

SOUTHEAST VOICE

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

March 2016



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Infill Row Housing Setbacks

City planners have drafted an amendment regarding Row Housing Setbacks in RF3 Zones to present at the City Council Public Hearing on March 14, 2016. Changes include increasing the interior side setback from 1.2 to 3.0 m, reducing the flanking side setback from 2.5 to 2.0 m, instituting a graduated contextual front setback within corner lots in the Mature Neighbourhood Overlay, increasing the allowable front yard amenity areas, defining minimum setbacks for rooftop terraces to alleviate privacy and overlook issues into adjacent properties, and requiring greater landscaping and exterior architectural treatments to create a pedestrian-friendly environment and reduce the appearance of massing from all vantage points.



Further details on the changes and the public consultation process can be found at http://www.edmonton.ca/city_government/urban_planning_and_design/row-housing-setbacks-in-rf3-zones.aspx (google Row Housing Setbacks in RF3). Residents can share their views directly with members of City Council by requesting to speak at the public hearing on March 14, 2016 780-496-8178, city.clerk@edmonton.ca or www.edmonton.ca/meetings). You may also contact the Project Lead, Adam Sheahan, at adam.sheahan@edmonton.ca / 780-442-2582, or Councillor Ben

Henderson at ben.henderson@edmonton.ca / 780-496-8146.

Thank you to the city planners, community members, and development industry members for their work on improving row housing developments to reduce the impact on adjacent properties and to better integrate with the surrounding community.

*Speed Management Pilot Project in Ottewell *

As you may be aware Ottewell was one of four Edmonton Communities that was involved in a “speed management program”. Feb 2, 2016 the City presented this plan and asked for community member feedback in regard to the speeding and short cutting measures that have been in place since September 2016. The measures implemented for Ottewell have been Speed Tables and Driver Feedback Signs on 94B ave. However, short cutting and speeding also affects Ottewell Rd and 58St/57St.

On Wednesday March 23, 2016 the results of this “Pilot Project” will be presented by the City of Edmonton Transportation department at City Hall Council Chambers. If you have concerns with this Pilot Project you are welcome to attend this meeting. Time 9:30am.





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Treasurer	Olivia Li	treasurer@secla.ca
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Spring Break at EPL

There is no reason for anyone to suffer an ounce of boredom over Spring Break this year. Come into any of our 21 EPL branches between March 26 and April 3 to find out what exciting activities we have to offer. From an innovative online book club, to puppet shows, tech programs, drum circles, engaging sessions with U of A's DiscoverE, and much much more, EPL will provide free programming and entertainment appealing to kids of all ages. Stay tuned to epl.ca for more details.

Adult Colouring Night – It's All The Rage!

It's a fun new program for adults of all ages. Get on board with the adult colouring craze. Join us for an evening of colouring and creativity in a peaceful atmosphere. We'll provide the colouring books, felts and pencil crayons, or BYOB(ook) if you have one! Both Capilano and Idylwyld branches will host this program in March. Come with your friends and let your creative energy flow. See below for dates and times.

Featured programs in March at the Capilano Branch include:

Better Choices, Better Health: Chronic Pain Self-Management (adults): Tuesdays 1:30-4:00pm – March 1 to April 5

Baby Lap Time (0-12 months): Wednesdays at 1:30pm - ongoing drop-in

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

Adult Colouring Night (adults): Tuesdays at 7:00pm drop-in every Tuesday in March.

iPad Fun for Beginners (adults): Friday March 4th at 10:30am

Spring Break Starts Here 2016 (Kids of all ages) March 29-April 3: All kinds of fun programs throughout the week – See epl.ca for details.

Featured programs in March at the Idylwyld Branch include:

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

Lego ® Stop Motion for Kids (tweens): Sunday, March 6 at 2:00pm

Evil Genius Club (teens): Monday, March 21 at 4:00pm

Adult Colouring Night (adults): Tuesday, March 29 at 7:00pm

Spring Break Starts Here 2016 (Kids of all ages) March 29-April 3: All kinds of fun programs throughout the week – See epl.ca for details.

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

City of Edmonton - Winter Wondering Land:

What happened to our white winter this year? There were community special events and district festivals, Learn to Skate and more happening across South East this winter.

Thank you to all the groups who put effort into these events and promoted our Winter Strategy. Some were able to go ahead with their activities, and others had to cancel as we watched winter melt away. Even with the sparingly low amount of snow, many folks were able to make use of our winter equipment including Snow Shoes, skates, Kicksleds and Winterscape Kits.

Maybe winter will come for a few more weeks, but if not we can all look forward to next year.

SEEECCC

SEEECCC STATS www.earlychildhoodedm.ca/southeast

SEEECCC or Southeast Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionate and committed to nurturing young children in the community. Did you know that in South East Edmonton, 74% of our kindergarten children are developing appropriately in the area of emotional maturity while 15% are experiencing difficulty, and 11% are experiencing significant difficulty? If you are an early learning teacher or childcare professional, consider attending the upcoming free training we are providing on social emotional development. If you are a parent, save the date for Saturday, May 14 as we will be offering a free "I Am A Parent" Workshop that will include breakout sessions about this topic.

UPCOMING EVENTS

RHYMES THAT BIND FREE PROGRAM

Mondays 10am-11am from Jan. 11 – March 21

Primrose Place Family Resource Center (6311 - 92Ave)

Rhymes That Bind is an oral language development program that promotes positive parenting. Parents learn to enjoy rhymes, finger plays, songs and simple movement games with their infants, toddlers, and preschoolers in a supportive peer group

PARENTING IN BLENDED FAMILIES - FREE WORKSHOP SERIES

Thursday Nights in March from 5:30 - 7:30pm

Primrose Place Family Resource Center (6311 - 92 Ave)

Free childcare and supper provided.

Call 780-469-0663 to register.

ASQ: SE TRAINING SESSION – Sat, April 9 from 9:30 – 11am

A FREE Ages and Stages Questionnaires: Social Emotional (ASQ:SE) 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.

Neighbourhood Summer Daycamps

The City of Edmonton offers amazing summer daycamps at local community halls so that kids can enjoy programs in their own neighbourhood! There are daycamps for ages 2 to 12 years old. Each daycamp offers a variety of recreation activities but will focus on one of the following program categories:

- Arts & Crafts
- Cooking
- Drama, Dance, & Music
- Imaginative Play
- Science & Outdoor Play
- Sports & Fitness

Get the full details in the **2016 Summer Daycamps** guide — available at schools, public libraries, City recreation centres, and online!

Registration begins March 16, 2016

Register by calling 311 or online at edmonton.ca/daycamps





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

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

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

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

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

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

**To book an appointment today
and receive a free hearing
test as part of our grand
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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'.

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).



League Contacts

President	Nathan	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
Vice President	Lisa	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
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Programs	Elizabeth/Sherry	programs@avonmore.org	Sign	Bob	Director4@avonmore.org
Rink	Vacant	rinkcoordinator@avonmore.org	Communications	Nikki	communications@avonmore.org
Soccer	Lyne/Boris	sports@avonmore.org	Volunteers	Ginette	Director2@avonmore.org

Huge Thank You

We would like to thank everyone who came out for our Family Day event. It was tons of fun! Hats off to the volunteers who made it a successful day – We appreciate your time and hard work!

Avonmore Gardening Club

Next meeting of Avonmore Gardening Club will be Friday, March 18th at 7:00 p.m. For more information contact 780 222 4482 or director3@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

YOGA

Yoga Classes are offered at the Avonmore Community Hall
Tuesdays and Wednesdays
from 6:30 p.m. to 8:00 p.m.

Cost: Drop in fee is \$14.00 per class.
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

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

Save the date: Open House April 7th, 6:30-7:30.

Come meet the teachers and view the space!

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

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

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



Free Community Swim Times

Until July 2, 2016

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

Commonwealth Pool: Sat 5-7pm

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

Parent & Tot Drop-in FREE

Thursday mornings between 9:30-11:30am at the Avonmore Hall.

Parents/caregivers and their children between 0-5 years are invited to join us for a combination of free-play, weekly planned activities (art, music, gross motor play, sensory activities, etc), social interaction and more. There will be coffee and tea provided for parents, as well as the opportunity to help shape this revamped program. For more information, contact Wendy at membership@avonmore.org or 780-465-6052.

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

Need A Babysitter? Or Looking For A Babysitting Job

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

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

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

League Board

President	Brent	780 757-8550
Past President	Bill	780 469-5744
Vice President	Derek	780-919-5421
Treasurer	Michelle	780 466-1017
Secretary	Vacant	
Hall Rental	Kevin L.	780 966-6913
Grants/Planning	Dallas	780-707-7191
Casino Coordinator	Derek	780-919-5421
Memberships	Shawna	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 Casino: Aug. 26 & 27, 2016 - Volunteers required!

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

Zoning Bylaw Changes

On April 13, 2015, City Council approved change to Zoning Bylaw 12800, to subdivide and create narrow lots in the (RF1) Single Detached Residential zone, which includes Capilano. These Amendments:
--Section 41.1 (3) - limit the Subdivision to a maximum of two (2) lots (more than 2 lots may be approved with appropriate exceptions where further subdivision is supported by Council approved Statutory Plans or Policies of if the site is deemed to be in character with lots on the same block); and
--Section 110.4 - decrease the minimum lot width required from 12 metres to 7.6 metres (25 feet)

This change to Zoning Bylaw 12800 now supports the subdivision of any RF1 property that meets the new regulations. Visit www.edmonton.ca/evolvinginfill for this and other infill roadmap information.



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.

I've Outgrown it Sale! April 9

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

When: Saturday April 9, 2016

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

Where: Hardisty School - 10534-62 St.

For more information: contact deedeeleangreen@gmail.com



Greater Hardisty Sport Sampler Day Hosted by Capilano Community

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

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

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

Date: Saturday June 11, 2016

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

Cost: Free (registration required)

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

Yoga for Beginners – Capilano Community Hall

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

When: Tuesday evenings 5:30 - 6:30 p.m., March 1, 2016 to April 5, 2016

OR

Thursday evenings 8:30 - 9:30 p.m., March 3, 2016 to April 7, 2016.

Where: Capilano Community League Hall (10810 54 Street)

Price: \$75.00

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

Hardisty Gymnastics Club – Spring Classes

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

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

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

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

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

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

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

Cheerleading Class 6-12 years old, 6:45 p.m. – 7:45pm (Tuesday) 6 p.m. – 7:00pm (Thursday)

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

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

South East Edmonton Community Tennis at the Capilano Tennis Club

An OPEN HOUSE and REGISTRATION for 2016 MEMBERSHIPS is SUNDAY, APRIL 24, from noon to 5 p.m. at the Capilano Community League hall (10810-54 Street). Memberships and/or registration for lesson programs are available at that time, or subsequently at the club house during open hours.

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



Capilano Playschool – Upcoming Open House and Trial Class

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our award winning teacher! On **MARCH 10** at 6:30 p.m. we will be having an open house along with Hardisty school. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning and afternoon classes two or three days per week. All classes are for 3 and 4 year olds and include a “Learn Through Play” philosophy that facilitates children learning letters, numbers, socialization, and self regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street). Our next trial class will be Saturday, **MAY 14** from 9:45 - 10:15 a.m. followed by an open house at 10:15 - 11:30 a.m. For more information or to get a registration package, call 780-802-9307, check out our website www.capilanoplayschool.com or find us on Facebook!

Capilano Playschool – Tuesday Afternoon Yoga and Wellness Program



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

Capilano Preschool Soccer Registration

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

Starts: Tuesday May 3 or Thursday May 5

End: Tuesday June 7 or Thursday June 9

Cost: \$65/child

Group A: Tuesdays 5:30-6:15 p.m.; **Group B:** Tuesdays 6:15-7 p.m.;

Group C: Thursdays 5:30-6:15 p.m.; **Group D:** Thursdays 6:15-7 p.m.

REGISTRATION: online via the Capilano Community Website (www.capilano.info).

For more information, contact Shauna at canadaplays1@gmail.com or 780-966-3205.

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

Spring Tai Chi Chih Class – Capilano Community Hall

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

Day/time: Mondays from 12:00 p.m. – 1:00 p.m.

Cost: \$80

Tai Chi Chih is a series of 20 energizing movements based on Chinese Healing principles. It is an effective form of moving meditation emphasizing self-awareness, health, and energy flow. Recommended for weight and blood pressure control, relief of stress, body toning and increased mental and physical well-being. This class will benefit both beginners and those who have taken the class before.

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

Capilano Ball Hockey Registration

Kids will enjoy learning stick handling, passing and shooting skills in a small game environment. They will be so busy participating in games developed to improve skills they won't even realize they are learning! Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended.

Start: Saturday April 23

End: Saturday June 4

Group 1: 4-6 year olds (including students in Gr. 1 who have turned 7)

Time: 9 – 10 a.m.

Group 2: 7-12 year olds

Time: 10 – 11 a.m.

Cost: \$65/child

Where: Capilano Community League Rink

REGISTRATION: online via the Capilano Community Website (www.capilano.info).

For more information, contact Shauna at canadaplays1@gmail.com or 780-966-3205.

A Community League membership is required.

“Outdoor Bound” Summer Camp – Capilano Hall

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

Dates: July 4-8, 2016

Ages: 9-12 years old

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

To learn more or to register, call 311 or go online at www.edmonton.ca/eReg.

Registration begins Wednesday March 16, 2016.

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 jshlender@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!"

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 jshlender@shaw.ca.

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

-- Green/Roth Family, 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

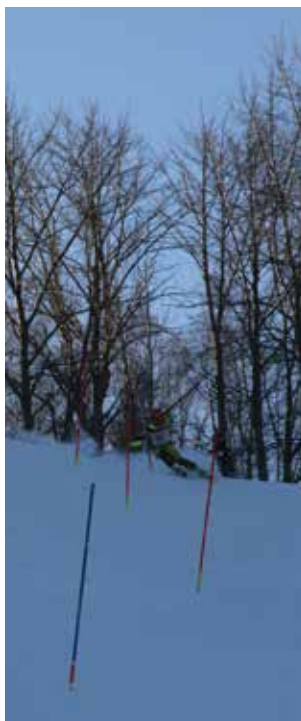
Congratulations Konnor Kimball!

Congratulations to Capilano resident and Hardisty School Grade 7 student Konnor Kimball for competing in the 2016 Alberta Winter Games. Konnor is a member of the Sunridge Ski Team and qualified for Zone 6 (Edmonton) for the Alberta Winter Games. The Games were held from Feb. 13-16, 2016 in Medicine Hat, AB. The Alpine events were at the Hidden Valley Ski Resort in Cypress Hills. Konnor qualified to compete in the Slalom, Giant Slalom and the Dual Slalom. Sunridge Ski Team President Chris McEwen commented, "After a delayed start to the season with the weather, the racers have been training hard. Just qualifying for the Alberta Winter Games is a big accomplishment in ski racing."

At the Games, Konnor had a very respectable 8th and 6th place finishes in the Slalom event. The next day in the Giant Slalom he crashed in his first run, and in the second placed 20th in a field of the top 40 U14 alpine ski racers in Alberta. On the final day of the winter games Konnor and his Zone 6 team mates won the Bronze Medal in the Dual Slalom team event.

Of the games Konnor says that, "It was an amazing experience meeting all the athletes from the other sports and I was glad that I was able to make it to the Alberta Winter Games. It is something that I will remember for the rest of my life."

We wish Konnor good luck in the rest of his races this season.



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Cloverdale Community League Contact Information

Board of Directors

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

Standing Committees

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

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



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

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.

Community Programs

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

Adult Recess Fitness Class

Fridays at 9:15 am-10:15 am (8 week class beginning March 4)

Cost: Cloverdale Community League members-\$70 for the 8 week session (\$80 for nonmembers)

Drop-in rate \$12/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.



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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?

League Contacts

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

Meetings- 7pm 1st Tues, Monthly



Patricia Motel/ Seniors Condos OPEN HOUSE

The City of Edmonton will be hosting an open house for the proposed rezoning of the property at 7730 - 101 Ave NW on **Wednesday, MARCH 9, 2016 6 - 9 PM** in the basement of the **First Filipino Alliance Church 10115 - 79 Street**.

This will be an Open House format, no formal presentation. The public are invited to drop in between 6 - 9 PM.

For more information on the proposed rezoning and to follow the process, please see www.edmonton.ca/ForestHeightsRezoning-Proposal.

For details on the current zoning in place, see http://webdocs.edmonton.ca/ZoningBylaw/DC2/800/DC2_807.htm

101 Avenue Business Revitalization

The Forest Heights Shopping Centre at 10130 79 Street has been shortlisted for the City of Edmonton's Corner Store Pilot Program and we should know within a couple months whether it will be selected. This program "aims to re-establish the neighbourhood shopping centre as a hub of activity in the community through improvements to City infrastructure, the buildings and the businesses within". For further information on the program and the supports provided, google "Corner Store Pilot Program".

Business owners in Forest Heights or Terrace Heights who are interested in a business revitalization project can contact Angela at civics@forestterrace.org 780-885-9529. If there is enough interest, then we will set up a meeting in March or April.



HUSKY Vacant Lot Redevelopment

Some of the comments received regarding redevelopment of the vacant lot at 10102 82 Street include a desire for raised beds, composting, urban beekeeping, benches, a display board for community news, and a small play area.

Concerns about the extent of remediation and exposure control as well as the need to follow Crime Prevention Through Environmental Design (CPTED) principles to deter criminal activity and provide a safe gathering space were also expressed.

A preliminary proposal has been submitted to the City of Edmonton and Husky, and we are awaiting their feedback to help decide whether or not to proceed with a grant application.

If you are interested in providing feedback or helping with this project, please contact Angela at civics@forestterrace.org or 780-885-9529.



EASTER PARTY Saturday March 26th

Come to the Forest Terrace Heights Community League Hall anytime between 1 and 3pm for snacks, crafts and fun!

Want to hunt for eggs? Make sure to be inside the hall by 1:30 pm to get instructions. All ages are invited to attend.

Looking for help to decorate the hall, prep crafts, shop, fill & hide eggs & clean up. Contact CoraLee at 80-430-4307.



Save the Date!

Community Camping Trip - A group site at Carson-Pegasus Provincial Park has been booked for Thursday July 21 - Sunday July 24. This will be a great chance to relax outdoors with other community members. Details to follow.

Freezer Meal Workshops with Pampered Chef:

When: Saturday, March 19, 11 am – 2 pm. Registration deadline: March 7

Where: At the Forest Terrace Heights Community Hall
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! Visit the Forest Terrace Heights Community Page on Facebook for all the details.

Host an event at the Community League hall

Need space for an event? The Forest Terrace Heights Community League hall is a great location for children's birthday parties, family reunions, fundraisers, meetings, exercise classes and more. The hall seats up to 65 people, with a full kitchen, a lovely green space and spray park, and free WiFi. For more information, call Molly at 780-466-0585 or email Molly@ForestTerrace.org

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.

UPCOMING...

March 9th 10am Parents n' Tots
March 9th 7pm Craft & Hobby Night
March 18th 7pm Games Night
March 19th 11 am-2 pm Freezer Meal Workshop (Registration required)
March 22nd 6:30 pm Community Garden meeting
March 26th 1 pm Easter party
April 5th 7pm Board Meeting

Do you love to WALK?

"Walkability adds strength and enjoyment to the fabric of the community life. While out walking, we meet our neighbours, get some exercise, visit local shops, and enjoy public spaces. We also become the 'eyes on the street' that enhance safety and reduce crime." ~Walk Edmonton

Have you seen the **Community Walking Maps** available at the libraries, recreation centres, and community halls? Walk Edmonton has worked with 30+ communities to produce neighbourhood-based walking maps. Points of interest, sample walking routes and distances, washrooms, coffee houses, etc. are identified by the community, and shared with a graphic designer to produce high quality walking maps. Forest Terrace Heights community is one of the "holes" without a map in the series (http://www.edmonton.ca/transportation/PDF/Map-Series2013_09.pdf).

Would you like to **join a group to work on our walking map** with Walk Edmonton? They facilitate most of the work as well as cover all production and printing costs. Residents help by identifying points of interest, favourite routes, some photos, and a short description of the neighbourhood. If you would like to be part of this project, please call 780-885-9529.

Or would you simply like to **lead or join a walking group**? Please let us know the best time for you. One idea is to join EFCL's project to promote walking. EFCL will provide free walking kits to 20 community leagues including a set of 8 walking poles, discounts on pedometers, and a 3.5 hr training session in Urban Poling for one **Community Walking Group Leader** from the community. That could be you! Great incentives, support, and resources are available.



Walking with poles exercises 90% of your muscles, reduces stress on lower joints, and burns up to 47% more calories over walking without poles. It also promotes independence and improves physical, psychological, and social well-being.

Community Garden

The committee has been planning the details of the garden since August 2014. The proposed site is in Forest Heights near the footbridge over Gretzky Drive. Currently the City is reviewing the project request and should notify the committee of their decision by the end of February.

The proposed site is planned to hold 20 raised garden beds for community members, an onsite shed, composts, garbage bins, and water cisterns. Future plans consist of a bike rack, bench, dog station, gazebo, and fruit trees.

Interested in joining the committee? Email Garden@ForestTerrace.org

Community Ski Day

On February 15th we had a beautiful day of skiing at Snow Valley, with over 75 community league members participating in the annual Ski Day. It was an amazing day as a community. So many neighbors skiing and laughing together. Snow Valley was a great host with free hot chocolate, a fun obstacle course, crafts and face painting.

Thanks again to our organizer, Yvonne, and to the board for supporting this great event!



Be wise at the wheel

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

These tips can help drivers make the right decisions on the road.

Stop tailgating

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

Slow down

When we get behind the wheel of a car, strangely every minute seems to count and we recklessly disobey speed limits just to get to our destination one minute earlier. The risks of speeding increase during the winter as ice and snow drastically reduce the ability of tires to grip the road. "On icy roads, everything your car does should be slower," says Gardner. "If you try to change lanes too quickly on black ice, or make any quick adjustments, you will lose control."

Plan your route

Before leaving on a trip during the winter, plan your route and give yourself lots of time to reach your destination. Paul Oss, a public affairs officer with Alberta Transportation, also suggests you let someone know where you're going, your planned route, destination and expected time of arrival. Alberta's 511 telephone information line and website have the latest reports and conditions across the province. You can also check AMA Road Reports, at AMARoadReports.ca.

— reprinted from Apple magazine

SENIORS

Get in shape for spring! Try our **low impact fitness class**. Suitable for everyone. Thursdays 9:30am at the hall. Low cost. For more information about the class, contact Bill (instructor) at (780) 920-0724. If you can give a senior a ride to the class, or if you need a ride, let us know and we'll try to assist – contact Connie 780-462-1442.

Do you like to keep up to date regarding things happening in the community? Would you like to provide your thoughts and feedback about these matters? Our community league is looking for a few local seniors that we may be in regular contact with. The time commitment will be minimal. We will go for coffee and a chat every couple of months, with periodic contact in-between (if needed) by phone or email. If you'd like to give this a try, contact Connie 780-462-1442 or connie@forestterrace.org.



Some of the benefits of Community League membership:

- free swimming: Saturdays 5 pm at Commonwealth. Sundays 1:15 pm at Hardisty, and 4:15 pm at Bonnie Doon (check calendar at ForestTerrace.org for updates)
- reduced rates for many local community activities and events throughout the year
- 10% discount on passes (new purchase of annual, continuous monthly or multi-admission) for City of Edmonton sports and fitness facilities.

New to the community? Never been a member before? We would love to get you a Forest Terrace Heights Community League Membership for free!

Call CoraLee at 780-430-4307 to get one delivered right to your home!

Forest Terrace Heights community league board openings:

We are looking for local talent... Does editing, recruiting, maintenance or marketing interest you?

Newsletter Editor:

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

Marketing/Communication – new position!

- Assist with social media accounts (Facebook, Twitter).
- Assist with spreading the word about events and programs.
- Helps other board members in building relationships with nearby businesses.

Volunteer Coordinator

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

Facility Maintenance

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

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 8

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



Hon. Marlin Schmidt, MLA Edmonton-Gold Bar

Happy Easter to you & your family!



Edmonton-Gold Bar Constituency Office:

7510 82 Avenue
Edmonton, AB T6C 0X9
Phone: 780-414-1015



edmonton.goldbar@assembly.ab.ca

Annual Easter Family Fun – Saturday, April 2 at Hope Lutheran Church

Families are invited to Hope Lutheran (5104 – 106 Ave) on Saturday, April 2 from 10:00 – 11:30 a.m. for the Annual Easter Family Fun Event! We are excited to present a new format for this annual event that will include drop-in style interactive, engaging stations including spring crafts, games, the Bug Lady, and sensory bins! There is lots to keep everyone entertained and yes, the Bug Lady will once again be bringing spiders, snakes and other crawly things for everyone to learn about and even hold. Light snacks will also be provided. For more info contact 780-466-8502 or email hope-lutheran@shaw.ca



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Ottewell United Church

Presents

Jazz and Reflections

An afternoon of jazz and spiritual reflection

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

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

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



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

Elevator available at the church

Admission by donation at the door

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

Tryouts March 15, 16 & 19



- Competitive tier 1, 2 or 3
- U10 - U18 boys & girls teams

Go to our website at
www.southeastsoccer.ca

Children with Food Allergies

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

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

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

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

Food allergies are a serious medical condition, not a choice. Help prevent exposure to allergens by following your school's guidelines for food allergies. Take time to explain food allergies to your child and encourage them to learn about allergies that their classmates may have. If you are unsure of what to do, talk to the other child's parents or teacher. Students, parents, teachers and other staff all have an important role in keeping students safe, healthy and happy. To learn more about allergies, visit: www.myhealth.alberta.ca or call Health Link at 811.



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Poison Prevention

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

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

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

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

For more information and to access the services of PADIS call 1-800-332-1414 or visit www.padis.ca.

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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.**



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Southwoods Village At Hazeldean

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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**.



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Gold Bar

4620 - 105 Avenue
goldbarcl.com

GOLD BAR EXECUTIVE

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

Finances and Fundraising:

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

Communications & Programing:

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

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

Hall rentals: hallrentals@goldbarcl.com

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

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 information.

CL MEMBERSHIPS

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



Enjoy a FREE Hot Beverage

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

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). 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.



Gold Bar Communications

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

Community Annual General Meeting

Monday, April 4 at 6:30 pm in the Gold Bar Elementary School library.

All community members are welcome to attend to find out what we accomplished in 2015, and what we are working on in 2016. We have 3 vacancies to fill: President, Secretary and Community Sign.

Community Rink

The City won't allow us to flood the rink until we have the rink lights replaced. If the community rink is dear to you, please contact one of the executives to volunteer to help make the rink a possibility for next winter.



Family Fun Day a Success!

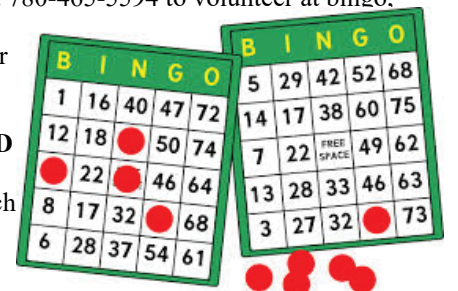
Thank you to everyone who attended the Family Day event – it was fun to see the horse and wagons winding their way through our neighbourhood. Thank you to Ronda Lisowski for her hard work organizing it; for everyone who helped at the event; and to Epcor, Imperial Oil, and Andy Verhagen of ReMax for their financial contributions.

Upcoming Bingo Dates

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

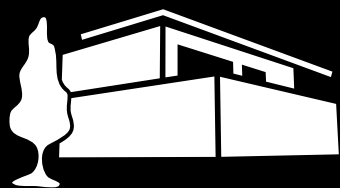
FORT ROAD BINGO

Sunday, March
13, 2016 -
Afternoon &
Evening
Sunday, April
24, 2016 -
Afternoon



PARKWAY BINGO

Sunday, April 3, 2016 - Afternoon
Monday, April 18 - Evening & Late Nite



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EJSC has a very successful Boys Program and is looking for individuals to help build its Girls Program

Parents and/or Coaches - Please contact Rob Mosele at 780.462.6186 or email rmosele@telus.net.

Please check www.juventusoccerclub.com for updates



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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

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.

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.



Casino

Our Casino is scheduled for Sunday July 31st and Monday August 1st (Civic Holiday).

The Community League expects to receive around \$75,000 for working these two days. These funds allow us to host events, run programs and maintain the facilities.

We will need approximately 45 volunteers to cover day or night shifts. Please consider volunteering!

For more details or to volunteer contact Justine at secretary@holyroodcommunity.org or by phone at 780-462-1513

Old and Used Hockey Sticks?

Are you done with your hockey stick for the season? Please consider donating it to the Holyrood Rink Shack. Hockey sticks of all sizes would be appreciated. Look for the donation bin the next time you visit the rink.

Free Memberships for Newcomers

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

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



Save the Date! – Holyrood AGM

We'll be holding our AGM on April 28th, 7-9pm.

Pencil it in your calendar!

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.

Are You Interested in Rebuilding the Rink?

Our Rink is used continuously throughout the year for skating, soccer, and many more activities. It's time to retire the old, well used rink and think about a new facility.

Do you have an idea? Let's start a conversation.

Please contact Facilities Director Kirsten at facilities@holyroodcommunity.org

HCL PROGRAMS

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

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

Learn to Bike

Mark your calendars! Holyrood has been selected for this popular, free program offered by City of Edmonton staff.

Wednesday, May 25th

3:30 - 6:30 pm

Fun Run/Walk for Children for Peace – April 17

When: Sunday April 17, 2016

Times: 5K Run/Walk – 10:30 a.m., 1K FUN Run/Walk – 10:30 a.m., 1K Stroller Run/Walk – 10:30 a.m., Egg Hunt – 11:15 a.m.

Cost: 5 K Run/Walk: Adults: \$20, Seniors: \$15, Youth: \$10
1K FUN and Stroller Run/Walk: \$15 (\$10 before March 20), Children: Free

Egghunt: \$5

Where: Rundle Park: 2909-113 Ave NW, Edmonton

REGISTRATION: Register at any Edmonton Running Room location or online by April 15, 2016.

Online registration at www.runningroom.com

Please note: There will be no registrations on the day of the Run.

Why participate? Active members of the local Ukrainian community in Edmonton, in cooperation with the St. John's Institute are raising funds for the Children for Peace project. The mission of Children for Peace is to support a group of approximately 20 children, whose parents took part in recent fighting for the Ukraine, by bringing them to Canada for one month to participate in leadership training. Some of these children have been left orphaned.

If you have any questions about this project, or you are interested in knowing more about serving as a host family please email Bohdana Stepanenko-Lypovyk at bohstep@gmail.com

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<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

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.

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.	Jean	780-469-4669	
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 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 April 2016 issue of the Southeast Voice is due Thursday, Mar.17th, 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

March 2016 Dates: March 9th, March 23rd

April 2016 Dates: April 6th, April 20th

May 2016 Dates: May 4th, May 18th

June 2016 Dates: June 1st, June 15th & June 29th

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

Babysitting Registry

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

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

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 \$450/weekend	\$550/day rate \$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 780-469-1711.

Kenilworth Playschool

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

We are currently accepting registrations for September 2016. For more information or to register your child for fall 2015, email janna_44@hotmail.com or call 780-757-9414.



Kenilworth Playschool's I'VE OUTGROWN IT SALE

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

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

OR

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

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

Registration and payment due by February 19. Janna @ 780-757-9414 or janna_44@hotmail.com

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.

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 information 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 at 476-2992 to volunteer for SMOKE FREE Bingos. Help our community league raise funds to keep our community programs and events going.

Next Bingos:

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	

Zumba Comes To Ottewell Hall

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

Monday and Wednesday morning fitness!

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



Time for Tots

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

Rink News

Thank you to the Rink volunteers for making this past skating season a huge success for Ottewell. Due to the consistently warm weather our rink is now closed for the season.

CASINO

Ottewell Community Casino was held February 22 and 23, 2016. Thank you to the many members for taking the time to volunteer for this very important fundraising event for the Community.

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.

Evening Kickboxing

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

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

Community Patrol

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

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

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

Emergency 911

Non-Emergency 780-423-4567

Ottewell Community League Social Media

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

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.

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.



Linda Duncan

Member of Parliament Edmonton Strathcona

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

- Employment Insurance
- Old Age Pensions
- Income Tax
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404

linda.duncan.c1@parl.gc.ca

10049 81 Avenue
(entrance on 101 Street)

*Assistance également
disponible en français.*

www.LindaDuncanMP.ca

[LindaDuncanMP](#)



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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

Upcoming Events:

Family Skate Party
March 11, 2016 (Weather Dependent)

Final Soccer Registration
March 12, 2016
10:00 – 14:00
Bonnie Doon Mall

Neighbourhood Reconstruction Open House
March 15, 2016
18:30 – 20:30
Ecole Publique Gabrielle-Roy (8728 – 93 Ave.)

Community Casino
May 28 & 29, 2016
Century Casino, Edmonton



Community Casino Update

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

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

- 1) Click this link to see our Sign-Up on VolunteerSpot: <http://vols.pt/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.

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.

Four Things to Know About Blood Pressure

Why should you care about your blood pressure? Most of the time, people with high blood pressure don't even know it and they feel fine. Can something so silent be dangerous? Unfortunately, the answer is yes. Elevated blood pressure is a risk factor for many serious illnesses, including heart attack, stroke, and kidney failure. Furthermore, often the first symptom of a blood pressure problem can be a consequence, like a stroke. Here are four things you should know about your blood pressure.

It naturally increases as you age

At peak health, the arteries in your body – the channels that run blood away from your heart – are elastic and stretch with each heart beat. As you age your arteries naturally become less elastic, although the extent of this will vary from person to person. With less elastic arteries there is less give which leads to an increase in blood pressure.

Your lifestyle may be making it worse

Your behaviors can cause your blood pressure to increase. For example, excess weight and physical inactivity are both contributing factors. Additionally, things you consume – like excess salt and alcohol – also increase blood pressure. Finally, specific medications – for example over the counter anti-inflammatories like ibuprofen – can also contribute to an increase in blood pressure

The definition of "Normal" is wide

If you ask someone what a "normal" blood pressure is, most would probably answer 120 / 80. In fact, normal can be anywhere from 150 / 90 to 90/60, depending on age, body size and lifestyle.

It's easy to check

These days most pharmacies and grocery stores have blood pressure machines that you can access for free. It's probably a good idea to check it every so often – say once every few months – if you are otherwise well with no medical issues. However, if you have a history of elevated blood pressure or other chronic medical conditions, it's a good idea to check it more often, at the direction of your family doctor. If you think you have a blood pressure problem, or would like more information regarding blood pressure and your health, contact your family doctor. As the old saying goes, an ounce of prevention is worth a pound of cure.

"Fabulous Fabric Frenzy"

The GANG, together with the Strathearn United Church ladies will be holding its' *Fourth* annual Fabulous Fabric Frenzy.



Saturday, April 9, 2016
9:30am – 3:30pm
Strathearn United Church
8510 – 95 Avenue

This fundraiser relies on donations from the community.

For more information on donating fabric, yarn or notions please contact:

Judy @ 780-434-0036
Phyllis @ 780-469-6327
Elna @ 780-435-5488

www.edmgrandmothers.org

Selling everything at BARGAIN PRICES

Parents as Role Models

Parents tend to be the strongest role models in their child's life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind, respectful, and honest. If you choose to model those traits, your child is likely to follow suit.

As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too.

Here are some tips for being a good role model for your child:

Communicate - Talk to your child about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.

Provide opportunities - Find opportunities for your child to act as a role model for younger children. Ask if their school has such opportunities or seek them out in your community.

Be aware of other influences - Know your child's friends and their friends' parents. Be aware of what is being modeled in the homes that your child is visiting. Help them try to make sense of the lifestyles they see in advertising and on TV shows.

Learn from mistakes - Everybody makes mistakes; it is part of being human. If you do make a mistake, it is possible to talk to your child about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change. The important thing is to reassure them that you love them and that adult problems are not their fault. When something goes wrong, use it as an opportunity to discuss different choices.

The information above was compiled from the Alberta Health Services' Parent Information Series. For more information on role modeling and other topics for parents visit <http://www.albertahealthservices.ca/2434.asp>

Protecting Your Eyesight

Damaging UV Light From the SUN

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

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

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

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

Damaging Blue light

Now that we know UV light can affect our eyes, what does blue light do? Well, sunlight also contains blue light as it is essential to our lives: it helps regulate our sleep/awake cycle, it is needed for appropriate pupil reflexes, and is part of the light spectrum to allow us to see better!

So what is the bad part of blue light? Research is showing certain parts of the blue light spectrum can increase our chances of getting macular degeneration. We have also discovered that the electronic devices we use daily (smartphones, tablets, laptops) are emitting harmful blue lights. The blue light can cause digital eyestrain, headaches, and throw off our sleep/wake cycles.

Today's technology can now incorporate blue filters. These clear lenses do not let the harmful parts of the blue light spectrum enter the eye. This can reduce digital eyestrain, fatigue and headaches.

Are your children or you experiencing any of these symptoms?
Are you looking for sunglasses, either prescription or non prescription?
Please visit us for more information at Ottewell Eye Care in Ottewell Plaza or ottewelleyecare.com.

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

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

• 2 for 1 special on eyewear

• Limited time offer 50% off lenses with purchase of frame

• 50% off prescription specs with purchase of annual supply of contact lenses



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



Community Soccer Update

We thought that there would be no Strathearn soccer this year and we were disappointed to have to report that...then a miracle happened...a dedicated volunteer named Niki Lefebvre, stepped up to be our soccer director...

We are thrilled to report that Soccer in Strathearn is alive and well!

Soccer in Strathearn is for children aged 4-18 (must be born in 2011 or earlier)

EMSA Southeast is a part of the new EMSA Soccer Portal which was piloted for the Indoor 2015 season.

The new system lets you create a family account, identify all youth in your family that will be playing soccer and then Register them online. You can even pay the fees online now!

How do I sign up for soccer you ask?

1. Go to <http://emsasoutheast.com/>
2. Follow the link to the soccer portal (There is registration help and videos on that page to help you find the way). Payment can be made online (Visa/Mastercard) or alternatively cash/cheque can be brought to the registration session.
3. Once registered, you MUST attend registration session in-person to drop off your volunteer and uniform deposits. (Even if you have PAID online). *Please note that your child will not be placed on a team unless you complete this step.
4. The final registration day is at Bonnie Doon Mall on March 12th from 10:00 - 14:00.
 - a. PLEASE bring 2 copies of the completed registration form, a volunteer cheque (\$150) and a jersey deposit cheque (\$75). (please date deposit cheques for June 15, 2016)

Our New Soccer Director

Hello fellow Strathearners!

I am happy to take on the role of your director of soccer for our community. I have lived in Strathearn for the past 10 years and feel lucky to be a part of such an active, energetic community! I have enjoyed first hand many of the wonderful events and programs hosted by our amazing community league and am impressed by the number of volunteers that work hard to make these events happen. I am hoping to give back to our community by taking on this role.

I am a mom of 3 daughters, with two of them actively involved in community soccer. Cheering on my kids from the side lines has been where my husband, Chris, and I have met the majority of our friends and neighbours in the community. I love the fact that outdoor soccer gives us an excuse to get outside, and have face to face interactions with our neighbours after a long winter of being shut in from the cold! Since Strathearn no longer has a public community school, it has also given my kids the opportunity to meet other kids their age in Strathearn that they would not have met otherwise.

I look forward to seeing you on the registration dates and to watching your children develop a love of soccer!!

- Niki Lefebvre

Put me in Coach!

Coaching U6 soccer in Strathearn for the past two years has been a great excuse to get outside as a family as soon as spring arrived. We didn't get rained out once last year and enjoyed having an activity we could all enjoy so close to home.

No coaching experience is necessary as there is a great session provided one evening prior to the start of soccer season with sample soccer drills and everything else you need to know. Coaching is a great way to meet your neighbours and contribute to this great community we enjoy.

- Lisa Filice

If you would like to help coach this year, please contact soccer@Strathearncommunityleague.org

Neighborhood Renewal Open House

Strathearn residents and property owners are invited to learn about neighbourhood reconstruction scheduled to begin in 2017. City staff will provide information about preliminary design, the construction timeline, and the local improvement process.

Construction activities include:

- Drainage renewal
- Reconstruction and repaving of roadways
- Streetlight upgrades
- Reconstruction of sidewalks, curbs and gutters

Property owners will also learn about options and costs associated with sidewalk and decorative streetlight local improvements.

Building Great Neighbourhoods is a long-term initiative coordinating three City programs —Drainage Neighbourhood Renewal, Neighbourhood Renewal and the Great Neighbourhoods Capital Program—to improve neighbourhood livability through the renewal and enhancement of neighbourhood infrastructure.



STRATHEARN NEIGHBOURHOOD RECONSTRUCTION OPEN HOUSE

Tuesday, March 15, 2016

6:30-8:30 p.m. (Presentation 7 p.m.)

Ecole Publique Gabrielle-Roy (8728 93 Avenue)

Strathearn residents and property owners are invited to learn about neighbourhood reconstruction scheduled to begin in 2017.

City staff will:

- Explain how the City is investing in the neighbourhood.
- Share preliminary neighbourhood designs.
- Go over sidewalk and decorative streetlight local improvements and related costs.

You will have the chance to give input on: preliminary designs; pedestrian and cyclist accessibility; traffic accessibility; and overall neighbourhood livability.



edmonton.ca/buildinggreateighbourhoods

Call The Dunham Team Today

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



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



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



Parkallen: Bungalow 2 Bedrooms, Double Garage



Parkdale: Bungalow 2+1