

# SOUTHEAST VOICE

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

June 2015



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Your  
community's  
future is in  
*your* hands...

We need your input as our Greater Hardisty community undergoes renewal. Watch your mailbox for our survey or go online for an electronic version at: <https://www.surveymonkey.com/r/GreaterHardistyCommunitySustainabilityCoalition>

**What is the Greater Hardisty Community Sustainability Coalition?**  
The coalition is a group of area residents who are volunteering their time to ensure the Greater Hardisty area (Capilano, Gold Bar, Forest Terrace Heights and Fulton Place) has a voice in the community's sustainability and renewal in the future.



Facebook or email:  
[greaterhardistycsc@gmail.com](mailto:greaterhardistycsc@gmail.com)

## Edmonton's Energy Transition Strategy

On April 29, City Council unanimously passed the Energy Transition Strategy, which sets out a plan for Edmonton to cut its greenhouse gas emissions to 35% below 2005 levels by 2035. In the process Edmontonians should save \$2.5 billion directly, and another \$900 million in social costs including improved health from better air quality.

The Strategy has been developed with 150 potential tactics which can be used to achieve this goal and has been designed from the ground up to address Edmonton's particular situation. The Strategy consists of tangible and achievable activities the City can do to meet our targets at a cost about \$120 million from 2016-21.

The Strategy includes things like LRT expansion, shorter commuting distances through increased infill housing, changes to the building code, as well as considering subsidies for technologies like solar panels, and campaigns demonstrating the benefits of new technologies.

Our previous attempt at tackling emissions failed. The previous goal was to see emissions cut to 20% below 1990 levels by 2008. Instead we saw them rise by about 17%.

This increase was primarily caused by Edmonton's booming population and economy, but this new strategy incorporates the lessons we learned from our previous failed attempts at controlling greenhouse gas emissions, taking into account the errors that were made and providing new ways to meet our commitments.

Time is our enemy. The argument is no longer whether we act on climate change, but how fast we act. Every moment of delay makes it harder to meet our environmental targets and avert severe and irreversible climate change. The Strategy has been front loaded with tactics that will make the biggest difference fastest.

Edmonton is already facing the costs of inaction. We have seen dramatic increases in the number of freeze-thaw cycles per winter which dramatically increase the number of potholes we see on our roads.

Frequent large scale localized storm events will only become more common as our environment changes. These storms are a significant strain on our drainage system, which was designed for a time when these storms were much less common. Edmonton's single most expensive asset is the underground drainage system and upgrades to meet these new storms will cost billions. We need to find ways to lessen these kinds of costs. This Strategy is designed to do so.

You can find both a shortened version and a full version of the Energy Transition Strategy at [Edmonton.ca](http://Edmonton.ca) and I would encourage all Edmontonians to read it.

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

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**South East Community Leagues Association**  
PO Box 38025 RPO Capilano Edmonton, Ab T6A 3Y6  
[www.secla.ca](http://www.secla.ca)

## Community Representatives

<b>Avonmore</b> Nathan Mison	<a href="mailto:avonmorerep@secla.ca">avonmorerep@secla.ca</a>
<b>Capilano</b> Bill Burtnik	<a href="mailto:capilanorep@secla.ca">capilanorep@secla.ca</a>
<b>Cloverdale</b> Susan Yackulic	<a href="mailto:yackulic@telus.net">yackulic@telus.net</a>
<b>Forest Terrace Heights</b> Connie Lussier	<a href="mailto:fttrep@secla.ca">fttrep@secla.ca</a>
<b>Fulton Place</b> Carl Langston	<a href="mailto:fultonplacerep@secla.ca">fultonplacerep@secla.ca</a>
<b>Gold Bar</b> Erin Sanford	<a href="mailto:goldbarrep@secla.ca">goldbarrep@secla.ca</a>
<b>Holyrood</b> Chris Neuman	<a href="mailto:holyroodrep@secla.ca">holyroodrep@secla.ca</a>
<b>Idylwylde</b> Marcus Nordin	<a href="mailto:idylwylderep@secla.ca">idylwylderep@secla.ca</a>
<b>Kenilworth</b> (Vice-chair) Rob McDonald	<a href="mailto:kenilworthrep@secla.ca">kenilworthrep@secla.ca</a>
<b>Ottewell (Chair)</b> Lori Jeffery-Heaney	<a href="mailto:ottewellrep@secla.ca">ottewellrep@secla.ca</a>
<b>Strathearn</b> Jenny McAlister	<a href="mailto:strathearnrep@secla.ca">strathearnrep@secla.ca</a>
<b>Project Manger</b> Bob Hutchison	<a href="mailto:projects@secla.ca">projects@secla.ca</a>
<b>Treasurer</b> Olivia Li	<a href="mailto:treasurer@secla.ca">treasurer@secla.ca</a>
<b>Secretary</b> Janet Fletcher	<a href="mailto:secretary@secla.ca">secretary@secla.ca</a>

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

## Early Summer At SEESA

Hello South East Edmonton!! Did you know that in Alberta, British Columbia, Nova Scotia and the North West Territories the first week of June is Seniors Week? So remember in the first week of June – hug a Senior!

While it is nice to have a week in which everyone thinks warm thoughts about Seniors, here at SEESA every week is Seniors Week!

On May 24th we had our fundraising fashion show, featuring the Summer's best looks from Alia and Tan Jay – as well as a dessert bar and chocolate fountain.

A huge thank you to everyone who donated, volunteered or attended our rummage sale; it was our best sale yet!

Our monthly dance this month will feature the Hi-Lites on June 12. Call for tickets at 780- 468 1985 or at the door \$10.00.

Other upcoming events include – our Jam session – every 1st and 3rd Friday of the month – drop in with your instrument, or just come and listen everyone is welcome. The Jam starts at 7pm.  
Come See What's Happening !!

*Celeste Nicholson  
Home Services and Community Engagement  
Coordinator  
South East Edmonton Seniors Association  
9350 82 Street*

**epl.ca** EDMONTON PUBLIC LIBRARY  
Spread the words.

## New Building for Capilano Library

Have you been to the Capilano Library lately? We now have a display showcasing the architects' renderings for our new library, which is scheduled to commence building next year. You can take a look at the maps and plans and submit feedback in our comment box in the branch. Or if you prefer to do this online, you can find out more about the new building and submit feedback here:

<http://www.epl.ca/about-epl/building-projects>

Capilano library will host a community meeting on Monday June 1st at 7:00pm to share information and receive feedback about the new library. All are welcome and encouraged to attend. We are located on the second floor at the north end of Capilano Mall.

*Featured programs at the Capilano Branch include:*

**Baby Lap Time** (0-12 months): Wednesdays at 1:30pm - ongoing drop-in

**Tween Lounge** (ages 8-13): Thursdays at 4:00pm - ongoing drop-in

**Lego at the Library** (ages 6-12): Saturdays at 2:00pm – ongoing drop-in

**Legal Workshop – Wills and Estates** (adults): Monday at 7:00pm – June 15

**National Aboriginal Month – Spring Along the River** (pre-school): Monday at 10:30am - June 22

*Featured programs at the Idylwylde Branch include:*

**iPad Fun - Everyone's a Superhero!** (ages 6-12): Thursday at 4:00pm – June 4

**Better Choice, Better Health – Diabetes Self-management** (adults): Mondays at 6:30pm – a six week program from June 8 – July 13

**eBooks and eReaders @ EPL** (adults): Saturday, at 3:00pm - June 13

**Minecraft Club** (twens and teens): Thursday at 3:30pm - June 18

**Teen Gaming.** Thursday at 6:30 p.m. – June 25

**National Aboriginal Month – Spring Along the River** (pre-school): Monday at 1:30pm - June 29

--**Summer Reading Club 2015** - online registration starts June 1st at [epl.ca/src](http://epl.ca/src).

**SRC 2015 Opening Ceremonies** happen Saturday, June 27th at 1:00pm at Idylwylde and 2:00pm at Capilano.

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

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## HomeHealth

medical supplies store

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

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

### Did you know?

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

**You could be at risk for a DVT!**



SIGVARS

### Do these describe you?

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



### You can do your part to help prevent a DVT:

- Stop smoking
- Exercise
- Drink plenty of water
- Limit caffeine & alcohol

**Wear SIGVARS Compression Socks Everyday!**



## GET YOUR BODY MOVING FOR SPRING!



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## Avonmore CL Board

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

Thanks to all the volunteers who came out  
for the Millcreek Ravine Cleanup.  
You did a great job!!

Thank you to all those who attended our AGM  
We are excited to welcome all the new Board  
members & are looking forward  
to a fun filled year

## Free Community Computer Support -- Avonmore Installfest

Edmonton Linux Users Group (ELUG)  
would like to revive your dead or slow as molasses computer.  
COST: FREE

Bring your Laptop or Desktop to Avonmore community  
league hall, Thursday June 4 5:00pm-7:00pm

We are providing data recovery and Linux installation.  
We are happy to talk and answer any questions. Please come  
by just to chat.

Linux is a high performance, secure, and easy to use operat-  
ing system, which is developed collaboratively and openly.

## Yoga

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

**Mindfulness Meditation**  
Classes will be offered once a month

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

## Parent & Tot

Avonmore Community Hall  
(7902-73 Ave)

Parents of toddlers are invited  
**every Wednesday between 9:30 am - 11:30 am**  
to meet and chat, while the little ones play.  
Community members are free.  
Drop in fee-\$2 for non-members

For more information, please contact Audz at 780-292-6483.

## Free Avonmore Membership Swim

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

## Book Club on Sundays

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

## Avonmore Playschool accepting registration For Sept. 2015-2016

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



## 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.daysforgirls.org](http://www.daysforgirls.org)

The Edmonton Bonnie Doon Chapter meets each month  
on the 2nd Tuesday from 6:30pm-9pm at Bonnie Doon  
Stake Centre (9010 85 St NW on the traffic circle).

May 12 and June 9 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.

## Avonmore Hall Rental

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

## Get your Avonmore Memberships

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

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

## Need a babysitter? Or Looking for a Babysitting Job

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

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

## League Board

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

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

## Choose Capilano Hall for Your Special Event

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

## WEM Waterpark Tickets ONLY \$10 before Sept. 30

TICKETS FOR Capilano Playschool's ANNUAL WEM WATERPARK SPLASH N' SLIDE are already on sale! On Friday, November 6, 2015 from 7:30 - 10:30 p.m., Capilano Playschool will be hosting our 3rd Annual Splash N' Slide at WEM Waterpark. After Sept. 30, the ticket price goes up to \$12 so make sure you purchase your tickets soon! Tickets can also be purchased to donate to the Terra Association, and all money raised will help run our non-profit parent-run playschool! Capilano Playschool Information and contact: [www.capilanoplayschool.webs.com](http://www.capilanoplayschool.webs.com), 780-802-8307, [capilanoplayschool@hotmail.com](mailto:capilanoplayschool@hotmail.com).

## Capilano Community League Babysitting Registry

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

## Capilano BIG BIN Event for Community League Members June 7

**Date:** Sunday June 7, 2015

**Where:** Capilano Community League Parking Lot (10810 - 54 Street)

**Cost:** FREE to all Community League Members Over 60 years old and need a hand getting stuff to the Big Bin for disposal?? Please call Derek at 780-919-5421 to coordinate FREE Pickups.

Please note: **ITEMS WILL ONLY BE ACCEPTED FROM CAPILANO COMMUNITY LEAGUE (CCL) MEMBERS**-please bring your valid CCL membership card.



## Capilano Playschool Offering a NEW CLASS for September!!

Capilano Playschool is pleased to announce that due to overwhelming interest in our program, we will be adding a fourth class!! Therefore, our playschool is open for registration for the following classes: MWF and TR am for our Healthy Apple Program, and MWF and TR pm for our Christian Program. AM classes run from 8:45-11:15 a.m. and PM classes run from 12:15 to 2:45 p.m. All classes are open to 3-4 year olds, provided the child is potty-trained. Our award-winning teacher is warm, positive, creative and very experienced in early learning & child development, and very much looking forward to another great year full of fun, learning and memories. Capilano Playschool Information and contact: [www.capilanoplayschool.webs.com](http://www.capilanoplayschool.webs.com), 780-802-8307, [capilanoplayschool@hotmail.com](mailto:capilanoplayschool@hotmail.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).

## FREE Drop-in Bike Safety Program

**DATE:** Friday June 12, 2015

**TIME:** 4 - 7 p.m. (Stay for the full 3 hours or drop in for a short while)

**WHERE:** Capilano Community League (10810 - 54 St., inside rink enclosure)

**WHO:** For all ages on 2 or 4 wheels (under 5 require parent/guardian to attend). Families are encouraged to participate. Bring your own bike. A CSA approved helmet is required.

**WHAT:** Fun and basic bike safety skills are the focus of this free drop-in program. Participants will enhance their bike safety skills while participating in stations and games. Participants can make a personalized bike plate. The program will be adapted to the age and skill level of the participants dropping into the program.

## Capilano Junior High Flag Football League

Calling all Junior High Students! Come play Flag Football Tuesday evenings from 7:30 - 8:30 p.m. in the Capilano community. This recreation program is open to all males and females currently enrolled in grades 7-9. Kids can sign up as a team (6-10 players) or as individuals and be placed on a team.

Skills Learning Day: Sunday May 31 (Time to be announced)

League Dates: Tuesdays from June 2 - June 23, 2015

Time: 7:30 - 8:30 p.m.

Cost: \$120/team or \$20/single player

NOTE: A parent volunteer will be needed for each team to ensure Sportsmanlike behaviour and that teams adhere to Flag Football rules and Fair Play rules.

To REGISTER visit the Capilano Community League website at [www.capilano.info](http://www.capilano.info) and click on the Junior High Flag Football link. Community League Membership required (from any community).

For further questions contact Shauna at 780-966-3205.

## FREE Sport Sampler Day Register Now!! Spots Limited.

The GREATER HARDISTY area has some talented folks and they want to share their love and passion of their sports for families and children 2-15 years old in our community. This Sport Sampler day will enable children and families to try a variety of activities such as: wrestling, track and field, football, tennis, baseball/softball, basketball, and volleyball. Come out and get stamps in your physical literacy passports each time you try a new activity or an old one in a new way. This is a free activity day but registration will be required. To REGISTER visit the Capilano Community League website at [www.capilano.info](http://www.capilano.info) and click on the Sport Sampler Day link. Community League Membership required (from any community).

Date: Saturday June 13

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

For more information or to loan your talents contact Shauna at [canadaplays1@gmail.com](mailto:canadaplays1@gmail.com)

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## 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.

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## Thank You to Capilano and Fulton Place Community Leagues

Hardisty Soccer would like to extend its deepest appreciation to Capilano Community League and to Fulton Place Community League for their generous donations. The donations will allow Hardisty Soccer to continue to provide a quality, community-based soccer program to children and youth between the ages of 4 and 18, introducing them to soccer and giving them the opportunity to have fun playing organized sports with friends.

Thank you from the bottom of our cleats.

## “Outdoor Bound” Summer Camp Capilano Hall

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

**Dates:** July 6-10, 2015

**Ages:** 9-13 years old

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

To learn more or to register, call 311 or go online at [www.edmonton.ca/eReg](http://www.edmonton.ca/eReg).

Registration begins Tuesday April 28, 2015.

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## YEG Outdoor Play Group

Are you interested in getting your kids outside and into nature? Join the YEG Outdoor Play Group! We meet every other Friday at 9:15 a.m., at locations around central and south-east Edmonton. Contact [yegoutside@gmail.com](mailto:yegoutside@gmail.com) for more information and the upcoming play dates and locations.

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## South East Edmonton Community Tennis

The Capilano Tennis Club, located next to the Capilano Community League hall at 10810 - 54 Street, provides opportunities to play both social and competitive tennis. We have 4 outdoor courts with lights, and a well-equipped, modern clubhouse. Our formal program runs from May through August each year, although the courts are generally available for use from April through October. From May through August, a qualified tennis instructor (‘pro’) is at the courts between 4:00 p.m. and 9:00 p.m. weeknights and Sundays. The pro offers tennis camps for children and lessons for players of all ages.

Visit our web site at <http://www.capilanotennis.ca>, call the clubhouse during open hours at 780-469-2149, or call our pro, Ryan Townsend, directly at 780-298-1717 for more information.

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## Childhood Immunizations

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

Not only can you chat with your family doctor or local public health nurse about your child’s immunization, you can also visit Alberta Health Services’ new immunization website: [ImmunizeAlberta.ca](http://ImmunizeAlberta.ca).

[ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) was designed for, and is based on, insight and feedback from Albertan parents.

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

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

## Capilano Community Park Grand Opening June 12

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

**WHEN:** Friday June 12, 2015

**TIME:** 4 – 7 p.m. (Ribbon cutting Ceremony at 5 p.m.)

**WHERE:** Capilano Community Park playground (10810-54 Street)

**WHAT:** BBQ (5:30 – 7 p.m.), Ribbon Cutting, and other fun activities to celebrate.

## Capilano Community Park Redevelopment – Update

With warm weather upon us, families have been enjoying the new playground and picnic shelter, and by the time you receive this, our new spray deck should be turned on for the summer!

Fundraising continues in support of our Phase 2 project (walking path, outdoor exercise equipment, a bike bumps course, and community sign). Thank you to the Capilano Community League (CCL) and the City of Edmonton for contributing to our project. The City’s NPDP grant and the CCL funding, in combination with \$16,000 that has already been raised, puts us just over a third of the way towards acquiring the funds required to complete our “Park for all Ages!”

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

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

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

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

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

-- Rob & Susan Dollevoet

-- Allan Yee

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

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

# Summer Recreation Programs In Your Neighbourhood

- Daycamps for ages 3 to 12 at community halls and facilities.
  - Registration opens April 28
- FREE drop-in programs: Green Shack playground program, Pop Up Play, Youth Hubs, and more!
  - Every weekday July 2 to August 25



Visit [edmonton.ca/daycamps](http://edmonton.ca/daycamps) or call **311** for details!



## The big burn

### Understand the risks of indoor tanning

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

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

The decision not to indoor tan is a simple one, yet, without education on the risks, it might not be one that Albertans make.

Education is particularly important for youth, whose future adult behaviour will be influenced by what they learn before they turn 18.

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

Much like you talk to your kids about wearing seatbelts and helmets, or not using tobacco, AHS encourages you to have a discussion with your children about the very real risks of getting cancer from tanning beds.

For more information, facts, and tips on having this talk, visit: [www.thebigburn.ca](http://www.thebigburn.ca)

To learn more about Alberta's new indoor tanning legislation, visit [www.health.alberta.ca](http://www.health.alberta.ca).

By teaching our kids about the risks today, we can help protect them from skin cancer tomorrow. Together, we can significantly reduce the risk of cancer in Alberta.

## Help youth stay hydrated to perform at their best

Eating healthy meals and snacks and drinking enough fluids (staying hydrated) are important for good health as well as school and sport performance. Drinking enough fluid helps your body to control its temperature. Not having enough fluid (being dehydrated) can increase the risk of injury, lead to low energy, and have an impact on performance. Active youth need to drink enough fluid before, during and after exercise to help the body function at its best.

Try these simple tips to help your child stay hydrated:

- Encourage your child to drink plenty of fluids throughout the day so they arrive at sports events well hydrated. Ensure that your child has easy access to free water:
  - o provide water stations during sport events
  - o send your child to school with a water bottle to bring to gym class and to keep at their desk
  - o ensure easy access to water fountains

- Make sure your child drinks enough fluid during activity by stopping them for regular water breaks every 15 to 20 minutes. Most children do not need a sports drink during activity.

- Encourage fluids after activity is over as well. Water, milk, and soups are great options. Discourage children from drinking soft drinks, fruit juices, sports drinks and energy drinks. These are higher in sugar (which could cause stomach aches and tooth decay). Some may contain caffeine which can be harmful to children.

Healthy food and drinks are an important part of school, physical activity and sports performance. Active children need plenty of fluids throughout the day with extra water during and after activity.

## Serenity Hair & Spa

7428-101 Ave. 780-469-8080



- Welcome new customers
- Senior's Discounts

*Hairstylist needed*

## Master Home Renovator DEDICATED RENOVATION INC.

6815 - 106A Avenue, Edmonton, AB T6A 1K2

Phone: (780) 440-1489  
Fax: (780) 463-0090  
Email: [dreno@telus.net](mailto:dreno@telus.net)  
Web: [www.dreno.ca](http://www.dreno.ca)

### Harold Burak

PHBIA accredited Master Home Renovator  
Certified Moisture Control Technician

- A Capilano based company experienced with the 1950 to 1960 era homes in the surrounding area.
- Satisfied clients in your neighbourhood.... references available.
- Fully licensed and insured.



## Cloverdale Community League Contact Information

### Board of Directors

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

### Standing Committees

<b>Casino Committee</b>	Bev and Shane	beverlyjoanbennett@gmail.com
<b>Edmonton Ski Club Liaison Committee Chair</b>	Bruce	bbrandell@epcor.ca
<b>Park Redevelopment Committee Chair</b>	Murray	meschneider@shaw.ca

### Hall Rentals/Emergencies

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

**Facebook - Cloverdale Community League: Edmonton**

**For current community information, visit our website:  
[www.cloverdalecommunity.com](http://www.cloverdalecommunity.com)**



### Have you considered renting the Cloverdale Hall?

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

Check our website for availability on the online calendar:  
[www.cloverdalecommunity.com](http://www.cloverdalecommunity.com)  
For more information or to book the hall, contact Janet at (780) 439-3149 or [janmhardy@gmail.com](mailto:janmhardy@gmail.com)

## CCL Membership Information

Become a member and enjoy the benefits!

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

### RATES:

2014/2015

\$20 per family, \$10 per individual

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

## Community Programs

If you have questions about the programs listed below, please contact Janet at [janmhardy@gmail.com](mailto: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](mailto: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](mailto:janmhardy@gmail.com) for more info.

### Social Dance

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

### Sunday Potluck and Games Night

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

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## 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)

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## Cloverdale Adult Concession Coordinator Needed

Cloverdale Community League is looking for an adult supervisor to volunteer to coordinate this year's Concession Program. This is a long-running, valuable program that our community youth look forward to participating in each summer. If you would like to know more about the requirements, contact Susan at [yackulic@telus.net](mailto:yackulic@telus.net) for more details.

## League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Connie	462-1442	Secretary@forestterrace.org
Treasurer	Kathy	469-7059	
Hall Rental	Erin	953-9876	Hall@forestterrace.org
Maintenance	Justin	485-6099	Maintenance@forestterrace.org
Maintenance	Mike		Maintenance@forestterrace.org
Programs	Sharon	466-8460	Programs@forestterrace.org
Rink	Chris	469-3241	Rink@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Seniors	Connie	462-1442	Seniors@forestterrace.org
SECLA Rep	Connie	462-1442	Secla@forestterrace.org
Soccer	Michael	887-3158	Soccer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Website	Tyler		Web@forestterrace.org
Sign	Angela		Signs@forestterrace.org
News Editor	Liz		Newsletter@forestterrace.org
Volunteers	Alanna	465-1976	Volunteers@forestterrace.org
Events	Yvonne		Events@forestterrace.org
Safety	Angela		Safety@forestterrace.org
Civics	Angela		Civics@forestterrace.org

Meetings- 7pm 1st Tues, Monthly

## Hall Rentals

Our hall underwent Sound Absorption improvements in May. We installed professional sound absorption tiles to improve the quality of sound and to reduce echoing. Let us know if you notice a difference!

Do you have a child's birthday party or family reunion coming up? Its time to start thinking about booking a venue for your summer events. The hall is spacious enough for 65 people. There is even an outdoor spray deck for the kids! (pictured below). For more information email [hall@forestterrace.org](mailto:hall@forestterrace.org)



FOREST  
TERRACE HEIGHTS  
- COMMUNITY LEAGUE -

## Big Bin Event

We filled one bin this year, raised \$175 for the garden from the BBQ, and salvaged a few items to be used for the community garden!

*A big thank you to Kent at Legend Automotive for allowing us to use his lot again for the May 9th event, and a big thank you to all our volunteers! See you again next year.*



## Babysitting Course

If you are aged 11 or older (or 11 by end of July) you can get great job training learning good babysitting skills, safety in the home, lots of First Aid and much more in this fun, hands-on one-day course.



This course will be held on *Sunday, June 28th, at the Forest Terrace Heights Community League from 9am-5pm.* Upon successful completion of this course you will receive a Red Cross certificate card. Included in this program is a babysitters manual and a mini first aid kit.

Cost: \$70 (\$50 for FTH Community League members)

To register contact Anna at 780.485.6099 or [annak@forestterrace.org](mailto:annak@forestterrace.org)

## Upcoming...

**June 2nd** | 6:45 pm | Monthly Meeting/AGM & Infill  
**June 10th** | 7 pm | Craft Night  
**June 13th** | 1:30-3 pm | Afternoon Social  
**June 20th** | 1-4 pm | Freezer Meal Workshop\*  
**June 23rd** | 6:30 pm | Community Garden Meeting  
**June 28th** | 9am-5 pm | Babysitting Course

\* *Registration required. See website for details.*

## FREE Swimming

### INDOOR

Hardisty Pool: Sundays, 1:15- 2:45pm  
 Bonnedoon: Saturdays 6-7pm, 4:15-5:45pm

\**Free indoor swims run until the end of June.*

### OUTDOOR

Fred Broadstock: Sun-Wed, 5-7pm  
 Mill Creek: Sat-Sun, 7-9pm  
 Oliver: Sun-Wed, 6-8pm (Starting June 14)  
 Queen Elizabeth: Sun/Tue, 5-7pm & Mon/Wed, 6-8pm

\* *Membership card required for entry.*

## Car Curfew

*"As of June 15, 2014, Southeast Division is piloting the 'Car Curfew Program.' The program aims to prevent vehicle theft and aid patrol members in identifying a potentially stolen vehicle. The 'Car Curfew Program' is a free, voluntary pilot program. Vehicles enrolled in the program receive decals, which are placed on the rear windshield of the vehicle. If a police officer witnesses the vehicle in operation between 1:00 a.m. and 5:00 a.m., they may stop the vehicle and verify that the vehicle is being operated with the consent of the owner."*

To register for this program email [carcurfew@edmontonpolice.ca](mailto:carcurfew@edmontonpolice.ca) or call 780.426.8258.

## Community Garden

*"We must cultivate our own garden." - Voltaire*

A garden is being proposed for Forest Heights. Come on out to the hall on *June 23rd @ 6:30 pm* to provide feedback and help shape how the garden will look and function. Email [garden@forestterrace.org](mailto:garden@forestterrace.org) for more information.

## Condo Development

Wondering what's going on across the Centex Gas Station on 106 Ave? Construction has begun on the Beljan Development St. Claire condo project. A 4-storey concrete building with 27 apartment suites and ~3000 square feet of commercial/retail on the main floor is slated for completion by April 2016. \*pictured below.



## Proposed Seniors Housing

As some of you may know, there is a shortage of housing options for seniors who love our part of town. An application has been submitted to the City of Edmonton for a substantial seniors housing development on the Patricia Motel site. (210 independent living units, 50 assisted living units, and 40 enhanced memory care units. Ground floor commercial facing 101 Avenue.) If you missed the developer and architect at our AGM on June 2 and would like more info or to provide feedback, please contact [civics@forestterrace.org](mailto:civics@forestterrace.org) or call (780) 885-9529. We would love input about what people would like to see here and any concerns they might have.



## Community Involvement

If you are interested in participating in safety groups, special events, membership sales, grounds cleanup or anything else in Forest Terrace Heights... Come meet your neighbours & make great things happen!

### NEEDED:

**Hall Rental Director** - This position is best suited for an organized person with a flexible schedule. Responsibilities are: supervise the janitor, respond to rental inquiries within 48 hours, book/manage all hall rentals and must attend monthly meetings. Preference will be given to an individual with a connection to the community league. Training provided.

**Hall Secretary** - create agendas, compile & distribute minutes electronically, attend each meeting, is organized, and can meet deadlines.

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

## Urban Beekeeper



For June's Afternoon Social, a local urban beekeeper, Jocelyn Crocker, will share her expertise and may bring in some of the tools of her trade (but no bees!)

Forest Terrace Heights Hall (10150 80St) on **Saturday, June 13th @ 1:30-3pm**

For more info: 780.462.1442 or [connie@forestterrace.org](mailto:connie@forestterrace.org)

## Afternoon Social

Interested in being a guest speaker at one of our monthly socials? Or can you recommend someone who would be a great (free) speaker? A speaker could share information about something happening in the community, or talk about personal interests/expertise and hobbies. If interested, or for more info email [connie@forestterrace.org](mailto:connie@forestterrace.org) or call (780) 462-1442

*Thanks so much to the speakers at the April 25th Afternoon Social. Kalevi (Karl) Sissonen is a local photographer who graciously shared his knowledge and beautiful photos with us. Caroline Land from the Capilano library also attended and provided information regarding plans for the new library. We'd also like to send a huge thank you to Ray from the Wild Bird General Store who gave a very entertaining and informative talk about owls on May 16th.*

## May's Afternoon Social

Ray Cromie, a bird expert from the Wildbird General Store, brought a live owl and entertained a packed hall at our May Afternoon Social.

His stories of owl attacks and regurgitated owl pellets were memorable indeed. Thanks Ray!



## Book Exchange

Take a book, leave a book! This is a great way to explore new reads without paying a penny. Access the bookshelf when the hall is open during events (excluding fitness classes or private functions.) See the event calendar on our website.



## Community Sustainability

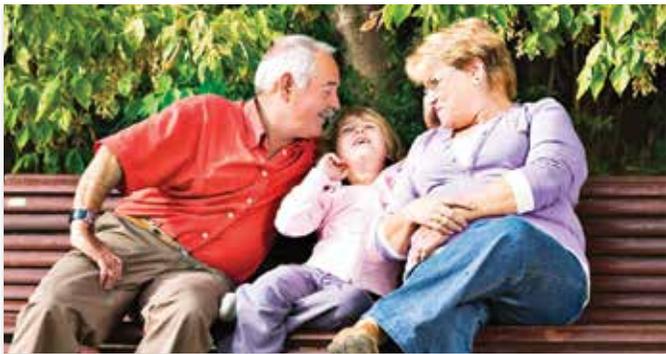
Do solar panels, community composting, eco-landscaping, and/or rain barrels interest you? We have a few people interested in a project to promote sustainability within our community. But we need help!

If interested, please contact Angela at (780) 885-9529 or [angela@forestterrace.org](mailto:angela@forestterrace.org).



MORE TIME MORE FREEDOM  
**MORE CHOICE**

## 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**

## Freezer Meal Workshop

June 20th, 1-4pm @ FTHCL

NEW! Recipes are now included for every menu you choose.

Save time with this Pampered Chef Food Prep workshop; Spend about 4 hours prepping meals in advance so that you can have more time to do other things!

There are a variety of menu options for different diets and food preferences such as Paleo, Gluten & Dairy Free.

The instructions are easy to follow and the cleanup is all done for you. You just register, choose a menu, show up with the groceries from the list provided to you, prep and bag the meals...and voila--it is as simple as that! Also, upon completion of the workshop you will have spices leftover and the satisfaction of a freezer full of nutritious meals.

Cost depends on the menu you choose. Current members will receive a discount at time of purchase.

Register by June 9th by contacting Diane Pantzer at 780.466.9045 or damom23kids@gmail.com.



## Pampered Chef Freezer Meal Workshops

with Diane

Workshops take place at the Forest Terrace Heights Community Hall

\*Current member discounted rates

For details visit [forestterrace.org](http://forestterrace.org)

## Menu Options for June 20 and July 4 Registration Deadline is June 9<sup>th</sup> for either date

<p><b>#1- \$72*/\$82</b></p> <p><i>Grilling</i></p> <p>Backyard BBQ Chicken Grilled Pineapple Chicken Sweet Chili Lime Chicken All-American Burgers Blue Ribbon Baby Back Ribs Grilled Pineapple Burgers &amp; Avocado Cream Heavenly Ham Steaks</p>	<p><b>#2- \$75*/\$85</b></p> <p><i>Lighten Up!</i></p> <p>Chimichurri Steak Salad Pork Fried Rice Chipotle Burgers Chicken Paprikash Lemon-Chicken Scallopine Penne with Chicken Sausage &amp; Peppers BBQ Chicken Tacos</p>	<p><b>#3- \$51*/\$61</b></p> <p><i>Slow Cooker</i></p> <p>Tex-Mex Chicken Lemon Pepper Chicken Asian Chicken Beef Stew Taco Soup Pesto Shrimp (Chicken) Scampi Pesto Tortellini</p>
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To book your spot today call Diane at 780-466-9045 or email [damom23kids@gmail.com](mailto:damom23kids@gmail.com)

Paleo & Gluten/Dairy free menus available upon request

\*\* Maximum of 10 participants for each date



## Summer Kick-Off Party!

Friday, June 26th, 3:30-7pm @ Mary Finlay Park (10150 80St)

Join us after the last day of school for this Free Community Event with a games, food and music. Fun for all ages! Watch for details to come on the website or Facebook page. *\*In case of bad weather, join us in the hall.*

## Mother's Day Run, Walk & Ride

Our Forest Terrace Heights Team had a great time in Hawrelak Park for the Mother's Day Walk/Run. Special congratulations to Richard and Robert who finished 4th in their age categories! Some fast runners on our river valley trails!

Did you know Terrace Heights is home to **Fast Trax Run & Ski Shop**? Check out their free drop-in running workouts on Wednesday evenings and Saturday mornings: <http://www.fasttraxskishop.com/training.html>

## Memberships

Become a member and start enjoying the benefits!

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

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

Alternately, call CoraLee at 780.430.4307 or email [coralee@forestterrace.org](mailto:coralee@forestterrace.org).

## Sunday Community Walks

Community Walks are a great way to connect with others and show community presence. #walkyourblock #communityengagement

See our Facebook page or website for details on upcoming walks.

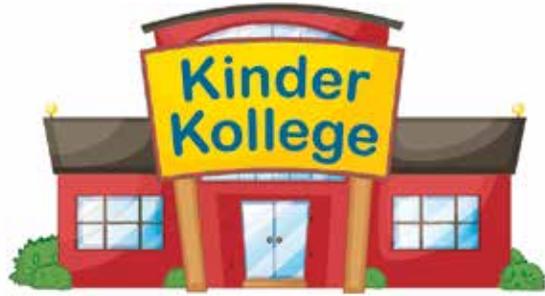


## Pop up Play

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](mailto:311@edmonton.ca).



**KINDER KOLLEGE DAYCARE**  
 INNOVATIVE EARLY LEARNING CENTRE  
 PRE-ENROLLMENT OPENS



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](mailto:Info@kinderkollegedaycare.com) or [Nadias\\_m@yahoo.ca](mailto:Nadias_m@yahoo.ca) Ph: 780-490-5310 [www.kindrkollegedaycare.com](http://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](http://ImmunizeAlberta.ca).

[ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) was designed for, and is based on, insight and feedback from Albertan parents.

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

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



[WWW.ABCHEADSTART.ORG](http://WWW.ABCHEADSTART.ORG)  
780-461-5353

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**September 2015**  
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- FREE BUSSING FOR QUALIFYING FAMILIES
- NUTRITIONAL SNACKS
- FAMILY & COMMUNITY SUPPORTS FOR FAMILIES OF LOW INCOME
- PROGRAM SITES ACROSS THE CITY

**CONTACT US TO LEARN ABOUT OUR PROGRAM TODAY!**



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- Hedges and small trees trimmed
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- Handyman services from A - Z
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- Power wash decks, windows, homes
- All small jobs

\* Denotes full season contract, cut only.

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

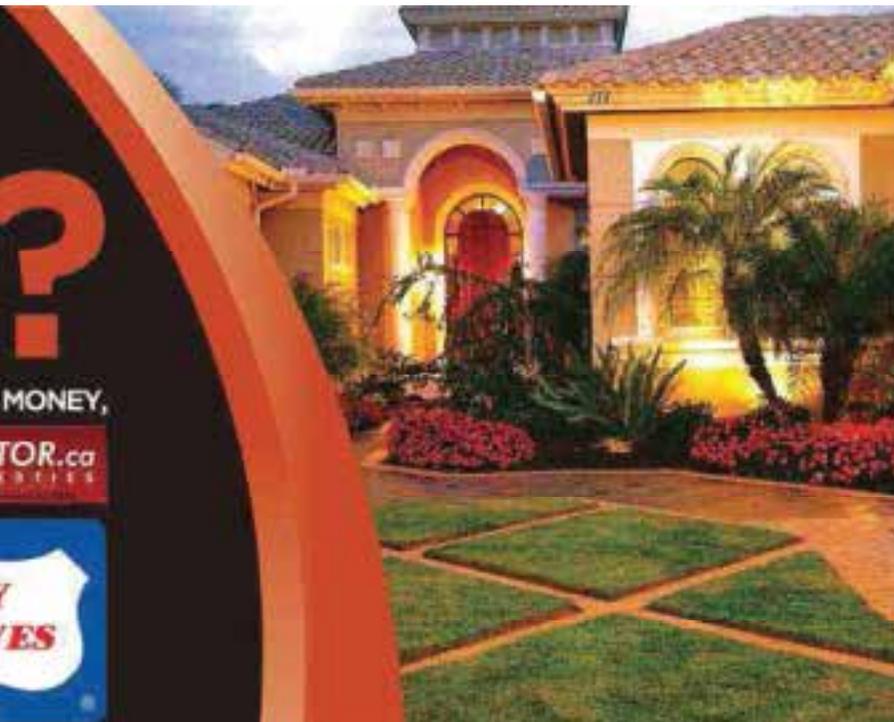
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- Wills and Estates
- Business Law

*Thank You*



Thank you Gold Bar residents for the privilege of serving as your MLA for the past 3 years. I'm proud of the work that I did in our 13 communities and in the Province. I will always cherish the memories that I have. Thank you as well to the staff of my offices, and to all the volunteers that I worked with.

*David C. Dorward CMA FCA*



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- Plumbing Repairs
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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](mailto:memberships@fultonplace.org)** for more information and to buy your membership.

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

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



**When:** Friday Nights from April 10 – June 26  
**Where:** Gold Bar Park (take 50 street north and just before the river turn right, follow the windy road that takes you past the Water Treatment plant, and then park in the parking lot)  
**Meeting Place:** Beside the washroom building just east of the parking lot  
**Time:** 6:11 – 7:11pm (why the odd time – because we're going to leave for our nature excursions exactly at 6:11 so come as early as you need to come to be ready for 6:11)  
**For who:** Everyone – all are welcome and yes this means babies through to seniors are all invited!  
**How to dress:** The nature times will go ahead in wind, rain, snow, or sunshine so dress appropriately!  
**Why:** Because we all need a little more nature in our lives!  
**More Information:** Contact Jenny at 780-435-6328 or [jnysamm@yahoo.ca](mailto:jnysamm@yahoo.ca)

## 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.**

## Parent & Tot Playgroup

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

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

## THANK YOU FULTON PLACE & CAPILANO COMMUNITY LEAGUES

Hardisty Soccer would like to extend its deepest appreciation to Fulton Place and Capilano Community leagues for their generous donations.

The donations will allow Hardisty Soccer to continue to provide a quality, community-based soccer program to children and youth between the ages of 4 and 18, introducing them to soccer and giving them the opportunity to have fun playing organized sports with friends.

We Thank You From The Bottom of Our Cleats!!

## Using Neighbourhood Interactive Map

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

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

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

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



After a year and a half of planning, and three weeks of hard work by over 190 volunteers, the Sunshine Garden has been built! We now have an accessible community garden that is ready for planting. We intend for it to be a community gathering place for years to come, by bringing neighbors together, growing friendships and our community!

**Thank you grant sponsors!**

We would like to thank Sustainable Food Edmonton, Fulton Place Community League, Age Friendly Edmonton, Fiskars Project Orange Thumb, TD Friends of the Environment, Suncor Energy Inc, EPCOR, City of Edmonton Neighborhood Engagement, Home Depot, Make Something Edmonton, Imperial Oil and Capital Power Empowering Communities for providing financial support. Together these organizations contributed \$35,000 towards the construction of the Sunshine Garden. Thank you for your generosity and support!

Thank you organizations that contributed materials and services! Many organizations also donated materials and services towards the garden.

We would like to thank-

St. Augustine's Anglican Church, Garant, Quest, EPCOR, Home Depot, Choice Survey, the NAIT Nugget, Salisbury Greenhouse, Varsity Optical and Starbucks for the donation of materials and supplies. Thank you to the NAIT Carpentry Program, EcoRenew Contracting Ltd, Theodora Harasymiw, Skye Boat Productions, Petrocom Construction Ltd. and Cavanagh's Custom Clearing for the donation of services. We appreciate your contributions!

**Thank you volunteers!**

Over 120 volunteers and over 70 student volunteers contributed towards the building of the Sunshine Garden. Several organizations provided large groups of volunteers, including Hardisty K-9 School, EPCOR Helping Hands, Kiwanis Clubs of Edmonton, Modern Kitchens, Grace Garden Court and Young Life. We also had amazing support from the Greater Hardisty Community. Thank you volunteers, look what you have accomplished! We could not have done this without you!

**Friends of the Garden**

Although all our individual garden plots have been subscribed, we would like to welcome community members to become "Friends of the Garden". Friends of the Garden help maintain the communal garden plots, fruit trees and edible shrubs, and then also get to share in the harvest! Interested in learning more about gardening or sharing your garden knowledge or meeting new neighbors? Please consider joining! Contact Sherry at sprokopuk@gmail.com or 780-903-4075 for more information.

**Official Opening of the Sunshine Garden – June 20th at 10 am**

We will be celebrating the successful construction of the garden and thanking our contributors at the Official Opening of the Sunshine Garden on Saturday, June 20th, at 10 am. Please join us for a tour of the garden and some celebratory cake and coffee.

Come learn about gardening, composting, rainwater harvesting, mason bees, how to build garden boxes and more!

All are welcome!

Please visit us at [www.fpcommunitygarden.net](http://www.fpcommunitygarden.net) and [www.facebook.com/fultonplacecommunitygarden](http://www.facebook.com/fultonplacecommunitygarden).

Come grow with us!



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**Community League Wellness Program**

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

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

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

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

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

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

## 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

## Taking time for yourself is important for your mental health

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

Taking a little "me" time is an important part of managing life's stresses.

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

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

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

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

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

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

Save THE DATE

# greater hardisty Community Fun Day

Saturday, September 19, 2015

at Capilano Community Hall



## City Services & General Information

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

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

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

## Edmonton 311 App

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

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

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

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

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

Download 311 App

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

For more information:

Online Contact 311 Online



## On beautiful Pigeon Lake

ALBERTA'S ONLY ALL GIRLS  
CAMP SINCE 1959!

### CAMPS for 2015:

Teen Leadership: July 7-11  
Mom & Kids 1: July 13-17  
All Girls - All Ages 1: July 19-24

Mom & Kids 2: July 27-30  
All Girls - All Ages 2: July 31-Aug 6  
Family Camp: Aug 7-9

### ACTIVITIES:

Themed meals, canoeing, archery, hiking, craft cabin, tickle trunk, campfires, swimming, games and way more!

**CGIT Camp Wohelo Contact info: ph. 780-430-4062**  
Rental and Volunteer opportunities available. [facebook.com/campwohelo](https://www.facebook.com/campwohelo)  
Please visit [www.campwohelo.com](http://www.campwohelo.com) for info and registration forms

## Camp Wohelo

What will I do at Camp Wohelo? You will meet new friends, sing songs around the campfire, play on the beach, in the water and spend time canoeing. You will hike in the woods, find moss and rabbit holes and see squirrels and wildflowers. You will get to know more about the relationships between plants, animals and humans. Camp Wohelo provides an opportunity for creativity, exploring, learning and being a part of a wonderful tradition. Rain or shine, there are fun activities for everyone to participate in! We strive to model what it means to live in harmony with our environment and each other.

We offer a unique Inclusive Family Camp, a chance for male and/or female caregivers to experience all Camp Wohelo has to offer with their children! We offer two Moms & Kids camps. Our All Girls Camps include Teen Leadership, and All Girls-All ages.

Camp Wohelo is a non-profit, inclusive, non-religious camp. We genuinely welcome people from all walks of life. A small and dedicated Board takes proud care of the camp. We need volunteers in various positions, for large and small projects and at camp during the summer. The Wash house Project has become more urgent as our population ages and since we want to be able to have people of all ability and mobility levels enjoy Camp Wohelo. We need to better care for the environment. The old wash house does not support this need. We need your knowledge and support to get the project off the ground! Please contact us for information regarding camps, rentals, volunteering, donating and/or projects.

## GOLD BAR EXECUTIVE

President	Erin	780-901-0422
Vice-President	Adam	780-406-9758
Secretary	Jessica	780-756-9182
<b>Hall Rentals</b>	<b>VACANT</b>	
Social Director	Rhonda	780-966-3096
Memberships	Linda	780-463-9881
Babysitting	Lil	780-466-4060
<b>Finances and Fundraising:</b>		
<b>Financial Director</b>	<b>VACANT</b>	
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Casino Director	Isabella	780-466-3895
<b>Communications &amp; Programing:</b>		
Newsletter/SEV	Sondi	780-468-2237
Sign Director	Cassie	780-485-0350
Webmaster	BJ	
Green Shack	Sharon	780-628-2971
Summer Program	Kelly	780-434-6533

## Hall Report

The Gold Bar Hall has an Occupancy Permit application in the works, the floors are going in, but is still in need of outdoor storage. The goal is for a September 1 occupancy with finished floors and a working kitchen. Thanks to our neighbourhood TGP store for hosting a BBQ in May and donating all proceeds to the hall! Much appreciated.

## Memberships

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

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

## Gold Bar Communications

To submit an item to the JULY 2015 SEV in the Gold Bar section, email [sondi@telus.net](mailto:sondi@telus.net) or call SONDI at 780-468-2237 by JUNE 14.

To post a message on the community sign located at 106 Ave. & 47 St., please call CASSIE at 780-485-0350 or email [sign@goldbarcl.com](mailto:sign@goldbarcl.com)

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

## GBCL meeting: Monday, June 1

All residents of Gold Bar are welcome to come to the Gold Bar Community League meeting: 7 pm in the Gold Bar Community Hall.

## The Green Shack Will Be Back!

First day is Wednesday July 2 and hours this year are from 10am – 1:30pm, Monday to Friday. This is a free drop-in program sponsored by our city. Children under the age of six must be supervised by parent/guardian at all times.

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.

## 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.

## Spray Deck 2015

Our Spray Deck is scheduled to start by the end of May. Any concerns call 311.

May hours: M – F 3pm – 8pm. Full time on weekends  
Full time hours starting 3rd week in June, 10am – 8pm

## Slip and Slide Party

Wednesday July 15th 4:30 – 7:00

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.

## 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 14 - Afternoon  
Sunday, June 28 - Evening & Late Nite SPECIAL

## 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

## Please help: Two Executive Positions available

1. HALL RENTAL COORDINATOR
2. FINANCIAL DIRECTOR

Duties:

- have signing authority so as to assist the treasurer with cheque signing.
  - interact with banking institutions (BMO) regarding investments.
  - ensure that bingo licenses have the required information for renewal.
  - fill out and send in the yearly operating grant information.
  - prepare and send in information for the yearly Society Annual Return.
  - ensure yearly audits are completed.
  - take over as acting treasurer when required.
- Contact Erin for more info: [erin.sanford@gmail.com](mailto:erin.sanford@gmail.com) or 780-901-0422.

## Babysitting Registry

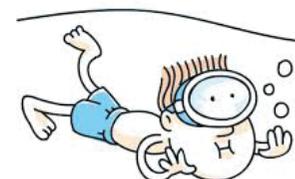
Our community has a kind volunteer who keeps a registry of local youth that have taken the babysitting course and are interested in babysitting (2 signed up recently). Call Lil at 780-466-4060 for info.

## Gold Bar Preschool is FULL!

Phone president Lindsay Kocil at 780-708-3461 to get on the waiting list.

## Free Swim

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



## 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:	programs@holyroodleague.org
Memberships: Jennifer	memberships@holyroodleague.org
Hall Rentals:	Currently Not Renting
Facilities Director: Kirsten	facilities@holyroodleague.org
Soccer Directors: Katrina/Barry	soccer@holyroodleague.org
Playschool: Marissa	playschool@holyroodleague.org
Playgroup: Jessica	playgroup@holyroodleague.org
Communications: Danielle	communications@holyroodleague.org
Greenspace Committee:	<a href="mailto:greenspace@holyroodleague.org">greenspace@holyroodleague.org</a>
Social Director: Natasha	social@holyroodleague.org

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

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

## Welcome to our neighbourhood!

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

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

## HCL PROGRAMS

### Holyrood Parents and Tots Play Group

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

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

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

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

### 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](mailto:jeanette@fitcommunity.ca) or register on the website: [www.fitcommunity.ca](http://www.fitcommunity.ca)  
Join the community on Facebook: [www.facebook.com/FitCommunityYEG](http://www.facebook.com/FitCommunityYEG)



HOLYROOD

## Holyrood Haul-Away

The Holyrood Community League (HCL) is organizing a Capital City Clean-Up Big Bin Event on Saturday, June 13 at noon to 5:00 pm. This event will be held in the parking lot of our hall, at 9411 Holyrood Road. There will be two 30 cu yd bins, for disposal of furniture, mattresses, and other large items. Once the bins are full, we will stop accepting items. Only members of the Holyrood Community League will be able to dispose of items in the bins, but memberships will be available for purchase on-site.

Items for recycling (e.g. electronics and appliances) or for re-use can be taken to the Idylwylde Community League (8631 81 St NW). They will have bins for waste and recycling, as well as a yard sale, and will be accepting items from HCL and ICL members. They will accepting items for the yard sale on June 13 from 9:00 am to noon; the Idylwylde Big Bin and Yard Sale Event will be taking place on June 13 from noon to 5:00 pm.

## Community Swim

### Indoor Community Swims:

Bonnie Doon continue until Sat. June 27th  
Saturdays: 6-7pm; Sundays: 4:15-5:45pm

### Outdoor Community Swims:

Mill Creek Pool: Daily 7:00pm-9:00pm (runs May 30-Sep 6)  
Queen Elizabeth: Sunday-Wednesday evenings 5:00-7:00pm (May 31-Aug 26)

Current Holyrood Community League Membership card needs to be shown to gain free entrance during community swim times.

## Spray Park Update

We are on track for construction of our Spray Park and Naturalized Play Area this summer. Our project was released for tender May 14. Stay tuned!

Tax deductible donations of \$25 and higher are still gladly being accepted. Please contact Justine Leszczynski at 780.462.1513 or [secretary@holyroodleague.org](mailto:secretary@holyroodleague.org) to donate today! Donations of \$100 and higher will be recognized on site after project completion.

## Holyrood AGMs are the Best!

Fun was in the air again at the Holyrood Community League's Annual General Meeting on April 30th. Another stellar turnout of community members enjoyed a bit of wine, a few laughs, some "inspired" volunteer recognition, and even elected a few new board members in the process.

We'd like to give a warm welcome to Lynn Gough to the board in the position of Vice President, and Danielle Fuechtmann as our new Communications Director. A hearty "thanks" goes to several retiring board members. Chris Neuman, who has served many years on the HCL board, was gently roasted at our AGM. What can we say? He's defecting—er, moving—to Sherwood Park! We also want to recognize hard-working Andrew Hoskins, who's filled several positions in Holyrood, from communications to playschool to fab in-house deejay, and to say a final board farewell to Shelley Sabo and Cathy Pruden, Holyrood "volunteers extraordinaire" who've been recognized for their efforts at past AGMs. Coming up: On June 13th, look for our second community bin event – now called the "Holyrood Haul-Away". And the return of the summer Green Shack playground program starting July 2nd. Last but definitely not least, we await the roar of the backhoe as construction commences in June on our long-awaited Spray Deck and Naturalized Play Area. We can hardly wait!

Wendy Weir

President – Holyrood Community League

## 10 Benefits of Membership

1. Free community swim times at Bonnie Doon Pool: Saturdays 6:00 – 7:00pm, Sundays 4:15
  2. Free community swims at Edmonton's outdoor pools all summer long
  3. Free skating at all of Edmonton's community outdoor rinks
  4. A 10% discount on monthly, multi-visit, and annual passes at the City of Edmonton's fitness and recreation facilities
  5. Needed for registration in community hockey (NSEERA) and soccer (ESESA) programs, as well as for fitness programs at all community halls (e.g. yoga, Booty Barre)
  6. Needed to attend community playschools and playgroups
  7. Supports the Holyrood Greenspace Redevelopment Project (playground, spray deck, landscaping, natural play areas, bike/walking paths, etc.)
  8. Supports the free Green Shack program offered in Holyrood during the summer
  9. A great way to meet your neighbours and have fun at community events such as our annual Block Party, Family Dance, Holyrood Haul-Away, Car Boot Sales, etc.
  10. Have your voice heard on civic issues such as: neighbourhood residential and commercial redevelopment, transportation changes, and LRT
- Memberships can be purchased at the South East Edmonton Senior Association or online at the Edmonton Federation of Community Leagues. Complimentary memberships are available for newcomers to the neighbourhood. If you know of any recent arrivals, or are one yourself, please contact Jennifer, our Memberships Director at [memberships@holyroodleague.org](mailto:memberships@holyroodleague.org). She'd be happy to deliver a complimentary Holyrood Community League membership, along with information about the programs and activities happening in our neighbourhood.

## Idylwylde Community League Board Contacts

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

Website: [www.idylwylde.org](http://www.idylwylde.org)  
Community League Hall Address: 8631-81 Street NW  
Community League Hall: 780.466.7383 or Bridget: 780.468.1944

## Idylwylde AGM + Pizza



Your Idylwylde Community League is having its AGM June 16th 2015, 6pm. We will be looking for some volunteers to join our board, so if you have a passion for your community, please contact Marcus to see how you can help.

Pizza will be served!

## 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

## IDYWYLDE BIG BIN AND YARD SALE EVENT

The Idylwylde Community League Board is organizing another Capital City Clean Up BIG BIN Event. We have rented three bins, once they are full, we will stop accepting items.

Recycle what you can, if you have anything you would like to donate to our Community League, please bring them to our Yard Sale. Items sold at the Yard Sale will generate funds for improving the Idylwylde Community Hall Park area. Items of value that are not sold will be donated to a local charity.

Event Details:

Yard Sale Collection: Saturday June 13, 2015 from 9 AM to 12 AM at the Idylwylde Community Hall.

Big Bin and Yard Sale Event: Saturday June 13, 2015 from 12 AM to 5 PM at the Idylwylde Community Hall Skate Rink (8631-81 Street).

Yard Sale is open to Public!

Big Bin Available to Idylwylde Community League members only! Membership will be available for purchase on-site.

Materials Collected for the Big Bins:

- Couches, chairs, mattresses, carpeting and other household furniture items too large for curbside pickup.
- Broken toys, home construction/renovation materials, scrap metal, car parts
- Large household appliances without CFC's (refrigeration), such as washers and dryers
- BBQs, lawnmowers, etc.
- Computers, televisions and other household electronics

Non-Accepted Materials for the Big Bins:

- Commercial Waste
- Household Hazardous Waste (see items listed on [www.edmonton.ca](http://www.edmonton.ca) under "Household Hazardous")
- Fridges, freezers, air conditioners (CFC removal required)

## Community ACTIVITES

### Community League Swim

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

### Parents and Tots Group

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

### SPRING INTO SUMMER FITNESS CLASS

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

## Community League Volunteers

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

## Cheery Tomato Garden 2015

Stay tuned for details for more developments or check the website [www.idylwylde.org](http://www.idylwylde.org)

## Greenshack

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

## Dermott District Park Renewal

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

## Community League Volunteers

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

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

## KCL League Contacts

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

### CONTACT US!

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

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

• **Next General Meeting:** Monday, June 8th, 2015 @ 7pm  
All community residents are encouraged to attend. Please come out and find out what is happening in your community.  
Snacks & refreshments will be served after the meeting.

• **Southeast Voice Newsletter Deadlines**  
Submissions for the June 2015 issue of the **Southeast Voice is due Thurs. June 11, 2015.** Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

## Hall Rental Rates

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

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

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

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

Please join me on the FOURTH Monday of every month (Sept. – June) for photo album making workshops, from 6:30-10:00 pm., Sept. to June. Workshops are free with a KCL membership or \$5.00 without. Learn how to organize your photos and make beautiful albums. Have fun, meet new people, share ideas and have uninterrupted time and plenty of workspace. Contact Linda at 780-417-2528 or [lmiburns@gmail.com](mailto:lmiburns@gmail.com) for more info and to reserve seating. Supplies are always available!

## New Volunteer Opportunities

**Publicity** – 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, 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](mailto: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 or email: [kenilworthprograms@gmail.com](mailto:kenilworthprograms@gmail.com)

If you are interested in any programs, please let me know.

## Christmas in July STAMP-A-STACK 10 Christmas Cards

Christmas in July STAMP-A-STACK  
10 Christmas Cards

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

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

## 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

The current indoor agreement at Bonnie Doon and Hardisty Pools is in effect until May 31st.

## Memberships

### *Have a New Neighbour? Are You New to Kenilworth?*

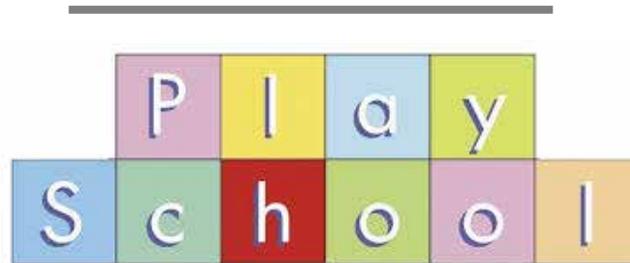
We would like the opportunity to welcome all newcomers into the neighborhood. If you know of any recent arrivals, or if you are one yourself, please call Barb at 466-2360. We will deliver a free community league membership along with information about all the activities this league offers.

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

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

For more information contact Barb at 466-2360.

Need one RIGHT NOW! Go to [www.efcl.org](http://www.efcl.org) and purchase one online!



## Kenilworth Playschool

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

We are currently accepting registrations for September 2015.

## Help Stamp Out Crime in our Neighborhood!

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

## Annual Golf Tournament and Steak BBQ

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



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

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

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

## Bingo Volunteers Needed!

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



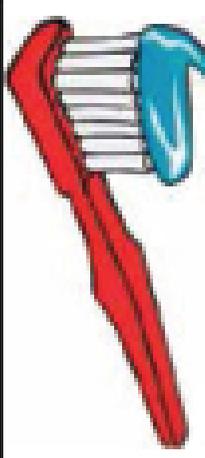
### Next Bingos:

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

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

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

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



## Dr. Gordon Lodwig

Ottewell Dental Clinic

**New patients always welcome**

780-465-0505  
6128 - 90 Ave.

## Ottewell Board

President:	Bob Hutchinson	469-6951
Vice President:	Corinne Olson	465-7755
Secretary:	Lisa Vos	462-6302
Treasurer:	Mark Bucholdt	465-3250
Hall Rentals:	Corrine Olson	465-7755
Membership:	Colleen Bain	757-1572
Bingo Coordinators:	Lisa Sarafinchan and Kyla Farmer	465-2511 490-5731
Newsletter Editor:	Sharon McCabe	465-3511
Indoor Soccer:	Vacant	
Outdoor Soccer:	Glen McMurray	292-5972
Community Patrol:	Leroy Innis	465-5000
Social Coordinator:	Dennie Hirsch and Bri Drury	952-3965
Ottewell Playschool:	Lauren Asselstine	490-7757
Time for Tots:	Cheryl .....	916-2606
SECLA Rep:	Lori Jeffery-Heaney	466-1007
SE Transport'n Soc:	Ernie Dorman	
Casino:	Pauline Gillanders...	465-5039
Grants:	David Liles	469-0373
Summer Playground:	Vacant	
Rink:	Vacant	
Program Chair:	Vacant	

All positions are volunteer positions. Please feel free to contact us but we ask that you try to call between 9:00 am and 9:00 pm. Thanks so much. All Ottewell residents are encouraged to attend Community League meetings at 7:00 pm the first Tuesday of each month (September – June). All Correspondence can be mailed to:  
Ottewell Community League  
5920 – 93 A Avenue  
Edmonton, Alberta  
T6B 0X2  
469-0093 (voice mail available)

## Ottewell Community League Playschool

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

## Time for Tots

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

## Monday and Wednesday morning bootcamp!

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

## Ottewell.org and Facebook/ottewellevents

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



## Evening Kickboxing

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

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



Learn real kickboxing techniques in

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

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

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

## Community Swims/ Skating

Admission is free for Ottewell Community League members during the community swim times at Hardisty and Boonie Doon pools.

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

## Work-Out at Ottewell Junior High School

– Tuesday and Thursday evenings

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

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

## Ottewell Annual General Meeting Mark June 2 on Your Calendar

Please come out to the Ottewell Community League hall on Tuesday, June 2, 2015, for the AGM.

All Ottewell residents are encouraged to attend.

Learn about what is happening in your community!

## Board of Directors

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

\*See our website listed below for our email addresses

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

## Upcoming Events:

### • *Wired Wednesday*

June 03  
7:30 – 11:00  
The Wired Cup, 9418 91 Street  
The first Wednesday of the month, community members can enjoy a free beverage.

### • *Green Shack Shaker*

June 26  
17:00 – 19:30  
Silver Heights Park

## 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>

## Green Shack Shaker

Come join us on June 26, 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.

Highlights will include:

- Free hotdogs
- Games with the green shack leader
- Story time with a professional library storyteller!
- Pick up family soccer
- Fire pit and marshmallows
- Music

It's a great way to start off the summer holidays and introduce yourself and your kids to the local Greenshack 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!

## Strathearn Artwalk 2015 (Sept. 12)

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

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

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

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

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

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

Show & Sale from 13:00 – 19:00 Sept 12, 2015  
Food & Beer Tent opens until 21:00  
\$50 for 10'x10' tend with one 6' table  
\$40 for community league members

## Salisbury Greenhouse Fund Raiser

Happy Pre-Summer!!!

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](http://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](mailto:communications@strathearncommunityleague.org). Include in the email your name, address and amount in \$ and denominations. We will be placing a number of orders all year and will get the cards to you quickly! Thank you for your support of this initiative.

## Strathearn AGM

Many new developments are happening in Strathearn, and your community league is helping plan an information session and meeting. From proposed new multi-family residential projects, updates on the Strathearn Heights redevelopment, LRT, Ecole Publique Gabrielle Roy and more, this meeting will serve to inform, educate, hear your opinion on many projects, and for you to vote. Watch our website, [www.strathearncommunityleague.org](http://www.strathearncommunityleague.org) for more information about this meeting. Right now we've set the date as June 1, however this may change depending on availability of meeting space and of all partners presenting at the meeting.

## Gabrielle-Roy Playground Update

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

## Spray Park Opening

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

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

Opening and Closing dates are approximate. It takes crews a few days to go around to all of the sites city wide and open/close them, blow lines out, etc.

Summer is coming Strathearn!



**Contact my office:**

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

**Linda Duncan**  
MEMBER OF PARLIAMENT / EDMONTON—STRATHCONA

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**EDMONTON**

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

**FREE Community Summer Drop-In Recreation Programs**

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

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




## A drink can pack more punch with age

You may not be whooping it up at the bar or falling down drunk at Sunday dinner, but as you age, you could be drinking too much alcohol without even knowing it.

Coping with unresolved grief, stress, boredom, anxiety, depression and loneliness can all lead older adults to drink more, says Cindy King, program manager of Urban Services, Addiction and Mental Health at Alberta Health Services.

Depending on your health and state of mind, a single drink can pack a lot more punch than when you were in your 20s or 30s. Our body's ability to process alcohol changes as we age. We have a lower proportion of body water, slower metabolism and fewer enzymes, which can all increase the potency of alcohol.

The truth is, alcohol misuse can be harmful at any age. But when you're 50 or older, alcohol can pose more serious problems because you're more likely to take medications or have deteriorating health. "Alcohol interacts with more than 150 medications commonly prescribed for seniors," King says.

Canada's Low-Risk Alcohol Drinking Guidelines strongly advise not drinking at all if using medications or other drugs that interact with alcohol. The guidelines also recommend not drinking at all when driving or using tools, working, caring for others and several other situations.

Detecting problem drinking (in yourself or others) is not always easy because the signs are similar to symptoms related to aging, such as an overall decline in health, social isolation (introversion), memory loss, sexual difficulties, depression, insomnia and falls.

That's why you may want to ask yourself: how much do I drink—in a week or a day?

Ultimately, the more aware you are about how much you drink, the less likely it will become a problem.

If you are concerned about your own or another person's drinking, call the 24-hour Addiction and Mental Health Helpline at 1.866.332.2322.

— reprinted from *Apple magazine*

## 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](http://MyHealth.Alberta.ca) or call Health Link Alberta at 1-866-408-5465.

## 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.

Content for field use contracts, etc

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



## 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.

# Hockey Registration

June 17&18  
2015

5 - 9 pm (Both dates)  
GOLDBAR HALL  
[www.northseera.ca](http://www.northseera.ca)



### South East Edmonton Families

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

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

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

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

Highlights of our program include the following:

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

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

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

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

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

Rob Sharp *President NSH*  
[president@northseera.ca](mailto:president@northseera.ca)  
780-289-8490

# Call The Dunham Team Today

780 - 466 - 0418

**Greg  
Dunham**

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- Specializing in South East Edmonton
- Investment properties
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- FREE market evaluations



**encore**

**Reduced Price**



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



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



**SOLD**

**Bulyea Heights:** 2 storey, 4 bedrooms, 3 bathrooms, facing green space



**SOLD over list price**

**Ottewell:** Bungalow, 4 bedrooms, 3 bathrooms, west backyard, double garage