

SOUTHEAST VOICE

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

July 2015



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Gold Bar Receives Generous Donation!

The Gold Bar Community League was delighted to receive \$30,000 in funding from the Imperial Strathcona Refinery group. Imperial continues to demonstrate their pledge to good corporate citizenship and support of local community projects. We would like to thank them for their generosity and look forward to the day we can open our doors and welcome them and our Gold Bar community members back to the Gold Bar hall for social and community gatherings, meetings and programming.

[LtoR: Bill Lawrysyn, Sharon Harker, Linda Stein, Dave Oldreive, Lise Allman, Pat Chmilar, Adam Rompfer, Nicole Krachy, Fabio Garagiola, Tarek Elsolh, Laurie Scott, Tom Benson, Isabella Pierce, Sondi Gross, Lorna Abramic, Garth Fitzner, Charlene Orr, Erin Sanford]



Capilano Community Park Grand Opening enjoyed by many!



City Councillor Ben Henderson, Suzuki Charter School Principal Karen Spencer, Capilano Community President Brent Larson, MP Linda Duncan, Park committee member Jill Schlender, MLA Marlin Schmidt, and City CRC Lynn Ferguson, along with local children, officially open Capilano Community Park at the Phase 1 Grand Opening on Friday June 12 (see story page 8).



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South East Community Leagues Association

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Greater Hardisty

Community Engagement - Update

In mid-June, community surveys were distributed to all homes in Capilano, Forest Heights, Fulton Place, Gold Bar and Terrace Heights. The surveys have now been collected and Greater Hardisty Community Sustainability Coalition volunteers are working on the results. More information will be posted in future issues. If you have questions, please contact ana.brenneis@shaw.ca.



Summertime at Edmonton Public Library

Hooray for summer! If you are looking for fun ways to keep your family busy, check out the summer programs at Edmonton Public Library.

With everything from puppet shows to film making, magic, technology, and animal fun, there will surely be something for everyone. Kids of all ages can sign up for summer reading club and log their reading activities (including listening to e-books or being read to) to win awesome prizes like \$500.00 gift cards for the Lego store! Reading can be logged online through the SRC website, where kids can also do quizzes, earn badges, review books, and get ideas for new reading adventures. For more details visit epl.ca/src

Support Your Library

Finished your spring cleaning but don't know what to do with all those books? Consider donating them to any branch of Edmonton Public Library to go in our regularly scheduled Books 2 Buy book sales. The next book sale will be held at Stanley Milner Library downtown from **August 14-16**.

Our May book sale raised over \$32,000 to go towards our literacy vans and Welcome Baby program.

Other ways to support these exciting fundraising initiatives could include volunteering your time, making a financial donation, buying books at our book sales or even donating your old car! Please see epl.ca/support for more information.

Featured programs at the Capilano Branch:

- **Baby Lap Time** (0-12 months): Wednesdays at 1:30pm - ongoing drop-in
- **Sing, Sign, Laugh, and Learn** (0-3 years): Tuesdays, Wednesdays, and Saturdays at 10:30am - ongoing drop-in
- **Legal Workshop – Powers of Attorney and Legal Directives** (adults): Monday at 7:00pm – July 6
- **Tiny Tech with DiscoverE** (ages 6-12): Monday at 10:30am – July 6
- **M is for Magic** (all ages): Monday at 11:00 – July 20
- **Lego Stop Motion for Kids** (ages 8-13): – Tuesday at 2:00pm – July 28
- **iPad Fun for Beginners** (adults): Friday at 10:30am – July 31

Featured programs at the Idylwyld Branch:

- Did you know that the Idylwyld library will have some new programs in French this summer in addition to their regular French language offerings?
- **Bébés à la Bibliothèque** (pour les bébés jusqu'à 12 mois) : Les jeudis à 14h00
 - **Langue de mon cœur** (pour toute la famille) : Les samedis à 11h00
 - **Faire du bruit!** (pour les 6 à 8 ans) : Le 9 juillet à 10h30
 - **Fête à la ferme** (pour les 3 à 5 ans) : Le 23 juillet à 10h30
 - **Soyons électriques** (pour les 9 à 12 ans) : Le 29 juillet à 10h30
 - **eBooks and eReaders @ EPL** (adults): Monday at 7 p.m. – July 20

An invite to all Capilano, Gold Bar, Forrest Terrace Heights, Fulton Place, and Kenilworth community residents to these two out-of-the-box events.

SLIP & SLIDE PARTY Wednesday, July 15 4:30 – 7pm

St. Gabriel School field

Two fun slip'n'slides, cash BBQ + more.

FAMILY FUN NIGHT Friday, August 14 5 - 11pm

Capilano park/parkland space and community hall.

Free BBQ supper 5:00 – 7:00

Outdoor games, nature walk, nature crafts, fire pits and s'mores.





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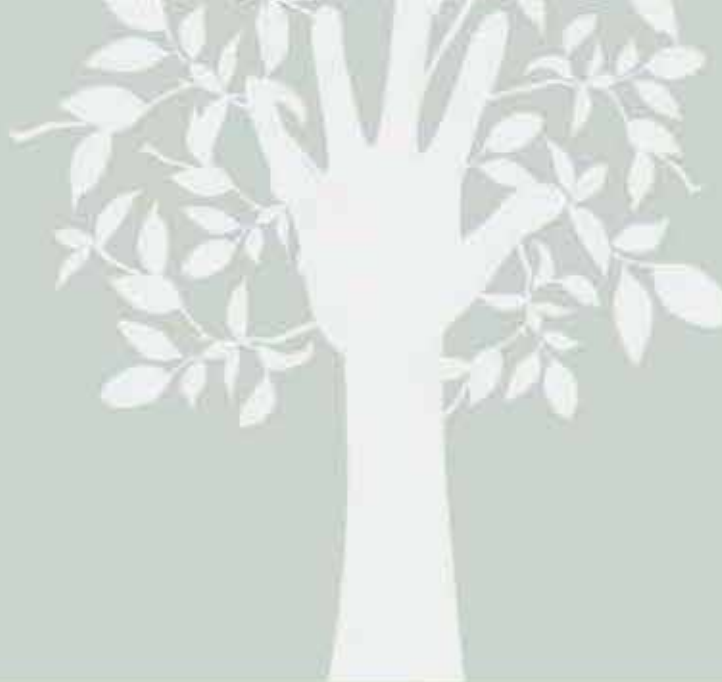
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Sign	Jamie	director4@avonmore.org
Communications	Paul/Nikki	communications@avonmore.org
Volunteers	Ginette	director2@avonmore.org

Avonmore Hall Rental

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

Get your Avonmore Memberships

1/2 off for 2014-2015 memberships at 75 Street & 76 Ave Dairy Queen or email membership@avonmore.org

Yoga

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

Mindfulness Meditation
Classes will be offered once a month
For more details go to www.avonmore.org and click on Programs and Events or contact Anita Lunden at 780 462-4439 or lunden@telusplanet.net



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We Had a Great Time at our Volunteer Appreciation Day

*THANKS TO ALL OUR VOLUNTEERS
WE APPRECIATE ALL THAT YOU DO
FOR OUR COMMUNITY!!*

Parent & Tot

Avonmore Community Hall
(7902 Street -73 Avenue)

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

Avonmore Playschool

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



NEED A BABYSITTER? OR LOOKING FOR A BABYSITTING JOB

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

For Teens Seeking Babysitting Work, email Cheryl and to help parents find the best fit for their children, provide some information about yourself. Tell us the neighbourhood you live in, the year you were born, your credentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and your experience caring for children. Don't forget to provide your phone number!

Avonmore Book Club

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

Bylaw 2202 re: Dogs in Parks

It is time again when dog owners like to bring their 4-legged kids to the park. While I am a dog fan, not every one else is. This is why the City of Ed-



monton has regulations with dogs in parks. There are 2 bylaws buy which you as a dog owner need abide by. Animal and Licensing Bylaw and the Parkland Bylaw 2202. The following is a quote from bylaw 2202: Unless otherwise permitted by this bylaw no person shall allow any animal under their control, or for which they are responsible, to be on Parkland.

a) A person may have a Dog on Parkland so long as the Dog is:
(a) leashed and on an Improved Trail or an Unimproved Trail;
(b) leashed and on a Boulevard;
(c) leashed and in an area governed by signage permitting Dogs;
(d) in an Off Leash Area;
but only if the Dog is, at all times, kept at least 10 metres from any developed playground or picnic site Please be respectful for other children and families who use the park, while you love your pet and they are a part of your family, not everyone likes dogs, some even have allergies.

Avonmore Green Shack

for kids 6-12 years of age From July 2-August 25, 2015 The famous and fun green shack will once again come to the Avonmore Park this summer--rain or shine. Enjoy games, crafts, sports, and more. Our green shack leader will be at the park from 2:30-6 p.m. Monday-Friday's. If raining there is still a program, and we will use the rink shack. New this summer if you want to enjoy green shack in the morning, Green Shack will be coming to Argyll sports park (near the playground) from 10-1:30.

Avonmore Membership Outdoor Pool Schedule:

Fred Broadstock Outdoor Pool
May 30 – August 29, 2015: Sunday, Monday, Tuesday & Wednesday 5:00 pm – 7:00 pm
Oliver Outdoor Pool
June 14 - Sept 6, 2015: Sunday, Monday, Tuesday & Wednesday 6:00 pm – 8:00 pm
Queen Elizabeth Outdoor Pool
May 31 – August 28, 2015: Sunday & Tuesday 5:00 pm – 7:00 pm, Monday & Wednesday 6:00 pm – 8:00 pm
Mill Creek Outdoor Pool
May 30 - Sept 6, 2015: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday & Saturday 7:00 pm – 9:00 pm

League Board

President	Brent	780 757-8550
Past President	Bill	780 469-5744
Vice President	Derek	780-919-5421
Treasurer	Vacant	
Secretary	Vacant	
Hall Rental	Kevin L.	780 966-6913
Grants/Planning	Dallas	780-707-7191
Casino Coordinator	Derek	780-919-5421
Memberships	Shawna	780 490-1931
Programs	Vacant	
Green Shack	Laura	780 982-9876
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Newsletter	Jill	780 469-0513
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	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.

Family Fun Night – August 14

All residents of Capilano, Forest Terrace Heights, Fulton, Gold Bar and Kenilworth communities are invited to a Family Fun Night!

Where: Capilano Community Park/parkland space and community hall (10810 - 54 Street)

When: Friday August 14, 2015, 5 – 11 p.m.

What: Free BBQ supper 5 – 7 p.m., outdoor games, nature walk, nature crafts, fire pits and s'mores!

Please note that there is no alcohol permitted. No dogs as per Bylaw 2202.

Community memberships will be for sale for each of the community leagues involved.

Contact Laura at laura.mercier@me.com if you have questions or can volunteer for this fun event.

Capilano Community League Babysitting Registry

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

REGISTER your 3 or 4 Year Old for the FALL at CAPILANO PLAYSCHOOL!

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

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

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



Memberships

Need a Capilano Community Membership? Contact Shawna at 780-490-1931. As well, memberships are available at:

--Solis Wellness Clinic (5016 – 106 Ave, 780-488-1552); and

--TGP Your Gold Bar Grocer (5036 – 106 Ave, 780-469-2535).

Children's Fun Run a success!

On a beautiful spring morning on May 23, about 50 children participated in the Capilano Community Fun Run in support of the Capilano Community Park Redevelopment Phase 2 project (walking path, outdoor exercise equipment, a bike bumps course, and community sign). We are very pleased to report that the children raised over \$2,800 in pledges to support our park project. Thank you to all the children who ran so hard and to all the grown-ups in their lives who pledged them! Also, a big shout out to our Fun Run Sponsors: TGP Gold Bar, Dairy Queen, McDonald's, WEM, Fast Trax Run and Ski Shop, Starbucks, and the City of Edmonton. And last but not least, a HUGE thank you to community resident Agnes K for coming forward to suggest this idea for an event and leading the effort with Heather S and Laura M.



Some of the keen runners pause for a photo after the Capilano Community Children's Fun Run on Saturday May 23.

2015 Capilano Community Summer Green Shack Program

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

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

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

A playground leader will deliver FREE playground programs for children that includes drop in sports (4:30 p.m. daily), games, activities, and crafts. As well, there will be a Family focus that will specifically accommodate families with younger children on Tuesdays and Thursdays from 3 – 4 p.m.

For further information or questions please contact Laura at 780-982-9876.

Note: Gold Bar Community's Green Shack Program will run on weekdays (July 2 – Aug. 25) from 10 a.m. – 1:30 p.m. Fulton Place Community will have a Pop up Play Program starting Friday July 3 and running every Wednesday and Friday from 10 a.m. – 1:30 p.m. until the second last week of August.

Slip 'n Slide – July 15

All residents of Capilano, Forest Terrace Heights, Fulton, Gold Bar and Kenilworth communities are invited to a Slip 'n Slide Party!

Where: St. Gabriel School Field (5540 – 106 Avenue) on east side of school

When: Wednesday July 15, 2015, 4:30 – 7 p.m.

What: Two giant slip and slides, cash BBQ and more

Contact Laura at laura.mercier@me.com if you have questions or can volunteer for this fun event.

Thank you to the St. Gabriel YMCA Child Care for partnering with our communities on this Slip 'n Slide.

Community Swims at Outdoor Pools

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

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

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

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

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

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

Monday, August 17 Petting Zoo and Kids' Activities at Hope Lutheran Church

Families are invited to the Hope Lutheran Parking Lot (5104 – 106 Ave – across the street from the TGP Gold Bar) on Monday, August 17 from 10 a.m. – 2 p.m. for some summer fun! There will be a petting zoo, children's activities, and free hot dogs and drinks for everyone! For more information, call 780-466-8502.

July 2015

Capilano Tennis Club – SE Edmonton Community Tennis

The tennis season is in full swing and Capilano Tennis Club (located next to the Capilano Community League hall at 10810 - 54 Street) is the place to be for all your community tennis needs.

--Junior tennis camps for all levels will be running in July and August. Registration is now open.

--July 2-5, Capilano is hosting a Tennis Alberta sanctioned tournament and on July 23-26, Capilano is hosting a Tennis Alberta sanctioned tournament for junior players. Stop in to see some competitive tennis!

--Private lessons are available throughout the summer. We are lucky to have one of Alberta's top players as our tennis coordinator!

Details on all the summer activities, as well as membership information, can be found at www.capilanotennis.ca.

Greater Hardisty Community Engagement - Update

In mid-June, community surveys were distributed to all homes in Capilano, Forest Heights, Fulton Place, Gold Bar and Terrace Heights. The surveys have now been collected and Greater Hardisty Community Sustainability Coalition volunteers are working on the results. More information will be posted in future issues. If you have questions, please contact ana.brenneis@shaw.ca.

Fulton Ravine Skateboard Park

(Located near Capilano Mall)

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

Staffed Hours: June 4 – September 1

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

Fridays: 3:30 – 8:00 p.m.

Saturdays: 12:30 – 8 p.m.

Sundays: 12:30 – 8 p.m.



Sport Sampler Day – fun had by all!

Approximately 75 children came out to the Capilano Sports Fields on June 13 and enjoyed trying seven different sports: wrestling, volleyball, baseball, track and field, rugby, badminton and basketball, as well as participated in a nutrition lesson. Thank you to the following volunteer coaches: Rod H, Greg S, Simone P, Serge B, Jim G, Jaime R, Shaye A, Uy, David D, Emma S, Heather S, Sierra S. Thank you to Laura M for the nutrition lesson/break, Nicole L for photography, David M for equipment, set up and take down, and Lynn F (CRC) for booking the grounds. Thank you to all the parents who brought their children and supported them in the sessions. The funding for food was provided by the Capilano Community League and was very much appreciated. And finally, a BIG thank you to Shauna Dowson for making this amazing event happen!



Children enjoy a track and field session at Sport Sampler Day on June 13.

SILENT AUCTION Event for Capilano Community Park – October 24

When: Saturday, October 24, 2015

Where: Capilano Community Hall (10810 - 54 Street)

SILENT AUCTION ITEMS NEEDED! Can you donate:

--a pair of Oilers tickets? --plumbing services? --car servicing?
--theatre tickets?

--landscaping/gardening services? --an evening of babysitting?

--tax preparation services?

--a fitness class? --a piece of art?

--other? Please bring your ideas forth!

Contact Heather at 780-466-1380 to make a donation, and learn more about the silent auction.

**TICKETS FOR THIS EXCITING COMMUNITY EVENT
WILL GO ON SALE IN SEPTEMBER!**



Capilano Community Park Redevelopment – Be a Park Supporter!

The Capilano Community Park Redevelopment Committee offers you the opportunity to be part of the exciting Phase 2 redevelopment project through our Donor Program!

Each donation provides recognition and tax benefits (ALL DONATIONS OVER \$20 RECEIVE A TAX RECEIPT) to you or your business, while allowing you to contribute to a lasting legacy in your community.

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

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

-- Rob & Susan Dollevoet

-- Allan Yee

-- Rolinda & James Graham, Keith & Kathy Turnbull, Wince Family, Ada Schlender

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

Capilano Community Park Grand Opening enjoyed by many!

Thank you to all those who came out to help us celebrate the Grand Opening of Phase 1 of Capilano Community Park, including all of our special guests! The free BBQ was a smash as about 400 hamburgers and hot dogs were served. Children enjoyed the glitter tattoos and face painting, the EPL storytelling, the City's bike safety program, and of course the playground equipment and spray deck. Thank you to our sponsors: Andy Verhagen, TGP Gold Bar, Capilano Community League and Suzuki School. Thanks to Lorena F, Charlene M, and Darren S for coming out and supporting the committee in running this busy event. And thanks so much to Heather S for leading our grand opening party. We don't know what we would do without you!

Come out and enjoy Capilano Community Park this summer. Check out the new design on the spray deck! Thank you to Matt S for your vision and hard work on creating an awesome spray deck surface. Spray deck hours through July and August will be 10 a.m. to 8 p.m.

Fundraising continues in support of our Phase 2 project (walking path, outdoor exercise equipment, a bike bumps course, and community sign) as we strive to complete our "Park for all Ages!"

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

Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents to ensure their backyard play areas are made safe. Direct supervision is the best method to reduce the chance of injury. It is also prudent to ensure play equipment in your yard is suitable for the age and skill of the children using it. Don't forget to check the equipment often, and repair any worn, or broken parts. Set up play equipment on a shock-absorbing surface such as sand, wood chips, or pea gravel. Grass may not adequately cushion a fall.

Water hazards

- Ensure all backyard swimming pools are fenced. The fence should be at least 1.5 metres (5 feet) high and have a self-latching, self-closing, lockable gate;
- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water, if it covers their mouth and nose.

Lawn and garden tools

- Keep young children away from outdoor power equipment. Serious burns may result from touching hot engine surfaces;
- Ensure that all tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying, or re-locating hives and nests situated near your home;
- To avoid a bite in case of accidentally stepping on a stinging insect ensure your child wears shoes, or sandals;
- If your child has received an 'EpiPen Jr' prescription from your physician, (for serious anaphylactic emergencies only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, seek medical attention, or call 9-1-1.

Serenity Hair & Spa

7428-101 Ave. 780-469-8080



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

Hairstylist needed

Cloverdale Community League Contact Information

Board of Directors

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

Standing Committees

Casino Committee Bev and Shane beverlyjoanbennett@gmail.com

Edmonton Ski Club Liaison Committee Chair

Bruce bbrandell@epcor.ca

Park Redevelopment Committee Chair

Murray meschneider@shaw.ca

Hall Rentals/Emergencies

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

Emergencies 780-439-3149

Facebook - Cloverdale Community League: Edmonton

For current community information, visit our website:

www.cloverdalecommunity.com



Have you considered renting the Cloverdale Hall?

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

Check our website for availability on the online calendar:

www.cloverdalecommunity.com

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

CCL Membership Information

Become a member and enjoy the benefits!

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

RATES:

2014/2015

\$20 per family, \$10 per individual

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

Community Programs

If you have questions about the programs listed below, please contact Janet at janmhardy@gmail.com

SPECIAL OFFER!

Programs are now FREE for Cloverdale Community League members.

Hatha Yoga – Tuesdays, 7:30 – 8:30 pm

Yoga Tuesday nights at 7:30 pm. with certified yoga instructor Nita Jalkanen. \$10/class or free for Cloverdale Community League members.

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

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

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

When: Wednesdays, May 6-24, at 9:30 am. \$10/class or free for Cloverdale Community League members.

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

Zumba - Thursdays, 7 – 8 pm

\$10/class or free for Cloverdale Community League members. No need to register.

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

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

Cloverdale Community League Urban Poling/Nordic walking sessions

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

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

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

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

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

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

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

Book Club

Meets monthly on a Monday at 7 pm.

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

Social Dance

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

Upcoming Cloverdale Events (details to come)

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

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

Cloverdale Resident Folk Festival Information

Residents can expect to receive a Folk Festival information package in early July.

Contact Cloverdale's Folk Festival Liaison, Tony Hilhorst, at thilhorst@shaw.ca if you have any questions.



League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Nicole		Secretary@forestterrace.org
Treasurer			Treasurer@forestterrace.org
Hall Rental	Molly	466-0585	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	Secia@forestterrace.org
Soccer	Michael	887-3158	Soccer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Website	Tyler		Web@forestterrace.org
Sign	Angela		Signs@forestterrace.org
News Editor	Liz		Newsletter@forestterrace.org
Volunteers	Alanna	465-1976	Volunteers@forestterrace.org
Events	Yvonne		Events@forestterrace.org
Safety	Angela		Safety@forestterrace.org
Civics	Angela		Civics@forestterrace.org

Hall Rentals

We are still accepting bookings for the summer!

Do you have a child's birthday party, family reunion or other meeting coming up? We may be the perfect venue to meet your needs. For more information email hall@forestterrace.org.



The hall has a port-a-potty on location for the summer months.

Memberships

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

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

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



FOREST
TERRACE HEIGHTS
— COMMUNITY LEAGUE —

Childcare in the Heights

Our community's babysitting registry is designed to encourage families to take a break and to allow community members to help each other out.

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

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

Contact Anna at babysitting@forestterrace.org

Fast Trax Run & Ski Shop

Fast Trax offers two complimentary drop in workouts per week. Check them out at www.fasttraxskishop.com/training.

Upcoming...

July 11th | 9:30-11 am | FTH Social Event
July 11th | 11am-1pm | Seniors Condo Info Session
July 15th | 4:30-7pm | Slip & Slide Event @ St. Gabriel School

** Games Night, Craft & Hobby Night and other regular events are taking a break for the summer. We will see you again in September!*

FREE Outdoor Swimming -

Fred Broadstock: Sun-Wed, 5-7pm
Mill Creek: Sat-Sun, 7-9pm
Oliver: Sun-Wed, 6-8pm
Queen Elizabeth: Sun/Tue, 5-7pm & Mon/Wed, 6-8pm

** Membership card required.*

Community Sustainability

Do solar panels, community composting, eco-landscaping, and/or rain barrels interest you? We have a group of people interested in a project to promote sustainability within our community. But we need help! If interested, please contact Angela at (780) 885-9529 or email angela@forestterrace.org.

Community Involvement

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

If you are interested in participating in safety groups, special events, membership sales, grounds clean-up or anything else in Forest Terrace Heights...join our volunteer team & help "make great things happen!"

For more info volunteers@forestterrace.org.

Book Exchange

Ready to relax & do some reading this summer? Take advantage of our community book exchange located within the entryway of the Forest Terrace Heights Hall. The bookshelf will be accessible when the hall is open from 9:30am-3:00pm on Saturday, July 11th.



Afternoon Social

Interested in being a guest speaker at one of our monthly socials? A speaker could share information about something happening in the community, or talk about personal interests/expertise and hobbies. For example, we'd like to have a speaker talk to us about GEOCACHING. If you've done some of this (perhaps while traveling), we'd love to hear about your experiences and see your photos! If interested in being a speaker email connie@forestterrace.org or call (780) 462-1442.

Thanks very much to Jocelyn Crocker who came to our social on June 13th to talk to us about urban beekeeping. Everyone found the talk very interesting and it prompted lots of discussion! Also a big thanks goes out to West Parkland Honey Products Ltd. who donated a pot of honey for the door prize at this event.

Pop up Play

Pop Up Play will be coming to Terrace Heights & Mary Finlay on weekdays throughout July and August for children ages 6-12.

"Pop Up Play is an exciting new opportunity for kids to enjoy access to high quality recreation programming in their own neighbourhood. Join in games, sports, crafts, music, drama and special events." (City of Edmonton website)

For more information on this FREE 3.5 hour Summer Drop In Program email 311@edmonton.ca.

Seniors Condos: Info Session

Saturday, July 11th from 11am-1pm @ FTHCL

This information session is for those who are interested and/or missed the presentation at the June 2nd AGM about the new senior's condos to be built at the current Patricia Motel location on 101 Ave.

For more information and to RSVP go to: www.seniorscondos.eventbrite.ca

QUESTIONS? Submit questions ahead of time and we will publish the most common questions and answers in an upcoming issue of the SEV. Email civics@forestterrace.org or call (780) 885-9529.



Seniors Condos Rezoning Info Session

Meet the developer and architect and get a chance to ask questions and provide feedback.

10150 - 80 Street (Forest Heights Hall)
Sat. July 11 11 - 1PM

RSVP:
<http://seniorscondos.eventbrite.ca>
civics@forestterrace.org
(780) 885-9529

Family Nature Nights

GAMES + NATURE ACTIVITIES

LEARN FROM EXPERT BIOLOGISTS

Free Family Fun

Ages 3-12
Everyone is Welcome!!

6:15 - 8:15pm

JULY 8 WETLANDS
ALBERTA BIODIVERSITY MONITORING INSTITUTE,
ALBERTA LAKE MANAGEMENT SOCIETY
@ Hodgson Wetlands (508 Hodgson Rd)

15 BIRDING
ROYAL ALBERTA MUSEUM,
BEAVERHILL BIRD OBSERVATORY,
ALBERTA BIODIVERSITY MONITORING INSTITUTE
@ William Hawrelak Park (9930 Groat Rd)
-- Park site #1

22 FOREST FABLES
CITY OF EDMONTON ROOT FOR TREES PROGRAM
@ Gold Bar Park
(Google Maps directions for Gold Bar park are incorrect, please follow these directions: Travel north on 50th Street, turn right onto Gold Bar Park Road and follow the road to the parking lot)
-- Picnic site #2

AUG 5 CRAWLING CRITTERS
JEFFREY NEWTON WITH THE ALBERTA SCIENCE NETWORK
@ Hermitage Park (2115 Hermitage Rd)

12 EDMONTON'S BACKYARD CREATURES
WILDLIFE REHABILITATION SOCIETY OF EDMONTON
@ Whitemud Park (13204 Fox Drive)
-- Park site #1

19 ROCKS & FOSSILS
ALBERTA SCIENCE NETWORK,
ALBERTA GEOLOGICAL SURVEY,
UNIVERSITY OF ALBERTA AND FRIENDS
@ Dawson Park (10298 89 St)

*Family Nature Nights will run rain or shine. In the event of extreme weather, the program will be cancelled and notification will be posted on our facebook page.
For more info: facebook.com/FNNED or email naturekids@naturealberta.ca

This project was undertaken with the financial support of the Government of Canada. || Ce projet a été réalisé avec l'appui financier du Gouvernement du Canada.

Family Nature Nights

Volunteer Recruitment // Summer 2015

What are Family Nature Nights?

Family Nature Nights (FNN) is a project designed by Nature Alberta's Nature Kids, The Alberta Science Network and The City of Edmonton. The purpose of FNN is to connect families with local natural areas by creating awareness, developing knowledge and fostering appreciation for biodiversity. Six FNN will be held in July and August at various natural areas in Edmonton. During each event, families have the opportunity to learn about a nature topic through games, activities and presentations, and a guided nature walk. The goal is to engage all family members in **free and convenient nature exploration** regardless of age or ability.

What volunteer roles are available?

1. Site Administrator:

Site administrators will be required to manage registrations, waivers, brochures, and participant surveys.

Dates: July 8, 15, 22 and August 5, 12, 19

2. Group Leaders:

Each event includes stations with group games or activities to enhance the over all learning theme. Group Leaders will be responsible for leading families from one station to the next and will support the Programming Assistant in the delivery of these station components.

Dates: July 8, 15, 22 and August 5, 12, 19

3. Nature Walk Leaders:

Nature walk leaders are responsible for guiding participating families on a guided walk through the natural area. Nature Walk topics will be based upon the evening's theme.

Dates: July 8, 15, 22 and August 5, 12, 19

How much time do I have to commit?

Training time:

1 hour before the event starts. Optional training is available prior to the event upon request.

On Site time:

3 hours/event (5:30 PM – 8:30 PM)

How do I sign up?

Email detailing your area of interest in youth environmental engagement, preferred role in the FNN and your availability for the months of July – August 2015.

Contact:

Emily Dong

Email:

naturekids@naturealberta.ca

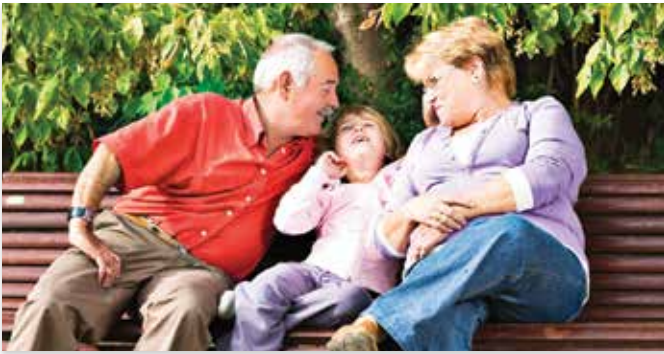
Phone:

780.427.8124



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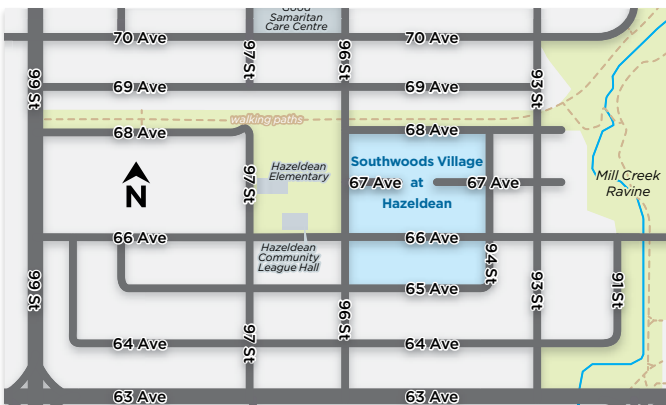
Southwoods **Village At Hazeldean**



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

Building **Features:**

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



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



780.975.2509 • CDLHomes.com



Free! Drop in for
coffee & conversation

Saturday JULY 11, 2015 9:30 to 11 am
at the Forest Heights hall (10150 80 St)
(next to the spray park & playground)
Speaker @ 10 am. Topics: Fruit rescue, Yardshare




Do you have a garden that's too much
for you? Or would you love a garden
but don't have the space for it?
Learn about Yardshare with Laura from
Sustainable Food Edmonton.




Sandy from Fruits of Sherbrooke will be
here too, to provide great suggestions
for use of the abundant local fruit we
have growing here in our mature
neighbourhoods.




For additional info: 780-462-1442 or connie@forestterrace.org
www.forestterrace.org



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It's time to fight the bite Protect against West Nile virus

Summer has arrived in Alberta, and with it: the risk of West Nile virus.

Much like you protect yourself and your loved ones from harmful UVA and UVB rays, Alberta Health Services (AHS) reminds you to make a summer habit of protecting yourself and your loved ones from mosquito bites, and their potentially severe health consequences.

"With exposure to mosquitoes comes risk of West Nile virus," says Dr. Gerry Predy, Senior Medical Officer of Health, AHS. "Because some mosquitoes carry West Nile virus, it's important to avoid being bitten at all."

Whether gardening, golfing, fishing, travelling or even just relaxing outdoors, all Albertans should take these simple steps to prevent bites and protect themselves from West Nile virus:

- Wear a long-sleeved, light-colored shirt, pants, and a hat.
- Use insect repellent with DEET.
- Consider staying indoors at dawn and dusk, when mosquitoes are most active.

"These steps can make it harder for mosquitoes to find you, and remember: if mosquitoes can't find you, they can't bite you," says Predy.

After being bitten by a mosquito carrying West Nile virus, humans can develop West Nile Non-Neurological Syndrome (formerly known as West Nile fever) or the more serious West Nile Neurological Syndrome.

Symptoms of Non-Neurological Syndrome can be uncomfortable, including fever, chills, nausea, vomiting, fatigue, skin rash, swollen glands and headache. For those individuals who do develop Neurological Syndrome, symptoms can be much more severe, including tremors, drowsiness, confusion, swallowing problems, high fever, unconsciousness, paralysis and even death.

From 2003 to 2014, more than 775 Albertans have suffered the consequences of West Nile virus infection. In 2013 alone, 21 cases of West Nile virus infection were confirmed in Albertan residents, 19 of which were acquired within Alberta.

"The data shows the very real and potentially severe risk of illness across the province," says Predy. "Protect yourself, and ensure your loved ones do the same."

To learn more about West Nile virus and reducing your risk, visit www.fightthebite.info.

City Services & General Information

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

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

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





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Brand new daycare facility in Forest heights now open for registrations for children 12 months to 6 Years.

In our Reggio Emilia program the children will learn about nature and explore the world around them. A welcoming environment located close to downtown in Forest Heights. Convenient for families residing in Boonie Doon, Capilano & Argyll.

Subsidy is available .
Limited spots available.

For further Inquiries;
Em: Info@kinderkollegedaycare.com

or

Nadias_m@yahoo.ca

Ph: 780-490-5310

www.kindrkollegedaycare.com

Address: 10118-79 Street

Hours of operation: 7:00-5:30



Childhood Immunizations

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

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

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

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

Visit ImmunizeAlberta.ca today.



WWW.ABCHEADSTART.ORG

780-461-5353

September 2015

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- **Licensed, User-Pay Afterschool Care** program Grade 1- 6
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For more info contact Lisa at 780-468-2598
or via email at leflar@szukischool.ca

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FULTON PLACE COMMUNITY CONTACTS

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

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

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

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

MEETINGS- The Fulton Place Community League holds monthly meetings in the hall boardroom on the second Monday of each month at 8:00 p.m.



Join Your Fulton Place Community League!

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

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

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

Fulton Place Garden Tour - Hosted by the Sunshine Garden

2 dates: Weds, July 15 or Thurs, July 16, 2015 4:30 – 8:00 pm

Tickets \$10

- Tours begin at the Sunshine Garden – 6110 Fulton Road (beside St. Augustine's)
- Explore a variety of neighborhood gardens in Fulton Place
- Learn what grows well here and talk to experienced gardeners
- Get garden design and planting ideas
- Soak up the beauty of Fulton Place gardens
- Support the newly built Sunshine Garden

The tour is self-guided and you only need to attend one of the two dates. Arrive at the Sunshine Garden (6110 Fulton Road) anytime between 4:30-8:00pm on either Weds, July 15 or Thurs, July 16 to pick up a map, addresses, and a brief description of what makes each garden special. You can then walk, bike, or drive at your own pace through the tour. The tour goes rain or shine and we do not offer refunds.

The Gardens

The gardens are chosen for quality and variety; each garden has a particular charm with special features. Their gardeners are passionate and ready to welcome visitors and answer questions.

Dates & Tickets

Get your tickets early as we only have a certain number of tickets for each night! Tickets may also be available at the Sunshine Garden on the days of the tour. Contact Sheila (780-468-9218) to buy tickets.

Volunteering

If you want to do more than just visit the gardens, consider volunteering for this event. Volunteers will be invited to a special garden tour preview in early July.

Garden Tour Etiquette

- Please stay on pathways, decks, and patios. Avoid stepping in planted areas.
- If you have small children with you, please help them to resist the temptation to pick flowers or tread on plants.
- Please do not bring pets to the gardens.
- While most garden hosts allow amateur photography, it is always best to ask the host before taking photos. If you do take photos, please be courteous.
- Please be cautious when viewing gardens and note that not all areas will be fully accessible to those with mobility difficulties.
- Some gardens have uneven pathways so be careful as we assume no liability.
- Public washrooms will be available at Hardisty Fitness Centre (106 Avenue & 65 Street). Washrooms will not be available at the gardens.

Our warmest thanks and appreciation to the host gardeners who have graciously opened their private gardens to our ticket holders. Contact Sheila (780-468-9218) for more information or to buy tickets

Hall Rentals

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

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

Babysitting Registry

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

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

Are You Interested in Volunteering for Your Community? Membership Canvassers are Needed!

Fulton Place Community League is organizing our fall 2015/2016 Membership Drive! If you are able to take on a canvassing route this September (no experience needed, full instructions will be given)- please contact our Membership Director at memberships@fultonplace.org by July 12, 2015.

This is an excellent way to meet your neighbors, promote Fulton Place community, and small way to volunteer for your community. Let us know if you can help.



On Behalf of Fulton Place Seniors, We Thank You...

Fulton Place Community League held our annual Spring Senior's Tea on May 22, 2015- the event was once again a huge success- we hosted 70 Fulton Place Senior's, and the afternoon was enjoyed by all who attended.

This event would not be possible without the support of our dedicated volunteers- Karen Amy, Breanne Coffill, Alison Breland, Terri Weir, Roberta Clifford, Paul Amy, Shawn Coffill, and Colin Columbe. Our Senior's appreciate ALL your hard work. Thank you!

Thank you to the children of Hardisty School for providing the wonderful entertainment that afternoon. Your songs and smiles truly warmed the hearts of all who were there. We are lucky to have such caring, community- minded kids in our neighborhood.

Fulton Place Community League would also like the say THANK YOU to our wonderful Capilano area businesses who continue to support this event! Your commitment to your communities is unmatched! Goldbar Grocer (TGP), Vincent Tayler Salon, Southeast Senior's Association, Art & Soul Salon, and Dairy Queen (Capilano Location)

Fulton Place Bylaws

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

Krystina Langston

Secretary

Fulton Place Community League

krystina@fultonplace.org



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Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map.
http://edmonton.ca/for_residents/neighbourhoods/neighbourhood-maps.aspx

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

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

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

Taking time for yourself is important for your mental health

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

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

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

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

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

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

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

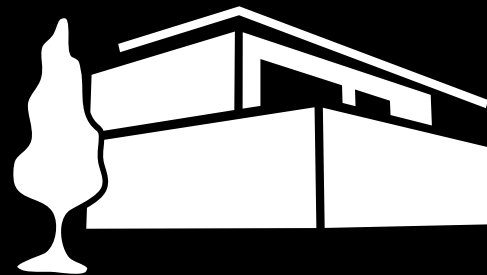
For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit www.myhealth.alberta.ca.

City Services & General Information

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

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

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



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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

GOLD BAR EXECUTIVE

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

Finances and Fundraising:

Financial Director	VACANT	
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Casino Director	Isabella	780-466-3895

Communications & Programing:

Newsletter/SEV	Sondi	780-468-2237
Sign Director	Cassie	780-485-0350
Webmaster	BJ	
Green Shack	Sharon	780-628-2971
Summer Program	Kelly	780-434-6533

To post on the **sign** at 106 Ave & 47 St
email sign@goldbarcl.com.

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

Upcoming Bingo Dates

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

Fort Road Bingo
Tuesday, June 23 - Afternoon

Parkway Bingo Dates
Sunday, June 28 - Evening & Late Nite SPECIAL
Saturday, July 18, 2015 - Afternoon
Monday, August 3, 2015, Evening & Late Nite

Financial Director Needed

Thank you for the interest shown in the Hall rental coordinator. That position has been filled. The league is still looking for a volunteer financial director. There is a bookkeeper and treasurer to help you learn the ropes. Contact Erin for more info: erin.sanford@gmail.com or 780-901-0422.

Gold Bar Communications

To submit an item to the Aug-Sept 2015 SEV in the Gold Bar section, email sondi@telus.net or call SONDI at 780-468-2237 by JUNE 14.

Green Shack Update

First day is Wednesday July 2 and hours this year are from 10am to 1:30pm, Monday to Friday. Please encourage your kids to attend this free drop-in program. The number of kids who use it helps determine whether we're chosen to have a Green Shack each summer. Children under the age of six must be supervised by parent/guardian.



Green Shack Ice Cream Social

Tuesday, July 14 from 11:30 – 1:30 pm

Bring your lunch and we will provide dessert at Gold Bar Playground (105 Ave and 46 St.) You can meet our new Green Shack leader and visit with neighbors and friends. All community members are invited.

Wednesday is Meet Your Friends Day : Every Wednesday (starting July 8th) from 11:30 – 1:30 will be “Bring your Lunch and Meet Your Friends” day. Come eat lunch with your friends and enjoy the special activities planned. Follow “Gold Bar Community League” on Facebook to get updates on what will happen those days.

Report any concerns and especially positive feedback throughout the summer to Sharon Harker 780-710-4303.

Spray Deck 2015

Full time hours starting 3rd week in June: Daily 10am – 8pm

Slip and Slide Party

Wednesday July 15 from 4:30 – 7:00pm.

It's happening again this summer at St. Gabriel school field. Two giant slip and slides, cash BBQ, and more. Put on by Capilano, Fulton, Gold Bar and Kenilworth community leagues. Can't wait to see you there.

Community Summer Day Camp: Mini Multi-Mania

Sign your preschooler up for the first camp being run at Gold Bar Community Hall.

It's a new adventure every day! Filled with activities ranging from a variety of sport, to inspiring art experiences and dramatic play. This camp is sure to be a fun experience for everyone.

- Monday August 17 to Friday August 21, 2015, 9 a.m. to 11:30 a.m.

- Ages 4-6, Cost: \$80

- Course code: 539538

To Register Call 311, or online at ereg.edmonton.ca, or in person at any City of Edmonton Recreation & Leisure Centre

Community Family Fun Night



Friday Aug 14 5-11pm

Capilano park/parkland space and community hall.
Free BBQ supper 5:00 – 7:00pm.

Outdoor games, nature walk, nature crafts, fire pits and s'mores.

Fulton Ravine Skateboard Park

(Located near Capilano Mall)

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

Staffed Hours: June 4 – September 1

Mondays – Thursdays: 12:30 – 8:00pm

Fridays: 3:30 – 8:00pm

Saturdays: 12:30 – 8pm

Sundays: 12:30 – 8pm

COMMUNITY LEAGUE MEMBESHIPS

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

Watch for canvassers during the summer months through September.

Fees are as follows per household:

Family- \$20.00

Adult - \$20.00

Senior- \$5.00

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

Spotlight on City of Edmonton Bylaws- Cycling

Cyclists are required to have certain equipment based on provincial and municipal regulations.

Essential equipment when cycling:

- A bell or horn.
- A bicycle brake.
- When cycling at night a white headlamp, a red tail lamp and a red rear reflector.
- If under the age of 18, a helmet.

Helmets

- Cyclists aged 18 and younger are required by law to wear an approved bicycle helmet.
- Children in trailers and on trail-a-bikes are required by law to wear an approved bicycle helmet.
- Adults are encouraged to wear a helmet.
- Helmets must meet ANSI, Snell or CSA standards to provide enough protection.

Make Sure It Fits

- The helmet fits snugly, is level front to back, and sits an inch above your eyebrows.
- Adjust the straps so the 'V' is below your ears and you can fit two fingers between your chin and the strap.

Brakes

- By law bicycles must be equipped with adequate steering and brakes that will lock wheels on dry, clean, level pavement.

Tips

- You may not stop in time if you brake with only one hand.
- Allow extra distance for stopping in the rain, wet brakes are less effective.

Bell

- Cyclists must sound a warning device, such as a horn or bell, before passing pedestrians on shared-use pathways and must always give them the right of way.

Service Project: Days For Girls

You are invited to come out to sew, cut or assemble kits to help girls in developing countries attend school. Days For Girls is a charitable organization. To find out more visit: www.daysfor-girls.org The Edmonton Bonnie Doon Team meets each month on the 2nd Tuesday from 6:30pm-9pm at Bonnie Doon Stake Centre (9010 85 St NW on the traffic circle). July 14 and Aug 11 are the next two dates, and it will run through the summer months. If you would like to sew please bring a sewing machine or a serger, or bring scissors.

Donations of polyester thread, girls cotton underwear (sizes 8, 10 & 12) facecloths, 100% cotton fabrics and cotton flannel-ette (Fabric colors should be medium to dark to hide stains, no animal/people prints and no camouflage prints) are welcome. We also accept colorful heavyweight cotton/polyester material for drawstring bags. Large Ziploc brand freezer bags and small hotel size soaps are also needed. You can drop donations off on the sewing nights.

Bothered by Bugs?

Try These non-chemical or low chemical ways to give bugs the boot

STEP 1: Make Sure Your House Is Clean and Dry

Many insects and rodents are attracted to food and water, so start off by making your home less enticing to pests.

- Wipe up spills immediately with soap and water.
- Keep ripe fruit in the fridge.
- If you have a pet, comb it regularly with a flea comb and wash its bedding frequently. Be sure to vacuum floors, rugs and upholstery your pet comes in contact with regularly.

STEP 2: Seal Entryways

- Deny access to new invaders by making sure potential entry points are sealed off.

- Use silicone caulk to seal any cracks and crevices in baseboards, moldings, cupboards, pipes, ducts, sinks, toilets and electrical outlets.
- Place screens in front of heating and cooling vents, and repair holes in any existing screens. The average mouse found in homes can squeeze through a hole the size of a dime!

STEP 3: Try Chemical-Free Strategies

Now that you're denying pests food, shelter and access, it's time to put the squeeze on any lingering intruders. To solve your pest problems without using chemical pesticides, you can:

- Vacuum for individual bugs or nests (bugs will usually suffocate in the bag)
- Lay traps (flytraps, jar traps, pheromone traps, light traps, etc.)

STEP 4: Choose Lower-Risk Pesticides

If problems persist, try these techniques, which will minimize the health risks to members of your household.

- Dust boric acid on cracks and crevices, which slowly poisons crawling insects like ants, cockroaches and silverfish, but is far less toxic to humans and other mammals. (Still, you should avoid dusting in areas that might result in human exposure.)
- To control insects and rodents, try tamper-resistant bait boxes -- an effective and safer choice than sprays, powders or pellets, which all spread pesticide residues. Look for one that uses a nonvolatile chemical, like boric acid, and make sure to keep bait stations out of the reach of children.

Excerpt reprinted in part with permission from the Natural Resources Defense Council. For further information, please visit the NRDC website at, <http://www.nrdc.org/health/pesticides/gpests.asp>

“Front Yards in Bloom” Judges needed

Volunteers needed to judge nominations for Front Yards in Bloom. It would require judging beautiful yards during the first week in July and placing lovely signs acknowledging that their yard was nominated. Please contact Dianne Clark, Southeast Edmonton zone co-ordinator at Dianneclark12@gmail.com or 780-720-2910.

Gold Bar Preschool teacher needed!

Applicants are encouraged to forward resumes and inquiries to Lindsay Stadnick, Preschool President, at goldbarpreschoolparents@gmail.com or phone (780)-708-3461. Check out the ad below.

Early Childhood Educator – Gold Bar Cooperative Preschool

Gold Bar Cooperative Preschool is currently seeking an early childhood educator to facilitate and oversee preschool activities, beginning in the 2015-2016 school year (Sept – May).

This part-time position consists of Monday, Wednesday, and Friday class time (9:00a.m.-11:30a.m.) and operates out of Gold Bar Elementary School at: 10524 46 St NW

Gold Bar Preschool is an established program, and the successful candidate will enjoy the support of a dedicated Parent Association. Together the Association ensures adequate classroom and educator support to facilitate kindergarten readiness in 3 and 4 year olds.

Existing classroom resources, as well as a comprehensive handover package, will be available to the successful candidate. Compensation package is negotiable, and will reflect the incumbent's skill set and experience.

Our new educator:

- Is comfortable facilitating the instruction of an 18 student classroom
- Holds a Bachelor's Degree in Education and/ or a Level 3 Early Childhood Certification
- Has proven experience working with pre-school children
- Is able to provide recent proof of child welfare and security clearances
- Has excellent communication skills with children and adults alike
- Has a passion for early education, bringing energy and enthusiasm!

Applicants are encouraged to forward resumes and inquiries to Lindsay Stadnick, Preschool President, at goldbarpreschoolparents@gmail.com or phone (780)-708-3461.

We thank all applicants for their interest, however, only those candidates selected for interviews will be contacted.

Holyrood

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

Holyrood Community League Contacts

President: Wendy	president@holyroodleague.org
Vice-President: Lynn	vicepresident@holyroodleague.org
Treasurer: Darcie	treasurer@holyroodleague.org
Secretary: Justine	secretary@holyroodleague.org
Programs: Patty	programs@holyroodleague.org
Memberships: Jennifer	memberships@holyroodleague.org
Hall Rentals:	Currently Not Renting
Facilities Director: Kirsten	facilities@holyroodleague.org
Soccer Directors: Katrina/Barry	soccer@holyroodleague.org
Playschool: Marissa	playschool@holyroodleague.org
Playgroup: Jessica	playgroup@holyroodleague.org
Communications: Danielle	communications@holyroodleague.org
Greenspace Committee:	greenspace@holyroodleague.org
Social Director: Natasha	social@holyroodleague.org

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

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

Welcome to our neighbourhood!

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

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

HCL PROGRAMS

Holyrood Parents and Tots Play Group

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

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

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

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

Barre Classes in Holyrood

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

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

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



HOLYROOD Save the Date!

Join us on Saturday, September 12 for our annual community barbeque and the grand opening of our Spray Park! Watch for more information in the coming months, we're looking forward to a great celebration!

Holyrood Green Shack

Hey kids! Have a great summer in your own park, right in the heart of Holyrood!

Children aged six to twelve are welcome to join in games, sports, crafts, music, drama and special events – all led by a trained Playground Leader. Children under the age of six are welcome as well, but must be supervised by a parent or guardian at all times.

The Holyrood Green Shack program will run from July 2nd to August 25th, rain or shine... fun and friendship guaranteed! See you there!

Community Swim

•**MillCreek Pool: Nightly 7-9pm**
•**Fred Broadstock: Sunday- Wednesday evenings 5-7pm**
•**Queen Elizabeth: Sunday & Tuesday evenings 5-7pm, Monday & Wednesday evenings 6-8pm**
•**Oliver: Sunday-Wednesday evenings 6-8pm**
Valid Holyrood Community League membership card required to gain free entry.

Spray Park Update

Spray Park & Naturalized Play Area update!
Tender has closed and our project has been successfully awarded for construction this summer! Hoping to have lots of Splash at our Fall Block Party!
Tax deductible donations of \$25 and higher are still gladly being accepted. Please contact Justine Leszczynski at 780.462.1513 or secretary@holyroodleague.org to donate today! Donations of \$100 and higher will be recognized on site after project completion.

Director at Large – Park & Grounds

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

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

Contact Wendy at president@holyroodleague.org if this volunteer board opportunity appeals to you!



Smoking in Outdoor Shared Spaces

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

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

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

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above. Not complying with the bylaw will result in a \$250 fine. **Enforcement**

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

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

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

Idylwylde Community League Board Contacts

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

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

When temperatures rise, stay safe

In addition to the risk of sunburn, rising temperatures also increase the risk of heat-related illness, including heat exhaustion and sunstroke. While children and the elderly are particularly susceptible to heat exhaustion and dehydration, it's important all Albertans follow these simple precautions to prevent sun and heat-related illness:

- Wear waterproof sunscreen of 30 SPF or greater, apply 20 minutes before going outside and reapply frequently.
- Wear a wide-brimmed hat and sunglasses.
- Stay hydrated. Drink lots of water and other non-alcoholic, non-caffeinated beverages. Proper hydration begins the night before.
- If planning to be out and about, consider preparing a backpack with sun-screen, bottled water, extra pair of shoes and healthy snacks, such as fruits and vegetables.
- Pay attention to your body and watch for symptoms of heat exhaustion and sunstroke

If you feel dizzy, nauseous and/or faint, you may have heat exhaustion. Drink plenty of water and move into shade. Symptoms of sunstroke include high body temperature, lack of sweat, disorientation, fainting and unconsciousness. Move people with sunstroke to shade, remove their outer clothing and shoes, wrap them in a wet towel and get medical attention promptly.

Poison Prevention

The Poison & Drug Information Service (PADIS) offers a free, confidential poison line for Albertans, 24 hours a day, 7 days a week. The service offers expert advice about poisons and toxins, medications, chemicals, recreational drugs and plants. When calling the poison centre, callers speak with a specially-trained nurse or pharmacist who gives information and offers advice on how to best manage poisonings and exposures.

Medication and herbal advice is also available through PADIS offering up-to-date information for the safe use of over-the-counter products, prescriptions, medications and herbals. This includes potential interactions between medications and/or herbals and safe medication options for pregnant and breast-feeding women.

PADIS plays a key role in helping Albertans safely manage poison exposures and can offer advice on the most appropriate level of health care service should it be needed.

PADIS also operates a Drug Information Line for Health Care Professionals. This free service for health professionals provides drug information for clinical situations, with the support of an on-call Medical Toxicologist.

For more information and to access the services of PADIS call 1-800-332-1414 or visit www.padis.ca.

Casino Volunteers Needed!

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

Community League Volunteers

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

Protect yourself from Hantavirus

As spring cleaning gets underway, Albertans are reminded of the important steps they should take to protect themselves from Hantavirus.

Hantavirus is a serious illness that mostly affects the lungs/respiratory system. Caused when humans inhale airborne particles of urine or feces from an infected rodent.

Follow these precautions whenever cleaning areas of mice or mice droppings:

Open doors and windows and keep out of the area for at least 30 minutes prior to commencing clean up.

Wear rubber gloves, thoroughly soak droppings, nests and dead mice with a bleach/water solution (one part bleach to nine parts water) or a household disinfectant.

Let the bleach water solution sit for five minutes. Never disturb any droppings, nests or dead mice, prior to soaking with this bleach solution.

Mop up bleach-soaked droppings, nest and/or dead mice, or pick up with paper towels, and place them in a plastic bag.

Seal the bag and put in a garbage container with a tight fitting lid.

Wash your gloves before removing, and then wash your hands.

Never vacuum or sweep droppings, nests or dead mice. This can create dust that can be inhaled. The dust may contain Hantavirus.

Although rare, Hantavirus can be fatal. Infected individuals typically show symptoms one to two weeks following exposure; however, symptoms can appear up to five weeks after exposure. Symptoms resemble severe flu, including fever, body aches, chills, abdominal problems and severe breathing problems.

For more information visit MyHealth.Alberta.ca or call Health Link Alberta at 1-866-408-5465.

Think before you drink

Protect against tooth erosion

It's no secret; most of your favorite beverages contain a lot of sugar. Sugar in beverages, along with bacteria in the mouth, creates acids that can decay teeth. But did you know that many popular beverages such as pop, fruit juices and sport drinks, also contain acids that can damage teeth and lead to tooth sensitivity and pain? This is known as tooth erosion – the irreversible loss of tooth enamel caused by lengthy and repeated exposure to acidic substances.

Teenagers can be particularly prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene. Because tooth erosion cannot be reversed, prevention is important:

- Drink water for thirst and milk with meals
- Reduce number of acidic beverages and use a straw for drinking them
- Rinse your mouth with water to remove acids
- Wait 30 minutes to brush your teeth after drinking an acidic beverage to prevent tooth enamel damage
- Brush twice a day with toothpaste containing fluoride to strengthen teeth and floss daily
- Visit your dentist regularly for check-ups and additional preventive treatments

The Eggsperiment - Calcium is a major part of tooth enamel. Check out how acid affects calcium, the mineral that keeps an eggshell hard. Gently place a hard-boiled egg with it's shell into a container of vinegar until it is completely covered. Let the egg sit for at least 24 hrs. Observe what happens to the shell, how is this similar to tooth erosion?

KCL League Contacts

Executive			
President	Meghan	780-450-0534	president@kenilworthcommunity.com
Vice President	VACANT		
Secretary	Jason	780-394-3902	
Treasurer	Colleen	780-469-7661	
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Memberships	Barb	780-466-2360	
Adult Programs	Sandy	780-469-0012	
Children's Prog.	VACANT		
Summer Programs	VACANT		
Capital Projects	VACANT		
Grant Applications	VACANT		
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Rob	780-707-8204	
Publicity/Website	Martine	780-466-9444	kenilworthpublicity@gmail.com
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Ladies Aux.	VACANT		
Ladies Aux.	VACANT		
Neighbourhood Watch	Gladys	780-466-1688	
Playschool	Janna	780-757-9414	
Toddler Time	VACANT		
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

CONTACT US!

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

• **Keep Current on our website,**
www.kenilworthcommunity.com
Now on Facebook! Like us! & Follow on Twitter, KCL Edmonton

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

• Southeast Voice Newsletter Deadlines

Submissions for the Aug/Sep 2015 issue of the ***Southeast Voice*** are due **Thursday, August 6, 2015**. Please send all announcements to Martine 466-9444 as early as possible. No phone calls after 8 pm. please.

Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website www.kenilworthcommunity.com
KCL Hall Rental Rates: (Seating 160)

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

***Third party insurance is now required for ALL hall rentals.**

Please ask the Rental Manager for more details.

To book the hall, email is preferred, kenilworthrentals@gmail.com. If email is unavailable, leave a message for Al at 469-1711.

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

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

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

New Volunteer Opportunities

Publicity – 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.

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.



August 25 & 26 – Casino

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

A BIG THANK YOU!

Thank you Darren (Sobeys – Hollick Kenyon, for your continued support of our community league! The Spring BBQ was a success, in part to your generosity!

Green Shack Kickoff BBQ/ Green Shack Hours

Our annual Green Shack BBQ will be held on Thursday, July 2 from 4:30 to 7:00 p.m.

The Green Shack Program will run from July 2 to August 25 from 10:00 a.m. to 1:30 p.m.

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

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

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

Kenilworth's Adult Program Director

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

Christmas in July STAMP-A-STACK 10 Christmas Cards

Christmas in July STAMP-A-STACK
10 Christmas Cards

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

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

Adult Pickup Basketball

Come out with your friends & neighbors for a drop in game of outdoor basketball.
Saturdays, 7:30 – 9 pm (weather permitting), during the months of June, July, August at the outdoor basketball court.

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

Outdoor Community Swim Program

Fred Broadstock Main Outdoor Pool –
May 31st to August 26th
Sunday through Wednesday from 5:00 pm to 7:00 pm

Mill Creek Outdoor Pool –
May 30th to September 6th
Daily from 7:00 pm to 9:00 pm

Oliver Outdoor Main Pool –
June 14th to September 6th
Weekly, Sunday through Wednesday from 6:00 pm to 8:00 pm

Queen Elizabeth Outdoor Pool, Station 1 –
May 31st to August 26th
Sunday from 5:00 pm to 7:00 pm
Monday from 6:00 pm to 8:00 pm
Tuesday from 5:00 pm to 7:00 pm
Wednesday from 6:00 pm to 8:00 pm

Adult Badminton

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

Memberships

Have a New Neighbour? Are You New to Kenilworth?

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

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

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

For more information contact Barb at 466-2360.

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



Kenilworth Playschool

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

We are currently accepting registrations for September 2015.

Help Stamp Out Crime in our Neighborhood!

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

Thank you for supporting Kenilworth Community!

Membership BBQ

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

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

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

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

Enjoy good food and meet your neighbours.

Annual Golf Tournament and Steak BBQ

Kenilworth Community League will be holding their Annual Golf Tournament and Steak BBQ on Saturday, September 12, 2015.



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

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

tickets or to donate prizes - please contact Ken at 780-915-8144 or by email at kbalcom33@gmail.com

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:
July 31, 2015 Friday,
4:30pm – 11:30pm
August 25, 2015 Tuesday, 4:30pm – 11:30pm

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

Kenilworth Playschool's I'VE OUTGROWN IT SALE

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

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

OR

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

Cost: \$25.00 per table

Saturday September 19, 2015

Kenilworth Community League Hall

7104 87 Avenue, Edmonton

10:00am-2:00pm

Email: janna_44@hotmail.com for more information or to book a table!

Ottewell Board

President:	Corinne Olson	465-7755
Vice President	Bri Drury	
Secretary:	Sandra L'Ecuyer	468-4113
Treasurer:	Mark Bucholdt	465-3250
Hall Rentals:	David and Mae MacKinnon	
Membership:	Vacant	
Bingo Coordinators:	Lisa Sarafinchan	465-2511
	and	
	Kyla Farmer	490-5731
Newsletter Editor:	Sharon McCabe	465-3511
Indoor Soccer:	Glen McMurray	292-5972
Outdoor Soccer	Glen McMurray	292-5972
Community Patrol:	Leroy Innis	465-5000
Social Coordinator:	Vacant	
Ottewell Playschool:	Vacant	
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:	Mark H	
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.org and Facebook/ottewellevnts

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



Ottewell Community League Playschool

Ottewell League Community League Playschool is now accepting registrations for the 2015/2016 school year. Classes will run Tuesday and Thursday mornings at Braemar School from 9:00-11:30. Please contact Lauren for registration forms and information. 780-490-7757 or lauryan@telus.net

Join the Ottewell Community League Board of Directors!

Ottewell Community League is looking for volunteers to fill some board positions.

Joining the board is a great way to keep up to date with what is going on in our neighbourhood and it is a great way to meet new people who want to make Ottewell even better.

If you are interested in any of these positions or want to find out more, please leave a message on our website – ottewell.org. All inquiries will be answered.

Here are some descriptions of vacant positions:

Parent and Tot Group - runs once a week September to May and is a shared position. You only have to open the hall for the parent and tot group for one month and then you give the keys to the next partner.

Summer Playground Contact - This person is a contact person for the Summer Student running the Green Shack Program at the park. The contact person will also have a small budget (if interested) to buy some supplies for the Green Shack Program, such as, Freezies or outdoor game supplies.

Playschool Chair - The ideal person for this position is someone who is willing to come to Ottewell's monthly board meetings and give an update as to how the board can continue to support the community play school.

Rink Chair - If you are interested in making ice, helping maintain the ice and driving a zamboni, please call about filling this position.

This position can be shared between a team of people.

Social Team - Anyone who has an idea for an event for our community, you can be part of the social team. There are many people who are willing and able to help plan your event.

Ottewell Community League Memberships

2015-2016 Ottewell Community League memberships are now available for purchase at the Ottewell TGP. Memberships are valid from September 1, 2015 until August 31, 2016. \$5 TGP gift cards will be given out to those who purchase their memberships at TGP. Membership prices are reasonable and a great value – Family (2 adults and all children under 18): \$25 Senior (household 2 adults): \$5 Adult/Single: \$10 per individual

St. Brendan Replacement Elementary/ Junior High School

Design development drawings for the new St. Brendan replacement school can be viewed online at ecscd.net. To view the drawings, search "construction status and updates".

For all construction related inquiries, please contact:

Phone: 780-441-6000
Email: construction@ecscd.net



Washrooms at Ottewell Community League Hall

The use of these washrooms is provided to you on behalf of the Ottewell community!

Please respect your community - take care of our park and washrooms.

If abused it will affect us all!



Dr. Gordon Lodwig

Ottewell Dental Clinic

New patients always welcome

780-465-0505
6128 - 90 Ave.

Board of Directors

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

*See our website listed below for our email addresses

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

Green Shack Shaker

Come join us on June 26 starting at 17:00 (till 19:30), as the Strathearn community league will be hosting our 4th annual Green Shack Shaker.

The event has been a huge success over the years with many in Strathearn and from our neighbouring communities coming out over the course of the night. The evening will be filled with fun, food and games.

It's a great way to start off the summer holidays and introduce yourself and your kids to the local Greenshake leader.

This will definitely be an event not to miss and so mark your calendar come out and celebrate summer in the best neighbourhood in Edmonton!

The Extra Wool Project-

The Strathearn Community League in partnership with the Massage Therapy Supply Outlet is collecting extra yarn and wool to donate to the knitters of Montgomery Place to be turned into items to be donated to Edmonton charities.

Donations accepted at the Green Shack Shaker.

Salisbury Greenhouse Fundraiser

Welcome to Summer Strathearn!!!

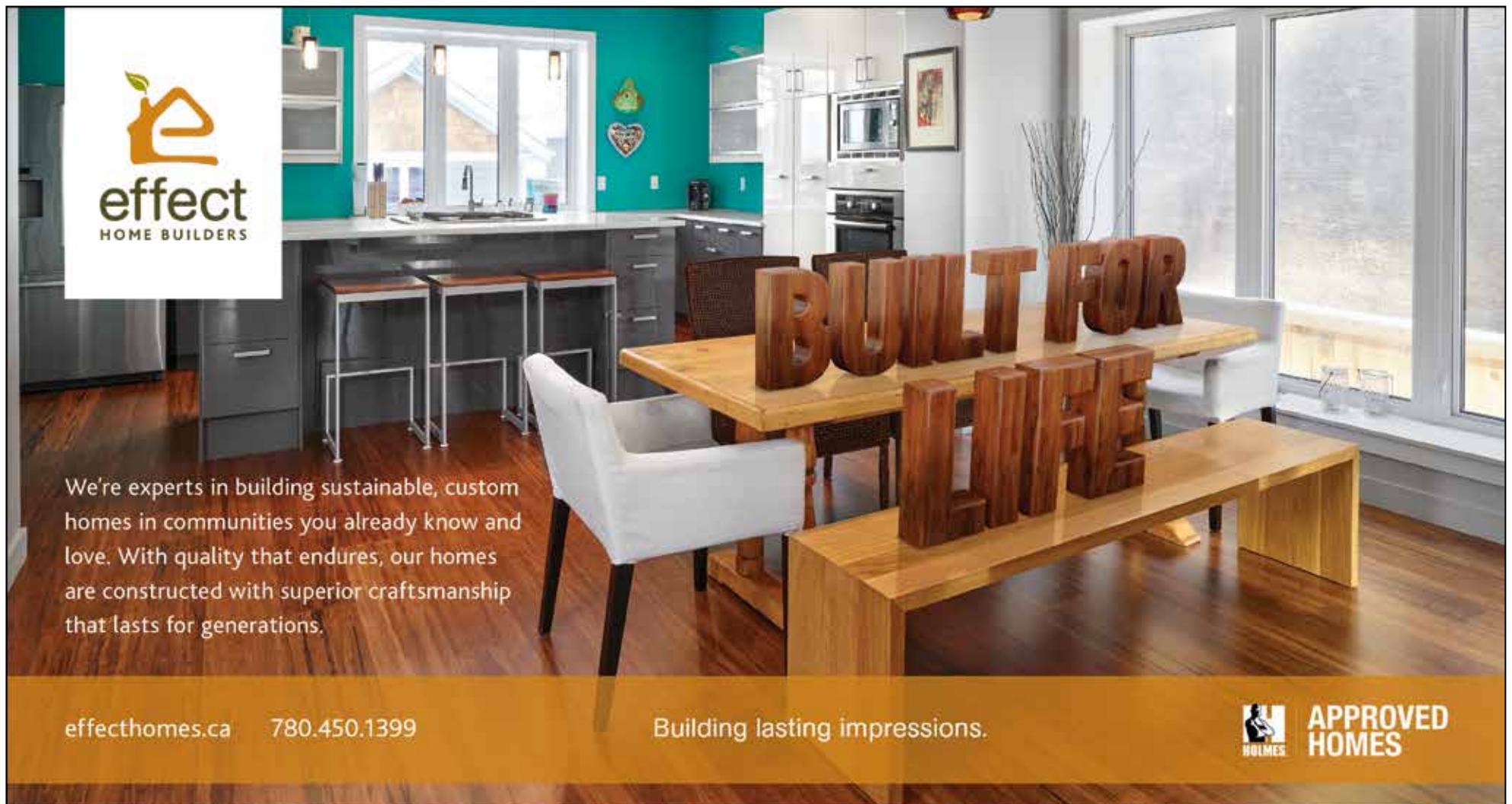
It is always time to think about your plants, gardens & flowers.

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

These gift cards make great father's day presents!

To order gift cards, send an email to communications@strathearncommunityleague.org. Include in the email your name, address and amount in \$ and denominations. We will be placing a number of orders all year and will get the cards to you quickly!

Thank you for your support of this initiative.



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- Celebratory Messages

Linda Duncan
MEMBER OF PARLIAMENT / EDMONTON—STRATHCONA

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



EDMONTON

Find all community summer programs at edmonton.ca/dropincommunityprograms or call 311.

FREE Community Summer Drop-In Recreation Programs

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

Green Shack Playground Program
Location: Silver Heights Park
Dates: Monday to Friday, July 2 to August 25, 2015
Time: 10:00 to 1:30PM




Strathearn Artwalk 2015 (September 12, 2015)

Register NOW! See our Website for details on how to register for September 12.

This annual event is held on Strathearn Drive Parkland (8521-98 Avenue) and hosts Artists of all kinds: Painters – Sculptors – Musicians – Photographers - Authors – Crafters Metalworkers – Entertainers - Industrial Designers - Poets – Illustrators

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

“...we thoroughly enjoyed the day. The Park location seemed to please everyone that stopped by to chat, and all the children and pets were having a wonderful time. It was a success for us...” – Lorraine Ure
“...It was such a beautiful day and the community of Strathearn is so very welcoming, we really enjoyed the day and hope to be there again next year...” – Teresa Milton

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

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

Food & Beer Tent opens until 21:00

\$50 for 10'x10' tent with one 6' table

\$40 for community league members

Upcoming Events:

Wired Wednesday

July 8 (July 1 is a Holiday)
7:30 – 11:00
The Wired Cup, 9418 91 Street

The first Wednesday of the month, community members can enjoy a free beverage.

Edmonton Police Alarm Green Stickers

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

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

Gabrielle-Roy Playground Update

The Gabrielle-Roy playground redevelopment project is currently on track to start construction this summer. A blog/website has been set up to provide information about the project, and to receive and track comments about the plans.

Follow the blog at epgparents.wordpress.com, or get updates on Facebook at www.facebook.com/EcolePubliqueGabrielleRoy.

Spray Park Opening

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

Spray Deck Open Operating times: 10:00 to 20:00
Spray Deck Closed for season: After Community League Day, approx. Sept 21

Summer is here Strathearn!

Call The Dunham Team Today

780 - 466 - 0418

**Greg
Dunham**

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

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Holyrood : 2 Storey 1872 Sq ft, 4 Bedrooms, 2 Bathrooms, Double Garage, Quiet Street, Handyman special !!!!!



Fulton Drive: View property, numerous renovations, shows fantastic a must see.



Holyrood Bungalow: Stunning main floor renovation, modern mechanicals and second kitchen in basement.