezer full of meals, you will be able to proudly provide your family with healthy & homemade meals ... on the go. Simply pull out a meal, heat it and serve it! (Paleo and Gluten Free options available.)

Walk away with 7-10 freezer meals that will serve 4-6 adults each. All the cooking utensils and tools are provided at the workshop.

Saturday, January 2nd, 1-4pm (Registration deadline December 18th)

Saturday, January 23rd, 1-4pm (Registration deadline January 7th)

Contact Diane @ 780.466.9045 or [damom23kids@gmail.com](mailto:damom23kids@gmail.com)

### NEW! Mommy and Me Meal Workshop

February 25th @ FTH Hall

Here is a chance to spend a little extra quality time with your son or daughter. At this workshop you and your mini prep chefs will put together several freezer meals using quality child-friendly Pampered Chef tools.

To pre-register or for more info contact Diane @ [damom23kids@gmail.com](mailto:damom23kids@gmail.com).

## Community Rink Party!

Come out to a Skate Party at the community league (10150 80th St) rink on Friday, December 18th from 3:30-8pm. There will be FREE hot drinks and snacks for purchase at our concession.

The hall will be open for warming up and also for those who would like to come, but don't skate.

Would you like to be a part of the volunteer team for this event? We could use you! Email [volunteers@forestterrace.org](mailto:volunteers@forestterrace.org).

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FranklyTheBest.ca  
[Frank@royallepage.ca](mailto:Frank@royallepage.ca)

  
MULTIPLE LISTING SERVICE



**Forest Terrace Heights Hall**



**ZUMBA®**

The party doesn't stop!  
10150 80 Street

Wednesdays 7-8pm  
January 20 - March 30 (9 weeks\*)

Members \$73 / \$10 drop-in  
Non-members \$90 / \$12 drop-in

\*No class February 10 or March 9

Register by contacting Allison  
moore4movement@gmail.com or 780-554-0958



# RINK PARTY



## Celebrate our community rink!

FREE hot drinks (coffee, tea, hot chocolate, and apple cider)

Hot dogs, snacks, and other drinks available for purchase from concession (including Baileys or rum toppers for the adults)

Two draws for wine for the adults and two draws for goody bags for the kids

Thanks to City of Edmonton Community Services for lending us 10 pairs of skates (kids

sizes 1-4), helmets, adult and kids snowshoes, a fire pit, and winterscaping tools!

Come in pyjamas, Christmas sweaters, whatever! Just be dressed for fun!

**What:** Rink Party

**When:** Friday, December 18, 2015  
3:30-8 PM

**Where:** Forest Terrace Heights Hall & Rink  
10150 80 Street NW

# DANCE YOUR WAY TO THE HOLIDAY!



Glad tidings one and all!  
Can you feel it?  
The countdown to the holiday season has begun.

Gift yourself your sanity.  
Shake and shimmy the stress away.  
Have some good sweaty fun!  
No experience required.

## FOREST TERRACE HEIGHTS HALL

(10150 - 80 ST.)

WEDNESDAYS 7-8PM

NOV. 25 - DEC. 23

(NO CLASS DEC. 9)

MEMBER - \$32/\$10 DROP-IN

NON-MEMBER - \$40/\$12 DROP-IN

**TO REGISTER  
CALL ALLISON**

MOORE4MOVEMENT@GMAIL.COM

780-554-0958

ALLISONM.ZUMBA.COM

## Forest Terrace Heights Community League History (Memories) project

If you have photographs from the early days of Forest Heights or Terrace Heights, we would like to hear from you! Our two neighbourhoods are undergoing lots of change with infill and new development. In moving ahead, we don't want to forget the history of our local communities.



Our community league is interested in hearing from residents who might have some photographs and/or memories to share regarding the development of the Forest Heights and Terrace Heights neighbourhoods. In particular, we would be interested in photos from the early days of development, or of milestone or significant events or changes in the area. Any photographs that are provided would be copied digitally and the originals would be returned to you. We would ask for your consent to display the photos on our website and in other community league publications.

If you are interested in sharing your photos and/or stories, please let us know. We would also welcome any volunteers who would like to help with this project. We hope to start gathering the photos in early 2016. Please contact Connie at: phone 780-462-1442 or email: [connie@forestterrace.org](mailto:connie@forestterrace.org)





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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**

*Season's Greetings  
&  
Happy New Year*



## 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 8:00pm.



## Join Your Fulton Place Community League!

Cost is \$25.00 for Family, \$15.00 for individual and \$5.00 for senior.

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

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

Memberships can also be purchased at The Grocery People in Goldbar shopping center starting October 1, 2015.

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

## 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.

**Contact Ruth at 780-465-0550 for more information.**

## Have a healthy holiday season

Holiday parties are upon us. Over the next several weeks, families and friends will gather together to share the season but unfortunately, they may also share not-so-joyful germs. With seasonal illness circulating, remember to protect your health and prevent illness.

**Get immunized:** Immunization is the single most effective way of protecting yourself against influenza viruses already circulating in our communities. It's not too late to be immunized. Vaccine continues to be offered to all Albertans (six months of age and older), free of charge. Remember: it takes up to two weeks after receiving your influenza immunization to be protected against influenza, so make plans to get your vaccine today! For more information, visit [www.ahs.ca/influenza](http://www.ahs.ca/influenza) or call Health Link at 811.

**Cover your cough:** Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.

**Clean your hands:** Using soap and warm water wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Clean or dirty: always try to keep your hands and fingers away from your eyes, nose and mouth.

**Stay home if you are sick:** If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

**Mind your food prep:** If you are sick, do not prepare food for anyone, until fully recovered. When you are cooking, always keep safe food handling practices top of mind. To help you with the turkey task, follow AHS' Turkey Tips: [www.albertahealthservices.ca/turkeytips.asp](http://www.albertahealthservices.ca/turkeytips.asp)

**Around the house:** Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bowl of hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all. Always thank others for declining invites due to illness.

**Year-round:** Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and don't drink and drive.

For more information on these and other wellness topics, visit [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca), or call Health Link at 811.

## 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.**

## 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.**



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## Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

**Annual Pass** – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes (applies to new purchases only).

**Continuous Monthly Pass** – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

**Multi Admission Pass** – Community League Members receive a 10% on the City's already discounted multi-admission pass (10+ visits)

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops. For more information, please call 311 or visit [www.edmonton.ca/wellness](http://www.edmonton.ca/wellness)

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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 web-site: [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.

## GOLD BAR EXECUTIVE

President	<b>VACANT</b>	
Vice-President	Adam	780-406-9758
Secretary	Jessica	780-756-9182
Hall Rentals	Garth	hallrentals@goldbarcl.com
Social Director	Rhonda	780-966-3096
Memberships	Linda	780-463-9881
Babysitting	Lil	780-466-4060
<b>Finances and Fundraising:</b>		
Financial Director	Connie	
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Casino Director	Isabella	780-466-3895
<b>Communications &amp; Programing:</b>		
Newsletter/SEV	Sondi	780-468-2237
Sign Director	<b>VACANT</b>	
Webmaster	BJ	
Green Shack	Sharon	780-628-2971
Programs	Kelly	780-434-6533

The sign at 106 Ave & 47 St is not currently available.

Hall rentals: hallrentals@goldbarcl.com

Community Updates: www.goldbarcl.com  
facebook.goldbarcl.com  
twitter.goldbarcl.com

## Upcoming Bingo Dates

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

### FORT ROAD BINGO

Wednesday, February 3, 2016 - Afternoon & Evening

### PARKWAY BINGO

Sunday, December 6 - Evening & Late Nite

Tuesday, January 5, 2016 - Evening & Late Nite

Saturday, January 23, 2016 - Afternoon

## Gold Bar Communications

To submit an item to the FEB 2016 SEV in the Gold Bar section, email SondiAmber@gmail.com or call SONDI at 780-468-2237.



## Executive Call-out!

Our amazing president, Erin, has retired due to her challenging work schedule. Thanks for your vision, Erin – we're sorry to see you go. As well, a big 'thank you' to Cassie for her service managing the community sign on 106 Avenue. So we are looking for two new volunteers: one to commit to changing the community sign weekly, and one to take charge of our community league meetings once a week. For more information contact vice-president Adam via adamrumpfer@yahoo.ca

## Community League Christmas Meeting

Monday, Dec. 7, 7:00pm at the Community Hall. All are welcome. Bring a treat to share as we socialize after a brief meeting.

## FREE Winter Green Shack Community Drop-In Program

**WHO:** Children from Greater Hardisty (and beyond) aged 6-12, and children younger than 6 are welcome as long as they are accompanied by an adult.

**WHAT:** Outdoor games, outdoor activities, crafts, cooking, and more!

**WHERE:** Gold Bar Community Park (46 St + 105 Ave)

**WHEN:** DEC 7, 2015 - JAN 2, 2016, MON's & WED's 4-7pm, and SAT's 1-5pm

**WHY:** To celebrate winter, friends and outdoor pursuits.

## To All Canvassers

I would like to publicly thank all of the canvassers who sold Gold Bar memberships this fall. I appreciate your willingness to serve this great community. I hope you enjoyed the opportunity to visit with your neighbors and to welcome new ones to the community.

Again, thank you!  
Linda Stein, membership coordinator

## Come and Enjoy a FREE Hot Beverage!

Starting in November on the second Tuesday of every month, with a current Gold Bar community league membership, you may receive a FREE hot beverage (coffee, tea or hot chocolate) at Blues Java between the hours of 7-11am. Please bring your card. There is something for everyone in the Gold Bar community!

## Community League Swim Update

During the Hardisty pool maintenance closure (Nov. 2- Jan. 29), Gold Bar community league members can enjoy their free community league swim at Bonnie Doon pool on Sunday afternoons from 4:15-5:45.

## Babysitting Registry

Our community has a kind volunteer who keeps a registry of local youth that have taken the babysitting course and are interested in. Call Lil at 780-466-4060 for info.

## CL MEMBERSHIPS

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

## Book the Hall!

The Gold Bar hall is ready for rentals that don't require the use of the kitchen. The kitchen is being done as part of a second phase and construction will begin shortly and is expected to be complete in early spring. You can see pictures of the various rooms on the web site or stop by for a visit. Scheduled office hours are listed below. Tours during non-office hours can be made by appointment by sending a request to hallrentals@goldbarcl.com

Thurs, December 3 7pm-9pm  
Fri, December 4 8am-noon

Thurs, January 14 7pm-9pm  
Fri, January 15 8am-noon  
Thurs, January 28 7pm-9pm  
Fri, January 29 8am-noon



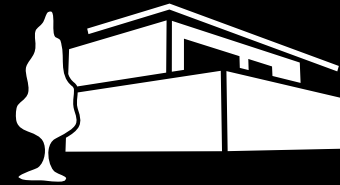
Season's Greetings and  
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Duncan**

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## 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 - that are in your neighbourhood.

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.



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**Happy Holidays**  
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**Come join the fun as we celebrate the season with our  
Annual Christmas Sing A Long.**

**Snuggle up in your favourite pajamas and  
join us in the gym**

**Friday, December 18<sup>th</sup> at 1:00 pm.**

**Support our Season of Giving initiatives with:  
Food Bank Donations; New/Gently Used Blankets & Jackets;  
New/Gently Used Hats, Mitts & Scarves**

All donations will be delivered to the Food Bank, Bissell Centre and Mustard Seed. Please bring your donations to the school by December 18<sup>th</sup> at noon.





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loveit@yogawithin.ca

"And now we welcome the New Year, full of things that have never been. — Rainer Maria

### Coming this January at Yoga Within

Yoga for Youth	Family Yoga	Free Yoga Day! Sunday, January 3
Parent & Tot	Mum & Baby	6 am Yoga Challenge - \$85+GST
Yoga for Healing	Gentle Yoga	Yoga Quest - \$95+GST
Hatha Yoga	Yin Yoga	Ashtanga Basics – 2 <sup>nd</sup> person half price
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*4 yr old class 12:45-3:15*

*Classes Tuesday, Thursday*  
*3 yr old class 9:00-11:00*

**Open House**  
**February 23**  
**5:30 to 7:30**

## 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
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780-994-6539



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## 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.

## Family Dance

Holyrood Community League Annual Family Dance is coming up on February 20, 2016 ... more details to come soon!

## NEW! GAMES NIGHT at our Holyrood Hall!

The HCL invites you to join us on Friday, January 22, from 6:30-9:30. We will provide several games to choose from, or you can bring your own favorites to share. This is for adults of all ages and game-interested kids. Bring your friends ... it's FREE!

## Coats for Kids and Families

Thank you to everyone who contributed to our United Way Coats for kids and Families campaign. The response and donations were staggering - with your help we donated 13 x-large blue bags of winter gear!

## Welcome to our neighbourhood!

Do you have a new neighbour? 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@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org). We'd be happy to deliver a complimentary Holyrood Community League membership, along with information about the programs and activities happening in our neighbourhood.

## HCL PROGRAMS

**Yoga** - All levels welcome!  
Mondays, until December 14th  
Classes will resume with a session from Jan. 4 - Feb. 15  
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)

**Barre**  
Fusing elements of ballet, Pilates and strength, you are guaranteed to get your heart rate up and build muscular strength and endurance. All ages and levels are more than welcome and no previous dance experience is necessary!  
Saturdays, Jan. 9 - Feb. 20  
Early class: 8:15 - 9:15 am  
Late class: 9:30 - 10:30 am  
Contact Jeanette: [jeanette@fitcommunity.ca](mailto:jeanette@fitcommunity.ca)

**Parents and Tots Playgroup**  
Parents and caregivers of babies, toddlers and preschoolers (0-5 years) are invited to come and socialize while the little ones play. This program is a great way to meet other families in our neighbourhood!  
Tuesdays 9:00 - 11:00 am  
Holyrood Community Hall  
Free to community league members; please bring your membership for coordinator records.  
Contact Jessica: [playgroup@holyroodleague.org](mailto:playgroup@holyroodleague.org)



HOLYROOD

## A New Hat for Holyrood Hall!

When you're hanging out in Holyrood Park these days, it might be hard to look past our new spray park and super-fun naturalized play area... especially now that the construction fences are gone. The kids are finally free to run, roll, climb and jump their way around the hills, boulders and bridges of our exciting new park feature.

However, we also invite you to take a little stroll over to our hall. When you're there, perhaps you'll take a moment to look up and ponder the more subtle beauty of our fabulous new metal roof!

While admittedly not as exciting as spraying water and bike bumps, the new roof and eaves represent a much-needed upgrade for our busy hall. Many thanks go to Kirsten Chocho, HCL's capable Facilities Director for her (volunteer) time and energy in seeing this renovation through to completion. We'd also like to thank the City of Edmonton's Community League Infrastructure Program for providing \$25,000 in grant money toward the project.

Here's to many, many more well-sheltered years inside our sturdy Holyrood Hall!

## Call to Artists!

HCL is actively seeking submissions for a Public Art/Donor Recognition project. Proposal deadline is January 4, 2016. We would like to unveil the project for our June 4, 2016 Spray Park Grand Opening.

For details please check out our website or Facebook or contact Justine at [secretary@holyroodcommunity.org](mailto:secretary@holyroodcommunity.org) or phone 780-462-1513 or 780-951-3151.

## Winter programs

As the temperature drops and the snow begins to fall, watch for our exciting lineup of winter activities! The city will be hosting the Learn to Skate program at our rink and Green Shack staff will be back to offer some fun winter programs. Watch for details on Facebook and our website.

## We Have a New Website!

We're happy to announce that after a long wait, we've moved our site over to [holyroodcommunity.org](http://holyroodcommunity.org). Come visit us at our new home on the web; we're looking forward to adding lots of exciting content to the new website.

## Rink Attendants Wanted

We need help to keep our rink shack open and the ice clear all winter! Consider volunteering for a regular shift; 4 hour shifts are available on weeknights and weekends.

No special skills or ice maintenance is involved. While this is a volunteer position, there will be some perks and benefits as a thank-you.

If you're interested in learning more and signing up for this fun volunteer opportunity, contact Dennis at 780.440.6869

## We Need Soccer Co-ordinators!

We're looking for new soccer coordinators to take on the Holyrood community soccer program!

Responsibilities include attending monthly meetings at the southeast soccer centre, planning and organizing outdoor registration, organizing and utilizing volunteers, keeping coaches informed of upcoming events and training, organizing coaches, equipment and teams, managing a budget, fundraising, answering emails, informing the community about soccer enrolment & events, and working with the programs director.

If you're interested, contact us at [secretary@holyroodcommunity.org](mailto:secretary@holyroodcommunity.org) for more information.

## Treasurer Position:

Are you good with numbers and interested in contributing to your community? Our Current Treasurer's term will be finished her term in April 2016 and is not standing for re-election.

Please contact Darcie at [Treasurer@holyroodcommunity.org](mailto:Treasurer@holyroodcommunity.org) if you are interested in starting to shadow the position to make a Spring transition that much easier.

## Community Free Swim

Bring your current Holyrood membership to Bonnie Doon Pool for free community swim times.  
Saturdays, 6 - 7pm  
Sundays, 4:15 - 5:45 pm

## Community League Contacts

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

## Parents & Tots Group

From October to June  
 Every Tuesday 9:00 AM to 11:00 AM at the Idylwylde Community Hall. Call Nicole at 780-466-5090 for details.

## Community League Swim

From September 12 to July 2 Saturdays 6:00-7:00 pm and Sundays 4:15-5:45 pm at the Bonnie Doon Leisure Centre Pool, 8648-81 St NW.

Swim is free of charge for Idylwylde Community League (ICL) members. Show your ICL membership card to enter the pool.

## Fitness Class

From September 30 to December 9 and from May 4 to June 29. Every Wednesday 7:00 pm to 8:15 pm. Classes taught by Kelly Bray, a certified Fitness & Pilates instructor.

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class!

You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment.

A pair of runners, a mat and a water bottle is all you need. Dress comfortably as you are going to sweat!

Class is free of charge for Idylwylde Community League members. Please remember to bring your ICL membership card. Membership cards will also be available for purchase at classes.

Please consider bringing donations for Food Bank.

## Yoga Calendar

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

### Beginners to Intermediates Yoga

Beginners to Intermediates Yoga: From October 19 to December 14 & From January 11 to April 4  
 Every Monday from 7:30 PM to 9:00 PM  
 Yoga classes will be taught in the Himalayan Tradition of Yoga. A gentle form of Hatha Yoga for the posture (Asana) work. Classes will include learning to work with one's breath and energy(pranayama), a few minute meditation, a lot of stretching, joints and glands work (H.T.) and a 10 to 15 minute relaxation (Savasana) at the end of each class.

### Chair Yoga

From October 15 to December 17 & From January 14 to March 17 Every Thursday from 10:15 AM to 11:15 AM  
 A very gentle form of yoga which is done on a chair! Suitable for anyone with any of the following issues:

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

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



## Children with Food Allergies



About one in 13 kids have a food allergy. An allergic reaction occurs when the body's immune system overacts to a food protein (an allergen). The most common food allergens are: peanuts, tree nuts, sesame seeds, soy, seafood (fish and shellfish), wheat, eggs, milk, mustard and sulphites. Symptoms of allergic reactions can be different for everyone and may occur within minutes or hours. The most common symptoms of allergies are:

- Flushed or pale face, hives, rash, itchy skin
- Swelling of the eyes, face, lips, throat or tongue
- Coughing, wheezing or shortness of breath
- Stomach pain, diarrhea, vomiting
- Feeling anxious, weak, dizzy or faint

Severe allergic reactions (anaphylaxis) to food can be life threatening and occur quickly and without warning. These reactions can be treated with an epinephrine auto injector; an EpiPen®. The only way to prevent allergic reactions is to avoid contact with the foods or ingredients that cause them.

As many children have food allergies, the majority of schools have adopted guidelines to help keep all students safe. Some of these guidelines may include:

1. No sharing of food or treats.
2. Washing hands with soap and water before and after eating.
3. No homemade treats for celebrations or special events. Cross-contamination is always possible.
4. Restricting the allergens from the classroom/school.

Food allergies are a serious medical condition, not a choice. Help prevent exposure to allergens by following your school's guidelines for food allergies. Take time to explain food allergies to your child and encourage them to learn about allergies that their classmates may have.

If you are unsure of what to do, talk to the other child's parents or teacher. Students, parents, teachers and other staff all have an important role in keeping students safe, healthy and happy.

To learn more about allergies, visit: [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or call Health Link at 811.



## 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	VACANT		
Children's Prog.	VACANT		
Summer Programs	VACANT		
Capital Projects	Gary	780-466-7591	
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.	Florence	780-469-6437	
Ladies Aux.	Jean	780-469-4669	
Neighbourhood Watch	Gladys	780-466-1688	
Playschool	Janna	780-757-9414	
Toddler Time	Angela	780-935-3404	<a href="mailto:angela.feehan@gmail.com">angela.feehan@gmail.com</a>
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**

**CORRECTION:** Next Executive Meeting: Monday, January 4th, 2016 @ 7pm

Southeast Voice Newsletter Deadlines  
Submissions for the February 2016 issue of the Southeast Voice is due Thursday, January 14th, 2016. Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

## Hall Rental Rates

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

## Toddler Time is back!

Toddler Time is held every 2nd Wednesday. Come out and visit with other parents while your young one plays.  
**Time:** 9:30 am – 11:30 am

December dates: December 2nd, December 16th  
January 2016 Dates: January 13th, January 27th  
February 2016 Dates: February 10th, February 24th  
March 2016 Dates: March 9th, March 23rd

## Learn 2 Skate at Kenilworth Outdoor Rink

**FREE DROP-IN – NO REGISTRATION REQUIRED - ALL AGES WELCOME** - City of Edmonton skating instructor.

Choose one of the following classes:  
Sunday January 17th 1:30 - 4:30 pm  
Sunday January 31st 9:30 am - 12:30 pm  
Sunday February 21st 1:30 - 4:30 pm

## Family Weekend - Sleigh Ride

Sunday, February 14th, 1:00 – 3:00 p.m.  
Kenilworth Community Hall

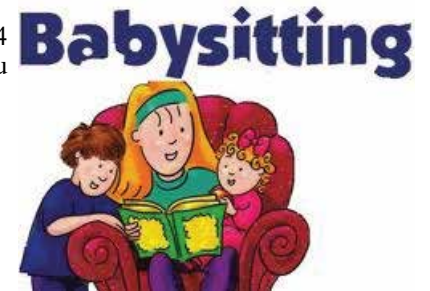
Enjoy:  
Sleigh Ride  
Hotdogs  
Hot Chocolate

Fun for the Whole Family

## 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.





## 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](mailto:president@kenilworthcommunity.com).

## Scrapbooking/Card-making Garage Sale

Kenilworth Hall, 7104-87 Avenue  
Saturday, March 12, 10:00 a.m to 2:00 p.m.  
Great bargains for you for your next projects!

Vendors – if you would like to sell your extra supplies such as Stampin' Up, Creative Memories, Michael's, etc, please call Liz at 780 465-5188 to register and pay the \$10 fee for an 8 foot table.

Registration and payment due by February 19.

## 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, pre-kindergarten 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 full and no longer accepting registrations. For more information or to register your child for Fall 2016, email [janna\\_44@hotmail.com](mailto:janna_44@hotmail.com) or call 780-757-9414.

## 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!



## Mutts N' Cutts Pet Grooming Ltd

Full grooms

**starting  
at \$45**

7248 101 Ave  
780-414-6069

## Community Swim

**Bonnie Doon** - Sundays from 4:15 to 5:45 pm, starting September 13th to June 26th.

**Hardisty** - Sundays from 1:15 to 2:45 pm, starting September 13th to October 31st. **Closed November through January.** Then same time slot from February 6th through June 26th.

Please remember to bring your KCL Membership!

## 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:

**December 14, 2015 Monday, 4:30pm – 11:30pm**

**January 16, 2016 Saturday, 10:30 – 3:30pm**

**January 31, 2016 Sunday, 10:30 – 3:30pm**

**February 25, 2016 Thursday, 4:30pm – 11:30pm**

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



## 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 at 780-474-2869.



## 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 Lead – Whitney  
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 or call 780 469 0093 leave a message and someone will return your call.**

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

## Ottewell Community League Social Media

Find out what is happening in our community by posting and liking our Facebook page: [www.facebook.com/OttewellEvents](http://www.facebook.com/OttewellEvents)

If you have an event please let us know the details and we can post and tweet for you! Twitter [@ottewellevents](https://twitter.com/ottewellevents)

## Ottewell Community League Meetings

Appreciate any time that you can give to your community!

Come Join Your Neighbours at the OCL Meeting!  
Third Tuesday of the Month 7:00 pm  
We welcome all to join us!

## Teen TIME - Youth Thursday Night Board Game Night

If you are interested in participating Thursday Evenings (January 21 and 28) send us an email. [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) with Teen Game night in the subject line. This would be a free evening for our teens in the Community. Ottewell would like to host 2 evenings at this time to help grow this to a regular weekly program for our Teen Members.



*To all our Neighbours and Friends  
May your Christmas sparkle with moments  
of love, laughter and goodwill,  
And may the year ahead be full of  
contentment and joy.*

*Have a Merry Christmas from the Ottewell  
Community Executive and Board.*

## Ottewell Community Members Free Swim Update

During the Hardisty pool maintenance closure (Nov 2 – January 29) Ottewell Community League members can enjoy their free community swim at Bonnie Doon pool on Sunday afternoons from 4:15 – 5:45 pm.



## Volunteer Opportunities

**Rink Volunteers:** We are looking for responsible people to open and supervise the rink shack during skate times for the winter season. This is a great opportunity to get to know your neighbours. Please note that all volunteers will be screened. Please email us at [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) with “Rink Volunteer” in the subject line.

**Winter Fest Volunteers:** December 12th SouthEast zone WINTER FUN FEST! We are still looking for volunteers to help make this a successful event. Please email: [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) with “Winter Fest Volunteer” in the subject line.

## OUTDOOR SOCCER REGISTRATION 2016 - Ottewell Community Residents

Registration for Outdoor Soccer will be held on the following days at the Ottewell Community Hall, 5920 - 93A Ave.  
Friday - February 19, 2016 from 6:30 pm – 8:30 pm  
Saturday - February 20, 2016 from 10 am – 2 pm  
Your child can only be registered if the following documentation is provided at the time of registration.

1. Child's original birth certificate
2. Three cheques: (Debit will be available).  
- Registration fee  
- Participation deposit (\$150 per family)  
- Uniform deposit (\$75 per child U8 and up)
3. Ottewell Community League Membership card. Memberships will be available for purchase at soccer registration. (\$25/ Family Membership). Memberships may be pre-purchased at the Sports Shack or Ottewell TGP.

## Monday and Wednesday Morning Fitness!

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.

## Ottewell area snow removal

**\$100 monthly  
Quality work  
guaranteed!**

call Nigel  
780-756-1633 or  
[oldguy88@shaw.ca](mailto:oldguy88@shaw.ca)



## 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.

## Learn 2 Skate Program at Ottewell's Rink

Instructors provided by the City of Edmonton Parks and Rec Program  
Thursdays February 4th, 11th and 18th 4:30 – 7:30 pm  
4:30 – 5:30 – Preschool aged 4-6  
5:30 – 6:30 - School aged 7-12  
6:30 – 7:30 – all ages  
February 25th – all ages drop in 4:30 – 7:30 pm



## Rink News

The Rink is all prepared and flooding of the rink has started. With the chilly weather upon us we should be skating very soon.

All skaters must have a community league membership to have skating privileges. Community League memberships can be purchased at Sport Shack and Ottewell TGP and get your skate tags.

Ice Rental is available for groups.

## Community Swims and Skating

Admission is free for Ottewell Community League members during the community swim times at Bonnie 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](http://Ottewell.org) for outdoor skate times.

## Community Patrol

Our Community patrol program will no longer be running within Ottewell. The City Police will be patrolling our area out of the Millwoods Police Station.

A special thank you goes out to Leroy for the many years of service for heading up our Ottewell Community Patrol Program. Your dedication and commitment to the safety of our community over the years is truly appreciated.

Remember: It is all of our responsibility to keep our Community safe by; getting to know your neighbours, and reporting any suspicious activities by calling:  
Emergency 911  
Non-Emergency 780-423-4567

## Time for Tots

Time for Tots offers a fun environment that allows children and parents to experience learning through exploration and play. We provide a spacious playful space that caters to children who are 0 – 5 years old. We invite all of our new families to come and meet one another in an open and welcoming atmosphere on Tuesdays from 10am – 11:30am in the Ottewell Hall.  
For more information, please contact:  
Whitney Young  
780-469-0663  
[primrosesresourcecenter@live.com](mailto:primrosesresourcecenter@live.com)

## Cooking Classes With Chef Sally

**Sunday January 17: A Taste of Thai**  
**Pad Thai**, Red Curry with Chicken and Vegetables, Roasted Tamarind-Lemongrass Side of Salmon, Coconut Rice and Apple Som Tum Salad  
**Sunday March 20: Everyday Indian**

Featuring the warm and fragrant ingredients of Indian cooking. The menu is still being finalised but I can share that the recipes will be simple enough for the home cook to make any day of the week and will include some aimed at vegetarians such as Punjabi-style Vegetable Curry and Beet-Paneer Salad. Other recipes will include chicken and shrimp or fish. (I am also working on an easy Butter Chicken recipe!!).

WHERE: Ottewell Community Hall, 5920 93A Avenue.  
COST: \$105 per class.  
INCLUDES: A full meal, two glasses of wine, a recipe handout and a resource list.  
An in-class draw to win a copy of Sally's best-selling cookbook The Best of Bridge Slow Cooker Cookbook (value \$29.95).  
SPACES: 8 (I limit the size of the group to maximise everyone's enjoyment).

Sally Vaughan-Johnston: Tel: 780 461 4238; 780 655 0020 (cell)

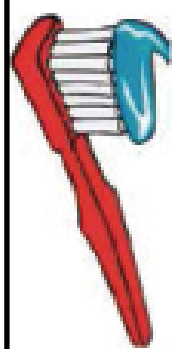
## SENIOR AFTERNOONS

Are you a Senior that would like to head up a Seniors Social afternoon?

The Ottewell Hall is available for our Community Seniors to have a place to meet for coffee and socialize.

The day of the week is to be determined yet as we have options! Please call the hall at 780 469 0093 and leave a message.

We will call you back to set up time to begin this great afternoon of Social Time.



### Dr. Gordon Lodwig Dr. Brian Zwicker

Ottewell Dental Clinic

New patients always welcome

**780-465-0505**  
**6128 - 90 Ave.**



### Ottewell Eye Care

New to your community



**6126-90 Ave (Ottewell Plaza) 780-758-0099**

Dr Greg Hahn and staff are excited to welcome you to come and visit our new clinic.  
We offer comprehensive eye exams which ensures complete eye health. We offer a wide range of services from contact lenses to fashionable eye wear. Let our knowledgeable and experienced staff help take care of all your personal vision needs.  
We look forward to seeing you! Most insurances billed directly

Mon-Wed-Fri-Sat 9-5 and Tue-Thu 9-8



## Board of Directors

PRESIDENT — Jenny  
VICE-PRESIDENT- Keith  
TREASURER — Ken  
GROUNDS & BUILDINGS — Scott  
SOCIAL DIRECTOR — Vacant  
MEMBERSHIP — Leah  
COMMUNICATIONS — Neil  
SECRETARY — Rohit  
PROGRAM DIRECTOR — Andrew  
MEMBER AT LARGE — James  
MEMBER AT LARGE — Jason  
MEMBER AT LARGE — Meghan  
\*See our website listed below for our email addresses

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

## Board Positions Open

The Strathearn Community League board needs your participation. We have a couple of vacancies at the Board level as well as committee positions. If you have some time to spare and would like to take a more active role in shaping your community here is your chance.

Board vacancies:  
- Social Director  
- Soccer Director

Committee members:  
- LRT committee

For details about these positions or if you would like to volunteer at any upcoming events please contact us through our Website, Twitter Feed, or Facebook page.

## Upcoming Events:

*Skate Party*  
**December 18, 2015**  
**17:00 – 21:00**  
**Strathearn Rink**

*Hayrides & Hot Chocolate*  
**January 01, 2016**  
**12:00 – 16:00**  
**Silver Heights Park (See Below)**

## Community League Skate Party

Skate the night away to your favorite disco hits of the 70's at the season's first Strathearn Community League Skate Party Friday, December 18, 17:00 -21:00. Hot chocolate and board games are on the menu and be sure to bring any used sporting equipment (winter or summer) as we are accepting donations on behalf of Sport Central Association. Check their website for more details about this worthy organization (<http://www.sportcentral.org>).

## Strathearn Building Society

We could not be more excited to announce that Strathearn has applied for and subsequently received charitable status from Revenue Canada. As such, we announced the formation of the Strathearn Building Society that will operate under this newly achieved status.

The Strathearn Building Society is proud to announce that:

1. We have now launched our 1.2 Million Dollar capital campaign and have announced that we will be building a new hall in 2016!
2. We have announced that we have already raised 80% of our fundraising goal!

With the formation of the Building Society, we are certainly looking forward to raising the remaining \$150,000 over the next few months. We would ask you all to invest in the future of Strathearn by making a donation, and with our new Building Society (as a registered charity by Canada Revenue Agency) this now means that donors can receive tax receipts for their contributions. In Alberta, the tax credit is equal to 25% of donations up to \$200 and 50% on donations over \$200. See here for more info: <http://www.cra-arc.gc.ca/chrts-gvng/dnrs/menu-eng.html>.

More to come over the next few weeks, please see our Social Media sites.

## Hayrides and Hot Chocolate

The Strathearn Community League hopes to see everyone at our annual Hayrides and Hot Chocolate event, Friday January 1, 12:00 – 16:00. Along with hayrides we will be roasting marshmallows, family skating, playing games and re-uniting with neighbours we may not have seen over the holidays. Join us for our most popular winter community event!

## Christmas Music

Here's our top five Christmas Albums for this season:

5. The Spirit of Christmas compilation - The Salvation Army
4. A Charlie Brown Christmas - Vince Guaraldi Trio
3. A Very Special Christmas compilation - 80's artists
2. Barenaked for the Holidays - Barenaked Ladies
1. A Soulful Christmas - James Brown

Strathearn friends and neighbours, please take to Twitter and Facebook and let us know your favorites. Let's tell everyone what SCL (Strathearn Community League) is listening to this season!



## Edmonton 311 App

Report your concerns on the go! With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

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

Help keep Edmonton great! Be the eyes and ears on the streets! By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

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

Download 311 App

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

For more information:

Online Contact 311 Online

## Youth and video games



Research has shown that playing video games (or "gaming") can affect youth in both good and bad ways.

Playing certain video games can help youth develop thinking and fine motor skills and manage anger and stress. However, gaming can also result in lower grades and reduce the time spent with family and friends. Video game play can take away time from other healthy activities and sometimes may encourage youth to act aggressively.

It is up to parents to help their teen learn to enjoy video games safely and responsibly. The following questions will help parents decide whether video games are a problem for their young person:

- Is your teen playing too much? Does gaming interfere with chores, school, work, family time? Too much gaming takes time away from sports, hobbies, sleep and other healthy activities.
- Does the game fit with the household norms or values? Games that include aggression, bullying, violence and discrimination can influence a young person's developing beliefs.

Here are some ways in which parents can teach their youth to play video games appropriately:

- Make sure play comes AFTER important tasks like chores, school, work, meals and family time.
- Ensure play happens in a central location, not a bedroom, so it can be monitored.
- Set and enforce a time limit on play.
- Discuss with your teen the types of games that are acceptable to you.
- Play together. Playing video games as a family can be fun and allows parents to role model appropriate behaviour and monitor play.
- Balance video game time with other fun family activities. Invite your teen to go for a walk or a coffee, throw a ball around, go for a bike ride, play a board game, cook a meal, watch a movie or do a puzzle together.

# Call The Dunham Team Today

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