

# SOUTHEAST VOICE

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

August-September 2016



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## 101 Avenue Vision and Study: Join us to build a brighter 101 Avenue



Section of resident generated mind map

The Greater Hardisty community has expressed a desire to develop a vision for the 101 Ave corridor and is proactively working to shape the future of this retail strip. In response to the community's energy and interest, the City has started the 101 Avenue Vision and Corridor Study.

In June, the City of Edmonton, working with the Greater Hardisty Community Sustainability Coalition and the Forest Terrace Heights Community league, conducted a community-wide information gathering workshop to find out how people who live near,

work on, or use 101 Avenue would like to see it improve. The City also conducted a number of "pop-up" engagement sessions throughout the summer.

Now that the City has your great ideas, and a better understanding of the constraints and opportunities on the avenue, we would like to present draft concepts of 101 Avenue for your feedback.

Join us and your neighbours to continue the conversation at the open house!

**Date: Thursday  
September 29th  
When: Drop in anytime  
from 5 pm to 8 pm  
Where: Forest Heights  
School - 10304 81 St NW  
Childcare and refreshments will be available**

**Stay informed!**  
Visit the 101 Avenue project website for up-to-date project information:  
[www.edmonton.ca/101AvenueCorridorStudy](http://www.edmonton.ca/101AvenueCorridorStudy).  
Or contact Kirstin Pacheco, Project Manager  
Email: [101AvenueCorridorStudy@edmonton.ca](mailto:101AvenueCorridorStudy@edmonton.ca)  
Phone: 780-508-9450  
(More page 2)

## Mark your calendars: Strathearn Art Walk is Sept. 10



The fifth annual Strathearn Art Walk on Sept. 10 promises to be our biggest yet, with more than 115 artists, as well as live music and activities for our youngest artists.

"The event started out five years ago to support our local art galleries and to bring neighbours together, and it has fulfilled these goals and so much more," says Jenny McAlister, event chair and president of Strathearn Community League. "It's now an event for more than just Strathearn; it's an event for the whole southeast to enjoy.

"We've put in a request for exceptionally nice September weather and can't wait to spend the day running into familiar faces," she adds.

A free event with activities for the whole family, Strathearn Art Walk takes place Saturday, Sept. 10 from 12 p.m. to 7 p.m. in the park on Strathearn Drive, between 89 and 91 streets.

"A special focus this year will be on creating a space for our kids to experience art in many forms," McAlister says. The kids' zone will feature crafts, Music Together of the Northern Lights and more.

Join us in the beer garden for performances by Ayla Brook and The Sound Men, Karimah, The Wired Cup's very own Dave Jackson and more.

Visit [strathearnartwalk.com](http://strathearnartwalk.com) to learn more, or find us on Facebook @strathearnartwalk and on Twitter @strathearncl.

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COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
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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>
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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>

## Fulton Ravine South park development project update:

Planning and fundraising are underway for the park development project. A Wellness Fair will be held at the park on Saturday, September 17, and other events are being discussed. We are seeking community input as to what features to include in the park. Find out more about the park project and events, and complete the survey, by going to our website (SECLA.ca).

*Able to volunteer at the Wellness Fair on September 17?*  
If you can give an hour of your time to help at the fair, please email Connie: [connie@forestterrace.org](mailto:connie@forestterrace.org) or call 780-462-1442 (evenings).

(Continued from page 1 101 Ave)

### Corner Stores Project

The Forest Heights Shopping Centre at 79 Street and 101 Avenue is getting a facelift in partnership with the City’s Corner Stores Program. The City will also be collecting information about the Corner Stores program during this open house. The program sets out to restore commercial centres in mature neighbourhoods as hubs of community activity. The community will be integral to the success of this program and the City will consult with the community at various stages to ensure the Corner Stores Program is meeting the needs of residents.

Find out more about the Corner Stores Program by visiting: [www.edmonton.ca/cornerstore](http://www.edmonton.ca/cornerstore)

## New Programs to Start This Fall at SEESA

Fall is, without a doubt, the busiest time at South East Edmonton Seniors Association. With Summer over and children going back to school it is a time for older adults to do something they enjoy. We have always offered a wide variety of programs and activities to keep you busy throughout the colder months of the year. On Thursdays we are pleased to offer even more evening classes for the not-quite-yet retired: Soft Pilates, Multi-level Yoga, Ballet Barre and Zumba classes (regular Zumba not modified Zumba Gold) have been added to the mix of things to do and are perfect after work activities. During the day we have a few new fitness classes as well: Gentle Core Yoga on Monday mornings, Be Moved on Tuesdays, and Cardio Salsa Strength on Wednesdays. For more details and scheduled times please check out our Program Guide. Our Outreach offerings are expanding, too, with two new programs: Ins & Outs and “Men”ding and Moving Forward. Ins & Outs is a social support group for folks 55 years and older who are “out” as lesbian, gay, bisexual, transgender, two-spirit, or questioning and “in” anyone who thinks he or she may be LBGQT and not yet ready to declare it to the world. We are providing a safe environment where seniors may share the joys and challenges, discuss concerns, and ask questions to understand themselves better. Our first facilitated meeting will be at 1 pm on September 12 in the SEESA Library. A bereavement group for men, “Men”ding and Moving Forward recognizes that men grieve differently than women. Men will benefit from talking to other men about their experiences with any type of loss – death, divorce, moving, employment, and/or health. The first meeting will be on September 2nd at 11 am. Now is a great time to become a member of SEESA. If you have never been a member before you can join for \$35 which will give you the rest of this year and all of 2017 membership. Drop by and have a look around. Our cafeteria is open to the public for breakfast and lunch (and our cook, Bev, makes a great omelette).

SECLA presents the 2016

WELLNESS FAIR

SAT, SEPT 17, 12- 3:00PM

FULTON RAVINE SOUTH PARK (TERRACE RD & 63 ST)

Heathy eating & exercise tips, fitness demos, and much more!  
Games and glitter tattoos for the kids!

Watch the SECLA.ca website and community league social media (Facebook and Twitter) for updates. You won't want to miss it!

SECLA.ca



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## League Contacts

President	Nathan	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
Vice President	Lisa	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
Secretary	Vacant	secretary@avonmore.org	Sign	Bob	Director4@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	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a> <a href="mailto:programs2@avonmore.org">/programs2@avonmore.org</a>	Grants	Lisa / Scott	grant@avonmore.org
Rink	Vacant	rinkcoordinator@avonmore.org	Communications	Nikki	communications@avonmore.org
Soccer	Lyne/Boris	<a href="mailto:sports@avonmore.org">sports@avonmore.org</a> <a href="mailto:sports2@avonmore.org">sports2@avonmore.org</a>	Volunteers	Ginette	<a href="mailto:Director2@avonmore.org">Director2@avonmore.org</a>
Civics	Norm	civics@avonmore.org			

## Get Your Avonmore Community League Membership

Our community league volunteers work hard to ensure you live in a welcoming, inclusive and safe neighbourhood. By purchasing a league membership, not only do you contribute financially to the programs, events and services the league offers, you also support their efforts to make Avonmore a fun, friendly community for all residents.

Want to know what your Community League is up to? Board meetings are open to all league members. The board meets every third Wednesday of the month at the hall. Contact Vice President, Lisa, to confirm dates and times if you would like to attend.

Here's the full list of benefits you get when you buy an Avonmore Community League Membership:

- FREE access to community skating rinks
  - FREE swimming at City of Edmonton pools during Community League swim times
  - Discounted passes and memberships to City of Edmonton Recreation Facilities
  - FREE and discounted Avonmore and Federation of Community Leagues programs and events
  - Discounted hall rentals
  - NEW - free classified ad in the Avonmore Quarterly News (more info on the back page)
  - Access to Avonmore Community League Clubs (e.g. Garden Club, Walking Club)
- Membership Blitz:

Our annual Membership Blitz happens on:

- Afternoon of Sunday, August 28th
- Evening of Friday, September 9th

Keep an eye out for volunteers coming door-to-door selling memberships valid from September 1st, 2016 to August 31st, 2017. If you purchase a membership during the blitz, you'll be entered to win a prize from Avonmore's own Meat Street pies. Mmmmm. Call Wendy if you can help out: [membership@avonmore.org](mailto:membership@avonmore.org).

AVONMORE COMMUNITY LEAGUE PRESENTS:

## Pancakes in the Park

Community League Fun Day

Sat. Sept 17th 10:00a.m. to 1:00p.m.

Location: Avonmore Hall, 7902 73 Ave

We hope to see you there! This year we're trying something new:

- Pancake breakfast, live music, face painting, relay races with prizes & crafts
- Free mini massages
- Crafts & a babysitter mixer
- Community brainstorming - bring your cool ideas as we re-invigorate the conversation about a new hall, what it should contain and be used for
- Meet your neighbors and help build your community!

## Adult Shinny Hockey

Summer shinny ends on August 25th. We will continue to build on the success of the summer program by offering shinny this winter as well. The Winter shinny season starts on October 7th and will run on Fridays for 1.5 hours at Kenilworth Arena. For more information contact Boris at [sports@avonmore.org](mailto:sports@avonmore.org).

## Register for Fall/Winter Yoga at Avonmore Hall

**Dates:** Tuesdays and Wednesdays from 6:30 p.m. to 8:00 p.m. from September 6 to December 14

**Cost:** \$ 130.00 for the full session (15 classes) for members of any Community League in Edmonton (\$145 for non-members.) Drop in fee is \$15.00 per class. Registration for full session includes option of attending classes on Tuesdays and Wednesdays.

**To Register:** Contact Anita at 780 222 4482 or [director3@avonmore.org](mailto:director3@avonmore.org)

Tuesday Class: Do you want to improve the way you move your body in all of your activities? Then this class is for you. Perfect for those new to yoga and any level of fitness.

Wednesday Class: This session is designed for all levels of experience, including people who have never practiced yoga before. The teacher's emphasis on positive body awareness and respect for individual needs allow everyone to practice in a way that feels accessible, safe, and beneficial.

## 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. Members take turns picking books and hosting meetings. New members always welcome from any community. For more information contact Anita at (780) 222 4482 or [director3@avonmore.org](mailto:director3@avonmore.org)

## Avonmore PARENT & TOT PROGRAM Resumes Sept 8

Parents/caregivers and their children between 0-5 years are invited to join us on Thursdays from 10 AM to Noon for a combination of free-play, weekly planned activities (art, music, gross motor play, sensory activities, etc), social interaction and more. So far this year activities have included: themed crafts, sensory activities, obstacle courses, storytelling, watercolour painting, musical jams and more.

\*\*\*The Parent and Tot Program will not be running on the last three Thursdays in August, but will resume on September 8th.\*\*\*

For more info, check out our Facebook page by searching "Avonmore parent and tot group" or email Wendy at [membership@avonmore.org](mailto:membership@avonmore.org).

## Free Community Swim Times

This Summer Try a Free Swim at an Outdoor Pool (until September 5th)

Fred Broadstock Outdoor Pool: Sunday, Monday, Tuesday & Wednesday 5-7pm

Oliver Outdoor Pool: Sunday, Monday, Tuesday & Wednesday 6-8 pm

Queen Elizabeth Outdoor Pool: Sunday & Tuesday 5-7pm & Monday & Wednesday 6-8 pm

Mill Creek Outdoor Pool: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday & Saturday 7-9 pm

## Avonmore Hall Rental

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

## Avonmore Garden Club in Fall & Winter

If you would like to join the Garden Club contact Anita at (780) 222-4482 or [director3@avonmore.org](mailto:director3@avonmore.org). We are planning a series of workshops for the fall and winter so join us and get involved! Watch our website for details: [www.avonmore.org](http://www.avonmore.org).



## BE A SPECIAL EVENTS VOLUNTEER!

Are you an organizational whiz? Do you enjoy event planning? Avonmore needs someone just like you.

Throughout the year, the league hosts events to bring community residents together. Share your skills and abilities with your community by helping to plan and organize an event. The goal is simple: encourage residents to meet and have fun! Are you willing to lend a hand during a community event? We can always use extra help with set-up, cooking, cleaning, supervising activities, etc. Let us know what you can do!

Contact our Volunteer Coordinator, Ginette if you are interested in contributing to your community: [director2@avonmore.org](mailto:director2@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](mailto: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!

## Avonmore Playschool: First day of the new session September 12-- Register now!

Avonmore Playschool: First day of the new session is September 12. Register now!

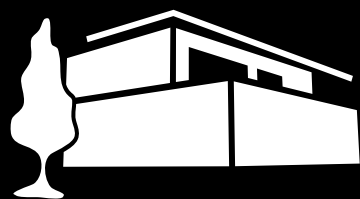
For children ages 3-4

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.

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](mailto:playschool@avonmore.org)



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## Do you want to sing in a choir? New members are welcome for the 2016/2017 season.



**Edmonton Columbian Choirs** (celebrating our 50th anniversary this year!) has 2 choirs for young people that rehearse Tuesday evenings in the Fulton area at Grace United Church. The Young Columbian Choir is for boys and girls aged 6 to 12, and "Vocal Motion" is for ages 12 (grade 7) to 21.

**Registration is Tuesday, Sept. 6, 2016 between 6:30 and 8:00 p.m. at Grace United Church.**

**For more information, please contact Elaine Dunbar at 780-461-1539, or at [dunbarstudio@gmail.com](mailto:dunbarstudio@gmail.com)**

## Next in EPL's Forward-Thinking Speaker Series:

This panel discussion includes LGBTQ advocate Brian Burke, Canadian Olympic Speed Skater Anastasia Bucsis and a local U of A athlete who will explore the experiences of LGBTQ athletes at both the professional and amateur levels to better understand the successes and challenges facing this group. By working together to create a shared understanding through open conversation, this panel discussion is aimed at reducing barriers faced by the LGBTQ community in sports. Dr. Kris Wells will be moderating the event. Tickets are \$10 and available through Eventbrite. Proceeds will support the Stanley A Milner Library Revitalization Project. Wednesday August 24 at 7:00 p.m., Stanley A Milner Library Theatre, 7 Sir Winston Churchill Square.

### *Summer Starts at EPL and it's not over yet!*

At the Idylwylde (Bonnie Doon) branch, you can still check out these special programs for kids:  
Origami Bookmarks, August 16 at 6:30 p.m.  
Drawing Bots, August 18 at 11:00 a.m.  
Xbox Dance Party, August 22 at 2:00 p.m.  
Boîte à histoires, le 24 août à 11h00  
That's a Wrap! August 27 from 10:00 a.m. to 6:00 p.m.  
Electric Fun September 1 at 2:00 p.m.  
And at the Capilano branch,  
All About Flight, August 16 at 2:00 and 6:30 p.m.  
Pop-Up Makerspace, August 17 and 24 at 2:30 p.m.  
LEGO stop Motion for kids, August 18 at 2:30 p.m.  
LEGO at the library, August 20 and 27 and September 3 and 10 at 2:00 p.m.  
WILD safari, August 22 at 10:30 a.m.  
Family Fun Karaoke and That's a Wrap! August 27 at 1:00 p.m.

September brings a new school year and great programs for all ages. Check out [www.epl.ca/programs](http://www.epl.ca/programs) or ask at your local branch.

A few highlighted programs at the Idylwylde (Bonnie Doon) branch:  
Family Storytime and Pop-Up Makerspace on alternating Saturdays at 2:00 p.m.  
Adult Colouring and Board Game Night on alternating Thursdays at 7:00 p.m.  
LACE (English Conversation Circle on Fridays at 2:00 p.m.

A few highlighted programs at the Capilano branch:  
Better Choices, Better Health: Chronic Pain Self-Management, starting Tuesday September 6 at 1:30 p.m.  
iPad Fun for Beginners, September 9 at 10:30 a.m.  
Tech Time: Computer Basics, September 23 at 10:30 a.m.  
Budgeting 101: 6 Easy Steps to Manage Your Money, September 26 at 7:00 p.m.

## Community Indoor Soccer Program

Registration for the 2016/2017 indoor soccer season is now open. There are three steps to registration:

1. Register online: complete the online application by going to [www.southeastssoccer.ca](http://www.southeastssoccer.ca). On the homepage you will see a link to the EMSA Soccer Portal. Complete the family and player profile.
2. Pay online: Fees are listed on the website. You also have the option of paying during step 3.
3. Attend a registration session: bring two copies of your registration form plus ID to verify the child's age, your current community league membership and a three post dated cheques.

Registration sessions are scheduled at:

- Ottewell Hall 9520-93A Ave  
Thursday, September 8 (6:30pm-8:30pm)
- Bonnie Doon Mall 82 nd Ave & 83 rd St. (by Tony Romas) Saturday September 17 (10am-2pm)
- Late registrations (after Sept 17) is at the South East Soccer office (6520 Roper Rd), 3pm to 5pm on Mon, Wed, Fri.

## SEEECCC UPDATE

[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. Did you know that early childhood development sets the course for a child's future? It affects: how well they do in school and their physical and mental health, behavior, relationships, and general well being?

The SEEECCC is pleased to partner with the Primrose Family Resource Centre and Fulton Childcare FCSS to offer an exciting FREE workshop in September!

**ENCOURAGING FIRST STEPS - FREE PARENT WORKSHOP**

Primrose Place Family Resource Centre 6311 92 Ave

Thursday September 15th 2016 5:30pm – 7:30pm

Dinner and Childcare provided. Registration Required - call 780 - 469 - 0663.

For parents of young children who are learning to crawl, cruise or walk. Join the discussion with other parents and a pediatric Physiotherapist (PT). Learn about how your child grows and develops walking and other skills. Discover everyday opportunities to support your child to move, play & grow.

## Edmonton 311 App

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

An officer will investigate your complaint within 4 business days.



## 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	Kristie	780 720-9003
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	Kristen	780 238-7795
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
Sign Rental	Laura	780 982-9876
Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
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).

See Gold Bar's page for event details

greater Hardisty  
**community fun day**

**Saturday, September 24** 10-3pm

**@ Gold Bar**  
Community League  
4620 105 Ave

## \$10,000 Donation from Imperial!

We are pleased to report that Imperial has donated \$10,000 towards Phase 2 of the Capilano Community Park Redevelopment project. The Capilano Community Park Redevelopment Committee deeply appreciates the support provided by Imperial, our industry neighbour.

Imperial representatives present a \$10,000 donation in support of the Capilano Community Park Redevelopment Phase 2 project to Park Committee members and Capilano residents.



## Indoor Soccer Registration

The 2016-2017 indoor soccer season is fast approaching with registration sessions on September 8 and 17. Please visit [www.southeastssoccer.ca](http://www.southeastssoccer.ca) for further details.

## Hardisty Outdoor Soccer – thank you Volunteers!

Hardisty Soccer just completed the 2016 outdoor season with 18 teams, giving the youth in our communities a great season. Many thanks to all the coaches and parent volunteers without whom community soccer would not exist. Registration for the 2017 outdoor season will commence in February—details will follow in this publication.

## Champions Again!

The Capilano-Hardisty U16 Girls team coached by Brenda Er-lam, Ace Yaggey, and Warren Stein capped off another successful season with a gold medal win in the Inter Cities Championship in Calgary over the July 23-24 weekend. Congratulations to all the players and coaches!

## Capilano Playschool \$12 WEM SPLASH 'n SLIDE Tickets available until Oct. 15

Capilano Playschool is hosting their annual "Splash and Slide" fundraiser at West Edmonton Mall World Waterpark on Saturday NOVEMBER 19 from 7:30-10:30 p.m.

Early bird tickets are available until October 15 for only \$12 each! Call 780-802-9307 or email [capilanoPlayschool@hotmail.com](mailto:capilanoPlayschool@hotmail.com). After October 15, tickets sell for \$15 each and are \$18 at the door.

Can't attend? Purchase a ticket and Capilano Playschool will donate it to be used by a child who otherwise wouldn't be able to go! Buy your tickets early and avoid disappointment, tickets have sold out every year!



## Capilano Community League is on Facebook!

Follow us on Facebook and keep up to date on Capilano Community League events and programs.

## 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 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.

## Capilano Year Round Green Shack

September/October

**WHEN:** September 17 – October 14, 2016

**DAYS/TIMES:** Mondays/Wednesdays 3:30 - 6 p.m., Saturdays 1-5 p.m.

**WHERE:** Capilano Community Park (54 St. & 108A Ave)

**WHAT:** Enjoy outdoor activities, crafts, cooking and more!

**WHO:** Children aged 6-12 years (families are welcome). Children under age 6 years must be supervised by a parent/guardian at all times. Please ensure your child comes dressed for the weather

## Hardisty School “I’ve Outgrown it Sale!” September 24

This is a great way to sell your gently used quality children’s items up to size 12. Clothing, toys, baby equipment, books, sports gear such as skates and skis, and older kids’ stuff is always needed.

**When:** Saturday September 24, 2016

**Time:** 10 a.m. – 2 p.m.

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

For more information: contact deedeecleangreen@gmail.com

August-September 2016

## Capilano Playschool accepting Registrations

Capilano Playschool is currently accepting registrations for the 2016-2017 school year. This is a parent cooperative program and offers the choice of a Healthy Apple Program or a Christian program and runs both morning and afternoon classes, 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. Your child will have a blast doing arts and crafts, field trips, stories, gym time, show and share, games, music and much more! Our teacher received the 2014 Alberta Child Development Professional Award of Excellence! Children must be 3 years old and potty trained prior to starting class. Capilano Playschool is 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!

## Capilano Community Park – Phase 2 construction started!

The FULL Phase 2 project plan includes a 700m walking path, adult exercise equipment stations, a bike bumps course and a community sign. Our final push to meet our fundraising goal over the last few months went exceptionally well! Project funds were secured from the Province of Alberta, the City of Edmonton, the Capilano Community League, Suzuki Charter School, and industry neighbours. This funding, in combination with monies raised at events, and generous donations from residents and businesses, allows us to fully complete our “Park for all Ages.” We are very excited to have reached the “fundraising finish line!” The Phase 2 project construction started this summer and is to be finished by the fall.

### 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

-- Jaime & Jeff Resler, McFadyen Family, Sigmund Lee, Jeff & Carrie Riddle, Anne & Serge Belley, Greg & Jill Schlender, Allan Yee

-- Ella Schneider, Johannesson Family, Leo Wu, Marta Gomez Wu/Arturo Wu, Anna & Geoff Carlsen, 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 -- Robert & Darlene Hyrve, Jocelyn Crocker, Filice Family, Alison Parry, Carol Anne Suddards, Blanca Maginnis, Tiffanie McLeod, Sheila Thompson, Doug Fulford, Sandy Schaloske, Cheryl Stepanko/Richard Pereschitz

## Capilano Tennis Club

Haven’t played enough tennis this summer? Consider joining Capilano Tennis Club – membership rates are reduced until the end of the season and there’s still lots of tennis to be played and fun to be had, including “tournament week” and our annual club BBQ. Players of all levels are welcome to join and enjoy our newly resurfaced courts.

Need more information now? Visit our web site at <http://www.capilanotennis.ca>

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

### Cardio/Core Stretch & Strength Workouts

Please join us at Capilano Community Hall (10810 – 54 Street) for Cardio/Core stretch and strength workouts! Days/time: Tuesdays and Thursdays, 7:00 p.m. - 8:15 p.m.

Instructors: Tuesdays-Kelly Bray, Thursdays-Sharon Weber

Contact: Elaine: 780-469-2964

Dates: Classes begin Tuesday Sept. 20 or Thursday Sept. 22, 2016 at 7:00 p.m.

Cost: \$130 for 26 classes (twice weekly)

\$70 for 13 classes (once weekly - either Tues. or Thurs.)

### Capilano Community Yoga Classes

What: Yoga for Beginners - this 12 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., Sept. 13 to Nov. 29, 2016

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

Cost: \$150.00

OR

What: Vinyasa Flow - this 12 week preregistered course will be accessible to all levels.

When: Thursday evenings 8:30 - 9:30 p.m., Sept. 15 to Dec. 1, 2016.

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

Cost: \$150.00

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. Further information can also be found at [www.yogawithdayna.ca](http://www.yogawithdayna.ca).

### Body rolling/Movement classes – Capilano Community Hall

Come and experience what functional movement is all about! If moving with ease, freedom and efficiency interests you, please consider joining Pearl Der in September. For further information on schedule and pricing, please visit [www.movementjourney.ca](http://www.movementjourney.ca).

### Fall Tai Chi Chih Class – Capilano Community Hall

Start: Six-week class begins: Monday October 17, 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 is both for 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). onated \$10,000 towards Phase 2 of the Capilano Community Park Redevelopment project.

### FREE Swim for Capilano Community Members

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

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

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

## DID YOU KNOW???

Edmonton's #1 Fitness Facility  
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We are **different** - our culture of community and acceptance is what you've been searching for.

We offer a variety of **Group Fitness Classes** and **Personal Training** for all fitness levels. Including Zumba, spin, kickboxing, TRX, strength and bootcamp.

Check out our website for fall schedule

**www.nomoreexcuses.ca**

Located at 8111 43 Street



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\*denotes monthly summer service, cut only

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**Geoff Harris PH# 780-497-2781**  
**E-Mail [Snowclearing@yahoo.ca](mailto:Snowclearing@yahoo.ca)**

## Welcome Back!

Suzuki Charter School is delighted to be welcoming back our staff, students and parents for the 2016/2017 school year. Classes resume on Thursday September 1, 2016.

Please see below for a few traffic flow and parking tips as we all work together to keep our children safe in Capilano community:

- Follow all City of Edmonton signage to ensure you are following city traffic and parking by-laws. Be especially aware of any NO STOPPING and Disabled parking areas.
  - Slow down! Remember school zones are in effect. 30 KM/H in designated school zones from 8 a.m. to 4:30 p.m. on all school days.
  - Follow the school traffic flow and parking plan to alleviate congestion and give everyone safe access to drop off zones. This plan can be found on our website at [www.suzukischool.ca](http://www.suzukischool.ca).
  - Utilize the designated drop-off zones at the front (54 Street) and back (Capilano Street) for quick drop-off. These are NO PARKING zones from 7:30 – 8:30 am.
  - Ensure you are not blocking any driveways or alleyways when parking.
  - Watch for and follow directions from our AMA Safety Patrollers who will monitor and control the crosswalk at the front of the school.
- By working together and following best practices, we can keep our staff, students, parents and neighbours safe and build our community.



### Come skate with Figure 8!

**Canskate & PreCanSkate** – Mondays (6 - 6:45 pm) and Saturdays (11:30 – 12:15 pm)  
@ Kenilworth arena and Sundays (10:15 – 11 am) @ Meadows Recreation Center

ALSO ADULSKATE AND STARSKATE PROGRAMS

Online registration now available – [www.figure8skating.ca](http://www.figure8skating.ca)

To contact us: [info@figure8skating.ca](mailto:info@figure8skating.ca)





## Cloverdale Community League Contact Information

### Board of Directors

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

### Standing Committees

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

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



### Have you considered renting the Cloverdale Hall?

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

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

## Cloverdale Spray Park Hours

The Cloverdale Spray Park is open daily from 10 am-8 pm.



Soccer 2016-17

## Registration

Boys and Girls

Is open

www.emsasoccerportal.com

## Soccer Tryouts

U10 – U18

September 6, 7 & 8

Cloverdale Skating Rink

(MUST attend all tryout dates -see www.emsamain.com for details)

### Benefits

#### Competitive Tier 2/3 Soccer

- 1 practice and 1 game per week
- Technical and conditioning sessions
- 2 tournaments per season
- Out of province or country tournament possibilities

2016 Outdoor teams participated in

- B.C. Tournament – U12 Girls
- Sounders Cup Seattle – U14 Boys and U14 & U18 Girls

All coaches EMSA and/or ASA trained

### COST

\$255 plus Storm Fee

don't miss out on this amazing opportunity

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
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Building Maintenance 1	VACANT		Maintenance1@forestterrace.org
Building Maintenance 2	Ryan		Maintenance2@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Civics	Angela	885-9529	Civics@forestterrace.org
Events	Kathleen		Events@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Hall Rental	Molly		Molly@forestterrace.org
Indoor Soccer	VACANT	887-3158	Soccer@forestterrace.org
Outdoor Soccer	VACANT	887-3158	Soccer@forestterrace.org
Marketing	Kelly		Marketing@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Neighbourhood Watch	Lyndsey	232-2523	Safety@forestterrace.org
Newsletter Editor	VACANT		Newsletter@forestterrace.org
Programs	Barb	721-9985	Programs@forestterrace.org
Rink	Chris	469-3241	Rink@forestterrace.org
SECLA Rep	Connie	462-1442	Secia@forestterrace.org
Seniors	Connie	462-1442	Seniors@forestterrace.org
Sign	Angela/Daniel		Signs@forestterrace.org
Volunteers	Nicole P.		Volunteers@forestterrace.org
Website	Tyler		Web@forestterrace.org
General inquiries: Info@forestterrace.org Garden Inq: Garden@forestterrace.org			
Meetings- 7pm 1st Tues, Monthly (excl. July & August)			

## Community Map Workshop Rescheduled

Our community will be getting our own Community Walking Map! There will be a map-making workshop at the hall (10150 - 80 Street) on SATURDAY OCTOBER 29 from 2-4pm hosted by the City of Edmonton. Walk Edmonton will produce the maps with a graphic designer but they need your input. Come provide routes you like to take, points of interest, photos, interesting historical tidbits, etc. Refreshments will be provided. Please contact walking@forestterrace.org or call (780) 885-9529 for further info or to submit any content that can be used. PLEASE NOTE: DATE & TIME CHANGE from September 16 5-7pm.


## Urban Poling Walking Group

Join us Saturdays from 9-10am for our weekly walks. Urban poles and training available (optional).

Top 3 reasons people give for joining the walking program:

- 1) Getting to know community residents
- 2) Exercise - motivation and commitment to weekly walking
- 3) Great conversations, catching up on community news/gossip

Check out our fall schedule and come on out! Everyone welcome.

<div><h3>Walking Group Routes - Fall</h3><p>Join us for weekly walks <b>Saturdays at 9am!</b> Urban walking poles will be available for borrowing. Everyone welcome. Contact <a href="mailto:walking@forestterrace.org">walking@forestterrace.org</a> or 780-885-9529 for more info.</p></div>				
Walk #	Date	Start Location	Route	Difficulty
1	Sept. 10	9304 - 84 Avenue (Trail starts at West end of 84 Avenue. West of Faculte St. Jean)	Path through trees towards Mill Creek Outdoor Pool; north down Mill Creek Ravine towards Connors Road and back <a href="https://goo.gl/maps/r1w9iVFWowy">https://goo.gl/maps/r1w9iVFWowy</a>	Easy to Moderate
2	Sept. 17	6850 88 Street (Argyll Velodrome Association) Through Mill Creek Ravine  Head West down Argyll, turn right on 86 St, angle left on 69 Ave; take next right towards Edm Japanese Assoc. and around curve to Velodrome parking lot	Through Mill Creek Ravine towards 76 Avenue and back.  <a href="https://goo.gl/maps/QH-P8BgATyqH2">https://goo.gl/maps/QH-P8BgATyqH2</a>	Easy to Moderate
3	Sept. 24	Tiger Goldstick Park Parking Lot  Drive East on 101 Ave, go past 50th Street corner, turn left at next set of lights. Follow service road to Goldstick Park Parking Lot	Tiger Goldstick Park to Gold Bar to Rundle Park  <a href="https://goo.gl/maps/Zaz-C7r3hZiy">https://goo.gl/maps/Zaz-C7r3hZiy</a>	Easy
4	Oct. 1	McNally High School parking lot (8440 105 Ave)	Paved trail towards Capilano Bridge	Moderate-to-Difficult
5	Oct. 8	Gold Bar Park parking lot (10955 50 Street NW)	Across footbridge to Rundle Park and back	Easy Trail
---	Oct. 15	---	Thanksgiving Long Weekend. No Walk.	---
6	Oct. 22	Capilano Park (end of 50th Street, ~110 Avenue)	Across footbridge to Ada Boulevard	Moderate
7	Oct. 29	Capilano Park (end of 50th Street, ~110 Avenue)	Stay within park, along path heading West	Easy

## Upcoming events:

- **FTH Board meeting:** Tues Sept 6 at 7 pm at the hall (10150 80 St)
- **Wellness Fair:** Sat Sept 17th 12-3pm at **Fulton Ravine South Park** (by the skate park, Terrace Rd and 63 St)
- **101 Avenue Revitalization Open House:** Thurs Sept 29 5-8 pm drop-in (at **Forest Heights School**, 10304 81 St)

## Community league membership:

Memberships for the 2016/2017 year are available now at Shaheen Grocery & Bakery, Grower Direct (on 101 Ave & 73 Street) and at SEESA. Price: Seniors \$10, Individual \$15, & Family \$30.





# Indoor Soccer Registration



Register ONLINE at [www.southeastssoccer.ca](http://www.southeastssoccer.ca) (click on EMSA Soccer Portal tab on the top) and complete the family and player profile **PRIOR** to coming to one of the registrations or tryout dates.

**Registration and payment sessions:**

- Ottewell - Ottewell Hall 9520-93A Avenue Sept 8 (6:30pm-8:30pm)
- Bonnie Doon Mall 82nd Ave & 83rd Street (by Tony Romas) Sept 17 (10am-2pm)

2016/2017 Community League membership is required

## Wellness fair

Attend the **Wellness Fair** at the Fulton Ravine South park on **September 17th from noon to 3 pm**. Lots of interesting information, fun things to try, and expert advice on personal health as well as a healthy environment. The fair will include:

- Free fitness demos such as zumba and tai chi
  - tasty food samples and recipes to make at home
  - massages for your tired backs and shoulders
  - fun stuff for the kids.
  - Guests such as the Edmonton Public Library, Oliver Primary Care Network, the Wild Bird General Store, and others to be confirmed shortly!
- Keep an eye on the SECLA website ([SECLA.ca](http://SECLA.ca)) and our FTH Facebook and Twitter for updates.

## Fulton Ravine South park development survey

Planning and fundraising are currently underway to complete the Fulton Ravine South park (next the skate park). Community input is requested regarding the features you would like to see in this park space. Please complete the survey online at [SECLA.ca](http://SECLA.ca), or by filling out the survey available at the Wellness fair and other selected events in August and September.

See Gold Bar's page for event details

greater Hardisty

community fun day

Saturday, September 24 10-3pm

@ Gold Bar  
Community League  
4620 105 Ave

## Seniors

Follow-up to the Seniors Housing event held on June 1st: A survey was available at the event and although only a small number of surveys were completed, there were some interesting results: There was interest in a variety of housing options, from low rise to high rise. Many people were interested in renting while some would consider owning, and a few were interested in cooperative housing options. The majority of respondents wanted to be close to shopping and to transit. Most were interested in a seniors/adults only building rather than multigenerational housing. Many wanted to have shared/group spaces and activities for residents in the building. Several people commented that much of the seniors housing in the area is subsidized housing and that they did not meet the eligibility requirements for these facilities. We heard of a housing project underway in south Edmonton that would be open to people from a wider range of incomes, and there was a lot of interest in this type of housing model.

In terms of availability of seniors housing in this part of Edmonton, what we heard from the experts is that the main issue is availability of land. It takes a large parcel of land to put in a seniors housing project, preferably land that is already zoned for this type of project, or that would be relatively easy to re-purpose. Developers will often partner with other organizations such as not for profits to develop seniors housing. School lands in other parts of Edmonton have been re-purposed for housing. Other lands such church properties sometimes become available for affordable housing projects. So keep your eyes and ears open and talk to your neighbours and friends. Developers seem to be interested in projects in the area should a suitable site become available.

FOREST TERRACE HEIGHTS COMMUNITY LEAGUE  
(EVERYONE IS WELCOME)

SAVE THE DATE!

ZUMBA®

Fall session starts  
SEPTEMBER 21 at 7pm

MORE DETAILS COMING SOON

Stay in touch for the latest news  
Contact Allison at [allisonm.zumba.com](mailto:allisonm.zumba.com)  
 [moore4movement/Forest Terrace Heights](https://www.facebook.com/moore4movement/ForestTerraceHeights)

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



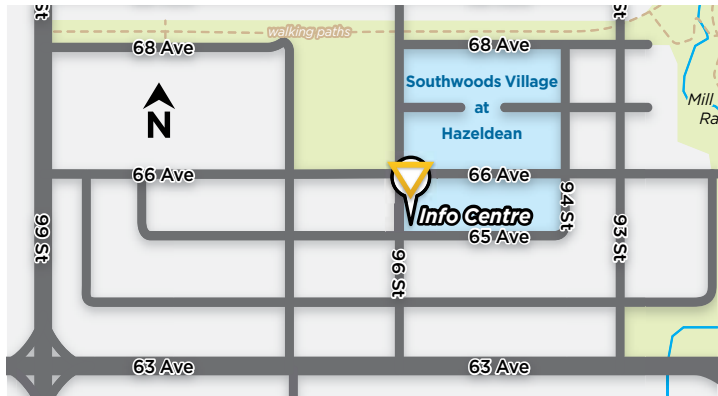
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**MORE FREEDOM**

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**





# 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.



## 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.

**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.**

## Gardener's Swap Meet and Sale

Join us on Saturday, September 17th, from 9am to noon, for our Fall 2016 Gardener's Swap Meet and Sale, held at the Fulton Place Community League Hall (6115 Fulton Rd).

Bring any plants (indoor or outdoor), produce, bulbs, 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 neighbours about flowers! Coffee, juice and snacks will be provided. Hope to see you there, rain or shine.

Call/e-mail Jessica for additional information or to volunteer on the day: 780-432-8169 / [jessica.davies@shaw.ca](mailto:jessica.davies@shaw.ca)

### What are your items worth:

Magazines	1 point
Seed packets	2 points
Books	5 points
Decorative pots	5 points
Tools	10 points

House Plants	5 points
Common Perennials/Bulbs	2 points
Unusual perennials/Bulbs	25 points
Trees	25 points

Produce (varies from 2 – 10 points depending on the judgement of our volunteers)

## 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.**

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**My staff and I are at your service. The Edmonton Gold Bar constituency office is here to:**

- Provide information about provincial government programs & services
- Assist you with questions or difficulties with governmental services
- Participate in local community events
- Share ideas

7510 82 Avenue  
780.414.1015  
edmonton.goldbar@assembly.ab.ca

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MLA Edmonton-Gold Bar

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Dr. Priscilla Wong  
Dr. Ivan Chin

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Wed, Thur & Fri: 8am-4pm  
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[leflar@l@suzukischool.ca](mailto:leflar@l@suzukischool.ca)

School Office opens August 29th, 8:00 am

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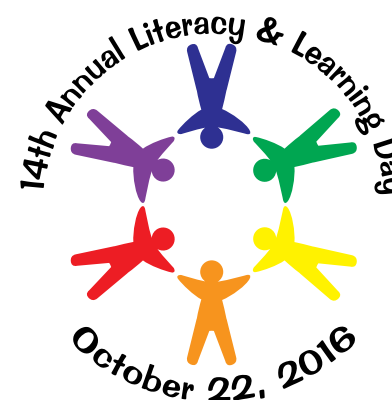


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FOR PARENTS**

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



## GOLD BAR EXECUTIVE

President	Adam	780-406-9758
Vice-President	Jamie	780-803-0422
Secretary	Tammy	
Hall Rentals	Liisa	goldbarhallrentals@gmail.com
Social Director	Ronda	780-966-3096
Memberships	Linda	780-463-9881
Babysitting	Lil	780-466-4060
<b>Finances and Fundraising:</b>		
Financial Director	<b>VACANT</b>	
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Fort Road Director	Julie	780-719-3017
Parkway Director	Charlene	780-468-0033
Casino Director	Isabella	780-466-3895
<b>Communications &amp; Programming:</b>		
Newsletter/SEV	Sondi	780-468-2237
Sign Director	Lorie	780-447-1110
Programs	Sharon	780-628-2971
Green Shack	Kelly	780-434-6533

The sign at 106 Ave & 47 St is now available!

Hall rentals: goldbarhallrentals@gmail.com

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

## Hall Rental

Liisa has kindly taken on the role as Hall Manager for Gold Bar for which our community is so grateful! She will keep office hours at the hall on Wednesday evenings from 6:30-8:30 pm for those who are looking to view it prior to booking. Liisa can be contacted at goldbarhallrentals@gmail.com with hall rental inquiries. Visit goldbarcl.com to see prices and availability.

## Programming in our Hall

We can have programs in our hall this fall! If you are interested in organizing a regular games night, crafting time, or play group please contact Sharon Harker at sharon.harker@gmail.com. Any other requests are welcome.

## Spray Park 2016

The Gold Bar Spray Park is open daily until Sept.5 from 10am-9pm



## Community League Membership Drive

The 2016-17 Gold Bar memberships are now available. Watch for canvassers during the summer and fall months. Family/Adult household: \$20.00, Senior household: \$5.00. Memberships are also sold at TGP and Blues Java Bar for your convenience (cash only).

### Membership canvassing for the community league

What's involved?

Each route has approximately 25 homes. Go door to door, usually taking one or two evenings. You get to meet your neighbors and build community. If you are available in the summer or September, please contact Linda @ 780-463- 9881.

## Neighbourhood Break-ins

There has been a rise of break-ins to garages in our neighbourhood lately. Police advise locking garages, using motion-activated lights and keeping valuables out of sight.

## Family Nature Night

Free family fun from the City of Edmonton. Learn from experts. Games and activities. Dress for the weather.

MORE INFO visit Facebook.com/FNNED

AUGUST 17 - Rocks & Fossils

6:15-8:15pm

Rundle Park: 2909 113 Ave NW

## FINANCIAL DIRECTOR needed

One final position to fill! This kind volunteer will work with a treasurer and bookkeeper to manage money – this will be significantly easier than in previous years as the hall is completed. Also, a big thank you to Tammy Schatull for agreeing to be secretary!

## Community League Meeting

Next meeting will be Tuesday, September 6, 7pm at the Community Hall. No meetings during the summer.

An invite to Capilano, Forest Terrace Heights, Fulton Place and Gold Bar community residents to the sixth annual Community Fun Day.

greater Hardisty  
**community fun day**

**Saturday, September 24** 10-3pm

**Gold Bar**  
Community League  
4620 105 Avenue  
**2016**

- 10am FREE **pancake breakfast**
- 11am + 2pm **Dynamo Dogs** Agility Demo
- **Cash BBQ** by Young Life
- **Kid Zone** activities sponsored by Andy Verhagen
- **Pony Carousel** and **Human Hamster Balls**
- **Bouncy things**
- Donate to **Food Bank** to be entered in a draw.

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



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## FREE Community Swim

Sundays from 1:15pm - 2:45pm @ Hardisty Pool  
Simply show your current Gold Bar Community League membership card at the front desk. If you don't have a card, you can buy one at Blues Java Bar, or our local TGP. Family and Adult households: \$20, Senior: \$5.

## Community Rink

The community is still looking for someone to take charge of the lighting issue for the ice rink. If this is important to you, then please help by even just starting the process by looking into what needs to be done, and how much it will cost. The City won't allow us to flood the rink until we have the rink lights replaced. The cost is high, but there are grants out there to help. A small committee needs to be formed to figure out what needs to be done, and how to do so. Please contact President Adam for more info.

## 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!

## 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 if you are looking for a babysitter, or would like to babysit.

## 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 October 2016 Southeast Voice in the Gold Bar section, email [SondiAmber@gmail.com](mailto:SondiAmber@gmail.com) or call SONDI at 780-468-2237 by Sept. 25.

## Community League Meeting

Next meeting will be Tuesday, September 6, 7pm at the Community Hall. No meetings during the summer.

## Community Breakfast

Thursday Sept 8th 7:30 – 9:00 am  
Gold Bar School Gym

Students, families, staff and the community of Gold Bar are invited.

Thank you to the school and community for funding this event.

## Noxious Weed Alert

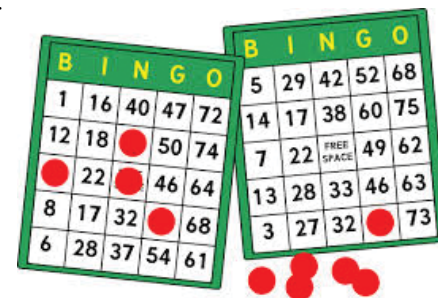
Noxious weeds must be controlled, meaning their growth or spread needs to be prevented. The City of Edmonton and Province of Alberta is working to eliminate creeping bellflower. Please look for it in your yard and do your best to get rid of it. The flowers are purple, bell-shaped, and nodding. Each plant has numerous flowers that are arranged on one side of the stem. The heart shaped leaves are 2-5 cm wide, have toothed edges, and are alternately arranged along the stem.



## Upcoming Bingo Dates

To volunteer at bingo, call Lorna @ 780-465-5594. You can help raise money for our community.

FORT ROAD  
BINGO  
Tuesday,  
October 11 -  
Afternoon &  
Evening



PARKWAY  
BINGO

Saturday, August 13 – Afternoon  
Monday, September 5 - Evening & Late Nite - Anniversary Special  
Sunday, October 2 - Afternoon

## Subscribe to new e-newsletter

Gold Bar has begun sending out electronic newsletters full of info that would appeal to residents. If you are interested in receiving up-to-date info, with convenient links to articles, then please SUBSCRIBE. Go to our website: [www.goldbarcl.com](http://www.goldbarcl.com) and look in the top right of the home page for your chance to subscribe. Your email address will be kept private, and you can unsubscribe at anytime.

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## Holyrood Community League Contacts

President: Wendy  
Vice-President: Vacant  
Treasurer: Vacant  
Secretary: Marjorie  
Programs Director: Justine  
Memberships Director: Jennifer  
Facilities Director: Kirsten  
Communications Director: Danielle  
Social Director: Natasha  
Director at Large – Civics: Dave  
Director at Large: Bette  
Soccer Coordinator: Katrina  
Playschool Coordinator: Marissa  
Playgroup Coordinator: Jessica

president@holyroodcommunity.org  
*position currently vacant*  
treasurer@holyroodcommunity.org  
secretary@holyroodcommunity.org  
programs@holyroodcommunity.org  
memberships@holyroodcommunity.org  
facilities@holyroodcommunity.org  
communications@holyroodcommunity.org  
social@holyroodcommunity.org  
civics@holyroodcommunity.org  
directoratlarge@holyroodcommunity.org  
soccer@holyroodcommunity.org  
playschool@holyroodcommunity.org  
playgroup@holyroodcommunity.org



## Holyrood Soccer News

Holyrood Community League is excited to announce the formation of the Holyrood Soccer Coordinators Group who will oversee our community soccer program and ensure that soccer remains alive and well in our neighbourhood! A huge thanks to outgoing coordinators Katrina and Teara who did an outstanding job running the soccer program over the last couple of years.

The new group consists of Gina (Volunteer/Budget Coordinator), Shea-Lynn (Referee Coordinator), Rick (Equipment and Facility Coordinator), and Jared (Communication/Team Coordinator). The group is currently in the process of formulating tasks and a timeline for the 2016/2017 Indoor and Outdoor Program. If anyone is interested in joining the Holyrood Soccer Coordinators Group and helping out with certain tasks over the upcoming year, please contact Jared at soccer@holyroodcommunity.org.

As much as we all love cheering our kids on in the rain (and sometimes snow), while swatting mosquitoes, did you know that you could also be watching them play soccer from the comforts of a climate controlled facility? Indoor soccer registration for the upcoming 2016/2017 season is currently underway and available online through the EMSA Soccer Portal (<https://emsa-soccerportal.com>). After having registered your child online, registration needs to be finalized by parents visiting one of the following in-person registration dates: Ottewell Hall 9520-93A Ave Sept 8 (6:30pm-8:30pm), or Bonnie Doon Mall 82nd Ave & 83rd St (by Tony Roma's) Sept 17 (10am-2pm). Indoor soccer is a fun, relatively low time commitment fall/winter activity that allows players to further develop their soccer skills. Teams are typically community based, with an option for amalgamating communities to obtain sufficient player numbers per team. For more information on the Edmonton Southeast Soccer indoor program, as well as upcoming Storm tryout dates program please visit <http://emsasoutheast.com>.

## - FREE Outdoor Community Swim -

Did you know that your Holyrood Community League membership allows you to swim for FREE at the following outdoor pools this summer? Don't forget to pack your membership card.

Mill Creek Outdoor Pool  
May 21 – September 5, 2016  
Every night from 7:00 pm – 9:00 pm

Queen Elizabeth Outdoor Pool  
June 1 – September 5, 2016  
Sunday & Tuesday 5:00 pm – 7:00 pm  
Monday & Wednesday 6:00 pm – 8:00 pm

Fred Broadstock Outdoor Pool  
May 21 – September 5, 2016  
Sunday, Monday, Tuesday & Wednesday 5:00 pm – 7:00 pm

Oliver Outdoor Pool  
June 12 – September 4, 2016  
Sunday, Monday, Tuesday & Wednesday 6:00 pm – 8:00 pm

## Thank You To Our Casino Volunteers

The Holyrood Community League is very grateful to all those who generously donated their time at Baccarat Casino over the long weekend.

Due to a low number of volunteers, last minute cancellations and a few no shows, many community members had to double up on their shifts to have all the positions covered.

We also had to call for support from the surrounding communities. Many thanks to Dianne Whitehouse, Eugen Badorek, Tania Topolnyski, Gerry and Vicki Beauchamp, Nicole Bennett, Amanda Ausman and Lance Mudryk for helping us. We couldn't have done it without you!

We hope to receive approximately \$75,000 to fund new and existing programs, events and maintain our hall and rink over the next two years.



## 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. 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/>).

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.

## Treasurer Needed!

We are urgently seeking to fill this vital board position. If you are good with numbers, and would like to volunteer in your neighbourhood, please consider applying.

Holyrood's accounting and reporting system is simple, well-organized and readily assumed by an incoming treasurer. In addition to financial management duties, the treasurer is 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.

Being a Holyrood Community League board member is fun, rewarding and a great way to feel connected to your community! For more information on the treasurer position, please contact Wendy Weir at president@holyroodcommunity.org.

## Programs

### **Ruth's Yoga**

Join us for yoga on Monday nights.

Class is designed for all abilities from beginner to those more familiar with yoga.

Open your breath, mind and body to the gentle rhythms of yoga.

Classes start Monday September 5th, 7:00-8:15 pm.

The investment is \$75.00 for a 6 week session.

A current community membership is required to attend this or any of our programs.

Call Ruth for more information or to register 780-237- 6730

ruthe.sjoberg@gmail.com

### **Drop in Playgroup**

Parents, guardians, and caregivers are welcome to drop in and socialize while their little ones (0-5 years) play. This FREE program is a great way to meet other families in our neighborhood!

Begins September 6th, 2016

Tuesdays 9:00 – 11:00 am

Holyrood Community Hall

Contact Jessica: playgroup@holyroodcommunity.org

Free to community league members; please bring your membership card (any community league) for coordinator records.

### **Holyrood Green Shack**

Thanks to our Green Shack leader Megan and her Leaders in Training for keeping our community kids busy at the Green Shack all summer.

Kids participated in a variety of games (aces was a favourite), crafts, Green Shack decorating competition, a field trip to Blue Quill Community League for a space themed day, sand castle competition, Hawaiian Day and much more.

This FREE drop-in program was run by the City of Edmonton with support and sponsorship of the Holyrood Community League.

Look out for more Green Shack in Holyrood from October 11th – November 6th, 2016.

### **FREE Indoor Community Swim -**

Hardisty Leisure Centre

Starting Sunday September 11th

1:15 pm – 2:45 pm

Don't forget to pack your membership card.

Commonwealth Community Recreation Centre

Starting Saturday September 10th

5:00 pm – 7:00 pm

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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:

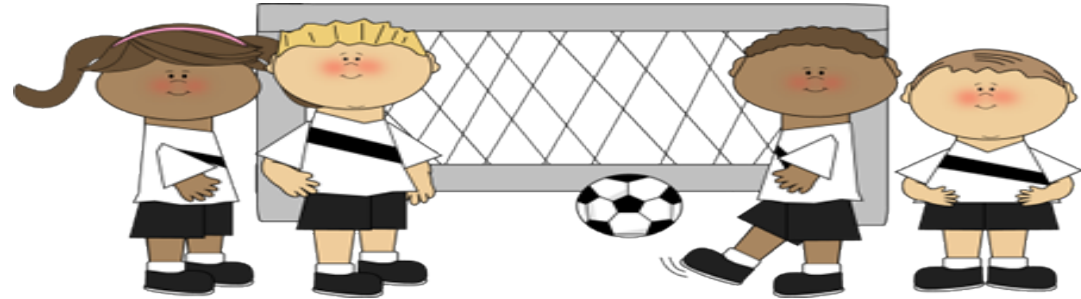
Online Contact 311 Online

Southeast Voice



2016-17

## INDOOR SOCCER



### Benefits

- Offer community and competitive programs from U6 to U18 for boys and girls
- Community level players will receive a weekly game and practice from October to March
- Premier players will receive additional conditioning and technical training
- Tournaments for both community and premier teams
- All coaches have EMSA and/ or ASA qualifications

### Registration and Payment Sessions

Register **ONLINE** at [www.emsasoccerportal.com](http://www.emsasoccerportal.com) **PRIOR** to coming to one of the registrations

**Payment ONLINE** (Visa/MasterCard – included in step 1) **OR BRING** payment (cash/cheques) to one of the registration/payment **dates listed below**

Ottewell Hall 9520-93A Ave

Sept 8 (6:30pm-8:30pm)

Bonnie Doon Mall 82<sup>nd</sup> Ave & 83<sup>rd</sup> St. (by Tony Romas)

Sept 17 (10am-2pm)

Please note: [Your child WILL NOT be placed on a team/roster unless you have attended a payment session](#)

### Cost

U6 and U8 - \$170

U10 to U18 - \$255

\*\*Premier players (U10-U18) will have an additional Storm Fee

See website [www.emsamain.com](http://www.emsamain.com) for complete instructions and details



# Idylwylde

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President: Marcus [marcusidylwylde@gmail.com](mailto:marcusidylwylde@gmail.com)

Vice President: Vacant

Secretary: Corrina [secretaryidylwylde@gmail.com](mailto:secretaryidylwylde@gmail.com)

Treasurer: Walter [walteridylwylde@gmail.com](mailto:walteridylwylde@gmail.com)

Casino: Bridget [casinoidylwylde@gmail.com](mailto:casinoidylwylde@gmail.com)

Social: Laura [lmurdoch@email.com](mailto:lmurdoch@email.com)

Programming: Kamila [kamilaidylwylde@gmail.com](mailto:kamilaidylwylde@gmail.com)

Facilities: Paul [paulidylwylde@gmail.com](mailto:paulidylwylde@gmail.com)

Publicity: Kelsie [kelsieromans@gmail.com](mailto:kelsieromans@gmail.com)

Membership: Michelle [bluecanary1@hotmail.com](mailto:bluecanary1@hotmail.com)

Garden Rep: Vacant [gardenidylwylde@gmail.com](mailto:gardenidylwylde@gmail.com)

Civics: Lee [lbrkt@gmail.com](mailto:lbrkt@gmail.com)

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

## Community League Swim

**Community League Swim Outdoor Pool Schedule:**  
No community swims on statutory holidays

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



Fred Broadstock Outdoor Pool, 15720 - 105 Ave  
May 21 - September 5, 2016:  
Sunday, Monday, Tuesday & Wednesday 5:00 pm - 7:00pm

Oliver Outdoor Pool, 103 15 - 119 Street  
June 12 - September 4, 2016: Sunday, Monday, Tuesday & Wednesday 6:00 pm - 8:00pm

Queen Elizabeth Outdoor Pool, 9100 Walterdale Hill  
June 1 - September 5, 2016: Sunday & Tuesday 5:00 pm - 7:00pm Monday & Wednesday 6:00 pm - 8:00 pm

Mill Creek Outdoor Pool, 9555 - 84 Ave  
May 21 - September 5, 2016: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday & Saturday 7:00 pm - 9:00 pm

## Volunteers Needed

Do you love volunteering? Then sign up to help us out!

Membership Drive: we need help with setup and cleanup, food runners, and bouncy house supervisors. Go to <https://www.volunteersignup.org/CK9KC> to sign up!

Door to Door Membership Sales: we have a goal of increasing our membership numbers by 50% this year. If you feel like you could help us meet these goals by doing some leg work please go to <https://www.volunteersignup.org/EFB34>

## Vice President Needed

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. We are currently in need of a Vice-President to

## Get Out Your Green Thumbs!

Our team of gardeners is expanding! Phase 2 of the community garden is going to be constructed this fall. Contact [gardenidylwylde@gmail.com](mailto:gardenidylwylde@gmail.com) if you are handy and can help with the construction.

## Little Free Library

Our Little Free Library is now up and running over at 7932 83 Avenue!



## Parents & Tots Group

From October to June

8631 81 St NW, Edmonton, AB T6C 2W1  
Every Tuesday 9:00 AM to 11:00 AM at the Idylwylde Community Hall. Call Nicole at 780-466- 5090 for details.



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)

## Membership Drive

Our annual membership block party is just around the corner. Community League Day is September 17th. From 11-3 at the hall, come celebrate the spirit of our community with your neighborhood family! Join us for a free lunch, activities for kids including face painting, bouncy houses, live music AND the Amazing Spider Man! Purchase your annual membership and learn about our various programs and upcoming community events. It will be a great way to meet some great neighbors and to see how you can be involved in your community.

Also, the city will be showcasing the plans for Dermott District Park. Your opinions will help make our park great!

Join Us!



Little Lotus Inc is a yoga-inspired preschool program coming this September. We are inside The Yoga Center in Old Strathcona and we are looking forward to incorporating mindful and meaningful practices into your child's early education.

[www.littlelotusinc.ca](http://www.littlelotusinc.ca) [info@littlelotusinc.ca](mailto:info@littlelotusinc.ca)  
587-333-5207

# Kenilworth

7104 - 87 Avenue  
(780) 469 - 1711  
kenilworthcommunity.com

## KCL League Contacts

Executive			
President	Meghan	780-450-0534	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President	Loida	780-953-1062	
Secretary	Jason	780-394-3902	
Treasurer	Colleen	780-469-7661	
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Memberships	Barb	780-466-2360	
Adult Programs	VACANT		
Children's Prog.	Scott	780-466-2360	
Summer Programs	VACANT		
Capital Projects	Gary	780-466-7591	
Grant Applications	VACANT		
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Rob	780-707-8204	
Publicity/Website	Martine	780-466-9444	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Ladies Aux.	Jean	780-469-4669	
Ladies Aux.	VACANT		
Neighbourhood Watch	Gladys	780-466-1688	
Playschool	Diandra	780-244-5986	<a href="mailto:diandraharding@gmail.com">diandraharding@gmail.com</a>
Toddler Time	Angela	780-935-3404	<a href="mailto:angela.feehan@gmail.com">angela.feehan@gmail.com</a>
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>

### CONTACT US!

General inquiries & Publicity Requests (SEV & Website):  
[publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com)

Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)

• **Keep Current on our website,**  
**[www.kenilworthcommunity.com](http://www.kenilworthcommunity.com)**

**Now on Facebook! Like us! & Follow on Twitter, KCL Edmonton**

**Next Executive meeting: Monday, Sept. 12, 2016 @ 7pm**

### Southeast Voice Newsletter Deadlines

Submissions for the October 2016 issue of the Southeast Voice is due Thursday, Sep.22, 2016. Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

## Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
Weekend (Fri.pm – Sun.pm)	\$450.00	\$550.00
Day Rate	\$300.00	\$385.00
Hourly (up to 6 hrs)	\$150.00	call for rate

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](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al @ 780-469-1711.**

## KCL Membership BBQ

*Sunday, September 11th  
12 – 3 p.m.  
Kenilworth Hall*

Come and enjoy the afternoon with family and fellow community members.

Events featured will be Glitter Tattoo Artist, Balloon man, and a Bouncy Obstacle Course.

Sign up for Kenilworth Programs and get your 2016-2017 Membership.

Enjoy good food and meet your neighbours.

## 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, Babysitting Registry. 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](mailto: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.

## Neighbourhood Watch

Please share any issues in our community to Gladys @ 780-466-1688.

## SAVE THE DATES!

Halloween Dance - Friday, October 28  
Chili Supper/Sleigh Ride - Friday, November 25

## Toddler Time is back!

Toddler Time will resume in September on a new day/time.  
Mondays 10-11am beginning Sept 12th. Contact Angela with any questions: [angela.feehan@gmail.com](mailto:angela.feehan@gmail.com)

## Babysitting



## 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.

## Fall Scrapbooking/ Cardmaking Garage Sale

Scrapbooking/Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, October 22 at 10 to 2:00 p.m. Great bargains for you for your next projects!

## Kenilworth Playschool's I've Out Grown It Sale

**Saturday, October 8, 2016**  
Kenilworth Community League Hall  
10:00 a.m. - 2:00 p.m.  
Admission is FREE!

Contact Diandra for information or to book at table at [diandraharding@gmail.com](mailto:diandraharding@gmail.com) or 780-905-3662.



## 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 2016, contact Diandra, diandrallharding@gmail.com, or call 780-244-5986.

## Adult Badminton at Kenilworth Junior High School Gymnasium

(7005 – 89 Avenue), starting September 6th, 2016 to May 30th, 2017

Tuesday & Thursday evenings, 7:00 P.M. to 9:00 P.M.

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



## 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 @ 466-2360. We will deliver a free Community League membership along with information about all the activities this League offers.

Don't have your 2016/2017 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors. Memberships are also available at the new Sport Shack location, 8170 – 50 St, and at Ottewell TGP (receive a \$5.00 TGP in-store coupon with membership purchase). For more information contact Barb @ 466-2360.

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

## Come Join Us Strength/Cardio Class

Thursdays @ 6pm - continuing through summer! This class strengthens and tones by working the entire body in a fun and energetic atmosphere! Whether you are new to your fitness journey or an avid exerciser, this class will challenge you physically, while increasing your self-confidence. Come join us for a fun, effective and sweaty class :) Every week it's a little different so you don't get bored.

**NEW RATE!** We run 6 week sessions for \$60. Drop-ins are also welcome for \$12. Cash or Cheque accepted. Cheques are to be made out to Kenilworth Community League.

Please email me at [totalbalancepersonaltraining@gmail.com](mailto:totalbalancepersonaltraining@gmail.com) to register.

## 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:

September 5, 2016, Monday, 10:30am – 3:30pm  
September 21, 2016, Wednesday, 4:30pm – 11:30pm  
October 14, 2016, Friday, 4:30pm – 11:30pm  
November 24, 2016, Thursday, 4:30pm – 11:30pm  
December 28, 2016, Wednesday, 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.

## KCL Annual Golf Tournament and Steak BBQ

Kenilworth Community League will be holding their Annual Golf Tournament and Steak BBQ on Saturday, August 27, 2016.

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



Tickets are \$30 for Golf/Supper.

Register early to ensure your spot.

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

## Dementia advice available provincially through Health Link

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out daily activities.

This number is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

Alberta Health Services provides province-wide, specialized dementia advice through Health Link to help support individuals and caregivers living with dementia, including people with Alzheimer's disease.

By dialing 811 – any time, any day – callers will reach Health Link staff who can assess their needs and provide immediate advice for their health concerns. When needed, callers can also be referred to a specialized dementia nurse for additional support.

Specialized dementia nurses can provide a more in-depth assessment to gain an understanding of each individual situation and provide personalized support and advice, as well as connecting callers to available community services and supports.

For more information and resources, visit: <http://www.albertahealthservices.ca/scns/Page12938.aspx>

Source: *AHS Wellness*



**SELLING YOUR HOME?**

CALL NOW FOR A FREE MARKET EVALUATION

**FRANK VANDERBLEEK**

**780-431-5600**

FranklyTheBest.ca  
[Frank@royallepage.ca](mailto:Frank@royallepage.ca)



## Ottewell Dental Clinic

Dr. Gordon Lodwig,  
Dr. Brian Zwicker and staff

**WELCOME  
LUCY  
SCHARFENBERGER**  
registered dental hygienist

To see Lucy or  
our other hygienists  
please call

**780 465 0505**  
6128 90 Ave



## Ottewell Dental Clinic

**Dr. Gordon Lodwig & Dr. Brian Zwicker**  
**We Welcome New Patients**  
Family dentists providing all general services.  
Insurance billed directly.

6128 - 90 Ave. 780-465-0505  
Mon, Tue & Fri 8-4; Wed & Thur 8-6,  
Saturdays by appointment.



Receive a **FREE**  
Oral B 2000 electric toothbrush  
MSRP \$99  
with an adult check up and cleaning.\*  
\*one/patient/calendar year

ottewelldental.com



# Hockey Registration

**AUGUST, 15<sup>TH</sup> AND 17<sup>TH</sup>**

4-8 pm (Both dates)

**KENILWORTH ARENA**

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



South East Edmonton Families,

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

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

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

My true message to you is that we are more than that. Highlights of our program include the following:

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

NSH is an affordable activity which includes both males and females ages 4-12. At NSH we believe you and your child will build lifelong friendships along with positive personal and athletic growth. Please visit our website [www.northseera.ca](http://www.northseera.ca)

I also invite you to call or e-mail our Registrar, Lynn Munday, with your questions along with further information requests.

Thank you for making us the choice for your child's winter activity.

Rob Sharp, *President NSH*

[president@northseera.ca](mailto:president@northseera.ca)

Lynn Munday – phone: 780-461-0981 or email: [nshregistrar@yahoo.ca](mailto:nshregistrar@yahoo.ca)



## Ottewell Community League Executive and Board Members

### Executive:

President – Corinne  
Vice President – Bri  
Secretary – Sandra  
Treasurer - Cindy

### Board Members:

Bingo Co- Chair – Kyla  
Casino Chair – Vacant  
Rentals - Corinne  
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 - Katherine  
Rink Chair – **OPEN**  
Maintenance Chair - **OPEN**  
Civic and City Liason Chair - Matt

Membership Chair – Russ  
Communications Chair – Sharon  
Web Page Designer - Sandra

### Representatives:

SECLA Rep – Lori  
EFCL Rep – Corinne  
East Park Baseball – Clarence

All Positions are volunteer positions.

Please send all inquires via email to [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) or call 780 469 0093 leave a message and someone will return your call.

Ottewell Community League  
5920 – 93a ave  
Edmonton, Alberta  
T6B 0X2

## Ottewell Outdoor Movie Night

Our outdoor movie night was a huge success with over 250 attendees! The community league organized giant games, bouncy castle, and many stayed for the screening of Star Wars: The Force Awakens. A special thanks to Bri for organizing this great event! Thank you to all our sponsors for this event.



## WANTED: Community Hall Manager

Do you live in Ottewell? Want to earn extra income? Ottewell Community League is looking for a Hall Manager. If you like meeting people, possess good organizational skills and have time flexibility, we are looking for you! Please submit your resume to Ottewell Community League 5920 93A Avenue or email to [oclconcerns@gmail.com](mailto:oclconcerns@gmail.com).

## Next Ottewell Community League Board Meeting

Wednesday September 21 – 7 pm  
OCL meetings will be on the 3rd Wednesday of the month. Come and join us and find out what is happening in our community. We are always looking for more hands to assist in keeping Ottewell Community Vibrant and Active!

## UPCOMING EVENTS AT OCL

Watch for more details at our Membership Day  
September 17/2016 – OCL Membership Day  
October 17/2016 – Seniors Harvest Tea  
October 29/2016 – Kids Haunted House Open for our Little Community Trick n Treaters  
October 29/2016 – Adult Halloween Costume Party – Ticket Sales at our Membership Day  
November 26/2016 – OCL Holiday Market  
December 3/2016 – OCL Ladies Ornament Exchange  
Ottewell Community League will have more information promoting all our events posted at Ottewell Hall.

## Join the Ottewell Community League Team of Volunteers!

Do you want to get involved in Ottewell but don't have a consistent schedule? Put yourself on the Ottewell Volunteer List. We'll contact you when we need help for events or specific tasks; if you're available, get involved. Send an e-mail to [Ottewell2212@gmail.com](mailto:Ottewell2212@gmail.com) with Ottewell Volunteer List in the subject line, give us your contact information and indicate if there's a particular skill you have to offer or area you'd like to volunteer. Any time you can give is welcome.

Rink Team- Ottewell is looking for a group of 10 people, to be our RINK TEAM! This team would be responsible for the Rink during the Winter/Summer months. If you would like be a part of this team, Please email – [Ottewell2212@gmail.com](mailto:Ottewell2212@gmail.com) with RINK Team in the Subject Line. We will respond with details and answer any inquiries.

## Saturday September 17 OCL Membership Drive Come Meet your Neighbour

Come out to Ottewell Community Hall  
On Saturday September 17 - For our Membership Morning  
Free Pancake Breakfast from 9 to 11 am for all Ottewell Community Members  
Music, Face painters, and much more!

We will also be hosting our COMMUNITY BIG BIN EVENT on September 17 10AM to 2PM, Free Drop off to our Community Members. Accepted Materials at our BIG BIN Event: couches, chairs, mattresses, and other household furniture items too large for curbside pickup. Fridges, freezers, washers, dryers and other large household appliances (will be recycled) Computers, televisions and other household electronics (will be recycled) Non-accepted Materials: Commercial Waste, Household Hazardous Waste - please take to an Eco Station. They will be accepted at no cost.

Great Time to clean up before WINTER! Help Keep Ottewell Clean!

## Purchase a Community League Membership

Did you know that by purchasing a community league membership you help support your community by keeping it active? Having a membership gives you benefits like: free swim at local pools, free skating in the community rink, programs at the hall and lower hall rental rates for your event.

Memberships can be purchased at the Ottewell TGP and Sports Shack.

## Morning Fitness at the Hall

Join our community group for fun fitness! Classes include boot-camp style and fitness kickboxing. Work at your own pace with modifications for all fitness levels. For questions and registration details contact Ann Lukey at [ann@yourinertia.com](mailto:ann@yourinertia.com) or 780-719-2897.

New session begins in September.

## Ottewell Neighbours Art Classes

WEDNESDAY MORNINGS 9:30 – 11:30, Korean Presbyterian Church 9920 67street  
September 14 – November 16  
\$50/ 10 weeks  
We are a group of friends and neighbours that have been getting together for 40+ years, right here in Ottewell. A casual, friendly, welcoming group, we share creativity, coffee, snacks and laughs. Watercolour instruction (bring your own supplies) is led by two professional artists. This is your chance to try watercolour painting for the first time or get back to it. You can follow our class projects or just come and do your own thing. For more information call Shirley 780-466-9115

## Cooking at the Hall with Chef Sally

Join us for a relaxed afternoon of cooking, eating and fun! Sally's classes fill fast, so register early to avoid disappointment.  
SIMPLY MEXICAN: Sunday September 11 (1 to 4.30 pm)  
THE OCCASIONAL VEGETARIAN: Sunday October 2 (1 to 4.30 pm)  
EVERYDAY INDIAN: Sunday November 20 (1 to 4.30 pm)  
THAT'S APP-ERTAINMENT: Awesome appetizers for holiday entertaining. Sunday Dec 11 (1 to 4.30 pm)  
COST: \$105 per class. SPACES PER CLASS: 8  
INCLUDES: Lots of good eating, samples of wine, a recipe handout and a resource list.  
To register contact: Sally Vaughan-Johnston: 780 461 4238 svaughanj@shaw.ca

## Zumba Comes to Ottewell Community League

12 Week Session – Monday Evenings \$90 with Community Membership/Non-members \$100  
Starting September 12(6:45 Registration) thru to November 28  
Zumba with us from 7pm to 8pm  
All that is required is your comfortable runners, exercise wear, water bottle... Be prepared for some fun! Certified Instructor – Emilio geared up to provide us with some great dance moves! Please email Ottewell2212@gmail.com to provide pre-registration information. We do require a minimum amount of participants, please don't wait. If you wish just to drop in, the cost is \$15 per class. Payment accepted for this session – CASH, DEBIT or Cheque Payable to Ottewell Community League. See you then!!

## Jazz and Reflections Returns to Ottewell September 11

Jazz and Reflections is a series of five Sunday afternoon concerts featuring some of Edmonton and area's best known musical talents. Admission is by donation at the door. Please refer to the Ottewell Community League website for updates on the performers scheduled to appear or check the sign outside of the church for that week's featured performers. All concerts begin at 3:30pm at Ottewell United Church, 6611-93A Avenue.

## Ottewell Infill Community Feedback

Over 80 residents from Ottewell and surrounding communities attended the infill event held on July 14. The hall was crammed full with standing room only at times A special thank you to everyone who attended this event and provided feedback. Three key priorities were identified:  
PRIORITY 1: The highest priority item we heard from residents was to have more information available on a timelier basis. Our residents would like for their input to have a reasonable amount of influence on what is ultimately permitted for development.

PRIORITY 2: Our residents would value if Zoning Bylaw stated under what conditions (when) and how the neighbours will be notified of privacy related decisions being made.

PRIORITY 3: Scale and massing of infill should reflect the current on-street scale and massing.

Additional discussion and explanation of these priorities and are posted on the Ottewell Community website. Attendees who did not provide an email address will be mailed a copy of these priorities and additional discussion.  
The Edmonton Federation of Community Leagues (EFCL) has invited the Ottewell Community League to provide the City of Edmonton Executive Council with feedback from our Infill Night. The Executive Council will hear from EFCL and other community leagues on August 30, 2016 regarding community priorities. The EFCL has compiled a list of priorities which closely align with concerns raised by our residents, adding more weight and city-wide concern to our priorities. As a community league, we believe that by presenting at the Executive Council alongside EFCL and other community leagues, our residents' voices will be heard clearly.  
As we only have a few weeks to finalize our priorities before presenting to the city, the Ottewell Community League would appreciate your feedback as soon as possible. Please give Matt a call at 780-710-2059 or send an email at oclconcerns@gmail.com if you have any additional feedback to provide.



## Ottewell Community League Playschool

OCLP is still accepting registrations for the 2016/2017 school year. We run out of Braemar school, and are tentatively running a 3 day/week program. Registration forms can be printed off from OCLP.ca or you can contact our Registrar (Lauren Asselstine) at lauryan@telus.net or 780-490-7757.

## Community Corn Roast 2016

The folks at Ottewell United Church would like to invite you to their Annual Community Corn Roast on September 17, 2016 from 11:30 until 2:30 or until all of the corn is gone! You will find us busy at 6611-93A Ave, .

## Ottewell 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 Or call Colleen 780-406-3603.

## Ottewell Community League Social Media

Follow us on Twitter @OttewellEvents and Facebook/ OttewellCommunityCentreEvents and let us know what you are up to in your community! Pictures, tweets, comments, your discussion is welcome! Let us know if you are having an event and we can share it for you on social media!

## Upcoming BINGO Dates at Parkway Bingo

April 20, 2017  
May 29, 2017  
June 26, 2017  
All funds raised support Ottewell Community BINGO's help us to raise these funds so we can make these improvements. If you would like to help out and donate some of your time to work at our designated BINGO's during the year it would be truly appreciated. To get on our Bingo volunteer list please email oclbingo@gmail.com

## Community Patrol

Our Community Patrol Program will no longer be running within Ottewell. The City Police be patrolling our area out of the Millwoods Police Station. Remember: It is all of our responsibility to keep our Community safe – get to know your neighbours, report any suspicious activities call: 911 for Emergency's 780- 423-4567 – Non- Emergency

## Evening Kickboxing

Foxy Kickboxing for ladies only! - we'll turn you into a knockout! Monday and Wednesday night sessions at Fulton Community League Hall. 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 for Monday or Wednesdays nights. Email Falon at falon@foxykickboxing.ca for more information.



## Board of Directors

President – Jenny  
Vice-president – Janice  
Treasurer – Ken  
Secretary – Alicia  
Grounds and Buildings – Scott  
Social director – Yasir  
Membership – Leah  
Communications – Kristen  
Program director – Andrew  
Member-at-large – James  
Member-at-large – Jason  
Member-at-large – Meghan  
Member-at-large – Kathryn

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

## Strathearn Art Walk: Call for artists and volunteers

We're looking for 35 more volunteers to help at Strathearn Art Walk on Sept. 10. Held in the park along Strathearn Drive between 89 and 91 streets from 12 p.m. to 7 p.m., Strathearn's art walk is a celebration of art and community, and an event for the whole family.

We need volunteers to serve food and drinks, sell drink tickets, volunteer in the kids' area and help take down the site.

If you're interested in volunteering or want to learn more about the volunteer positions available, please visit [strathearnartwalk.com/volunteers](http://strathearnartwalk.com/volunteers).

There's also still time to sign up to sell your work. Registration closes Aug. 22. If you'd like to sell your work at the 2016 Strathearn Art Walk, visit [strathearnartwalk.com/artists](http://strathearnartwalk.com/artists) to register. The cost to reserve your spot is \$50.



## Neighbourhood renewal comes to Strathearn

Strathearn is about to undergo a makeover the likes of which it has never seen before.

Within a few years, there will be an LRT line running through our community, the Strathearn Heights apartment complex will have been transformed, bringing with it higher density and accompanying retail outlets, and our aging streets and sidewalks will have been replaced with new curbs, gutters and asphalt.

The sidewalk and street repairs north of 95 Avenue will be done in 2017, while those south of 95 Avenue will be done in 2018.

As part of the Neighbourhood Renewal program, streetlights will be replaced with LED lights and new lampposts.

Based on a community survey conducted in March of 2016, there was overwhelming support (74%) for pursuing an upgraded decorative pole option.

As a result, the community league has made an Expression of Interest to the city to upgrade from the standardized galvanized pole to a black, fluted pole with a Newport decorative arm and decorative street blades for signage.

The cost to property owners will be approximately \$3 per month over the next 15 years, or there is an option for a one-time payment. This levy will begin the year following sidewalk construction.

The next step in the process involves you.

The City of Edmonton will be sending information packages to all property owners by Sept. 1. Please support this initiative and send back a signed form to show your support for this upgrade.

We will need a majority of property owners to sign the petition in order for this upgrade to proceed!

If you have any questions, please feel free to call James Kosowan at 780.466.7779.



## Poison Prevention

The Poison & Drug Information Service (PADIS) offers a free, confidential poison line for Albertans, 24 hours a day, 7 days a week. The service offers expert advice about poisons and toxins, medications, chemicals, recreational drugs and plants. When calling the poison centre, callers speak with a specially-trained nurse or pharmacist who gives information and offers advice on how to best manage poisonings and exposures.

Medication and herbal advice is also available through PADIS offering up-to-date information for the safe use of over-the-counter products, prescriptions, medications and herbals. This includes potential interactions between medications and/or herbals and safe medication options for pregnant and breast-feeding women.

PADIS plays a key role in helping Albertans safely manage poison exposures and can offer advice on the most appropriate level of health care service should it be needed.

PADIS also operates a Drug Information Line for Health Care Professionals. This free service for health professionals provides drug information for clinical situations, with the support of an on-call Medical Toxicologist.

For more information and to access the services of PADIS call 1-800-332-1414 or visit [www.padis.ca](http://www.padis.ca).

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## Children's Vision

Did you know that your child's first Eye Health Examination should be at 6 months of age, even sooner if there are any concerns! Alberta Health covers Eye Health examinations for children until their 19th birthday.

Early Eye Health Examinations can help detect if your child has all the vision skills required to perform well in school. Early detection of poor vision, Amblyopia (lazy eye) and eye coordination issues are important as the eyes develop. Correcting the potential problem can ensure the best possible vision before starting school.

Vision or Eye Health problems systems include:

- Struggling with reading, writing or learning
- Loses place when reading or uses finger to track
- Not performing at grade level
- Short attention span for child's age
- Turns head or tilts head, covers or closes one eye
- Suffers from headaches
- Itchy, burning or blurry eyes
- Squinting

If your child has experiences any of the above, please make and Eye Health Examination Appointment. Alberta Health care will cover Eye Health Examinations until children's 19th birthday.



The Alberta Association of Optometrists offers a complimentary pair of glasses for children entering or currently attending kindergarten, if eyeglasses are prescribed from the Eye See Eye Learn program.

**Back to  
School  
Specials**

- **2 for 1 eyeglass sale (Pair and a Spare)**
- **Half off lenses if one complete pair is purchased.**
- **In Store Sidewalk sale 50% off selected frames and lenses.**

**Dr. Greg Hahn and staff look forward  
to meeting you.**

Hours: Monday, Tuesday, Thursday and Friday 9-5, Wednesday 9-8, Saturday 10-3



**6126-90 Ave  
(Ottewell Plaza)  
780-758-0099**



## City of Edmonton

**BREATHE** is a transformative strategy to make sure that as the city grows, each neighbourhood will be supported by a network of green space for the next 30 years. The Green Network Strategy will be based on a network approach that will support the connection and integration of open space at the site, neighbourhood, city and regional levels. This project is one of Council's top priorities for 2016, and is one of the City's 23 priority projects identified in the City's strategic documents ("The Ways" documents). BREATHE aligns with strategic goals for the City, in particular improving Edmonton's livability, preserving and sustaining the environment, transforming urban form and encouraging use of public transit, walking and cycling. For more information Google "CityofEdmontonBreathe". We would love to hear from you.

### **YEAR ROUND GREEN SHACK IS BACK THIS FALL**

Come join the fun at local Community Leagues across the city. Check out the City of Edmonton Website, and your SE Voice to find a community location close to you. Programs run M/W/F 3:30 pm – 6:30 pm and Saturdays 1 -5pm. There are

### **Community League Day**

Saturday September 17th, join one of 150+ Community Leagues across the city who will be hosting special events and activities at their leagues. Everything from games, sports, movies, markets, and more may be found across the city. Not sure if there is something happening in your neighbourhood? Just go to the Edmonton Federation of Community Leagues website and you can find out what's happening across the city. Or just go on line and check out the area you live in to see if they are hosting something fun for the whole family.

## Children in Hot Cars

Never leave your children unattended in the heat

It's an act of convenience that can kill. Every summer, EMS and other first response agencies respond to calls, across the province, where children have been left inside vehicles while their parent, or caregiver, "quickly ran inside".

According to experts, there is no safe amount of time to leave a child unattended in a vehicle in the heat. One study found that in 35°C weather it took just twenty minutes for the interior temperature of a car to rise to 50°C.

Unlike adults, children's bodies aren't adapted to cool them rapidly. As a result, they are more susceptible to heat-related illness and injuries, even death.

It takes only minutes for tragedy to strike but just seconds to prevent it.

- Never leave a child alone in a vehicle, even for just a few minutes.
- Always check the interior of the vehicle before you lock it to ensure you haven't left your child behind.
- Lock your vehicle when it's not in use so children can't get in without you knowing.
- If you see a child left unattended in a vehicle, call 911 immediately and, if possible, get the child out as quickly as you can.

It may seem more convenient to not have to fuss with a car seat or seat belt for a quick stop but a hot car is no place for a child. Save a life, not time.

August-September 2016



## It's time to renew your community league membership

Buy your 2016/17 Strathearn Community League membership today and start reaping the benefits.

Memberships cost \$20 for a family and \$10 for an individual. If you're new to Strathearn, your first one-year membership is on us. Contact Leah at [membership@strathearncommunityleague.org](mailto:membership@strathearncommunityleague.org) to get your membership.

You can buy your membership at

- Ralph's Convenience Store, 9508 87 St.
- Curves Bonnie Doon, Unit #273 in Bonnie Doon Shopping Centre
- Massage Therapy Supply Outlet, 9206 95 Ave.
- Juniper Cafe and Bistro, 9514 87 St.
- Strathearn Heights Apartments, 8768 96 Ave.

Or, watch for a Strathearn Community League volunteer to knock on your door during our membership drive in early September.

As a Strathearn Community League member, you're entitled to the following benefits

- A free beverage on us during Wired Wednesday, the first Wednesday of each month, at The Wired Cup (9418 91 St.) from 7:30 a.m. to 11 a.m.
- Free community league swims at outdoor swimming pools on select days
- Free community league swim at Hardisty Leisure Centre on Sundays from 1:15 p.m. to 2:45 p.m., starting Sept. 11 (With Bonnie Doon pool slated for closure this fall, Strathearn Community League has negotiated two alternative free family swim times as part of your community league membership. We have booked the Hardisty Leisure Centre and continue to negotiate with the city for a second swim time at Commonwealth Leisure Centre. A date and time have not been established, but pay close attention to our website, as well as our Twitter and Facebook accounts for an announcement as soon as details are finalized.)
- A 10% discount on annual, multi-admission and continuous monthly passes at City of Edmonton sports and fitness facilities, thanks to the Community League Wellness Program
- Community soccer and minor hockey registration
- Community preschool registration (Holyrood)
- The opportunity to have your voice heard on civic issues and to be a part of bettering your community
- Regular email newsletters to keep you posted on upcoming events and neighbourhood developments
- Community parties – and a chance to meet your neighbours
- Free skating at our community skating rink (with the rink's closure for the 2016/17 winter to support construction of our new community hall, you'll be able to skate at Bonnie Doon and Idylwyld's rinks) Plus, each month, members are entered into a draw for a \$20 gift certificate to either The Wired Cup or Juniper Cafe and Bistro.

Your membership also entitles you to savings at Curves Bonnie Doon in Bonnie Doon Shopping Centre. New Curves members get a two-week, no obligation trial with a Strathearn Community League membership. If you wish to continue with the club, you'll receive a further 10% off a monthly membership and 50% off registration. The combined savings is worth more than \$100.

August-September 2016

## "...plant gardens and eat what they produce"

– Jeremiah 29:5 (NRSV)

When Gloria Opgenorth told her husband, Joe, that their church congregation at Our Lady of Assumption Parish wanted a communal garden, he knew it would be a lot of work.

Not that he minded. Joe has had a hand in most of the necessary parish infrastructure projects since he first joined the church on March 1, 1955.

"Joe and I love gardening," Gloria says. Having three large garden plots and fruit trees on their own property in Bonnie Doon, it was a natural fit when the idea of a communal garden presented itself.

A fortuitous run-in with a landscape gardener who was traveling between jobs significantly reduced the cost of preparing the ground at the corner of 95 Street and 90 Avenue in front of the church rectory that first year of the garden.

Even still, Joe had to till a couple more times before they planted.

This year Gloria took a crack with the rototiller. "It's okay if you're going in a straight line but when you are taking a turn, I mean, those are big, heavy machines," chuckles Gloria.

Joe and Gloria are just regular parishioners willing to do what needs to be done and the garden reflects that attitude.

Thirteen families from the congregation signed up for a portion of the plot last year.

When someone moved away or lost interest, someone else was always around to continue the work and reap the harvest.

Gloria and others make themselves available to help newbies with planting and advice. There are tools available at the church and member gardeners have access to their plot any time.

Joe keeps a close eye on the programmable watering system, having to adjust for all the rain this year, and Gloria says they were oversubscribed with participants for this season.

The Assumption Parish garden enlivens an important corner in Strathearn.

Gloria has had many impromptu conversations with passersby and recognizes that the garden has become a significant thread in the neighbourhood fabric.

"It's wonderful to watch things grow," enthuses Gloria.

So if you're leaning over the fence of Assumption Parish, be sure to thank whoever you come across. Strathearn residents are lucky to have hard working neighbours like Joe, Gloria and the parishioners of Assumption Parish beautifying the neighbourhood.

*Written by Andrew Struthers*



## Summer in Strathearn (and beyond)

Our Green Shack program at Silver Heights Park runs until Aug. 25. This free drop-in program is open Monday to Friday from 10 a.m. to 1:30 p.m., and is aimed at children aged six to 12. You can also check out the Green Shack programs in our neighbouring communities. The programs at Bonnie Doon and Holyrood community leagues run from 2:30 p.m. to 6 p.m.

Swim "for free with your community league membership at the city's outdoor pools at select days and times.

- Mill Creek Outdoor Pool: every night (except statutory holidays) from 7 p.m. to 9 p.m.
- Fred Broadstock Pool: Sundays, Mondays, Tuesdays and Wednesdays from 5 p.m. to 7 p.m.
- Queen Elizabeth Pool: Sundays and Tuesdays from 5 p.m. to 7 p.m., and Mondays and Wednesdays from 6 p.m. to 8 p.m.
- Oliver Pool: Sundays, Mondays and Tuesdays from 6 p.m. to 8 p.m.

Meet your neighbours over a coffee at our next Wired Wednesday on Sept. 7. Strathearn Community League members enjoy a free coffee or tea on us at The Wired Cup between 7:30 a.m. and 11 a.m. on the first Wednesday of the month.

## Town Hall on Electoral Reform

with **Linda Duncan, MP, Edmonton-Strathcona**

**Thursday, September 8, 7 pm**  
Westbury Theatre, Arts Barns,  
10330 84 Ave (Fringe Building)

The government has promised that the 2015 federal election would be the last "first-past-the-post" election. This gives us the opportunity to change our electoral system and make every vote count.  
**Have your say on how Canada's electoral system should change!**

For other ways to participate in the electoral reform discussion, visit my website at [www.LindaDuncanMP.ca](http://www.LindaDuncanMP.ca), or contact my office at 780-495-8404 or [linda.duncan.c1b@parl.gc.ca](mailto:linda.duncan.c1b@parl.gc.ca).



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Southeast Voice

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**View Property:** 1600 sq ft Main Floor, 62x130 ft Lot and Double Heated Attached garage w/220.



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



**Capilano:** 3+1Bedrooms,original hardwood, UPDATED Kitchen, Both Bathrooms and Basement Development.