

SOUTHEAST VOICE

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

February 2016



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

Changing Regulations for INFILL ROW HOUSING Input Needed!

Nearly every neighbourhood block can have corner lots re-zoned to allow a 3 or 4 unit row house (townhouse). These buildings tend to be larger than surrounding housing and tend to create a massive wall effect, privacy issues, and sun shadow concerns.

As a result, the City is currently looking at some changes. One solution is to push the row housing further away from the neighbour while moving the row house closer to the side street and further forward on the lot. City planners are proposing to **increase this minimum side setback from the neighbour's property from 1.2m (current regulation) to 3.0m.**



Infill row housing. This row house is actually 1.8m from the side property line which is more than the required 1.2m.

All residents of Capilano, Fulton Place, Gold Bar and Terrace Heights communities are invited to attend.

Family Fun Day Celebration

Sunday, FEB 14, 2016
noon - 3:00 pm
At the Gold Bar Community Hall
[4620 105 Ave.]

FREE HORSE DRAWN WAGON RIDES:
2 TEAMS TOURING THE STREETS

FREE HOT CHOCOLATE AND COOKIES

ACTIVITIES, CRAFTS + MORE

SPONSORED IN PART BY ANDY VERHAGEN

The critical question is, **how much further into the front yard should row housing be allowed to go?** The current regulations say that a row house can only extend **1.5m beyond the front of the neighbour's housing/the average on the block** without asking for a variance and seeking the neighbour's input. BUT, city planners and some builders are suggesting to Council that in order to maintain the buildable area, **the front setback of the neigh-**

bours be ignored. City planners are suggesting that all row housing should be able to have a front setback from the property **as small as 6.0m regardless of the context on that street.** As an example, if the neighbours on that street have front yards 11m deep, the row house would only need a front yard depth of 6m so the row house itself could jut out 5m beyond the front of its neighbour.

Instead of a limit of 1.5m, the amendment would mean NO limit as long as the front set-back is at least 6m. A neighbour could jut out 3m, 5m, 7m...

Is this an acceptable tradeoff to increase the side setback from 1.2m to 3m? Maybe jutting out 3m is ok but not 5m? Or 5m ok but not 7m?

(Continued page 11)

You are hereby entitled to receive one

free

market evaluation

Buyers package delivered or e-mailed for any part of Edmonton

Now is a great time to sell!

Andy Verhagen
780.907.8202
email andyv@telus.net

I love referrals they make my world go round!

RE/MAX Elite

to view my properties, visit www.andyv.ca

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



Celebrate Freedom to Read Week with Edmonton Public Library and Sir Salman Rushdie

“What is freedom of expression? Without the freedom to offend, it ceases to exist” – Sir Salman Rushdie
Freedom to Read week is February 21-27 this year. Help us celebrate at EPL by checking out challenged books and films and learning more about intellectual freedom. There are lists of challenged materials from the 20th and 21st centuries on epl.ca and we will have displays in our branches to inspire you to celebrate your own freedom to read.

EPL will also host a variety of Banned Book Clubs, Movie Events, a Story Slam and a very special guest for our Forward Thinking Speaker Series, Sir Salman Rushdie. Visit epl.ca/speakerseries to find out how you can attend this exciting event and see epl.ca/intellectual-freedom-and-epl for more details about intellectual freedom at EPL and additional Freedom to Read Week Events.

Family Day at EPL – All branches will be open from 1:00-5:00 pm on February 15

See epl.ca/familyday for details. Capilano and Idylwylde branches will both host Family Day fun programs and other EPL branches will provide free entertainment from a variety of family focussed performers.

Featured programs in February at the **Capilano Branch** include:

- Baby Lap Time (0-12 months): Wednesdays at 1:30pm - ongoing drop-in
- English Conversation Circle (LACE program): Wednesdays at 6:00pm – ongoing drop-in
- Lego ® at the Library (ages 6-12): Saturdays at 2:00pm – ongoing drop-in
- iPad Fun for Beginners (adults): Friday February 5th at 10:30am
- Family Day Fun (all ages): Monday, February 15th
- Puppet Show: at 1:30pm, Pop-Up Makerspace at 3:00pm
- What's Appening? eMagazines (adults): Thursday February 25 at 7:00pm

Featured programs in February at the **Idylwylde Branch** include:

- Langue de mon cœur (pour toute la famille) : Les samedis à 11h00
- Lego ® Stop Motion for Kids (tweens): Sunday, February 7 at 2:00pm
- Family Day Fun (all ages): Monday, February 15 2:00-4:00pm
- Evil Genius Club (teens): Monday, February 22 at 4:00pm
- Adult Colouring Night (adults): Tuesday, February 23 at 7:00pm

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

SE Winter Fun Fest

A great time was had by all at the 3rd Annual Winter Fun Fest Hosted by the Ottewell Community league and the City of Edmonton. It was a flurry of activity throughout the day of Dec. 14th. Thank you to all the volunteers, leagues, businesses and partners who contributed to this amazing day through funding or participation. Special thanks to our Major Sponsors that included, Kenilworth, SECLA, MOJO Photo Booth, United Cycle, Edmonton's French Quarters Business Association, Trail Dogs Canada, and Imperial Oil. Thanks to all the leagues of SE that paid for the Sleigh Ride. Other sponsors included Avonmore, FHTH, Girl Guides, Gold Bar Scouts #50, Shamrock Curling Club, SEECCC, and The Edmonton Outdoor Club.

Winter Excitement Guide

Check out the 2015/16 Winter Excitement Guide at the City of Edmonton website. Find a complete listing of Winter Festivals, activities, and local attractions.

WINTER GEAR TO BORROW: The Mill Woods Community Services office can lend your group some great winter recreation equipment to bring excitement and winter wonder to your event or program. For details on what's available contact your neighbourhood CRC. Note: The city requires that the equipment to be used at free, public events or programs.

LEARN TO SKATE: Programs are now being offered across the city. Check out your local community and the city website for a full listing of times and locations.

Learn 2 Skate Program at Ottewell's Rink

Instructors provided by the City of Edmonton Parks and Rec Program
Thursdays February 4th, 11th and 18th 4:30 – 7:30 pm
4:30 – 5:30 – Preschool aged 4-6
5:30 – 6:30 - School aged 7-12
6:30 – 7:30 – all ages
February 25th – all ages drop in 4:30 – 7:30 pm

SEESA South East Edmonton Seniors Association Activity Centre

Come See What's Happening at SEESA!

February is going to be another busy month at SEESA. Member or non – member here are some of the things coming up at SEESA in February.

February 1st & 15th CARE Circle is held in the SEESA Library – CARE Circle is a support group open to anyone who has experiences a loss – please contact Celeste at 780 468 1985 – before you attend.

February 3rd is Winter Walk Day!! Get your Winter Walk on and don't forget to log it with the City of Edmonton <http://shapeab.com/programmevents/winter-walk-day/>

February 3rd 4:45-5:30 Wednesday Night Light Supper – RSVP to 780 468 1985 by noon Feb 3rd.

February 5th Foot Care Clinic at SEESA – call 780 394 4466 for an appointment.

February 5th Wecan Food Basket order deadline – call Celeste 780 468 1985

February 5th and 19th Friday evening JAM Session – bring your instrument or just your interest for a spontaneous evening of music - \$3.00 drop in fee – includes refreshments.

Saturday February 6th SEESA's monthly crib tournament

Friday February 12th Massage Therapy Clinic at SEESA – Call 780 977 4699 for an appointment.

Saturday February 13th Sweetheart Dinner & Dance – tickets must be purchased in advance \$35.00.

February 23rd – Health Check Clinic – drop in

February 25th – Wecan Food Basket Pick-up

Don't forget to renew your membership – or come and join us for the fabulous programs and events we host – Come See What else Is Happening! At SEESA

Celeste Nicholson

Home Services Coordinator & Community Connector
780 468 1985



NOW UNDER
CONSTRUCTION

MORE TIME MORE FREEDOM

MORE CHOICE

Southwoods Village At Hazeldean

LIFE
LEASE
AVAILABLE



The Christenson Group

is pleased to invite you to an informational session introducing Southwoods Court North, Phase 1 of Southwoods Village at Hazeldean. Centrally located, Southwoods is close to many amenities, walking paths, and the Millcreek Ravine. The building is now under construction.

Building Features:

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

Look & Learn Sessions

are being held at the **Southwoods Information Centre (9472 - 65 Ave, Edmonton).**

Look

at existing communities on a guided bus tour. **Call to book a seat on the bus.** Bus tours will be booked according to demand.

Learn

about the Life Lease choice and its advantages **every Tuesday at 2:00 pm.**

Seating is limited, to reserve a seat please call Lynne Christenson at **(780) 975-2509** or by email at **LynneC@CDLHomes.com.**



780.975.2509 • CDLHomes.com






Big pharmacies can be hard to swallow.

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



Conrad Lewandowski, B.Sc. Pharm
Pharmacist/Owner

7915 - 106 Ave
Edmonton, AB

(780) 469-8222

Hours: Mon - Fri 9 a.m. - 6 p.m. | Sat 9 a.m. - 1 p.m.
Visit our Web site at www.medicineshoppe.ca

Transferring your prescription is easy

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

FREE Accu-Pak with a prescription purchase

SEEECCC STATS www.earlychildhoodedm.ca

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 in South East Edmonton, 78% of our kindergarten children are developing appropriately in the area of social competency while 14% are experiencing difficulty, and 8% are experiencing significant difficulty? Let's continue to expose our early learners to lots of social opportunities – lots of ideas for free or low cost programs are listed on our SEEECCC events calendar located at www.earlychildhoodedm.ca/events/category/southeast.

You are also invited to attend out next SE Coalition Meeting on Tuesday, February 23 from 7- 9pm at St. Anthony Centre (10425 - 84 Ave).

UPCOMING EVENTS

ASQ TRAINING SESSION – Sat, Feb. 6 from 9:30 – 11:30am
A FREE Ages and Stages Questionnaire (ASQ) Training Session for childcare professionals and early learning teachers is being offered – to register contact Jenny at jenny.samm@outlook.com or 780-435-6328.

FREE WORKSHOP ABOUT DOING YOUR TAXES - Feb. 10th from 6 - 7pm

Fulton Childcare Center (10310- 56 Street)

An accountant from Koshman and Schaaf will be on-hand to answer any questions you may have about your personal or business taxes. Dinner and childcare provided. Call Dodie at 780-465-4388, ext. 26 to register.

FREE BABY YOGA – Wednesdays from 2 -3pm

Fulton Place Community Hall (6115 Fulton Road) - Contact Dodie at 780-465-4383 ext.26 to sign up.

C.O.W. (CLASSROOM ON WHEELS) BUS FREE PROGRAM – Thursdays 12:30 - 2pm The COW BUS is a friendly space for parents and children (Ages 0 - 3) to learn and explore fun new ways to add literacy activities into their daily lives!

What can omega-3 fats do for you?

What do a can of sardines, avocado oil from the health store, and seaweed from the beach have in common? They all contain omega-3 fats. Omega-3 fats are important for long-term health, and our bodies can't make them, so we need to eat food that contains them.

We've known for a while that omega-3 fats are important for lowering your risk of heart disease—by reducing blood pressure and inflammation, helping to keep blood vessels from stiffening, preventing blood clots, and lowering triglycerides (a type of fat in your blood). They're also important for brain and eye development during pregnancy and infancy. More studies are needed to know if omega-3 fats might help rheumatoid arthritis, mental health, or other diseases.

Where can you get omega-3 fats?

The best place to get omega-3 fats is from food. Fatty fish have the highest amounts of EPA and DHA, the omega-3 fats most important for health. Fatty fish include salmon, mackerel, sardines, trout Arctic char, and herring. Try to eat at least 2 servings of fish a week to get the recommended intake of 0.5 g per day.

If you don't eat fish, try kelp and seaweed. (Instead of combing beaches for it, you can buy seaweed as wakame.)

Some people may have trouble meeting their EPA and DHA needs from food. If you're thinking about taking a supplement, talk to your doctor, pharmacist, or a dietitian before you begin. They can tell you about what type of supplement to take and how much would be best for you. If you decide to take a supplement, choose one that contains EPA and DHA, not other fats (like ALA). Also, look for one with a Drug Identification Number (DIN) or a Natural Product Number (NPN) on the bottle.

Some yogurt and eggs contain EPA and DHA; read package labels to find out which brands. Nuts and oils like walnuts, canola oil, and flaxseed oil can add to your intake of omega-3 fats. Keep in mind that nuts and oils are high in calories; choose small amounts of them (30 to 45 grams a day).



Avonmore

7902 - 73 Avenue
(780) 465 - 1941
avonmore.org

League Contacts

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

Outdoor Soccer Registration Dates:

Register your child to play outdoor Community League Soccer!

Location: Avonmore Hall (7902 – 73 Avenue)

Registration Dates:

Thursday, February 4th from 6-9 pm

Thursday, February 18th from 6-9 pm

Casino Volunteers Needed

Sign up to help on **Feb 10 & 11 at Baccarat Casino.**

This important fundraising opportunity provides dollars to operate programs and events throughout the year and help Avonmore Community League realize long term fundraising goals. Email Programs Coordinator, Elizabeth for more information: programs@avonmore.org or sign yourself up on Volunteer Spot.

Here's how it works in 3 easy steps:

1. **Click this link** to go to our invitation page on VolunteerSpot: <http://vols.pt/dyoYX3>
2. **Enter your email address:** (You will NOT need to register an account on VolunteerSpot)
3. **Sign up!** Choose your spots - VolunteerSpot will send you an automated confirmation and reminders. Easy!

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

Important note: If your child will be participating in the outdoor soccer season, keep in mind that you can fulfill your volunteer commitment by signing up for a casino shift. Just let Elizabeth know when you confirm your volunteer shift.

Farley Mackenzie Family Community Fun Day

Join us on Monday, February 15th (Family Day) for an afternoon of skating and sledding!

We'll also have a firepit for roasting marshmallows and hot dogs so bring your campfire roasting sticks. We'll bring the food and hot chocolate.

We hope to see you there! Contact Ginette, our volunteer coordinator if you are able to help out at the event: director2@avonmore.org.

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 turn 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.

Avonmore Garden Club

Are you interested in beautification of your neighborhood? Do you want to learn how to grow flowers or your own vegetables? Do you wish you knew how to landscape your yard or plant a container garden on your porch? Are you looking for or have perennials or seeds to share? Are you looking for garden space or have space someone else could use? Are you concerned about environmental issues facing your community?

Whether your passion is gardens, flower beds, trees or landscaping in general you live in the perfect neighbourhood. We have lots of space and lots of expertise to be shared.

If you are interested in being part of a community gardening club then contact Anita at (780) 222-4482 or director3@avonmore.org. There will be an organization meeting in mid to late January once I've gotten a sense of who and how many are interested.

Free Community Swim Times

Until July 2, 2016

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

Commonwealth Pool: Sat 5-7pm

New Time for Parent & Tot Playtime

Avonmore Community Hall
(7902 Street -73 Avenue)

Parents of toddlers are invited every Thursdays from 9-11 am to meet and chat, while the little ones play.

Come join us for fun activities, singing and socializing. For more information, please contact Wendy at memberships@avonmore.org



**Building Great Kids
One Ball Player at a Time**

Want to play a great team sport in a healthy and positive environment?

East Park Little League has baseball teams for youth from 4 – 18 years old. The outdoor season starts in May, with indoor warm up camps for all ages during March and April. Registration opens in February.

Check edmontonlittleleague.org for details.



Thinking of Becoming a Babysitter?

Mark your Calendar: Red Cross Babysitting Safety Course Offered at Avonmore Hall on Saturday, February 20.

All the safety and first-aid that a home-alone / babysitter needs to know in a fun, hands-on workshop. Includes Babysitters Manual and first-aid kit.

Time: 9:00am – 5:00pm

For: Girls and boys, ages 11 and up (or 11 by end of March)

Cost: \$66.67 + GST = \$70.00 manual and mini first-aid kit included

Avonmore Members \$40 with 5 volunteer hours

Bring: lunch, pencil, water bottle & large floppy doll or teddy/bunny that lays flat

RED CROSS CERTIFICATE ISSUED ON SUCCESSFUL COMPLETION

Be confident. Be prepared. Be safe.

To register, contact Tanya at 780-637-5640 before Feb. 17th.



Need A Babysitter? Or Looking For A Babysitting Job

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

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

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

Avonmore Playschool Open House April 7, 6:30 PM to 7:30pm

Children ages 3-4

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

Classes start in September:

Mon, Wed, Fri

OR

Tues, Thurs, Fri

9am-11:30am

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

YOGA

Yoga Classes are offered at the Avonmore Community Hall on Tuesdays and Wednesdays from 6:30 p.m. to 8:00 p.m. until December 16, 2015 and starting again on January 12, 2016

Cost: Drop in fee is \$14.00 per class. Registration for full session of 15 classes starting in January is \$130.00 for members of any community league - \$145 for non members.

For more information or to Register: Contact Anita Lunden at 780 222 4482 or director3@avonmore.org

Tuesday Class: Restore & Repair Yoga: Perfect for those new to yoga and any level of fitness. Instructor: Brea Johnson www.heartandbonesyoga.com

Wednesday Class: Hatha Yoga: For those wanting to develop stamina, strength, and flexibility. Instructor: Tori Lunden www.torilunden.com

Healthy After School Snacking

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

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

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

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

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

This Year Check out the Avonmore Winter Shack!

Thanks to everyone who came out and enjoyed the fall shack at the Avonmore playground. It was a huge success! Watch for details in the Avonmore News community newsletter about the upcoming Winter Shack. You can also check www.avonmore.org for exact dates. Hope to see you there!

Get Your Avonmore Community League Membership

If you would like to purchase a 2015/2016 membership, please email memberships@avonmore.org or visit the Dairy Queen located at 76th Street & 76th Avenue to purchase a membership directly. Thanks for your support.

Avonmore Hall Rental

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

Ready or not, it's healthy to have a plan

Whether you're ready to start trying for a baby, or not ready to start trying, it's healthy to have a plan. Alberta Health Services is sharing this message with all Albertans of reproductive age, through a new website: www.readyornotalberta.ca.

Launched January 18, www.readyornotalberta.ca provides helpful tips, tools and to-do lists for Albertans who are not yet pregnant, but who are either contemplating trying for a baby, or, who want to ensure that they remain not pregnant. For both groups, there are important considerations, many of which will impact health today, and in the future.

Given 40 per cent of pregnancies are unplanned, it's important that Albertans be aware of their health, before they conceive. This includes considering birth control options, but also goes far beyond that to include such things as nutrition, healthy weights, exercise, environmental factors and drug, alcohol and medicine use.

Visit www.readyornotalberta.ca for information and tools to support your health today, whether you're 'ready' or 'not'.

League Board

President	Brent	780 757-8550
Past President	Bill	780 469-5744
Vice President	Derek	780-919-5421
Treasurer	Michelle	780 466-1017
Secretary	Vacant	
Hall Rental	Kevin L.	780 966-6913
Grants/Planning	Dallas	780-707-7191
Casino Coordinator	Derek	780-919-5421
Memberships	Shawna	780 490-1931
Programs	Vacant	
Green Shack	Laura	780 982-9876
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Newsletter	Jill	780 469-0513
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Craig	587-520-3663
Webmaster	Michelle	780 466-1017
Social Media	Jean	780-863-0914
Capilano Playschool	Marzena	780-802-9307
Community Services	Lynn	780 496-5926
Ice Allocation	Jeff E	403-540-8226
Hardisty Gymnastics	Shauna D	780 484-3205

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

Choose Capilano Hall for Your Special Event

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

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

To book the hall or for more information, contact Kevin at 780-966-6913 or at capilanoHallrentals@gmail.com, or visit our website at www.capilano.info.

Capilano Community Memberships

Need a Capilano Community Membership?

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

Capilano Community League Babysitting Registry

We are always looking for names to add to our babysitting registry. If you are in Junior High or High School, if you live in the Capilano neighbourhood or a surrounding community and have taken the babysitting course, please contact Lana at 780-463-1045. (If you know of a babysitter, please pass this information on to them!) We are pleased to report that we currently have **31 sitters** listed in our registry. Please contact Lana if you are a parent looking to connect with a sitter.

Capilano Community League is now on Facebook!

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

Hardisty Soccer Registration

Plan to register for the 2016 community outdoor soccer season of the Edmonton Southeast Soccer Association (ESESA). ESESA is a volunteer organization that offers purely community-based soccer programs for players between the ages of 4 and 18. Our programs introduce your children to soccer and give them the opportunity to have fun playing organized sports with friends.

Residents of the Capilano, Fulton Place and Gold Bar communities may register on one of the following dates:

--Wednesday, February 17, 7:00-9:00 p.m., Capilano Hall, 10810 54 Street
--Saturday, February 27, 10:00 a.m.-2:00 p.m., Gold Bar Hall, 4620 105 Avenue

STEP 1: Register online at www.southeastsoccer.ca (click on EMSA Portal in the top right-hand corner) and complete the family and player profile prior to attending one of the registration sessions.

STEP 2: Pay your registration fees online (Visa/Mastercard) or bring payment (cash/cheques) to one of the registration sessions.

STEP 3: Bring two copies of your completed registration form as well as a participation deposit cheque (\$150) and a jersey deposit cheque (\$75) to one of the registration sessions. (Please date the deposit cheques for June 15, 2016.) Please also bring the registrant's birth certificate (or other proof of date of birth) and your 2015/16 community league membership card. You may also purchase a community league membership on site.

Please note that your child will not be placed on a team until you have completed Step 3.

For more information, please visit our website at www.southeastsoccer.ca or contact your community soccer director.

Capilano Winter Green Shack

WHEN: February 1 - 27, 2016

DAYS/TIMES: Mondays/Wednesdays 4-7 p.m., Saturdays 1-5 p.m.

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

WHAT: Enjoy winter activities, crafts and outdoor cooking on Saturdays!

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

Note - One snack provided to each participant on site each session, after parents/guardians fill out a permission slip allowing City staff to give them food.

Learn to Skate - Capilano Community Rink

Fun and basic skills are the focus of these free drop-in skating sessions delivered by the City.

DAYS/TIMES: Mondays - February 1, 8 and 22, 5 - 8 p.m.

For participants of all ages! Children 5 and under require a parent or guardian to attend.

Participants will be exposed to various skating skills while participating in stations and games. The program will be adapted to the age and skill level of the participants dropping into the program.

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

**The program will cancel at -20 degrees Celsius with the wind-chill.

Come out with your children and see some old friends (or meet new ones!) from your neighbourhood and enjoy some FREE hot chocolate courtesy of Capilano Community League! Parents and caregivers welcome to skate.

Family Fun Day Celebration - Sunday February 14

All residents of Capilano, Forest Terrace Heights, Fulton and Gold Bar are invited to attend the Greater Hardisty Family Fun Day.

Date: Sunday February 14, 2016

Time: noon - 3 p.m.

Where: Gold Bar Community Hall (4620 - 105 Avenue)

Activities: Free horse drawn wagon rides, Free hot chocolate and cookies, crafts and more!

FAMILY DANCE – Saturday February 13

On Saturday, February 13 from 4 – 7 p.m. we have a **Family Dance at Hope Lutheran (5104 – 106 Ave)**. It is so much fun to join people of all ages in dancing to the chicken dance, musical chairs, the limbo, and other fun dancing tunes. The event starts with a potluck supper at 4 p.m. and then we spend the rest of the time dancing up a storm. For those who don't love the dance floor, there is always lots of people to visit with and the opportunity for "chair dancing". We also set up some crafts for the kids to do too. The family dance is called the "Valentine's Sockhop" so feel free to dress in your favorite 50s and 60s costumes and wear red, white, and pink. For more info, call 780-466-8502 or check out the Hope website at www.hope-lutheran.ca. All welcome!

Capilano Playschool – Accepting Registrations

Capilano Playschool, located in Hardisty School (10534-62 street), runs morning and afternoon classes with a choice of 2 or 3 days a week. We offer the choice of a Healthy Apple or a Christian program. There are currently a few spaces available for children to start playschool immediately. Our teacher, who won a provincial Award of Excellence, is warm, positive, creative and very experienced in early learning and child development. Our programs follow a learn through play philosophy. If you think your little one might be ready to start playschool in September, we are now accepting registrations for next year. For more information or to register your 3 or 4 year old check out www.capilanoplayschool.com, find us on Facebook or call 780-802-9307.

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.

Cardio/Core Strength Workouts

Please join us at Capilano Community Hall (10810 – 54 Street) for Cardio/Core strength workouts!

Days/time: Tuesdays and Thursdays, 7:00 p.m. - 8:15 p.m.

Instructor: Sharon Weber

Contacts: Elaine: 780-469-2964, Sharon: 780-468-9196

Dates: Classes begin Tuesday January 12 or Thursday January 14, 2016 at 7:00 p.m.

Cost: \$140 for 28 classes (twice weekly)

\$80 for 14 classes (once weekly - either Tues. or Thurs.)

Capilano Community Rink Schedule

Below is the SCHEDULE for the Capilano Community rink. It is subject to change and of course is weather dependent.

Monday: 4:00 – 8:30 p.m. Open

Tuesday: 4:00 – 9 p.m. Open

Wednesday: 4:00 – 6 p.m. Open

Thursday: 4:00 – 6 p.m. Open

Friday: 4:00 p.m. – 9 p.m. Open

Saturday: 12 p.m. – 2 p.m. *Skating only, 2 – 9 p.m. Open

Sunday: 12 p.m. – 2 p.m. *Skating only, 2 – 9 p.m. Open

*Skating only: no sticks or pucks and skaters of all ages and abilities are welcome.

Additionally, the SMALL RECREATIONAL ICE RINK on the south side of the rink shack is always open for family/public skating. What a great way to get some exercise, and enjoy the outdoors with family and friends down at the community rink!

Chili Cook- off! Saturday March 19

In SUPPORT of the CAPILANO COMMUNITY PARK Redevelopment Project, we invite you to be a judge in our Chili Cook-Off! Please join us as our "one of a kind" chefs compete for the Best Bean Trophy! All proceeds go to Phase 2 of the park redevelopment project – a walking loop, adult exercise equipment, bike bumps course and community sign. This is your last chance to come out to an event in support of our park project, as it is scheduled to be completed in 2016!

Theme: Western

Date: March 19, 2016

Doors Open at 6 p.m. Judging begins at 6:30 p.m.

Location: Capilano Community Hall

Tix: \$20 (includes a sampling of each chili, cornbread & sides)

\$3 Cash Bar. Adult only event.

For tickets please contact Heather Somerville at heathergail7@hotmail.com.



Be a Capilano Community Park Supporter – Time running out to donate!

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

IMPORTANT: The Phase 2 park redevelopment project – a walking loop, adult exercise equipment, bike bumps course and community sign – will be completed this year and all fundraising efforts must be wrapped up by the end of March. Please donate by March 15 and help ensure that the full plan is implemented and our "Park for all Ages" becomes a reality!

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

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

-- Rob & Susan Dollevoet

-- Belley Family, Greg & Jill Schlender, Allan Yee

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

-- Jocelyn Crocker, Filice Family, Alison Parry, Carol Anne Suddards, Blanca Maginnis, Tiffanie McLeod, Sheila Thompson, Doug Fulford, Sandy Schaloske, Cheryl Stepanko/Richard Pereschitz

Capilano Community Park Redevelopment – Final push for support!

For more than 4 years, Capilano Community League has been raising funds to redevelop the Capilano Community Park and Playground. Thanks to the generous contributions of the community and our major sponsors, a new playground, spray park and picnic shelter was constructed in the fall of 2014.

The Phase 2 project, which includes a 700m walking path, adult exercise equipment stations, a bike bumps course and a community sign, will be installed in 2016. We are in the FINAL PUSH to meet our fundraising goal and have until March 15 to secure funds to complete the project as planned. If we don't obtain all the required funds, we will have to cut out parts of the Phase 2 plan. In addition to granting agencies and community partners, we are asking local residents and businesses to consider supporting this project. If you would like to make a donation, please contact Jill at 780-469-0513 or jschlender@shaw.ca.

Thank you to the Province of Alberta, the City of Edmonton and the Capilano Community League (CCL), for contributing to our project. With the Province's grant, the City's grants and the CCL funding, in combination with funds raised, we are so close to completing our "Park for all Ages!"

Silent Auction – Donor Correction

The December issue of the Southeast Voice incorrectly listed the Government of Alberta as a silent auction donor for the Capilano Community Park Redevelopment. Instead, the donor list should have indicated MLA Marlin Schmidt, Edmonton-Gold Bar Constituency Office as the silent auction donor.



Strengthening Families Together

Resilient families are strengthened and enriched by supportive and nurturing communities.



We offer assistance and support to families by providing various workshops, community events, resources, referrals, onsite guidance, and more.



We work with families with children 0-6 years of age, teen parents, single parents, new Canadians, and families of low income.



Our mandate is to enhance the well-being of children and families through relevant and meaningful social supports.



Families receive support through the Family Support Coordinator and Early Learning Educators.

Winter 2015

Workshops

- Tax Tips
- Parenting in Blended Families
- Separation / Anxiety
- Positive, Proactive Behaviour Management
- I am a Parent Workshop

Programs

- Rhymes that Bind
- Purposeful Play with Me
- Book for Babies
- Time For Tots
- 3,2,1 Fun
- C.O.W Bus

We are located at 6311 92 Ave in the Ottewell Terrace

All of our programs and services are free of charge to you and your families.

For more information on these programs & workshops or to register please call 780-469-0663

New programs and workshops are always being added, be sure to check out our website or

Like us on Facebook for updates!

www.primroseplace.org



Primrose Place Family Resource Center

Funded by the City of Edmonton & Family and Community Support Services.



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
Communications Director		

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

Community Programs

Contact Janet at janmhardy@gmail.com if you have questions about any of the programs.

(NEW) Adult Recess Fitness Class

Fridays at 9:15 am (7 week class that ends February 26)

Cost: \$10/session for residents and non-residents

Having a great time is what Adult Recess Fitness Classes are all about! The group workouts combine all the benefits of movement, cardio, body weight strength, and core training while having tons of fun. Each workout is designed to keep you moving and interacting with others while challenging you to improve from one session to the next. Expect to see partner games, small group games, individual and group challenges as well as plenty of technique work on body weight strength drills. Also included in the classes are fun tools such as medicine balls, stretch bands, balloons, tennis balls, bean bags, hula-hoops and more!

Hatha Yoga – Tuesdays, 7:30 – 8:30 pm

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

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

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

Bring your mat or sit in a chair, and join your fellow community members in an hour of self-re-creation to balance and strengthen your body, calm your mind and enrich your spirit. You will limber up and gain a greater sense of well-being. Come have fun and bring a friend! Everyone welcome. No prior yoga experience necessary to enjoy this class.

Variations to suit everybody's need will be gladly accommodated. Get to know neighbours and get healthy at the same time.

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

Zumba - Thursdays, 7 – 8 pm

\$10/class or free for Cloverdale Community League members. No need to register. Bring a water bottle, indoor gym shoes, and energy. Registered Zumba instructor Alison Moore brings the class to life with great music and easy Zumba moves!

Cloverdale Nordic Walking/Urban Poling Club

When: Wednesdays

Time: 11 am-noon

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

Please bring your own poles. If you require poles, contact Susan for information about purchasing. An instructional class will be offered in the coming months.

More information contact: Susan Yackulic, email: Get_fit@telus.net phone:1-780-268-3488

Ping Pong

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

Indoor Playgroup

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

Family Skate at Cloverdale Rink

Monday and Wednesday evenings 6-9 pm.

Sundays 1-4 pm.

Please do not use hockey sticks during family skate time.

Shinny hockey on Friday, Saturday and Sunday evenings until 9pm.

The rink is booked Tuesday and Thursday evenings for minor hockey practice.

Cloverdale Ladies' Craft Night

Sunday, February 7 from 1-4 pm.

Bring along a project you may be working on....be it knitting, crocheting, painting,



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



Mutts N' Cutts Pet Grooming Ltd

Full grooms

starting

at \$45

7248 101 Ave

780-414-6069

League Contacts

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

Meetings- 7pm 1st Tues, Monthly

(Continued from first page)

EFCL's Planning Advisor Bev Zubot and other concerned members have proposed an Alternative Front Setback Option to reduce the potential for misalignment and negative impact on the neighbours. This option would take into consideration the neighbour's current front setback. It is unlikely it will be adopted unless more people indicate a concern with the proposed amendment.

What do you think? Let your league know your opinion while this is under discussion. Also contact **Councillor Henderson (780-496-8146, ben.henderson@edmonton.ca)** and city planner **Adam Sheahan (780-442-2582, adam.sheahan@edmonton.ca)** or request to speak at the **Monday March 14, 2016 1:30pm Public Hearing**.



Proposed amendment would increase the distance between the row house and the neighbour but would allow it to protrude much more to the front.



Civics Updates

Members of our committee have been investigating a couple ideas recently and we're looking for your input!

1) Transforming Former Gas Station Sites

Wouldn't it be great if the two vacant lots along 101 Ave (one beside Grower Direct and one near St. Kevin's) could be turned into beautiful community gathering places? The City of Edmonton offers a redevelopment grant for under-utilized former gas station sites. Some preliminary investigation has been done and depending on interest, it is possible that at least one of them could be converted for community use.

What would you like to see here? Benches, raised garden beds, solar lights, artwork, mobile food options, a gathering spot for everyone including seniors and children? We would like to know if and how you would use this space and what you would like to see. Dream big! Most importantly, we need to know if there would be volunteers willing to work on it. Almost everything the community league does is driven by volunteers so if the interest isn't there, those lots will continue to sit.

But if this is something that interests you, please contact civics@forestterrace.org or Angela at (780) 885-9529.

Any interest or background in landscape design and community spaces is especially appreciated!



2) 101 Avenue Business Revitalization

Residents (and customers) want to see safe, interesting, and attractive places to shop, dine, and conduct business locally. Revitalization has already begun along the east end of 101 Ave with Capilano Mall, Starbucks, Two Sisters Yoga, H & W Produce, the Fulton Ravine Skate park, the upcoming library in Terrace Heights, and more. Along the west end of 101 Ave, Patricia Motel will (hopefully) be placed with seniors apartments. Now is the perfect time to think about revitalizing the businesses in between.

A business revitalization zone provides an opportunity for neighbourhood businesses to work together to attract customers and enhance an area through streetscape improvements, joint promotions and festivals, economic development initiatives, the facade improvement program, and the development incentive program.

Mature neighbourhoods that undergo business revitalization usually report increased foot traffic, increased sales and property values as well as happier customers and employees.

If you are a business owner along 101 Ave and you would like to discuss revitalization, please contact civics@forestterrace.org or call Angela at (780) 885-9529.

If you are a fan of a local business (a hidden gem perhaps?) and you would like to see them do even better, then let them know about this initiative and have them contact us. Or perhaps you would just like to share your support for a beloved business. Let us know! We want to support our local businesses!

www.communityleagueneeds.com

Forest Terrace Heights Community League Openings

Newsletter Editor

- Creates and submits articles for the South East Voice, 1 O times yearly.
- Creates and emails E-news letter, 10 times per year.
- Attends monthly meetings.

Newsletter Delivery

- Picks up newsletters (10 x per yr.) in the community and delivers to nearby businesses.
- No meetings required.

Marketing/Communication

- Assist with social media accounts (Facebook, Twitter).
- Assist with spreading the word about events and programs.
- Build relationships with nearby businesses.

Volunteer Coordinator

- Assists with recruiting (board members, event volunteers)
- Coordinates event volunteers
- Assists with volunteer on boarding (board members)
- Attends monthly meetings

Facility Maintenance

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

Facility Maintenance Committee

Looking for additional members to join our committee for upgrading the community hall facility.

Major exterior work and minor interior work to be planned for summer/fall of 2016. The committee will:

- research best options for work to be completed
- reach out and meet contractors
- report back to the league
- ensure project is moving and that work is completed to satisfaction

Email volunteers@forestterrace.org if you are able to help out in any of these areas.

Forest Terrace Heights Hall Rentals

Book our hall for your Christmas and New Years' parties today! For prices or to view or book the hall, call Molly at 780.466.0585 or email Molly@forestterrace.org.

Babysitting Registry

Are you in search of a local sitter? We can connect you with a certified sitter from our registry. Looking to put your babysitting qualifications to use? We can connect you with community members looking for local sitters. For more information call 780-485-6099.

Freezer Meal Workshops with Pampered Chef:

Mommy and Me Meals - Freezer Meal Workshop. Thursday February 25 from 11:00 - 3:00pm Registration Deadline: Friday February 12th Contact: Diane @ 780.466.9045 or damom23kids@gmail.com

Here is a chance for you and your son or daughter to spend a little extra quality time together. Come to this workshop where you and your prep chefs will put together 7 meals, using quality child friendly Pampered Chef tools. They say that if kids are involved with the preparation of the meals, they are more likely to enjoy the meal.

If you are in need of child care for the youngest of the family, let me know as I have some wonderful sitters available for hire. They will stay onsite with your child. (This is at an additional expense to you). All the cooking utensils and tools are provided at the workshop and what's more---you get to walk away from the mess. No cleanup required!

Visit the Forest Terrace Heights Community Page on Facebook for all the details.

Freezer Meal Workshop

Saturday, February 27th, 1-4pm Registration deadline: Monday February 15th
Contact: Diane @ 780.466.9045 or damom23kids@gmail.com

Get ahead of the game and pack your freezer full of healthy pre-made meals for when Soccer starts up again. Freezer meals are a great time saver for busy nights. Each meal feeds between 4-6 adults. Smaller families can even split them up into smaller portions to make more servings. All the cooking utensils and tools are provided at the workshop and what's more---you get to walk away from the mess. No cleanup required!

UPCOMING...

February 10th 10am Parent and Tots
February 10th 7pm Craft Night
February 15th FTH Family Ski Day (FTH members only)
February 18th 6:30-9 pm Soccer Registration
February 19th 7pm Games Night
February 23rd 6:30-9 pm Soccer Registration
February 25th 11 - 3pm Freezer Meal Workshop (Registration required)
February 27th 1-4pm Freezer Meal Workshop (Registration required)
March 1st 7pm Board Meeting

Outdoor Soccer Registration

Registration for outdoor soccer will take place on **Thursday February 18th and Tuesday February 23rd from 6:30-8PM at the hall (10150 80 Street NW).**

New this Year: Online registration After Feb 1, please visit www.southeastsoccer.ca After you have completed the registration form and printed off your registration forms, you bring them with you to one of the registrations.



Forest Heights Rink Is Now Open 9 Am – 9 Pm Daily!

Come on out and skate with your family & friends!

Open skate at Forest Heights rink is now available from 9 am - 9 pm daily except during skating classes and coed hockey. Nets and chairs available outside. Heated rink shack with washroom access, hockey sticks, and a few pairs of skates will be available during rink attendant hours (check website for hours).

Donated skates gratefully accepted at the rink shack. While you're here, say hi to Phil and Cameron, our new rink attendants. They're happy to help get you on the ice and give pointers on skating! Or visit Terrace Heights rink. It's open ALL the time! (Unsupervised, lights out @ 9pm)

Members skate for free, non-members skate for only \$2. Rink closed below -20C including windchill and during warmer temperatures. Check Facebook and Twitter for updates.

Join us weekly for Pick-up CoEd Hockey!

Drop in Sundays from 7-8 pm until February 28, 2016 at the Forest Heights rink. Game against Highlands/Bellevue Community League to end the season, party to follow. Contact Bonnie at Bonnie@forestterrace.org

THEATRE | DANCE | COMEDY | ART & DESIGN | MUSIC | WORKSHOPS | SPOKEN WORD

skirts on fire
herArts festival

**EDMONTON'S ONLY ARTS
FESTIVAL CELEBRATING
AND ELEVATING THE
WORK OF WOMEN**

FEEL THE HEAT!
**ON THE MAR 10-13
AVE¹¹⁸ 2016**

Featuring the sold out Fringe hit,
Gidion's Knot by Johnna Adams

Tickets at the Door by Donation

SKIRTSAFIRE.COM | @SKIRTSAFIRE | #FEELTHEHEAT

Low Impact Exercise Class

Focus on flexibility, mobility, and core strength

Great for seniors, and all other ages & level of fitness.

People requiring mobility aids (e.g. walker, cane or crutches) are welcome to attend, and exercises will be adapted to individual needs. Chairs will be available for stability.

For more info about the class, contact the instructor: Bill (phone 780-920-0724), or contact Connie connie@forestterrace.org

When: Thursdays 9:30-10:30am, beginning February 18th.

Classes are FREE on Feb 18 and 25th so come check out the class
The fee for the remainder of the classes (March 3 - April 21, 8 classes) is \$40; or \$30 with a valid community league membership (any league)

Location: Forest Terrace Heights community hall @ 10150 80 St

Free League Member Swim

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

Saturdays: Commonwealth @ 5-7pm

Sundays: Bonnie Doon Leisure Centre @ 4:15-5:45pm.

Note: Hardisty Fitness & Leisure Center is NOW closed for maintenance and upgrades until January 29th.

Forest Terrace Heights Hall

ZUMBA®

The party doesn't stop!
10150 80 Street

Wednesdays 7-8pm
January 20 - March 30 (9 weeks*)

Members \$73 / \$10 drop-in
Non-members \$90 / \$12 drop-in

*No class February 10 or March 9

Register by contacting Allison
moore4movement@gmail.com or 780-554-0958

EXERCISE: 7 benefits of regular physical activity

Do you "Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life."

No. 1: Exercise Controls Weight

No. 2: Exercise combats health conditions and diseases

No. 3: Exercise improves mood

No. 4: Exercise boosts energy

No. 5: Exercise promotes better sleep

No. 6: Exercise puts the spark back into your sex life

No. 7: Exercise can be fun

- Information taken from Mayo Clinic

As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis, or you have any concerns."

Introducing one of our new fitness instructors: Bill Climie.

I am starting a low impact light exercise class at the Forest Terrace Heights Community League hall on Thursday mornings from 9:30-10:30 (see poster for more details).

The class will consist of 10-20 minutes of cardio to warm up the body to get ready for the next 20-30 minutes of strength and flexibility exercises, followed by 5-15 minutes of cool down and stretching. Please don't let this breakdown be intimidating as I have had out right beginners who have started with me and moved on to tougher more fun physical activities, such as Pickle Ball (combination of ping pong and tennis) - a lot of fun and a good workout. I have also worked with people that have had visual or hearing impairments and all sorts of people after their hip and or knee replacements and you can name almost any chronic condition, Age, Diabetes, Pain, MS, Parkinson's and many more. Please call 780-920-0724, ask for Bill, to ask any questions that you may have. I'd be glad to talk with you.

William W Climie

p.s. This class requires very little equipment; the league has the space and chairs you would use. You will only have to find/purchase a theraband (\$5-10\$) and perhaps a set of hand weights (\$1-1.50 per pound).

Friday Morning Yoga

Hatha Yoga 9:15-10:15am. February 5-April 22/16 (no class February 19 and March 26).

- Community league members: \$65 pre-registered for 10 classes (\$6.50 per class) or \$7 to drop-in (please bring membership card to first class). Non-community league members: \$80 pre-registered for 10 classes (\$8 per class) or \$9 to drop-in.

*Cash only (please bring exact change).

- Please bring a yoga mat and arrive 15min. prior to your first class to sign a waiver form.

- Class is taught by a 200 hour certified yoga teacher.

For more information please contact Heather at: hmal@ualberta.ca

*Minimum number of 6 registered participants to run class



STRATHCONA
LAW GROUP

Providing Direction

- Family • Real Estate • Corporate
- Litigation • Wills & Estates • Personal Injury

780.417.9222
www.strathconalawgroup.com

Just minutes away in Sherwood Park! FREE Parking.



**Finally Foot & Ankle
Pain Relief!**

Graston® K-Laser™ **Custom Orthotics**
Radial Shockwave

Capilano Rehab Centre
5832 Terrace Road
780-466-1104
www.capilanorehab.com



the Gutter Doctor

GUTTER INSTALL / REPAIR / CLEAN
FASCIA & SOFFIT
DOWNSPOUTS & FLASHING
SIDING REPAIRS

780-709-6825 15,000 HAPPY CUSTOMERS!
info@gutterdoctor.ca



9939 75 St 780.75.tooth (86684)

- Family Dentistry
- Oral surgery
- Implants
- Extractions
- Cosmetic dentistry
- Child development program



Dr. Peter Yoo Dr. Priscilla Wong Dr. Ivan Chin

Hours:
Mon: 9am-8pm
Tue: 9am-6pm
Wed, Thur & Fri: 8am-4pm
Sat: By appointment only



New Patients Welcome

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

Community League Wellness Program

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

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

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

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

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

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops.

For more information, please call 311 or visit
www.edmonton.ca/wellness

WHAT IS YOUR home worth?

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

Margaret GRANT

REALTOR.ca
PROPERTIES

REALTY EXECUTIVES
Devonshire




minsos | stewart | masson

barristers, solicitors, notaries

PH: (780) 466.1175

Fax: (780) 465.6717

#220, 8723 – 82 Avenue

Edmonton, Alberta T6C 0Y9

• Real Estate

• Wills and Estates

• Business Law

Edmonton 311 App

Report your concerns on the go!

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

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

Help keep Edmonton great! Be the eyes and ears on the streets! By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

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

Download 311 App

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

For more information:

Online Contact 311 Online



10720 – 54 STREET
EDMONTON, AB T6A 2H9
780.468.2598

WWW.SUZUKISCHOOL.CA

A Public School committed to Academic,
Personal & Musical Excellence

Open House

February 4, 2016 6:30 pm

Suzuki Charter School Gymnasium
Preschool and Kindergarten to Grade 6

Parents are welcome to join us for program and registration presentations, observations and instrument information, performance by SCS students, student led tours & frequently asked questions.

For more info contact Lisa at 780-468-2598

www.suzukischool.ca



FULTON PLACE COMMUNITY CONTACTS

EXECUTIVE

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

DIRECTORS

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

COORDINATORS

HALL RENTAL	Sherry-Lynn	466-8140
BABYSITTING REGISTRY	Ruth	465-0550
SECLA REP	Carl	453-5797
NEIGHBOURHOOD WATCH	Brangwen	919-5038
RINKS	Todd	886-0759
SIGN RENTAL	Sandra	466-9542
SOUTHEAST VOICE	Karen	439-2263
CASINO	Rick	463-4333

COMMUNITY PARTNERS

HARDISTY SCHOOL	Robert	469-0426
N. SEERA HOCKEY	Brian	461-4808
FULTON CHILD CARE	Monica	465-4383
COMMUNITY GARDEN	Sherry	903-4075
SENIOR LIASON	Miles	951-5253

MEETINGS- The Fulton Place Community League holds monthly meetings in the hall boardroom on the second Monday of each month at 8:00pm.



Join Your Fulton Place Community League!

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

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

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

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

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

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.

Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.

If you require immediate medical attention, call 9-1-1

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.**

Thinking of buying or selling?



Alex Ward, Realtor

Tel: 780-438-2500
Cell: 780-267-2625
Email: alexward@realtyexecutives.com
11058 51 Avenue

Thank you for the opportunity
to EARN your business!



2 FOR 1 EYEGLASSES

From brands like Tory Birch, Ray-Ban, Dolce & Gabbana, Gucci, Armani and so many more. **The choice is yours.**

Or 50% off lenses with Frame Purchase on 1 Pair

Dr. Greg Hahn accepting new patients!

Call 780-758-0099 today to book your Eye Exam.

Some restrictions, please speak to one of our Opticians



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

Ottewell Dental Clinic

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

WELCOMING NEW PATIENTS!

**Comprehensive Family Dental Care
Insurances Billed Directly**



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



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

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

Childhood Immunizations

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

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

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

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

Visit ImmunizeAlberta.ca today.

SUCCESS

begins here



ARE **YOU** LOOKING FOR AN **EXCELLENT** ELEMENTARY **SCHOOL**?

RIVERDALE SCHOOL is a small school with big ideas offering outstanding K-6 academics enhanced with technology and art in a safe, beautiful river valley community 5 blocks from downtown. Perfect for commuting families. Accredited daycare. Excellent extra-curricular activities.

Attend our **OPEN HOUSE, March 23, 5:30-7:30 pm.** Check Riverdale.epsb.ca for details on our kindergarten info-sessions. Call **780.425.7600** for more information or to arrange a tour.

THE SCHOOL WITH A ♥ IN THE ♥ OF EDMONTON

8901-101 Ave, Edmonton, AB T5H 0B1 | riverdale.epsb.ca | facebook.com/RiverdaleSchool

GOLD BAR EXECUTIVE

President	VACANT	
Vice-President	Adam	780-406-9758
Secretary	Jessica	780-756-9182
Hall Rentals	Garth	hallrentals@goldbarcl.com
Social Director	Rhonda	780-966-3096
Memberships	Linda	780-463-9881
Babysitting	Lil	780-466-4060

Finances and Fundraising:

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

Communications & Programing:

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

Book the Hall!

The Gold Bar hall is ready for rentals that don't require the use of the kitchen. The kitchen is being done as part of a second phase and construction will begin shortly and is expected to be complete in early spring. You can see pictures of the various rooms on the web site or stop by for a visit. Scheduled office hours are listed below. Tours during non-office hours can be made by appointment by sending a request to hallrentals@goldbarcl.com

Babysitting Registry

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

CL MEMBERSHIPS

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



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!

Kindergarten + Preschool Open House

On Wednesday, March 23, 2016 Gold Bar Elementary School is having an open house from 6:30-8pm. This is a great opportunity to check out our exceptional, warm, and conveniently-located neighbourhood school (10525 46 St). Please pass this information on to neighbours with young children.

Preschool Registration now open

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.**

Please join us for our open house March 23rd to view the classroom, learn more about the program and meet our B.Ed teacher, Miss Meg.



Executive Call-out

Our community has a new hall just months away from being fully functional. Volunteers have been working for this for almost a decade - new people are needed to take the baton and run with this new opportunity for growth. There are four vacant positions on the executive:

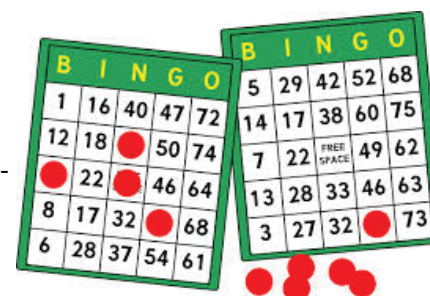
1. **President**
2. **Secretary**
3. **Community Sign**
4. **Hall Programs Person:**

Are you enthusiastic about filling the calendar with programs? Exercise classes, new moms groups, book clubs, seniors' pot-luck lunches, and city programs for kids are a few ideas. You wouldn't have to organize programs, but come up with ideas, research what other leagues are offering, and then find people who are interested to organize them.

To find out more, join us at our next meeting (Monday, February 1 at 7 pm in the Community Hall) or contact vice-president Adam via adamrumpfer@yahoo.ca

Upcoming Bingo Dates

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



FORT ROAD BINGO
Wednesday,
February 3,
2016 - After-
noon & Evening
Sunday, March 13, 2016 - Afternoon & Evening
Sunday, April 24, 2016 - Afternoon

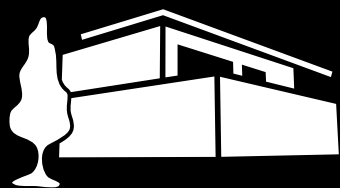
PARKWAY BINGO
Sunday, December 6 - Evening & Late Nite
Thursday, February 11, 2016 - Evening & Late Nite
Wednesday, March 2, 2016 - Evening & Late Nite
Sunday, April 3, 2016 - Afternoon

Gold Bar Communications

To submit an item to the MARCH 2016 SEV in the Gold Bar section, email SondiAmber@gmail.com or call SONDI at 780-468-2237 by FEB 21.

Family Fun Day!

Come join the Greater Hardisty residents at Gold Bar Community Hall on Sunday, February 14 from noon - 3pm for free hot chocolate, cookies, wagon rides and FUN!



ACKARD

contractors ltd.

renovations & new construction

we can deliver the results you'll love.

call today to book an initial consultation

780.414.0686

www.ackard.com



TOWN HALL

with **LINDA DUNCAN**
MEMBER OF PARLIAMENT
EDMONTON-STRATHCONA

Wednesday, February 10, 7 pm
Fulton Place Community Hall
6115 Fulton Road (104 Ave/60 St)

Come with your questions & concerns about federal government issues. All welcome — hope to see you!

Phone: 780-495-8404 Email: linda.duncan.c1@parl.gc.ca

www.LindaDuncanMP.ca

[f](https://www.facebook.com/LindaDuncanMP) [i](https://www.instagram.com/LindaDuncanMP) [LindaDuncanMP](https://www.linkedin.com/company/LindaDuncanMP)

South East Soccer Association Registration



NEW THIS SEASON Online Registration & Payment

STEP 1:

Register **ONLINE** at www.southeastsoccer.ca (click on EMSA Soccer Portal tab on the top left) and complete the family and player profile **PRIOR** to coming to one of the registrations or tryout dates.

STEP 2:

Payment **ONLINE** (Visa/Mastercard – included in step 1) **OR BRING** payment (cash/cheques) to one of the registration or tryout dates

STEP 3:

BRING 2 copies of your completed registration form as well as volunteer (\$150) and jersey (\$75) deposit cheques to one of the registration/tryout sessions (Please date deposit cheques for June 15, 2016).

Please note: Your child will not be placed on a team unless you have completed Step 3.

For the latest information check our website or contact the ESEA office at office@southeastsoccer.ca or 780-469-7344.

Each community with an active soccer program will have local registration dates listed below and there will be a **LATE REGISTRATION** day at Bonnie Doon Mall on March 12th from 10am – 2pm.

Registrations will occur for the following communities:

Avonmore - Avonmore Hall
7902-73 Ave
Feb 4 & Feb 18 (6pm-9pm)

Bonnie Doon – Bonnie Doon Hall
9240-93 St.
Feb 21 (1pm-4pm)
Feb 25 (6:30pm-8pm) Rink Shack

FT. Heights - Forest Terrace
Heights Hall 10150-80 St.
Feb 18 & Feb 23 (6:30pm-8pm)

Hardisty

- Feb 17 (7pm-9pm) Capilano Hall
10810-54 St
- Feb 27 (10am-2pm) Gold Bar Hall
4620-105 Ave

Hazeldean - Hazeldean Hall
9630-66 Ave.
Feb 6 (12noon-3pm)

Holyrood - Holyrood Hall
9411 Holyrood Road
Feb 15 (1pm-4pm) Rink Shack

Ottewell - Ottewell Hall
9520-93A Ave
Feb 19 (6:30pm-8:30pm)
Feb 20 (10am-2pm)

Ritchie - Ritchie Hall 7727-98St.
Feb 11 (6pm-8pm)

Riverdale – Riverdale Hall
9231-100 Ave.
Jan 30 (12noon-3pm) Rink Shack
Feb 5 (6pm-8:30pm) Rink Shack

Strathcona - Strathcona Community Hall 10139-87 Ave.
Feb 16 & Feb 24 (7pm-9pm)

Storm Tryouts TBA. Watch the website!

If you are in a community that is not listed above, please go to the community closest to you with an active soccer program to register your child.

Please bring identification of child's age (birth certificate, AB Health Care Card etc), 3 blank cheques and your current community league membership card (2014/2015) to registration.

Holyrood Community League Contacts

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

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

Greenspace Donor Recognition Mural

The Holyrood Greenspace committee is pleased to announce that the proposal submitted by Cut & Paste Design Inc. has been chosen to create our Donor Recognition Mural. The Donor Recognition Mural, to be located on the northwest wall of our community hall, will be unveiled at our Spray Park Grand Opening on Saturday June 4th, 2016.

For those who donated \$100 or more to the Playground and/or the Spray Park Projects, you will be receiving an email, phone call or letter to discuss what name is to be displayed on the mural. If you haven't responded to the email, phone call or letter yet, please reply as soon as possible to Justine at johnjustine@shaw.ca or call 780-462-1513.

Rink Repartee

Come join us for a fun skating party on Saturday, February 20 from 1-4PM; we'll have a fire pit, s'mores, hot chocolate and coffee. Let's start a conversation about rebuilding our rink!

An Evening of Skiing for All Ages

Friday, February 12th, 4:00 to 9:00 PM
Edmonton Ski Club, 9613-96 Ave
\$20 per person, includes your rental equipment, lift ticket and even lessons, if required! Email social@holyroodcommunity.org by February 7th if you are interested.

Family Dance

"Let's Twist Again" Holyrood! To celebrate Holyrood's 60th Birthday this year, our Family Dance will be a Sock Hop, Poodle Skirts are encouraged, but entirely optional!

Join us on Saturday, February 13th, 6 to 9PM at Holyrood Hall (9411 Holyrood Road). We'll have music by aTunesDJ and cash concession with light refreshments.

Reserve your ticket (\$10/family) by emailing social@holyroodcommunity.org



HOLYROOD We Need Soccer Co-ordinators!

We're looking for new soccer coordinators to take on the Holyrood community soccer program!

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

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

Soccer Registration

Are your kids interested in playing outdoor soccer this year? Soccer registration is on Monday, February 15, 2016 from 1-4PM at the Holyrood Community Rink Shack. Register online at emsasoccerportal.com and print your forms to bring with you.

Bring your 2016 Community League Membership (or purchase one on site), proof of your child's age (passport, birth certificate or Alberta Health Care), and 3 cheques.



Welcome to our neighbourhood!

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

We would like the opportunity to welcome all newcomers to our great community! If you know of any recent arrivals, or are one yourself, please contact Jennifer, our Memberships Director at memberships@holyroodcommunity.org. We'd be happy to deliver a complimentary Holyrood Community League membership, along with information about the programs and activities happening in our neighbourhood.

Using Neighbourhood Interactive Map

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

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

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

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

City Services & General Information

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

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

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

HCL PROGRAMS

Holyrood Cooperative Playschool Open House and Registration Open House

Tuesday, February 23rd, 6:30 - 8:30 pm
Holyrood Community League, 9411 Holyrood Road
Registration for the 2016-2017 school year begins on February 1st. Visit the website playschool.holyroodleague.org for registration forms and information.

Holyrood Outdoor Soccer Registration

Monday, February 16

1:00 - 4:00 pm

Holyrood Community League Rink Shack

Register online at emsasoccerportal.com. On registration day bring completed forms, 2016 Community League membership, proof of child's age and cheques.

Learn to Skate

Fun is the focus of this free, drop-in skating program. Children can try out various basic skating skills at their own pace through on-ice games and activities. Trained leaders will be on hand to adapt the program to the age and skill level of the participants. Please note: participants must have their own skates and a CSA approved helmet, participants under the age of 5 must be accompanied by an adult, the program will be cancelled at -20 degrees Celsius with the wind-chill.

Sundays, February 7 & 21

9am - noon

Snow Shack (Winter Green Shack)

Come join us for a winter adaptation of our popular summer green shack program. This free, drop in program lets children come and go during the day and participate in a variety of games, crafts and activities, including snow shoeing, snow fort building, sledding and snow painting! Dress for the weather and be ready for winter fun. Children under 6 years old are welcome to participate but must be supervised by a parent or guardian at all times. The program may be cancelled in the event of extreme weather.

February 29th - March 26th

Mondays and Wednesdays, 4 - 7 pm

Saturdays, 1 - 5 pm

Holyrood Community Park

Yoga - All levels welcome!

Mondays

Holyrood Community Hall, 7:00 - 8:15 pm

Cost: \$12 drop-in.

Contact Lyle Cott: dog08@shaw.ca

Barre

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

Saturdays

Early class: 8:15 - 9:15 am

Late class: 9:30 - 10:30 am

Contact Jeanette: jeanette@fitcommunity.ca

Parents and Tots Playgroup

Parents and caregivers of babies, toddlers and preschoolers (0-5 years) are invited to come and socialize while the little ones play. This program is a great way to meet other families in our neighborhood!

Tuesdays 9:00 - 11:00 am

Holyrood Community Hall

Free to community league members; please bring your membership for coordinator records.

Contact Jessica: playgroup@holyroodleague.org

Community Swim Time

Holyrood Community League members are invited to enjoy free swims at Bonnie Doon Pool during community swim times. Bring your membership.

Saturdays 6:00 - 7:00 pm

Sundays 4:15 - 5:45 pm

February 2016

Master Home Renovator DEDICATED RENOVATION INC.

6815 - 106A Avenue, Edmonton, AB T6A 1K2

Phone: (780) 440-1489

Fax: (780) 463-0090

Email: dreno@telus.net

Web: www.dreno.ca

Harold Burak

PHBIA accredited Master Home Renovator
Certified Moisture Control Technician

- A Capilano based company experienced with the 1950 to 1960 era homes in the surrounding area.
- Satisfied clients in your neighbourhood.... references available.
- Fully licensed and insured.



**Garden plot 40` X 30`
available for Spring planting.**

FREE use.

You plant it, you weed it.

Phone Edith 780-466-6860


HomeHealth
medical supplies store

BE READY FOR WINTER



ICE PICK FOR CANES

YAK TRAX BOOT GRIPS




HomeHealth
medical supplies store

7843-106 Ave. NW

Edmonton, AB. T6A 1H6

Phone (780) 469-8499

Fax (780) 469-8864

Toll Free (877) 417-9106

<http://www.homehealthstore.ca>

Community League Contacts

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

Parents & Tots Group

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

Community League Swim

From September 12 to July 2 (Check ICL bulletin board for summer
 schedule)
 Saturdays 6:00-7:00 PM & Sundays 4:15-5:45 PM
 (No Community league swims on February 20 and March 19, 2016)
 Bonnie Doon Leisure Centre Pool, 8648-81 St NW
 Swim is free of charge for Idylwylde Community League (ICL)
 members. Show your ICL membership card to enter the pool.

Rink Shack Opening Hours

Saturday: 12-6 PM
 Monday: 5-9 PM
 Wednesday: 5-9 PM
 For additional days please visit our Facebook page

Idylwylde Park Renewal Discussion - Pizza Night

8631 81 St NW, Edmonton, AB T6C 2W1
 The Idylwylde park is the small park beside the Community Hall.
 Based on Idylwylde resident responses to the 2014 survey, it is in need of rede-
 velopment. You can be part of it. Come out for pizza and other refreshment, meet
 your neighbours and discuss the redevelopment of our neighbourhood park.

When: Friday February 5, 2016 from 6 to 8 PM Idylwylde Community Hall

Pizza and refreshments will be served at 6 PM.
 Presentation and discussion will start at 6:30 PM
 We need everybody's input. Seniors, families with children, current residents,
 renters and everybody else who is interested in this park is welcome to join this
 brainstorming event.

Together, let's make our neighbourhood beautiful!

Fall into Fitness Class

8631 81 St NW, Edmonton, AB T6C 2W1

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

From May 4 to June 29, Every Wednesday 7:00 PM to 8:15 PM

Classes taught by Kelly Bray, a certified Fitness & Pilates instructor.

A complete conditioning program; an active class that
 strengthens your body from head to toe and keeps burning fat even after class! You'll develop
 your balance, coordination, aerobic fitness, strength and flexibility through resistance training, in-
 tervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body
 in a safe and fun environment.

A pair of runners, a mat and a water bottle is all you need.

Dress comfortably as you are going to sweat!

Pilates Mat Class

8631 81 St NW, Edmonton, AB T6C 2W1

Classes are free of charge for Idylwylde Community League members.

Please remember to bring your ICL membership card. Membership cards
 will also be available for purchase at classes. Please consider bringing Food Bank donations.

From May 5 to June 30

Every Thursday 7:00 PM to 8:15 PM

Classes taught by Kelly Bray, a certified Fitness & Pilates instructor.

Pilates is a system of controlled exercises that engage the mind and condition the whole body. The
 blend of strength and flexibility training improves posture, reduces stress and creates long, lean
 muscles without bulking up. Pilates takes a balance approach so that no muscle group is over-
 worked and the body moves as an efficient, holistic system in sport and daily activity. The heavy
 emphasis on abdominal strengthening is a necessity and the class is designed for every fitness
 level. Kelly Bray is a certified Pilates instructor and have many years of teaching experience. All
 that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

YOGA

8631 81 St NW, Edmonton, AB T6C
 2W1

Classes are free of charge for Idylwylde
 Community League members.

Please remember to bring your ICL
 membership card. Membership cards
 will also be available for purchase at
 classes. Please consider bringing dona-
 tions for Food Bank.

Classes taught by Susan Lobkowicz, a
 certified Yoga instructor.

Beginners to Intermediates Yoga:

From January 18 to April 11

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

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

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

Chair Yoga:

8631 81 St NW, Edmonton, AB T6C 2W1

From January 21 to April 7

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

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

Suitable for anyone with any of the following issues:

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

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



KCL League Contacts

Executive			
President	Meghan	780-450-0534	president@kenilworthcommunity.com
Vice President	VACANT		
Secretary	Jason	780-394-3902	
Treasurer	Colleen	780-469-7661	
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Memberships	Barb	780-466-2360	
Adult Programs	VACANT		
Children's Prog.	VACANT		
Summer Programs	VACANT		
Capital Projects	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	kenilworthpublicity@gmail.com
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Ladies Aux.	VACANT		
Ladies Aux.	VACANT		
Neighbourhood Watch	Gladys	780-466-1688	
Playschool	Janna	780-757-9414	
Toddler Time	Angela	780-935-3404	angela.feehan@gmail.com
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

CONTACT US!

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

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

Next Executive Meeting: Monday, February 8th, 2016 @ 7pm
Next General Meeting: Monday, March 14th, 2016 @ 7pm
All community residents are encouraged to attend. Please come out and find out what is happening in your community!
There will be refreshments and Royal Pizza served after the meeting.

Southeast Voice Newsletter Deadlines
Submissions for the March 2016 issue of the Southeast Voice is due Thursday, Feb.18th, 2016. Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

Help Stamp Out Crime in our Neighborhood!

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

Thank you for supporting Kenilworth Community!

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

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

Learn how to organize your photos and make beautiful albums. Have fun, meet new people, share ideas and have uninterrupted time and plenty of workspace.

Contact Linda at 780-417-2528 or lmiburns@gmail.com for more info and to reserve seating. Supplies are always available!

New Volunteer Opportunities



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

Buildings & Grounds – paid position.

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

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

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

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

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

Toddler Time is back!

Starting October 2015, Toddler Time will resume every 2nd Wednesday.
Come out and visit with other parents while your young one plays.
Time: 9:30 am – 11:30 am
December dates: December 2nd, December 16th
January 2016 Dates: January 13th, January 27th
February 2016 Dates: February 10th, February 24th
March 2016 Dates: March 9th, March 23rd

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

Family Weekend - Sleigh Ride

Sunday, February 14th, 1:00 – 3:00 p.m.
Kenilworth Community Hall

Enjoy:

Sleigh Ride
Hotdogs
Hot Chocolate

Fun for the Whole Family. This is an outdoor event, please dress for the weather.

Babysitting Registry

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

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

Babysitting



Hall Rental Rates

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

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

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

Kenilworth Playschool's Registration Night

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-kinder-garten 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. Come meet our teacher at our registration night.

Monday February 15, 2016

6:00PM-7:00PM

Kenilworth Community Hall
7104 87 Ave. NW Edmonton



Kenilworth Playschool's I'VE OUTGROWN IT SALE

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

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

OR

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

Cost: \$25.00 per table

Saturday April 16, 2016

Kenilworth Community League

7104 87 Avenue, Edmonton

10:00am-2:00pm

Registration and payment due by February 19.

Scrapbooking/Card- making Garage Sale

Kenilworth Hall, 7104-87 Avenue

Saturday, March 12, 10:00 a.m to 2:00 p.m.

Great bargains for you for your next projects!

Vendors – if you would like to sell your extra supplies such as Stampin' Up, Creative Memories, Michael's, etc, please call Liz at 780 465-5188 to register and pay the \$10 fee for an 8 foot table.

Registration and payment due by February 19.

Memberships

Have a New Neighbour? Are You New to Kenilworth?

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

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

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

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

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

Adult Badminton

Tuesday and Thursday evenings, 7:00 P.M. to 9:00 P.M. at Kenilworth Junior High School Gymnasium (7005 – 89 Avenue), starting September 3rd, 2015 to May 31st, 2016. For more info call Liz @ 780-465-5188 or Andy @ 780-474-2869.

Youth and video games

Research has shown that playing video games (or “gaming”) can affect youth in both good and bad ways.

Playing certain video games can help youth develop thinking and fine motor skills and manage anger and stress. However, gaming can also result in lower grades and reduce the time spent with family and friends. Video game play can take away time from other healthy activities and sometimes may encourage youth to act aggressively.

It is up to parents to help their teen learn to enjoy video games safely and responsibly. The following questions will help parents decide whether video games are a problem for their young person:

- Is your teen playing too much? Does gaming interfere with chores, school, work, family time? Too much gaming takes time away from sports, hobbies, sleep and other healthy activities.
- Does the game fit with the household norms or values? Games that include aggression, bullying, violence and discrimination can influence a young person's developing beliefs.

Here are some ways in which parents can teach their youth to play video games appropriately:

- Make sure play comes AFTER important tasks like chores, school, work, meals and family time.
 - Ensure play happens in a central location, not a bedroom, so it can be monitored.
 - Set and enforce a time limit on play.
 - Discuss with your teen the types of games that are acceptable to you.
 - Play together. Playing video games as a family can be fun and allows parents to role model appropriate behaviour and monitor play.
 - Balance video game time with other fun family activities.
- Invite your teen to go for a walk or a coffee, throw a ball around, go for a bike ride, play a board game, cook a meal, watch a movie or do a puzzle together.

Community Swim

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

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

Please remember to bring your KCL Membership!

Bingo Volunteers Needed!

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

Next Bingo's:

February 25, 2016 Thursday, 4:30pm – 11:30pm

March 18, 2016 Friday, 4:30pm – 11:30pm

April 20, 2016 Wednesday, 4:30pm – 11:30pm

May 22, 2016, Sunday, 4:30pm – 11:30pm

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

Think before you drink

Protect against tooth erosion

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

Teenagers can be particularly prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene. Because tooth erosion cannot be reversed, prevention is important:

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

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

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

Rink News

Thank you to the Rink volunteers. Your time is appreciated for providing a safe, positive environment for our Neighbourhood Community Rink. It has been a successful season so far with the weather cooperating to ensure we have skating enjoyment. We have every night of the week open and every day on the week-end. Check the website for hours and closures times.

Upcoming BINGO Dates at Parkway Bingo

All funds raised support Ottewell Community
Dates for BINGO - March 30, 2016-May 7, 2016

Community League Meetings

Appreciate any time that you can give to your community!
Come Join Your Neighbours at the OCL Meeting!
3rd Tuesday of the Month 7:00 PM
We welcome all to join us!

Senior Afternoons

Are you a Senior that would like to head up a Seniors Social afternoon? The Ottewell Hall is available for our Community Seniors to have a place to meet for coffee and socialize. The Day of the week is to be determined yet as we have options! Please Call the hall 780 469 0093 and leave a message. We will call you back to set up time to begin this great afternoon of Social Time.

Community League Family Day Event

Friday February 12, 5-8 p.m.
Come enjoy some Chilli and Hot Chocolate while you warm up from the outdoor fun! Cash donations most welcome
Bring your skates and toboggans and enjoy some outdoor fun !

Ottewell Community League Playschool – Open House

The Ottewell Community League Playschool will be having an Open House on Tuesday, February 23rd from 5:00 - 8:00PM. We are located in Braemar High School (9359-67A Street NW). The program is scheduled to run 3 mornings a week, with exact days TBD. Come see our classroom and meet our wonderful teacher, Ms. Kelly. For further information, please contact Lauren, the registrar, at lauryan@telus.net or 780-490-7757.

Monday and Wednesday morning fitness!

Join us Monday and Wednesday mornings from 9:05am - 10:05am at Ottewell Community Hall for registered sessions of full body fitness. Classes will build lean muscle, encourage fat loss and increase your strength and cardio endurance through HIIT (high intensity interval training) of hi-low exercises, agility drills, bootcamp and “instructor’s choice”! Please contact Ann Lukey of Inertia Fitness ann@yourinertia.com or visit www.yourinertia.com to register and for more information.

Evening Kickboxing

Foxy Kickboxing for ladies only! - we’ll turn you into a knockout!
Monday and Wednesday night sessions at the Ottewell Christian Reformed Church. Learn real kickboxing techniques in a safe and non-threatening environment. No equipment or experience is required - we will show you everything you need to know. New sessions starting soon!

This full body workout will be unlike anything you have tried before! We utilize pads and gloves so that you are actually hitting targets (way harder than a traditional ‘cardio’ kickboxing class). Perfect for building strength and tight lean muscle and no experience necessary!
Register today at www.foxykickboxing.ca. Email Jamie at jamie@foxykickboxing.ca (Wednesday evenings) or Falon at falon@foxykickboxing.ca (Monday evenings) for more details.

Time for Tots

Time for Tots offers a fun environment that allows children and parents to experience learning through exploration and play. We provide a spacious playful space that caters to children who are 0 – 5 years old. We invite all of our new families to come and meet one another in an open and welcoming atmosphere on Tuesdays from 10am – 11:30am in the Ottewell Hall. For more information, please contact:
Whitney Young
780-469-0663
primrosesresourcecenter@live.com

Purposeful Play with Me

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

Cooking Classes With Chef Sally

Sunday March 20: Everyday Indian
Featuring the warm and fragrant ingredients of Indian cooking. The menu is still being finalised but I can share that the recipes will be simple enough for the home cook to make any day of the week and will include some aimed at vegetarians such as Punjabi-style Vegetable Curry and Beet-Paneer Salad. Other recipes will include chicken and shrimp or fish. (I am also working on an easy Butter Chicken recipe!!).
WHERE: Ottewell Community Hall, 5920 93A Avenue.
COST: \$105 per class.
INCLUDES: A full meal, two glasses of wine, a recipe handout and a resource list.
An in-class draw to win of copy of Sally’s best-selling cookbook The Best of Bridge Slow Cooker Cookbook (value \$29.95).
SPACES: 8 (I limit the size of the group to maximise everyone’s enjoyment).
Sally Vaughan-Johnston: Tel: 780 461 4238; 780 655 0020 (cell)

Community Patrol

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

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

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

Emergency 911

Non-Emergency 780-423-4567

Ottewell Community League Social Media

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

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

Twitter @ottewellevnts

Community Swims and Skating

Admission is free for Ottewell Community League members during the community swim times at Bonnie Doon pool. Please check the City of Edmonton website – www.edmonton.ca or phone 311 for the scheduled community swim times. Cost of multi-pass purchases (10+ visits) are also reduced with an Ottewell Community League membership. A schedule for Free Public Skating at indoor arenas is available on the City of Edmonton website - www.edmonton.ca. Check Ottewell.org for outdoor skate times.

Work-Out at Ottewell Junior High School

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

How to talk to your children about drugs and gambling

Children are smart and they are learning all the time. You are the best person to show them how to make good decisions. The thought of your children using drugs may scare you, but your children will hear you better if you talk calmly.

Take time to learn the facts about different drugs and gambling. Tell your children the facts without sounding scared and without scaring them. You can show your children that they can trust the information you give them.

Things to Remember

- You start teaching children about drugs sooner than you think. You have been teaching your children from the time they were very small. You have done this by telling them not to touch anything in the medicine cabinet, not letting them have adult drinks like coffee and beer, and telling them to stay away from cigarettes. Start talks with your children by asking what they understand about drugs and alcohol, if they are concerned about anyone's use, or if they have been asked to use.

- A drug is a substance that's taken to change the way the body and mind work.

A drug can do a lot of good, or it can be harmful. If you take the right amount of medicine, you can get better. By taking too much, you can get very sick. Talk about this with your children. You can also talk about different kinds of drugs like medicine, legal drugs, and illegal drugs.

- Talk about gambling in a way that your children understand. It's good to use real-life examples. Ask your children if they've ever made a bet with anyone about doing something that is hard or unsafe. An example might be betting a chocolate bar that someone couldn't walk along the top of a fence. Explain that this is a type of gambling. In this example, if the person takes the bet and walks on the fence, he or she is at risk of getting hurt. The person betting may lose the chocolate bar. Both people are risking something they value, whether they know it or not.

Children gamble for fun and don't usually think of it as gambling. They usually call it betting or daring. If you use these types of words, it will be easier for them to understand what gambling is.

- Try to think of good examples.

Have you seen a movie or read a book with someone in it who has a drug or gambling problem? Do your children have any examples to share? Talk about the people in the book or movie. Talk about their lives and the decisions they make. You can use this time to give your children good information. Keeping your children informed is the best way to help them make good decisions.

Ottewell Soccer Registration

NEW THIS SEASON:
ONLINE Registration & Payment

STEP 1: Register ONLINE at www.southeastsoccer.ca (click on EMSA Soccer Portal tab on the top left) and complete the family and player profile PRIOR to coming to one of the registrations or tryout dates.

STEP 2:

Payment ONLINE (Visa/Mastercard – included in step 1) OR BRING payment (cash/cheques) to

OTTEWELL SOCCER REGISTRATION

OTTEWELL COMMUNITY HALL 5920 - 93A Ave

Friday – February 19, 2016 from 6:30 pm – 8:30 pm

Saturday – February 20, 2016 from 10 am – 2 pm

Your child can only be registered if the following documentation is provided at the time of registration.

STEP 3:

BRING 2 copies of your completed registration form as well as volunteer (\$150) and jersey (\$75) deposit cheques to the registration sessions (Please date deposit cheques for June 15, 2016).

Please note: Your child will not be placed on a team unless you have completed Step 3.

For the latest information check our website or contact the ESEA office at office@southeastsoccer.ca or 780-469-7344. There will be a LATE REGISTRATION day at Bonnie Doon Mall on March 12th from 10am – 2pm.

Storm Tryouts TBA. Watch the website!

Please bring identification of child's age (birth certificate, AB Health Care Card etc), 3 blank cheques and your current community league membership card (2014/2015) to registration.



SELLING YOUR HOME?
CALL NOW FOR A FREE MARKET EVALUATION



FRANK VANDERBLEEK
780-431-5600
FranklyTheBest.ca
Frank@royallepage.ca



Board of Directors

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

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

Board Positions Open

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

Committee members:
- LRT committee

We unfortunately will not be hosting a soccer team this summer as we were unable to find willing volunteer(s). We would recommend talking to our surrounding community leagues to find out if they are hosting soccer programs this year.

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

Community League Membership Flower Give-Away

Each month this year, one community league member will be randomly selected to receive a beautiful bouquet of flowers from our local Cactus Flower House. This is our way of thanking you for being a community league member and supporting local businesses.

The winner for December is Niki and Chris Lefevbre
The winner for January is Lori and James Shipley

Congratulations!!!

February 2016



Community Casino

We are currently looking for volunteers to help work this year's Community Casino. This is a vital fundraising activity for the League and we will certainly appreciate any support that you can give. There are multiple positions open,

Here's how it works in 3 easy steps:

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

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

Please contact us if you have any questions.

Community League Skate Party

Skate the night away at the season's Third Strathearn Community League Skate Party Monday, February 15, 17:00 -21:00. Hot chocolate and board games are on the menu and be sure to bring your friends and family for a Family Day good time!

Upcoming Events:

Skate Party
February 15, 2015
17:00 – 21:00
Strathearn Rink (See above)

Strathearn Building Society

We could not be more excited to announce that Strathearn has applied for and subsequently received charitable status from Revenue Canada. As such, we announced the formation of the Strathearn Building Society that will operate under this newly achieved status.

The Strathearn Building Society is proud to announce that:

1. We have now launched our 1.2 Million Dollar capital campaign and have announced that we will be building a new hall in 2016!
2. We have announced that we have already raised 80% of our fundraising goal!

With the formation of the Building Society, we are certainly looking forward to raising the remaining \$150,000 over the next few months. We would ask you all to invest in the future of Strathearn by making a donation, and with our new Building Society (as a registered charity by Canada Revenue Agency) this now means that donors can receive tax receipts for their contributions. In Alberta, the tax credit is equal to 25% of donations up to \$200 and 50% on donations over \$200. See here for more info:
<http://www.cra-arc.gc.ca/chrts-gvng/dnrs/menu-eng.html>

More to come over the next few weeks, please see our Social Media sites.

Ringling endorsement for new 811 Health Link phone number

More Albertans using 811 than old numbers

Just weeks after the launch of Health Link's new 811 phone number, Albertans are grabbing on to the easy to access number and dialling 811 for health information and advice.

Call statistics show just two weeks after the number was announced, 66 per cent of callers were using the new, easy to remember number in place of the old 10 digit numbers.

Health Link is Alberta Health Services' free, 24/7 health information and advice line. This province-wide service helps callers by providing at-home treatment options and information on the most appropriate health care services..

811 replaces the existing local numbers in Calgary and Edmonton as well as the province-wide toll-free number. The old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department.

For more information visit www.MyHealth.Alberta.ca/811.



Marlin Schmidt, MLA
Edmonton-Gold Bar

Edmonton-Gold Bar Constituency Office:

7510 82 Avenue

Edmonton, AB T6C 0X9

Email: edmonton.goldbar@assembly.ab.ca

Phone: 780-414-1015

Fax: 780-414-1017



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

Call The Dunham Team Today

780 - 466 - 0418

**Greg
Dunham**

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

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



encore



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



Renovated: Saskatchewan Drive, View Condo, 2 Bedrooms, 2 Bathrooms, Underground parking.