

SOUTHEAST VOICE

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

November 2015



Published by Calder Publications. For advertising please call 780-434-9732 or email info@communityleagueneews.com

EFCL Planning And Civic Engagement

Prepare for the MNO Review - attend an EFCL Workshop

Given the importance of the special Mature Neighbourhood Overlay regulations to over 100 mature neighbourhoods, EFCL is planning a workshop to help leagues prepare for the City's review of the overlay in early 2016.

If your neighbourhood was established pre 1972, your league is in a mature neighbourhood, and you are encouraged to have league representatives attend ONE of the workshops held from 6:30 pm to 9 pm on November 16, 18 and 24. Save the dates!

Important CCEC meeting

The upcoming Nov. 10 City Council Executive Committee meeting agenda items include: a) the Preservation of Private Trees, b) Integrating Drainage Plans into a Development Application Process, and the c) consultation plans for the Mature Neighbourhood Overlay Review.

You can write to Council about these topics or request to speak at the meeting. The meeting agenda and accompanying reports will be available Nov. 5 or 6 on the city website.

Have a say on row housing set-back development

The City is seeking input on proposed changes to the Zoning Bylaw regulations governing side set-back and amenity area requirements for row housing in RF3 Small Scale Infill Development Zones. Feedback is being accepted through an online survey that will be open until Oct. 20.

The proposed changes identify a number of areas where row housing developments in RF3 zones could be improved to help reduce the impact on adjacent properties and better integrate with the surrounding community.

The data and recommendations will go to the Executive Committee of Council in the first quarter of 2016. For more info, visit the city website.

Community Event - A Success to Greater Hardisty



We sure lucked out for weather! Thanks to everyone who came out; to the sponsors Celenese, Enbridge, Epcor, Imperial, SIA and Andy Verhagen of Re/Max; to Ronda and Heather for making the magic happen; and to the Dynamo Dog group for two great shows. Thank you to those who monitored the bouncy castles and helped out where needed: Brittany Giesbrecht, the Pomroy family, Murray Badger, Sharon Harker, Keithan Fisher, Sonni and Everett Gross. The Cub Scouts helped with Food Bank Donations & games: thank you Brody, Zach & Mark, Drake, Sierra, Sage, Amanda & Ben. Thanks to the Scouts who helped with Petting Zoo: Andrew M., Logan, and Andrew G. The Venturers helped with Clean-Up of Garbage & Recycle onsite: thank you Daniel & Reade. And a big thank you to Scout leaders Bruce, Heather & Christine! The membership table was made possible by Gavin, Karen, Amy, and Linda: thanks! The Young Life area director, Jorgen Jespersen was aided by Hillary Ames, Miriam Dewar, Paige Poitnikoff and Shauna Deleroca in distributing fun snacks and hot dogs. And thanks to anyone I missed, and to the community members that attended and made it a fun day.

Remembrance
Day,
November 11





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South East Community League Association

PO Box 38025 RPO Capilano Edmonton, AB T6A3Y6

www.secla.ca

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

Community Gardeners Mix & Mingle

Join the conversations at this informal session. Get the information you are looking for, from people who have experienced building a garden from start to finish.

Local community gardeners, COE and Sustainable Food Edmonton staff will be available to answer your questions on a variety of topics including:

- ☐ Get started
- ☐ Core Group Organization
- ☐ Volunteer & Time raising
- ☐ Funding/Grant Applications
- ☐ City Process
- ☐ Community Partnerships
- ☐ Community Engagement
- ☐ Safety Benefits from gardens
- ☐ Tour of the Sunshine Garden
- ☐ Composting

WHERE:
Fulton Place Community Hall
6115 Fulton Drive

WHEN:
Monday, November 30th
6:30 pm—8:00 pm

Light Refreshments served.

RSVP by November 26th to
rufaro.munetsi@edmonton.ca
or call 780 496 5857

The City of Edmonton, Sustainable Food Edmonton and the Fulton Place Sunshine Community Garden

What Is SEECCG?

SEECCG or Southeast Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionate and committed to nurturing young children in the community.

Did you know that in SE Edmonton, the 2014 Early Development Instrument (EDI) revealed that 76.4% of our kindergarten children were developing appropriately in terms of physical health and well-being while 10.9% were experiencing some difficulty, and 12.6% were experiencing great difficulty. For more information, visit our website at www.earlychildhoodedm.ca/southeast

UPCOMING EVENTS

1) FREE WORKSHOP – CHALLENGING BEHAVIORS OF YOUNG CHILDREN

Primrose Place Family Resource Center (6311 92Ave)
Wed, November 4th from 5:30 – 7:30pm. Dinner and Childcare Provided. For more information or to register please call 780-469-0663.

2) FREE WORKSHOP - FAMILY FINANCIAL SEMINAR

Primrose Place Family Resource Center (6311 92Ave)
Nov. 5 from 5:30 - 7:30pm Dinner and Childcare Provided.
For more information or to register please call 780-469-0663.

3) NATIONAL CHILD DAY - FRIDAY, NOVEMBER 20, 2015

National Child Day celebrates our most precious resource – our children! Come celebrate National Child Day at your local library branch by joining in some fun activities centered around the theme of “the right to learn” during the Library’s Passport to Play events!

10am – noon at Capilano Library
(5615, 200 Capilano Mall, 101 Ave)

11:30am - 1:00pm at Idylwylde Library
(8310 - 88 Ave)

3pm – 5pm at Old Strathcona Library
(8331 – 104 St NW)

** If your dayhome, preschool, or childcare center would like to attend the Passport to Play activities please contact your local library branch to give them a heads up so they can plan accordingly.*

4) FREE PRESCHOOLING EVENT – MONDAY, NOVEMBER 23 FROM 10am – 3pm

SEECCG is working together with Community Options to offer a FREE Prescreening Event. Families, dayhomes, childcare centers, preschools, etc. are invited to bring children ages 2 ½ – 5 to Fulton Place Community Hall (6115 Fulton Road) on Monday, November 23 from 10am – 3pm.

Community Options will have certified staff available to do screenings/assessments for children whose parent(s)/guardian(s) would like to check if their child’s development, speech, and language abilities are age appropriate. For more information contact your SEECCG (Jenny at 780-435-6328 or jenny.samm@outlook.com) or Catharine from Community Options at 780-482-7758.



South East Edmonton Early Childhood Community Coalition and Community Options are offering the following event:



Prescreening for Childhood Speech and Language and Developmental Concerns

Do you have questions or concerns about your child's Development, Communication or Speech and Language skills?

Can your Child:

- Be understood by others?
- Understand what is being asked?
- Answer questions? Follow directions?
- Speak clearly? Combine words?
(a typical 3 year old should be able to make 3-4 word sentences)
- Make eye contact and take turns?
- Hold a pencil or use scissors?
- Comply when a request is made?
- Sit at, participate in and attend to circle time?

If you have concerns in any of these areas, we can have our Certified staff screen your child's Speech and Language Skills and developmental abilities to let you know if further assessment is required.

Drop in Screenings for children ages 2 1/2— 5
November 23, 2015
10:00am—3:00pm
Fulton Place Community Hall
6115 Fulton Road



Community Preschool Education
Inclusive Learning Starts Here
Our team of professionals provide support in the community setting of your choice
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Growing Successfully TOGETHER
COMMUNITY OPTIONS & Society for Children and Families
780-435-1818
www.communityoptions.ab.ca



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Southwoods Village At Hazeldean



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

Building Features:

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

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

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League Contacts

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

Avonmore Hall Rental

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

Avonmore Playschool is

Accepting Registrations

Children ages 3-4

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

Classes start in September:

Mon, Wed, Fri

OR

Tues, Thurs, Fri

9am-11:30am

Contact Jamie Konrad by phone (leave a message) at 780-465-1941 or email at kjonrad@shaw.ca

This Year Check out the Avonmore Winter Shack!

This program will be held during the Holiday Season break -- check www.avonmore.org for exact dates. Hope to see you there!

Free Community Swim Times

Until July 2, 2016

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

Hardisty Pool: Sun 1:15-2:45pm

Commonwealth Pool: Sat 5-7pm

Book Club

- If you enjoy reading, this very popular book club would love to have you!
- Meets one Sunday every four to six weeks
- New members are welcome
- Call Anita for information at 780-462-4439
- Or email lunden@telusplanet.net

Parent & Tot

Avonmore Community Hall
(7902 Street -73 Avenue)

Parents of toddlers are invited every *Wednesday between 9:30 am-11:30am* to meet and chat, while the little ones play.

Community Members are free
Drop in fee-\$2 for non-members

For more information, please contact

Audz at audzaj@gmail.com

Get Your Avonmore Community League Membership

Volunteers spent the month of September door-knocking and selling community league memberships. Did we miss you? If you would like to purchase a 2015/2016 membership, please email memberships@avonmore.org or visit the Dairy Queen located at 76th Street & 76th Avenue to purchase a membership directly. Thanks for your support.

Introduction to Ashtanga Vinayasa Yoga - Free Class

Here's a great free class with a wonderful teacher to get your Yoga practice started the right way. Jennifer will answer all your questions, make sure you stay safe, and show you how to get the best results. Pull on some comfy clothes and bring a friend!

Tuesday October 27, 6 pm

King Edward Recreation Center

8008 81 Street

With Jennifer Bustin, Yoga Association of Alberta certified teacher

Call or text 780 707 3763 to reserve your spot!

Need A Babysitter? Or Looking For A Babysitting Job

Avonmore Community League is pleased to offer Our Babysitter Registry to help match community members with qualified babysitters.

For Parents Seeking Babysitters, email Cheryl at admin@avonmore.org and she can provide you with a list of teens seeking babysitting work.

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

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League Board

President	Brent	780 757-8550
Past President	Bill	780 469-5744
Vice President	Derek	780-919-5421
Treasurer	Michelle	780 466-1017
Secretary	Vacant	
Hall Rental	Kevin L.	780 966-6913
Grants/Planning	Dallas	780-707-7191
Casino Coordinator	Derek	780-919-5421
Memberships	Shawna	780 490-1931
Programs	Vacant	
Green Shack	Laura	780 982-9876
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Newsletter	Jill	780 469-0513
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Craig	780-469-7916
Webmaster	Michelle	780 466-1017
Social Media	Jean	780-863-0914
Capilano Playschool	Marzena	780-802-9307
Community Services	Lynn	780 496-5926
Ice Allocation	Kevin W.	780 461-4109
Hardisty Gymnastics	Shauna	780 484-3205

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

Choose Capilano Hall for Your Special Event

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

Capilano Community Memberships

Need a Capilano Community Membership?

Contact Shawna at 780-490-1931. As well, memberships are available at:
--Solis Wellness Clinic (5016 - 106 Ave, 780-488-1552); and
--TGP Your Gold Bar Grocer (5036 - 106 Ave, 780-469-2535).

Capilano Community League Babysitting Registry

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



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

Capilano Playschool runs morning and afternoon classes with a choice of 2 or 3 days a week and offers a Healthy Apple or a Christian program. Our teacher, who recently won a provincial Award of Excellence, is warm, positive, creative and very experienced in early learning and child development. The program follows a 'learn through play' philosophy. If you think your little one might be ready to start Playschool next year, we are offering a free trial class January 28, 2016 from 6-6:30 p.m. and then starting registration with an Open House from 6:30- 7:30 p.m. on the same night. We are located in Hardisty School (10534-62 street). For more information or to register your 3 or 4 year old check out www.capilanoplayschool.webs.com, find us on Facebook or call 780-802-9307.

Winter Green Shack coming to Capilano!

You may have noticed a Green Shack dropped off beside the playground at Capilano Community Park. That is because Capilano Community will be hosting the City's winter Green Shack program for one month this coming winter - probably February. During our month, a Green Shack leader will be on site 2 - 3 times per week for approximately 3 hours each time. The focus of the program will be on enjoying winter activities. Stay tuned for more information!

EPCOR's Sanitary Grit Residual Treatment Facility

We are planning to build a new standalone facility in the southeast corner of the Gold Bar Wastewater Treatment Plant. The new facility will accept and treat sanitary grit material collected from combined sewer sand traps and sanitary lift stations by the City of Edmonton. All of the planned work will take place within the plant's existing fenced boundary.

Please join us at our upcoming OPEN HOUSE for more information about the project. This will be an opportunity to provide feedback, ask questions and learn more about these plans.

WEDNESDAY, NOVEMBER 4, 2015

3:00 p.m. to 8:00 p.m.

Capilano Community Hall
10810-54 Street, Edmonton

EPCOR's Community Liaison Committee

We are looking for a member of the Capilano community to join our Community Liaison Committee (CLC). The CLC meets to discuss issues, programs and projects relating to the Gold Bar Wastewater Treatment Plant and helps EPCOR better understand community priorities related to wastewater service delivery. The time commitment is two evenings per year.

If you are interested in participating in the CLC, please contact Lindsay at lhumber@epcor.com or (780) 412-3390.

Capilano Community Rink Volunteers Needed

Capilano Community League is looking for fresh faces to help with the community rink.

We have a strong core of veteran members that have been looking after repairs, clean up, and preparations for the winter season over the last several years. We schedule meetings in the fall for preparation, general clean up and facility maintenance. We often have follow up tasks and may need help on an ad hoc basis throughout the winter. Are you or your children regular users of the facilities?

Consider getting involved to help maintain and improve the Capilano experience for now and for the future. For more information, contact Blake (780-466-7666) or Bill (780-469-5744).

Capilano Community Park Redevelopment – Update

We are pleased to announce that our project was recently awarded an Age Friendly Edmonton Innovation Fund grant of \$5,000 towards the purchase of adult outdoor exercise equipment. Fundraising continues in support of our Phase 2 project – a walking path, adult outdoor exercise equipment, a bike bumps course, and community sign. Thank you to the Capilano Community League (CCL) and the City of Edmonton for contributing to our project. The City's grants and the CCL funding, in combination with \$22,000 that has already been raised, puts us 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.



Photo: One of the pieces of outdoor exercise equipment that will be installed at Capilano Community Park.

SILENT AUCTION for Capilano Community Park

By the time you read this, our October 24 Silent Auction, in support of the Capilano Community Park Redevelopment Phase 2 project will have passed.

In the next issue of the Southeast Voice, there will be an update on how the event went – hopefully a success story! The committee has been preparing for weeks and has excitedly been gathering a lot of great items for the auction. A BIG thank you to the following local Capilano community artists who donated their beautiful artwork to our silent auction:

--Linda McBain Cuyler – fibre artist (<http://www.albertacraft.ab.ca/mcbain-cuyler/>)

--Keith Turnbull – sculptor (www.keithturnbull.ca)

Dozens of more individuals and businesses have been graciously donating items and services in support of our fundraiser. All of our generous donors will be listed in the next issue of the Southeast Voice as part of our update story.

Capilano Community Park Redevelopment – Be a Park Supporter!

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

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

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

-- Rob & Susan Dollevoet

-- Allan Yee

-- Morgan & Fallon Mitchell, Elite Integrity Services, Colm & Finn Cunningham, Adele & Ava Falkenberg, Rolinda & James Graham, Keith & Kathy Turnbull, Wince Family, Ada Schlender

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

Community Fun Day Thank You!

At the Greater Hardisty Community Fun Day on Saturday September 26 at Capilano Community Park, the weather cooperated beautifully and hundreds of residents from Capilano, Gold Bar, Forest Terrace Heights and Fulton Place enjoyed the festivities.

Thank you to Rhonda and Heather for their immense efforts in pulling together yet another wonderful Community League Day event – it wouldn't happen without you and all the volunteers who helped!

A big THANKS for financial support and displays to Strathcona Industrial Association, Celanese, EPCOR and Imperial Oil.

Thank you Membership Canvassers!

A BIG thank you goes out to all the individuals who canvassed for Capilano Community League Memberships during September. What a great way to help your community and meet your neighbours!

If you are looking for a membership and missed your canvasser please call Shawna at 780-490-1931. Solis Wellness Clinic and TGP Gold Bar Grocer also sell memberships. Family memberships are only \$20.00 and come with many benefits.

Free Community Christmas Dinner

WHEN: December 12, 2015

TIME: 5:00 p.m. – 6:30 p.m. (Dinner served at 5:00 p.m.)

WHERE: Hardisty School (10534-62 St.)

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

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

FREE Swim for Capilano Community Members

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

--Hardisty Fitness & Leisure Centre from 1:15 to 2:45 p.m. on Sundays

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

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

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

2nd Annual Artisan CRAFT SALE – December 5

WHEN: Saturday December 5, 2015

TIME: 10 a.m. – 3 p.m.

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

Come celebrate your local artisans from the greater Capilano community.

You may be surprised what creative genius may live down your street!

Visit with your neighbours over hot cider and cookies and get into the festive spirit.

Vendors will be showcasing: Jewelry, Vintage reclaimed furniture, Felt art, Handmade wood crafts, Christmas baking and much more!



Serenity Hair & Spa

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- Hair
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New customers welcome!

Managing Chronic Health Conditions

Live well and feel better

Do you live with a health conditions that requires ongoing management? These are called chronic health conditions and include things like diabetes, obesity, high blood pressure and even some cancers.

Approximately 30 per cent of Albertans report having at least one chronic health condition and for those over 65 years of age, that number more than doubles to over 75 per cent. It's projected that by 2031, one in five Albertans will be a senior which will increase the demand on our health care system to manage more chronic disease.

These stats highlight the importance of providing support and education around chronic disease management to Albertans across the province. Alberta Health Services (AHS) along with community partners and family doctors offer a wide range of resources to help those living with chronic conditions live a long, happy and healthy life.

Through the Alberta Healthy Living Program, AHS offers:

- disease specific and healthy lifestyle education classes
- supervised exercise programs
- self-management workshops, typically offered as the Better

Choices, Better Health® program which teaches people with a wide range of health conditions to take control of their own health and feel better.

The majority of the Alberta Healthy Living Program classes and resources are available free of charge and have been customized to meet local needs including targeted programming for diverse and vulnerable populations.

To find out the classes and resources offered in your community and those available online to help manage chronic conditions visit: <http://www.albertahealthservices.ca/10356.asp>. More information on chronic disease management is also available on www.myhealth.alberta.ca or by calling Health Link at 811.

Think before you drink

Protect against tooth erosion

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

Teenagers can be particularly prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene.

Because tooth erosion cannot be reversed, prevention is important:

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

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

Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from Canada's Food Guide at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.
- Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information about healthy snacking, please visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf> healthservices.ca/2914.asp

Playing outside fuels a child's curiosity

For generations, parents have been telling their children to “go outside and play.” It's good advice: playing outside is a big part of healthy childhood development. And it's fun.

“Children are eager to understand how the world works and they do this through play,” says Laura Crawford, provincial lead for Play and Physical Literacy for the Early Years at Alberta Health Services. “Outdoor play fuels curiosity, problem solving and social skills.”

Young kids, from toddlers to six years old, discover all kinds of new things while they're climbing, swinging, running or riding their bikes. Playing outside helps them develop basic movement skills. And as they master the monkey bars, they're also building self-confidence.

Children need lots of play time. “From ages one to four, children need at least three hours of activity over the course of the day,” Crawford says. “Children five and older need at least one hour of moderate to vigorous physical activity every day.”

Some of that play can be structured and led by an adult so children can learn how to do a new skill or activity. “Structured activities are things such as going to the park and kicking a ball, throwing a ball, playing soccer or learning to swim or ride a bike.”

But it's also important for children to have plenty of unstructured play, such as running around or using their imagination to invent brand new games and activities. Crawford suggests allowing most play to be unstructured.

As a parent, you can watch, wait and listen as your child plays. Watch to see what your child is interested in and what he may be struggling with. Wait to see how you can offer support, but give him time to practise and see if he can figure it out on his own. Finally, listen to him describe his game or suggest how you can play along or help. Follow his lead.

— reprinted from *Apple magazine*

Cloverdale Community League Contact Information

Board of Directors

President	Reg	marmich@telusplanet.net
Vice President	Bonnie	blpowers@telus.net
Past President	Susan	yakulic@telus.net
Civics Director	Sebastian	
Folk Festival Liaison	Tony	thilhorst@shaw.ca
Director		
Treasurer	Sandy	sfleming@gmail.com
Secretary	Karen	kpmcfarlane@shaw.ca
Program/Social Director	Bob	daszuke@gmail.com
Communications Director	Shandra	cloverdalechronicle@gmail.com

Standing Committees

Casino Committee	Bev and Shane	beverlyjoanbennett@gmail.com
Edmonton Ski Club Liaison		
Committee Chair	Bruce	bbrandell@epcor.ca
CCL Membership	Janet	janmhardy@gmail.com
Community Garden Chair	Shelley	shelleybrett1805@gmail.com
Flood Mitigation Chair	Eric	ejlobay@gmail.com
LRT Committee Co-chair	Paul	pbunner55@gmail.com

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



Have you considered renting the Cloverdale Hall?

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

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

Cloverdale Community Garden Update

The first planting season proved to be a great success. Twenty individual garden plots produced everything from tomatoes, peas, beans, different varieties of salad greens and much more. Members pitched in to care for a large potato plot that produced 65 kgs for the Edmonton Food Bank.

A new compost centre was erected and is being well used by the gardeners and other members of the community. By mid-summer the garden was equipped with a bench and two picnic tables for all to enjoy.

Over the Thanksgiving weekend some of the gardeners grouped together to clean up and put the garden to bed until next spring. All agreed that this project was a great community building activity and are looking forward to participating again next year.

Community Programs

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

Hatha Yoga – Tuesdays, 7:30 – 8:30 pm

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

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

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

Bring your mat or sit in a chair, and join your fellow community members in an hour of self-re-creation to balance and strengthen your body, calm your mind and enrich your spirit. You will limber up and gain a greater sense of well-being. Come have fun and bring a friend! Everyone welcome. No prior yoga experience necessary to enjoy this class. Variations to suit everybody's need will be gladly accommodated. Get to know neighbours and get healthy at the same time.

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

Zumba - Thursdays, 7 – 8 pm

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

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

Cloverdale Community League Urban Poling/Nordic walking sessions

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

When: Wednesdays

Time: 11am-noon

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

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

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

Ping Pong

Ping Pong will start on October 28 and continue every Wednesday at 7pm. All ages welcome.

Indoor Playgroup

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

Drawing Workshops

Offered by Karen McFarlane, B.A., B.Ed. (art), Art Diploma
Cloverdale Community Hall

Friday, November 6, 7:00-10:00 p.m.

Saturday, November 7, 9:00-noon

Saturday, November 7, 1:00-4:00 p.m.

Free for League members. \$10.00 per session or \$25.00 for all three for non-league members. All levels of ability and experience are welcome.

Come to one session or all three.

Session One will be about line and shading.

Session Two will be about negative space and composition.

Session Three will be about perspective.

We will do some work outside, weather permitting.

Supplies: at least three drawing pencils, HB, 3B, and 6B (whatever others you have), a good eraser, a sketchpad (the cheaper the better for learning and I'll have some newsprint for everybody). Reference book: Drawing on the Right side of the Brain, by Betty Edwards (not necessary to buy) If there is enough interest, we could start an art club that meets once a week for the rest of the winter.

Please register by replying to Karen at kpmcfarlane@shaw.ca.

League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Nicole		Secretary@forestterrace.org
Treasurer			Treasurer@forestterrace.org
Hall Rental	Molly	466-0585	Molly@forestterrace.org
Maintenance	Justin	485-6099	Maintenance@forestterrace.org
Maintenance	Mike		Maintenance@forestterrace.org
Programs	Sharon	466-8460	Programs@forestterrace.org
Rink	Chris	469-3241	Rink@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Seniors	Connie	462-1442	Seniors@forestterrace.org
SECLA Rep	Connie	462-1442	Secia@forestterrace.org
Soccer	Michael	887-3158	Soccer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Website	Tyler		Web@forestterrace.org
Sign	Angela/Daniel		Signs@forestterrace.org
News Editor	Liz		Newsletter@forestterrace.org
Volunteers	Alanna	465-1976	Volunteers@forestterrace.org
Events	Yvonne		Events@forestterrace.org
Safety	Lyndsey		Safety@forestterrace.org
Civics	Angela	885-9529	Civics@forestterrace.org

Meetings- 7pm 1st Tues, Monthly

Hall Rentals

Consider the Forest Terrace Heights Community League for your family, social and business functions. It is a great location for special events. Book now for your Christmas parties. The league seats up to 65 people. For prices or to view or book the hall, call Molly at 780.466.0585 or email Molly@forestterrace.org.

Memberships

New 2015/16 memberships are now available for purchase. (Memberships expired at the end of August.)

Memberships can be purchased conveniently at www.efcl.org (for a \$5 surcharge) or at: Shaheen's Bakery on 79St & 101Ave, Growers Direct Florist on 101 Ave & 70St. and SEESA at 9350 - 82 St.

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

History Project

Forest Terrace Heights is interested in gathering some history of our neighbourhoods through old photographs, etc. If you have photos of Forest Heights or Terrace Heights that you would like to share, or you are interested in volunteering for such a project, contact Connie@forestterrace.org.



Freezer Meal Workshop

Busy weeknights call for make-ahead convenience. With a freezer full of meals, you will be able to simply pull out a meal, heat it and serve it in a snap! No more last-minute drive throughs to fast-food joints...you can proudly provide your family with healthy & homemade meals -- even on those busy nights!

Spend an afternoon at a workshop and walk away with 7-10 freezer meals that will serve 4-6 adults each. All the cooking utensils and tools are provided at the workshop and what's more---you get to walk away from the mess. No cleanup required!

When: Saturday, November 28th, 1-4pm

Registration deadline: November 13th

Contact: Diane @ 780.466.9045 or damom23kids@gmail.com



Babysitting Registry

Are you a certified sitter looking to make some money? From time to time we are in need of certified sitters to work at community league events.

Are you a Community League Member in search of a local sitter? We can connect you with a qualified sitter from our registry.

For more information call 780.485.6099 or email babysitting@forestterrace.org.



Pilates on the Ball - Drop-In

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

Drop-in Cost: \$7

Contact Kelly at 780.465.5611 for more info.

Thank you Servus Credit Union

We would like to thank Servus Credit Union for graciously volunteering their time to come speak at the October Social about saving money and retirement planning. Unfortunately, due to poor turnout for the social, the event did not go ahead. If you could not make it to the October Social but are still interested in this subject, please let us know by emailing Connie@forestterrace.org and with enough interest we will set up another Financial Workshop.

Join the NEW Planning Committee

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

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

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

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

Sattva Yoga, Drop-In

In this class, we attempt to bring wholeness and balance to the body via breathing techniques and short meditation. This class is perfect for beginners as well as advanced practitioners. *Please bring your own yoga mat.

When: Thursday @ 6-7:15pm
Drop-in Cost: \$12 (\$10 for community league members of any league)
Dates: November 12 to December 17
Contact: Linda @ Turnbull.linda@gmail.com.
Where: FTHCL

Restorative Yoga, Drop-In

In this class, we attempt to restore the physical body with hatha yoga postures and breathing. *Please bring your own yoga mat and any props you may find useful.

When: Thursday @ 7:30-8:30pm
Drop-in Cost: \$12 (\$10 for community league members of any league)
Dates: November 12 to December 17
Contact: Linda @ Turnbull.linda@gmail.com.
Where: FTHCL

Zumba! (ages 13+)

Dance to great music and burn calories at the same time! All fitness & experience levels are welcome. Bring your sneakers, water bottle, a friend and get ready to break a sweat with a smile on your face. This class is open to all league members, including those from other communities. See you on the dance floor!

When: Wednesdays @ 7 - 8pm
Drop-in Cost: \$12 (\$10 for community league members of any league)
Dates: runs until November 18th
Contact: Allison at moore4movement@gmail.com or 780.554.0958.

Free League Member Swim

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

Saturdays: Commonwealth @ 5-7pm
Sundays: Hardisty Fitness Center @ 1:15-2:45pm and Bonnie Doon Leisure Centre @ 4:15-5:45pm.

UPCOMING...

November 11th | 7pm | Craft Night
November 11th | 1-4pm | Mommy and Me Meals (Registration required)
November 20th | 6pm | Games Night
November 21st | 1pm | FTH Social (Infill Conversation)
November 28th | 1-4pm | Freezer Meal Workshop (Registration required)
November 24th | 6:30pm | Mature Neighborhood Overlay Workshop



Volunteer Opportunities

Rink Volunteer - Thursday Early Dismissal -

We are looking for a responsible person to open & supervise the rink shack on Thursdays from December - March from 1:45- 4pm. This is a great opportunity to meet people and get some fresh air and exercise. Bring your kids along! Email: rink@forestterrace.org.

Marketing/Communications -

We are looking for someone to join our team to help with social media, event promotions, etc. Email: volunteers@forestterrace.org

Newsletter Editor -

This person collects information from the board and social media regarding current and upcoming community issues and events and writes relevant articles for the community's monthly E-news publication as well as submits articles to the Southeast Voice 10 times a year. Training will be provided for this position. Email: newsletter@forestterrace.org if you are interested.

NEW Perk for Community League Members

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

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

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

Mommy and Me Meals

Wednesday November 11th, 1:00-4:00pm @ FTH Hall

Here is a chance to spend a little extra quality time with your son or daughter. At this workshop you and your mini prep chefs will put together 7 meals, using quality child-friendly Pampered Chef tools.

* If you are in need of child care for the youngest of the family, let us know as we can provide (for hire) some wonderful sitters that will stay onsite with your child.

For more info contact Diane @ 780.466.9045 or damom23kids@gmail.com.

Low Impact Fitness Class - NEW!

Check out our new low-impact fitness class. The focus is on flexibility, mobility and core strength. Great for seniors but also for other adults of all ages and fitness levels. Whether you are getting back into exercising (perhaps after pregnancy or injury) or just prefer a low-impact class, this might be for you! \$5 per class, drop-in. Tuesdays 9:30 to 10:30 am at the hall. Classes run until Dec.1st. Contact Molly (780) 466-0585 or Molly@forestterrace.org.



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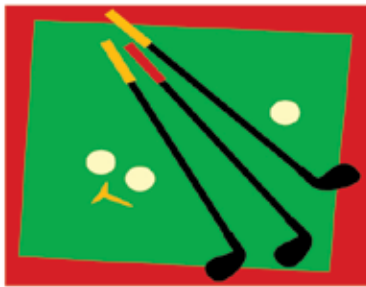
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SAT. NOVEMBER 21st 1-4pm

Forest Terrace Heights Hall

10150 - 80 Street



This month's event is all about **INFILL**.

Whether you *dream of building infill, live next to infill, or have been through the experience* we have assembled a group of knowledgeable guests for some great discussion.



Community representatives: What should I expect if I am living next to infill? Who should I contact regarding property damage, unsafe construction practices, or nuisance? How is the city improving the infill experience? *City of Edmonton infill guides will be available for pickup. MLA Marlin Schmidt will be attending and Councillor Ben Henderson plans to attend after another engagement.



Realtor: Renovate or rebuild? How much is a teardown worth? How about the new duplexes? Narrow-lot homes? Single detached homes?

Mortgage specialist: What's special about construction loans?

Architect: What are the bylaws governing how high or how wide a new home can be? What is the Mature Neighbourhood Overlay and why does it matter?

Builders: Build process? Costs? Sustainable building? Good neighbour practices?



Community Librarian: Which books are available regarding home design, landscaping, home renovations, modifications for aging in my home, urban design (why infill at all?) What about the new Capilano library?

and of course **Residents:** What are *your* experiences and *what* would you like to see?

Come out and join the infill conversation!

FREE REFRESHMENTS and CHILDCARE. Please pre-book childcare. Limited capacity. RSVP at infilltalk.eventbrite.ca or contact civics@forestterrace.org / (780) 885-9529

Seniors Appreciation Tea



Join us at the hall on
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Marlin Schmidt, MLA
Edmonton-Gold Bar

Edmonton-Gold Bar Constituency Office:

7510 82 Avenue

Edmonton, AB T6C 0X9

Email: edmonton.goldbar@assembly.ab.ca

Phone: 780-414-1015

Fax: 780-414-1017



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Youth head injuries during sport and recreation

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

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


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

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

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

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

For more information on concussions go to www.myhealth.alberta.ca.



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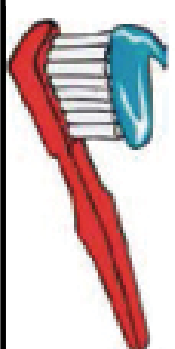
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Community League Wellness Program

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

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

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

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

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

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

Ring in endorsement for new 811 Health Link phone number

More Albertans using 811 than the old number. Just weeks after the launch of Health Link's new 811 phone number, more Albertans are dialling 811 for health information and advice. Call statistics show just two weeks after the number was announced, 66 per cent of callers were using the number in place of the old 10 digit numbers. Health Link is Alberta Health Services' free, 24/7 health information and advice line. This province-wide service helps callers by providing at-home treatment options and information on the most appropriate health care services.. 811 replaces the existing local numbers in Calgary and Edmonton as well as the provincewide toll-free number. The old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department. For more information visit www.MyHealth.Alberta.ca/811.

Get immunized, before influenza arrives

It happens every year: influenza arrives in Alberta. The good news is, influenza vaccine gets here first. All Albertans are encouraged to take advantage and get immunized before influenza arrives.

Caused by a virus that attacks the respiratory system, influenza can be a serious illness and is easily spread from person to person. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization this fall, even healthy Albertans are without protection against this illness.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program begins Oct. 20, offering influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, this season, get protected, not infected.

For more info, including local clinic schedules, visit www.albertahealthservices.ca/influenza, or call Health Link Alberta at 1-866-408-5465.



Be wise at the wheel

During the winter, it's easy to blame vehicular collisions on snow, ice and poor visibility. Rarely do drivers point the finger at themselves. Yet, the truth is, no matter how skilled drivers are, winter or summer, road safety depends largely on their driving attitude. "A lot of people don't think they are part of the problem. They like to blame it on the other guy or the weather," says Sharon Richards of Alberta Motor Association Driver Education. These tips can help drivers make the right decisions on the road.

Stop tailgating

In 2009 in Alberta, driving too close was the number one reason for crashes involving a death or serious injury. Many drivers may feel they are keeping a safe distance when they're not. "The rule we recommend is one car length for every 10 kilometres per hour of speed," says Rick Gardner, acting director/deputy chief of the Alberta Sheriff Highway Patrol. In icy winter condition the distance needs to be two to three times more.

Slow down

When we get behind the wheel of a car, strangely every minute seems to count and we recklessly disobey speed limits just to get to our destination one minute earlier.

The risks of speeding increase during the winter as ice and snow drastically reduce the ability of tires to grip the road. "On icy roads, everything your car does should be slower," says Gardner. "If you try to change lanes too quickly on black ice, or make any quick adjustments, you will lose control."

Plan your route

Before leaving on a trip during the winter, plan your route and give yourself lots of time to reach your destination. Alberta's 511 telephone information line and website have the latest reports and conditions across the province. You can also check AMA Road Reports, at AMARoadReports.ca.

— reprinted from *Apple magazine*



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 8:00pm.

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.

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



Join Your Fulton Place Community League!

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

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

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

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

Email our Membership Director at memberships@fultonplace.org for more information.

FULTON PLACE COMMUNITY LEAGUE ANNUAL GENERAL MEETING

November 16, 2015 7:30 pm at Fulton Hall.

Residents of Fulton Place are invited to attend our AGM on November 16, 2015 at 7:30pm. Light refreshments will be served. All league members are encouraged and welcome to attend.

Parent & Tot Playgroup

Parents and Tots (5 yrs and under), are invited out to Fulton Hall on Friday mornings from 9-11am. Bring a sharable snack and \$2.00/family to cover the cost of refreshments. For more info contact **Stacey at 780- 465-9545.**

ON BEHALF OF FULTON PLACE, WE THANK YOU...

The Fulton Place community would like to give a huge thank you once again to **Rhonda** and **Heather** for their efforts in bringing together yet another successful Community League Day for us and our neighboring communities.

We would also like to thank our many neighborhood sponsors for their help and financial support- Imperial, Celanese, EPCOR, Enbridge, the Strathcona Industry association and the personal donations from our community friends.



Gold Bar

4620 - 105 Avenue
goldbarcl.com

GOLD BAR EXECUTIVE

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

Finances and Fundraising:

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

Communications & Programing:

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

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

Hall rentals: hallrentals@goldbarcl.com

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

Upcoming Bingo Dates

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

Fort Road Bingo

Wednesday, Feb.3, 2016 - Afternoon & evening

Parkway Bingo Dates

Saturday, November 14 - Evening & Late Nite

Sunday, December 6 - Evening & Late Nite

Tuesday, January 5, 2016 - Evening & Late Nite

Saturday, January 23, 2016 - Afternoon

Gold Bar Communications

To submit an item to the December/January SEV in the
Gold Bar section, email SondiAmber@gmail.com or
call SONDI at 780-468-2237 by November 22.

The Scouts Thank You

The 70th Gold Bar Scout Group would like to thank all the residents of Gold Bar, Fulton Place and Capilano Communities who generously donated to their Bottle Drive. It was very successful once again. The Scout Group this year consists of: Beavers - 23; Cubs - 14; Scouts - 4; and Venturers - 6, along with 16 Leaders for all Sections.

Come and Enjoy a FREE Hot Beverage!

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



Hall Report

Exciting! With the Gold Bar hall renovations nearing completion the facility will soon be available for bookings. The Hall Manager will be hosting regular office hours to provide tours to potential renters and anyone who may like a look around the building.

Thursday, Oct 8 and 22 7pm to 9pm
Friday, Oct 9 and 23 9am to noon

The typical pattern will be every second Thursday and Friday with evening hours on the Thursday and daytime hours on the Friday. Other times can be arranged by contacting the hall manager, Garth at hallrentals@goldbarcl.com

FREE Winter Green Shack Community Drop-In Program

Come out and support the Winter Green Shack at Gold Bar Community Playground. The great attendance we had last year brought the program back to our park again. It's free, it's fun and a great way to spend time in the winter. Check out the ad in this section (page 19) for details.

Babysitting Registry



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

CL MEMBERSHIPS

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

Free Swim Update

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



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EDMONTON

Green Shack Program

FREE Community Drop-In Recreation Program

Your favorite summer program is now being offered year round!

Join in games, sports, crafts, nature activities, drama, cooking and more! Children ages 6 – 12 are welcome. Children under the age of 6 must be supervised by a parent or guardian at all times.

Families are welcome to participate.

Location: Goldbar Park, 4620 105 avenue

Program begins December 7th 2015 **and ends** January 2nd, 2016

Weekdays: Monday & Wednesday

Time: 4:00pm – 7:00pm

Weekend: Saturday

Time: 1:00pm – 5:00pm

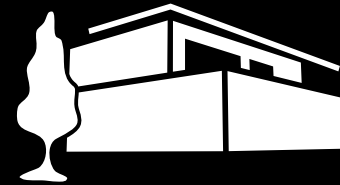
This program will focus on: Winter

*Please ensure that your child comes dressed for the weather

Find all community drop-in programs at edmonton.ca/dropincommunityprograms or call 311.



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780-495-8404

linda.duncan.c1@parl.gc.ca

**10049 81 Avenue
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www.LindaDuncanMP.ca

[LindaDuncanMP](https://www.facebook.com/LindaDuncanMP)



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Childhood Immunizations

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

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

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

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

Visit ImmunizeAlberta.ca today.

Get walking. Stay safe.

Ther school year brings opportunity for families to begin walking to school. Walking has so many benefits—it promotes physical activity, prepares brains for learning and increases children's familiarity with their community and neighbours.

Walking with your child and negotiating neighbourhood streets with them provides an opportunity to develop traffic safety awareness and to practice safe pedestrian behaviours. Even better, it's a great way to have quality time with your child before they start their day.

Even if you live far from your school you can still give your child the walking experience by parking five to ten minutes away from the school.

Did you know 26 judgment skills are required to cross a street safely and that many of these skills have not fully developed in a young child? For example, they may think that a car can stop instantly or if they can see a car the driver can see them. They are often distracted and may underestimate dangerous situations. Most children need supervision to walk to school until they are at least nine years old.

Important pedestrian safety tips to model for your child are:
Cross at marked intersections or crosswalks.

Look left, look right and look left again before stepping out onto the street.
Wait until the road is clear.
Always walk on the sidewalk.

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development.

It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit: www.alberta-healthservices.ca/4938.asp

Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and

Teen Driver Safety

rear-view mirrors before driving. Remind your teen to buckle up, no matter how short the drive. It is the law. Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving. Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and

be respectful of other drivers and pedestrians on the road.

2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.

3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and start a conversation with your teen about it.

4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.

Stay on your feet and stay active

November is Seniors' Falls Prevention Month

Let's face it; falls can happen to anyone at any time but the reality is that as we get older our risks of falling are greater. The statistics paint an alarming picture; one in three Alberta seniors will fall every year. Not only are falls the leading cause of serious injuries in older adults they also result in reduced mobility as fears can increase over getting up and moving around.

While staying in one place may reduce the risk of falling, it also negatively affects your quality of life. That's why the theme for this year's Senior's Fall Prevention month is Keep Balance – Increase Your Strength and Balance.

"We're asking seniors to help reduce their risk of falls by participating in the "Seniors' Keep Active Challenge", says Jodie Breadner, Clinical Coordinator, Falls Risk Management Program, Calgary. "People can participate by themselves, with friends or through fitness classes. It's as simple as signing up through UWalk on the Finding Balance website, then counting and recording steps or minutes of physical activity from November 1 – 30."

While Fall Prevention Month is geared to seniors, it's a good opportunity to remind all Albertans about the risk of falling. As temperatures drop, the risk of snow and ice increases. Every year, thousands of Albertans are hurt falling on icy roads and walkways.

Injury prevention experts say the best way to avoid falls on ice and snow is to waddle like a penguin.

-Stay low
-Feet pointed out
-Walk flat footed
-Use your arms for balance

It's not the fastest or most graceful way to walk, but it will help keep you on your feet. Learn more about walking on slippery sidewalks at <http://www.albertahealthservices.ca/10958.asp>.

Children with Food Allergies



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

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

Severe allergic reactions (anaphylaxis) to food can be life threatening and occur quickly and without warning. These reactions can be treated with an epinephrine auto injector; an EpiPen®. The only way to prevent allergic reactions is to avoid contact with the foods or ingredients that cause them. As many children have food allergies, the majority of schools have adopted guidelines to help keep all students safe. Some of these guidelines may include:

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

Food allergies are a serious medical condition, not a choice. Help prevent exposure to allergens by following your school's guidelines for food allergies. Take time to explain food allergies to your child and encourage them to learn about allergies that their classmates may have. If you are unsure of what to do, talk to the other child's parents or teacher. Students, parents, teachers and other staff all have an important role in keeping students safe, healthy and happy.

Holyrood Community League Contacts

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

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

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

HCL PROGRAMS

Yoga - All levels welcome!

Mondays, November 9th - December 14th
Holyrood Community Hall, 7 - 8:15 pm
Cost: \$70 for 7 classes or \$12 drop-in.
Contact Lyle Cott: dog08@shaw.ca



Barre

Fusing elements of ballet, Pilates and strength, you are guaranteed to get your heart rate up and build muscular strength and endurance. All ages and levels are more than welcome and no previous dance experience is necessary!

Saturdays, October 31st - December 5th

Early class: 8:15 - 9:15 am

Late class: 9:30 - 10:30 am

Contact Jeanette: jeanette@fitcommunity.ca

Parent and Tot Playgroup

Parents and caregivers of children (0-5 years) are invited to come and socialize while the little ones play. A great way to meet families in our neighbourhood!

Tuesdays, 9 - 11am

Cost: free (must have a current EFCL membership)

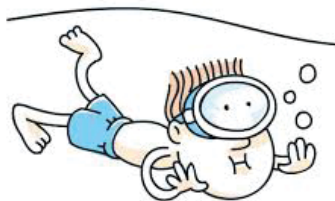
Contact Jessica: playgroup@holyroodleague.org

Community Free Swim

Bring your current Holyrood membership to Bonnie Doon Pool for free community swim times.

Saturdays, 6 - 7pm

Sundays, 4:15 - 5:45 pm



Welcome to our neighbourhood!

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

We would like the opportunity to welcome all newcomers to our great community! If you know of any recent arrivals, or are one yourself, please contact Jennifer, our Memberships Director at memberships@holyroodleague.org.

We'd be happy to deliver a *complimentary Holyrood Community League membership*, along with information about the programs and activities happening in our neighbourhood.

If you have an existing 2014-15 Community League Membership, please remember that they expired on August 31, 2015.

Greenspace Update:

There has been lots of excitement watching the Naturalized Play Area being installed. We've been letting the newly installed sod have a chance to sink in. Fences are scheduled to be removed October 26th so that the bike bumps, boulders and bridges can be enjoyed this fall. With the Spring will come Spray in Holyrood!

Coats for Kids and Families

We're participating in the annual 2015 Coats for Kids and Families initiative this year, watch Facebook and our website for drop-off information coming in the next week!



We Need Soccer Co-ordinators!

We're looking for new soccer co-ordinators to take on the Holyrood community soccer program!

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

If you're interested, contact us at secretary@holyroodleague.org for more information.

Treasurer Position:

Are you good with numbers and interested in contributing to your Community? Our Current Treasurer's term will be finished her term in April 2016 and is not standing for re-election. Please contact Darcie at Treasurer@holyroodleague.org if you are interested in starting to shadow the position to make a Spring transition that much easier.

Community League Contacts

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

Cheery Tomato Community Garden



This has been the garden's first year growing together as a group, instead of smaller individual gardens and the change has been a good one.

Another great change - an upgraded watering system (no more bucketing!), along with a schedule of waterers to keep the garden going during dry times.

2016 Garden Season:

The garden is currently planning to double the number of beds, when there are enough gardeners to make this happen. If you would like to join Idylwylde's Cheery Tomato Community Garden, please contact Christine @ gardenidylwylde@gmail.com.

We invite all people interested - young or elderly, families, apartment dwellers and anyone who wants to grow fresh organic vegetables.

"Growing together for a greener tomorrow,"

The Cheery Tomato Gardeners

Dermott District Park

Changes are coming to Dermott District Park on the southeast corner of 90 Avenue and 83 Street.

If you would still like to provide input regarding the play space elements in the park please see the online survey at:
www.edmonton.ca/dermottdistrictpark

Parents & Tots Group

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

Community League Swim

From September 12 to July 2 (Check ICL bulletin board for summer schedule) Saturdays 6:00-7:00 pm and Sundays 4:15-5:45 pm at the Bonnie Doon Leisure Centre Pool, 8648-81 St NW.

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

Fall into Fitness Class

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

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

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

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

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

Yoga Calendar

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

Beginners to Intermediates Yoga

Beginners to Intermediates Yoga: From October 19 to December 14 & From January 11 to April 4

Every Monday from 7:30 PM to 9:00 PM

Yoga classes will be taught in the Himalayan Tradition of Yoga. A gentle form of Hatha Yoga for the posture (Asana) work. Classes will include learning to work with one's breath and energy (pranayama), a few minute meditation, a lot of stretching, joints and glands work (H.T.) and a 10 to 15 minute relaxation (Savasana) at the end of each class.

Chair Yoga

From October 15 to December 17 & From January 14 to March 17 Every Thursday from 10:15 AM to 11:15 AM

A very gentle form of yoga which is done on a chair! Suitable for anyone with any of the following issues:

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

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



KCL League Contacts

Executive			
President	Meghan	780-450-0534	president@kenilworthcommunity.com
Vice President	VACANT		
Secretary	Jason	780-394-3902	
Treasurer	Colleen	780-469-7661	
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Memberships	Barb	780-466-2360	
Adult Programs	VACANT		
Children's Prog.	VACANT		
Summer Programs	VACANT		
Capital Projects	VACANT		
Grant Applications	VACANT		
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Rob	780-707-8204	
Publicity/Website	Martine	780-466-9444	kenilworthpublicity@gmail.com
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Ladies Aux.	Florence	780-469-6437	
Ladies Aux.	Jean	780-469-4669	
Neighbourhood Watch	Gladys	780-466-1688	
Playschool	Janna	780-757-9414	
Toddler Time	Angela		angela.feehan@gmail.com
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

CONTACT US!

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

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

• **Next General Meeting: Monday, Nov. 9 @ 7pm**

• Next Executive Meeting: Monday, December 14 @ 7pm

• Southeast Voice Newsletter Deadlines

Submissions for the Dec/Jan issue of the **Southeast Voice** are **due Thursday, Nov. 19, 2015**. Please send all announcements to Martine 466-9444 as early as possible. No phone calls after 8 pm. please.

Hall Rental Rates

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

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

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

Please ask the Rental Manager for more details.

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

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

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

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

New Volunteer Opportunities



Publicity – currently open. Please contact Martine @780-466-9444 for details.

Buildings & Grounds – paid position.

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

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

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary community league membership.

This is a great way to meet community residents and contribute to your community.

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

Toddler Time is back!

Toddler Time runs every second Wednesday. Come out and visit with other parents while your young one plays.

Time: 9:30 am – 11:30 am

October dates: October 7th, October 21st

November Dates: November 4th, November 18th

December dates: December 2nd, December 16th

Contact Angela with any questions: angela.feehan@gmail.com

Annual Sleigh Ride and Chili Supper

Friday, November 27

Kenilworth community Hall

7104 – 87 Avenue

5:30 – 7:30 P.M.

FREE Event with a Food Bank Donation

Enjoy Chili Supper, Hotdogs
Christmas music, Sleigh Rides
Christmas Crafts
Snowshoeing

Fun for the whole family!



Babysitting Registry

If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry.

Call Martine at 780-466-9444 to register your name or if you are looking for a babysitter in the area for evenings or weekends.

Babysitting



Rink Attendants Required For Winter Season

Must be 18 years old or older. First Aid is mandatory. Kenilworth will provide registration to take the course. To apply for this paid position \$13/hr, please call Meghan @ 780-450-0534, or email president@kenilworthcommunity.com.



Ice Rink Manager Volunteer Needed

Kenilworth requires a volunteer for the position of Ice Rink Manager for this season.

Position Description

We require a friendly, mature, self-motivated, individual with excellent inter-personal skills, and experience in managing a community ice rink.

The successful volunteer will be responsible for ice rink management, scheduling, supervising and training of staff and basic cash reports and will be actively involved in day to day operations.

GENERAL RESPONSIBILITIES, ABILITIES & DUTIES:

Overseeing day to day management of Ice Rink/ Ice Makers

Strong customer service and hospitality skills

Liaise with Executive Board and team to implement special events

Supervise staff in a positive employee relations environment

Create a positive ice rink experience for all skaters

First aid Certificate Required

Ensure a safe working environment and a safe customer environment

Work schedule will include evening and weekend shifts

Ability to maintain simple records.

Ensure members of the public are using the ice rink in an appropriate manner

If you are interested in this opportunity, please call Meghan @ 780-450-0534 or email president@kenilworthcommunity.com.

Memberships

Have a New Neighbour? Are You New to Kenilworth?

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

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

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

For more information contact Barb at 466-2360.

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



Kenilworth Playschool

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

We are currently full and no longer accepting registrations. For more information or to register your child for Fall 2016, email janna_44@hotmail.com or call 780-757-9414.

Help Stamp Out Crime in our Neighborhood!

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

Thank you for supporting Kenilworth Community!

City Services & General Information

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

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

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

Community Swim

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

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

Please remember to bring your KCL Membership!

Bingo Volunteers Needed!

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

Next Bingos:

November 14, 2015 Saturday, 10:30 – 3:30pm

November 25, 2015 Wednesday, 4:30pm – 11:30pm

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

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



Adult Badminton

Tuesday and Thursday evenings, 7:00 P.M. to 9:00 P.M. at Kenilworth Junior High School Gymnasium (7005 – 89 Avenue), starting September 3rd, 2015 to May 31st, 2016.

For more info call Liz @ 780-465-5188 or Andy at 780-474-2869.

Using Neighbourhood Interactive Map

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

Find the City amenities - swimming pools, sports fields, parks, playgrounds, golf courses and spray parks - that are in your neighbourhood.

Locate fire stations, police stations and bus stops anywhere in the city.

You can mark your current location or home address with a red pin and search for City amenities within a 0.5km to 10km range. Type in your address, click on the red pin and get your property assessment and waste collection schedule.

Ottewell Community League Executive and Board Members	
Executive:	
President – Corinne	
Vice President – Bri	
Secretary – Sandra	
Treasurer - Pauline	
Board Members:	
Bingo Co- Chairs – Lisa /Kyla	
Hall Casino Chair – Pauline	
Rental/ Managers – David and Mae	
Grants – Mark H	
Bylaws – Leona	
History of Ottewell Committee - Andrea (Looking for more members of this Committee)	
Indoor and Outdoor Soccer Director – Glen	
Parent and Tot Team Lead – Whitney	
Summer Playground Chair – Colleen	
Social Team – Lori, Debbie, Bri, Cheryl/Dennie	
Playschool Chair - Current President of Playschool - Andrew	
Rink Chair – OPEN	
Maintenance Chair - OPEN	
Community Patrol – Leroy	
Southeast Transportation Society – Ernie	
Membership Chair – Russ	
Communications Chair – Sharon	
Web Page Designer - Sandra	
Representatives:	
SECLA Rep – Lori	
EFCL Rep – Corinne	
East Park Baseball – Clarence	
All Positions are volunteer positions.	
Please send all inquires via email to ottewell2212@gmail.com or call 780 469 0093 leave a message and someone will return your call.	
Ottewell Community League	
5920 – 93a ave	
Edmonton, Alberta	
T6B 0X2	

Ottewell Community League Social Media

For upcoming events and news follow us!
Facebook www.facebook.com/ottewellevents Twitter @ottewellevents

If you have an event please let us know the details and we can post and tweet it for you!

Ottewell Community League Meetings

Appreciate any time that you can give to your community!

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

Christmas Prep at OCL

Assistance Required to prepare our Community Hall for the Christmas Season!
Come to the Hall on November 11 at 10am!

Tree Trimming and other items hung with care! Hope to see you there!

KICK OFF TO CHRISTMAS

LADIES MARK YOUR CALENDERS
IT'S MADE A RETURN
OTTEWELL'S LADIES ORNAMENT EXCHANGE
NOVEMBER 14, 2015
7:00 PM – 12:00 AM
OTTEWELL COMMUNITY HALL
BRING A WRAPPED CHRISTMAS TREE ORNAMENT TO EXCHANGE
AND AN APPETIZER TO SHARE
TOONIE DRINKS AVAILABLE
PLEASE RSVP TO DEBBIE 780-465-2884 OR EMAIL
Woodygirls3@telus.net

Ottewell Community Holiday Market

Saturday November 28, 2015
10 am-3pm
Ottewell Community Hall
5920-93a Ave.
Wonderful and unique holiday gift ideas presented by local Artisans
local Retailers (jewelry, baby items, clothing and much much more)
Coffee and Goodies for sale on site
Supporting Ottewell community children's programs

SE Winter FEST Volunteers Required

December 12th Ottewell Will be Hosting 2015 WINTER FEST!
We are looking for volunteers to help make this a successful event!

Please Email Ottewell2212@gmail.com with WINTER FEST VOLUNTEER in the subject line.

Any amount of time that you can give is greatly appreciated!

Purchase your 2015-16 Ottewell Community League Membership Today

Take pride in your neighbourhood and purchase your membership today to enjoy the many benefits and discounts including:
--use of local pools free of charge at designated times
--use of outdoor community rink and community skate times at indoor city rinks
--involvement at community events and activities
--and access fitness, recreation, classes and more!

Memberships run from Sept. 1 to Aug. 31 and can be purchased at the Sport Shack, TGP, and at Ottewell Hall Rink Shack (during winter). Cost is \$25 family, \$10 for single, \$10 for adult, and \$5 for seniors.

Casino



CALL out to all our Community Members! We have received our Dates for our 2016 Casino:
Monday February 22 and Tuesday February 23, 2016 at the Argyll Casino.
If you would like to volunteer please send an email to Ottewell2212@gmail.com with Casino in the subject line.
Please provide date and time that you are able to assist as well the position you would prefer.

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, encourage fat loss and increase your strength and cardio endurance through HIIT (high intensity interval training) of hi-low exercises, agility drills, bootcamp and "instructor's choice"! Please contact Ann Lukey of Inertia Fitness
ann@yourinertia.com or visit www.yourinertia.com to register and for more information.

Work-Out at Ottewell Junior High School

– Tuesday and Thursday evenings

Ottewell members (aged 16 and older) can work out at Ottewell Junior High School Tuesday and Thursday evenings (September – June), from 7:00 - 8:45 pm for a toonie. Ottewell Community League Memberships must be shown for admittance. Waivers are required before use of facility is permitted.

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. Email Jamie at jamie@foxykickboxing.ca (Wednesday evenings) or Falon at falon@foxykickboxing.ca (Monday evenings) for more details.

WE NEED YOU!!

We are looking for a Hall Maintenance Person!

This is a paid position - we need someone to help ensure our hall is cared for in the manner that is required!

For more Details - PLEASE Email Ottewell2212@gmail.com with HALL MAINTENANCE in the Subject Line.

Look forward to hearing from you! :)

Edmonton 311 App

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

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

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

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

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

Download 311 App

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

For more information:

Online Contact 311 Online

Community Swims and Skating

Admission is free for Ottewell Community League members during the community swim times at Boonie Doon pool. Please check the City of Edmonton website - 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.

Check Ottewell.org for outdoor skate times.

Time for Tots

Time for Tots offers a fun environment that allows children and parents to experience learning through exploration and play. We provide a spacious playful space that caters to children who are 0 - 5 years old. We invite all of our new families to come and meet one another in an open and welcoming atmosphere on Tuesdays from 10am - 11:30am in the Ottewell Hall.

For more information, please contact:

Whitney Young

780-469-0663

primrosereourcecenter@live.com

Ottewell Community League Rink News

No snow yet and the grass is still green but this is Edmonton and it's not too early to plan for one of our favorite winter activities - skating and playing shinny at the Ottewell Community Ice Rink. Community members spent a weekend in October putting up the boards for the family rink and getting the snow sweeper and blower off for maintenance to be ready to make ice when the temperature dips to freezing. Once the ice surfaces are flooded and the winter freeze is in full effect, the hockey rink ice will be available to rent to hockey teams on Mondays and Wednesdays (family ice rink will be open on these days) and the other 5 days will be open for our community members to play shinny and use the family ice rink for skating.

Some decisions about hours of availability and ice attendant supervision are being made at the next Ottewell Community League meeting. Consider volunteering some time to the rink so we can continue to make Ottewell the place to be all winter long.

We are planning a Rink Committee Meeting in November. Come and be a part of the Great Community!

If you are interested in being a part of the rink volunteer group, contact ottewell2212@gmail.com with "Ice Rink Volunteer" in the subject line so we can be in touch.

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."



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Dr. Priscilla Wong

Dr. Ivan Chin

Hours:

Mon: 9am-8pm

Tue: 9am-6pm

Wed, Thur & Fri: 8am-4pm

Sat: By appointment only

New Patients Welcome

Your dental health matters to us. If you have a dental emergency outside of office hours phone Dr. Peter Yoo directly at 780-893-9270



Board of Directors

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

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

Board Positions Open

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

Board vacancies:
- Secretary
- Social Director
- Soccer Director

Committee members:
- LRT committee

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

Upcoming Events:

• **Wired Wednesday**
November 04, 2015

7:30 – 11:00
The Wired Cup, 9418 91 Street
The first Wednesday of the month, every community member can enjoy a free beverage!

• **Hayrides & Hot Chocolate**
January 01, 2016
TBA

Hopping on the Pogo



Increased transportation options make for a more livable community.

Strathearn resident Erik Backstrom likes the idea of expanding transit options in Strathearn and surrounding southeast communities with a car sharing service like Edmonton based Pogo. “With transit as good as we have it (and in light of the pending Valley LRT Line), and the ability to get to lots of destinations on foot or by bike, a car sharing service like Pogo could free more people from needing a car for those occasional longer trips or from owning a second vehicle.”

Recently the community of Riverdale successfully lobbied Pogo CarShare to be included in their service area. By signing up 50 members from their community, Riverdale convinced Pogo CarShare that their neighborhood should be included in the pick-up and drop off zone.

Presently Strathearn is just outside the Pogo zone boundary but with community support the company would gladly expand into our neighborhood.

“We are excited to expand into surrounding communities. We look to expand first into areas where there is significant interest from within the community,” says Pogo. And apparently 50 is the magic number of community members necessary for neighborhood inclusion in their service area.

If you are already a member of Pogo CarShare or are interested in joining please contact the Strathearn Community League through our Facebook page, or email us, and let us know. Check the Pogo CarShare website for all other details.

Always something to do in Strathearn

Strathearn United Church has something for everyone in the coming months. Check their website for complete details but here are some dates to keep in mind:

- Christmas Bazaar - Saturday November 7, 10:00 – 14:00. Bake Sale, Next to New Shop, Christmas Items, Book Sale, and Lunch Menu. Free admission.
- Remembrance Day Service - Sunday November 8, 10:30.
- Book Club - Thursday November 12, 19:00. “A Walk in the Woods” by Bill Bryson, newcomers always welcome.
- Alberta Mixed Chorus and Faculty of Education Handbell Ringers - Sunday November 30, 10:30.

Christmas Market

The Alberta Council for the Ukrainian Arts wants Strathearn residents to shop locally this Christmas season. Along with the Societe francophone des arts visuels de l’Alberta and Cactus Flower House, ACUA will be hosting a two-day Christmas Market In Strathearn featuring artists, crafters, home-based business vendors on November 28 and 29 at the Strathearn Centre strip mall. The Strathearn Community League will be providing children’s activities during the market.

Tables are still available for rent so if you are an artist, crafter or home based vendor and would like to participate please contact ACUA on Facebook or at 780-488-8558. There is also a table rental discount available for SAVA, ACUA or Strathearn Community League members.

Cactus Flower House and ACUA will be offering workshops both days. If you are interested in the traditional wreath making (Saturday Nov. 28) or the Whoville wreath making workshops (Sunday Nov. 29), contact The Cactus Flower House on Facebook or call 587-401-6141. To register for the Fine Art and Folk Art workshops being held both days please contact ACUA at 780-488-8558 or Facebook.

Other local businesses will be participating with specials and Christmas themed goods. What a great chance to spend some money locally this Christmas season.

EFCL’s 100 Year Anniversary Project Needs You!

If you are a history buff that would like to learn more about your community, or if you have old files and photographs from your community, the EFCL would love to hear from you. If you have photos and memories such as sporting events, parades, picnics, and/ or volunteering as examples, please share your information with Leslie (EFCL 100th historical project coordinator and researcher) at leslie.holmes@efcl.org or visit <http://efcl100.tumblr.com> to submit your memories.

Get organized and informed - form a history group in your community league and start digging. The EFCL will be hosting two workshops to assist leagues in researching their community history and starting their historical record keeping:

When: Saturday, November 28
Time: 13:00 – 15:00
Where: Prince of Whales Armories - Jefferson Room
Contact: Email leslie.holmes@efcl.org to register

Skating Rink Update

The Strathearn Community League, Grounds and Building Director is aiming for a December 18 Grand Opening!

While you are enjoying the beauty of autumn in Edmonton, your Strathearn Community League is still planning how to enliven the darker, shorter days of winter. We have invested in some new maintenance equipment for the community rink and have altering skating and hockey schedules to respond to participant feedback.

Skating parties, shinny leagues, and skate lessons are all planned for the upcoming skating season in Strathearn. Dates, times and details will be posted on our website, Twitter feed, and Facebook pages in November.

As always we are happy to entertain suggestions from the community about what you want to see at the skating rink this season. E-mail communications@strathearncommunityleague.org.

Call The Dunham Team Today

780 - 466 - 0418

**Greg
Dunham**

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

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Open Concept Bungalow: Modern updates, Oversized 2 Storey double garage, Facing green space, RV parking.



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