

# SOUTHEAST VOICE

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

February 2015



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## Edmonton Southeast Soccer Association Outdoor Soccer Registration dates on Page 13

All residents of **Capilano, Forest/Terrace Heights, Fulton, and Gold Bar** communities are invited to attend regarding a vision for our community.

### Greater Hardisty Community Meeting

Lend your voice to help Greater Hardisty remain a vibrant neighborhood for generations to come!

**Tuesday, February 24, 2015 7:00 – 9:00 pm**

Hardisty School Gymnasium [10534 – 62 Street]

The provincial Gold Bar constituency, of which Greater Hardisty belongs, is home to the largest percentage of seniors of any constituency in Alberta. These changing demographics have created some challenges for Greater Hardisty including: school closures, a lack of affordable housing for young families and a shortage of alternative housing options for seniors who want to remain in their communities as they age, but not necessarily in single family homes. A loss of these amenities and services puts our sustainability - and community's future - at risk.

- We are having an important Community Meeting to gather ideas and feedback
- For more information contact:  
[lane.brenneis@shaw.ca](mailto:lane.brenneis@shaw.ca)



Promoting Greater Hardisty  
as an ideal place to  
**LIVE, LEARN AND PLAY**

## New Capilano Library Ben Henderson

I am pleased to announce that, in the City's Capital Budget for 2015-2018, City Council has allocated funds for relocation of the Capilano library. There are a number of shortcomings where it is on the second floor of the Capilano Shopping Centre; the new library will have a standalone location along 67th street south of 101st avenue.

The current Capilano Branch was last renovated in 1999 and its current location has left it hard to find and even more difficult to access, only being accessible by elevator (often out of order) or steep side stairs.

Although population projections indicate that the Capilano catchment area (the neighbourhoods of Capilano, Forest Heights, Fulton Place, Gold Bar, Ottewell and Terrace Heights) will remain fairly stable over the next 20 years, the new location will dramatically improve access and visibility which are important parts of a functional library.

*More library page 2*



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## South East Community Leagues Association

PO Box 38025 RPO Capilano Edmonton, Ab T6A 3Y6  
[www.secla.ca](http://www.secla.ca)

### Community Representatives

#### Avonmore

Nathan Mison [avonmorerep@secla.ca](mailto:avonmorerep@secla.ca)

#### Capilano

Bill Burtnik [capilanorep@secla.ca](mailto:capilanorep@secla.ca)

#### Cloverdale

Cherie Langlois-Klassen [cloverdalerep@secla.ca](mailto:cloverdalerep@secla.ca)

#### Forest/Terrace Heights

Connie Lussier [ftthrep@secla.ca](mailto:ftthrep@secla.ca)

#### Fulton Place

Carl Langston [fultonplacerep@secla.ca](mailto:fultonplacerep@secla.ca)

#### Gold Bar

Erin Sanford [goldbarrep@secla.ca](mailto:goldbarrep@secla.ca)

#### Holyrood

Chris Neuman [holyroodrep@secla.ca](mailto:holyroodrep@secla.ca)

#### Idylwyld

Marcus Nordin [idylwylderep@secla.ca](mailto:idylwylderep@secla.ca)

#### Kenilworth

Rob McDonald [kenilworthrep@secla.ca](mailto:kenilworthrep@secla.ca)

#### Ottewell (Chair)

Lori Jeffery-Heaney [ottewellrep@secla.ca](mailto:ottewellrep@secla.ca)

#### Strathearn

Jenny McAlister [strathearnrep@secla.ca](mailto:strathearnrep@secla.ca)

#### Project Manger

Bob Hutchison [projects@secla.ca](mailto:projects@secla.ca)

#### Treasurer

Olivia Li [treasurer@secla.ca](mailto:treasurer@secla.ca)

#### Secretary

Janet Fletcher [secretary@secla.ca](mailto:secretary@secla.ca)

### EDMONTON

**Please note:** If the WEATHER is -20C or colder with the Wind-chill, there will be indoor activities!!

### Beat the Winter Blues & join us for...

**THE GREATER HARDISTY Afterschool Program**

Stop by and try out one of many great winter activities with City of Edmonton staff, from the Neighbourhoods, Parks and Community Recreation Branch. They will assist in use of a variety of different winter equipment and facilitate different games and activities. Children ages 6-12 are welcome.

**Time: Wednesdays 3:40pm – 6:00 pm**

**Dates:**  
**February 11<sup>th</sup> @ Gold Bar School 10524-46 ST**  
 (Kicksleds, Snowshoes, WinterScares, and Games)  
**February 18<sup>th</sup> @Fulton Place 6115 Fulton Rd**  
 (Skating, Broomball, Games) Some Skates and Helmets are available. Helmets must be worn.  
**February 25<sup>th</sup> @ Gold Bar School 10524-46 ST**  
 (Kicksleds, Snowshoes, WinterScares, and Games)  
**March 4<sup>th</sup> @ Capilano Hall 10810 – 54 St**  
 (Tobogganing, Firepit with Bannock making and S'mores, Games)

For more info call 780 496 5926 or email [lynn.ferguson2@edmonton.ca](mailto:lynn.ferguson2@edmonton.ca)



## Learn To Skate Program NSE Area

The City will be running free drop in Learn To Skate programs at a number of local arenas this winter. These programs will be open to participants of all ages to come and learn skills and play games on the ice with trained staff. Fun and fundamentals are the focus of this skating program. Participants will be exposed to various skating skills while participating in stations and games. Sessions will be held at the following local rinks in your vicinity: For a complete listing across the city, go to the City of Edmonton website.

## Winter Fun Fest 2014: Great Day

Thank you to the many groups and organizations who partnered with the City of Edmonton to put on this amazing Festival. There was triple the number of people out this year who came from across the city and beyond to enjoy a beautiful winter day. A HUGE thank you to our major sponsors who made that possible by supporting the programs and activities: Host (Argyll Community League), Ritchie Community League, Ice Sculptors (SECLA and Kenilworth), Sleigh Ride (Community Leagues of Southeast), Little'Chippers Program (Imperial Oil), Sucre a' Cabana (Quartier Francophone D'Edmonton), and the Family Photo Booth (Old Strathcona Business Association), X-country Skiing (The Edmonton Nordic Ski Club and Totem Outfitters), YELP and Trail Dogs. And of course a special thank you to all the volunteers who made this possible. We look forward to seeing everyone out next year!

### Library - Continued from front page

This new library will be located along 67 Street and south of 101 Avenue as a 10,000 sq. ft. standalone facility which will provide improved functionality by providing additional space for quiet study as well as better technological resources that will better meet community needs. Additionally the new library will have a larger community meeting room space. There has been much demand for a better space in the current library, but the facilities have not been equipped to meet that demand. This budget allocation of \$11.5 million will remedy these shortcomings.

The schematics for the new library will be completed by the end of this year, 2014. This coming year, 2015, will see the land purchased and detailed design being finalized. Between 2016 and 2017 the library will be constructed and outfitted with furniture and equipment. You can learn more at [www.epl.ca](http://www.epl.ca)

Please feel free to contact me anytime at [ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca) or at 780.496.8146. Follow me on Twitter @ben\_hen

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## Edmonton Public Library

There are so many ways to engage with the Edmonton Public Library, from attending programs to borrowing items, but did you know that there are even more ways to connect with our fantastic library?

### eNewsletter

Stay informed and up-to-date on the latest going-ons at EPL. The Edmonton Public Library is spreading their words through a monthly newsletter. Find the library newsletter online at: <http://www.epl.ca/eplnewsletter>

### Volunteer

Volunteering at the Edmonton Public Library is a way for you to provide life-enriching experiences for people in your community and support the library. Help is needed with all kinds of tasks, some simple and some more technical, some helping the public and some behind the scenes.

### Donate

The Edmonton Public Library believes in the power of people. The strength of the Library lies in people working together, people like you who want to ensure that the Library will remain a rich community resource for generations to come. You can play an important part in meeting the many challenges the Library faces by making a gift to the Edmonton Public Library today.

*Featured programs at the Capilano Branch include:*

**iPad Fun! For Beginners (adults):** Friday 1:30pm – January 30<sup>th</sup>; Tuesday at 1:30 - March 3<sup>rd</sup>

**Legal Workshop – Wills and Estates (adults):** Wednesday at 7:00pm – February 25<sup>th</sup>

**Family Day 2015 – Kaybridge Puppet Show! (all ages):** Monday at 1:30pm – February 16<sup>th</sup>

**Tween Lounge (ages 8-13):** Thursdays at 4:00pm – January 28<sup>th</sup> (iPad Fun!); February 19<sup>th</sup> (Minecraft)

*Featured programs at the Idylwylde Branch include:*

**Book Club - 2 (adults):** Tuesday at 7:00pm – February 10<sup>th</sup>, March 10<sup>th</sup>; Monday at 2:00pm – February 23<sup>rd</sup>; March 16<sup>th</sup>

**Bébés à la bibliothèque (up to 12 months):**

Thursdays at 2:00pm – ongoing drop-in

**Family Day 2015 – Let's Talk Science (6-12):**

Monday at 3:30pm – February 16<sup>th</sup>

**Minecraft Club (ages 10-17):** Thursday at 3:30pm – February 12<sup>th</sup>; March 19<sup>th</sup>

For more information please contact the Capilano branch at (780) 496-1802 or the Idylwylde branch at (780) 496-1808 go to our website - epl.ca



**SEESA** South East Edmonton Seniors Association Activity Centre *See what's happening!*

The Holiday season has come and gone – and we are all thinking wistfully that signs of spring may start appearing soon; or maybe we will just go shovel some more... A big SEESA thank you to all the Snow Angels who have shovelled for seniors this winter. If you were a Snow Angel, Celeste would love to hear from you to find out what your experience was like. If someone shovelled for you and you would like them to be recognized please give Celeste a call and I will fill out a City of Edmonton Snow Angel nomination form, so your Angel can be recognized for their efforts!

We have some new clubs and activities this year too –Old Time & Sequence Dancing on Wednesday evenings 7-9 pm. For more information on Old Time and Sequence Dancing contact Elaun Cable Lind at 780 468 1985.

Our Valentine Dinner and Dance will be on Saturday February 14<sup>th</sup>, and features the Romantics. Tickets are on sale now and are \$25.00 per person- Ticket sales end February 10<sup>th</sup>.

We are once again hosting our Words, Wisdom and Wine: Short Story Readings in Celebration of Reading Week. Come and enjoy wine and cheese and a good story, advance tickets are on sale now \$6.00, or sign up to read an original work. Call SEESA for more information.

Check us out online at: [www.seesa.ca](http://www.seesa.ca) or in person at 9350 82 Street

I look forward to hearing from you!

Celeste Nicholson – Home Services Coordinator  
780 468 1985

## Childhood Immunizations

### New Alberta website launches

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

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

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

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

Visit ImmunizeAlberta.ca today.

## City Services & General Information

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

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints
- Roadway & waste management information
- Program registrations and bookings
- Transit information

311 agents are available 24 hours a day, every day.

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## League Contacts

President	Nathan	<a href="mailto:president@avonmore.org">president@avonmore.org</a>
Vice President	Vacant	
Secretary	Vacant	
Treasurer	Boris	<a href="mailto:treasurer@avonmore.org">treasurer@avonmore.org</a>
Hall Rentals	Tanya	<a href="mailto:hallrental@avonmore.org">hallrental@avonmore.org</a>
Programs	Elizabeth	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a>
Rink	Fred	<a href="mailto:rinkcoordinator@avonmore.org">rinkcoordinator@avonmore.org</a>
Soccer	Lynn	<a href="mailto:sports@avonmore.org">sports@avonmore.org</a>
Babysitting	Cheryl	<a href="mailto:admin@avonmore.org">admin@avonmore.org</a>
Casino	Elizabeth	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a>
Grants	Walter	<a href="mailto:grants@avonmore.org">grants@avonmore.org</a>
Memberships	Lisa	<a href="mailto:membership@avonmore.org">membership@avonmore.org</a>
Playschool	Jamie	<a href="mailto:playschool@avonmore.org">playschool@avonmore.org</a>
Sign	Lee	<a href="mailto:director4@avonmore.org">director4@avonmore.org</a>
Communications	Ryan	<a href="mailto:communications@avonmore.org">communications@avonmore.org</a>
Volunteers	Ginette	<a href="mailto:director2@avonmore.org">director2@avonmore.org</a>

## Parent & Tot

Avonmore Community Hall  
(7902-73 Ave)

Parents of toddlers are invited every *Tuesday between 9 a.m. - 11 a.m.* 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 Stacey at 780-616-3895.

## Book Club on Sundays

The book club meets once a month at 7 pm.

New members are welcome.

For more information, contact Anita Lunden at 780-462-4439 or email [lunden@telusplanet.net](mailto:lunden@telusplanet.net)

## Winter Yoga

**Yoga classes** at Avonmore Hall  
Starting January 13 and 14  
Tuesdays 6:30 p.m.-8 p.m.- Restore & Repair Yoga- Instructor Brea Johnson  
Wednesday 6:30 p.m.-8 p.m.-Hatha Yoga-Instructor Tori Lunden

**Mindfulness Meditation classes** starting February 1.  
Classes will be offered once a month

For more details go to [www.avonmore.org](http://www.avonmore.org)  
and click on Programs and Events or  
contact Anita Lunden at 780 462-4439 or  
[lunden@telusplanet.net](mailto:lunden@telusplanet.net)

## Babysitting Registry

Avonmore CL has started a babysitting registry for those that offer part-time childcare services to families in our community.

If you would like to be listed, please email Cheryl at [admin@avonmore.org](mailto:admin@avonmore.org).

## Red Cross Babysitting Avonmore Community Hall 7902-73Ave, Edmonton

Course for boys or girls  
(have to turn 11yrs old by the end of March)  
Saturday February 21, 2015  
9:00am-5:00pm Cost \$70.00 -manual and mini first-aid kit included Bring: lunch, pencil, water bottle & large floppy doll or teddy/bunny that lays flat Email [hallrental@avonmore.org](mailto:hallrental@avonmore.org) to register or if you have any questions

## Outdoor Avonmore Soccer Registration

**U4-U18**  
**Avonmore Hall 7902St-73 Ave**

Saturday Feb 7, 2015 - 9:00am to 12:00pm  
Thursday Feb 19, 2015 - 6:00pm to 9:00pm

Volunteers needed to work registration (Counts towards volunteer requirements)  
Contact: Boris at [sports@avonmore.org](mailto:sports@avonmore.org) or 780.902.9378

## Free Drop In Learn to Skate Avonmore Rink Building

(7902 St.-73 Ave.)  
For participants of all ages! Parents to!  
Children 5 and under require a parent or guardian to attend.



Saturday January 31  
1:30-4:30 p.m.  
Thursday February 5  
3:00-6:00 p.m.

Participants can stay for the full 3 hours or drop in for a short while!  
\*Please note that the program will cancel in the event of inclement weather  
(below -20 degrees Celsius).

## Avonmore Playschool still accepting registration

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

## 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)

## Get your Avonmore Memberships

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

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

## Family Day Skating Avonmore Rink Building 7902-73Ave, Edmonton

February 16, 2015  
Monday 1:00pm-4:00pm  
Families come join us for some  
fun skating & sledding with  
free hot chocolate





## League Board

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

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

## Choose Capilano Hall for Your Special Event

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

## Memberships

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

## Greater Hardisty Community Meeting

Lend your voice to help Greater Hardisty remain a vibrant neighborhood for generations to come!

**Tuesday, FEB 24 • 7 - 9pm**

Hardisty School Gymnasium [10534 - 62 Street]



Promoting Greater Hardisty  
as an ideal place to  
**LIVE, LEARN AND PLAY**

Residents of **Capilano, Fulton, and Gold Bar**  
communities are invited.

## Family Fun Day Celebration

**Sunday, FEB 15, 2015**  
noon - 3:00 pm

At the Capilano Community Hall  
(108A Ave. + 54 St.)

## Cardio/Core Strength Workouts

Please join us at Capilano Community Hall (10810 - 54 St.) for Cardio/Core strength workouts!  
Days/time: Tuesdays and Thursdays, 7 p.m. - 8:15 p.m.  
Contact: Elaine at 780-469-2964  
Dates: Classes begin January 13 and 15, 2015 until April 14 and 16, 2015 at 7 p.m.  
Cost: \$140 for 28 classes (twice weekly)  
\$80 for 14 classes (once weekly - either Tues. or Thurs.)

## Public Skating

Weather permitting, public skating (no sticks or pucks) is available on the BIG Capilano Community ice rink for members, at the following times:  
--Saturdays 12:00 p.m. - 2:00 p.m.  
--Sundays 12:00 p.m. - 2:00 p.m.  
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. Come and try it out!

## Capilano Playschool Registrations for 2015/16 open January 28!

Capilano Playschool will be ready to accept registrations for the 2015/2016 playschool year beginning Wednesday, January 28th!

For information visit  
www.capilanoplayschool.webs.com  
or contact 780-802-9307. We offer both morning and afternoon classes with a choice of 2 or 3 days each week. Specifically, the nondenominational Christian Program on MWF afternoons from 12:15 p.m. - 2:45 p.m., and the Healthy Apple Program on MWF and TR mornings from 8:45 a.m. - 11:15 a.m. Our "Learn Through Play" philosophy for 3-4 year olds, facilitates children learning letters, numbers, socialization, and kindergarten readiness skills through physical activity, arts and crafts, field trips, stories, music and more! Classes are small with a maximum of 14 children/class. Our teacher is warm, positive, creative and very experienced in early learning and child development.

## 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 16 sitters listed in our registry. Please contact Lana if you are a parent looking to connect with a sitter.

## Hardisty Gymnastics Club Spring Classes

Sponsored by Capilano Community League  
Offering Programs TUESDAY or THURSDAY evenings.  
NEW Program! Tuesday night CHEER Class for Elementary Aged Children!  
Where: Hardisty Junior High School (10534-62 St.)  
Dates: Tuesdays Mar. 10 - Apr. 21, 2015 OR Thursdays Mar. 12 - Apr. 23, 2015  
Cost: \$72/child  
Parent & Tot 18 mos. - 3 year old, 6 p.m. - 6:45 p.m.  
Preschool 3-5 years old, 6 p.m. - 6:45 p.m.  
Elementary 6-12 years old, 6:45 p.m. - 7:45 p.m.  
Cheerleading Class 6-12 years old, 6:45 p.m. - 7:45 p.m.  
\*\*Parent & Tot and Cheer are offered on Tuesdays exclusively\*\*  
REGISTRATION: For more information and to register, contact Shauna at 780-966-3205 or canadaplaysl@gmail.com.

## Preschool Soccer Registration

### **REGISTRATION dates:**

--Wednesday, February 11, 7 – 9 p.m. at Capilano Community Hall (10810 – 54 Street); or  
--Saturday, February 14, 10 a.m. – 2 p.m. at Fulton Community Hall (6115 Fulton Road)

Registration is limited and on a first come first serve basis. Community league membership at any Edmonton community league is required. For more information contact Shauna at canadaplays1@gmail.com or 780-966-3205.

Have fun learning to play soccer! Instructed classes are 45 minutes long and specifically developed for 3-5 year olds. Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink.

Starts: Tuesday May 5 or Thursday May 7

End: Tuesday June 9 or Thursday June 11

Cost: \$65/child

Group A: Tuesdays 5:30-6:15 p.m.;

Group B: Tuesdays 6:15-7 p.m.;

Group C: Thursdays 5:30-6:15 p.m.;

Group D: Thursdays 6:15-7 p.m.

## Ball Hockey Registration

### **REGISTRATION dates:**

--Wednesday, February 11, 7 – 9 p.m. at Capilano Community Hall (10810 – 54 Street); or  
--Saturday, February 14, 10 a.m. – 2 p.m. at Fulton Community Hall (6115 Fulton Road)

Community league membership at any Edmonton community league is required. For more information contact Shauna at canadaplays1@gmail.com or 780-966-3205.

Kids will enjoy learning stick handling, passing and shooting skills in a small game environment. They will be so busy participating in games developed to improve skills they won't even realize they are learning!

Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended.

Start: Saturday April 25

End: Saturday June 6

Group 1: 4-6 year olds from 9 – 10:00 a.m.

Group 2: 7-12 year olds from 10 – 11:00 a.m.

Cost: \$65/child

Where: Capilano Community League Rink

## Capilano Community Park Redevelopment Update

With the Phase 1 project (new playground equipment, spray deck and picnic shelter) now complete, we are changing our focus to PHASE 2 (walking path, outdoor exercise equipment, bike bump course, changeable community sign). We are beginning to work with the City on the detailed plans. Stay tuned! The Park Redevelopment Committee is planning to hold a Phase 1 Grand Opening this summer. We also look forward to enjoying the new amenities in warmer weather!

### **NEXT MEETING**

Our next committee meeting is:

When: Wednesday, February 4 at 8:30 p.m.

Where: Capilano Community Hall

We always welcome more hands! Please come out and learn how you can be involved. To talk to someone in your community contact Jill at 780-469-0513 or jschlender@shaw.ca.

## Community Builder: Alistair "Al" Park (1938 – 2014)

*By Gord Smarsh*

In 1986, we moved into the Capilano neighbourhood. This community was founded in 1960 and many of the original owners were still living in their homes.

The first time I met Al Park, he told me that unless we recruited more people to volunteer, the Capilano Community League would have to fold. The community was exactly what we wanted, with established schools, great parks and ice rinks. It was a place where families grow together. The Community League had some funds, but not enough workers. Al heard that that a new Bingo hall was going to open in Allendale. He and Bob Breakenridge (Bingo Bob) went to the first meeting and reported back that we should get in on the ground floor. Al was a shrewd business man who made good investments with the Community League's money.

The Allendale Bingo Association investment provided funding for many years so that the Community League could expand, create new programming and new facilities. During Al's time with the community league, we created a new playground, rebuilt the skating rink, rebuilt the tennis courts and then we renovated and expanded the community league facility.

Al was a wonderful person to work with, he always had a new joke to try out on you, and he kept the mood of meetings light. He worked hard to improve Capilano community and infected all around him with the inspiration to make this community a better place for all.

NOTE: Community funds resulting from Al Park's many years involved in Capilano Community League also contributed to the recent 2014 redevelopment of Capilano Community Park. Please enjoy Al Park's memorial bench in the northeast corner of the playground.

*Capilano Community playground – memorial bench for Al Park (1938-2014)*



## Community Park Redevelopment Be a Park Supporter!

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

### **Donor RECOGNITION LEVELS are as follows:**

#### **PERSONAL** donation:

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

#### **BUSINESS** donation:

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

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

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

**GOLD** donors: Allan Yee

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

**BRONZE** donors: Sandy Schaloske, Don Chan, Blanca Maginnis, Cheryl Stepanko/Richard Pereschitz

## First Community Christmas Dinner Enjoyed by 280!

*By Gail Gravelines*

How can we reach out and engage people in our Greater Hardisty communities?

That question, pondered by leaders of three Hardisty area churches, resulted in the first annual free community Christmas dinner enjoyed by about 280 people of all ages on December 13, 2014.

"We talked about how to engage people in our community. How to reach out and help people connect with each other across all ages, faiths and backgrounds," says Rev. Jonathan Crane of St. Augustine Anglican Church, "The City of Edmonton had neighbourhood engagement funds to help communities create opportunities for people to get to know each other and connect."

And how best to connect people than over dinner and dessert!

"We started with three churches and by the time we held the dinner, nine different faith organizations came together to put this on," says Jenny Samm of Hope Lutheran Church, lead organizer. "We specifically chose a community location – Hardisty School gym – so that people knew the dinner was open to all."

From grace, to turkey and cranberries, to Christmas carols, children's games and a visit from Santa the 90-minute celebration was enjoyed by many. Here's what some said:

"This is the only turkey dinner I'll have this Christmas. I live alone, so I don't cook turkeys."

"I invited my neighbours to come, so we're all here!"

"No dishes to wash. Great to see the kids having fun too!" "This is the face of God in action!" "Let's do this again next year!"

Thanks to the congregations who came together to create this community event:

Braemar Baptist---Capilano Christian Assembly---Grace United Church---Hope Lutheran Church  
Mount Carmel Bible College---Ottewell Christian Reform Church---St. Augustine Anglican Church  
The Roman Catholic Parishes of Assumption & Resurrection---Young Life at Hardisty School

*Greater Hardisty residents enjoy the Community Christmas Dinner December 13, 2014*





## Cloverdale Community League Contact Information

### Board of Directors

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

### Standing Committees

<b>Casino Committee</b>	Bev and Shane	beverlyjoanbennett@gmail.com
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### Edmonton Ski Club Liaison Committee Chair

Bruce	bbrandell@epcor.ca
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### Park Redevelopment Committee Chair

Murray	meschneider@shaw.ca
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### Hall Rentals/Emergencies

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

**Emergencies** 780-439-3149

**Facebook - Cloverdale Community League: Edmonton**

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



### Have you considered renting the Cloverdale Hall?

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

Check our website for availability on the online calendar: [www.cloverdalecommunity.com](http://www.cloverdalecommunity.com)

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

## CCL Membership Information

Become a member and enjoy the benefits!

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

### RATES:

2014/2015

\$20 per family, \$10 per individual

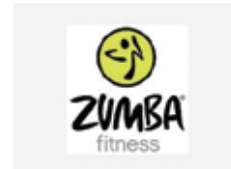
To purchase your membership contact Janet Hardy at [janmhardy@gmail.com](mailto:janmhardy@gmail.com) or (780) 439-3149

## Community Programs

Community League Membership is required for all community league programs.

Unless otherwise indicated, please register online for the programs listed below to [janmhardy@gmail.com](mailto:janmhardy@gmail.com)

- **Hatha Yoga** – Tuesdays, 7:30 – 8:30 pm  
12 weekly classes starting January 6 - March 24, for only \$108.  
Drop-ins are welcome, \$10 per session.



- **Zumba** - Thursdays, 7 – 8 PM  
January 8 – March 5 (8 weeks)  
March 12 – April 30 (8 weeks)  
May 7 – June 25 (8 weeks)  
Cost: \$75/8 week session. Drop-ins are welcome, \$10 per session.

### • Indoor Playgroup

Come in from the cold and enjoy playtime at the hall! Children up to age 5 are welcome to explore and play Wednesday mornings from 10 to 11:30 am, while parents enjoy tea or coffee at the hall. No cost for this program.

### • Family Skate

Join your neighbours for skating, hot chocolate, and cookies during family/recreational skate times at the League rink!

From January until the rink closes as the weather warms, recreational skate times are:

Mondays 6 - 9 pm

Wednesdays 6 - 9 pm and

Sundays 1 - 4 pm

Please note that during these times, NO STICKS OR PUCKS ARE ALLOWED ON THE ICE, even if there are no other skaters. This is to encourage safe participation and use for all.

### • Art Class: Drawing

Drawing classes will be offered in the spring. Watch for information on the CCL website.

Cloverdale Community League Urban Poling/Nordic walking sessions

The next session of Nordic Walking/Urban Poling will be in the spring and will be advertised on the CCL website. There will be one session during the day and also one session offered on the weekend or in the evening. For further information contact Susan at [Get\\_fit@telus.net](mailto:Get_fit@telus.net)

### • Book Club

Meets monthly on a Monday at 7 pm.

Contact Janet at [janmhardy@gmail.com](mailto:janmhardy@gmail.com) for more info.

### • Social Dance

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



## Cloverdale Event: Winter Wipe Out on Saturday, March 14, 2015

Keep an eye on the Events page of the CCL website for upcoming details about the adult winter social event, Winter Wipe Out, scheduled for March 14, at the Cloverdale Hall. Bring an appetizer—wine and beer will be available for \$2.



## Cloverdale Community Garden Update

The Cloverdale Community Garden club had its Annual General Meeting on October 27, 2014. The members thanked Karen McFarlane for her many hours of dedication as chair of the committee. She chose to not continue in this position for the next term. Marge McKay has volunteered to chair the committee for the 2014/15 season. Reg Kontz was successful in completing all the applications and work required to obtain approval for the grant application for funding



from Sustainable Food Edmonton. This seed money will provide the necessary start-up funding for the garden initiative to proceed in the spring of 2015.

The spring meeting is tentatively scheduled for March 9, at 7 pm. at the Cloverdale Hall. In regards to the allocation of garden plots; for the 2015 season, the terms of reference indicated that of the 20 possible plots available, we would allocate them to the present and past board members and the remaining plots would be available for a lottery draw from the names of Cloverdale Community League members who expressed interest and provided their contact information.

If you are interested in further information contact one of the committee members:

Marge: [m.m.mackay@telus.net](mailto:m.m.mackay@telus.net)

Reg: [marmich@telusplanet.net](mailto:marmich@telusplanet.net)

Susan: [Yackulic@telus.net](mailto:Yackulic@telus.net)

Kevin: [kmroberg@ualberta.ca](mailto:kmroberg@ualberta.ca)

Margaret: [margmcvea@gmail.com](mailto:margmcvea@gmail.com)

Peter: [kpmcfarlane@shaw.ca](mailto:kpmcfarlane@shaw.ca)

## Valley Line LRT Project News

By Paul Bunner

Co-chair, Cloverdale LRT Committee

There have been a number of important developments related to the Southeast LRT project. They include the October release of the 90 percent redacted public version of the Request for Proposals (RFP) that was issued to the three multinational engineering and construction consortia that are bidding on the \$1.8 billion project.

As directed by City Council, concerned stakeholders and citizens were invited to submit questions in response to the public version of the RFP. Cloverdale's questions sought the release of more detail from the RFP related to our community's



long-standing concerns about some of the design elements and construction scheduling in the river valley. City Administration posted answers to the RFP questions on the Valley Line LRT webpage January 7. The answers did not address Cloverdale's outstanding design concerns, notably the proposed 300-foot rail siding in the river valley, said construction scheduling will be announced after the contractor is chosen, and refused to release more of the RFP.

However, the answers did reveal that the estimated duration of construction of the project has increased from 4.5 to 5 years. They also noted that some "updates" have been made to the key Environmental Impact Screening Assessment, mainly to address Edmonton Ski Club and Edmonton Folk Music Festival concerns, Riverdale concerns about construction impacts on Cameron Avenue, and actions to improve river valley trail connectivity during construction. These updates will be the subject of a public meeting February 3, 5-8:30 pm, at the Old Timers Cabin.

The successful bidder for the Valley Line LRT project is expected to be chosen in late 2015, with construction to commence in January 2016. There is some speculation that the fall of oil prices and government revenues may impact the schedule.

Visit the Cloverdale Community League website for more information about the LRT project.



- Full lawn services starting at \$100\* - new 30" (double blade mower)
- Power raking, core aeration, fertilization & weed control package available
- SPRING SPECIAL! FREE gutter cleaning with purchase of full Spring package
- Spring/Fall clean-ups: Garden beds, lawns, trees, brush, junk
- Over seeding and sod replacement
- Hedges and small trees trimmed
- Junk to dump
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- All small jobs

\* Denotes full season contract, cut only.

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E-Mail: [Snowclearing@yahoo.ca](mailto:Snowclearing@yahoo.ca)**

## 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.



### Dr. Gordon Lodwig


Ottewell Dental Clinic

New patients always welcome

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

## SUCCESS

begins here



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Attend our **OPEN HOUSE, March 25, 5:30-7:30 pm.** Check [Riverdale.epsb.ca](http://Riverdale.epsb.ca) for details on our kindergarten info-sessions. Call **780.425.7600** for more information or to arrange a tour.

THE SCHOOL WITH A ♥ IN THE ♥ OF EDMONTON

8901-101 Ave, Edmonton, AB T5H 0B1 | [riverdale.epsb.ca](http://riverdale.epsb.ca) | [facebook.com/RiverdaleSchool](https://facebook.com/RiverdaleSchool)

## League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Connie	462-1442	Secretary@forestterrace.org
Treasurer	Kathy	469-7059	
Hall Rental	VACANT	465-5173	Hall@forestterrace.org
Maintenance	Justin	485-6099	Maintenance@forestterrace.org
Maintenance	Mike		Maintenance@forestterrace.org
Programs	Sharon	466-8460	Programs@forestterrace.org
Rink	Chris	469-3241	Rink@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Seniors	Connie	462-1442	Seniors@forestterrace.org
SECLA Rep	Connie	462-1442	SecLa@forestterrace.org
Soccer	Michael	887-3158	Soccer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Grants	Lyndsey		Grants@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Website	Tyler		Web@forestterrace.org
Sign	VACANT		Signs@forestterrace.org
News Editor	Liz		Newsletter@forestterrace.org
Volunteers	Alanna	465-1976	Volunteers@forestterrace.org
Events	Yvonne		Events@forestterrace.org
Safety	Lyndsey	232-2523	Safety@forestterrace.org

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

## Hall Cleaner Needed- \$

The Hall Cleaner is a paid position with the Community League. We are currently in search of someone available to clean the hall twice a week, on weekdays, during the daytime. **Position pays \$25/hour for 3-4 hours a week.** Interested? Call Rae at 916.8145 or email President@ForestTerrace.org

## Hall Rentals

Have you seen our community hall with it's newly renovated interior?

The Community League seats up to 65 people, provides a full kitchen, concession bar, tables, chairs, lovely green space, great spray deck, large skating rink, free WiFi, and brand new floors. To get more information about our very affordable rates, leave a message for Darlene at 465-5173. **Hourly rates available.**

## Memberships

Get your membership today and you can participate in all the league activities, most are **FREE**. Call CoraLee at 430-4307 to get your membership today! Memberships can be purchased at [www.efcl.org](http://www.efcl.org) for a \$2 surcharge.

Alternatively, they can be purchased at two local businesses in our community: Shaheen's Bakery on 79St & 101Ave & Growers Direct Florist on 101Ave & 70St

## Seniors Slo-Pitch

The Edmonton Seniors Slo-Pitch Association welcomes men and women slo-pitch players 50+. The diamonds are located at Airways Park - 113 Street and 113 Avenue. Level of play is from recreational to competitive. The season runs from May-September with 2 games per week. Registration deadline is April 1, 2015. For more information visit 457.5918

## Seniors Nominations

Do you know an older adult who is making a difference? The Sage Awards recognize outstanding, local seniors in ten categories. For more information and to nominate someone, call 701.9017 before February 17th, 2015.

Huge **THANK YOU** to all the individuals that helped to plan and volunteer for the Garden Fundraiser on January 17th. About 100 attendees came for pancakes, people of all ages joined us on the rink, and several families participated in the Winter Scapes competition. We are currently tracking down the winner for that competition. Also, we raised \$353 towards our Community Garden, thank you everyone! **Door Prize winners** will be contacted to pick up their prizes. **Winners-** #1- Eric M, #2- Medea C, #3- Ben B, #4- Opal S.

## Winterscapes Contest

Help keep our city neighborhoods looking great by creating a unique front yard winter display. Submit your favorite Winterscape photo to [www.frontyardsinbloom.ca](http://www.frontyardsinbloom.ca) until February 22nd for a chance to win weekly prizes.

## Free Family Ski Day

Saturday, March 7th (Must arrive between 9-10 am)  
This event is exclusive to Forest Terrace Heights Community League Members only. Ski rentals/helmet included. **Registration is required.** Call Yvonne at 433.7902 or email Events@ForestTerrace.org

## Babysitting Registry

Email Anna at Babysitting@forestterrace.org to be added to the registry.

## Casino Fundraiser

Volunteers needed for the Baccarat Casino May 19 & 20th for 1 or 2 nights of this fun event to help benefit the Community League. Contact Anna at 485.6099 or email Casino@ForestTerrace.org to sign up. **\*Free meal provided.**

## Upcoming...

**Feb. 3rd** | 7-9pm | Monthly Meeting  
**Feb. 8th** | 2pm | Community Walk  
**Feb. 12th** | 6:30-8:30 | Soccer Reg.  
**Feb. 17th** | 6:30-8:30 | Soccer Reg.  
**Feb. 18th** | 7pm | Community Walk  
**Feb. 20th** | 7pm | Games Night  
**Feb. 24th** | 7-9pm | Garden Meeting

See website for further details.

**Mon** | 7-8pm | Indoor Bootcamp | **\$10 drop-in**  
**Fri** | 9:30- 11am | Pilates | **low cost**  
**Sat** | 6-7pm | Swim | **FREE**  
**Sun** | 1:15 & 4:15 | Swim | **FREE**  
**Daily** | Skating- see schedule | **FREE**

### Community Walks

Come meet your neighbours while getting some fresh air, exercise & hot chocolate! Bring your strollers, dogs, sleds, or just yourself- all ages & abilities are welcome! Lengths of walks are aimed for 30 minutes but could be longer or shorter depending on the weather and how people are feeling.

*Sunday, Feb. 8th @2pm, starting at the Mary Finlay park at the Community League. Questions? Contact Angela at [Safety@ForestTerrace.org](mailto:Safety@ForestTerrace.org) or 885.9529.*  
*Wednesday, Feb. 18th @ 7pm, starting at Second Cup (101 Ave & 75 St.) Questions? Contact Lyndsey at [Safety@ForestTerrace.org](mailto:Safety@ForestTerrace.org) or 232.2523.*

### Outdoor Soccer Registration

Registration is open to all players ages 4-17 years. Feb. 12th & Feb. 17th from 6:30 - 8:30pm at the Hall, 10150 80 St. For more information visit [www.southeastssoccer.ca](http://www.southeastssoccer.ca) or email Michael at Soccer@ForestTerrace.org

**Indoor Bootcamp-** Whole body fitness class with Sharon Weber, AFLCA Fitness Leader. Call 270-5273 to register or drop-in.

**Pilates on the ball-** This gentle drop-in exercise is practised by all ages and physical capabilities on a swiss ball. Call Corrie for more info at 466-6679.

**Swimming-** Warm up in the hot tub or sauna on those cold winter days! Community member swims at Hardisty Pool on Sundays from 1:15- 2:45pm and Bonnedoon on Saturdays from 6-7pm, and 4:15- 5:45pm on Sundays.

**Reminder:** You must present your membership card.





# Winterfest 2014 was a great success!

Hundreds of people turned out to enjoy the good weather, fun winter activities, sleigh rides & smores!



# The Beautiful Game!

We are in our third round of the indoor soccer season and as a community, we have much to be thankful for. Three great teams represent Forest Terrace Heights (“FT Heights” as we are known in the soccer world) around the city.

The **U8 team** is really fun to watch. These little players play their hearts out and bring out an inner excitement in all of us. Coaches Justin and Justine have commented that they see improvements in skills and teamwork at every single game.

We also host a **U12 Boys team** that has a core of FT Heights players on it. Some of these players have been together for a few years now. Two smart coaches, Dan and Carson have pushed players into new positions that have caused some pleasant surprises.

Lastly, FT Heights is hosting a **U16 Boys team** that is a ton of fun to watch. Coach Tom’s team has a core group of young men who have been together for 15 seasons now, this translates into 500 games and 1000 hours played between tournaments and practices. This team is fast, smart, and wonderfully skilled.

As I have said in past columns- I hope that the people of Forest Terrace Heights would come out to encourage this group of dedicated athletes. What these young warriors need is bleachers full of cheering fans encouraging them to victory. They offer the price of sweaty shirts and sore feet, so we need to match in sore voices and big smiles.’ I hope to hear and see you there.”  
-by Michael Gurnett

Photographs from our Garden Fund Raiser on January 17, 2015. Credit: Media C.



## Greater Hardisty Community Meeting

Lend your voice to help Greater Hardisty remain a vibrant neighborhood for generations to come!

**Tuesday, FEB 24 • 7 – 9pm**

Hardisty School Gymnasium [10534 – 62 Street]

Promoting Greater Hardisty as an ideal place to

**LIVE, LEARN AND PLAY**

Forest Heights Rink Schedule								
10150-80 Street								
The rink is closed at -20 and during warm temperatures.								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
12:30 - 1:00	Closed	Closed	Closed	Closed	Closed	Open	Open	12:30 - 1:00
1:00 - 2:00	Closed	Closed	Closed	Closed	Closed	Open	Open	1:00 - 2:00
2:00 - 3:00	Closed	Closed	Closed	Closed	Closed	Open	Open	2:00 - 3:00
3:00 - 3:30	Closed	Closed	Closed	Closed	Closed	Open	Open	3:00 - 3:30
3:30 - 4:00	Closed	Closed	Closed	Closed	Closed	Open	Shinny	3:30 - 4:00
4:00 - 4:30	Open	Open	Open	Open	Open	Open	Shinny	4:00 - 4:30
4:30 - 5:00	Open	Open	Open	Open	Open	Shinny	Shinny	4:30 - 5:00
5:00 - 5:30	Open	Open	Open	Open	Open	Shinny	Closed	5:00 - 5:30
5:30 - 6:00	Open	Open	Open	Open	Open	Shinny	Closed	5:30 - 6:00
6:00 - 6:30	Open	Open	Open	Open	Open	Closed	Closed	6:00 - 6:30
6:30 - 7:00	Open	Open	Program	Program	Open	Closed	Closed	6:30 - 7:00
7:00 - 7:30	Open	Open	Program	Program	Open	Closed	Closed	7:00 - 7:30
7:30 - 8:00	Shinny	Open	Program	Shinny	Open	Closed	Closed	7:30 - 8:00
8:00 - 8:30	Shinny	Shinny	Shinny	Shinny	Shinny	Closed	Closed	8:00 - 8:30
8:30 - 9:00	Shinny	Shinny	Shinny	Shinny	Shinny	Closed	Closed	8:30 - 9:00
* Time slots for Learn to Skate commence Jan 14								

Terrace Heights Rink
71 St between 98A Ave & 100 Ave. SW Corner of the school yard, near the alley.
Rink is unsupervised, skate at your own risk!



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## Big pharmacies can be hard to swallow.

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7510 – 82 Avenue  
Edmonton, AB T6C 0X9  
[edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)



Happy NewYear! I trust that your time with family and friends was most enjoyable.

Special thanks those of you who attended the annual Edmonton – Gold Bar Christmas Open House. It was a great evening of getting reacquainted with new friends and old.

### Important Meeting

**It's no secret that Alberta is facing a serious fiscal challenge with the falling price of oil. MLA Dorward is holding a community conversation on this issue and the 2015/2016 budget at:**

**Ottewell Community League Hall  
5920- 93A Avenue, Edmonton**

**Wednesday February 25, 2015 from 7:00 p.m. to 8:30 p.m.**

**Come and learn more about the Alberta fiscal picture and share your views!**

**PLEASE RSVP**

**To my constituency manager, Bernie Trudell at 780-414-1015**



## What is Responsible Pet Ownership?

### *Scoop the Poop*

- Pet waste can be smelly, unattractive, and can even be a health issue for you and your pet. Carry a bag with you to pick-up your pet's poop whenever you are off your property. Poop can be collected in a plastic bag and thrown in the garbage.

- You do not need to clean up waste immediately on your private property, but you still need to clean it up regularly. Allowing excessive waste to build up affects your neighbours and pet negatively.

### *Get a Licence*

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

### *Keep Them Controlled*

- Dogs must always be on a leash when on public property and should be contained in a secure yard or building when on your property.

Dogs are not allowed on school grounds, sports fields, playgrounds, and golf courses

For more information visit [edmonton.ca/pets](http://edmonton.ca/pets)



## Youth head injuries during sport and recreation

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

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

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

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

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

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

For more information on concussions go to [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca).

## Edmonton Southeast Soccer Association (ESEA) Soccer registration in February

Yes folks, Soccer registration for spring is coming in February! It seems far too early to think about it, but we need to begin the process to have everything in place for an early May start date.

Each community with an active soccer program will have local registration dates listed below and there will be a LATE REGISTRATION day at Bonnie Doon Mall on February 28!

h from 10:00 am- 2:00 pm.

Registrations will occur for the following communities:

### • *Avonmore*

Feb 7 (9:00am-12:00noon) Avonmore Hall 7902-73 Ave

Feb 19 (6:00pm-9:00pm) Avonmore Hall 7902-73 Ave

### • *Forest Heights*

Feb 12 (6:30pm-8:30pm) Feb 17 (6:30pm-8:30pm)

Forest Terrace Heights Hall 10150-80 St.

### • *Hardisty*

Feb 11 (7:00pm-9:00pm) Capilano Hall 10810-54 St

Feb 14 (10:00am-2:00pm) Fulton Place Hall 6115 Fulton Road

### • *Holyrood*

Feb 16 (1:00pm-4:00pm) Holyrood Rink Shack 9411 Holyrood Road with FC Edmonton

### • *Ottewell*

Feb 20 (6:30pm-8:30pm) Ottewell Hall 9520-93A Ave.

Feb 21 (10:00am-2:00pm) Ottewell Hall 9520-93A Ave.

Storm Tryouts TBA. Watch the website!

If you are in a community that is not listed above please go to the community closest to you with an active soccer program to register your child.

Please bring identification of child's age (birth certificate, AB Health Care Card etc), 3 blank cheques and your current community league membership card (2014-2015) to registration. For the latest information on your community check your community web site or contact ESEA at [edmontonsoutheastssoccer.ca](http://edmontonsoutheastssoccer.ca), or email us at office@southeastssoccer.ca, or call the office at 780-469-7344



## Serenity Hair & Spa

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- Welcome new customers
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Photo: Ryan McDermott Photography

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[WWW.SUZUKISCHOOL.CA](http://WWW.SUZUKISCHOOL.CA)

You're invited to our annual  
**Open House**  
Thursday, February 5th, 2015


**Suzuki Charter School Gymnasium**  
Preschool and Kindergarten to Grade 6 starts at 6:30 pm

Parents are welcome to join us for program and registration presentations, observations and instrument information, performance by SCS students, student led tours & frequently asked questions.

For more info contact Lisa at 780-468-2598  
or via email at [leflar@suzukischool.ca](mailto:leflar@suzukischool.ca)



**CELEBRATING 20 YEARS OF ACADEMIC, PERSONAL, & MUSICAL EXCELLENCE**





**TOWN HALL**  
with **LINDA DUNCAN**  
MEMBER OF PARLIAMENT  
EDMONTON-STRATHCONA

Come with your questions and concerns,  
and priorities for the next federal budget.

**Tuesday, February 10, 7:00 pm**  
**Hazeldean Hall, 9630-66 Avenue**

For more information please call 780-495-8404  
or email [linda.duncan.c1@parl.gc.ca](mailto:linda.duncan.c1@parl.gc.ca)

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



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**WELCOMING**  
**Men and Women 45-80+**  
**SLO-PITCH PLAYERS**

Online REGISTRATION  
**Deadline March 31st**  
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A LONG RELATIONSHIP,  
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 **PIZZAS ARE BACK** | **FEBRUARY 14<sup>TH</sup>**

**Boston Pizza - Capilano      5515-101 Ave. 780-465-0771**



# Fulton Place

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

## FULTON PLACE COMMUNITY CONTACTS

### EXECUTIVE

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

### DIRECTORS

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

### COORDINATORS

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

### COMMUNITY PARTNERS

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

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

All residents of **Capilano, Forest/Terrace Heights, Fulton, and Gold Bar** communities are invited to attend regarding a vision for our community.

## Greater Hardisty Community Meeting

Lend your voice to help Greater Hardisty remain a vibrant neighborhood for generations to come!

**Tuesday, February 24, 2015 7:00 – 9:00 pm**

Hardisty School Gymnasium [10534 – 62 Street]

The provincial Gold Bar constituency, of which Greater Hardisty belongs, is home to the largest percentage of seniors of any constituency in Alberta. These changing demographics have created some challenges for Greater Hardisty including: school closures, a lack of affordable housing for young families and a shortage of alternative housing options for seniors who want to remain in their communities as they age, but not necessarily in single family homes. A loss of these amenities and services puts our sustainability - and community's future - at risk.

- We are having an important Community Meeting to gather ideas and feedback

- For more information contact:  
lana.brenneis@shaw.ca



Promoting Greater Hardisty  
as an ideal place to  
**LIVE, LEARN AND PLAY**

## COMMUNITY LEAGUE MEMBERSHIPS

Fulton Place Community League memberships are still available now. Got yours yet? Call Jessica at 780-432-8169 and show your support for Fulton Place. Benefits include free swimming, free skating (indoor & outdoor), recreation discounts, and more! Prices are Family: \$25 / Adult: \$15 each / Senior: \$5 each



## Hall Rentals

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

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

## Babysitting Registry

If you are looking for a babysitter in your area or if you are of babysitting age & have completed your certification and would like to be added to the registry, contact Krystina at 780-453-5797.

## PARENT & TOT PLAYGROUP

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

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

## FREE BABY/TODDLER AND ME CLASSES

Fulton Child Care is offering the following programs  
from January – April:

**Fulton Child Care located at  
5910 – 103 Ave:**

Hands up and sing, Hands up and read  
(SIGN LANGUAGE)

**Tuesdays (1:00 – 2:00pm)**  
January 20, 27, Feb 3, 10  
Feb 17, 24, March 3, 10

**Movers and Shakers**

Drop in Play Program

**Wednesdays (9:30 – 10:30am)**  
January 14 to March 4

This is a great program for preschool children

**Sing Sign Laugh and Learn**

**Fridays (9:30 – 10:00am)**  
January 16, Feb 13, March 13, April 10

**Fulton Community Hall located at  
6115 Fulton Road:**

Baby Yoga

**Wednesdays (2:00 – 3:00pm)**

January 14 to March 4

Music and Movement

**Wednesdays (3:00 – 3:45pm)**

Jan 14, Feb 11, Mar 11, April 15, May 13, June 10



For more information or to register call Dodie at 780-465-4383 ext. 21 or 27  
or email [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca)



## Join the Party in 2015

Every table or take out order this year will receive a "Join the Party" ticket. This contest card gives you three chances to win.

First you can win a monthly Grand Prize by texting us the unique number under the middle tab.

Secondly, you will automatically be entered into our big December finale, the 30 Days of Joey's contest.

Every Day in December (except Christmas, there's already enough presents that day) we will make a draw for great prizes like Smart Phones, Tablets, Go-Pro Cameras, Cash and more.

Finally, there is a fun 1985 trivia question on every card and another chance to win.

Details at [joeys.ca/contests.html](http://joeys.ca/contests.html)



# \$5<sup>00</sup> Off

**Take out:  
Family Pack or  
Super Family  
Pack!**

**Family Pack:**  
10 pieces of fish,  
3 orders of chips,  
1 order of Creamy Cole  
Slaw.  
**Super Family Pack:**  
15 pieces of fish,  
4 orders of chips,  
2 orders of Creamy Cole  
Slaw.

No substitutions.  
Must present coupon at time of  
order.

Take-out only.  
Valid only at White Oaks &  
Capilano Locations.  
Expires Feb.22/15

## Coming soon... Fish & Chips & Coke \$9

(February 1 - 22)

Enjoy a 2-piece Famous Fish & Chips  
or Fish Taco Dinner served with  
a Coke fountain beverage.



If we had the technology back then  
like we do today, this contest would  
have been running since 1985.

## \$50 #ilovejoeys Instagram Photo Contest

- 1 Follow @joeyscanada on Instagram
- 2 Take a fun photo at Joey's
- 3 Post your photo(s) to Instagram,  
tag @joeyscanada and #ilovejoeys
- 4 Joey's will pick a winner of \$50 in Joey's  
Gift Certificates every Monday

Scan here for  
full rules or go to  
[joeys.ca/contest](http://joeys.ca/contest)



### Ryan & Lisa Gizowski

Joey's White Oaks  
12222 - 137th Ave  
Edmonton, AB  
780.473.5639

### Kyle & Trish Gizowski

Joey's Capilano  
5004 98th Ave  
Edmonton, AB  
780.461.7966

# JOEY'S

RESTAURANTS

## Gold Bar Executive

Murray	President	780.634.2888
Erin	Vice-President	780.901.0422
Jessica	secretary	780.756.9182
Vacant	Hall Rental	
Ronda	Social Director	780.465.3096
Linda	Membership	780.463.9881
Lil	Babysitting	780.466.4060
Pat	Director at Large	780.465.7890
Jane	Director at Large	780.466.2593
<u>Finances &amp; Fundraising</u>		
Jerry	Financial Director	780.469.5650
Nicole	Treasurer	780.440.2017
Lorna	Bingo Director	780.465.5594
Julie	Fort Road Bingo	780.465.3339
Charlene	Parkway Bingo	780.468.0033
Isabella	Casino Director	780.466.3895
<u>Communications &amp; Programming</u>		
Sondi	Newsletter	780.468.2237
Lorie	Sign Director	780.447.1110
BJ	Webmaster	N/A
Sharon	Greenshack	780.628.2971
Kelly	Summer Program	780.434.6533

## MEMBERSHIP UPDATE

Thank you to all volunteers who canvassed an area this fall. Your willingness to serve your community is much appreciated.

In addition to our fall membership drive, Gold Bar residents can now purchase their memberships at Blues Java Bar (cash only). Family and Adult households: \$20, Senior: \$5. A big THANK YOU to Leah Mailloux, owner of our neighbourhood coffee bar, for working together with the community.

## Free swim reminder

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

## CASINO! For Gold Bar Community April 11 & 12,

This is a very timely chance for our community to raise at least \$70,000, which is sorely needed to help finish our hall. Please help make this happen by being one of the 40 volunteers that are required. Dates are Saturday and Sunday.

Isabella is accepting emails as soon as possible: bella.edm@shaw.ca or 780-466-3895. She will need full name, date of birth, home phone number, preferred day and shift (AM or PM). Shifts run from 9:15am to 7:00pm and from 6:15pm to 3:30am approx. As well anyone wanting to volunteer in a key position, General Manager, Alt G Manager, Banker, Cashier or Count Room Supervisor will be required to fill out a application form which can be obtained from the AGLC website www.aglc.ca. This can be sent to her via email as long as the form is signed.

# AGM

## Gold Bar CL AGM

All residents of Gold Bar are invited to attend the meeting to hear a review of what has happened in 2014, and to be a part of what will happen in 2015. **Monday, March 16 at 6:30 pm at Fulton Place Hall (6115 Fulton Rd).**

## Preschool Open House at Gold Bar Elementary School:

**Wednesday March 25, 2015 6:30-8pm**  
**@ Gold Bar Elementary School (10524 46 Street).**

This parent co-operative welcomes 3 and 4-year olds and is taught by a loving and organized teacher who has her B.Ed. The school runs Mondays, Wednesdays and Fridays with class times from 9:00-11:30am. and the option of either 2 or 3 days per week. You are invited to attend our open house to meet the teacher and check out the classroom. Call the president, Brenda Wildeboer, at 780-450-0636 with any questions or visit the school office if you would like to pick up a registration form. We hope to see you there!

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

## Gold Bar Daycare

Located in Gold Bar School  
780-469-0759

13 months to 12 years  
7 a.m. to 6 p.m.

Field trips and gym available.  
Large private playground  
Credited for 9 years

## Beat the Winter Blues & join us for... THE GREATER HARDISTY Afterschool Program

Stop by and try out one of many great winter activities with City of Edmonton staff, from the Neighbourhoods, Parks and Community Recreation Branch. They will assist in use of a variety of different winter equipment and facilitate different games and activities. Children ages 6-12 are welcome.

Time: Wednesdays 3:40pm – 6:00 pm

Dates:

February 11th @ Gold Bar School 10524-46 ST  
(Kicksleds, Snowshoes, WinterScapes, and Games)

February 18th @Fulton Place 6115 Fulton Rd  
(Skating, Broomball, Games) Some Skates and Helmets are available. Helmets must be worn.

February 25th @ Gold Bar School 10524-46 ST  
(Kicksleds, Snowshoes, WinterScapes, and Games)

March 4th @ Capilano Hall 10810 – 54 St  
(Tobaggoning, Firepit with Bannock making and S'mores, Games)

## Free Drop-in Learn to Skate Programs

Fun and basic skill are the focus of this free drop-in skating program. Participants will be exposed to various skating skills while participating in stations and games. Participants will learn basic skating skills at their own pace. 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. Ages: 6 years old+ and families welcome! Participants under the age of 5 will need to be accompanied by an adult. The program will cancel at -20 degrees Celsius with the wind-chill. There will be no programs running on Family Day Weekend (February 14, 15, 16)

Capilano Community Rink 10810 54 Street  
Mondays (January 12 - 19) 6-9pm  
Fridays (January 30 – February 6) 6-9pm

Fulton Place Community Rink 6115 Fulton Road  
Mondays (January 26, February 2 and 9) 5:30-8:30pm  
Saturday (February 7) 9:30am -12:30pm  
Sunday (February 22) 1:30-4:30pm



## Community Sign

A big THANK YOU to Lorie Smith for taking responsibility for our community sign for the last couple of years. The new sign person is Kirsten Haarstad. Welcome, Kirsten! Kirsten's phone number is 780-433-0132 if you are interested in getting something up on the sign.

## Upcoming Bingo Dates:

Call Lorna @ (780) 465-5594 to volunteer at bingo, which raises money for our community. Please mention that you are a resident of Gold Bar to the Cashier at Parkway Bingo when you visit, to help our community earn an extra bingo night.

Fort Road Bingo  
Wednesday, April 1, 2015 - Afternoon & Evening

Parkway Bingo Dates  
Saturday, February 7, 2015 - Evening & Late Night  
Tuesday, March 10, 2015 - Evening & Late Nite  
Thursday, April 2, 2015 - Evening & Late Nite

## Gold Bar Communications

To submit an item to the MARCH 2015 SEV in the Gold Bar section, email [sondi@telus.net](mailto:sondi@telus.net) or call SONDI at 780-468-2237 by Feb.22.

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

Visit the community website at [www.goldbarcl.com](http://www.goldbarcl.com) for info, or sign up at facebook. [goldbarcl.com](http://goldbarcl.com) and twitter. [goldbarcl.com](http://goldbarcl.com) for community updates.

## Greater Hardisty Community Meeting

Lend your voice to help Greater Hardisty remain a vibrant neighborhood for generations to come!

**Tuesday, FEB 24 • 7 – 9pm**

Hardisty School Gymnasium [10534 – 62 Street]



Promoting Greater Hardisty  
as an ideal place to  
**LIVE, LEARN AND PLAY**

All residents of **Capilano, Fulton, and Gold Bar** communities are invited to attend.

**Family Fun Day Celebration**  
Sunday, FEB 15, 2015  
noon - 3:00 pm  
At the Capilano Community Hall  
(108A Ave. + 54 St.)

FREE HORSE DRAWN  
WAGON RIDES

FREE HOT CHOCOLATE  
AND COOKIES

SCAVENGER HUNT

EVENT SPONSORS: ANDY  
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REALITY, IMPERIAL OIL

BRING YOUR  
TOBOGGANS AND  
SKATES (WEATHER  
PERMITTING, THE RINK  
WILL BE OPEN)

## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

### **Know the signs of a heart attack**

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

### **Heart attack risk factors include:**

- Obesity • Sedentary lifestyle • Smoking • High cholesterol • Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

## The Edmonton Insight Community

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

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

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

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

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

Telephone 780-495-0395

## Holyrood Community League Contacts

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

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

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

## HCL PROGRAMS

**Holyrood Parents and Tots Play Group**  
**Tuesdays, 9:00 – 11:00 A.M.**  
**Holyrood Community League Building**  
**9411 Holyrood Road**

Parents and caregivers of babies, toddlers and preschoolers are invited to come and socialize while the little ones play. This program is a great way to meet other families in your neighborhood! Free to community league members.

For more information, contact Jessica at: [playgroup@holyroodleague.org](mailto:playgroup@holyroodleague.org).

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

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

### Holyrood Fresh Start Winter Barre

The New Year is always a great time to start fresh and set new goals – that's why Saturday morning barre classes are an excellent way to get back into a healthy routine! New to this Holyrood Session is both an early and late Barre class. So for those of you who like to sleep in on the weekends you have no excuse!

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

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

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

## HOLYROOD CASINO THANK YOU!

A huge thank you to everyone who volunteered for our January 17-18 Casino. We had 34 volunteers that worked the long shifts and we want to express our appreciation to all of you. We also thank the additional group of 7 people who were there as back up for any last minutes changes to the volunteer list. Your commitment to your shifts was a huge help and will assist us in the operation of the Holyrood Community League. Until next time - Thanks!

Cathy Pruden  
HCL Casino Co-ordinator

## Playschool Open House and Registration

Holyrood Cooperative Playschool is hosting a "Meet the Teacher - Open House" event for Sept 2015 registration purposes on TUESDAY, FEBRUARY 17th from 6:30pm - 8:30pm at the Holyrood Community Hall - 9411 Holyrood Road.

HCPS offers an Introduction to French Language program on a 2 or 3 days per week basis. Spacing is limited, please register early if interested. Registration runs from February 1-27, 2015

Please check our website at <http://playschool.holyroodleague.org/> for registration information and forms. Or alternatively, please contact Brenda at [hcpsregistrar@gmail.com](mailto:hcpsregistrar@gmail.com)

## Outdoor Soccer Registration

It's outdoor soccer season again! Outdoor soccer registration will be held Monday Feb 16 (family day) from 1-4 pm at the Holyrood rink shack. FC Edmonton will be coming to participate with activities and treats and a possible autograph session from some of the players!!! If you can't make it that day, late registration is at Bonnie Doon mall Feb 28 10-2 pm.

## "Thursdays On Ice" Program

Holyrood rink shack is open every Thursday (early dismissal day) from 2-4 pm for family skating. We had a great turnout for the first one! Rink shack is open and hot chocolate will be available. Will run every Thursday as long as it's not too cold (less than -20) or too hot (+5 or above)!



## Family Dance Save the Date!

Did you attend the Winter Whip Up last year? Want to have more family dancing fun??? Save March 21, 2015 on your calendars now! More info to come soon!

## Memberships Available

You're interested in what's going on in your community - that's why you're reading this paper! You can become more involved in neighbourhood activities and support your community league by renewing or purchasing a new membership today; existing 2013/14 memberships expired at the end of August. Being a member of the Holyrood Community League entitles you to attend community league swims at Boonie Doon Pool, and allows you to register in various social events, sports programs, and classes for children, youth, and adults. Don't miss any of this fun! Purchase your 2014/15 membership online from the Edmonton Federation of Community Leagues ([www.efcl.org](http://www.efcl.org)), or in person at the South East Edmonton Seniors Association (9350 - 82 Street NW). If you're new to the neighbourhood, complimentary memberships can be obtained by contacting Jennifer at [memberships@holyroodleague.org](mailto:memberships@holyroodleague.org).



## Idylwylde Community League Board Contacts

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

Website: [www.idylwylde.org](http://www.idylwylde.org)

Community League Hall Address: 8631-81 Street NW

Community League Hall: 780.466.7383 or Bridget: 780.468.1944

## Dermott District Park Renewal

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

## Community League Volunteers

Are you interested in seeing your community grow? If so, your Community League will be looking for some new volunteers this summer to fill some vacancies on the board. If you are interested in helping out, please contact Marcus at [marcusidylwylde@gmail.com](mailto:marcusidylwylde@gmail.com). It's a great way to get involved and make changes in how you want to see your community develop.



## 79th Street & 86th Ave

Are you concerned with the amount and speed of traffic shortcutting through Idylwylde? As construction ramps up for the coming LRT through Idylwylde, we are predicting an increase in traffic shortcutting through our narrow streets. Please contact Marcus at [marcusidylwylde@gmail.com](mailto:marcusidylwylde@gmail.com) to share your concerns and to see how you can help steer this conversation.

## Community ACTIVITES

### Community League Swim

Free community swims for all Idylwylde Community League (ICL) members:

Bonnie Doon Leisure Centre Pool  
Saturdays from 6:00-7:00 PM & Sundays from 4:15-5:45 PM

Show your ICL membership card to enter the pool.

### YOGA Classes start in January 2015!

Free YOGA classes for Idylwylde Community League members

Please remember to bring your ICL membership card. Membership cards will be also available for purchase at the classes.

Classes are free of charge. Please consider bringing donations for Food Bank.

Beginners to Intermediates: every Monday from 7:30 PM to 9 PM. Classes start on January 19, 2015. No classes on February 16 and April 6.

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

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

**Chair Yoga:** every Thursday from 10:00 AM to 11:00 AM. Classes start on January 22, 2015.

A very gentle form of yoga which is done on a chair!

Suitable for anyone with any of the following issues:

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

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

### Parents and Tots Group

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

### Song and Storytime

Every Friday from 10 AM to 11 AM at the Idylwylde Community Hall.  
Call Laura at 780-450-4188 for more information.

## Community Pot Luck and Skating Party

There are few better ways to get to know someone than sharing a meal, so come join us at the hall on Feb 28th at 5pm for a meal and get acquainted with the awesome people that call Idylwylde! Please bring your favorite main dish or dessert to share. The rink shack will also be open so you can enjoy some skating as well.



## Ice Rink Hours

The ice rink is always open to anyone who would like to skate! However, 2014-2015 rink shack hours are limited, and are as follows:

Tuesdays 5-10 pm, Thursdays 5-10pm, Saturdays 11-7pm



## Casino Volunteers Needed!

**June 26 & 27, 2015, at the Casino Edmonton on Argyll.**

**Please contact Bridget at [flanagan@telusplanet.net](mailto:flanagan@telusplanet.net)**

## KCL League Contacts

### Executive

President	Meghan	780-450-0534	<a href="mailto:kenilworthmail@gmail.com">kenilworthmail@gmail.com</a>
Vice President	VACANT		
Secretary	Jason	780-394-3902	
Treasurer	Sheri	780-465-0430	
Maintenance	Ben	780-466-6452	
Maintenance	Dan	780-469-2019	
Memberships	Barb	780-466-2360	
Adult Programs	Sandy	780-469-0012	
Children's Prog.	Jacqueline	780-710-5148	
Summer Programs	VACANT		
Capital Projects	VACANT		
Grant Applications	VACANT		
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Rob	780-707-8204	
Publicity/Website	Martine	780-466-9444	<a href="mailto:kenilworthpublicity@gmail.com">kenilworthpublicity@gmail.com</a>

### Representatives

Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Ladies Aux.	Florence	780-469-6437	
Ladies Aux.	Jean	780-469-4669	
Neighbourhood Watch	VACANT		
Playschool	Janna	780-757-9414	
Toddler Time	VACANT		
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	<a href="mailto:kenilworthrentals@gmail.com">kenilworthrentals@gmail.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)

Next Executive Meeting:  
Monday, Feb. 9, 2015 @ 7pm

### Southeast Voice Newsletter Deadlines

Submissions for the Mar. 2015 issue of the **Southeast Voice is due Thurs. Feb.19, 2015.** Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

## Hall Rental Rates

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

### Treasurer – open in March 2015.

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

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

### Buildings & Grounds – paid position.

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

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

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

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

## Sleigh Ride @ KCL

Sunday, February 15th @ Kenilworth Community Hall, Skate Room, 1:00 – 3:00 p.m.

Fun for the Whole Family. Come to the skate rink room for a hot dog and hot chocolate. This is an outside event, please be dressed for the weather.

Enjoy:

Sleigh Ride

Hotdogs

Hot Chocolate

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

Come shop for amazing deals on gently loved kids clothing, toys, books, baby equipment etc. OR Make room for your growing child's new clothes by selling off their gently loved, but outgrown clothing and toys. Cost: \$25.00 per table



### Saturday March 21, 2015

Kenilworth Community League Hall, 7104 87 Avenue, Edmonton

10:00am-2:00pm

Email: [janna\\_44@hotmail.com](mailto:janna_44@hotmail.com) or call 780-757-9414 for more information or to book a table!

Donations of gently used kids/baby clothing, toy's, books, equipment, etc. would be greatly appreciated. All funds raised will go to support the community Playschool. Please contact Janna @780-757-9414.

## Snow Shovelling

If you are interested in shovelling snow for other community residents, either as a paid job or snow angel, please give us a call or email and we can put you on a list.

Residents requiring snow removal can also contact us.

Email [kenilworthmail@gmail.com](mailto:kenilworthmail@gmail.com) or call Meghan @ 780-450-0534.

## Babysitting Registry

If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry. Call Martine at 780-466-9444 to register your name or if you are looking for a babysitter in the area for evenings or weekends.

# Babysitting





## Kenilworth's new Children's Program Director

is looking for new ideas for the children and youth in our neighbourhood. Please contact Jacqueline at: [dagneaujacqueline@gmail.com](mailto:dagneaujacqueline@gmail.com) with any program suggestions.

## Kenilworth's new Adult Program Director

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

GARDENING CLUB  
OPERATION CHRISTMAS CHILD CLUB  
SENIORS MORNING OUT FOR COFFEE, TEA AND SNACKS (temporarily cancelled)  
CRAFT CLUB (sewing, knitting, crochet, etc.)  
COMMUNITY CLEAN UP & BOTTLE DRIVE  
COMMUNITY KARAOKE NIGHTS

## Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

### Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

### Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

## 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 Registration

Kenilworth Playschool is a non-profit, parent co-operative playschool for 3 and 4 year olds. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall. We use a play based, 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 still accepting registrations for 2015.

For more information or to register your child for September 2014 call Janna at (780)-757-9414.

## Scrapbooking/Cardmaking Garage Sale

Scrapbooking/Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, March 14 at 10 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 20.

## 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!

## Community Swim Times

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

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



## Bingo Volunteers Needed!

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



### Next Bingos:

**January 28, 2015** Wednesday 4:30pm - 11:30pm

**February 28, 2015** Saturday, 10:30am – 3:30pm

**March 31, 2015** Tuesday, 10:30am – 3:30pm

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

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

## 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

## Ottewell Board

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

All positions are volunteer positions.

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

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

All Correspondence can be mailed to:

Ottewell Community League

5920 – 93 A Avenue

Edmonton, Alberta

T6B 0X2

469-0093 (voice mail available)

## Ottewell Outdoor Skating

Ottewell Small Ice Rink Surface - Due to the overwhelming demand of just skaters, there will be no hockey on the small ice surface during the 2014 – 2015 season.

Hockey Ice Rink - Practice times for hockey Wed night and Thurs night 6-9 pm. All other time is for shinny on hockey ice. Thank you for your help and cooperation.

Bob Hutchison

### Outdoor Ice Hours:

Mon – Fri

4 pm – 9 pm

Saturday

Noon – 9 pm

Sunday

Noon – 6 pm

Please bring your membership card and skate tags.

## Community Swims and Skating

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

## 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.

## Time for Tots

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

Every Thursday 10:30 – 12:00 pm Oct – May

Contact Cheryl 780-916-2606 or

Cherylanne79@hotmail.com



## Bootcamp and Kickboxing Bootcamp!

**New January Classes:** Join us Monday and Wednesday mornings from 9:05 am to 10:05am at Ottewell Community Hall for 6 week registered sessions of full body fitness. Classes will build lean muscle and increase your strength and cardio endurance through HIIT (high intensity interval training) of hi-low exercises, agility drills, bootcamp and fitness kickboxing! New sessions starting in January! 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.

## 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.

## Ottewell.org and Facebook/Ottewell Events

Visit our website and Facebook page for the most current community news! Ottewell.org and Facebook/ottewellevnts are up-to-date with information for community programs, playschool, annual events, membership sales and perks, hall rentals and much more.

Subscribe to the Ottewell.org blog and receive notifications of new posts by email.

## Family Day Event on Friday, February 13

Come join the fun from 5:00 to 8:00 pm at the Ottewell Hall! This is a terrific evening to get out to your community hall and visit with friends and neighbours!

We look forward to seeing you there!



# THINK SPRING - THINK OUTDOOR SOCCER! OUTDOOR SOCCER REGISTRATION 2015

## Ottewell Community Residents

Registration for Outdoor Soccer will be held on the following days at the Ottewell Community Hall, 5920 - 93A Ave.

Friday - February 20, 2015 from 6:30 pm – 8:30 pm

Saturday - February 21, 2015 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: - 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.



## Call for: Indoor Soccer Director

At the end of this indoor season Sandra will be stepping down as Indoor Soccer Director.

To ensure Ottewell has Zone representation for the next Indoor season a Director is required for this rewarding volunteer position as soon as possible. Ottewell is one of the largest Communities in the SouthEast Zone therefore it is extremely important we have representation for our children. If you have any questions regarding this amazing opportunity please contact Sandra at 780-468-4113.

## Ottewell Community League Playschool Open House

The Ottewell Community League playschool will be hosting an Open House on Tuesday, February 24th from 3:00PM - 8:00PM in the classroom, located in Braemar School at 9359 - 67A Street.

For further information, contact Lauren at 780-490-7757 or lauryan@telus.net

## Seeking P/T Preschool Teacher

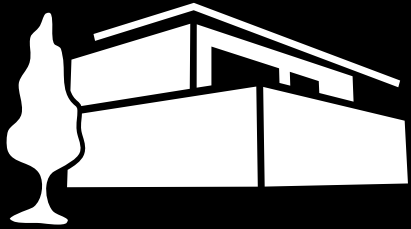
Seeking P/T Preschool Teacher for Ottewell Playschool, 9395 67A Street, Edmonton.

Class meets Tuesdays, Wednesdays, Thursdays and Friday 9am-11:30am

Contract begins March 18, 2015 and ends June 12, 2015 – option for renewal.

For more information about our program, please visit [www.oclp.ca](http://www.oclp.ca)

Send applications to: [ottewellclplayschool@gmail.com](mailto:ottewellclplayschool@gmail.com) or call 780-893-5987 (ask for Andrew) for more information. All applications should include a cover letter which details how you meet the qualifications (Complete job description is posted on [ottewell.org](http://ottewell.org) website). Deadline for applications is February 13th, 2015.



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





## Board of Directors

PRESIDENT — Jenny  
VICE-PRESIDENT/CASINO — Keith  
SOCCER — Vacant  
TREASURER — Ken  
GROUNDS & BUILDINGS — Scott  
SOCIAL DIRECTOR — Vacant  
MEMBERSHIP — Leslie  
COMMUNICATIONS — Neil  
SECRETARY — Veronica  
PROGRAM DIRECTOR — Vacant  
MEMBER AT LARGE — Craig  
MEMBER AT LARGE — Kathryn  
MEMBER AT LARGE — Jason  
MEMBER AT LARGE — Meghan  
\*See our website for updates or if you are interested in volunteering for open positions.

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

## Upcoming Events:

### Wired Wednesday

February 4  
7:30 – 11:00  
The Wired Cup, 9418 91 Street  
The first Wednesday of the month, community members can enjoy a free beverage.

### Flying Canoe Adventure

February 6 & 7  
See article below

## Critical Community League position open

After almost 10 years, Keith will be stepping down as Strathearn soccer director. He's had a lot of fun and enjoyment watching over Strathearn's "smallish" soccer program, but it's time to hang up the clipboard. We are recruiting for someone to take over from Keith. He's not gone entirely; he'll be staying on as Vice President at least one more term, so you'll have plenty of advice and support as you learn the ropes. Without a director, Strathearn youth will have to register in other communities, no handy U6 or U8 games at the Strathearn Hall. If you are interested or have questions about the commitment, contact Keith direct via email [soccer@strathearncommunityleague.org](mailto:soccer@strathearncommunityleague.org) or phone him at (780) 465-7415.

## Our Ice

In case you weren't aware, the Strathearn ice surface is open for skating, ringette, and hockey. Make sure to bring your community league membership! If you don't have one, or need it renewed, we have memberships available at the rink during the times listed below. See our website for more details or if you have any questions.

2014 – '15 Skating Rink Hours:

Monday to Friday (16:00 – 21:00):

- 16:00 – 18:00 = Free Skate.
- 18:00 – 19:00 = Sticks, Rings and Pucks allowed for youth, no games.

- 19:00 – 21:00 = Shinny Game(s).

Saturday & Sunday (10:00 – 18:00):

- 10:00 – 14:00 = Free Skate.
- 14:00 – 16:00 = Sticks, Rings, and Pucks allowed for youth, no games.
- 16:00 – 18:00 = Shinny Game(s).

## Artwalk 2015

Book off September 12, 2015: It's Strathearn's fourth annual Artwalk! Our 2013 event was our most successful one ever, and we're taking everything we learned to make Artwalk 2015 an even greater success! Right now, this means we're looking for a few good committee members – help us plan, organize, and set up Art Walk this year: Email [president@strathearncommunityleague.org](mailto:president@strathearncommunityleague.org) for more information about volunteering on the Artwalk committee. If you are a painter, sculptor, musician, photographer, author, crafter, metalworker, industrial designer, entertainer, poet, or artist of any kind, check out the Artwalk Facebook page. We'll be posting updates on a regular basis, including the sign-up form for this year.

## Salisbury Greenhouse Fundraiser

Strathearn Community League is selling gift cards (gift certificates) to Salisbury Greenhouse in Sherwood Park as a fundraiser for our new community hall ([www.salisburygreenhouse.com](http://www.salisburygreenhouse.com)). Gift cards can be purchased from our league in denominations of \$25, \$50, \$75 or \$100. They do not expire and there is no minimum order. Gift Cards can be used for: All bedding plants, baskets, annuals, seeds, garden tools, fountains, bird baths, pots, garden furniture, soils, composts, bulk, etc., all shrubs, trees & perennials and all items in the Gift Shop – home décor, furniture, clothing, jewelry. Gift Cards can be used year-round at the greenhouse. To order gift cards, send an email to [communications@strathearncommunityleague.org](mailto:communications@strathearncommunityleague.org). Include in the email your name, address and amount in \$ and denominations. We will be placing a number of orders all year and will get the cards to you quickly! Thank you for your support of this initiative.

## Licorice/ T-Shirt Fundraiser

The Strathearn Community League is excited to be selling different varieties of licorice for \$5 and our brand new T-Shirts for \$20! One is delicious, the other stylish. All proceeds for licorice and shirts go towards the new community league hall. Look to our social media sites as well as our website for further information.



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## Flying Canoë!

Experience the magic of winter in a warm and lively atmosphere in the heart of Bonnie Doon. Bundle up, in your warm coats and come out with the whole family and discover the legend of la chasse-galerie (The Flying Canoe). The Flying Canoe Adventure is a unique, night time, outdoor winter event. We invite you to discover the legend of La Chasse-galerie (The Flying Canoe), a combination of French-Canadian and First-Nation legends told by various lost canoeists along a lit trail in the Mill Creek Ravine. Horse-drawn wagons offer rides from the ravine to Rutherford School. There will be fun 'winter rodeo' activities in the school yard and afterwards visit the Café Croissant at the School. Across the street is The City of Light / La Cité en Lumières (La Cité Francophone, 8627 91 Street) where there will be three live music performances a night, an outdoor patio, a snow slide and children's activities. A fun time for all!

The story of the Flying Canoe can be traced back to a French legend about a rich nobleman named Galerie, who loved to hunt. He loved it so much that he refused to attend Sunday mass. As punishment for this sin, he was condemned to fly forever through the night skies, chased by galloping horses and howling wolves, in a fashion reminiscent of the Wild Hunt.

When French settlers arrived in Canada, they swapped stories with the natives and the tale of Gallery was combined with and First Nation legend about a flying canoe.

Upon entering the Mill Creek ravine's major access points, you will be greeted by a group of lost voyageurs wandering aimlessly in their canoes. They will give you an indication of the upcoming journey and provide you with what might be lying in wait for you. Galerie, the hunter himself, as well as the lost voyageurs will enchant the evening forest.

You will meet lost voyageurs along the illuminated trails which will lead you to the Métis Base Camp where Dave Cunningham and company play Métis jigs/reels. You will also have the opportunity to make bannock over the open fires. You will then continue your journey upwards out of the ravine to the City of Light (La Cité Francophone) where there will be lights, music and good times!  
<http://www.thecityoflight.ca/>



## 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 15% 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)

## Our Winter City

City of Edmonton Councilor Ben Henderson issues regular articles that focus on this great city of ours. This month, we wanted to share his thoughts on our Winter City.

"Fun at Churchill Square on January 30 – Come Join Us!

Nearly five years ago, a committed group of citizens, including myself, came together to begin work on a Winter City Strategy for Edmonton. This strategy was designed to find way to take advantage of our northerness, to change the way we think about winter and to transform Edmonton into a more inviting, vibrant and prosperous city. In developing this strategy there was a sense among everyone that it's our place as a winter city that shapes our character as Edmontonians – our resilient spirit, our "can-do" attitude and even at times our sense of humour. So why not celebrate it?

And so as part of our Winter City Strategy on Friday, January 30, Edmonton will kick off the first Winter Shake-Up Festival and Market, an outdoor party for all Edmontonians. Taking place at Churchill Square from noon to 8 p.m., there'll be singers, dancers, DJs, a children's play area, a snow slide, skating, hot chocolate and more. There will even an outdoor winter market with 35 local vendors. And then just after dark Churchill Square will be lit up like never before with a 20-foot light installation.

The Winter Shake-Up Festival is also the culmination of the International Winter Cities Shake-Up Conference. Edmonton is proud to host this prestigious conference where representatives from winter cities from around the world will gather to discuss new ways to plan, design, live, work and play in northern cities.

I encourage all Edmontonians to come out and enjoy all the festivities and most importantly to embrace all the great things this season has to offer. There are many wonderful winter events that have a long history in our city – Deep Freeze: A Byzantine Winter Festival, Ice on Whyte, Canadian Birkebeiner Ski Festival and Silver Skate Festival to name just a few. We've been celebrating our many winter blessings for years but now we're shaking things up even more! For more information on the Winter Shake-Up Festival and all the fun things to do this winter, visit [edmonton.ca/wintercitystrategy](http://edmonton.ca/wintercitystrategy). Please feel free to contact me at [ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca), call me at 780-496-8146, or follow me on Twitter, @ben\_hen."



# Call The Dunham Team Today

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