

# SOUTHEAST VOICE

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

April 2016



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## Sign up for the Greater Hardisty Community Sustainability Coalition e-newsletter!

The Greater Hardisty Community Sustainability Coalition (Coalition) is regrouping and is looking to reconnect with community members! The Coalition is a non-profit, grass-roots volunteer group interested in shaping community renewal in Capilano, Gold Bar, Fulton Place, Forest Heights, and Terrace Heights.

Please go to [eepurl.com/bUEHa9](http://eepurl.com/bUEHa9) to sign up for the Coalition e-newsletter.

Whether you came to the community meeting at Hardisty School in February 2015, filled out one of the June 2015 surveys on community priorities, or are new to this effort, we encourage you to subscribe to our e-newsletter for updates and news about upcoming community meetings.

Based on the 2015 survey results, the top three priorities to sustain and renew our neighbourhoods are:

- Keep community schools open to attract new families and maintain community hubs
  - Offer diverse housing options and levels of care so seniors are able to stay in the community
  - Maintain safety in the community now and throughout the renewal process in the future
- With these priorities in mind, the Coalition is currently focused on playing a key community advisory role in the redevelopment of the Patricia Motel site into seniors' housing. If you want to be actively involved with Coalition and participate in regular meetings, please send an email message to [ghescoalition@gmail.com](mailto:ghescoalition@gmail.com). Be part of your community's evolution!

## Braemar Elementary School Reunion 2016

Braemar Elementary School, located in Ottewell, opened its doors in 1961; the largest elementary school in the Edmonton Public School District. Now in its 55th year, you are invited to reconnect with former classmates and teachers (circa 1961- 1985) on Saturday, May 28th, 2016.

Braemar School (Braemar School: 9359 - 67A Street)

Walk Through Memory Lane

11:00 a.m. - 2:00 p.m.

Braemar School Reunion Dinner (Bonnie Doon Community League: 9240 - 93 Street)

5:00 p.m. - Cocktails

6:30 p.m. - Dinner

7:30 p.m. - Post Dinner Festivities

Cash Bar

To purchase tickets visit our website at: [www.braemarreunion.myevent.com](http://www.braemarreunion.myevent.com)

Forward any questions/inquiries to: [braemarreunion@gmail.com](mailto:braemarreunion@gmail.com)

Hope to see you there!

Braemar Reunion Squad

## Patricia Motel Rezoning

The Forest Terrace Heights Community League is hosting a meeting at the hall on Saturday April 2nd at 10 am to discuss the rezoning proposal for this site. We hope to gauge the community's response in order to determine whether the board needs to take a stance.

This meeting is a follow-up event to the open house hosted by the City of Edmonton on March 9th. Hopefully you are already familiar with the information presented there but if not, the details are online at: [www.edmonton.ca/ForestHeightsRezoningProposal](http://www.edmonton.ca/ForestHeightsRezoningProposal)

This is a large development that will have long-term implications for our neighborhood. There are certainly tradeoffs to be weighed. We hope you will be a part of the discussion. (And bring a neighbour too!)

RSVP is not required but if you could RSVP at <http://patriciamotel.eventbrite.ca/>, this would help us plan for setting up. Thanks!



Patricia Motel Rezoning - Community Meeting



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

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Elizabeth Descheneaux	<a href="mailto:avonmorerep@secla.ca">avonmorerep@secla.ca</a>
Capilano		<a href="mailto:capilanorep@secla.ca">capilanorep@secla.ca</a>
Cloverdale	Reg Kontz	<a href="mailto:cloverdalerep@secla.ca">cloverdalerep@secla.ca</a>
Forest Heights/Terrace Heights	Connie Lussier	<a href="mailto:fthrep@secla.ca">fthrep@secla.ca</a>
Fulton Place	Carl Langston	<a href="mailto:fultonplacerep@secla.ca">fultonplacerep@secla.ca</a>
Goldbar	Adam Rompfer	<a href="mailto:goldbarrep@secla.ca">goldbarrep@secla.ca</a>
Holyrood	Michael Chocho	<a href="mailto:holyroodrep@secla.ca">holyroodrep@secla.ca</a>
Idylwylde	Bridget Flannigan	<a href="mailto:idylwylderep@secla.ca">idylwylderep@secla.ca</a>
Kenilworth (Vice Chair)	Rob McDonald	<a href="mailto:kenilworthrep@secla.ca">kenilworthrep@secla.ca</a>
Ottewell (Chair)	Lori Jeffery-Heaney	<a href="mailto:ottewellrep@secla.ca">ottewellrep@secla.ca</a>
Strathearn	Meghan McKinnie	<a href="mailto:strathearnrep@secla.ca">strathearnrep@secla.ca</a>
Treasurer	Olivia Li	<a href="mailto:treasurer@secla.ca">treasurer@secla.ca</a>
Secretary	Janet Fletcher	<a href="mailto:secretary@secla.ca">secretary@secla.ca</a>

## SEESA South East Edmonton Seniors Association Activity Centre

It looks like Spring is finally here! I may be overly optimistic but I will risk it. Days are getting longer, and rabbits are turning colour and a sure sign of Spring at SEESA - The Spring program guides are out! So far no classes have sold out but many are close so if you want to come try something pop in and sign up soon!

Also coming up in April are –  
April 20th Vintage – An evening of works by well-aged Poets.  
Readings begin at 7pm tickets are \$5.00 in advance or \$7.00 at the door,  
Please sign up in advance.

April 23rd Rummage Sale! – Doors open Saturday morning at 10am!  
Rummage sale drop off begins April 1st – so if you have been spring cleaning and want your treasures to go to a new home, and to support a great organization please feel free to bring them in. Donations are accepted through the south door. We DO NOT accept – encyclopedia's, baby furniture, shoes, large furniture or appliances, computer hardware or software.

May 1st Melody Singers Performance ! 2pm.  
So many choices!! As always our Bereavement group (CARE Circle) runs the 1st and 3rd Monday of the month (1-3 pm) – you do not have to be a SEESA member to attend this support group – just someone suffering a loss who would like to spend some time with compassionate peers who are going through the same struggles. Please call Celeste 780 468 1985 – to confirm date and time as long weekends will often slightly alter the schedule.

Social Circle is held every Thursday - again you do not have to be a member to attend – just be 55 or over and looking to pass an hour with others – sometimes the group is open discussion of current events, other Thursdays are prepared topics and guest speakers who speak on topics of interest to the group. Please call Leslie 780 468 1985 if you would like more information.

We would love to see you! Come “ See What’s Happening !” At SEESA!

## SEEECCC

**SEEECCC STATS** [www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast)  
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. With spring right around the corner, it's time to get outside and get active with the children in your care! In South East Edmonton, 13 % of our children are experiencing significant difficulty in the area of physical health and well-being while 11% are experiencing difficulty. Let's lower those percentages by living a healthy life style that includes plenty of exercise and time in nature!

Remember that SEEECCC maintains an events calendar that lists low cost or free family activities and workshops occurring in South East Edmonton – check it out at ... [www.earlychildhoodedm.ca/events/category/southeast](http://www.earlychildhoodedm.ca/events/category/southeast)

**ANNOUNCING... THE 2ND ANNUAL I AM A PARENT WORKSHOPS** Saturday, May 14th from 8:45am – 11:45am  
Primrose Place Family Resource Center (6311 - 92 Ave)

- Would you like to learn some fun physical activities that you can do with your children to help them develop their language/thinking skills?
- Would you like to learn some strategies to help your children with identifying and expressing their feelings and getting along with others?
- Do you want to know how to deal with picky eaters or getting your child to bed at night and the reasons why proper nutrition and sleep are so important to your child's development?
- Are you ready for some ideas to help you and your children when they have temper tantrums?

If you answered “yes” to any of these questions, then you won't want to miss the incredible morning we have lined up for you at our FREE 2nd Annual I Am A Parent Workshops! The morning will not only include 2 rounds of workshops about social emotional development, brain development and how this is affected by sleep and nutrition, positive discipline and dealing with challenging behaviors, and how movement and literacy are interrelated in brain development but also a fantastic resource fair with agencies like ABC Headstart, Community Options, GRIT, the City of Edmonton Recreation programs, Edmonton Public Library, the Boys and Girls Club, and the Centre for Family Literacy present!

The workshops and resource fair are geared toward parents, caregivers, early learning teachers, childcare professionals, and those passionate about the early years. Plus, we even have **FREE CHILDCARE AVAILABLE**. So what are you waiting for? Contact Whitney at [primrosereourcecenter@live.com](mailto:primrosereourcecenter@live.com) or 780-469-0663 to register today (please note that spots are filling quickly)!



What will you learn today? Join EPL's #3SkillsYEG learning challenge. April is the third and final month of the City of Learners' #3SkillsYEG challenge. Learn a new skill, share it, and enter to win awesome prizes. If you haven't heard about #3SkillsYEG, check out [epl.ca/get-started/](http://epl.ca/get-started/) to find out how to get involved. April's theme is “Make our City Better.” What new skill can you learn to contribute to your community? Tell us about it and you could win an iPad, a TELUS World of Science gift card or a Metro Continuing Education gift card. Get some inspiration and find out more about City of Learners at [epl.ca/browse\\_program/city-of-learners/](http://epl.ca/browse_program/city-of-learners/)

Featured programs in April at the Capilano Branch include:

English Conversation Circle (LACE program): Wednesdays at 6:30pm – ongoing drop-in

Book Clubs of EPL – The Girl on the Train (adults): Monday, April 18th at 7:00 pm

Adult Colouring Night – Thursdays, April 14th and April 28th at 7:00 pm.

Sing, Sign, Laugh, and Learn (0-3 years): Tuesdays, Wednesdays, and Saturdays at 10:30am – ongoing drop-in

Featured programs in April at the Idylwylde Branch include:

Langue de mon cœur (pour toute la famille) : Les samedis à 11h00

Spring Break Starts Here - Little Bits Synth: Nine Volts of Noise (ages 6-12): Saturday, April 2 at 4:00pm

Lego ® Stop Motion for Kids (tweens): Sunday, April 3 at 2:00pm

Junior Scientists (ages 6-8): Saturday, April 16 at 2:00pm

Evil Genius Club (tween) : Monday, April 18 at 4:00pm

For more information please contact the Capilano branch at (780) 496-1802 or the Idylwylde branch at (780) 496-1808. View our full calendar of events online at [epl.ca](http://epl.ca)





# Hi, we're new to this part of town!

We are excited to announce that the neighbourhood is growing! Living Sounds Hearing Centre, one of Alberta's largest hearing health centres, is opening a new location in Ottewell Plaza.

At Living Sounds Hearing Centre, we understand that sound is an important part of the beauty of everyday life. That's why we pride ourselves on taking the time to listen to each patient's personal hearing journey. After all, hearing loss is so much more than hearing aids.

The newest location will bring the experience of registered Hearing Aid Practitioner, Valerie Stroeder BC-HIS. Valerie is a member of the College of Hearing Aid Practitioners of Alberta (CHAPA), National Board for Certification in Hearing Instrument Sciences (NBC-HIS), and the International Hearing Society (IHS). With over thirteen years at Living Sounds, Valerie has worked tirelessly to restore patient confidence, dignity, and happiness.

With the same great service as the Bonnie Doon location, Living Sounds Hearing Centre Ottewell is happy to be joining the community. Our address is:

Ottewell Plaza  
6126 – 90th Ave.  
Edmonton, AB T6B 0P2

**To book an appointment today  
and receive a free hearing  
test as part of our grand  
opening special, please call  
780-440-1010.**

**We would love to see you!**

**To learn more, please visit [www.livingsounds.ca](http://www.livingsounds.ca)**

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## Seniors Caring About Seniors (SSCAS)

St. Gabriel School,  
Room 202, 5540 – 106 Avenue, Edmonton, AB T6A 1G3  
780-465-0311  
[www.sscas.com](http://www.sscas.com)

Seniors Caring About Seniors (SSCAS) is a Non-Profit Organization. Our mission is to be an effective service facilitator for seniors, we help them retain their lifestyle, sense of independence and well-being.



We are looking for dedicated, enthusiastic and compassionate volunteers willing to donate their gift of time and make a difference in our community, helping seniors by being “our community cares about seniors Volunteer”.

SSCAS needs volunteer drivers (gas expenses reimbursed), office assistance, board members and service providers (earn a little extra cash) for housekeeping, snow/yard, light maintenance etc.

Your volunteer gift of time is tailored around your schedule. If you wish to make a difference in a senior's life please call 780-465-0311 or email [info@sscas.com](mailto:info@sscas.com).

## Bedbugs: Avoid bringing back unwanted vacation souvenirs

Planning a vacation getaway? Before checking in to your hotel room, learn how to spot bedbugs and avoid bringing them home on your luggage, clothing and other personal items. Bedbugs bite people while they sleep and feed on their blood. While reactions to their bites are usually harmless, they can cause small skin reactions and, in rare cases, severe allergic reactions.

### What you should do

If you find signs of bedbugs, notify the front desk and ask for another room, or stay somewhere else. If you change rooms in the same hotel, make sure your new room is not next to the possibly infested room.

### Learn to spot bedbugs

Bedbugs are brown and have small, flat, oval shaped bodies that are similar in appearance to an apple seed.

Bedbugs are able to hide in extremely small places: under wallpaper, behind picture frames, in electrical outlets, inside box springs, in mattress pads, and in night tables. The best way to avoid bedbugs when you are travelling is to follow these tips:

- Put your luggage on a tile floor or in the bathtub, instead of on the bed or carpet.
- Inspect the room for bedbugs. Use a credit card or something with a hard edge for checking along edges and a flashlight for dark areas including closets, cracks and crevices.

- Check the luggage stand (including where the straps are attached to the metal bars) before using it, then keep your luggage on the stand instead of unpacking your belongings and placing them in the drawers. Make sure the stand is kept away from any upholstered surfaces.
- Inspect the sleeping area. Slowly lift up each corner of the mattress and examine any creases or ridges on the mattress and box spring, behind the headboard and the wall behind the bed, the pillows, bed coverings and bed skirt, the bed frame and legs.
- Check the furniture and walls, including mirrors, paintings and cushions.
- Take a close look at electrical outlets, light switches, phones and clocks as well as all carpeting/rugs.
- During your stay, place your shoes in an open area. Do not store anything under the bed.

### When you return home

Bedbugs are good hitchhikers, so it is also important that you carefully check your luggage and all of its contents when you return home. It is also a good idea to wash and dry all clothing and fabric items at a high temperature.



## League Contacts

President	Nathan	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
Vice President	Lisa	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
Secretary	Vacant	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	communications@avonmore.org
Soccer	Lyne/Boris	sports@avonmore.org	Volunteers	Ginette	Director2@avonmore.org

## U4 Avonmore Soccer

Avonmore has a U4 fun soccer program. U4 fun Soccer Information.

This program is for children born in 2012 or 2013. Playing days are Monday & Wednesday starting 6:15pm at Avonmore hockey rink area. Season runs May to end of June. Cost is \$50 per child.

For inquiry please contact sports@avonmore.org

## General Soccer Information

Outdoor soccer season starts 1st week of May, weather dependant. Get ready for it!

Avonmore Soccer Parents Please Take Note: Soccer Bottle Drive will happen 2nd or 3rd week in May. As always, your help is greatly appreciated!

## Parent & Tot Drop-in FREE

Avonmore Parent and Tot Group Invites You:

**April 28th to a Shadow Puppet Event**

**Come watch a shadow puppet show and then make your own to take home!**

**The doors open at 9:25, show begins at 9:35;**

**(And don't forget to bring something soft to sit on)**

**Hope to see you there!**

**For more information contact: Jamie Konrad @ 780-465-1941**

## Avonmore Book Club

If you enjoy reading, this very popular book club would love to have you. The Club meets on Sunday evenings every 4-6 weeks. The next meeting is April 24th. Members take turn picking books and hosting meetings. We are currently reading The Goldfinch by Donna Tartt. New members always welcome from any community. For more information contact Anita at (780) 222 4482 or director3@avonmore.org

## Avonmore Playschool

**Learn more about Avonmore Playschool!**

- Children ages 3-4
- Located in the upper floor of the rink building behind the Avonmore Hall (7902 – 73 Ave)
- The program runs each year from September - June
- Classes are Monday-Friday 9am-11:30am, families can register their children for two days a week up to five days a week.
- Registrations accepted all year around if spaces are still available, (it is never too late to join)

At Avonmore Community Playschool we encourage children to use their imagination by providing a warm, stimulating environment in which to learn. We have created a positive program that promotes early learning, creativity, problem solving, cooperation and independence. But most importantly we make sure to have fun!

For more information, contact Jamie Konrad by phone (leave a message) at 780-465-1941, or email playschool@avonmore.org

## Avonmore Garden Club

**Avonmore Garden Club - Official Launch and Perennial Exchange**

Everyone Welcome

Saturday May 14, 8 a.m. to 12:00 p.m.

Avonmore Community Hall

The Avonmore Garden Club will host a perennial exchange and a gardening resource event at the Community Hall on May 14th. Come and learn more about who we are and what we have planned for the summer.

8:00-10:00 a.m. – Drop off plants or seeds you want to share. Should be labelled and weed free.

10:00a.m.-12 p.m. – Pick up perennial and seeds. Talk to local experts. Meet other gardeners.

Watch the Avonmore Community League website and Facebook page for more details as the event comes closer!

## Adult Shinny Hockey

Our Sports Director Boris is organizing adult fun shinny hockey on Thursdays starting in April 7, 2016 at Argyll arena. For more information please contact Boris at sports@avnomore.org.

## Annual General Meeting

Wednesday, April 27

6:30 p.m.

Location: Avonmore Hall, 7902 73 Ave

All community league members are invited to attend. Babysitting will be provided and refreshments will be served.

### Proposed Updates to Avonmore Community League Bylaws

Avonmore Community League has taken steps to update the bylaws to better reflect current operations. Members of the Avonmore Community League are encouraged to read over the revised bylaws and come out to the Annual General Meeting on Apr 27 at 6:30 at the Avonmore Community Hall to vote on these revisions. To view the bylaws, go to [www.avonmore.org](http://www.avonmore.org) and click on the link in the home page about the AGM.

## Free Community Swim Times

Until July 2, 2016

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

Commonwealth Pool: Sat 5-7pm

Check online or call 311 to avoid maintenance/swim meet closures.

## Community League Membership

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.

## Avonmore Hall Rental

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

## 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. 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 F	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
Webmaster	Michelle	780 466-1017
Social Media	Jean	780-863-0914
Capilano Playschool	Marzena	780-802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Craig	587-520-3663
Ice Allocation	Jeff E	403-540-8226
Hardisty Gymnastics	Shauna D	780 484-3205
SECLA	Vacant	
Community Services	Lynn	780 496-5926

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

## Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall.

Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members.

To book the hall or for more information, contact Kevin at 780-966-6913 or at [capilanoHallrentals@gmail.com](mailto:capilanoHallrentals@gmail.com), or visit our website at [www.capilano.info](http://www.capilano.info).

## 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 Casino: Aug. 26 & 27, 2016 - Volunteers required!

Volunteers are required to work our casino on August 26 & 27, 2016. Casinos are a key revenue source and a successful event, supported by dedicated volunteers, ensures a sound financial future for the league. To HELP OUT, CONTACT DEREK at 780-919-5421.

## Capilano Community League - Annual General Meeting

**When:** Wednesday May 18, 2016 7:30 p.m.

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

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

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

## Junior and Adult Tennis in Capilano - April 24 Open House

The CAPILANO TENNIS CLUB, located next to the Capilano Community League hall at 10810 - 54 Street has operated in partnership with the community league since 1976 as south-east Edmonton's only community tennis program. An OPEN HOUSE and REGISTRATION for 2016 MEMBERSHIPS is SUNDAY APRIL 24, from noon to 5 p.m. at the tennis clubhouse. This is a great opportunity to learn more about our after school programs for juniors in May and June, adult programs, and lessons. Beginners aren't just welcome, they're encouraged! Registration for these programs is available on April 24, or subsequently at the club house during open hours. Visit our web site at <http://www.capilanotennis.ca>.

## 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 **32 sitters** listed in our registry. Please contact Lana if you are a parent looking to connect with a sitter.

## Free Bike Safety Course - May 13

The City of Edmonton will be offering a drop-in Bike Safety Course for ages 3 - 12 years old. All children must have an approved bike helmet to participate in the course.

**DATE:** Friday, May 13, 2016

**TIME:** 4 - 7 p.m.

4 - 5:30 p.m. for ages 3 to 7 (bikes with training wheels welcome)

5:30 - 7 p.m. for ages 8 to 12

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

Snacks will be provided!

Please contact Laura Mercier at [laura.mercier@me.com](mailto:laura.mercier@me.com) with any questions.

## I've Outgrown it Sale! April 9

For Sale: Kids items-Toys, Baby Equipment, Maternity, Books, Baby & kids clothing up to size 12. We welcome older children's items such as sports gear, bikes, skates, outdoor toys, electronics, etc.

**When:** Saturday April 9, 2016

**Time:** 10 a.m. - 1 p.m.

**Where:** Hardisty School - 10534-62 St.

For more information: contact [deedeeleangreen@gmail.com](mailto:deedeeleangreen@gmail.com)

## Greater Hardisty Sport Sampler Day Hosted by Capilano Community

This will be the second year we host this very exciting physical literacy day for families.

Families and their children (2-15 years old) will try at least 7 different sports delivered by community volunteers that have a passion for their sport.

Activities planned are as follows: basketball, tennis, wrestling, volleyball, softball/baseball, rugby, and track & field (run, jump, throw).

**Date:** Saturday June 11, 2016

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

**Cost:** Free (registration required)

**Registration:** Please follow the registration link at Capilano Community League's Website: (<http://www.capilano.info>).

## Yoga for Beginners – Capilano Community Hall

**What:** Yoga for Beginners - this 6 week preregistered course will be tailored toward those new (or newer) to yoga with a focus on guiding safe alignment in common yoga poses.

**When:** Tuesday evenings 5:30 - 6:30 p.m., April 19 to May 24, 2016 **OR**

Thursday evenings 8:30 - 9:30 p.m., April 21 to May 26, 2016.

**Where:** Capilano Community League Hall (10810 54 Street)

**Price:** \$75.00

Both courses to be taught by Dayna Leskiw, RYT 200. Please feel free to contact [dmleskiw@ualberta.ca](mailto:dmleskiw@ualberta.ca) or 780-717-0315 with any questions or to register for the course.

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## Hardisty Gymnastics Club – Spring Classes

Sponsored by Capilano Community League  
Cheerleading & Gymnastics classes for children of all ages!

**Where:** Hardisty Junior High School (10534-62 St.)

**Dates:** Tuesdays Mar. 8 – Apr. 26, 2016 **OR** Thursdays Mar. 10 – Apr. 28, 2016

**Cost:** Tuesdays: \$91/child, Thursdays: \$78/child

**Parent & Tot** 18 mos.-3 year old, 6 p.m. – 6:45 p.m.

**Preschool** 3-5 years old, 6 p.m. – 6:45pm

**Elementary** 6-12 years old, 6:45 p.m. – 7:45 p.m.

**Cheerleading Class** 6-12 years old, 6:45 p.m. –

7:45pm (Tuesday) 6 p.m. – 7:00pm (Thursday)

**\*\*Parent & Tot is offered on Tuesdays Exclusively\*\***

**REGISTRATION:** online via the Capilano Community Website ([www.capilano.info](http://www.capilano.info)) – look for Hardisty Gymnastics. For more information, contact Shauna at [canadaplays1@gmail.com](mailto:canadaplays1@gmail.com) or 780-966-3205.

---

## 2016 Young Life Dessert Night and Fundraiser

Young Life East Edmonton volunteers work hard at supporting our local teens at Hardisty Junior High School and McNally High School. To find out more about the impact they are having in the lives of neighbourhood youth, please join them on:

**Date:** Sunday May 15, 2016

**Time:** 7 – 8:30 p.m.

**Location:** Capilano Christian Assembly (9333-50 St.).

For information call: 780-914-6106

## Capilano Playschool – Upcoming Open House and Trial Class May 14

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our award winning teacher! Our next trial class will be Saturday, May 14 from 9:45 a.m.- 10:15 a.m. followed by an open house at 10:15 a.m.-11:30 a.m. We offer a choice of a Healthy Apple (health and wellness) or a Christian program. We have both morning and afternoon classes running two or three days per week. All classes are for 3 and 4 year olds and include a “Learn Through Play” philosophy that facilitates children learning letters, numbers, socialization, and self regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street). For more information or to get a registration package, call 780-802-9307, check out our website [www.capilanoplayschool.com](http://www.capilanoplayschool.com), email [capilanoplayschool@hotmail.com](mailto:capilanoplayschool@hotmail.com) or find us on Facebook!

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## Capilano Playschool – Yoga & Wellness Program



Capilano Playschool is very excited to announce that we will be running a Tuesday afternoon Yoga and Wellness program for 4-6 year olds. This 11 week program will focus on Yoga, mindfulness, emotional care, breathing, healthy eating as well as teach children basic preschool skills like early literacy, social development, creative expression and much more! Our award winning playschool teacher is also a certified children's Yoga instructor. The program starts April 5 and runs until June 14. Call 780-802-9307 for more information.

---

## Capilano Preschool Soccer Registration

Have fun learning to play soccer. Instructed classes are 45 minutes long and specifically developed for 3-5 year olds. Soccer is held every Tuesday **OR** Thursday for 6 weeks at Fulton Community Rink, starting the week of May 2.

**REGISTRATION:** online via the Capilano Community Website ([www.capilano.info](http://www.capilano.info)).

For more information, contact Shauna at [canadaplays1@gmail.com](mailto:canadaplays1@gmail.com) or 780-966-3205.

Registration is limited and first come first serve. A Community League membership is required.

## Spring Tai Chi Chih Class – Capilano Community Hall

**Start:** Six-week class begins: Monday April 25, 2016

**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.

Contact Sharon Melvin (Accredited Tai Chi Chih Instructor) at 780-288-2004 for more information and to register, and check out [www.relaxwithtaichi.com](http://www.relaxwithtaichi.com).

---

## Capilano Ball Hockey Registration

Kids will enjoy learning stick handling, passing and shooting skills in a small game environment. They will be so busy participating in games developed to improve skills they won't even realize they are learning! Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended. There is both a 4-6 year old group and a 7-12 year old group. Both groups start on Saturday April 23 at Capilano Community League rink.

**REGISTRATION:** online via the Capilano Community Website ([www.capilano.info](http://www.capilano.info)).

For more information, contact Shauna at [canadaplays1@gmail.com](mailto:canadaplays1@gmail.com) or 780-966-3205.

A Community League membership is required.

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## “Outdoor Bound” Summer Camp – Capilano Hall

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

**Dates:** July 4-8, 2016

**Ages:** 9-12 years old

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

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



## Chili Cook-off – fun had by all!

Our March 5 Chili Cook-off fundraiser event in support of Phase 2 of the Capilano Community Park Redevelopment project was a ton of fun and raised some money too! There are so many individuals and businesses to thank. All of the details will be available in the next issue of the Southeast Voice.

## Capilano Community Park Redevelopment – Phase 2 Update

Our Phase 2 project, which includes a 700m walking path, adult exercise equipment stations, a bike bumps course and a community sign, will be installed in 2016. Our FINAL PUSH to meet our fundraising goal is going well. Residents have responded with generous donations and recently, Suzuki Charter School committed \$10,000 in support of Phase 2. We are still waiting on decisions about additional grant applications that we have submitted.

Previously, we received significant funding from the Province of Alberta, the City of Edmonton and the Capilano Community League (CCL). This funding, in combination with funds raised at events and new contributions, put us very close to fully completing our community's "Park for all Ages." We hope to soon report the receipt of additional grant funding that will get us to the "fundraising finish line!"

## Thank you Capilano Community Park Supporters!

The Phase 2 park redevelopment project – a walking loop, adult exercise equipment, bike bumps course and community sign – will be constructed in 2016.

Donor support for our "Park for all Ages" is deeply appreciated. THANK YOU to the following donors who have made generous contributions to the Phase 2 project:

-- Verna Hochachka, Gene Hochachka, Green/Roth Family, Rob & Susan Dollevoet  
-- McFadyen Family, Sigmund Lee, Jeff & Carrie Riddle, Anne & Serge Belley, Greg & Jill Schlender, Allan Yee  
-- Pikkert Family, Kevin & Ivanna Lewington, Sophia Lewington, Brendan Lewington, Svidal Family, Raeanne & Terrence Belley, Jackie & Kevin Werstiuk, Judy & Millard Evans, Joel & Tracey Baron, Ruth Janor/Jim Dermody, Assenheimer Family, Klaassen Family, Donald Chan, Morgan & Fallon Mitchell, Elite Integrity Services, Colm & Finn Cunningham, Adele & Ava Falkenberg, Rolinda & James Graham, Keith & Kathy Turnbull, Wince Family, Ada Schlender  
-- Jocelyn Crocker, Filice Family, Alison Parry, Carol Anne Suddards, Blanca Maginnis, Tiffanie McLeod, Sheila Thompson, Doug Fulford, Sandy Schaloske, Cheryl Stepanko/Richard Pereschitz

## Jane's Walk: Free Walking Tour – May 7

**WHAT:** Walking the Perimeter of a River Lot – In Two Parts

**WHEN:** Saturday, May 7 at 10 a.m. and 1 p.m.

**MEETING PLACE:** Gold Bar Shopping Centre (50 St. and 106 Ave)

Did you know that Greater Hardisty was originally surveyed as river lots in 1883?

River lot 37 ran along 50 Street from the North Saskatchewan River to 101 Avenue. This tour will follow the outline of that one river lot and discuss the history of Edmonton from this perspective. Because this river lot is so large, we will walk the north section, by the river, in the morning. The afternoon walk will be from Gold Bar Shopping Centre south to 101 Avenue. Call Sheila at 780-468-9218 for more information, or go to <http://janeswalk.org/canada/edmonton>.

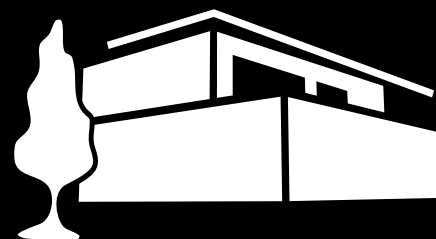
Jane's Walk is a series of neighbourhood walking tours, named after urban activist and writer Jane Jacobs (1916 – 2006). They are led by volunteers, and are offered free of charge.

## Capilano BIG BIN Event for Community League Members – June 4

Date: Saturday June 4, 2016

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

Cost: FREE to all Community League Members



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## 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 Director	Tony	thilhorst@shaw.ca
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

## Community Programs

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. 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!**

### Ping Pong

**Mondays 7-9 pm. Expect on book club nights (refer to the Cloverdale hall events calendar on the website for details). All ages welcome.**

### Indoor Playgroup

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



### Have you considered renting the Cloverdale Hall?

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

Check our website for availability on the online calendar:

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

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



## 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 hours. Observe what happens to the shell, how is this similar to tooth erosion?



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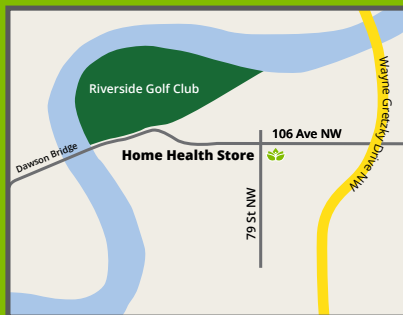
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## League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Nicole		Secretary@forestterrace.org
Treasurer	Michelle		Treasurer@forestterrace.org
Hall Rental	Molly	466-0585	Molly@forestterrace.org
Maintenance	Justin	485-6099	Maintenance@forestterrace.org
Maintenance	VACANT		Maintenance@forestterrace.org
Programs	Barb	721-9985	Programs@forestterrace.org
Rink	Chris	469-3241	Rink@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Seniors	Connie	462-1442	Seniors@forestterrace.org
SECLA Rep	Connie	462-1442	SecLa@forestterrace.org
Soccer	Michael	887-3158	Soccer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Website	Tyler		Web@forestterrace.org
Sign	Angela/Daniel		Signs@forestterrace.org
News Editor	VACANT		Newsletter@forestterrace.org
Volunteers	VACANT	465-1976	Volunteers@forestterrace.org
Events	Yvonne		Events@forestterrace.org
Safety	Lyndsey		Safety@forestterrace.org
Civics	Angela	885-9529	Civics@forestterrace.org
Marketing	Kelly		Marketing@forestterrace.org

General inquiries: Info@forestterrace.org

Meetings- 7pm 1st Tues, Monthly

## Forest Terrace Heights community league board openings:

### Newsletter Editor:

- Creates and submits articles for the South East Voice, 10 times yearly.
- Creates E-newsletter, 10 times per year.

### Volunteer Coordinator

- Assists with recruiting (board members, event volunteers)
- Coordinates event volunteers with other board members

### Facility Maintenance

- Organizes and schedules maintenance and is capable of doing minor maintenance
- Flexible schedule and/or availability during the day is an asset



## Parents n' tots

Parents n' tots group is open to parents/guardians and children 5 yrs & under to come out and socialize with other families. Toys and crafts will be available for children. The group meets once a month at the Forest Terrace Heights community league hall.

Contact Barb at Programs@ForestTerrace.org for information, if you would like to help with planning, or have any age appropriate items to donate.

## The beautiful game at FT Heights

My dream for my kids (and that includes my 100+ FT Heights soccer players) is that they build a strong relationship with a community of friends, supportive adults and a caring community to grow up and grow old with. I truly feel that "it takes a village to raise a child" and that soccer can be a wonderful vehicle to do that with. My goal for all the FT Heights teams is that someday the team will have to skip a tournament that they have played in for years because they are all in the wedding party of one of them ("Do you bride, take this member of the FT Heights mens soccer team to be your lawfully wedded husband, though good tournaments and bad, though injuries.....), or that one of the players has to skip a season due to mat-leave, or the Alberta Bar exam date conflicts with play-offs, or the whole team has to rush away as soon as the game is done, so they can move one of the players into their new house before they have to get the rental truck back.

Forest Terrace Heights becomes an infinitely better place to live if we have a ton of teams that have been playing together for many, many years ("Our mothers are on the same team, and now we play together"). Parents get to know each other, kids hang out with one another, and families bond. One good example of this is our current U18Boys team. The core group (mostly from FT Heights) have played 550+ games together and spent more than 1500 hours with one another. We as parents have really gotten to know each other and to an extent we feel like family. I feel deeply privileged to be a member of this group and I hope that we (not just players but families as well) can stay together for many years to come. I also hope that all the other families in our community can join a group just like mine.

Our by far greatest asset that this #1 community has is the people in it. The cream of this incredible crop is the soccer coaches who spend time with our kids. These selfless adults spend time with our families striving to score goals and achieve goals like getting better at soccer and grow up to be great adults, family members and community members of Forest Terrace Heights.



## Community League Walk and Urban Poling

On April 23, join us for the kickoff of our Community League Walk Challenge and check out Urban Poling! Urban Poling (Nordic Walking) is becoming a workout favourite for many reasons: burning more calories, engaging the abs, easier for knees and hips, improving posture, fun social workout, and adjustability for any age and athletic ability. For 8 weeks, two community walk leaders (certified Urban Poling instructors) will lead our group for walks throughout Forest Heights and Terrace Heights, exploring the river valley trails, and maybe even neighbouring areas. Levels and duration of walks are flexible and depend on participants. With two leaders, we can accommodate various levels of walkers. **Everyone is welcome. The hardest part is getting started!**

- Drop-in and free to participate; however, community league membership is required for insurance purposes
- Saturdays April 23 to June 11 9-10am. The first walk starts at the hall, and subsequent start locations are to be determined. At the kickoff event we will give a short intro and then head off on a walk with some refreshments at the end. Suggestions for walking routes, points of interest, starting locations, times, etc. are welcome!
- Open to any age and ability, with or without poles
- 8 sets of urban poles on a first-come, first-serve basis
- Folks are welcome to bring their own poles

Registration is not required (just drop-in) but if we know you're coming, then we can wait a few minutes before we head out. Contact Sharon at walking@forestterrace.org or call (780) 885-9529 for more information.

## Host an event at the Community League hall

Need space for an event? The Forest Terrace Heights Community League hall is a great location for children's birthday parties, family reunions, fundraisers, meetings, exercise classes and more. The hall seats up to 65 people, with a full kitchen, a lovely green space and spray park, and free WiFi.

For more information, call Molly at 780-466-0585 or email Molly@ForestTerrace.org

### UPCOMING at the hall...

- April 2nd 10 am Patricia motel rezoning - community meeting
- April 8th 7pm Paint Night (Registration required)
- April 13th 10am Parents n' Tots
- April 13th 7pm Craft & Hobby Night
- April 15th 7pm Board Game Night
- April 26th 6:30 pm Community garden meeting
- April 23rd 9 am Community League Walk Kickoff with Urban Poling
- April 30th Annual Big Bin Event (at Legend Automotive on 98 Ave)
- May 3rd 7pm Board Meeting
- Save the date: June 7th AGM



## Forest Terrace Heights Community Camping Trip

Carson-Pegasus Provincial Park

July 21-24



Join other community league members for a weekend in beautiful Carson-Pegasus Provincial Park!

- Located 2 hrs northwest of Edmonton, (North of Whitecourt)
- Waterfront Group Site C: non-powered site with a group fire pit, shelter, and pit toilets
- Provincial campground has beach area, boat rentals, playground, store, showers, and flush toilets
- [www.albertaparks.ca/carson-pegasus/](http://www.albertaparks.ca/carson-pegasus/)
- Room for 15 large trailers and numerous tents

Limited spots available! Payment secures your spot.

For more information or to book contact:  
Andrew (780) 461-5832 evenings or  
[camping@forestterrace.org](mailto:camping@forestterrace.org)

Cost: (with League Membership)

3 Nights: \$75/ RV or Tent  
2 Nights: \$60/ RV or Tent



**APRIL 30<sup>TH</sup>**

## BIG BIN AND COMMUNITY CLEAN UP

Join us at Legends Automotive:  
7110 - 98 Avenue  
between 9:30 am – 1:00pm.

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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



## Some of the Benefits of League Membership

- Free swimming: Saturdays 5 pm at Commonwealth. Sundays 1:15 pm at Hardisty, and 4:15 pm at Bonnie Doon (check calendar at [ForestTerrace.org](http://ForestTerrace.org) for updates). Did you know that the free community swim at the Commonwealth Community Rec Centre also gets you access to the whole facility during that time?

Don't feel like swimming? Grab your workout gear and run the track! Or if the fieldhouse is open to the public at that time, play some soccer with the family.

- Reduced rates for many local community activities and events throughout the year
- 10% discount on passes (new purchase of annual, continuous monthly or multi-admission) for City of Edmonton sports and fitness facilities.

New to the community? Never been a member before? We would love to get you a Forest Terrace Heights Community League Membership for free! Call CoraLee at 780-430-4307 to get one delivered right to your home!





## Trivia Night... Pub Style in the making!

We're thinking of hosting a trivia night. Would you attend?

\$2 entry, 1-5 people per team, licensed, room for 60 people. Winner takes half of the event proceeds and receives a free drink at the next Trivia Night. Remaining proceeds will be donated to the Community Garden project.

Let us know if you're interested and send us your theme ideas!  
Web@ForestTerrace.org

## Seniors

• Do you like to keep up to date regarding things happening in the community? Would you like to provide your thoughts and feedback about these matters?

Our league is looking for a few local seniors that we will take out for coffee every couple of months, and chat about issues of interest in the community.



If you're interested, contact  
Connie 780-462-1442 (leave a message if there is no answer!)  
or connie@forestterrace.org.

• Keep your calendar open for a Seniors Housing info seminar, likely to be held at the beginning of June. See next month's SE Voice for more info. The seminar will provide information to explain various types of seniors housing models, including some non-traditional ideas. The focus will be independent living. Whether you're thinking of downsizing soon, or years from now, you won't want to miss this!

## Community Garden

Interested in joining the gardening committee? Email  
Garden@ForestTerrace.org or attend the next meeting on  
April 26th.

**EDMONTON**

### Neighbourhood Summer Daycamp

**Toe Tapp'in Tots**  
Forest Heights Community Hall

Have your child groove to the beat and move to the music. This program will help each participant get a feel for music, while learning basic dance moves. Dance-related games and crafts round out the week.

- Monday July 25 to Friday July 29, 2016
- 1:30 pm to 4:00 pm
- 10510 – 80 Street
- Ages 4-6 years
- Cost: \$80
- Course code: 559637

Registration opens **March 16, 2016.**  
Register early to avoid disappointment!  
Browse all camps at [edmonton.ca/daycamps](http://edmonton.ca/daycamps)

**Program supported by the Forest-Terrace Heights  
Community League**

**To Register**

- Call 311
- Online at [eReg.edmonton.ca](http://eReg.edmonton.ca)
- In person at any City of Edmonton Recreation & Leisure Centre





## FOREST TERRACE HEIGHTS HALL






### Let's move until summer!

Wednesdays 7-8pm

Session 1 April 6 - May 18 (5 weeks)\*

Session 2 May 25 - June 29 (5 weeks)\*

EACH SESSION:

Members - \$10 / \$10 drop-in

Non-members - \$50 / \$2 drop-in

Contact Allison to register

[mppr4movement@gmail.com](mailto:mppr4movement@gmail.com) or 780-554-0958

No class

\*April 13 / May 11

\*June 8



Register for one session or both

## Bicycle Helmet Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.



### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

## Protecting Your Eyesight

### Damaging UV Light From the SUN

We all know that ultraviolet rays can be harmful to our skin on hot summer days. However, what about our eyes?

Our precious eyesight can be affected in our later years if we do not take the correct steps in protecting them. It all starts at a very young age since most our sun exposure is during our adolescent years playing outdoors.

Sunglasses help to protect our eyes from the harmful UV rays emitted from the sun. To begin, UV light damages the eyes by giving us cataracts sooner in life. This can cause cloudy vision and glare at night. UV light also increases our chances of getting macular degeneration. A disease of the retina that harms our central vision. Finally, we can also get yellowing/thickening of the whites of our eyes. This is known as pinguecula and if the thickening gets worse growing over the cornea it can impair vision. At that point, it is called pterygium.

Sunglasses, either tinted or polarized lenses help by blocking UV light from reaching the eye. Even clear lenses can have UV light blocked by adding a UV protective coating to the lenses. For comfort and convenience, many people now wear transitional lenses. These lenses change depending on the amount of UV light exposure. The brighter it is, the darker they get.

**We provide UV protective contact lenses, eye glasses and sunglasses.**



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An afternoon of jazz and spiritual reflection

Sunday afternoons  
April 10 to May 8, 2016  
3:30 to 5:00 PM

At Ottewell United Church  
6611 – 93A Avenue, Edmonton, Alberta  
780-469-5559

- |          |  |
|----------|--|
| April 10 | Tommy Banks Trio                             |
| April 17 | Don Berner Trio                              |
| April 24 | P. J. Perry Quartet                          |
| May 1    | Rollanda Lee and her Canadian Jazz Hot Stars |
| May 8    | Kent Sangster Trio                           |



These concerts are sponsored in part by Ottewell United Church, the Edmonton Musicians' Association through the Recording Industries Music Performance Trust Fund, and people like you. Thank you.

Elevator available at the church

Admission by donation at the door

## Die Kleine Kinderschule Edmonton's English-German Bilingual Playschool

*is accepting registrations for the 2016/17  
school year and we still have space available!*

**Rio Terrace School**  
7608 – 154 St.

*For information, visit us at*  
**dkkplayschool.org**



**Hon. Marlin Schmidt**  
MLA for Edmonton-Gold Bar



***You're Invited to Spring Tea***  
*Please join me on Sunday, April 24  
for conversation and refreshments.*

*Location: 7510-82 Avenue*  
*Time: drop-in from 2:00 – 4:00 p.m.*  
*All are welcome to attend!*



*Call 780-414-1015 for  
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9:00am-4:30pm

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# 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	975-0864
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.*

## 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.**



## 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. 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](mailto:memberships@fultonplace.org) for more information.*

## 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.**

## Volunteers Needed For Senior's Tea

Fulton Place Community League strives to be an organization who care about and support its residents. For this reason, a group of community members have volunteered their time and organized a yearly Spring Senior's Tea as a "thank-you" to our Senior members for their continued support of Fulton Place Community League.

This annual event is well attended by Fulton Place Senior's and has grown to include 90 seniors each year. This event is a great way to meet neighbors and builds a true community spirit. Senior's typically purchase league memberships at this event as many are missed by door to door canvassing.

Fulton Place's board is currently in transition, and we are actively recruiting for Community League members to step forward and fill this role. The previous group of "Fulton Ladies" have sadly stepped down, so without a new individual or group to plan this event, it simply won't go forward. Support and guidance will happily be provided to new volunteers.

If you are interested in giving back to your community by being involved with Fulton Place's Wonderful Seniors- PLEASE Contact Karen at 780-439-2263

## Fulton Ravine Clean Up

**Saturday, April 30th  
10:00 am- 12:00 pm  
Check in at 6336 Fulton Drive**

Wear heavy clothing to defeat the thorns, leather gloves and sturdy footwear.  
Children under the age of 15 must have parental consent and be accompanied by an adult.  
Bags and refreshments provided.

Call 780 465 2368 for more information.

## CONGRATULATIONS

to The Hardisty (Fulton Place) Young Guns! They won Provincial GOLD this past weekend for Tier 4. This is their second Provincial GOLD win, U14 and now U16 and We are extremely proud. Coach is Terry Kerfoot who also deserves a big hand with leading this team undefeated this season, with 23 wins, 0 loses and 2 ties. WAY TO GO!



## Spring 2016 Gardener's Swap and Sale Saturday, May 28th, 9 am – 12 pm

Join us on Saturday, May 28th for our annual gardener's swap meet and sale, held at the Fulton Place Community League Hall (6115 Fulton Rd), between 9am and noon. Bring any plants (indoor or outdoor), seedlings, perennials, tools, magazines, books, etc. and receive points that you can use to purchase something someone else has brought to the swap meet. If you have nothing to swap for, any community league membership automatically gets you points or you can purchase points.

Whether this is your 1st or 50th year gardening, come find a hidden treasure, add some new gems to your outdoor oasis, learn something new or just have fun talking to your neighbors about flowers! Coffee, juice and snacks will be provided. Hope to see you there, rain or shine.

## Gardening Workshop at St. Augustine's Anglican Church - 6110 Fulton Road

Wellness in the Garden – How to use features, plants and activities to create well-being

Do you need a refuge from your busy life? A place where you can connect with nature, grow healthy food, protect insect and bird life? Claudia's workshop will inspire you to make a plan for features, plants and fun activities that create a sense of connection and harmony with all living beings.

Date and Time: Sunday, April 3, 2016, 7-9 pm

Cost: free

Registration: [www.wildgreen.ca](http://www.wildgreen.ca) and go to "Workshops"



## SPRING INTO FITNESS

Get in. Get fit. Enhance your life. An energetic fitness class which will leave you feeling stronger, with increased endurance, more balanced and healthier. You will work your entire body using body weight moves, actual weights, bands, core and balance work. A class for all levels. Start where you are, use what you have and do what you can. Fit looks good on every body. Come join our casual friendly atmosphere Tuesday mornings 9:15-10:30am Fulton Place Community Hall.

Class taught by Kelly  
Certified Fitness and Pilates Instructor  
May 3-June 28.

All 9/classes \$72.00 or drop in for \$10.00.

Contact Kim 780-905-6216 or [kimmockford@hotmail.com](mailto:kimmockford@hotmail.com)

## Fitness, Fun and Fellowship...

...is an Outreach program of Grace United Church which has been serving the community for over 40 years. Classes are offered Mon & Wed mornings.

Mondays we offer Yoga, Wednesdays is circuit/intervals. Both classes run from 9:30-10:30 am. All ages and fitness levels are welcome.

Childcare is available for moms with babies, toddlers & preschoolers on Wednesdays only.

Fee: \$50 for 10 weeks for Monday or Wednesday or \$100.00 for both days.

For more information call Corrie @ 780-466-6679.

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To order tickets or for more information  
contact Lisa Leflar at 780-468-2598

[leflar@suzukischool.ca](mailto:leflar@suzukischool.ca)

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# Gold Bar

4620 - 105 Avenue  
goldbarcl.com

## GOLD BAR EXECUTIVE

President	<b>VACANT</b>	
Vice-President	Adam	780-406-9758
Secretary	<b>VACANT</b>	
Hall Rentals	Garth	hallrentals@goldbarcl.com
Social Director	Ronda	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	<b>VACANT</b>	
Webmaster	BJ	
Programs	Sharon	780-628-2971
Green Shack	Kelly	780-434-6533

The sign at 106 Ave & 47 St is not currently available.

Hall rentals: hallrentals@goldbarcl.com

Community Updates: www.goldbarcl.com  
facebook.goldbarcl.com  
twitter.goldbarcl.com

## Hall Update

The occupancy permit for the hall is being processed and is expected to be approved by the end of May. The kitchen is currently being built and will be done by June 30. Exciting!

## Hall Inquiries

The Gold Bar hall is ready for rentals that don't require the use of the kitchen. The kitchen is being done as part of a second phase and construction has begun and is expected to be complete in early spring. You can see pictures of the various rooms on the web site or stop by for a visit. For more information contact Garth at hallrentals@goldbarcl.com

## 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. Call Lil at 780-466-4060 for information.

## 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.



## Enjoy a FREE Hot Beverage

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!

## Gold Bar Preschool

Gold Bar Preschool is a parent cooperative that offers small class sizes located in Gold Bar Elementary School (10525 46 St) We run a child-led curriculum focusing on early literacy, STEM, art, sensory exploration and dramatic play- all in a fun interactive way! We are accepting registration for 3 and 4 year olds. Two sessions are available to attend; M-W-F and T- Th classes running 9:00 - 11:30am. For more information or for a registration form, please call Lindsay at 780.708.3461 or email goldbarpreschoolparents@gmail.com



## Gold Bar Communications

To submit an item for the MAY 2016 SEV in the Gold Bar section, email SondiAmber@gmail.com or call SONDI at 780-468-2237 by APRIL 20.

## Cheesecake, Coffee and Community Safety

All community members are invited to join us for complimentary cheesecake, coffee and to listen to Gold Bar resident Officer Frey speak on Creating Safe Communities, at our Annual General meeting. Monday, April 4 at 6:30 pm in the Gold Bar Elementary School library.

All community members are welcome to attend to find out what we accomplished in 2015, and what we are working on in 2016. We have 3 vacancies to fill: President, Secretary and Community Sign, as well as a committee for the ice rink to create. We hope to see you there.

## Community Rink

The City won't allow us to flood the rink until we have the rink lights replaced. It's expected to cost \$165,000 to replace the lighting. That money would have to be raised, or perhaps there are some people in our community who know how we could go about this more economically? If the community rink is dear to you, please come to our AGM on Monday, April 4 to find out more.

## Scout Bottle Drive

Please support your 70th Gold Bar Scouts. They will be having their spring bottle drive Saturday, April 23 from 9am - 4 pm, so save up those cans and bottles for them.

## Upcoming Bingo Dates

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

### FORT ROAD BINGO

Sunday, April 24, 2016 - Afternoon

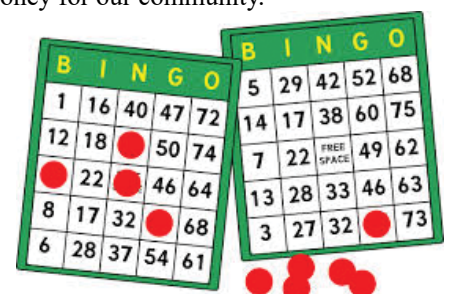
### PARKWAY BINGO

Sunday, April 3, 2016 - Afternoon

Monday, April

18 - Evening & Late Nite

Sunday, May 29, 2016- Evening & Late Nite - Special





# EDMONTON

## Neighbourhood Summer Daycamp

### A Taste of Camp

#### Gold Bar Community Hall

Does your child want to come to camp, but doesn't know which theme to try? This camp is perfect for them! They'll get a taste of all sorts of camp fun. From cooking, dancing, and outdoor adventures, to arts and sports, each child will get the chance to discover what their favorite activity is in this 'theme for a day' program. They will even get to end their camp adventure with a fun-filled field trip.

- Monday July 18<sup>th</sup> to Friday July 22<sup>nd</sup>, 2016
- 9:00 am to 4:00 pm
- 10810-54 Street
- Ages 7-10 years
- Cost: \$144
- Course code: 559643

Registration opens **March 16, 2016**.  
Register early to avoid disappointment!  
Browse all camps at [edmonton.ca/daycamps](http://edmonton.ca/daycamps)

### To Register

- Call 311
- Online at [eReg.edmonton.ca](http://eReg.edmonton.ca)
- In person at any City of Edmonton Recreation & Leisure Centre

Program supported by the Gold Bar Community League

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# Holyrood

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

## Holyrood Community League Contacts

President: Wendy	president@holyroodcommunity.org
Vice-President: Vacant	position currently vacant
Treasurer: Darcie	treasurer@holyroodcommunity.org
Secretary: Justine	secretary@holyroodcommunity.org
Programs Director: Patty	programs@holyroodcommunity.org
Memberships Director: Jennifer	memberships@holyroodcommunity.org
Facilities Director: Kirsten	facilities@holyroodcommunity.org
Communications Director: Danielle	communications@holyroodcommunity.org
Social Director: Natasha	social@holyroodcommunity.org
Soccer Coordinator: Katrina	soccer@holyroodcommunity.org
Playschool Coordinator: Marissa	playschool@holyroodcommunity.org
Playgroup Coordinator: Jessica	playgroup@holyroodcommunity.org

To contact an executive member, send us an email. To find out what's happening in Holyrood, visit our website at: [www.holyroodcommunity.org](http://www.holyroodcommunity.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.

## We Have a New Website!

We've moved our site over to [holyroodcommunity.org](http://holyroodcommunity.org). If you haven't checked out our new website yet, come visit us at our new home on the web; we're looking forward to adding lots of exciting content to the new website.

## Landscaping Volunteers Needed

The Holyrood Community League would like your help removing weeds and spreading mulch around our hall and rink shack. This event will be held concurrent with the Holyrood Haul-Away (Saturday, May 14 from 10 am to 2 pm). You'll already be wearing your work gloves and grubby jeans for the Haul-Away, so bring a shovel or rake and plan to spend a bit of time volunteering to beautify our grounds. We'll have some refreshments for those that pitch in!

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**Jean-Daniel Tremblay**  
**780-905-0061 em: [jeandani@telusplanet.net](mailto:jeandani@telusplanet.net)**



## HOLYROOD CASINO - JULY 31st and AUGUST 1st, 2016

The Holyrood Community League Casino will take place on Sunday July 31st and Monday August 1st (Civic Holiday) at Baccarat Casino, downtown. We are looking for 35 more volunteers to work either a day or a night shift.

Please consider volunteering! With your help we hope to receive approximately \$75,000 to fund new and existing programs, events (like our annual block party), and maintain our hall and rink.

## Free Memberships for Newcomers

If you are new to the Holyrood neighbourhood, or know someone who is, please contact our Memberships Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org). We would like to welcome you to the neighbourhood by delivering a complimentary Holyrood Community League membership, along with information about the programs and activities happening in our great community.

Memberships can also be purchased in person from the South East Edmonton Seniors Association (9350 - 82 Street NW) or online from the Edmonton Federation of Community Leagues (<http://efcl.org/membership/>).

## ANNUAL GENERAL MEETING

**Thursday, April 28th  
7:00 – 9:00 pm**

Find out what's happening in Holyrood, learn more about our spray park grand opening, mural unveiling and rink renewal plans.

Help elect our new board and join us in recognizing our fabulous volunteers!

Wine and snacks served. Babysitting provided.

**\*\*Free 2016/17 HCL Memberships to all who attend\*\***  
We look forward to seeing you!

## SAVE THE DATE: “Holyrood Hose Down”

Join us for the Spray Park grand opening and mural unveiling on Saturday, June 4th, 1 to 4pm!

## Holyrood Haul-Away

The Holyrood Community League is organizing a Capital City Clean-Up event on Saturday, May 14 from 10:00 am to 2:00 pm. This event will be held in the parking lot of our hall, at 9411 Holyrood Road.

There will be two 40 cu yd bins, for disposal of sporting equipment, furniture, mattresses, household construction materials and other large items. We will NOT be accepting electronics, appliances or household hazardous waste. Once the bins are full, we will stop accepting items. Only members of the Holyrood Community League will be able to dispose of items in the bins, but memberships will be available for purchase on-site.

Although we will not be organizing a yard sale, we will have an area set aside for community members to leave items for re-use. The Holyrood Community League itself would like to re-use your old hockey sticks, so please bring them with you to this event.



## Wanted: A Few Good Members!

Would you like to get to know your community better? Interested in sharing your skills, passion and energy with a group of like-minded people? Want to make a difference where you live?

Opportunity waits, just down the street! We have some newly-opened volunteer positions on the Holyrood Community League Board of Directors, and are looking for candidates to stand for election at our April 28th AGM.

The Board is a dynamic group of Holyroodians who are committed to our community. We're constantly striving to make our neighbourhood a great place to call home. Help us make that happen by considering one of these positions:

**Vice President:** Learns the duties and responsibilities of the president, and keeps informed on community league issues. Works closely as an advisor and consultant to the president, and fills the president role in his or her absence. Volunteers for key community league programs, events and initiatives as needed.

**Secretary:** Notifies board members of meetings, circulates agendas and ensures quorum. Records all minutes during board and general meetings; circulates minutes in a timely fashion. Responsible for league record-keeping: bylaws, minutes, motions, agreements, etc. Keeps board contact information up-to-date with associated organizations.

**Programs Director:** Organizes and oversees the regular programs offered by the community league, including sports, fitness, and summer programs. Acts as the board contact for community soccer, play school and playgroup. Applying for grants, arranging registration and payment, keeping records, and organizing facility access are among some of the responsibilities of this position.

**Director at Large – Civics & Development:** Monitors civic concerns such as land use changes, development proposals and transportation issues. Gathers and communicates information to the board and the community, liaises with government and other organizations, and facilitates discussion around civic issues facing Holyrood.

**Director at Large - Park & Grounds:** Ensures the upkeep and maintenance of Holyrood's amazing "outdoor assets", including our park area, plaza, playground, landscaping, rink, and parking lots. Liaises with the City of Edmonton to ensure appropriate maintenance, repair and improvements as needed.

Orientation, training and mentorship will be provided for all new board members. In addition to their specific duties, all board members are part of the team that sets the vision for the league. At our 10 monthly board meetings and annual planning session, we are all involved in discussing matters of policy, finance, programs, personnel and advocacy.

Board membership is a great way to make new friends, feel more connected in your community, build new skills, and make your own unique contribution. What could be more rewarding than making a difference right in the place where you live?

If you'd like more information on how one of these positions might be a good fit for you, please contact Wendy Weir, President, at 780-431-0511 or [president@holyrood-community.org](mailto:president@holyrood-community.org).

## HCL PROGRAMS

**Yoga** - All levels welcome!  
Mondays  
Holyrood Community Hall, 7:00 - 8:15 pm  
Cost: \$12 drop-in.  
Contact Lyle Cott: [dog08@shaw.ca](mailto:dog08@shaw.ca)

**Parents and Tots Playgroup**  
Parents and caregivers of babies, toddlers and preschoolers (0-5 years) are invited to come and socialize while the little ones play. This program is a great way to meet other families in our neighborhood!  
Tuesdays 9:00 - 11:00 am  
Holyrood Community Hall  
Free to community league members; please bring your membership for coordinator records.  
Contact Jessica: [playgroup@holyroodleague.org](mailto:playgroup@holyroodleague.org)

**Community Swim Time**  
Holyrood Community League members are invited to enjoy free swims at Bonnie Doon Pool during community swim times. Bring your membership.  
Saturdays 6:00 - 7:00 pm  
Sundays 4:15 - 5:45 pm

**Learn to Bike**  
Mark your calendars! Holyrood has been selected for this popular, free program offered by City of Edmonton staff.  
Wednesday, May 25th  
3:30 - 6:30 pm

**Community Swim Time**  
Holyrood Community League members are invited to enjoy free swims at Bonnie Doon Pool during community swim times. Bring your membership.  
Saturdays 6:00 - 7:00 pm  
Sundays 4:15 - 5:45 pm

You're invited to a

# PAINT NITE

## FUNDRAISER

for



**Fulton Child Care Association**

On June 11 come and enjoy an adult night out. We are raising funds for our new playground. There will be a \$2.00 non-alcoholic concession. The cost of each ticket is \$45.00 + tax. Don't forget to invite your friends!!

**Fulton Place Community Hall**

**7:00pm - 9:00pm**

**6115 Fulton Road**

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**Sign up now at:**  
<https://paintnite.com/events/1063340.html>

**or contact:**  
**Dodie: [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca)**

Join Us!



**PaintNite**  
*Drink Creatively*

**PaintNite.com**

## Ottewell Dental Clinic

Dr. Gordon Ludwig DDS and Dr. Brian Zwicker DDS - General Dentists

# WELCOMING NEW PATIENTS!

**Comprehensive Family Dental Care**

**Insurances Billed Directly**



**Receive an Oral B 2000 Electric Toothbrush with an Adult Checkup and Cleaning**



Visit us at:  
[www.ottewelldental.com](http://www.ottewelldental.com)  
Ottewell Shopping Centre  
6128 90 Ave - (780) 465-0505

**Mon/Tue/Fri 8-4; Wed/Thur 8-6, Saturdays by Appt**

## League Contacts

President: Marcus	marcusidylwylde@gmail.com
Vice President: Vacant	
Secretary: Vinh	vinhidylwylde@gmail.com
Treasurer: Walter	walteridylwylde@gmail.com
Casino: Bridget	casinoidylwylde@gmail.com
Social: Vacant	
Programming: Kamila	kamilaidylwylde@gmail.com
Facilities: Paul	paulidylwylde@gmail.com
Publicity: Vacant	
Membership: Michelle	bluecanary1@hotmail.com
Garden Rep: Vacant	gardenidylwylde@gmail.com
Civics: Lee	lbrktt@gmail.com

To contact us, please do so by email or by leaving a message at 780 466 7383.

Like and follow us for the most up to date news. Search Idylwylde Community League on Facebook and @IdylwyldeCL on Twitter. You can also visit us at [www.idylwylde.org](http://www.idylwylde.org)

## Community League Meeting

Our next community league meeting is on April 12, 2016. Councillor Ben Henderson will be attending to talk about pedestrian safety, traffic shortcutting, speeding concerns in the community. If you would like to attend this meeting, please RSVP to Idylwylde.community.league@gmail.com

## Board Volunteers Wanted

Want to gain valuable non-profit experience? Consider joining our Board of volunteers! (No experience necessary!) It's a great way to get to know your community and city better, while gaining experience and getting the reward of building great things in your community. Send questions and inquiries to [Idylwylde.community.league@gmail.com](mailto:Idylwylde.community.league@gmail.com)

## Hall Rental Coordinator Wanted

We are looking for an energetic, organized person to handle our hall rentals. This would be a paid contract position, earning a percentage of hall rental revenue. Please contact [Idylwylde.community.league@gmail.com](mailto:Idylwylde.community.league@gmail.com) for more details.



## Get Out Your Green Thumbs!

With spring around the corner, sign up to take part in our beautiful community garden. All the work is co-op based and so is the harvest, no experience necessary. Go to [www.volunteersignup.org/L4PTL](http://www.volunteersignup.org/L4PTL) to sign up now!

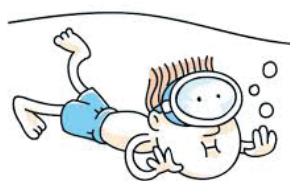
## Little Free Library

We have found a location for our Little Free Library. Watch for it to be unveiled this summer!

## 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 &  
Sundays 4:15-5:45 PM

Bonnie Doon Leisure Centre Pool, 8648-81 St NW  
Swim is free of charge for Idylwylde Community League (ICL) members. Make sure to bring your ICL membership card to enter the pool.

## Community Fitness Programs

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. We are happy to provide these classes free of charge to our members, in lieu of a fee, please consider bringing donations for the Edmonton Food Bank.

### Beginners to Intermediates Yoga:

From January 18 to April 11  
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 January 21 to April 7  
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.

### Spring into Fitness Class:

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!

### Pilates Mat Class:

From May 5 to June 30  
Every Thursday 7:00 PM to 8:15 PM  
Classes taught by Kelly Bray, a certified Fitness & Pilates instructor. Pilates is a system of controlled exercises that engage the mind and condition the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balance approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. The heavy emphasis on abdominal strengthening is a necessity and the class is designed for every fitness level. Kelly Bray is a certified Pilates instructor and have many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the Pilates experience.



## Kenilworth Executive and Representatives

**President Meghan 450-0534**  
**Vice President Loida 953-1062**  
 Treasurer Connie 469-7661  
 Secretary Jason 394-3902  
 Bingo Julia 476-2992  
 Bingo Alt. **VACANT**  
 Casino - Bonnie 469-1969  
 Blds./Grounds Dan 469-2019  
 Blds./Grounds Terry 587-983-6848  
 Adult Programs **VACANT**  
 Capital Projects Gary 466-7591  
 Grant Applications **VACANT**  
 Children's Programs Scott 466-2360  
 Summer Programs **VACANT**  
 Memberships Barb 466-2360  
 (can also be purchased at Sports Shack)  
 Publicity Martine 466-9444  
 Soccer - Indoor **VACANT**  
 Soccer - Outdoor **VACANT**  
 Social John 462-2105  
 SECLA Rob McDonald 707-8204

### REPRESENTATIVES:

Badminton Liz 465-5188  
 Crib Club Rhys 490-0106  
 Ladies Auxiliary Jean 469-4669  
 Ladies Auxiliary **VACANT**  
 Neighborhood Watch Gladys 466-1688  
 Southeast Central Community Patrol Program - **VACANT**  
 Playschool Janna 757-9414  
 Toddler Time Angela  
 Caretaker Pauline 469-7366  
 Hall Rentals Al & Liz 469-1711 (leave a message)

### 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, April 11th, 2016 @ 7pm**

### Southeast Voice Newsletter Deadlines

Submissions for the May 2016 issue of the Southeast Voice is due Thursday, April 14th, 2016. Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

## 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. Other opportunities still available are: Soccer Director, Adult Programs, Summer Programs, Grant Applications, Bingo Alternate.

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!

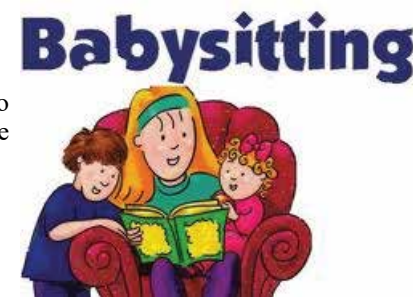
Starting October 2015, Toddler Time will resume every 2nd Wednesday.  
 Come out and visit with other parents while your young one plays.  
 Time: 9:30 am - 11:30 am  
 April 2016 Dates: April 6th, April 20th  
 May 2016 Dates: May 4th, May 18th  
 June 2016 Dates: June 1st, June 15th & June 29th

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

## 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.



## 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, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.**

## KCL Adult BBQ

Spring is here and it's time to reconnect with your neighbours at the Kenilworth Community League Spring BBQ. This adults-only event is being held on Saturday, May 14th. For tickets - call Dan at 780-469-2019.

## 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 accepting registrations for September 2016. For more information or to register your child for fall 2015, email [janna\\_44@hotmail.com](mailto:janna_44@hotmail.com) or call 780-757-9414.



## Kenilworth Playschool's I'VE OUTGROWN IT SALE

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

Come shop for amazing deals on gently loved clothing, toys, books, baby equipment etc.

OR

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

Cost: \$25.00 per table  
Saturday April 16, 2016  
Kenilworth Community League  
7104 87 Avenue, Edmonton  
10:00am-2:00pm

Registration and payment due by February 19. Janna @ 780-757-9414 or [janna\\_44@hotmail.com](mailto:janna_44@hotmail.com)

## Scouts Bottle Drive

The Ottewell 120th Scout group has served the Ottewell and Kenilworth neighborhoods' youth for over 50 years. Their spring Bottle Drive will be on Saturday April 23, and we would like your support. The Scouting program starts with Beaver Scouts (age 5) and continues with Rovers Scouts (to age 26). For more information, please see [www.Scouts.ca](http://www.Scouts.ca)

## Memberships

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

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

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

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

For more information contact **Barb at 466-2360.**

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

## 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 information call Liz @ 780-465-5188 or Andy @ 780-474-2869.

## Christmas in July

10 Christmas Cards or More  
Workshop to be held at Kenilworth Hall  
7104-87 Ave  
Thursday, July 14, 2016, 6:30 to 9:30 p.m.

Join the fun at the 12th Annual "Christmas in July" workshop. The event fee is \$25 for 10 cards or \$45 for 20 cards and payable by June 30th. To register contact Rhonda @ 780-469-0010. Supplies to bring: SNAIL or other double sided adhesive.

## Strength/Cardio Class

Come join us for a fun, effective and sweaty class :)  
Every week it's a little different so you don't get bored.

It's always a good combination of cardio and weight training. Perfect for all fitness levels. All you need is a set of light/medium weights, indoor running shoes, and a mat.

We run 6 week sessions for \$75. Drop-ins are also welcome for \$15. Cash or Cheque accepted. Cheques are to be made out to Kenilworth Community League.

New session starts March 3rd. Please email me at [totalbalan-cepersonaltraining@gmail.com](mailto:totalbalan-cepersonaltraining@gmail.com) to register.

## 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 Bingo's. Help our community league raise funds to keep our community programs and events going.

Next Bingo's:

March 18, 2016 Friday, 4:30pm – 11:30pm  
April 20, 2016 Wednesday, 4:30pm – 11:30pm  
May 22, 2016, Sunday, 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.

## Help Stamp Out Crime in our Neighborhood!

Since 1993, Kenilworth and surrounding south east communities have had a group of volunteers who were involved in volunteering their time in making their home communities a safe place while working out of the Ottewell community station with the Edmonton Police Service. Initially this group was called the Ottewell Community Patrol Program and then renamed the Southeast Central Community Patrol.

As of November 2015, the Southeast Central Community Patrol was amalgamated with the Millwood's Community Patrol and is no longer operating out of Ottewell. The new group is called the Southeast Division Community Patrol and now operates out of the Southeast Division Station.

Thanks to those folks who have volunteered their time over the years to continue to support Kenilworth as a safe community. Thanks as well to the Kenilworth Community League for their support of the patrol program. It is all of our responsibility to keep our community safe. Get to know your neighbours. A connected community can prevent crime.



Ottewell Community League Executive and Board Members	
<b>Executive:</b>	
President – Corinne	
Vice President – Bri	
Secretary – Sandra	
Treasurer - Pauline	
<b>Board Members:</b>	
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 – <b>OPEN</b>	
Maintenance Chair - <b>OPEN</b>	
Community Patrol – Leroy	
Southeast Transportation Society – Ernie	
Membership Chair – Russ	
Communications Chair – Sharon	
Web Page Designer - Sandra	
<b>Representatives:</b>	
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	

## Zumba Comes To Ottewell Hall

Monday nights – 7-8pm with trained instructor.  
Starting Monday March 7, 2016  
6 weeks of ZUMBA for \$60 with pre-registration  
Drop in fee of \$15.  
Register for ZUMBA at  
2212ottewell@gmail.com

## Monday and Wednesday morning fitness!

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.



## 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

## Purposeful Play with Me

Drop in program great for parents, caregivers, and children up to 6 years of age. During this interactive play time, explore sensory, gross motor, fine motor, and literacy experiences with your children. Meet and connect with new families in your community. Snack provided. Tuesdays 2pm-3pm - Primrose Place Family Resource Center 6311 92Ave. January 5TH - June 28TH 2016 (Drop In)

## Ottewell Annual General Meeting

Tuesday May 17, 2016 7 pm

Plan to attend the AGM and find out what has been happening! OCL presents a Guest speaker from the Muttart Conservatory.

## Volunteers needed for Outdoor Movie Night

Come and join the Outdoor Movie Crew! Be a part of the biggest event of the summer right here in Ottewell. Jobs for all ages. Contact OCLEVENTS@gmail.com

## Upcoming BINGO Dates at Parkway Bingo

All funds raised support Ottewell Community  
**Dates for BINGO - May 7, 2016**



## Community League Meetings

Appreciate any time that you can give to your community!  
Come Join Your Neighbours at the OCL Meeting!  
Tuesday, April 12th 7:00 PM  
We welcome all to join us!

## Jazz and Reflections at Ottewell United Church

More information is included in a poster format on page 15 of this edition of the South East Voice.

## 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.

## Community Patrol

Our Community patrol program will no longer be running within Ottewell. The City Police will be patrolling our area out of the Millwoods Police Station.

A special thank you goes out to Leroy for the many years of service for heading up our Ottewell Community Patrol Program. Your dedication and commitment to the safety of our community over the years is truly appreciated.

Remember: It is all of our responsibility to keep our Community safe by; getting to know your neighbours, and reporting any suspicious activities by calling:

Emergency 911

Non-Emergency 780-423-4567

## Ottewell Community League Social Media

Find out what is happening in our community by posting and liking our Facebook page: [www.facebook.com/OttewellEvents](http://www.facebook.com/OttewellEvents)

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

Twitter @ottewellevents

## Community Swims

Admission is free for Ottewell Community League members during the community swim times at Bonnie Doon pool. Please check the City of Edmonton website – [www.edmonton.ca](http://www.edmonton.ca) or phone 311 for the scheduled community swim times. Cost of multi-pass purchases (10+ visits) are also reduced with an Ottewell Community League membership.



## 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.

## New to Ottewell Community League

### \*\*Babysitting Registry\*\*

- Are you looking for a babysitting job?
  - Want to earn some extra cash for the summer?
- If this is you, send your name, address, phone number and the year you were born.  
Include your credentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and experience caring for children. Send your information to [colleenandtravis@shaw.ca](mailto:colleenandtravis@shaw.ca)  
Or call Colleen 780-406-3603.

## Ottewell Scouts

Ottewell 120th Scouting Bottle Drive

Thanks to the community for the great support for our bottle drives! Our next one is on Saturday April 23rd.

If you would like more information on Scouting, please see [www.scouts.ca](http://www.scouts.ca).



# Braemar Elementary School SCHOOL REUNION

*20+ Years of Education in the Ottewell Community*

Please dress  
Casually

Come Walk Down  
Memory Lane  
AND  
Connect in  
**WITH**  
Teachers and  
Classmates

*Adults*  
ONLY

Afternoon School Tour  
Catered Dinner  
**Evening Program**  
**Photo Booth**  
Visiting

Limited Seating  
Get your tixs now!

**1961-1985**

You are invited to attend our

*Braemar Elementary  
School Reunion*

**SAT** **May**  
**28<sup>th</sup>**  
**2016**

Bonnie Doon Hall  
9240-93 Street  
Edmonton, AB

**Cost: \$60 per person**

Get your tickets now at MyEvents  
[www.braemarreunion.myevent.com](http://www.braemarreunion.myevent.com)



## Board of Directors

PRESIDENT — Jenny  
VICE-PRESIDENT- Keith  
TREASURER — Ken  
GROUNDS & BUILDINGS — Scott  
SOCIAL DIRECTOR — Vacant  
MEMBERSHIP — Leah  
COMMUNICATIONS — Neil  
SECRETARY — Rohit  
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](http://strathearncommunityleague.org)  
Twitter: @StrathearnCL  
Facebook: Strathearn Community League

## Community Casino Update

The Strathearn Community League has the opportunity to work a casino every 18-24 months and exchange for our time (40 volunteers over 2 days) we receive a significant lump sum of money that we can use at our discretion (with some guidelines!). These funds are absolutely crucial to the running of the league and at this point in time we are in need of these funds to make our new building a reality. This cycle we have been given May 28 & May 29 at Century Casino. This is a great way to support your league and it can even be a nice way to meet some new neighbours. Plus, you get some free food!!!

PLEASE consider signing up for a shift at our upcoming casino, and maybe even consider bringing a friend along...or two or three... Luckily it's super easy to sign up! We're using VolunteerSpot (the leading online Sign-up and reminder tool) to organize our upcoming Casino shifts.

- 1) Click this link to see our Sign-Up on VolunteerSpot: <http://vols.pt/oHgnTv>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on VolunteerSpot.

Note: VolunteerSpot does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.  
Please contact us if you have any questions.



## Nigel's Rototilling

Ottewell area  
\$50 most gardens  
call Nigel  
780-756-1633 or  
oldguy88@shaw.ca





## Linda Duncan

**Member of Parliament**  
**Edmonton Strathcona**

**Contact my constituency office for assistance with:**

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10049 81 Avenue  
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*Assistance également disponible en français.*

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

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## SELLING YOUR HOME?

CALL NOW FOR A FREE MARKET EVALUATION

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## Using Neighbourhood Interactive Map

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

Find the City amenities - swimming pools, sports fields, parks, playgrounds, golf courses and spray parks - 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.





NOW ACCEPTING  
RESERVATIONS

# MORE TIME MORE CHOICE MORE FREEDOM

## Luxury Retirement Living



### MORE TIME

Providing warmth, security and peace of mind, Southwoods Village is a remarkably unique retirement community allowing you the opportunity to maximize quality time.



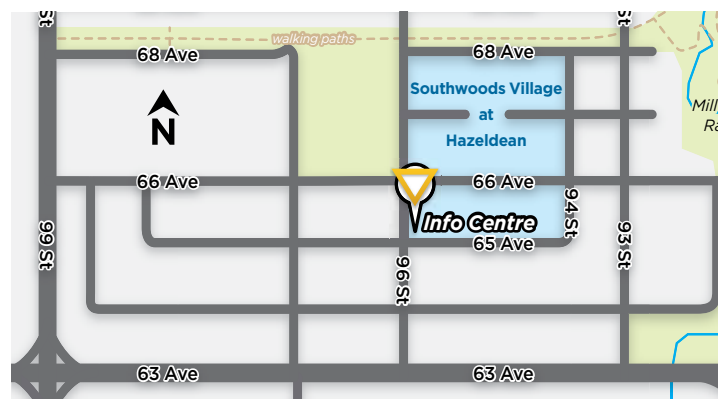
### MORE CHOICE

Life Lease offers financial choice so you can afford to do more! With no monthly rental fee, our residents enjoy spending their income on the things they want... and keep their savings!



### MORE FREEDOM

Let us take care of the lawn, home maintenance and snow removal so you can enjoy more time doing what you love.



**Southwoods Village at Hazeldean**, is centrally located, Southwoods is close to many amenities, walking paths, and the Millcreek Ravine.

For more information about Southwoods visit our Info Centre at **9472 - 65 Ave** or call at **(780) 975-2509**.

**CDLHomes.com**





# 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.

To learn more about allergies, visit: [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or call Health Link at 811.

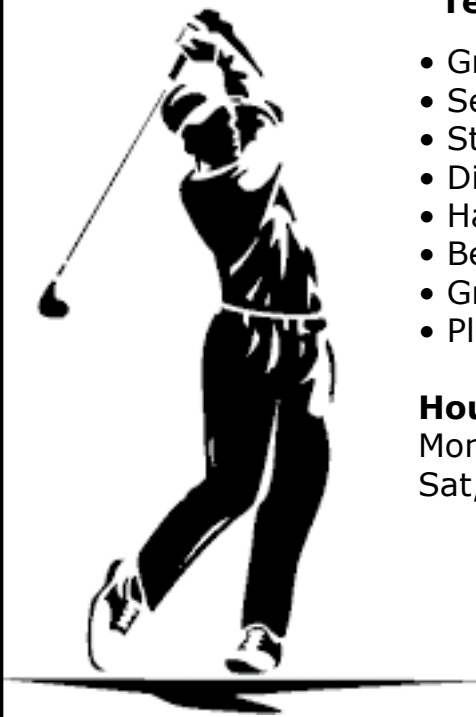
# Ottewell Driving Range

(Book your private function at the Ottewell)

**4205 - 102 Ave.**

(just north of Baseline off 50 St. Behind curling club)

**Tel: (780) 469-8404**



- Grass boxes
- Senior discounts
- Student discounts
- Discounts on volume
- Happy Hour Golf (weekdays 1pm to 4pm)
- Beer Gardens (happy hour 4pm to 7pm Mon-Fri)
- Group or private lessons
- Playground for the kids

## Hours of Operation

Mon-Fri 11am to dusk

Sat, Sun & Holidays 10am to dusk

## Happy Hour

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



# EDMONTON

## Family Fun!

Join the Run Walk Ride for Vision Zero and raise awareness about traffic safety.



Family-friendly 5K run/walk. Bicycles, strollers and dogs are welcome. First 250 registrants receive sling backs and safety lights. Everyone gets a medal.

**Date:** Saturday, April 23, 2016

**Time:** 9am - Noon. Race starts at 10am

**Where:** Concordia University College

**Information and Registration:**

[www.rwr4trafficsafety.com](http://www.rwr4trafficsafety.com)

Race proceeds go to the Memorial and Traffic Safety Fund which supports community traffic-safety initiatives.

**VISION ZERO:** zero traffic fatalities and major injuries

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**Capilano:** 2 Storey, New renovation Top to Bottom ,  
3+1 Bedrooms, 4 Bathrooms including ensuite, Big Yard &  
Double Garage.



**Gold Bar:** Bungalow Ravine location : 3+1 Bedrooms, 3 Bath-  
rooms including ensuite, mainfloor laundry, Double Garage &  
HUGE SOUTH BACK YARD.



**Allendale:** Entry level, 3 Bedrooms total, 2 Bathrooms, Double  
Garage.



**Prima Villias II:** 45 Plus Bungalow, 2 + 1 Bedrooms, 3 Bathrooms,  
Double attached garage.