

# SOUTHEAST VOICE

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

May 2015



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

## Free Drop-In Bike Safety Program South East Edmonton

For participants of all ages on 2 wheels or 4 wheels! Children 5 and under require a parent or guardian to attend. Families are encouraged to participate.

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.

|  |   |
|--|---|
| Avonmore Community League<br>Avonmore Elementary – concrete area behind school<br>7835 76 Avenue               | Thursday May 21 <sup>st</sup> 2:30 pm - 5:30 pm                         |
| Capilano Community League – Rink<br>10810 54 street  | Friday June 12 <sup>th</sup> 4:00 pm – 7:30 pm                          |
| Ellerslie Community League – Grace Point Church<br>720 62 street SW  | Saturday May 23 <sup>rd</sup> 10:00 am – 1:00 pm                        |
| Fulton Meadows Community League -<br>A. Blair McPherson School Parking Lot<br>430 Tamarack Green NW            | Saturday May 9 <sup>th</sup> 1:00 pm – 4:00 pm                          |
| Millwoods Park -<br>North East Parking Lot<br>7000 28 Avenue   | Saturday June 6 <sup>th</sup> and 13 <sup>th</sup><br>1:00 pm – 4:00 pm |
| Ritchie Community League - rink<br>7727 98 street  | Saturday June 20 <sup>th</sup> 12:00 pm – 3:00 pm                       |
| Strathcona Community League -<br>Hall Parking Lot 10139 87 <sup>th</sup> Avenue                                | Sunday May 31 <sup>st</sup> 10:00 am – 1:00 pm                          |
| Summerside Community League<br>Michael Strembitsky School –Tarmac behind the school<br>4110 Savaryn Drive SW   | Tuesday June 9 <sup>th</sup> 3:30 pm – 6:30 pm                          |
| The Meadows Community League<br>The Meadows Community Recreation Centre – outdoor ice way<br>2704 17 street NW | Saturday May 30 <sup>th</sup> 1:00 pm – 4:00 pm                         |
| Twin Parks Community League - Basketball courts<br>20 Park Ridge Crescent                                      | Sunday June 14 <sup>th</sup> 1:00 – 4:00 pm                             |
| Woodvale Community League<br>Hillview Elementary School- Basketball courts<br>355 Woodvale Road East           | Sunday June 7 <sup>th</sup> 1:00 pm – 4:00 pm                           |

Participants can stay for the full session or drop-in

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

[www.edmonton.ca/dropincommunityprograms](http://www.edmonton.ca/dropincommunityprograms)



## Greater Hardisty Community Engagement – Update

Due to the incredible turn out and response of Greater Hardisty residents at our February 24 Community Engagement meeting, we are still working on compiling the input and planning next steps with the City of Edmonton. Please stay tuned for a follow up survey. For more information, please contact [lane.brenneis@shaw.ca](mailto:lane.brenneis@shaw.ca).

## Summer Fun Is Coming Soon

Check out all the great programs available to keep the kids busy this summer. The City of Edmonton Summer Program Guides for both Community and District level camps and Green Shack locations are now available on line and at all City Facilities. These guides list the recreation, community, and school programs offered by the City of Edmonton



### Network Gatherings

Thanks to everyone in living Southeast neighbourhoods who came out on April 21st to network, met people and share information on the assets and resources available as they relate to recreational opportunities in their neighbourhoods. It was great to see the collective knowledge base in the room. We look forward to the next gathering in the fall. For more information, contact the CRC in your neighbourhood by calling 311.

*Lynn Ferguson: Community Recreation Coordinator  
Neighbourhoods and Parks (SE)*

*Neighbourhoods | Community Services  
9120 - 37 Avenue | Edmonton AB | T6E 5L4  
tel 780-496-5926 | e [lynn.ferguson2@edmonton.ca](mailto:lynn.ferguson2@edmonton.ca)  
[www.edmonton.ca](http://www.edmonton.ca)*



**Andy Verhagen**  
**780.907.8202**  
email [andyv@telus.net](mailto:andyv@telus.net)

**I love referrals they make my world go round!**

**RE/MAX Elite**

to view my properties, visit [www.andyv.ca](http://www.andyv.ca)





**David DORWARD**  
for Edmonton-Gold Bar

**Choose Alberta's Future**

[www.votedorward.ca](http://www.votedorward.ca) @votedorward  
(780) 463-1502  
office@votedorward.ca /votedorward

On May 5 re-elect **David Dorward** and the **Prentice Team**

PC Alberta Sponsored by the PC Association of Alberta, 1-800-792-6812

## South East Community Leagues Association

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

### Community Representatives

#### Avonmore

Nathan Mison

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

#### Capilano

Bill Burtnik

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

#### Cloverdale

Susan Yackulic

[yackulic@telus.net](mailto:yackulic@telus.net)

#### Forest Terrace Heights

Connie Lussier

[fttrep@secla.ca](mailto:fttrep@secla.ca)

#### Fulton Place

Carl Langston

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

#### Gold Bar

Erin Sanford

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

#### Holyrood

Chris Neuman

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

#### Idylwyld

Marcus Nordin

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

#### Kenilworth (Vice-chair)

Rob McDonald

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

#### Ottewell (Chair)

Lori Jeffery-Heaney

[ottewellrep@secla.ca](mailto:ottewellrep@secla.ca)

#### Strathearn

Jenny McAlister

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

#### Project Manger

Bob Hutchison

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

#### Treasurer

Olivia Li

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

#### Secretary

Janet Fletcher

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

## SEESA South East Edmonton Seniors Association Activity Centre

Hello South East Voice Readers!! Sorry I missed submitting an article last month. Here is what you missed. We celebrated pie day ( $\pi = 3.1415925...$ ) on March (3) 14th 2015 at 9:25 in the morning! We had pie and coffee for breakfast and a good time was had by all. Our new Spring Program Guide came out. New this session is our Geri-Antics class; with Michele Miller. If you thought you were too old to play, think again! Geri-Antics and your inner child are waiting for you! Before May 12 the classes are \$60.00 for 8 classes, or \$15.00 to drop in and try it on for size. Class starts May 12th at 1pm. Upcoming events include our Just Plain Folk concert on May 3rd by our Melody Singers. Admission is \$7.00 per person at the door or \$5.00 in advance, and the concert begins at 2 pm. The songs will range from traditional to modern.

On May 24 at 1:30 pm we are hosting a Golden Girls Fashion Show and desserts. Tickets are on sale now, \$15.00 for 1 25.00 for 2! What a fabulous afternoon!! Chocolate fountains, demonstrations and a trade show are all included in this action packed afternoon.

Do you have a little free time? Would you like to learn a new skill to fill out a resume? We are searching for volunteers for various roles from front desk and administrative tasks, to program assistants and Kitchen and dining room help. If you could spare 2 – 4 hours even once a month give our Volunteer Coordinator Sherr Wadson a call at 780 468 1985. We provide training, perks, smiles and hugs!

Come on down and See what's happening!

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

## You Can Help Make A Champ

Hello, I am Michael Asselstine, a resident of Terrace/Forest Heights and part of the Canadian National Wrestling Team. The international season for wrestling is beginning soon, after a successful and challenging year for myself. But in order for me to participate in this, I need you, my fellow Edmontonians, to help me prepare for my ultimate goal: to compete in the Summer Olympics in Rio, Brazil in 2016 and win.

I have been actively involved with the community as an athlete, coach and volunteer. My wrestling career started at Ottewell Junior High 14 years ago and now my goal of Olympic qualifying is within reach. Additionally, I am a full time student-athlete at the University of Alberta in the Faculty of Education. I have coached at McNally High school (last 2 years) and with the Edmonton Wrestling Club (last 8 years). I have worked hard to be an ambassador of the sport and currently occupy the position of Athletes Representative at both the provincial and national levels. I hope to continue to give back to the community as a teacher, when done.



Whether it's training fees, tournament entry fees, travel costs, accommodations or other expenses incurred abroad, any contribution would help to cover the various costs associated with competing at the international events. At this level of competition, your support not only enables me to wrestle at higher levels but also takes me one step closer to realizing my Olympic dream.

Over the last two years I have represented Canada Internationally 10 times, winning a Gold medal at the Francophone Games (2013), and a Silver medal at the Pan American Championships (2014). Domestically I have won the last two Canadian Inter University Sport (CIS) national titles, plus was named the CIS wrestler of the year both times. In doing so I became only the second wrestler ever to win this award twice. At the University of Alberta I was named the 2013 male athlete of the year, in addition to being named the team MVP in 2013 and 2015, and was a co recipient in 2014.

Men's wrestling is not well funded in Canada, which is why I look to my community for help. My training plan includes training camps and/or tournaments in Madrid Spain, Warsaw Poland, Switzerland, Northern Michigan, and Guelph Ontario. The latter will also be the site for qualification for the world championships to be held in Las Vegas Nevada in September.

Sponsorship and/or donations will receive a tax receipt. For any questions, please don't hesitate to contact me via email at [asselsti@ualberta.ca](mailto:asselsti@ualberta.ca). I appreciate your time and consideration, and thank you for any contribution you may be able to make.

*Photo credit: Rob Hislop*

## Smart Accounting & Tax Solutions Inc.

**Personal and Corporate Taxes,  
Bookkeeping, GST, WCB & Payroll Returns**  
*Ashish Tandon*

[www.smartaccounting.org](http://www.smartaccounting.org)  
(C)780-994-0978 (Fax) 780-800-5560  
E-Mail: [tax@smartaccounting.org](mailto:tax@smartaccounting.org)

*More SECLA & Edmonton Public Library articles on page 27*

**TRUST YOUR TREES  
IN OUR HANDS**



## **TIMBERTRIM** TREETWORKS LTD.

- ✓ Tree Pruning
- ✓ Tree Removal
- ✓ Tree Stump Removal
- ✓ Tree Fertilization
- ✓ Certified Arborists
- ✓ Fully Insured
- ✓ WCB Covered
- ✓ Since 1998

**www.timbertrim.ca**  
**Call 780-449-TREE**  
(780-449-8733)



Tree Removal  
FR 03294  
Tree Fertilization  
FR 03294

**David DORWARD**  
for Edmonton-Gold Bar

@votedorward  
/votedorward



As an Edmonton-Gold Bar resident for over 50 years, I want to continue working for our neighbours and our communities. As your MLA I have listened and acted to help you. On election day, I need your vote to continue building our communities.

**www.votedorward.ca**  
(780) 463-1502  
office@votedorward.ca

On May 5 re-elect **David Dorward** and the **Prentice Team**



Sponsored by the PC Association of Alberta, 1-800-792-6812

**I'm new to  
Edmonton.  
I found a doctor at  
EdmontonAreaDocs.ca**



**PrimaryCare  
Networks**  
EdmontonAreaDocs.ca

Or call HEALTHLink Alberta 780-408-LINK (5465)



# The Medicine Shoppe<sup>®</sup>

## PHARMACY

### Big pharmacies can be hard to swallow.

At The Medicine Shoppe Pharmacy, we believe that smaller is better when it comes to getting exceptional service. We take pride in knowing your name when you walk through our door. And we enjoy building the trust that comes from delivering exceptional customer care with one-on-one personal attention. We understand that when you need medication the last thing you need is a line-up.

**Conrad Lewandowski, B.Sc. Pharm**  
Pharmacist/Owner

7915 - 106 Ave  
Edmonton, AB

**(780) 469-8222**

Hours: Mon - Fri 9 a.m. - 6 p.m. | Sat 9 a.m. - 1 p.m.

Visit our Web site at [www.medicineshoppe.ca](http://www.medicineshoppe.ca)



### Transferring your prescription is easy

With a simple exchange of information and no trouble at all, you can start to enjoy the one-to-one service and pharmacy-only focus that makes the move to The Medicine Shoppe Pharmacy a healthy one.



### FREE Accu-Pak with a prescription purchase



## 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!



**HomeHealth**  
medical supplies store  
7843-106 AVE EDMONTON  
780.469-8499  
[WWW.HOMEHEALTHSTORE.CA](http://WWW.HOMEHEALTHSTORE.CA)



**30% OFF TENS MACHINES**



**35% OFF SELECT WALKERS**



**30% OFF CANES AND REACHERS**



**HomeHealth**  
medical supplies store  
7843-106 AVE EDMONTON  
780.469-8499  
[WWW.HOMEHEALTHSTORE.CA](http://WWW.HOMEHEALTHSTORE.CA)

## League Contacts

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

## 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 Ave 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.

## Looking for a Babysitter, Or Interested in Babysitting Children in Our Community?

Avonmore Community League is pleased to offer a 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, we regularly receive inquiries about our registry, so please send us an email to get added! 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!



## Wednesday May 13, 7:30 pm Avonmore AGM 7902 Street - 73 Ave

FREE Childcare during the meeting.  
Avonmore Community Board cares about our community! We want to make Avonmore a better place to live and have our community get to know our neighbours better. Over the last few years we have improve Avonmore with the help of many volunteers. We have future project in the works and would like to see community support for these upcoming projects (eg. Hall renovations, community firepit, Friends of Millcreek). Bring your ideas to the AGM!

Come be a part of this amazing board by volunteering for one of the available positions:  
Vice President, Membership Director, Treasurer, Secretary, Co-Sports Director, Civics Director, Communication Director, Programs Director  
Directors at Large (which are 1 year terms)

## Avonmore Soccer Bottle Drive

**Saturday May 23 10:00 am**

Please leave bottles on doorstep for pickup or drop off at Avonmore Community Hall  
7902 Street - 73 Avenue

## 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 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

Saturday 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 still accepting registration

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.

## Millcreek Ravine Cleanup

Sunday May 3, 2015

10:00am-1:00pm

meet on 70 Avenue and 85 Street

(the top of the toboggan hill)

Avonmore Side of ravine

Everyone Welcome! (even pets)-Rain or Shine

Join us to help tidy up the ravine. Bags & Gloves

Provided

BBQ at Ritchie Hall at 1:00pm

## 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 capilano hall rentals@gmail.com, or visit our website at www.capilano.info.

## 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 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 Community Annual General Meeting - May 20

**When:** Wednesday May 20, 2015 7:30 p.m.

**Where:** Capilano Community League Hall 10810 - 54 Street

**What's on?** President's Annual Report, Treasurer's Report, Capilano Community Park Redevelopment update, Election of Officers

COME OUT TO SEE WHAT IS HAPPENING IN YOUR COMMUNITY. The AGM lasts about one hour, followed by refreshments. ALL ARE WELCOME!

## 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



## Choir Concert Sunday, May 3 at 7 p.m.

The Lac Ste. Anne Community Choir, which features 60 voices singing under the direction of Conductor Debbie Rosen, will be coming to Southeast Edmonton to share exciting secular and spiritual choral music! The concert will be on Sunday, May 3 at 7 p.m. at Hope Lutheran Church (5104 - 106 Ave) - a free will offering will be taken.

For more information contact 780-466-8502.

## Capilano Playschool OPEN HOUSE and TRIAL CLASS, Saturday May 23

Capilano Playschool would like to invite you to register for our TRIAL CLASS and attend our OPEN HOUSE which will be held on May 23, 2015 from 9:45-10:15 a.m. (trial class) and 10:15-11:30 a.m. (open house).

Come meet our teacher Ms. Asha, see the playschool classroom located at Hardisty School, and find out more about the Christian program that runs on MWF afternoons as well as our Healthy Apple Program that runs on MWF mornings and TR mornings.

All classes are for 3 and 4 year olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization, and self-regulation skills through physical activity, arts and crafts, field trips, stories, music and more.

To register for the TRIAL CLASS or get more information regarding our program, contact Marzena at 780-802-9307.

## Memberships

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

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

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

## Capilano 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 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)

## **Capilano Community Park Children's Fun Run/Walk May 23**

DATE: Saturday May 23, 2015

TIME: 10 a.m.

WHERE: Capilano Community Park (54 Street and 108A Avenue)

WHAT: Young walkers and runners come together for a morning of fitness and fun in support of Capilano Community Park. Each lap is approximately 750 m – it will follow approximately where the new walking path will be developed (as part of Phase 2 of the redevelopment project). Children will have an option to walk/run:

--750 m (0-6 years old)

--1500 m (7-11 years old)

--2250 m (12-14 years old), or

--team up with four friends for a relay.

Drinks and snacks will be provided to participants and coffee to parents!

WHY: Have fun/get fit raising money for Phase 2 of the Capilano Community Park Redevelopment.

PRIZES will be given to the TOP 10 FUNDRAISERS!

REGISTRATION: Go to [www.capilano.info](http://www.capilano.info) to register for the Fun Run event and download a fundraising Pledge sheet. Register by MAY 17 to be entered for an EARLY BIRD PRIZE!

For questions, concerns, or to volunteer, contact Jill Schlender [jschlender@shaw.ca](mailto:jschlender@shaw.ca) or Heather Somerville [heathergail7@hotmail.com](mailto:heathergail7@hotmail.com).

## **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, on weekdays (July 2 – Aug 25) from 2:30 – 6:00 p.m. A playground leader will deliver FREE playground programs for children that includes drop in sports, games, activities, and crafts.

## **Spring Craft Market Saturday May 23**

WHEN: Saturday May 23, 2015

TIME: 10 a.m. – 4 p.m.

WHERE: Capilano Community Hall (10810-54 St.)

Admission is free!

Contact Pamela at 780-916-4888 or check out Facebook at: <https://www.facebook.com/events/831383636928597/> for more information.

## **“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.

## **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.

## **South East Edmonton Community Tennis**

The CAPILANO TENNIS CLUB, located next to the Capilano Community League hall at 10810 – 54 Street has operated in partnership with the community league since 1976 as southeast Edmonton's only community tennis program.

The club is now open for the 2015 season but there is still time to register for our after school programming for juniors of all levels in May and June. Beginners aren't just welcome, they're encouraged! Visit our web site at <http://www.capilanoennis.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.

## **Garage Sale at Hope Lutheran May 29 and 30**

Hope Lutheran (5104 – 106 Ave) will be hosting a garage sale on Friday, May 29 from 9 a.m. – 5 p.m. and Saturday, May 30 from 9 a.m. – 2 p.m. Come check it out and pick up some great bargains! Or just come join us for lunch – delicious homemade soup and baking will be for sale!

## **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.

## **Park Redevelopment Funding Update**

We are pleased to report that we were awarded a \$75,000 Neighbourhood Park Development Program (NPDP) grant from the City of Edmonton in support of our Phase 2 project (walking path, outdoor exercise equipment, a bike bumps course, and community sign). As well, the Capilano Community League (CCL) board recently approved \$25,000 in funding towards this 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).

## **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:

-- 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

## Cloverdale Community League Contact Information

### Board of Directors

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

### Standing Committees

**Casino Committee** Bev and Shane beverlyjoanbennett@gmail.com

### Edmonton Ski Club Liaison Committee Chair

Bruce bbrandell@epcor.ca

### Park Redevelopment Committee Chair

Murray meschneider@shaw.ca

### Hall Rentals/Emergencies

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

**Emergencies** 780-439-3149

**Facebook - Cloverdale Community League: Edmonton**

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



### Have you considered renting the Cloverdale Hall?

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

Check our website for availability on the online calendar:

www.cloverdalecommunity.com

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

## CCL Membership Information

Become a member and enjoy the benefits!

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

RATES:

2014/2015

\$20 per family, \$10 per individual

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

## Community Programs

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

### SPECIAL SPRING OFFER!

Programs are now FREE for Cloverdale Community League members.

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

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

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

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

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

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

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

### Zumba - Thursdays, 7 – 8 pm

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

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

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

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

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

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

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

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

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

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

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

### Book Club

Meets monthly on a Monday at 7 pm.

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

### Social Dance

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

### 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.

## Cloverdale Event: Annual River Valley Cleanup and Pancake Breakfast on Sunday, May 3, 2015

Bring the entire family, and help clean up our community on Sunday, May 3.

Meet at Cloverdale Hall at 9:30 am for a pancake and sausage breakfast (juice and coffee provided).

After breakfast, join in the cleanup, which ends at 1:30 pm. Participants will be given bags, gloves and an area to clean. If you can't attend the breakfast, feel free to join the cleanup later in the day!

### Volunteers Needed

We require volunteers to help with setting up tables and chairs (8:45 to 9:30 am), distributing supplies, and then putting everything away at the end of the event (1:30 to 2:00 pm).

Please contact Bob at daszuke@gmail.com if you are able to volunteer and to RSVP for the event.

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)

A Proposal to Reconnect the Old Mill Creek

Until 1970, the Mill Creek flowed through the ravine we know today, under Connors Road, through the current gardens of the Muttart Conservatory, and finally under 98th Avenue to a channel leading to the North Saskatchewan River. To accommodate construction of the James MacDonald Bridge, the creek was diverted into a pipe that carries it west, under Scona Road, to an outflow halfway up the south bank of the river. The original Mill Creek delta is still there today – the bike trail just east of the Cloverdale footbridge crosses over it – but where it once was a vibrant aquatic ecosystem where generations of Edmontonians swam and fished, it is now a muddy, lifeless gully.

Recently there has been renewed interest (from an advocacy group called the Keepers of the Mill Creek, among others) in a proposal to reconnect the Mill Creek from the ravine to the delta. It was first proposed in a 2011 exchange of letters between senior provincial government officials and then-mayor Stephen Mandel. It was also noted in the 2013 LRT Valley Line Environmental Impact Study Assessment (EISA), which cautioned that care must be taken to ensure the future reconnection of the creek from the ravine to the delta is not prevented by the design and construction of the LRT. The proposal was discussed at a meeting of the City Council Transportation Committee on March 25, where a senior LRT official said the project would do nothing to preclude reconnection of the creek.

Bringing back the Mill Creek could see the historic waterway restored to the mouth of the ravine, winding through the Muttart Gardens, and finally rejuvenating the channel to the river. It would involve piping under roadways and LRT tracks. Apart from the aesthetic, ecological and recreational benefits, the restored creek could be engineered to solve current valley storm and melt water drainage issues thought to be a persistent cause of severe potholes on 98th Avenue. And by retaining the current diversion pipe for overflow protection, the restored Mill Creek could help mitigate flood risks in the valley.

The cost to taxpayers of this project is unknown at this time. Timing is also a question: It is very unlikely that it would occur during LRT construction, which is scheduled to take 3-5 years in the valley starting next January. So it likely means this would be another major valley construction project, subsequent to the LRT project.

The executive of the Cloverdale Community League would be interested to hear from community members about this proposal. If there is enough interest we might hold a public information meeting. Let us know your thoughts by emailing Civics Director Paul Bunner at pbunner55@gmail.com.

Cloverdale Drainage Services Meeting on Wednesday, May 13

In October of last year the City of Edmonton informed Cloverdale that Drainage Services would be undertaking an extensive flood risk study of the community to address the flooding issues. In addition to the implications of being on a floodplain, concerns specific to Cloverdale such as outfall gates, infill and roadway development, Gallagher Hill and other influences on drainage flows were looked at.

The assessment has been completed and the City is working on a detailed set of short and long term flood mitigation recommendations.

Cloverdale residents are invited to a Drainage Services community meeting on Wednesday, May 13 starting at 7:00 pm at the Cloverdale Hall to discuss these recommendations and next steps.

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 for more details.

Front Yards in Bloom

The Front Yards in Bloom program is all about recognizing neighbors who make an effort to beautify their front yards! Nominations can be submitted Wed, May 20 – Tues June 30. Front Yards can be nominated in one of four categories: General, Natural, Edible, and Public Spaces. Results will be announced during the Edmonton in Bloom Awards on August 12th at City Hall.

You can submit nominations via online submission form: www.frontyardsinbloom.ca or by phone: 311.

Front Yards in Bloom is a partnership between the Edmonton Horticultural Society, the City of Edmonton, and the Canadian Union of Postal Workers.

For information, visit: www.frontyardsinbloom.ca Questions? Email: front.yards@edmonton.ca



**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

Web: 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.

Edmonton Region

Canadian Home Builders' Association

REMARK

RENOVATORS MARK OF EXCELLENCE

MASTER HOME RENOVATOR

PROFESSIONAL HOME BUILDERS INSTITUTE

MAGISTRI AEDIFICOS

PHBIA Accredited

BBB

ACCREDITED BUSINESS

## 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 | Secia@forestterrace.org       |
| Soccer         | Michael | 887-3158 | Soccer@forestterrace.org      |
| Babysitting    | Anna    | 485-6099 | Babysitting@forestterrace.org |
| Casino         | Anna    | 485-6099 | Casino@forestterrace.org      |
| Grants         | Bonnie  |          | Grants@forestterrace.org      |
| Memberships    | CoraLee | 430-4307 | Membership@forestterrace.org  |
| Website        | Tyler   |          | Web@forestterrace.org         |
| Sign           | VACANT  |          | 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      |

Meetings- 7pm 1st Tues, Monthly

## Hall Rentals

Its time to start thinking about booking a venue for those Spring and Summer events. The Forest Terrace Heights Community League is a great location for children's birthday parties, family reunions, fundraisers, meetings, exercise classes & more! To get more information about our affordable rates (hourly rates available) call 780.953.9876, or email [hall@forestterrace.org](mailto:hall@forestterrace.org).



FOREST  
TERRACE HEIGHTS  
- COMMUNITY LEAGUE -

## Babysitting Registry

Need a sitter? We currently have 6 certified babysitters on our registry. If you would like to hire a sitter, or be added to our registry, please contact Anna at 780.485.6099 or [babysitting@forestterrace.org](mailto:babysitting@forestterrace.org).

## Community Involvement

Would you like to give back to your community or contribute to building a better future?

Forest Terrace Heights Community League is looking for passionate individuals to join our amazing group of board members. Come meet your neighbours & make great things happen!

If you have any questions about these positions, please email [volunteers@forestterrace.org](mailto:volunteers@forestterrace.org).

**Current opportunities:** Safety Groups, Special Events, Membership Salesperson, Accountant, Grounds Cleanup & Big Bin Event and Casino Volunteers (May 19-20th). See website for more details.

## Big Bin Event

**Date: Saturday, May 9**

**Time: 10am - 2pm**

**Location: 7110 98 Ave NW**

**Price:** FREE with community league membership  
Contact: [events@forestterrace.org](mailto:events@forestterrace.org) or see website/facebook page for more information.

## Edmonton 311 App

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

## Mother's Day Run, Walk & Ride



**Sunday, May 10th**  
**@ William Hawrelak Park, 8:45 am**

Join the Forest Terrace Heights Community Team for the 2015 Sport Chek Mother's Day Run, Walk, and Ride. It's Alberta's largest family-friendly run. There's a Little Legs race (free for ages 2-4), a 2.5K Bike Ride, 5K Run and Walk, and a 10K Run. Do it for your mom, your kids, or yourself! Inspire health all around!

Join the Forest Terrace Heights team, and save \$5 over individual registration (Team Price: Youth 5-10 \$20, Others \$30). \* Proceeds support the Stollery Children's Hospital.

Our team is non-competitive so don't worry about times. We just want to encourage an active community. If there's interest, we may even get together for group walks or runs in our neighbourhood or through the river valley.

Visit [www.mdrunwalkride.com](http://www.mdrunwalkride.com) for info and registration. For online registration, select Team: "Forest Terrace Heights" and enter Password: "MotherMother".

QUESTIONS? Contact Angela at 780.885.9529 or [angela@forestterrace.org](mailto:angela@forestterrace.org).



## Casino Fundraiser

LAST CALL FOR VOLUNTEERS! If you would like to volunteer for 1 or 2 days of this event to help benefit the community, contact Anna at 780.485.6099 or [casino@forestterrace.org](mailto:casino@forestterrace.org). \* **Free meal provided.**

## Community Garden

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

The Community Garden is hoping to break ground this spring! The Garden Committee is always accepting new members. Come on out to the hall on Tuesday, April 28th @ 6:30pm to get involved with this exciting community project. QUESTIONS? Email [garden@forestterrace.org](mailto:garden@forestterrace.org)



### 1/2 Price Memberships!

Forest Terrace Heights Community League memberships are on sale for 1/2 price this May!

Don't miss out any longer on the many benefits (community swimming, events, etc.) of having a membership.

1/2 price memberships can be purchased conveniently at [www.efcl.org](http://www.efcl.org) (for a \$2 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).

## All About Owls

For May's Afternoon Social, an owl expert will be coming to share and present a live owl!

Forest Terrace Heights Hall (10150 80St) on **Saturday, May 16th @ 1:30-3pm.**

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

## 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.

## U4-U16 at FT Heights

The outdoor season is soon to start and we are working like crazy to get things started. Registrations were a big success and our numbers are significantly up.

The U4 program that Bob McKenzie is running will be teeming with young players and potential new coaches. As well, the U6 program is swelling up and we will have 5 teams this year.

We have 4 new coaches that are excited to get some extremely high level training and then get some small feet out in the rink kicking the soccer ball around. The three U8 teams will be lead by three returning coaches.

We will also have our two long standing U12 boys team and the U16 boys team again this year.



## The Beautiful Game at FT Heights

The new season is upon us and the Forest Terrace Heights rink is full of soccer. FT Heights soccer has five U6 teams filled with 4 and 5 year olds who are just getting started with this beautiful game. It is so much fun to see these young players realize that while it is fun and they have the best coaches around, they are also a part of something bigger. All the players on their team have the same colour jerseys, they play on a fixed field with real nets and there is a ref who keeps the rules. U6 player: "Wow this is all for me?"

The U8 teams will be three of the teams that play around the zone. These three teams are mostly filled with first year players from last years U6 program. They are only used to playing in the rink so this year will be a big change when they get to play around the zone; this is "big kid soccer." This is serious stuff and fun to watch!

I really want to thank all the parents, coaches, refs and my volunteers for all their efforts over the last few and next few weeks. Their efforts will get more than a hundred players out on the field.

*Column written by Michael G., Co-director of FT Heights Soccer, VP & Fields and Scheduling Coordinator for Edmonton South East Soccer Association.*

## Book Exchange

The book exchange corner is up and running!

Do you have some good reads that you no longer need? Bring them on by when the hall is open during an event (excluding fitness classes or private functions) and help yourself to a book as well. See the event calendar on our website for times the bookshelf will be accessible.



## Upcoming...

**May 5th** | 7-9 pm | Monthly Meeting  
**May 9th** | 10am-2pm | Big Bin Event  
**May 10th** | 8:45am | Mother's Day Run, Walk & Ride \*  
**May 13th** | 7 pm | Craft Night  
**May 16th** | 1:30-3 pm | Afternoon Social  
**May 19-20th** | Casino Fundraiser  
**May 23rd** | 1-4 pm | Freezer Meal Workshop \*  
**May 24th** | 2 pm | Community Walk Sunday  
**May 26th** | 6:30 pm | Community Garden Meeting  
**May 29th** | 7 pm | Games Night

\* Registration required. See website for details.

**Thur** | 7:30pm | Adult Zumba | 8-weeks, Registration or drop-in rates

**Sat** | 6-7pm | Bonniedoon Swim | **FREE**

**Sun** | 1:15-2:45pm | Hardisty Swim | **FREE**

**Sun** | 4:15-5:45pm | Bonniedoon Swim | **FREE**

## Swimming

Take advantage of the **FREE** swim times that your community membership provides. Members swim at Hardisty Pool on Sundays from 1:15- 2:45pm and Bonniedoon on Saturdays from 6-7pm, and Sundays from 4:15-5:45pm.

\* **Membership card required.**

## Zumba

*No More Excuses* Fitness is hosting 8 weeks of Adult Zumba classes at the Forest Terrace Heights Community League on Thursday evenings at 7:30pm starting **May 7th**. To register for the class, or to find out more information email [noexcuse@telus.net](mailto:noexcuse@telus.net) or call 780.722.6340.

## Pop up Play

*Coming to our neighbourhood this summer!*

This **FREE** 3.5 hour program will run weekly throughout July and August for children ages 6-12 (younger children must be supervised by a parent or guardian).

"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)

Programs are led by staff who have completed a Security Clearance process, are trained in First Aid and are certified specialists in FUN!

Email [311@edmonton.ca](mailto:311@edmonton.ca) for more info.

# Elect Cristina Stasia

Edmonton Gold Bar

## Cristina has a record of creating change in Edmonton through her own volunteer time

- She founded and chairs board AIM reviewing changes to Alberta Education curriculum.
- She changed policy in EPSB to ensure sex ed is medically accurate, delivered by experts, and LGBT2S inclusive.

## Cristina lives and serves in Edmonton Gold Bar

- She is an active member of the Strathearn Community League as a volunteer and fundraiser.

## Cristina is an award-winning educator at University of Alberta

- She was voted one of the top 3 most inspiring instructors by U of A students.
- She is able to listen, talk and work across ideological lines to find the best solution.

## Cristina is experienced in governance and policy

- She serves on Women's Advocacy Voices of Edmonton, which advises city council about gender issues.
- She served on Edmonton Transit Service Advisory board, chaired the security subcommittee.



ElectStasia.ca

Authorized by Cristina Stasia Campaign 1-587-520-9477

## Serenity Hair & Spa

7428-101 Ave. 780-469-8080



- Welcome new customers
- Senior's Discounts

*Hairstylist needed*

## FRUITS OF SHERBROOKE

Walking around our 60 year old neighbourhood we recognized that a lot of good fruit was falling to the ground and being wasted. We decided to collect fruit such as rhubarb, raspberries, cherries, pears, and apples that were not being used by homeowners. We are a not-for-profit society with the mission of connecting this wonderful local resource with those who will use it. We make jams, jellies, sauces and condiments that are 60 – 100% “rescued” fruit; we teach preserving courses so people can make their own; we connect homes with excess fruit to those who want to pick for themselves; and fruit that is excess to the above sources goes to local charities, group homes, community kitchens, small food banks and anyone else who will use it (at no charge). In 2014 we redirected about 15,000 kg apples and this is just a small portion of the apple trees in our city. If you have fruit in your yard that is excess to your needs or you are unable to do the work yourself, here are a couple of options to consider.

1. Tell your neighbours about the fruit and invite them to come and pick. You can arrange with them to leave you a portion in return for your sharing.
  2. Call us at 780-244-0129 and we will let you know about coming to pick ourselves. Please note that apples are so abundant that we often cannot pick – but if you drop them off at our kitchen we will make sure they go to someone who will use them.
  3. If you don't want others in your yard give us a call. We will tell you where and when you can drop off the fruit or we can arrange for a pick up.
- Call us at 780-244-0129 if you want to be a volunteer picker, know of a place that would use some of this free local fruit, or have other questions or comments.

There is a lot more to our story, so please check out the website at [www.fruitsofsherbrooke.ca](http://www.fruitsofsherbrooke.ca)

## AGM & Infill

**Forest Heights Community League /  
Tuesday, June 2nd / 6:45-8:45pm**

RSVP to [info@forestterrace.org](mailto:info@forestterrace.org) or our Facebook page. \* A light meal & alcoholic beverages included.

The AGM is held yearly to elect the Board of Directors and inform their members of previous and future activities. It is an opportunity for members to ask any questions regarding the directions the Community League has taken and will take in the future.

Infill In Your Neighbourhood...if you have any of the following questions, you should attend this event. Breakout sessions will take place after the program where you can come together as a group and talk about infill in your neighbourhood.

*What is infill to you?*

*How does it affect your neighbourhood?*

*Is it healthy for mature communities?*

*What are the drawbacks?*

*What can we do when we have concerns?*

The Easter Event with an Adventure Egg Hunt, Games, Crafts and Prizes was a great success! It was held at the community hall on March 28th with about 80 people in attendance.



## Freezer Meal Workshop

Are you looking to save time and money and in return spend more time with your family?

The Pampered Chef Freezer Meal Workshop will help you feed your family for a few dollars per person as well as provide you with quick and healthy meal options. Not much of a cook? No problem. Easy to follow instructions will have you chopping and measuring like a pro in no time!

### How it works:

Choose a menu from our website (*Paleo & Dairy/ Gluten Free options available*), contact Diane to register & pay for your pantry kit, and purchase the required groceries using the list that will be provided to you.

Come to the workshop, have some fun, meet with neighbours, and accomplish something at the same time!

*Cost depends on the menu you choose. Current members will receive a discount at time of purchase. Please have your membership card handy when you register.*

Upon completion of the workshop you will have spices leftover and the satisfaction of a freezer full of nutritious meals.

**Join us on May 23rd from 1-4pm at the Forest Terrace Heights Community League. Registration Deadline May 12th.**

QUESTIONS? Contact Diane Pantzer at 780.466.9045 or [damom23kids@gmail.com](mailto:damom23kids@gmail.com).



HOMEMADE  
ITEMS!

colorbyamber

AGNES & DORA

It Works!

thirty-one

MARY KAY

jamberry  
Tupperware

10am – 4pm

FREE  
ADMISSION

**MAY 23, 2015**

**SPRING CRAFT  
MARKET**

**CAPILANO HALL  
(10810 – 54 Street)**



## Big Bin and Community Cleanup Event



Legends Automotive  
7110 - 98 Avenue  
Saturday, May 9, 2015 10-2pm

Toss your unwanted items at our Big Bin event. \* BBQ fundraiser for the community garden. Garden tools gratefully accepted. FREE Capital City Cleanup supplies. Join the Community Cleanup crew leaving from Legends. FREE anti-theft license plate screw swapping. \*Community League membership required for bin use and will be sold 1/2 price at the event.

See [www.forestterrace.org](http://www.forestterrace.org) for details. Please contact [volunteers@forestterrace.org](mailto:volunteers@forestterrace.org) if you would like to help.

# Ottewell Outdoor Golf Driving Range

next to the Ottewell Curling club  
at 4205 - 102 Ave.



## Develop the Perfect Shot

Practice almost any type of shot on our well diversified terrain. Have a cold cocktail on a hot day at our Beer Gardens. We also have lessons and club rentals available.

## Happy Hour

We offer \$5 buckets Monday through Friday from 1-4 PM. After that, make sure you stop in for a visit at the Beer Gardens to take advantage of our happy hour from 4-7 PM.

Tel: (780) 469-8404  
Em:ottewellcc@shaw.ca

**New Boxes  
New Mats  
New Balls**



Ballet - Jazz - Tap - Preschool  
Lyrical - Hip Hop - Acro

Start a passion for dance at an early age! Balance, coordination and social skills are a great way to introduce your child to the world of dance!

Preschool includes 3,4 and 5 year olds with introductions to ballet, tap and jazz.



**ACCEPTING REGISTRATIONS NOW!**

9443 47 Street • Edmonton AB • T6B 2R7  
Ph. 780 465 9933 • Fx. 1 866 365 3410  
dance@hyperflexstudio.com  
hyperflexdancestudio.com

IGNITING PASSION FOR DANCE



**BUTLER  
PLUMBING**  
HEATING & GAS FITTING LTD.

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

Living and Working in your community  
Paul Amyotte and Kevin Korte

**780-432-3947**  
4260 - 93 St.

- Drain Cleaning
- Gas Fitting
- Furnace & Boiler Repair
- Plumbing Renovations
- Main Line Blockages
- Hot Water Tanks
- Back Water Valves
- Video Pipe Inspections
- Plumbing Repairs
- Licenced & Bonded



## 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.



**6S MAINTENANCE**  
Snow Removal & Lawn Service

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

\* Denotes full season contract, cut only.

**Fast Service - Canadian Owned**  
**Free Estimates**  
**Call Geoff Harris (780) 497- 2781**  
**E-Mail: [Snowclearing@yahoo.ca](mailto:Snowclearing@yahoo.ca)**

WHAT IS YOUR **home worth?**



TO SELL YOUR HOME QUICKLY & FOR THE MOST MONEY,  
CALL MARGARET GRANT  
**780.414.6100**  
MARGARETGRANT.COM

**Margaret GRANT**

**REALTOR.ca**  
PROPERTIES

**REALTY EXECUTIVES**  
Devonshire



**minsos | stewart | masson**

barristers, solicitors, notaries

- Real Estate
- Wills and Estates
- Business Law

PH: (780) 466.1175      Fax: (780) 465.6717

#220, 8723 – 82 Avenue      Edmonton, Alberta T6C 0Y9



**ALL KIDS MEALS**

**\$6.99**

Comes with an activity pack and a create-your-own sundae.

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

# Fulton Place

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

## FULTON PLACE COMMUNITY CONTACTS

### EXECUTIVE

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

### DIRECTORS

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

### COORDINATORS

|                      |             |          |
|----------------------|-------------|----------|
| HALL RENTAL          | Sherry-Lynn | 466-8140 |
| BABYSITTING REGISTRY | 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.



## Casino Volunteers Needed

Fulton Place Community League needs 40 volunteers to work a Casino on **Wednesday May 13 and Thursday May 14, 2015.**

If you can help, please contact **Rick Meger** at 780-463-4333 by April 15 for more information or to schedule a shift.

## Fitness, Fun, & Fellowship...

Is an Outreach program of Grace United Church which has been serving the community for over 40 years. Classes are offered Mon & Wed mornings for 10 weeks. Classes run from 9:30-10:30 am, followed by coffee. Women of all ages and fitness levels are welcome. Childcare is available for moms with babies, toddlers & preschoolers on Wednesdays. Come join us for a fun, invigorating workout and great fellowship!

**Fee: \$50 for 10 weeks for Monday or Wednesday or \$100.00 for both days**  
**For more information call Corrie @ 780-466-6679.**

## 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.**



## A Reputation Built On 30 Years of Excellence

- Full Range Of Denture Services
- Free Consultations
- No Referrals Required
- On Site Laboratory

# Styles

## DENTURE CLINICS INC

[www.stylesdentureclinics.com](http://www.stylesdentureclinics.com) 780-469-4658  
103 Capilano Centre Bldg. 9945-50 St., Edmonton, AB  
**your denture specialist Steve J. Nemeth D.D.**

## 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 jnnysamm@yahoo.ca

## FPCL Gardener's Swap Meet And Sale

9 a.m. – Noon  
SATURDAY, MAY 30, 2015  
6115 FULTON ROAD

Remember to plant a few extra seedlings. Save volunteer baby plants you discover in your flower beds. When you spring clean set aside extra tools, pots, books and anything else related to gardens and yards. Bring them over on Saturday May 30 and swap them for the new and different items you may find.

We will also have a donation area for seedlings and plants suitable for the 'new and unusual' and 'taste and smell' sections of our new addition to Fulton Place – the Sunshine Community Garden.

The Alberta Regional Lily Association will again be selling lily bulbs that will give you beautiful blooms this summer and for years to come.

We encourage passionate gardeners willing to share their experience and talents by chatting with gardening newbies in a casual venue. Grow your roots in your gardeners2012@gmail.comcommunity and participate in a good old fashioned community event!

Call/e-mail Doreen for additional information or to volunteer on the day: 780-469-9289.

### Woodwill Gifts

**Specializing in incense & scented waxes**

Now Open

- Our **wall of Incense** has over **200 kinds** to choose from
- Over **80 choices** of **scented wax cubes**. A full line of wax warmers.
- We also offer a wide selection of fairy, dragons and wildlife figurines sized from 2 inches to 4 feet tall
- Various fragrance oils, smudges and many other things.

**Come down and check us out.**  
**Bring in this ad and get 2 free \$3.00 incense.**

7327 - 101 Avenue    780-756-4438



ROYAL LEPAGE 100 YEARS  
HAROLD ROYAL ESTATE INC.

## SELLING YOUR HOME?

CALL NOW FOR A FREE MARKET EVALUATION



# FRANK VANDERBLEEK

## 780-431-5600

FranklyTheBest.ca  
Frank@royallepage.ca



**Save The Date**

## greater hardisty Community Fun Day

Saturday, September 19, 2015

at Capilano Community Hall



## 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 |

## Join the Hall Committee

Are you interested in making sure that the new hall runs efficiently and stays an asset to our community? If so, please join our Hall Committee. There are now 4 committee members: one person who has been on the building committee for the past decade so knows what went on there, one executive member, a past CL president and a contract expert. This is a short-term commitment (less than a year) to set up the rules and guidelines for how the hall should be run. Please contact Pat Chmilar 780-465-7890 or p.chmilar@hotmail.com for more information.

## Hall Update

We are now entering the final phase of our upgrades to Gold Bar Hall. With heat and cooling now available we were able to finish the painting which made a big difference to the interior look of the hall. Next steps in simple terms are to finish the flooring in the main hall and then our last major project, finish the kitchen and bar area.

We are hoping to have our inspections all completed to legally take possession of the hall back from the contractors, and finish the final two items above and be ready for a fall opening, and allow rentals and normal community activity to resume.

## 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.

## CASINO completed!

Thank you to all of the volunteers who worked the casino for funds for the community hall. Thanks to our chairperson, Isabella, for her tireless work preparing for and working at the casino. She really appreciated everyone showing up, and early, too, which made for a stress free event for her.

## Two Executive Positions Left

A big thanks to Adam Rompfer for stepping up to take the vice-president position. Yay! And thanks to Cassie for taking over the sign. The following two positions are still available:

### 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.

### HALL RENTAL COORDINATOR

Contact Erin for more info: erin.sanford@gmail.com or 780-901-0422.

## Babysitting Registry

Just a reminder that 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.

## Spring Craft Market

You're invited to check out homemade items on Saturday, May 23rd at Capilano Community Hall from 10-4. Admission is free!



## Free swim reminder

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

## Preschool at Gold Bar Elementary School

This parent co-operative welcomes 3 and 4-year olds and is taught by a loving and organized teacher who has her B.Ed. The school runs Mondays, Wednesdays and Fridays with class times from 9:00-11:30am with the option of either 2 or 3 days per week. Call the president, Brenda Wildeboer, at 780-450-0636 with any questions or visit the school office (10524 46 Street) if you would like to pick up a registration form.

## Upcoming Bingo Dates:

Thank you for mentioning that you are a resident of Gold Bar to the Cashier at Parkway Bingo when you visited; we were awarded an extra bingo night in August! Call Lorna at (780) 465-5594 to volunteer at bingo, which raises money for our community.

### Fort Road Bingo

Wednesday, May 6, 2015 - Afternoon & Evening

**NEW:** Monday, May 18 - Afternoon & Evening

Tuesday, June 23, 2015 - Afternoon

### Parkway Bingo Dates

Friday, May 15, 2015 - Evening & Late Nite

Sunday June 14, 2015 - Afternoon

Sunday, June 28, 2015 - Evening & Late Nite SPECIAL

## Gold Bar Communications

To submit an item to the June 2015 SEV in the Gold Bar section, email sondi@telus.net or call SONDI at 780-468-2237 by MAY 17.

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

Visit the community website at www.goldbarcl.com for info, or sign up at facebook.goldbarcl.com and twitter.goldbarcl.com for community updates.

## Scout Bottle Drive

Thank you to all the residents of Capilano, Fulton Place and Gold Bar Communities for their support of the 70th Gold Bar Scout Group at their Bottle Drive on April 11. These funds help pay for camps and field trips for the youth.

## Monday, May 4 – our next meeting

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

### Green Shack + Spray Deck

Gold Bar Community Park will be the only Hardisty area playground with a Green Shack this summer. It will run weekdays from 10a.m. to 1:30p.m. The spray deck will run 3-8p.m. daily in June, and from 10a.m. to 8p.m. in July and August.

## Obituaries

**Sarah Casavant**, a 25 year resident of Gold Bar, passed away on Feb 21. Born in 1984 she moved to Gold Bar in 1990 with her parents and 2 brothers. She is survived by her parents Amy and David Casavant, brothers, Emery (Lauren), Adam, and niece Madisyn. Sarah loved living in Gold Bar. She had the most amazing neighbours, and always felt very safe living here. She will be missed.

**Charlie Ferguson**, an original Gold Bar homeowner passed away peacefully on Feb.17 at the age of 92. Charlie was born in Nova Scotia in 1922. He moved to Edmonton in 1950 and drove a City bus for 31 years. His memorial service will be held on Sat. May 30 at Grace United Church (6215-104 Ave) at 11 a.m.

**Norma Bracuk** (nee Oswald) was born January 8, 1934. On Monday, February 23, 2015, Erna Norma Bracuk went to be with the Lord after a full life of 81 years. Norma was a giving member of our community – she worked on the executive as bingo chair, with SEESA, and continued to volunteer at many bingos up until just months before she passed away. Her love of community and her service will be missed.

## Dog Owners

Thank you to all of the responsible pet owners in Gold Bar. Below are maps of the closest off-leash areas: basically along the river to both the east and west of 50th Street. It's super to have fun paths so close.

The weather is improving so just a quick reminder of the rules:

Keep dogs (on or off leash) at least 10 meters away from

- school grounds, playgrounds, spray parks, sports fields, picnic sites, park buildings or facilities, golf courses, and community league parks.

Fines are \$100 for a dog off leash in a non-designated area, and \$100 for a dog on school ground, playground, picnic site, golf course, roadway or flower beds.



#### #37 - GOLDBAR HIKING TRAIL

Off-Leash Area

Capilano Amenity Building north side, east along lower granular trail to Rundle foot-bridge; excluding shelter and picnic area.

PARKS HEALTHY, by nature

Edmonton ASSET MANAGEMENT AND PUBLIC WORKS

DOLA\_May2010.gsw

May 2010



#### #38 - CAPILANO HIKING TRAIL

Off-Leash Area

Capilano Bridge, lower granular trail east to Hardisty Dr. and 56 St.

PARKS HEALTHY, by nature

Edmonton ASSET MANAGEMENT AND PUBLIC WORKS

DOLA\_May2010.gsw

May 2010

## COME SING WITH US

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

Junior Choirs - Ages 6-12

Boys' & Girls' Choirs - Ages 11-15

Youth Choir - Ages 15-24

### AUDITIONS FOR NEXT SEASON BEGIN MAY 12

Contact us for more information about our choir programs

info@EdmontonYouthChoir.ca | www.EYCC.ab.ca

780-994-6539



EDMONTON  
Youth and Children's Choirs

## Holyrood Community League Contacts

|                                 |  |
|---------------------------------|--|
| President: Wendy                | president@holyroodleague.org   |
| Vice-President:                 | 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:                 | 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

## Spray Park Update

Bike bumps, bridges, boulders and spray are almost here!

Our project goes to tender in May anticipating that construction will begin in June and be completed over the summer months.

It's not too late to make a tax-deductible donation of \$25 or higher. Donations of \$100 and up will have their names publicly recognized on site once our project is complete.

Please contact Justine Leszczynski at 780.462.1513 or [secretary@holyroodleague.org](mailto:secretary@holyroodleague.org) to donate today!

## Rink Thank yous

A big thank you to Dennis MacDonald for all of his hard work making and maintaining the ice rink this year. His continued help with the ice keeps our neighborhood a skating destination!

Thank you goes to all the volunteer rink attendants as well: David Sands, Anders Cerezki-Riemer, Alex Lebinski and Ben Leszczynski.

All of you helped keep the rink shack open and kept the fun available. We look forward to seeing you all next winter!

## Holyrood Haul Away

Now is the time for Spring cleaning and getting rid of all that old stuff.

Wondering where to take that old sofa? Dreading the thought of hauling everything out to the dump?

We've got you covered. Save the date! June 13, 2015 from 12-5 we will have a large bin available in the hall parking lot. We will be taking all your spring cleaning refuse and getting rid of it for you. All you need is a Holyrood Community League membership (sold on site if needed) and a way to get it to the bin. We'll take it from there! (no hazardous waste or electronics please).

## 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.

## 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).

## 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 16, 2015**.

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.

## Casino Volunteers Needed!

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

## Community Potluck May 30, 5pm Join us!

## 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.

## Big Bin And Yard Sale Event

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

**Yard Sale Collection: Saturday June 13, 2015 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.**

May 2015

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

## Community ACTIVITES

### Community League Swim

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

### YOGA, DANCE and FITNESS Classes

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

Beginners to Intermediates Yoga:  
Every Monday from 7:30 PM to 9 PM

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

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

Chair Yoga:  
Every Thursday from 10:15 AM to 11:15 AM

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

Suitable for anyone with any of the following issues:

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

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

### 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.

### Ecstatic Dance

Ecstatic Dance with Angela on Sunday, May 17th 1:00-2:30 PM at the Idylwylde Community Hall  
Ecstatic Dance is designed to be a healing practice that allows us to express ourselves through authentic free-form movements with gentle guidance. Participants will be invited to explore playing with the 5 elements of earth, water, fire, air, and ether. Chakras, colours, power animals, breath work, meditation, and gentle yoga are also a part of the journey. This practice is currently open to adults of all levels of ability, but kindly communicate any health concerns or physical limitations with the instructor beforehand.  
Ecstatic Dance encourages us to love our bodies, have fun, and helps us to move in new and creative ways. Shall we dance?

Please bring a water bottle, a yoga mat and /or a blanket, comfortable clothes to move and sweat in, a journal and a pen.

This class requires registration. Please contact Angela at [angelaforlalonge@gmail.com](mailto:angelaforlalonge@gmail.com) to register or if you have any questions or health concerns. Space is limited so sign up early!

### 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.

## 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.

## KCL League Contacts

| Executive           |         |              |  |
|---------------------|---------|--------------|--|
| President           | Meghan  | 780-450-0534 | <a href="mailto:kenilworthmail@gmail.com">kenilworthmail@gmail.com</a>           |
| Vice President      | VACANT  |              |  |
| Secretary           | Jason   | 780-394-3902 |  |
| Treasurer           | 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:kenilworthrentals@gmail.com">kenilworthrentals@gmail.com</a>     |

### CONTACT US!

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

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

• Next Executive Meeting: Monday, May 13, 2015 @ 7 pm  
• Next General Meeting: Monday, June 8th, 2015 @ 7pm

### • Southeast Voice Newsletter Deadlines

Submissions for the June 2015 issue of the ***Southeast Voice*** is **due Thurs. May 14, 2015**. Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

## Hall Rental Rates

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

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

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

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

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

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

## New Volunteer Opportunities

**Publicity – open in March 2015.**  
**Please contact Martine at 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 at 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 at 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.

## Kenilworth Community League Adult Spring BBQ Saturday, May 9



Looking forward to seeing all our neighbours at the annual spring BBQ. Doors open at 5. Steak and shrimp supper at 6.

Tickets are \$20. Please call Dan at 780-469-2019.

## 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.

A huge thank you to volunteers for their help at the March 1 table and chair cleaning:

Rose Fuder  
Terri & Fernie Labonte  
Wayne Skorobohach  
Marty Perkins  
Terry Dyck  
Rita Kaplan  
Alma & Dan Kessel  
Betty Wilson  
Al & Liz Thomas  
Rob McDonald  
Pauline Skorobohach  
Meghan Abbott

## COMMUNITY BIN EVENT May 9, 9am to 4pm

Kenilworth Community Hall  
7104 87 Avenue

Bring your oversized junk for disposal!

Accepted: Household waste

Not Accepted:  
Hazardous waste like used motor oil or leftover paint  
Refrigeration equipment such as fridges, freezers, air conditioners or water coolers

The site will be manned until 4pm – please don't drop off anything afterward.

Disposal services (including items not permitted here) are also available at the City of Edmonton EcoStation, 5150 99 Street, from 9am until 6:30pm, Monday through Saturday.

This event is jointly sponsored by the City's Capital City Cleanup and the Kenilworth Community League.

Questions? Call Rob McDonald at 780 707 8204.

## 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!

## GARAGE SALE – WAVERLEY SCHOOL Saturday, May 23rd, 2015

9 am – 5 pm  
6825 – 89 Avenue

Please reserve your spot by May 15th.

Contact Mike at 587-988-7338 or email [waverleyparents@gmail.com](mailto:waverleyparents@gmail.com)

Waverley School Parent Council is holding a garage sale. We are looking for people who would like to rent tables from us to sell items. If you are just looking at doing some spring cleaning and would like to donate to our garage sales, we will gladly accept your contributions.

Donations may be dropped off at the school the week before the sale. Any large items can be dropped off at the school on the day before the garage sale on Friday the 22nd of May.

This sale is also open to vendors with small home based businesses. We can only accept one of each business, so please let us know ASAP to book your spot (PartyLite, Mary Kay, Tupperware, etc.).

The proceeds from the rental of tables, and the donation items, are to help pay for equipment that is needed for the school. A food truck will be on site selling mini doughnuts, snow cones, popcorn and drinks. Parent Council will also have a hotdog sale.

Tables are being rented at a cost of \$20 per table (the use of our table). If you bring your own table, the cost will be \$10 per table.

## Community Swim Times

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

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



## Bingo Volunteers Needed!

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



### Next Bingos:

**May 3, 2015 Sunday, 10:30am – 3:30pm**

**May 26, 2015 Tuesday 10:30am – 3:30pm**

**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.

## Ottewell Board

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

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

## ANNUAL GARAGE SALE

OTTEWELL UNITED CHURCH  
6611-93A AVENUE

THURSDAY, MAY 21, 2015

10:00 AM - 8 PM

FRIDAY, MAY 22, 2015

12 NOON - 5 PM

Miscellany, jewellery, plants, books.

## Ottewell Annual General Meeting

Please come out to the Ottewell Community League hall on Tuesday, June 2nd 2015 for the AGM. All Ottewell residents are encouraged to attend. Learn about what is happening in your community!

## 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

**OCLP Information and Registration Session will be at Ottewell Hall on Sunday May 31st from 2-4pm.** Registration forms will be available for next year and families can come meet the teacher too!

## 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.

## 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

## Silver Heights Dinner II

On May 24 at 18:00, one of Edmonton's top restaurants – The Red Ox Inn, right here in Strathearn – hosts the second Silver Heights Dinner with Proceeds from ticket sales going to support the construction of the new hall; tickets are \$200 each. Frank, owner of the Ox and also Canteen on 124 Street, promises to serve up a delicious three course meal, plus appetizers when you arrive and dessert to top it off. Each course comes with a wine pairing, selected specifically for this occasion.

The first Silver Heights Dinner we held on February 1, 2015 sold out, so don't wait! For tickets – Email [tix@strathearncommunityleague.org](mailto:tix@strathearncommunityleague.org), message us on Twitter (@strathearncl) or call Jason at 780 493-1630. We'll drop your tickets off to you directly, and we accept cash, cheque or credit card.



## Salisbury Greenhouse Fund Raiser

*Happy Spring!!!*

The snow has melted...time to start thinking about your plants, gardens & flowers again!!!

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

## Spray Park Opening

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

Spray Deck Opened on: approx. May 19

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!

## Upcoming Events:

*Wired Wednesday*

*May 6*

7:30 – 11:00

The Wired Cup, 9418 91 Street

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



### Dr. Gordon Lodwig

Ottewell Dental Clinic

New patients always welcome

780-465-0505  
6128 - 90 Ave.

# 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

# Community Yard Sale

Good day everyone, our yearly Community Yard Sale and Clean-Up happens on Saturday May 2, 12:00 - 15:00 at Silver Heights Park.  
Got something to sell? Bring it.  
Hungry? Enjoy a free BBQ.  
Got some “junk” you want to rid your home of? Bring it and fill our Big Bin.  
We also ask that you help in cleaning up our park, it’s for us all

As an added bonus, join us earlier at 11:00 for our 2015 Jane’s Walk.  
How has Strathearn managed to maintain pockets of unique shops and mixed use spaces, despite an exodus and decline of local neighbourhood based retail? From independently owned grocery stores to John Candy (yes, John Candy), what memorable stories come to mind when thinking about these commercial spaces in Strathearn? How will the future LRT expansion and the Strathearn Apartments redevelopment project impact existing commercial and mixed use spaces? Stuart Carlyle will explain all.  
See [Janeswalk.org](http://Janeswalk.org) for details.

# STRATHEARN



& Community Clean-Up!  
**Bring your stuff and sell it!!**  
**Clean up our park!**

**Jane’s Walk** (11am)

**Free BBQ!**

**Fill our big bin!**

**Strathearn Soccer Warm-Up!**

Saturday, May 2, 12:00 to 3:00  
Strathearn Hall, Silver Heights Park





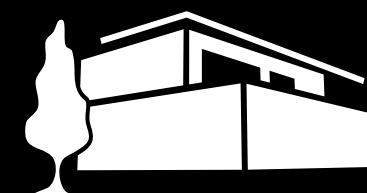
**Contact my office:**

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

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

[linda.duncan@parl.gc.ca](mailto:linda.duncan@parl.gc.ca) / [lindaduncanmp.ca](http://lindaduncanmp.ca)  
10049 81 Ave, Edmonton AB T6E 1W7  
780.495.8404





**ACKARD**  
contractors ltd.

renovations & new construction

we can deliver the results you'll love.

call today to book an initial consultation

**780.414.0686**  
[www.ackard.com](http://www.ackard.com)

## 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



## Parents as Role Models

Parents tend to be the strongest role models in their child's life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind,

respectful, and honest. If you choose to model those traits, your child is likely to follow suit.

As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too.

Here are some tips for being a good role model for your child:

**Communicate** - Talk to your child about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.

**Provide opportunities** - Find opportunities for your child to act as a role model for younger children. Ask if their school has such opportunities or seek them out in your community.

**Be aware of other influences** - Know your child's friends and their friends' parents. Be aware of what is being modeled in the homes that your child is visiting. Help them try to make sense of the lifestyles they see in advertising and on TV shows.

**Learn from mistakes** - Everybody makes mistakes; it is part of being human. If you do make a mistake, it is possible to talk to your child about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change. The important thing is to reassure them that you love them and that adult problems are not their fault. When something goes wrong, use it as an opportunity to discuss different choices.

The information above was compiled from the Alberta Health Services' Parent Information Series. For more information on role modeling and other topics for parents visit <http://www.albertahealthservices.ca/2434.asp>

## 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 'EpiPenJr' 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.



## This month's featured programs at the South East libraries

Idylwylde Library, 8310 88 Avenue, 780-496-1808  
Star Wars Day. Monday, May 4 at 10:30 and 6:30. The Force will be with the Library as we celebrate Star Wars and reading with stories and activities for the whole family. Wear a costume for even more fun!

Capilano Library, 201 Capilano Mall (5004 98 Avenue), 780-496-1802

iPad Fun! For Beginners. Fridays, May 1 and May 29 at 1:30 p.m. Is the iPad right for you? Want to try before you buy? Already have an iPad but not sure what to do next? Come to iPad Fun! for Beginners to learn more. From basic features and how-to tips to finding apps you'll love, we'll share what the iPad has to offer and answer your questions along the way. Bring your own iPad or try out one of ours at the session.

Navigating the Rivers of Grief – Bereavement Support Series. Tuesdays, May 5 – June 23 at 6:30 p.m. This seven-week support series is a structured support group that includes sharing, reviewing the grief process, understanding emotions and self-esteem needs, discussing transformation and answering the question "Where do I go from here?" Participants are asked to commit to the entire series and to be willing to discuss their own loss within the group setting. Call Michael Yankowski, the registered social worker listed with the Edmonton Healing Centre for Grief and Loss, at 780-454-1194 Extension 224 to register.

Your EPL card gives you access to thousands of FREE digital movies and music through our website. Hollywood classics, today's top movies and millions of songs can be streamed right to any device. See <http://www.epl.ca/awardwinners> for more details.

WENDY GRONNISTAD-DAMUR  
COMMUNITY LIBRARIAN , IDYLWYLDE  
BRANCH  
T: 780.496.1808 F: 780.496.7092 C: 780.217.3728  
[wgronnistad-damur@epl.ca](mailto:wgronnistad-damur@epl.ca)



# Call The Dunham Team Today

780 - 466 - 0418

**Greg  
Dunham**

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

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



**encore**



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



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



**Capilano:** 1100 sq.ft. Bungalow, 3+1 Bedrooms, 2 Bathrooms & Double garage