

SOUTHEAST VOICE

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

October 2015



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



On Thursday, September 17th, the Boardwalk Rental Communities management hosted a BBQ at the Imperial Tower apartment to help raise funds for park development at Fulton Ravine South. Representatives from SECLA (Southeast Community Leagues Association) and Forest Terrace Heights Community League were also on hand. Lots of fun was had by all, with face painting, caricature artist, and a bouncy castle for the kids. Thanks so much to Boardwalk for hosting this event

Edmonton 311 App

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

New Artwork at the Skate Park

Evan Brunt is talented young artist who has recently completed two art murals at the Fulton Ravine South skate park. In the past he has done a number of art murals as private commissions in the Edmonton area and in Vancouver. He has also worked on some larger murals with other artists. Evan is great at considering the needs of the client and the unique features of each site when he develops his art concepts. We are very pleased with the work he has done at the park, and hope the public will check it out!

Thanks to the City of Edmonton for the grant funding through Capital City Clean-up, and the discount on paint supplies from the Paint Spot, which made these murals possible.

Planning is underway regarding development of the park area at Fulton Ravine South, with trees, shrubs and seating areas, as well as a few other features. A park BBQ fundraiser was hosted by Boardwalk Rental Communities at Imperial Tower apartment near the park on September 17th. Thank you Boardwalk for organizing this! More information regarding the plans for the park, as well as opportunities for community feedback, will be outlined in future editions of the Southeast Voice.





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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
Idylwyld	Bridget Flannigan	marcusidylwyld@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

EFCL's 100 Year Anniversary Project Needs You!

Are you a history buff that would like to learn more about your community?

Do you have old files and photographs from your community league?

Your photos and memories - think sporting events, parades, picnics, volunteering and more!

- 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. We will be hosting two workshops to assist leagues in researching their community history and starting their historical record keeping:

- o **Saturday, October 17, or Saturday, November 28**

- o **1-3PM**

- o **Prince of Wales Armories - Jefferson Room**

- o **Email leslie.holmes@efcl.org to register**

City of Edmonton Planning Changes are Underway

Notes from EFCL Planning Advisor Bev Zubot:

The EFCL Planning Advisor and Planning Committee would like to alert you to the numerous upcoming discussions regarding Zoning Bylaw changes which could impact your neighbourhood. The city's Bylaw Implementation Unit has over 35 projects in their work plan for the coming months, and many of the projects will involve consultations with leagues and the general public. There appears to be a welcomed new willingness for the Bylaw Implementation Unit to give consultations a priority.

The EFCL is developing a closer relationship with the Bylaw Unit in an attempt to better coordinate our work and in the future provide more timely opportunities for leagues to have input. The EFCL has made a commitment to help the city advertise the consultation opportunities to leagues and assist as needed. Similarly, leagues may from time to time be asked to advertise consultation opportunities to their neighbourhood residents. To the extent that resources allow, the EFCL Planning Advisor, EFCL Planning and Development Committee and volunteers will be providing leagues with background research on critical topics.

Meeting on Construction Behaviour

The Impact of Bad Construction Practices and Enhancing Development Communications will be discussed by Council on October 6. You can still request to speak. You can find the agenda for the meeting on the City of Edmonton website. The reports are likely going to be presented at the beginning of the meeting.

If you are interested in following along, you can stream video from the meeting or attend in-person.

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. Each 4 week session has a theme/focus

Mondays, Wednesdays 4 – 7 pm and Saturdays 1 – 5 pm

Ellerslie Park and Bonnie Doon Park (Nature)
September 14th to October 10th

Maple Downs Park and Avonmore Park (Culture)
October 12th to November 7th

Crawford Plains Park and Richfield Park (Healthy Living)
November 9th to December 5th

Larkspur Park and Gold Bar Park (Winter)
December 7th to January 2nd

For more information or to find all community drop-in programs at

edmonton.ca/dropincommunityprograms

or call 311.

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TOWN HALL

**Canadians will head to the polls
on October 19.**

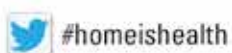
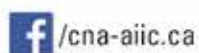
Come and join our federal election town hall. Hear what **EDMONTON STRATHCONA** candidates and others have to say on seniors care and healthy aging.

Thursday, October 8

6:30 p.m. to 8:30 p.m.
(doors open at 6 p.m.)

**South East Edmonton
Seniors Association (SEESA)
Activity Centre, in the gym**

**9350 - 82 St. NW
Edmonton**



For more information, please contact events@cna-aiic.ca

election.cna-aiic.ca

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League Contacts

President	Nathan	president@avonmore.org
Vice President	Lisa	vicepresident@avonmore.org
Secretary	Cachet	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Hall Rentals	Tanya	hallrental@avonmore.org
Programs	Elizabeth/Sherry	programs@avonmore.org
Rink	Jim	rinkcoordinator@avonmore.org
Soccer	Lyne/Boris	sports@avonmore.org
Babysitting	Cheryl	admin@avonmore.org
Casino	Elizabeth	programs@avonmore.org
Grants	Vacant	grants@avonmore.org
Memberships	Cachet/Wendy	membership@avonmore.org
Playschool	Jamie	playschool@avonmore.org
Sign	Jamie	director4@avonmore.org
Communications	Paul/Nikki	communications@avonmore.org
Volunteers	Ginette	director2@avonmore.org



"Thanks to everyone who came out to our Avonmore BBQ on September 19. It was a wonderful chance for neighbours to sit and visit, and for the kids Avonmore to get their "bounce" on – what a great success! A special thanks to the Wajjo Drummers accompanied by bagpiper, Cam Wallace, for providing the musical entertainment."

Avonmore Hall Rental

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

Membership Drive Update

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.

Halloween Movie Night

Join with your friends and neighbours for a spooktacular good time this **October 31st**. The Avonmore Community League is hosting an evening showing of the classic movie, Ghostbusters. What a great way to warm up after an evening of trick-or-treating!

Doors open: 8:30 P.M.
Movie Starts: 8:45 P.M.
Refreshments and treats provided. Bring a blanket or comfy chair and join us if you dare! For details contact: Sherry 780-469-7079



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

Crib Tournament

Saturday, Oct 17
Avonmore Hall 7902 – 73 Avenue
Doors open: 6:30 p.m.
Games start 7:00p.m. Sharp
\$20.00 per team or \$10.00 per person, individuals welcome
Late lunch provided
To register please call Louise at 469-7765 or Faye at 465-6086



NEW - Year round Green Shack

Attention parent of kids ages 6-12yrs: looking for free fun activities for your kids? Check out these programs hosted by the City of Edmonton:

Free Fun Fall Kids Program

Located at Avonmore Community Hall on Monday, October 12 from 4-7pm, Wednesday, October 14 from 4-7pm, and on Saturday, October 17 from 1-5pm (Culture Theme)

Located at Gold Bar Community Hall on Monday, December 7 from 4-7pm, Wednesday, December 9 from 4-7pm, and on Saturday, December 12 from 1-5pm (Winter Theme)

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!

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!

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.



REGISTER your 3 or 4 year old at CAPILANO PLAYSCHOOL!

Capilano Playschool runs morning and afternoon classes with a choice of 2 or 3 days a week and offers a Healthy Apple or 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. 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.

WEM Waterpark Tickets - ONLY \$10 before September 30, 2015

That's right - for \$10 you can purchase a WEM Waterpark ticket - what an awesome deal!
On Friday, November 6, 2015 from 7:30 - 10:30 p.m., Capilano Playschool is hosting our 3rd Annual Splash and Slide event at WEM World Waterpark! Enjoy a fun night out with friends and family at the waterpark while helping a non-profit parent run playschool fundraiser! To purchase tickets phone Colleen at 780-406-3603, text 780-449-2252 or email capilanoplayschool@hotmail.com. Tickets can also be purchased at the Goldbar TGP or the Ottewell TGP. After September 30, the ticket price goes up to \$12 so purchase your tickets soon- before they sell out!

Cardio/Core Strength Workouts

Please join us at Capilano Community Hall (10810 - 54 Street) for Cardio/Core strength workouts!
Days/time: Tuesdays and Thursdays, 7:00 p.m. - 8:15 p.m.
Instructor: Kelly Bray
Contacts:
Elaine @ 780-469-2964
Kelly @ 780-465-5611
Dates: Classes begin Tuesday September 15 or Thursday September 17, 2015 at 7:00 p.m.
Cost: \$140 for 28 classes (twice weekly)
\$80 for 14 classes (once weekly - either Tues. or Thurs.)

Fall Tai Chi Chih and Dance Tai Chi Classes Capilano Community Hall



TAI CHI CHIH

Start: Six-week class begins: Monday October 19, 2015
Day/time: Mondays from 12:00 p.m. - 1:00 p.m.
Cost: \$80
Tai Chi Chih is a series of 20 energizing movements based on Chinese Healing principles. It is an effective form of moving meditation emphasizing self-awareness, health, and energy flow. Recommended for weight and blood pressure control, relief of stress, body toning and increased mental and physical well-being. This class will benefit both beginners and those who have taken the class before

DANCE TAI CHI

Start: Six-week class begins: Wednesday October 21, 2015
Time: Wednesdays from 9:30 a.m. - 10:30 a.m.
Cost: \$80
Dance Tai Chi blends the healing essence of Tai Chi with the creative fluidity of Dance to help improve your flexibility, balance, health, serenity and fun. It is an easy relaxed class. No prior dance or Tai Chi experience needed. Dance Tai Chi was developed by Sharon Melvin, a Tai Chi Instructor with a lifetime love of dance.
Contact Sharon Melvin (Accredited Tai Chi Chih Instructor) at 780-288-2004 for more information and to register, and check out www.relaxwithtaichi.com.

SILENT AUCTION for Capilano Community Park – October 24

What: Silent Auction. Cash bar (event is 18+)

When: Saturday October 24, 2015

Time: Doors open 6:30 p.m.; Bidding begins 7:00 p.m.

Where: Capilano Community Hall (10810 - 54 Street)

Cost: Tickets are \$20

Each ticket includes 1 drink and appetizer finger food. Bring some friends for a fun and exciting night! Lots of great desirable items.

To purchase tickets contact: Laura.Mercier@me.com or 780-758-1414

Contact Heather at 780-466-1380 to donate an auction item and learn more about the silent auction.

Capilano Community Park Redevelopment – Update

What a great summer with so many families enjoying the new playground, spray deck and picnic shelter on many warm days. Efforts continue to improve the Capilano Community Park site.

A big THANK YOU goes out to the following community youth residents for painting the old blue railings by the playground: Will Wers-tiuk, Adam Werstiuk, Dawson Masluk, and Evan Riddle. And thanks for leading them Jeff Riddle - they look great!

Fundraising continues in support of our Phase 2 project (walking path, outdoor exercise equipment, a bike bumps course, and community sign). Thank you to the Capilano Community League (CCL) and the City of Edmonton for contributing to our project. The City's NPDP grant and the CCL funding, in combination with \$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.

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

Hardisty Gymnastics Club – Fall Classes

Sponsored by Capilano Community League
Offering programs TUESDAY or THURSDAY evenings – Cheerleading and Gymnastics classes!
Where: Hardisty Junior High School (10534-62 St.)

Dates: Tuesdays Oct. 6 – Dec. 1, 2015 OR Thursdays Oct. 8 – Dec. 10, 2015

Cost: \$104/child

Parent & Tot, 18 mos.-3 yr old: 6:00 – 6:45 p.m. (Tuesdays)

Preschool 3-5 yr old: 6:00 – 6:45 p.m. (Tuesdays & Thursdays)

Preschool 3-5 yr old: 6:45 – 7:30 p.m. (Tuesdays)

Elementary 6-12 yrs: 6:45 – 7:45 p.m. (Tuesdays & Thursdays)

Cheer 6-12 yrs: 6:45 – 7:45 p.m. (Tuesdays)

Cheer 6-12 yrs: 6:00 – 7:00 p.m. (Thursdays)

New* Junior Cheer: Thursdays 7:45 – 8:45 p.m.

Please REGISTER online at Hardisty Gymnastics found on the Capilano Community League website. To learn more, contact Shauna at 780-966-3205 or canadaplays1@gmail.com.

Upcoming WINTER programs: Shinny hockey and learn to skate!

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 Rink – Help Needed for Winter Prep!

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. 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.

Our annual maintenance night is scheduled for FRIDAY OCTOBER 16 – 7:30 p.m. For more information, contact Blake (780-466-7666) or Bill (780-469-5744). See you there!

Gold Bar Park Snowmaking Operation

Edmonton Nordic Ski Club (ENSC) is working together with the City of Edmonton to develop an operation and maintenance plan for the snowmaking system in Gold Bar Park. This plan will outline the hours of operation and the limitations of use of the system.

A meeting is being held on WEDNESDAY OCTOBER 7 at 6:30 p.m. at Capilano Community Hall (10810-54 Street). The City and the ENSC will share the draft operational plan and provide an opportunity for area residents to share their thoughts for consideration before the plan is finalized.

For further information on the project, please visit edmonton.ca or edmontonnordic.ca and search "snowmaking". Alternatively, you may contact Edmonton Nordic Ski Club about the project at snowmaking@edmontonnordic.ca or The City of Edmonton by calling 311.

Another Successful Summer for Community Family events!

A huge thank you to all the volunteers who helped out at this summer's Slip n' Slide and Family Fun Night. These events would not be possible without such great support from our community members. We had over 300 people attend the Family Fun Night! Thank you to Gold Bar, Kenilworth, and Forest Terrace Heights community leagues, as well as Lynn Ferguson from the City of Edmonton, for working together with Capilano Community League in hosting these multi community events.

We look forward to working with our community neighbours and seeing everyone out again at next year's events!

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.

Hope Afternoon of Arts

Saturday, October 24 at 1:30 p.m.

Come and join us at Hope Lutheran Church at 5104 – 106 Ave on Saturday, October 24 for a celebration of music, drama, visual art, literature, film, and dance. The concert portion of the afternoon starts at 1:30 p.m. with an opportunity to view the visual art and enjoy some homemade goodies after the program. There will also be children's activities at this family friendly event! For more information about the Afternoon of Arts contact 780-466-8502, email hope-lutheran@shaw.ca or check out Hope's website at www.hope-lutheran.ca.

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



2015 Capilano Community Summer Green Shack Fun!

The City of Edmonton Green Shack program was a huge success this year. Thank you to our Green Shack leader Derrick and to the following volunteers who participated in the "Adopt a Green Shack Week" this summer: Shauna D, Laura M, Lorena F, Alison P, Indra P, Jill S, Heather S, Chantelle L! The children thoroughly enjoyed the snacks! If anyone has any feedback or would like to suggest any ideas for next year please contact laura.mercier@me.com.



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Cloverdale Community League Contact Information

Board of Directors

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

Standing Committees

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

Hall Rentals/Emergencies

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

Facebook - Cloverdale Community League: Edmonton

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



Have you considered renting the Cloverdale Hall?

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

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

Upcoming Cloverdale Events

(details to come)

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

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

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?

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.

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		Signs@forestterrace.org
News Editor	Liz		Newsletter@forestterrace.org
Volunteers	Alanna	465-1976	Volunteers@forestterrace.org
Events	Yvonne		Events@forestterrace.org
Safety	Angela		Safety@forestterrace.org
Civics	Angela		Civics@forestterrace.org

Meetings- 7pm 1st Tues, Monthly

Hall Rentals

Our Community League is a great location for children's birthday parties, family reunions, fundraisers, meetings, Christmas parties and more! The league seats up to 65 people, provides a full kitchen, bar, tables & chairs, a sounds system, a green space and free wifi. The hall replaced all the interior and exterior lighting as well as flooring last year and installed new sound-proof ceiling tiles earlier this year. For full details 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.)

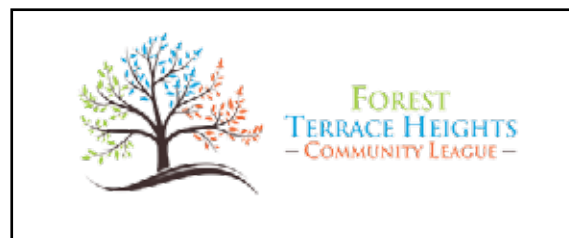
Memberships can be purchased conveniently at www.efcl.org (for a \$5 surcharge) or at: Shaheen's Bakery on 79St & 101Ave, Growers Direct Florist on 101 Ave & 70St. and SEESA at 9350 - 82 St.

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

Babysitting Registry

We are pleased to offer a Babysitter's Registry to help match FTHCL active members with babysitters who hold a valid babysitter training certificate.

Looking for childcare? Please contact Anna at babysitting@forestterrace.org to get connected to a qualified babysitter today!



Freezer Meal Workshop

Having a hard time making yummy, healthy and homemade dinners during this hectic season of back-to-school, kids activities, work, etc.? Get ahead of the game and pack your freezer full of pre-made meals. Freezer meals will save you time & money. Each meal feeds between 4-6 adults. Smaller families can even split them up into smaller portions to make more servings. 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, October 24th, 1-4pm

Registration deadline: October 13th

Contact: Diane @ 780.466.9045 or damom23kids@gmail.com

Bootcamp - Drop-In

If you missed registering for the fall bootcamp class -- no worries, you can drop-in!

When: Monday nights @ 7pm from September 14 - October 26th (No class October 12th)

Drop-in Cost: \$10

Where: Forest Terrace Heights Community Hall.

This class is open to all members, including Community League members from other neighbourhoods. All fitness levels & ages welcome.

Contact Sharon Weber at 780.270.5273 or cs.weber@shaw.ca

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 from September 18 - December 18.

Drop-in Cost: \$7

Contact Kelly at 780.465.5611 for more info.

Social & Infill Info Session

Are you or will you be living next to infill construction? What should you expect? What are your rights? Who would you contact regarding property damage, unsafe construction practices, or nuisance?

Or do you dream of building an infill home? How much are teardowns selling for? What are typical costs of construction or special mortgage considerations? What are the bylaws governing new builds in a mature neighbourhood? How high or how wide could you go?

Come out to our November Social at the hall to discuss with your neighbours and people in the know. City of Edmonton guides will be available for pickup.

Special guests could include builders, architects, city staff, realtors, mortgage specialists, and experienced homeowners who have either built an infill home or lived next door to a build. We aim to include people from diverse backgrounds to answer questions and share their experiences.

Knowledgeable speaker with something to contribute? Contact Angela at (780) 885-9529 or civics@forestterrace.org if you would like to be a part of this event.

Light refreshments will be available. Volunteers would be greatly appreciated. Thanks!

Who: Open to anyone

What: Social & Infill Info Session

When: Saturday November 21st, 1-3pm (main event with speakers) or Wednesday November 18th, 5-7pm
Where: Forest Terrace Heights Hall (10150 - 80 Street)

Please visit www.infilltalk.eventbrite.ca to RSVP and for more info.

UPCOMING...

October 14th | 7pm | Craft Night

October 16th | 7pm | Games Night

October 17th | 10:30-11:30am | FTH Social

October 24th | 1-4pm | Freezer Meal Workshop (Registration required)

October 27th | 6:30pm | Garden Meeting

October 31st | 5-9pm | Halloween Howler

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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: October 1st - November 5th
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: October 1st - November 5th
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.

Member's Swim

2015 Fall/Winter swim has started! This fall we have a **New Membership swim location at Commonwealth, Sat 5-7pm** (Note: there is no longer a swim on Saturday at Bonnie Doon). Sundays are the same as previous years - Hardisty 1:15-2:45pm and Bonnie Doon 4:15-5:45pm. * Membership card required.

Seniors Fitness Class

This class will be held on Tuesday mornings from 9:30 - 10:30 at the FTH Hall. It starts on October 13th and will run until December 1st. The price is \$50 (\$40 for CL members.) Bring your own water. Contact Molly at 780.466.0585 for more info.

SENIORS FITNESS CLASS



Open to all fitness levels! Chairs will be available for stability, walkers welcome. Make sure to drink water before class and to bring water with you.

Contact Molly to register or for more information at molly@forestterrace.org or at 780-466-0585

What: Seniors Fitness Classes

When: 9:30-10:30am, Tuesdays
8 weeks
(October 13 - December 1)

Where: Forest Terrace Heights Hall
10150 80 Street NW

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NON-MEMBERS * \$80 / \$12 DROP-IN

REGISTER BY CONTACTING ALLISON
MOORE4MOVEMENT@GMAIL.COM OR 780-554-0958

STARTS
SEPT. 16

NO CLASSES
Oct. 14 * Nov. 1

More Forest Terrace Heights news on page 14

Volunteer Opportunities

Rink Volunteer - We are looking for a responsible person to open the rink shack & ice rink every Thursday from December to March (weather depending) at 1:45pm for early dismissal. Relief arrives at 4pm. This is a great opportunity to meet people and 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



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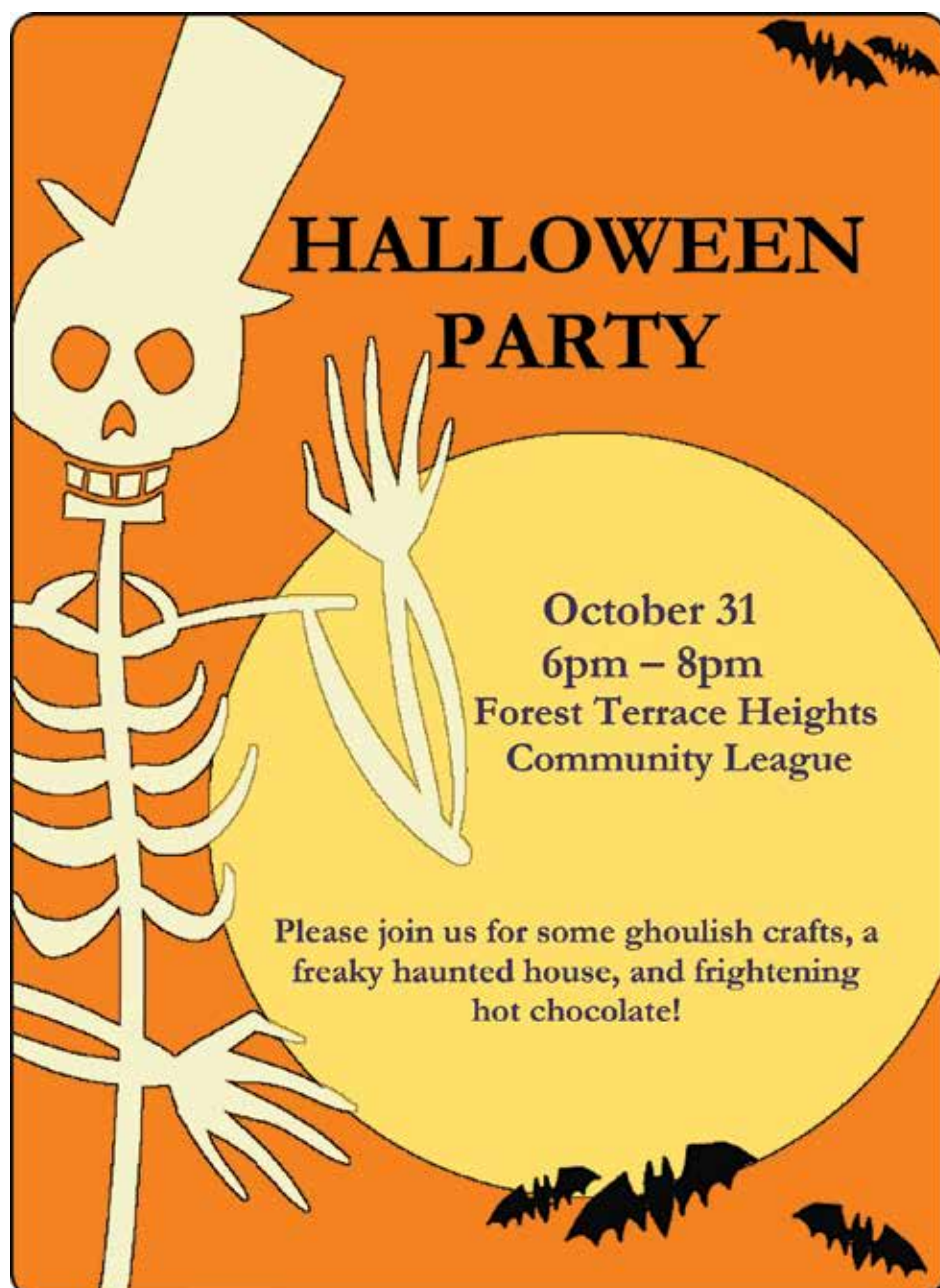
Eleanor Olszewski for MP
Edmonton Strathcona

Liberal

vote4eleanor.ca
@eleanor4strath



Approved by the Official Agent Edmonton Strathcona Liberal Riding Association



FTH Social

Free coffee and conversation:

OCTOBER 17th 10:30 to 11:30 am
at the Forest Terrace Heights
Community League hall (10150 80 St)

This month let's talk money with Servus Credit Union

The coffee talk this month will be on financial matters:

The focus will be on:

- saving for the future
- retirement planning.

Other topics may be covered depending on interest and as time permits.

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

Ringling 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 provinciewide 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.



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



My staff and I are at your service.
 I look forward to meeting you!

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.

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



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



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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
Friday, October 23 - Afternoon & Evening
Sunday, November 1 - Afternoon & Evening

Parkway Bingo Dates
Sunday, October 4 - Afternoon
Saturday, November 14 - Evening & Late Nite
Sunday, December 6 - Evening & Late Nite

Gold Bar Communications

To submit an item to the November 2015 SEV in the Gold Bar section, email sondi@telus.net or call SONDI at 780-468-2237 by OCT 18.

Community Meeting: Monday, October 5

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

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

Your favourite 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. Each 4 week session has a specific theme/focus.
Mondays & Wednesdays 4 – 7 pm
Saturdays 1 – 5 pm
Gold Bar Community Playground (Winter theme)
December 7th to January 2nd

Community Fun Day

Thanks to everyone who came out; to the sponsors Celenese, Enbridge, Epcor, Imperial, and SIA; to Ronda and Heather for making the magic happen; to the volunteers who manned the jumpy castles and helped set-up and take-down; to the Dynamo Dog group; to Young Life for cooking the food; and to everyone else who helped but whom I didn't see in my crystal ball (I am writing this before the event occurs, after all).



Edmonton Nordic Ski Club - Snowmaking Operation

Edmonton Nordic Ski Club is working together with the City of Edmonton to develop an operation and maintenance plan for a snowmaking system that will be used at Gold Bar Park to enhance the amount of snow and improve the skiing experience for users of the park. This plan will outline the hours of operation and the limitations of use of the system.

A meeting is scheduled for Wednesday, October 7 at 6:30 p.m. at the Capilano Community Hall (10810 54 Street) to share the draft operational plan and to provide an opportunity for area residents to share their thoughts for consideration before the plan is finalized. We look forward to seeing you there!

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

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



No dogs allowed in ice rink enclosure

Sorry! It's the City's bylaws:

- All groomed City parks require owners to walk their dogs ON LEASH.
- Dogs are prohibited at all times from school grounds, sport fields, playgrounds and golf courses.
- Keep your dog on a leash on public property. Use a lead no longer than 2 metres (6 feet) long.
- Allow dogs to run free only in off-leash parks.
- Fine for "dog at large" is \$100.

Holyrood

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

Holyrood Community League Contacts

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

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

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

HCL PROGRAMS

Yoga - All levels welcome!

Mondays (no class on October 12th),
7-8:15pm
Cost: \$12 drop-in
Contact Lyle Cott: dog08@shaw.ca



Booty Barre

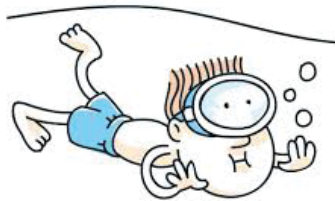
Saturdays (no class on October 10th),
Early class: 8:15 - 9:15 am
Late class: 9:30 - 10:30 am
Cost: \$12 drop-in
Contact Jeanette: jeanette@fitcommunity.ca

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.



Ecole Holyrood School 60th Anniversary

Ecole Holyrood School is celebrating its 60th anniversary this month! Community members are invited to join current and former students and staff at an Open House / Reunion on the evening of Thursday, October 8th. Please contact the school for additional details (<http://holyrood.epsb.ca/home/>; 780-466-2292). Come and reconnect with friends, and former classmates and students. Refreshments will be available. Community league memberships will be available for purchase.

Director at Large – Park & Grounds

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

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

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



Spray Park Update

Our Spray Park & Naturalized Play area are in the final stages of completion! The Spray park will be winterized and will be ready to go for Spring 2016. Be sure to check out our amazing new bike bumps, boulders and bridges that will be open for play when the landscaping is complete! Thank you to the many generous donors to this project. We will be working on our donor recognition element and hope to have it ready for our Spring celebration of this amazing project.

Yards in Bloom

Congratulations to our first and second place picks for the annual Yards in Bloom program! We're proud to have many beautiful yards in our neighbourhood, but we extend special recognition to 8252-93A Avenue (1st place) and 9208-82 Street (2nd place) for their gorgeous front yards.

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

Teen Driver Safety

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.albertahealthservices.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 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.



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Restoration cost will
depend on severity
of deterioration and
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780-499-9274**

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.

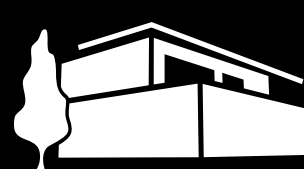
Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- 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>

For more information on Healthy Eating, visit: <http://www.albertahealthservices.ca/2914.asp>



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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 Executive Meeting: Monday, October 5th @ 7pm**

• Southeast Voice Newsletter Deadlines

Submissions for the Nov. 2015 issue of the ***Southeast Voice*** are ***due Thursday, Oct. 15, 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.

SAVE THE DATE:

Family Halloween Dance: October 23rd
Sleigh Ride & Chili Supper: November 27th
Details in the next SEV, or check the website for updates.

Toddler Time is back!

Starting October 2015, Toddler Time will resume every 2nd 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 Golf Tournament & Steak BBQ

Another fun Kenilworth Golf Tournament and BBQ was held on Saturday, September 12, 2015 under sunny skies.

As always – a big thank you to the volunteers who make this event possible and to our sponsors: Darren from Sobey's-Hollick Kenyon, the Canadian Brew House, Pinnacle Business Services Ltd, Capilano Rehab Centre and Bruce Stewart Automotive.

Congratulations to this year's winners:

1st – Ken Balcom, Nancy Balcom, Mike Ivy and Kyra Lee Brown.
2nd – Brendan Balcom, Chris Kaplan, Adam Hareuther and Tyler Hovind.

With an honourable mention to Bruce, Taylor, Andrew and Dan.

Hope to see everyone at next year's golf tournament on August 27, 2016.

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:

October 16, 2015 Friday, 4:30pm – 11:30pm

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 @ 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.org and Facebook/ottewellevents

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



Ottewell Community League Playschool

Ottewell Community League Playschool is still accepting registrations for the 2015/2016 school year. We have reached maximum enrollment for one class so any registrations received will now be put on a wait list. Depending on the numbers, we will run a second class (Wed/Fri) Please contact Lauren at 780-490-7757 or lauryan@telus.net for registrations or information.

Ottewell Seniors Tea Sun. Oct. 18th 1:00 – 3:00pm

We are once again excited to bring our Fall Harvest Tea to our Ottewell Seniors! Please mark your calendars to join us at the Ottewell community league hall for home-made pies and good conversation with your Ottewell neighbours! This event is for our Ottewell Seniors, being pie (and dessert) lovers over 55 years of age! No need to RSVP, just come to the hall and enjoy the event!

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
primrosesourcecenter@live.com

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
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 120th Scouting

Thanks to the community for the great support for our bottle drives! Our next one is on Saturday October 17th.
Also, the Ottewell 120th Scouting Group 2015/2016 session is starting, if you have youth that maybe interested, or you would like to volunteer please see www.scouts.ca for more information.

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. More details can be found at ottewell.org.

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.

Grand Ole Ottewell Opry II
Back in the Saddle Again



Saturday October 3rd
7 p.m.
Ottewell United Church
6611 - 93A Avenue
Tickets still only \$10

Always wanted to get the opinion of a professional interior designer but didn't know where to begin? Let us get you started with the

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CONTEST

Simply visit
www.candacewolfe.com/contest for details and enter for your chance to work with your own interior designer!

Contest ends Oct.12, 2015

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DESIGN

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.

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Email: info@electlindaduncan.ca
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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

Upcoming Events:

• Membership Drive

October 03 & 04

Watch for League Members/ Volunteers throughout the neighborhood. There are major benefits to becoming a Strathearn Community League Member, see our Website for details.

• Wired Wednesday

October 07

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

Edmonton Police Alarm Green Stickers

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

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

Community Mail Boxes

Mature communities in Edmonton are experiencing a great deal of change. Neighbourhood renewal, densification, and the arrival of LRT will impact our community immeasurably. Added to the list of changes is also a new way to get your mail - the Community SuperBox.

Since Canada Post announced the end of door to door mail delivery, citizens in Edmonton and across the country have been vexed by questions pertaining to the placement of Community Mail Boxes (CMB).

According to Canada Post they have been working with civic planning departments to determine the best place for the boxes. According to Allan Bolstad, president of the Edmonton Federation of Community Leagues (EFCL), Canada Post could do more. "I think community leagues present Canada Post with a unique opportunity to consult with Edmontonians about the introduction and placement of community mail boxes."

His efforts to engage Canada Post on the issue have been unsuccessful so far. "Unfortunately we have not heard from Canada Post to date, which is a little disconcerting. We will continue trying to connect with them."

Any general concerns you may have about the CMB's can be directed to the Canada Post website where they have a comprehensive series of FAQ responses. For more detailed concerns, please write to Ward 8 Councillor Ben Henderson.

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 (thanks so much to Sonya & Aimee for their hard work this past year. We certainly appreciate it!)

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.

2015 Art Walk Round Up

The fourth annual Strathearn Art Walk took place Saturday September 12 and it can only be described as a great success for organizers, vendors, volunteers and attendee's. With almost 100 vendors, multiple musicians, special guests and so much more, this year's event required more volunteer time/ energy and the Strathearn Community League would like to take this opportunity to thank everyone who made the event possible! A special thanks to our amazing Gold and Silver Level sponsors which include:

- Strathearn Heights/ Nearctic Group
- LP Tents
- Remax
- AMAN Building Corporation
- Nomad Espresso

Watch our Website over the next while for postings of stories, pictures and video of this year's event. Can't wait to see everyone for Art Walk 2016!

Skating Rink Fun

While you are enjoying the beauty of autumn in Edmonton, your Strathearn Community League is already planning how to enliven the darker, shorter days of winter. We are investing in some new maintenance equipment for the community rink and altering skating and hockey schedules to respond to participant feedback. "The rink is one of our central community assets," says Buildings and Grounds director Scott, "and we want to be sure it is a resource for everyone in the neighbourhood." 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, and as always we are happy to entertain suggestions from the community about what you want to see at the rink this season, E-mail communications@strathearncommunityleague.org.

WHAT IS SEEECCC?

SEEECCC 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 for every dollar invested in the early years, \$7 is saved in later years? To find out more about SEEECCC or to find out about events happening in the Southeast for families visit our website at www.earlychildhood-edm.ca/southeast/ or contact Jenny Samm at jenny.samm@outlook.com or 780-435-6328.

Free Workshop about Brain Development

When: Wednesday, Oct.14

Time: 17:30 - 19:30

Where: Fulton Place Child Care Center (5910-103 Ave)

85% of brain development occurs before a child is 3 years of age! The latest research now tells us that parents play a critical role in building the architecture of a child's brain. Parents will explore the simple ways in which they can support the developing architecture of their child's brain through regular, everyday experiences. This is a FREE workshop (sponsored by SEEECCC and FCSS) with dinner and childcare provided so call today to reserve your spot (780-469-0663) as space is limited.

Smoking in Outdoor Shared Spaces

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

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

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

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

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

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

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

Call The Dunham Team Today

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