

SOUTHEAST VOICE

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

May 2016



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

101 Avenue Vision & Corridor Study

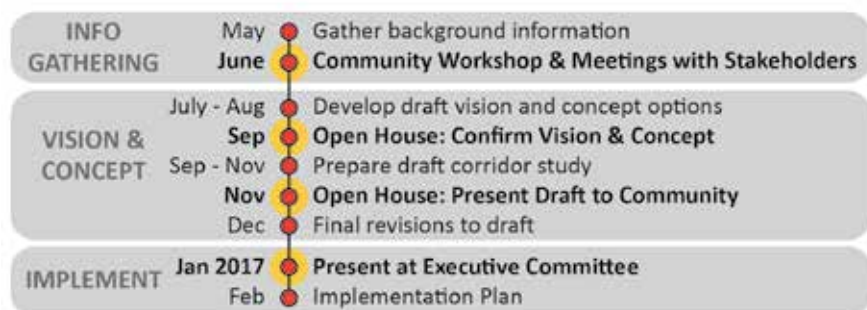
The Greater Hardisty Community Sustainability Coalition has been engaging with various groups to discuss how they can manage change, decline, and development in their neighbourhoods. Part of this discussion has centred around 101 Avenue, the main commercial road in the area. The community has raised concerns about vacant commercial properties, crime, a lack of street identity, and a lack of services for residents. However, 101 Avenue has a lot of potential to become a more welcoming destination for the Terrace and Forest Heights neighbourhoods, and the broader east-Edmonton area.

The proposed study area is 101 Avenue from about 79 Street to 67 Street and will be confirmed with the public at the community workshop.

How can you be Involved?

The community has expressed a desire to develop a vision for the corridor and proactively work to shape the future of 101 Avenue. In response to the community's energy and interest, the City is launching a process to develop a Corridor Study & Vision for 101 Avenue. The Hardisty cluster of neighbourhoods has active and engaged citizen groups whose input will be essential to the success of this project, and all are invited to participate in determining what the future holds for 101 Avenue. Workshop details and exact dates (in June) will be announced soon.

101 Avenue Vision & Study Timeline



Jane's Walk: 101 Ave - What's your vision?

To prepare for the 101 Ave Corridor Study workshop in June, let's walk the Avenue! Do you have stories to share? How do you use 101 Ave now? What would make it a more vibrant or attractive street for you? Join other engaged citizens for a Jane's Walk on either Sat. May 8th 9-10:30am or Sun. May 9th at 1:30-3pm starting at the southeast corner of 101 Avenue and 67 Street (site for the new Capilano library). Our walk will take us from the new library site past the Patricia Motel rezoning site and Forest Heights Shopping Centre to the turnaround point at 82 Street (vacant, former gas station site). For more details, visit janeswalk.org/canada/edmonton/101-ave-whats-your-vision or call (780) 885-9529.

*Jane's Walk is a movement of free, citizen-led walking tours inspired by Jane Jacobs. The walks get people to tell stories about their communities, explore their communities, and connect with neighbours.



Jane's Walk along 101 Ave May 7 at 9am or May 8 at 1:30pm

Forest Heights Shopping Centre selected for Corner Stores Program

The Forest Heights Shopping Centre at 79 Street and 101 Avenue is getting a facelift in partnership with the City's Corner Stores Program. The program sets out to restore commercial centres in mature neighbourhoods as hubs of community activity and to enhance the community's experience. It is delivered in five key ways:

- Streetscape improvements to improve the pedestrian realm around the centre
- Facade improvements to beautify the building and showcase businesses
- Market research to understand the demographics and inform decisions
- Business supports to remove barriers to growth
- Strategic planning and marketing support to ensure success

The community will be integral to the success of this program and will be consulted at various stages to ensure we are meeting the needs of its residents. Stay tuned for more.

Want to stay informed?

Visit the 101 Avenue project website for up-to-date project information: www.edmonton.ca/101AvenueCorridorStudy
Find out more about the Corner Stores Program by visiting: www.edmonton.ca/cornerstore
Call 311 Or contact Kirstin Pacheco, Project Manager
Email: kirstin.pacheco@edmonton.ca
Phone: 780-508-9450



You are hereby entitled to receive one

free

market evaluation

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

Now is a great time to sell!



Andy Verhagen
780.907.8202
email andyv@telus.net

I love referrals they make my world go round!

RE/MAX Elite

to view my properties, visit www.andyv.ca

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



Attention Students! Preparing for exams? Come check out EPL's Smart Space!

You're smart; EPL is giving you a place to get smarter. Join other youth ages 13 to 18 at the library doing homework, working on projects, or learning about tech gadgets and other online tools to help get things done. Be creative, get help, be smart! At Capilano, our program room set up as a Smart Space study zone between 3:30 and 5:30 Monday, Wednesday, and Friday. Library staff are always on hand to show you awesome homework help resources like Solaro and Brainfuse.

Solaro is an interactive learning database that uses the Alberta Curriculum for its lessons, quizzes and practice tests and Brainfuse offers free tutoring and learning support for K-12 in Math, Science, Language Arts and even Diplomas. Students can email or chat live with online tutors. There is also support for university courses, adult learners and resume writing. Visit epl.ca/eLearning to find out more about how your library card can give you access to these and more great learning databases.

Featured programs in May at the Capilano Branch include:

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

Book Clubs of EPL – All The Light We Cannot See (adults): Monday, May 16th at 7:00 pm

Adult Colouring Night – Thursdays, May 12 and 26th at 7:00 pm.

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

Roads to Healing – Bereavement Support Series (adults): Tuesday, May 3 at 6:30 p.m.

Featured programs in May at the Idylwyld Branch include:

Langue de mon cœur (pour toute la famille) : Les same-dis à 11h00

Lego ® Stop Motion for Kids (tweens): Sunday, May 1 at 2:00pm

Adult Colouring Night – Monday, May 9th at 7:00 pm

Minecraft Club (tween) : Thursday, May 12 at 3 :30

Evil Genius Club (tween) : Monday, May 16 at 4:00pm

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



Seniors' Housing Event – June 1

DATE: Wednesday June 1

TIME: 1 p.m. – 3:15 p.m.

WHERE: Fulton Place Community hall (6115 Fulton Road NW)

Are you thinking of downsizing but not sure about the different options?

Guest speakers at this FREE event will help you understand different types of housing options, and there will also be a panel discussion regarding seniors' housing.

--A guest speaker from SAGE (Seniors Association of Greater Edmonton) will explain the differences between condo, life-lease, various rental options, and more.

There will also be other speakers representing organizations such as the Greater Edmonton Foundation and the Edmonton Seniors Coordinating Council.

--Councillor Andrew Knack (City Councillor responsible for Senior Initiatives) will be on-hand to participate in the panel discussion regarding housing initiatives.

REGISTRATION is not required, but will help us with planning. For more information, or to indicate that you plan to attend, please contact Connie at connie@forestterrace.org or 780-462-1442 (please leave a message if we miss your call).

This event is hosted by the Forest Terrace Heights community league in conjunction with the Greater Hardisty Community Sustainability coalition.

Summer Fun Is Coming Soon.

Check out all the great programs available to keep the kids busy this summer. The 2016 Facilities and Neighbourhood Daycamps is out and available online and at local recreation facilities. The guides list the recreation, community, and school programs offered by the City of Edmonton. Find a camp your child will love, and call 311 to register!

Community Recreation Networks

The 5th Network Gathering of SE Edmonton Neighbourhoods will feature a guest speaker from Abundant Communities Edmonton. We will also introduce the 100In1Day project - a one day global civic engagement festival supported by CityLab and Make Something Edmonton. We hope this will inspire you to initiate projects and collaborate with new individuals from the SE network and engage the neighbourhood on June 4, 2016.

The on-going goal of our Network Gatherings is to bring together individuals, groups and organizations in SE Edmonton that provide recreation programs and services. The intention is to connect people and groups so that they can learn from each other and share resources and knowledge.

Whether you organize recreation events, have space to host events, or have volunteers looking to be involved in the community this Network is a place to connect with each other!

Time: 6 – 8:30 pm at Ritchie Hall

For more information or to register contact your local CRC.

To register: google <https://www.eventbrite.ca/e/se-recreation-network-meeting-april-26-2016-tickets-24573217154>

100In1DAY Google the name for more information.

Coming to Edmonton for the first time, this world wide civic engagement festival is your chance to create something special.

The city hopes to inspire 100 small projects across the city on June 4th. Examples include chalk mural's, art installation, flash mob dance parties, and pop-up street furniture. Do this on your own, or get a group and let your imagination soar. Projects can be practical, like planting trees or pop-up street furniture. They can be social, like hosting a block party. They can be artistic, like flash mobs or yarn bombing. They can challenge us or fix a problem. They can be as big or small as you want. All projects must be safe, legal and inclusive. Then register your event by June 1st.

All the details are on the website under 100In1Day



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

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

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

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

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

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

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

We would love to see you!

To learn more, please visit www.livingsounds.ca

LIVING  SOUNDS
Hearing Centre Ltd.



The Medicine Shoppe[®]

PHARMACY

Big pharmacies can be hard to swallow.

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

Conrad Lewandowski, B.Sc. Pharm
Pharmacist/Owner

7915 - 106 Ave
Edmonton, AB

(780) 469-8222

Hours: Mon - Fri 9 a.m. - 6 p.m. | Sat 9 a.m. - 1 p.m.

Visit our Web site at www.medicineshoppe.ca



Transferring your prescription is easy

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



FREE Accu-Pak with a prescription purchase

Fulton Ravine South park development

After a few months delay, the project to complete the Fulton Ravine South park (beside the skate park) is now underway, and we are looking for volunteers!

In particular, if you have experience with fundraising, social media, print media (flyers etc.), or helping to organize social events, we would love to hear from you. Or if you just want to see this project completed, and can help in any way, you are most welcome (all ages and experience)!

For more information, contact Connie at: FTHrep@secla.ca or 780-462-1442. Also, see our website (SECLA.ca) for updates regarding this project.

SEEECCC UPDATE www.earlychildhood-edm.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.

This month we are excited to share some excerpts from the Centre for Family Literacy's Spring Newsletter that features an article about the **IMPORTANCE OF PLAY!**

"Child's **PLAY IS SERIOUS STUFF**. So serious in fact, it is protected by the UN Convention on the Rights of the Child. Why is it so important? Play is critical to every aspect of a **CHILD'S DEVELOPMENT**: social, emotional, intellectual, physical and creative. We define play as being self-motivated, child-driven, and **FREE OF IMPOSED RULES**. With play, the process is more important than the end-result.... As Fred Rogers states, "Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood." (www.famlit.ca)

So seize the day, get out there, and go play with the children in your life!!!

Seniors Caring About Seniors (SSCAS)

St. Gabriel School,
Room 202, 5540 - 106 Avenue, Edmonton, AB T6A 1G3
780-465-0311
www.sscas.com

Seniors Caring About Seniors (SSCAS) is a Non-Profit Organization.

Our mission is to be an effective service facilitator for seniors, we help them retain their lifestyle, sense of independence and well-being.

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

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

Your **volunteer** gift of time is tailored around your schedule.

If you wish to make a difference in a senior's life please call 780-465-0311 or email info@sscas.com.

League Contacts

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

Parent & Tot Drop-in

This FREE drop-in program is back in full swing on Thursday mornings, 9:30-11:30. Parents/caregivers and tots aged 0-5 years are invited to join us for a combination of free-play, planned activities, social interaction and more. So far this year activities have included: themed crafts, sensory activities (snow and goop), obstacle courses, storytelling, watercolor painting, musical jams and more. Upcoming activities include themed crafts, playdough and physical play out in the spring sunshine! Coffee and tea are provided for parents, as well as the opportunity to help shape this revamped program. For more info, check out our Facebook page by searching "Avonmore parent and tot group" or email Wendy at membership@avonmore.org. Be sure to join us on April 28th for our Shadow Puppet show! See the Events section for details.

Support The Avonmore Soccer Program - Bottle Drive

The outdoor soccer season starts in the first week of May, weather dependent. Thanks to all the parent volunteers who have already committed to their volunteer job. This year the bottle drive will take place on the 2nd or 3rd week-end of May -- team coaches will provide details as they are available. For those able to donate bottles and cans, check the league's website (avonmore.org) in May for exact dates so you can leave a bag out for collection.

Avonmore Book Club

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

Avonmore Garden Club

Are you interested in beautification of your neighborhood? Do you want to learn how to grow flowers or your own vegetables? Do you wish you knew how to landscape your yard or plant a container garden on your porch? Are you looking for garden space or have space someone else could use? Are you concerned about environmental issues facing your community? Whether your passion is gardens, flower beds, trees or landscaping in general, you live in the perfect neighbourhood. We have lots of space and lots of expertise to be shared. If you'd like to learn more about the community gardening club contact Anita at 780-222-4482 or director3@avonmore.org. See the Events section of the newsletter to read about our Perennial Exchange Event happening on May 14th.

May 14: First Avonmore Perennial Exchange!

The Avonmore Garden Club will host a perennial exchange and a gardening resource event at the Community Hall on **May 14th**. Come and learn more about who we are and what we have planned for the summer.
8-10a.m. Drop off plants or seeds you want to share. Plants & seeds should be labelled and weed-free.
10a.m.-12noon – Pick up perennial and seeds. Talk to local experts. Meet other gardeners. Everyone is welcome!



www.communityleagueneews.com

May 1: Millcreek Clean Up

Help clean the creek from 10a.m.-1p.m. rain or shine! Gloves and garbage bags are provided. A BBQ follows the clean up. Meet at the top of the Avonmore side toboggan hill at 75th Ave. & 85th Street at 10:00A.M. BBQ location TBD.

Starting Point Volunteer For Mill Creek Cleanup

Check the Events section to help take part in the annual clean up. We need one or two people who can help at the starting point to hand out gloves and bags. Starting point is the top of the toboggan hill at 75th Ave. & 85th Street. If you are able to spend a few hours helping, email Ginette at director2@avonmore.org.

Be A Special Events Volunteer!

Avonmore needs someone just like you. Throughout the year, the league hosts events to bring community residents together. Are you an organizational whiz? Do you enjoy event planning? Share your skills and abilities with your community by helping to plan and organize an event. The goal is simple: encourage residents to meet and have fun! Are you willing to lend a hand during a community event? We can always use extra help with set-up, cooking, cleaning, supervising activities, etc. Let us know what you can do! Contact our Volunteer Coordinator, Ginette if you are interested in contributing to your community: director2@avonmore.org.

Need A Babysitter? Or Looking For A Babysitting Job?

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

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

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

Avonmore U4 Soccer Program

Did you know we have a U4 fun soccer program? This program is for children born in 2012 or 2013. Playing days are Monday & Wednesday starting 6:15pm at Avonmore hockey rink area. The season runs May to end of June. Cost is \$50 per child. For inquiry please contact sports@avonmore.org.



Adult Shinny Hockey

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

Summer Pop Up Events For Kids

Avonmore Community League will host pop up events on Wednesdays from 10:00A.M. to 4:00P.M. throughout the summer for kids ages 5-12.

- Dinosaur Adventures July 13th
- Artist at work July 20th
- Nature Trackers July 27th
- Fun with Science August 10th
- Baking with kids August 17th

Registration forms will be available starting June 1st and cost will be \$35.00 per child per day or \$25.00 if you hold a valid Avonmore Community League Membership. Please contact playschool@avonmore.org for registration forms and additional information.

Spring-Summer Yoga

Dates: Tuesdays and Wednesdays from 6:30-8:00P.M., May 3-July 27th

Location: Avonmore Hall.

To Register: Anita: 780-222-4482 or director3@avonmore.org

Cost: \$110.00 for the full session (13 classes) for members of any Community League in Edmonton (\$125 for non-members). Drop in fee is \$14.00 per class. Registration for full session includes option of attending on Tuesdays & Wednesdays.

Tuesdays: Restore & Repair: Do you want to improve the way you move in all activities? Focus on core stability, strength, and joint mobility. Perfect for any level of fitness. Instructor: Brea Johnson has taught yoga since 2003 and is a Restorative Exercise Specialist™.

Wednesdays: Designed for all levels. Combine movement sequences and postures for stamina, strength, and flexibility. Instructor: Tori Lunden has taught yoga since 2008. She delights in teaching people who, like her, never thought they could do yoga.

Summer Green Shack At Avonmore Park

The popular free drop-in Green Shack program will return to Avonmore Park this summer. Trained leaders put on a variety of sports, games, arts, crafts and nature activities aimed at children aged 6 – 12. The program runs Mon. to Fri. July 4th to August 25th. Visit edmonton.ca/dropincommunityprograms.

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

May 14: Crib Tournament

Join us at Avonmore Hall (7902-73 Avenue) for another fun night! want to share. Doors open at 6:30 P.M. and games start at 7:00 P.M. sharp. Cost: \$30 per team or \$15 per person, individuals welcome To register call: Louise, 780-469-7765 / Faye, 780-465-6086



June 1: From 4-7Pm Bike Safety Training

Drop in at our neighbour across the creek and learn the basics of bike safety for any age on 2 or 4 wheels. Come to Argyll Park parking lot (6750 88th St.), starting at 4:00 PM. This is aimed at children 4 years or older (with adult).

Watch For IT. . . Avonmore Summer Kick-Off Party!

Plans are underway to celebrate the start of another glorious Avonmore summer. Stay tuned for more information by checking the Avonmore's Facebook page or website: www.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.

Avonmore: Putting the 'Community' in Playschool

Did you know that in 2005 Avonmore Community League renovated the upstairs space in the skate shack and invited the neighboring playschool to move in? A few years after they moved out of the elementary school and into the league's space, the word "Community" was added and the playschool began operating under the Avonmore Community League.

The main difference is that the Community League provides an operating budget which allows for a lot more fun field trips and activities. Parents commit to volunteering for league programs and events. This partnership has brought league members and playschool parents closer than ever before.

Avonmore Community League's support has brought even bigger benefits, according to Avonmore resident and playschool teacher, Jamie Konrad. "When I began teaching there were 8 children enrolled and we only ran two days a week," says Konrad. "Within two years of operating under the community league, we have 21 children enrolled. We are running five days a week with Monday/Wednesday and Tuesday/Thursday classes plus a combined class on Fridays. Now parents can choose the days that work for them. This improved model would not have been possible without support from the community league."

Avonmore Community Playschool applies a play based learning approach. They provide children with a variety of experiences and allow each child to develop at their own speed, while assisting them in their everyday learning. "Most children benefit more from two years of playschool, which is why we accept children from 3-5 years of age," says Konrad.

"We also believe in providing the children with a variety of different experiences. Our field trips include Safety City, TELUS World of Science, John Janzen Centre, Bonnie Doon bowling, Crankpots, Mill Creek Ravine visits, Maude Belle Park and library visits." Not only do these kids get to go places, but they also have enriching experiences in their school space. "Our in class special activities include cultivating our own butterflies to release plus cooking days and music classes."

When asked why she chose this career path, Konrad explains, "At the end of the day I do this job because I love working with children and expanding their learning by providing them with a safe and happy place away from their most important place: Home. Plus it gives me an excuse to be a young kid at heart too! It's always good to remember that play is not only good for kids, but for adults too."

To find out more about Avonmore Community Playschool and how to register for next fall, talk to Jamie by calling 780-465-1941.

League Board

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

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

Choose Capilano Hall for Your Special Event

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

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

To book the hall or for more information, contact Kevin at 780-966-6913 or at capilanoHallrentals@gmail.com, 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.

Capilano Community League - Annual General Meeting

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

Where: Capilano Community League Hall 10810 - 54 Street

What's on? Annual Report, Treasurer's Report, Capilano Community Park Redevelopment update, Capilano Tennis Club Report, Election of Officers
COME OUT TO SEE WHAT IS HAPPENING IN YOUR COMMUNITY. The AGM lasts about one hour, followed by refreshments. ALL ARE WELCOME!

Capilano Community League is on Facebook!

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

Babysitting



Capilano Community League Babysitting Registry

We are always looking for names to add to our babysitting registry. If you are in Junior High or High School, if you live in the Capilano neighbourhood or a surrounding community and have taken the babysitting course, please contact Lana at 780-463-1045. (If you know of a babysitter, please pass this information on to them!)

We are pleased to report that we currently have **32 sitters** listed in our registry. Please contact Lana if you are a parent looking to connect with a sitter.

Free Bike Safety Course - May 13

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

DATE: Friday, May 13, 2016

TIME: 4 - 7 p.m.

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

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

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

Snacks will be provided!

Please contact Laura Mercier at laura.mercier@me.com with any questions.



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>).

2016 Young Life Dessert Night and Fundraiser

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

Date: Sunday May 15, 2016

Time: 7 – 8:30 p.m.

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

For information call: 780-914-6106

2016 Capilano Community Summer Green Shack Program

The Green Shack program is back at Capilano Community Park (10810 – 54 St.) for 2016. The Green Shack playground program will be available for neighbourhood children 6-12 years – dates and times to be announced. A playground leader will deliver FREE playground programs for children that includes drop in sports, games, activities, and crafts.

Capilano Playschool – Open House and Trial Class May 14

Capilano Playschool would like to invite you to come check out our classroom and meet our award winning teacher!

We are currently accepting REGISTRATIONS for the 2016/2017 school year. Our next trial class will be Saturday, May 14 from 9:45 a.m. - 10:15 a.m. followed by an open house at 10:15 a.m.-11:30 a.m. Call 780-802-9307 for information or to secure your spot!

Capilano Playschool offers a choice of our Healthy Apple Program (health and wellness) or a Christian program and has 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 much, much, more.

We are located in Hardisty School (10534-62 Street). For more information or to get a registration package, call 780-802-9307, check out our website www.capilanoplayschool.com, email capilanoplayschool@hotmail.com or find us on Facebook!

River Day at Rundle Park – June 11

Venture just across the river for the 19th Annual River Day at Rundle Park on June 11 from 10 a.m. to 3 p.m. Check out www.edmonton.ca/riverday for more information.

Fulton Place Neighbourhood Garden Tour – June 21 & 22

The Sunshine Garden will be hosting the second annual Fulton Place Garden Tour, to be held on Tuesday June 21 and Wednesday June 22 from 4:30 – 8:00 p.m. See Fulton’s pages for details.

Capilano BIG BIN Event for Community League Members – June 4

Date: Saturday June 4, 2016

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

Cost: FREE to all Community League Members

“Outdoor Bound” Summer Camp – Capilano Hall

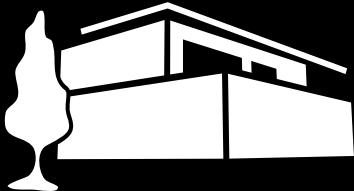
Once again, Capilano Community League is pleased to be hosting a City of Edmonton summer day camp at Capilano Community Hall (10810-54 Street).

Dates: July 4-8, 2016

Ages: 9-12 years old

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

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



ACKARD

contractors ltd.

renovations & new construction

we can deliver the results you'll love.

call today to book an initial consultation

780.414.0686

www.ackard.com

2nd Annual Chili Cook-Off a Success!

Our March 5, 2016 Chili Cook-Off event in support of the Phase 2 Capilano Community Park Redevelopment project was a great success with lots of laughs and tons of fun! \$2,600 was raised in support of the Phase 2 project, but more importantly, it was a wonderful community gathering with a lot of enthusiastic support from our local residents as well as friends and family too! And to top it off, there were 17 delicious chili dishes to sample and vote for! There are so many people to thank who supported our event. We are so appreciative of the time that our elected officials took out of their busy schedules to attend the event. Thank you to:

-- Honourable Marlin Schmidt (MLA for Edmonton-Gold Bar)
-- Ben Henderson (Edmonton Councillor Ward 8) and one of our Chili chefs!

As well, a big thank you to Suzuki Charter School's principal Karen Spencer and Capilano Community League President Brent Larson for attending and being chefs! In addition, thank you to the additional 15 incredible park project supporters who were chili chefs for the event:

--Patti Meropoulos – 1st place chili
SECOND YEAR IN A ROW!!!
--Dallas Moravec (Remax Central) – 2nd place chili
--Rachael Lammie – 3rd place chili
--Randy Fisher
--David Walker
--Kristin Baker
--Derek Perron
--Shelley Svidal
--Carson Jans
--Tom Chaisson
--Carrie Riddle
--Shelley Hiron
--Sharon Boechler
--Darren Somerville

A special thank you to Fargo's Capilano, 50 St. Earl's, Bernice Townsend, Sandy Schaloske and Lorena Franchuk (Curves Bonnie Doon) for donations that came in to support our mini silent auction that also took place during the cook-off.

This event could not have taken place without the efforts of the Capilano Community Park Redevelopment Committee, particularly Heather and Laura. And last, but definitely not least, a big thank you to everyone who came out and enjoyed the event!

Jane's Walk: Free Walking Tour – May 7

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

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

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

Did you know that Greater Hardisty was originally surveyed as river lots in 1883? River lot 37 ran along 50 Street from the North Saskatchewan River to 101 Avenue.

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

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

\$10,000 Donation from Suzuki School!

We are pleased to report that the Suzuki Charter School (SCS) Board of Directors has donated \$10,000 towards Phase 2 of the Capilano Community Park Redevelopment project, on behalf of the Suzuki Charter School community of parents, staff and students. This \$10,000 is in addition to the \$60,000 that Suzuki already donated to our Phase 1 project completed in 2014.

The Capilano Community Park Redevelopment Committee deeply appreciates the significant support provided by Suzuki Charter School and looks forward to continuing this strong partnership in Capilano community.

Boris Vidal, SCS Chair (3rd from left) and Karen Spencer, SCS Principal (right), present Suzuki's \$10,000 donation to the Capilano Community League and Park Committee.

Thank you Capilano Community Park Supporters!

The Phase 2 park redevelopment project – a walking loop, adult exercise equipment, bike bumps course and community sign – will be constructed in 2016. Donor support for our "Park for all Ages" is deeply appreciated. THANK YOU to the following donors who have made generous contributions to the Phase 2 project:

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

Capilano Community Park Redevelopment – Phase 2 Fully Funded!

Our FULL Phase 2 project plan, which includes a 700m walking path, adult exercise equipment stations, a bike bumps course and a community sign, will be installed in 2016. Our final push to meet our fundraising goal went exceptionally well! Our BIG funding news is that we were recently awarded an ADDITIONAL \$42,000 IN CFEP FUNDING from the Province of Alberta in support of our Phase 2 project. The Community Facility Enhancement Program (CFEP) assists communities with construction, renovation or redevelopment of community public-use facilities, thereby helping enhance the quality of life and citizen well-being in communities across Alberta.

Also, as reported in the last issue, residents recently responded with generous donations and Suzuki Charter School donated \$10,000 in support of Phase 2 (see Suzuki story in this issue). Look for more "great news" funding stories in future issues! In 2015, we received significant funding from the Province of Alberta, the City of Edmonton and the Capilano Community League. This funding, in combination with funds raised at events, and recent donations and grants, will allow us to fully complete our "Park for all Ages." We are very excited to have reached the "fundraising finish line!"



Cloverdale Community League Contact Information

Board of Directors

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

Standing Committees

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

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

Community Programs

Contact Janet at janmhardy@gmail.com if you have questions about any of the programs. **Programs wrap up end of May.**

Hatha Yoga – Tuesdays, 7:30 – 8:30 pm
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. Join our new Zumba instructor Rhian on Thursday nights to learn fun dance moves at Cloverdale Hall!

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

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



Have you considered renting the Cloverdale Hall?

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

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



River Valley Cleanup and Pancake Breakfast

Sunday, May 15, 9am-1pm, meet at Cloverdale Hall
Enjoy a pancake and sausage breakfast with your neighbours at 9:00 am. Then it's time to help clean up YOUR Cloverdale Community.
All family members are welcomes and supplies will be provided.
If you plan to attend, please RSVP to Bob at daszuke@gmail .com

Podiatric foot care! 780-466-5290

Dr. Jeannette Furtak, DPM
#302 Capilano Centre
9945 – 50 Street

- * **Nails, callous, heel pain, toe problems**
- * **Foot orthotics**
- * **Appointments Tue - Sat**
- * **Consultation possible en Francais**



Get loud about mental health

Mental Health Week, May 2-8, 2016

Each year, more than 500,000 Albertans visit a doctor about their mental health. Taking care of your health means taking care of your mind too.

Engaging in physical activity, eating healthy foods, practicing gratitude and having fun are all small steps that can improve your mental health and help to reduce stress.

During Mental Health Week, May 2-8, Alberta Health Services wants to remind you to take care of yourself and share how you are making a difference in your own mental wellbeing. Get loud about the positive steps you are taking and encourage others to do the same.

Try these simple steps and challenge your family, friends, co-workers and yourself to better health and wellness.

Start now and take AHS's Mental Health Week Ways to Wellness Challenge from May 2-8 visit: <http://www.albertahealth-services.ca/amh/Page13618.aspx> and tell us what you do each day for your mental health.

Get active

- Physical activity can improve your mood. What's good for your biceps is good for your brain too.

Eat healthy foods

- What we eat can affect how we feel. Eat healthy to feel healthy.

Be kind

- Showing kindness can help you and others feel good, enhances positivity and lifts your mood.

Be yourself

- Appreciating yourself can have a positive impact on your mental health. Get rid of your inner critic by appreciating who you are.

Practice gratitude

- Giving and receiving thanks creates a more positive outlook, which helps to keep you emotionally balanced.

Get your groove on

- Music soothes the soul, pumps you up and helps ease your worries.

Laugh

- Laughter is medicine for the mind and helps to reduce stress and tension.

Follow us and tell us what you are doing for your mental health and well-being:

- Twitter: AHS_be-healthy, https://twitter.com/ahs_behealthy #AHSMHW16
- Facebook: <https://www.facebook.com/pages/Alberta-Health-Services/179579998746821>

For more information or help contact Mental Health Help Line toll-free at 1-877-303-2642, 24 hours a day 7 days a week.



BOOKING NOW! South side Senior discount

Single, Weekly, Monthly.
Full Lawn Services Starting at 100.00*

Spring Clean Ups. PW Rake, Aeration, Blow out, Cut, Clean up

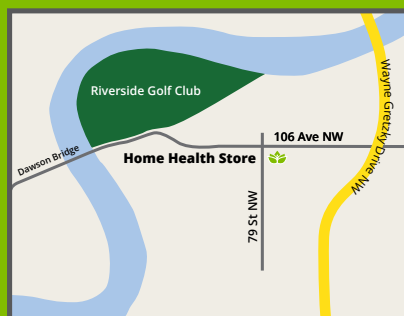
- | | |
|--------------------------------|----------------------------------|
| • Fertilization & Weed Control | • Dog Service yard cleans |
| • Gutter Clean /Repairs | • Debris /Junk Removal |
| • Parking Lot Sweeping | • Litter clean Ups |
| • Tree & Brush Trims | • Over Seeding & Sod Replacement |
| • Concrete Pavers | • Drywall Repairs/Replacement |
| • Power Wash, Homes & Decks | • Wash Windows |
| • Fence Repair /Replacement | • Appliance Pick ups |
| • All Small jobs | • Minor Electrical /Plumbing |

*denotes monthly summer service, cut only

Fast Service – Free Estimates
Geoff Harris PH# 780-497-2781
E-Mail Snowclearing@yahoo.ca



HomeHealth
medical supplies store



Hours

Monday to Friday | 8:30am - 4:30pm

Home Health Store is dedicated to **improving** the quality of your **tomorrows**.

Our knowledgeable staff is always available to answer your questions!

Contact Us

7843 - 106 Ave, Edmonton, AB
Phone: 780-469-8499 | Fax: 780-469-8864
Toll Free: 877-417-9106



order online
www.homehealthstore.ca

- Certified Fitters • AADL Approved Vendor • NIHB Approved Vendor
- WCB/DVA • Member of the Medical Surgical Dealers Association

League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Nicole		Secretary@forestterrace.org
Treasurer	Michelle		Treasurer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Building Maintenance 1	Justin	485-6099	Maintenance1@forestterrace.org
Building Maintenance 2	Ryan		Maintenance2@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Civics	Angela	885-9529	Civics@forestterrace.org
Events	VACANT		Events@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Hall Rental	Molly	466-0585	Molly@forestterrace.org
Indoor Soccer	VACANT	887-3158	Soccer@forestterrace.org
Outdoor Soccer	VACANT	887-3158	Soccer@forestterrace.org
Marketing	Kelly		Marketing@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Neighbourhood Watch	Lyndsey		Safety@forestterrace.org
News Editor	VACANT		Newsletter@forestterrace.org
Programs	Barb	721-9985	Programs@forestterrace.org
Rink	Chris	469-3241	Rink@forestterrace.org
SECLA Rep	Connie	462-1442	SecLa@forestterrace.org
Seniors	Connie	462-1442	Seniors@forestterrace.org
Sign	Angela/Daniel		Signs@forestterrace.org
Volunteers	VACANT		Volunteers@forestterrace.org
Website	Tyler		Web@forestterrace.org

General inquiries: Info@forestterrace.org

Meetings- 7pm 1st Tues, Monthly (excl. July & August)

AGM - PECHAKUCHA STYLE



Join us for a night of inspiration.

Tuesday 07 June 2016,

06:30pm - 08:00pm

Location: 10150 - 80 Street

Forest Heights Community League members will be sharing short presentations about things they are deeply passionate about in our community. This could be the revitalization of our community, volunteers, events, the beauty of soccer, and that cool garden your neighbour has and much more!



Community league membership:

Haven't purchased a 2015/2016 FTH Membership yet? Beginning May 1st, memberships for the current year will be sold at half price! Purchase available at Grower Direct, Shaheen Grocery and Bakery & SEESA Front Desk.

NEW 2016/2017 FTH Memberships will be for sale for the first time at our AGM! Want one for free? Sign up at the AGM for a volunteer position sometime this year, we'll have all sorts of things you can be involved in - from civics promotions, pancake flipping, party planning, data entry, flyer distribution... let us know where your interests lie and how you'd like to contribute and we'll say "Thank-you" with all the benefits of community membership - free swimming, free skating, invitations to events, discounted fitness opportunities, and so much more. We want you to LOVE living in Forest Terrace Heights.

And of course, as always, if you are new to the neighborhood, or have never been a FTH member and just want to try one out, call CoraLee to get one delivered to your door for FREE! 780-430-4307

The Heights Community Garden

Did you know we are building a community garden in the neighbourhood? The Heights Community Garden aims to create a beautiful space that serves as a meeting place for residents of all ages, ultimately aiming to cultivate not only environmentally sustainable and affordable food but also a sense of community.

Are you interested in having a garden bed? Do you have building experience or gardening expertise and want to lend a hand? Do you have any comments about the project? Join us May 7th at the garden site for our Fitness Fundraiser, or e-mail us at garden@forestterrace.org

Fitness Fundraiser!



Please join us in support of
"The Heights Community Garden"

where: 104A Ave & 75 Street

(Green space, west side of the footbridge that crosses over Wayne Gretzky Drive)

when: May 7, 2016

Schedule

9:45am- 10:15am - Low Impact Class
10:30am- 11am - Yoga Class
11:15am- 12pm - Bollywood Dancing
12:30- 1:15pm - Family Zumba

*bring your mat, water & exact change!

Garden@ForestTerrace.org

\$5

MINIMUM DONATION
PER FAMILY/CLASS

OPEN TO ALL
COMMUNITIES!



Community League Walk and Urban Poling

Walk with us Saturdays at 9 am! We have 10 pairs of urban walking poles to share, and for 8 weeks, we will have two community walk leaders (certified Urban Poling instructors) leading our groups. Urban Poling (Nordic Walking) helps burn more calories, they are easier for knees and hips, improve posture, and are adjustable for any age and athletic ability. Levels and duration of our walks are flexible and depend on participants. With two leaders, we can accommodate various levels of walkers. Everyone is welcome.

- Drop-in and free to participate; however, community league membership is required for insurance purposes.
- Saturdays April 23 to June 11 9-10am. The first walk starts at the hall, and subsequent start locations are to be determined.
- Open to any age and ability, with or without poles. 10 sets of urban poles on a first-come, first-serve basis

For more info contact Sharon at walking@forestterrace.org or call (780) 885-9529

Community Walking MAP

Our community will be getting our own Community Walking Map!

There will be a map-making workshop at the hall on September 16th hosted by the City of Edmonton. Residents will provide routes they like to take (variety of lengths), points of interest, photos from the neighbourhood, interesting historical tidbits, etc. and Walk Edmonton will produce the maps with a graphic designer.

The workshop will not be held until September, but please keep it in mind this summer as you walk past your favourite spots (photos?). Or maybe you have some photos of historical value hidden somewhere?

If you have some material to submit, please contact walking@forestterrace.org or (780) 885-9529.



Trivia Night... Pub Style!

Would you be interested in attending a Trivia Night - Pub Style at the Hall? \$2 entry, 1-5 people per team, licensed. Email web@ForestTerrace.org



Forest Terrace Heights community league board openings:

Newsletter Editor:

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

Event Coordinator

- General organization of all Community League events and liaise with Volunteer Coordinator to recruit volunteers
- Liaise with Hall Rental Director to book hall for events and with the Grants Coordinator to access extra funds
- Liaise with the City to access free activity kit rentals

Soccer Coordinator

- We are recruiting for a new soccer coordinator or two. Currently the role is held by one volunteer but we are open to splitting the role- Indoor & outdoor. The opportunity to train with the current volunteer is available and highly recommended.

Volunteer Coordinator

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

Community garden

- We're also recruiting for assistance with the garden build. The tentative build date is May 28 & 29. Interested volunteers can email garden@forestterrace.org or sign up online. For the link to the volunteer signup sheet for this and other events, go to <http://forestterrace.org/volunteer/current-opportunities>



Calling all youth! Want to get your babysitting certificate and earn some extra money this summer?

Forest Terrace Heights Community League is hosting the Red Cross for a babysitting course on Sunday May 29th. The program runs from 9AM - 5PM and is only open to youth. The cost is \$70.00 including tax; with this you get a manual and first aid kit. Upon successful completion of the program youth will receive a Red Cross certificate for babysitting. Once you have your certificate, you can join our community babysitting registry.

For more information or to register please contact Anna with Forest Terrace Heights Community League: Casino@forestterrace.org or 780-485-6099 or Velta with Red Cross at veltasmith@live.com or (780) 464-0660

100in1Day Edmonton: Transform Your City on June 4

If you're taking the time to read your community newsletter, chances are you care about your neighbourhood more than the average person. Sometimes it might feel like you're in the minority, but you're far from alone — you're part of a growing movement. People all over Edmonton, driven by a belief in the potential of this place we've chosen to call home, are shaping our city for the better, one project at a time.

On Saturday, June 4, we're channeling this energy into a daylong, citywide effort called 100in1Day. The goal is for Edmontonians to take one hundred (at least!) small actions to transform unloved spaces and make our neighbourhoods more inviting, more beautiful, more interesting, more fun. It's an ambitious target and we won't be able to meet it without your help. Join us!

Two groups — Make Something Edmonton and CITYlab — are co-presenting 100in1Day, but the actual projects are up to you. No idea is too big or too small. You can do it alone or with family, friends or coworkers.

Not sure where to start? Imagine a lonely alleyway, or an unloved park, or a bare, concrete lot. How much time do you want to spend there?

Now imagine that same alleyway with brightly painted fences and garage doors. Picture that park with seating and shade. See that concrete expanse transformed by colour and a bit of humour. What do these embellishments have in common? They draw people to spend time somewhere they would otherwise pass by. Social spaces arise when you give people a reason to stop and stick around. That's when neighbours discover unexpected connections, that's when community has a chance to form.

There are spaces like this all over Edmonton — spaces that need a fun, quick, temporary, low-cost makeover. They need imagination, effort and hands. You probably know of a few spots like this in your neighbourhood. One of these would be the ideal site for your 100in1Day project.

100in1Day might be new, but the underlying concept is an old one. Edmonton has always been a city built from the ground up. Community Leagues are a perfect example of this spirit. Not everyone realizes that the League system is so unique. Back in 1907, our city became the first in Canada to adopt the idea of organizing on a neighbourhood level. The first program offered by a Community League was, naturally, hockey. Edmonton now has over 150 Leagues — the strongest and most successful of such networks in the country — encouraging participation in recreation, social activities and advocacy at the hyperlocal level.

Whether you're a member of your Community League or not, the fact remains that you have a uniquely valuable perspective on your neighbourhood — you live in it. Your everyday experience makes you an expert in your neighbourhood's strengths and shortcomings. On June 4, turn those insights into action. Share your project with the community. Let's transform the city together on 100in1Day.

Find our more at makesomethingedmonton.ca/100in1Day

Protecting Your Eyesight

Damaging UV Light From the SUN

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

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

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

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

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



Ottewell Eye Care

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



• 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



Rayban Frames 50% off

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



REDUCES HARMFUL BLUE LIGHT FROM DIGITAL SCREENS

Thinking of buying or selling?



Alex Ward, Realtor

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

Thank you for the opportunity to EARN your business!



Community developments

Exciting news for 101 Avenue! The Forest Heights Shopping Centre at 101 Ave and 79 Street was recently selected to participate in the City of Edmonton's Corner Store Program. You may have heard of past participants in the news such as Ritchie Four Corners. The City has also announced they will be undertaking a 101 Avenue Corridor Study. The City and the community need your help to make the most of the corridor study. Keep an eye out for the public engagement workshop in June, and be sure to come share your vision and concerns with the city planners. Check out the articles at the beginning of this paper for more info.

The City's Open House on Patricia Motel was very well attended and a summary of the feedback can be found on their website

www.edmonton.ca/ForestHeightsRezoningProposal.

The follow-up community meeting was also well attended. The most common change requested in the DC2 application was a decrease in the building height as well as more parking (or less parking reductions allowed). The applicant is currently considering responses from the public and technical reviewers. Thank you to all those who have taken an active interest in our community development.

For a recap of planning and development news and more info on what's in store, check out the Civics presentation at this year's Annual General Meeting on June 7th.



Community Camping Trip

Join other community league members July 21 to 24 for a weekend in beautiful Carson-Pegasus Provincial Park!

- Located 2 hrs northwest of Edmonton, (North of Whitecourt)
- Waterfront Group Site C: non-powered site with a group fire pit, shelter, and pit toilets
- Provincial campground has beach area, boat rentals, playground, store, showers, and flush toilets
- www.albertaparks.ca/carson-pegasus/
- Room for 15 large trailers and numerous tents
- **Costs: (with League Membership)**
- **3 Nights: \$75/ RV or Tent**
- **2 Nights: \$60/ RV or Tent**

Limited spots available! Payment secures your spot. For more information, or to book, contact: Andrew (780) 461-5832 evenings or camping@forestterrace.org



Calling All Seniors!

Seniors

- We need your input about things that matter to you in the community. If you would like to volunteer one hour every month or two to participate in discussion regarding local issues and events, contact Connie 780-462-1442 (leave a message if there is no answer) or: connie@forestterrace.org.
- Come to the FREE Seniors Housing event on June 1st. This will be of interest to anyone who is planning to downsize at some point in the future and/or who has an interest in seeing more seniors housing in our area!

Parents n' tots

Parents n' tots group is open to parents/guardians and children 5 yrs & under to come out and socialize with other families. Toys and crafts will be available for children. The group meets once a month at the Forest Terrace Heights community league hall. Contact Barb at Programs@ForestTerrace.org for information, if you would like to help with planning, or have any age appropriate items to donate.

Host an event at the Community League hall

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

UPCOMING at the hall...

May 7th 9:45 am Fitness Fundraiser (at the community garden location: 104A Ave & 75 St)
May 11th 10 am Parents n' Tots
May 11th 7 pm Craft & Hobby Night
May 24th 6:30 pm Community garden meeting
May 29th 9 am Red Cross Babysitting course for youth (registration required)
June 1st 1 pm Seniors Housing event (at Fulton Place hall 6115 Fulton Rd NW)
June 7th 6:30 pm AGM (Annual General meeting – PechaKucha style)
SAVE the date: Community camping trip: July 21 – 24 (Carson-Pegasus Provincial Park)

FOREST TERRACE HEIGHTS HALL



SAME DAY, NEW TIME WEDNESDAYS 8-9pm

May 25 - June 29 (5 weeks)+
Members - \$40 / \$10 drop-in
Non-members - \$50 / \$12 drop-in

Contact Allison to register:
moore4movement@gmail.com or
780-554-0958

+No class June 8



STRATHCONA
LAW GROUP

Providing Direction

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

780.417.9222
www.strathconalawgroup.com

Just minutes away in Sherwood Park! FREE Parking.



100In1Day
Edmonton • 2016

Turn an empty space into an inviting place.

Join hundreds of Edmontonians in taking small steps to make our neighbourhoods more inviting on June 4.

It can be as simple as:

- doing sidewalk chalk art
- playing outdoor games like soccer or bocce ball
- putting out lawn chairs and visiting with passersby
- planting a community garden
- having a community BBQ
- performances or storytelling in a park
- hosting an outdoor movie night

Learn more, get inspired, and share your project at
makesomethingedmonton.ca/100in1Day

#100in1Day
#100in1DayYEG

Presented by
MAKE SOMETHING EDMONTON 



THE TOOTH DOCTOR 9939 75 St 780.75.tooth (86684)

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



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

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



New Patients Welcome

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



Finally Foot & Ankle Pain Relief!

- *Custom Orthotics*
- *Compression Stockings*
- *Radial Shockwave*
- *K-Laser™*

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



Gold Bar Dry Cleaners
& Alterations/Repairs

Cleaning Services Offered:
Leather - Suede - Furs - Wools - Wedding Gowns - Silks - Down Filled Garments - Sleeping Bags - Households

Business Hours:
Weekdays: 7:00am-6:30pm
Saturdays: 9:00am-4:30pm

Specials: *Weekdays only*
Shirts: \$2.99/shirt
Pants: \$6.99/pant
Same Day Service*

(780) 463 4734
5018 106 Avenue NW
T6A1E9 • Edmonton, AB

WHAT IS YOUR **home worth?**

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

Margaret GRANT

REALTOR.ca
PROPERTIES

REALTY EXECUTIVES
Devonshire

FINE ARTS SUMMER CAMPS
Dance, Music & Art Classes

FOR CHILDREN  AGES 4-10 YRS.



3 Creative Camps offered in July & August.
Visit www.marrmac.com or call 780 434-9281

 **VOYAGEUR**
MECHANICAL SYSTEMS INC.
780-777-7173

WE OFFER SENIORS DISCOUNTS & SPECIALIZE IN:
PLUMBING SERVICE ~ HOT WATER TANKS ~ HOT WATER HEATING
SUMP PUMPS ~ DRAIN CLEANING ~ AIR CONDITIONING ~ GAS FITTING
FURNACE REPAIR & REPLACEMENT ~ INDOOR AIR QUALITY

Locally owned and operated since 2003! VoyageurMechanical.Com

minsos | stewart | masson
barristers, solicitors, notaries

PH: (780) 466.1175 Fax: (780) 465.6717
#220, 8723 – 82 Avenue Edmonton, Alberta T6C 0Y9

- Real Estate
- Wills and Estates
- Business Law

Fulton Place

6115 Fulton Road
(780) 466-8140
fultonplace.org

FULTON PLACE COMMUNITY CONTACTS

EXECUTIVE

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

DIRECTORS

SOCIAL DIRECTOR	VACANT	
MEMBERSHIP DIRECTOR	Karen	439-2263
PROGRAM DIRECTOR	VACANT	
FACILITIES DIRECTOR	Shawn	758-7474
WAYS & MEANS	Clayton	819-5926
COMMUNICATION DIRECTOR	Josh	975-0864
SOCCER/SPORTS DIRECTOR	VACANT	

COORDINATORS

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

COMMUNITY PARTNERS

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

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



Join Your Fulton Place Community League!

Cost is \$25.00 for Family, \$15.00 for Individual and \$5.00 for Senior.

Being a member brings you and your family benefits. It includes free access to the ice rink, community swimming, trash day, events, activities, and newsletter information about everything Fulton Place has to offer. Memberships can also be purchased at The Grocery People in Goldbar shopping center 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.

Volunteers Needed For Senior's Tea

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

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

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

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

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

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

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

Contact Jessica at 780-432-8169 or via e-mail at jessica.davies@shaw.ca for more information.

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.**

SPRING INTO FITNESS

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

Class taught by Kelly
Certified Fitness and Pilates Instructor
May 3-June 28.
All 9/classes \$72.00 or drop in for \$10.00.
Contact Kim 780-905-6216 or kimmockford@hotmail.com

Immunization: Be Aware; Get Protected

Alberta Health Services (AHS) is encouraging parents to learn more about arming their children against disease by visiting immunizealberta.ca.

Developed for Albertan parents, together with Albertan parents, the immunizealberta.ca website provides parents with information and support, as they consider immunization for their children.

With answers just a few clicks away, this website simplifies the search for credible immunization information in the crowded online environment. Common questions, concerns and information requests about vaccine safety, immunization and immunity have all been incorporated into a simple website parents can trust.

In addition to arming children against disease, immunization is also important for adults. Benefiting people of all ages, immunization not only protects individuals – it also arms our communities against disease. As more people are immunized, the risk of disease for everyone is reduced.

Adults need booster doses throughout their lifetime, and people may also need additional vaccines if they have certain health conditions, risks or are travelling out of country.

For more information about immunity, immunization, and how to protect your family, visit www.immunizealberta.ca or call Health Link at 811.

Updates from the Sunshine Garden (The Fulton Place Community Garden)

The Sunshine Garden is now looking forward to our second growing season at 6110 Fulton Road (St. Augustine's). Our mission is to enhance personal, neighbourhood, and environmental well-being through a welcoming garden community. We offer a pesticide free, organic garden with 39 raised cedar garden beds as well as communal produce, edible berries, and fruit trees. The garden includes benches, a picnic table, a 3-bin composter, a rainwater harvesting system and a garden shed. Our garden is wheelchair-accessible and welcoming to people of all ages. To learn more about our garden, visit www.fpcommunitygarden.net and www.facebook.com/fultonplacecommunitygarden.

Become a Friend of the Garden

While all of our individual plots have been rented, you can join us by becoming a Friend of the Garden for \$10. As a Friend of the Garden, you will help care for and have access to our 8 communal plots and the edible berries and fruit trees that surround the garden. This type of membership is ideal for people who are new to gardening or people who are away from Edmonton for blocks of time in the summer. To become a Friend of the Garden, contact Sherry at 780-903-4075 or sprokopuk@gmail.com.

Meetings

Our meetings are held from 7-8pm on the third Thursday of every month in the basement of St. Augustine's (6110 Fulton Road). Members and non-members are welcome to join us; upcoming meetings include Thursday, May 19 and Thursday, June 16.

Fulton Place Garden Tour: June 21-22, 4:30-8pm

Join us for our 2nd annual Fulton Place Garden Tour on Tuesday, June 21 and Wednesday, June 22. The tour is self-guided and you only need to attend one of the two dates. The gardens are chosen for quality and variety; each garden has a particular charm with special features including backyard honey bees and chickens! Contact Sheila at 780-468-9218 or hawthorn@telus.net to buy tickets or to volunteer for the event.

Grafting and Pruning Workshop: July 20, 7-9pm

Join us at the garden for a grafting and pruning workshop on Wednesday, July 20 from 7-9pm. Cost is \$15. To register, email fpccgcontact@gmail.com. Stay tuned for more information on the Sunshine Garden web site (www.fpcommunitygarden.net).

City of Edmonton Programs

A great tool for finding programs with the City of Edmonton is a Build Your Custom Program Guide with City of Edmonton programs, check it out here: <http://www.myrecguide.ca/guide/program-guide.php>

Don't want to commit to 8-12 weeks of a program? Why not find out more about Community Drop-In Programs check out: http://www.edmonton.ca/activities_parks_recreation/drop-in-community-programs.aspx

There are also many summer camps available through the City of Edmonton including camps at various recreation centres, the zoo, arts centre, museums, Fort Edmonton, river valley, Muttart Conservatory and more! Please see the City of Edmonton Summer Day Camp Guide for information. http://www.edmonton.ca/activities_parks_recreation/documents/PDF/SummerDaycampsGuide.pdf



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

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

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

 **Honourable Marlin Schmidt**
MLA Edmonton-Gold Bar

Gold Bar

4620 - 105 Avenue
goldbarcl.com

GOLD BAR EXECUTIVE

President	Adam	780-406-9758
Vice-President	Jamie	
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
Fort Road Director	Julie	
Parkway Director	Charlene	780-468-0033
Casino Director	Isabella	780-466-3895

Communications & Programming:

Newsletter/SEV	Sondi	780-468-2237
Sign Director	VACANT	
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 Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

Hall Update

The occupancy permit has been granted so programming and renting may commence! And Isabella has spent dozens of hours on yet another grant so there is now \$ sufficient to complete the kitchen by June 30. Thank you, Isabella, and the entire Building Committee!

Hall Inquiries

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

Babysitting Registry

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

CL MEMBERSHIPS

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



Gold Bar
COMMUNITY LEAGUE

Gold Bar Preschool

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



Neighbourhood Summer Daycamp

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

Monday, July 18 to Friday, July 22, 2016

9:00 am to 4:00 pm

Ages 7-10 years

Cost: \$144

Phone 311 and use Course code: 559643

Community League Meeting: Monday, May 2

The monthly community league meeting will be held in our very own Community League building. Come join in at 7:00 pm – all residents of Gold Bar are always welcome to attend. We are still looking for someone to kindly take the minutes for the meeting, fulfilling the role of SECRETARY. Thanks to the 27 people to attended the AGM last month; the cheesecake and safety message from Constable Frey were both appreciated.

Big Bin Event

Gold Bar Community Members, a deal is in the works for you to participate in a Big Bin event on June 4, in our neighbourhood. Big Bin events are for household items that can't be set out for regular waste collection. Accepted Materials

- Couches, chairs, mattresses, and other household furniture items too large for curbside pickup
- Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
- Computers, televisions and other household electronics (will be recycled)

Watch the CL Facebook page and website for more information.

Upcoming Bingo Dates

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

FORT ROAD BINGO

Wednesday, June 8, 2016 - Afternoon & evening

PARKWAY BINGO

Sunday, May 29, 2016- Evening & Late Nite - Special Tuesday, June 14, 2016 - Evening & Late Nite

Friday, July 15, 2016 - Evening & Late Nite

Saturday, August 13, 2016 - Afternoon



Gold Bar Communications

To submit an item for the JUNE 2016 SEV in the Gold Bar section, email SondiAmber@gmail.com or call SONDI at 780-468-2237 by MAY 22.

FREE Community Swim

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

Community Rink

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

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!

Oral Health: it's about more than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems such as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day (in the morning, and before bedtime), and be sure to visit an oral health professional regularly, for routine cleanings and check-ups.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For tips on proper brushing and flossing technique, and the importance of routine dental care, visit www.myhealth.alberta.ca and search "mouth and dental health".



Greg Farrants
Carpentry & Gardening
780-239-3331
gregfarrants@gmail.com
Fences, decks, roofing, windows & doors, wall & structural framing, renovations, additions, flooring, finishing work, concrete work, & more. Phone or email for a consultation and estimate. Affordable pricing, quality work & professional service.

Stroll for Liver Foundation

The Canadian Liver Foundation's Stroll for Liver is a fun, family friendly outdoor walk / run to raise awareness of liver disease, and support research and treatment of liver disease.

The Edmonton Stroll for Liver will be held on Saturday, June 4, 2016 at Emily Murphy Park.

Registration and collection of pledges will begin at 9:00 AM, with the walk starting at 10 AM, followed by refreshments and prizes for the top fundraisers.

Funds raised will support liver disease research.

To register for the Stroll, visit www.strollforliver.ca and click on the Edmonton Stroll, or call us at 1-888-557-5516.

For information on sponsorship, please contact:

Debralee Fernets
Regional Manager – Alberta
Canadian Liver Foundation
403-276-3390
debralee@liver.ca

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.

Holyrood Community League Contacts

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

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

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.

Landscaping Volunteers Needed

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

Holyrood Haul-Away

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

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

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

Lovely Loo

In response to a wish for public washroom facilities at our park, the Holyrood Community League has decided to provide a porta potty onsite for spring and summer. Need a washroom while at the playground and spray park? LOOK no further!



HOLYROOD

**HOLYROOD
CASINO -**

**JULY 31st and
AUGUST 1st, 2016**

The Holyrood Community League Casino will take place on Sunday July 31st and Monday August 1st (Civic Holiday) at Baccarat Casino, downtown. We are looking for 20 more volunteers to work either a day or a night shift.

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

For more information about the upcoming casino or to sign up, please email Justine at secretary@holyroodcommunity.org or call 780-462-1513.

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/>).

**ANNUAL
GENERAL
MEETING**

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

Find out what's happening in Holyrood, learn more about our spray park grand opening, mural unveiling and rink renewal plans. Help elect our new board and join us in recognizing our fabulous volunteers! Wine and snacks served. Babysitting provided. ****Free 2016/17 HCL Memberships to all who attend**** We look forward to seeing you!

Wonderful Winter Thanks

The Holyrood Community League would like to thank our ice maker, Dennis MacDonald for another exceptional year. Dennis spends many hours at the rink and is dedicated to making and maintaining great ice.

We would also like to say a huge thank you to this years rink attendants: Ben Leszczynski, Gavin Craik, Anders Cerezke-Riemer, Patrick Wilson, Greg Roy, Chris Heit and Daniella Melanson.

These rink attendants volunteered their time to ensure members of the community were able to use the ice at night, had nets to play hockey, had access to bathrooms and a place to change and warm up.

Thank you!

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@holyrood-community.org for more information.

HCL PROGRAMS

Yoga - All levels welcome!

Mondays

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

Cost: \$12 drop-in.

Contact Lyle Cott: dog08@shaw.ca

Parents and Tots Playgroup

Parents and caregivers of babies, toddlers and pre-schoolers (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

Holyrood Basketball Courts

3:30pm-4:30pm Preschool focus (ages 4-6) - Training Wheels

4:30pm-5:30pm Child focus (ages 7-12) - 2 Wheels

5:30pm-6:30pm Family Focus (all ages) - Training Wheels or 2 Wheels

Ottewell Dental Clinic

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

WELCOMING NEW PATIENTS!

Comprehensive Family Dental Care
Insurances Billed Directly



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



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

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

SAVE THE DATE: "Holyrood Hose Down"

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

Plunge into the fun at our HOLYROOD HOSE DOWN!

"Ribbon" cutting ceremony at 1:30, followed by a cascade of water activities for all ages, such as:

- ☐ Build-a-boat
- ☐ Bubble Station
- ☐ Water Sponge Launch
- ☐ Water Gun Battle will be held in the skate rink. Some squirters available, or BYO!
- ☐ Fly Fishing demonstration on tying your own lures

PLUS: **Soak** in the live surf music by The Tsunami Brothers!
Light refreshments available, as well as HCL memberships for sale.

Engulf yourself in some neighbourhood hoopla, and splash on over to join the celebration!
(Why not dabble in a volunteer role? Contact social@holyrood-community.org to drench yourself in community spirit)

Edmonton Leisure Access Program

(free admission to city of Edmonton Recreation facilities and attractions)

What is the Leisure Access Program?

The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions including: 9 swimming pools, fitness centres, Edmonton Valley Zoo, and Fort Edmonton Park. And it provides discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

Who can get a card?

You may qualify if you meet the following:

- if you are currently on an approved government program (AISH, income support, health benefits, etc.)
- have low income
- are a recently landed immigrant or refugee

How can I get a card?

You will have to apply for the program by submitting an application form and required documents.

How can I get an application form?

- at any City of Edmonton leisure sports & fitness facility
- www.edmonton.ca/lap
- 780-496-4918
- 14th floor, 10004 - 104 Avenue, Monday-Friday, 8:30am-4:30pm

League Contacts

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

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

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

Annual General Meeting

We will be conducting our AGM this year on June 14th at 6:30pm. Pizza and refreshments will be served at 6:30 with the business part of the meeting starting at 7:00pm. Please RSVP to Idylwylde.community.league@gmail.com if you plan to attend, so we can make sure we have adequate food and reports.

Board Volunteers Wanted

Want to gain valuable non-profit experience? Consider joining our Board of volunteers! (No experience necessary) It's a great way to get to know your community and city better, while gaining experience and getting the reward of building great things in your community. We are currently in need of a Vice-President, Publicity chair, and Social chair. Send questions and inquiries to Idylwylde.community.league@gmail.com

Hall Rental Coordinator Wanted

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



Get Out Your Green Thumbs!

With spring around the corner, sign up to take part in our beautiful community garden. All the work is co-op based and so is the harvest, no experience necessary. Contact gardenidylwylde@gmail.com if you want to join us!

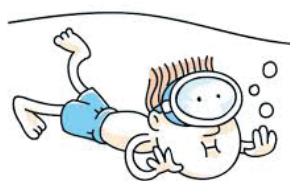
Little Free Library

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

Parents & Tots Group

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

Community League Swim



From September 12 to July 2
(Check ICL bulletin board for summer schedule)

Saturdays 6:00-7:00 PM &
Sundays 4:15-5:45 PM

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

Community Fitness Programs

Classes are free of charge for Idylwylde Community League members. Please remember to bring your ICL membership card. Membership cards will also be available for purchase at classes. We are happy to provide these classes free of charge to our members, in lieu of a fee, **please consider bringing donations for the Edmonton Food Bank.**

Spring into Fitness Class

From May 4 to June 29
Every Wednesday 7:00 PM to 8:15 PM
Classes taught by Kelly Bray, a certified Fitness & Pilates instructor.
A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment. A pair of runners, a mat and a water bottle is all you need.
Dress comfortably as you are going to sweat!

Pilates Mat Class

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



Big Bin Event and Yard Sale

Yard Sale collection: Saturday June 10 from 7pm to 9pm and June 11 from 9am to 11am at the Hall (8631 81 St.)

Yard Sale: Saturday June 11 from 11am to 4pm at the Hall (8631 81 St.), we will be open to the public, so come early for the best deals!

Big Bin Event: June 11, from 11am to 4pm (or until the bins are full) Bins will be located in the rink, with access on the east side of the rink from the alley. Big Bins are available to Idylwylde Community League Members only, so please bring your membership card for access.

Materials Collected for the Big Bins:

- Couches, chairs, mattresses, carpeting and other household furniture items too large for curbside pickup.
- Broken toys, home construction/renovation materials, scrap metal
- Large household appliances without CFC's (refrigeration), such as washers and dryers
- BBQs, lawnmowers, etc. (drained of all fluids)
- Computers, televisions and other household electronics

Materials that will not be accepted in the Big Bins:

- Commercial Waste
- Household Hazardous Waste (items listed on www.edmonton.ca under "Household Hazardous")
- Fridges, freezers or air conditioners
- Tires

For more information please contact Idylwylde.community.league@gmail.com



Shift to healthy eating at work

Did you know that employees spend about 60 per cent of their waking hours at work and eat at least one meal while on shift? This means that making healthy food and drink choices at work can have an impact on our health and energy levels.

This year Alberta Health Services dietitians are sharing tips on how to Shift to Healthy Eating at Work.

Fueling for your Workday

- ☐ Kick start your day with a nutrition packed meal such as: low fat yogurt, fruit and a oatmeal
- ☐ Energize your day with a healthy mid-shift meal. Have a wrap or sandwiches paired with veggies.
- ☐ If eating out, choose restaurants that offer healthy choices. Downsize large portions by packing half to bring home for later or split an entrée with a co-worker.

Rethink your Drink

- ☐ Keeping well hydrated will help you stay alert. If you find water "boring," try flavouring it with lemon, cucumber or fresh mint.
- ☐ Limit sugary drinks such as regular pop, sports drinks, and sweetened hot drinks such as hot chocolate or slushy drinks.

Survive the Mid-Shift Slump

The mid-shift slump is often caused by the body's internal clock sending signals which cause drowsiness at night and during the mid-afternoon. Healthy habits can help keep you energized throughout your shift.

- ☐ Don't skip meals.
- ☐ Choose healthy foods, including protein (lean meats or nut butters) at meals and breaks.
- ☐ During your break, go for a brisk 10 minute walk or longer if possible.
- ☐ Connect with others. Chat with a co-worker also on break.
- ☐ Opt for a walking meeting, when possible.

The food and drink choices you make while at work play a major role in maintaining your health and energy levels.

For more ways to Shift to Healthy Eating at Work visit: healthyeatingstartshere.ca.



Bicycle Helmet Safety

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

Getting informed

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

Getting started

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



Getting the right fit

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

KCL League Contacts

Executive			
President	Meghan	780-450-0534	president@kenilworthcommunity.com
Vice President	Loida	780-953-1062	
Secretary	Jason	780-394-3902	
Treasurer	Colleen	780-469-7661	
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Memberships	Barb	780-466-2360	
Adult Programs	VACANT		
Children's Prog.	Scott	780-466-2360	
Summer Programs	VACANT		
Capital Projects	Gary	780-466-7591	
Grant Applications	VACANT		
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Rob	780-707-8204	
Publicity/Website	Martine	780-466-9444	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

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

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

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

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

New Volunteer Opportunities



Publicity – currently open. Please contact Martine @780-466-9444 for details. Other opportunities still available are: Soccer Director, Adult Programs, Summer Programs, Grant Applications, Bingo Alternate.

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

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary Community League Membership. This is a great way to meet community residents and contribute to your community.

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

Toddler Time is back!

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

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

Babysitting Registry

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



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

Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website www.kenilworthcommunity.com

KCL Hall Rental Rates: (Seating 160)

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

Damage Deposit	\$250/day rate	\$550/day rate
	\$450/weekend	\$550/weekend

***Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details. To book the hall, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.**

CONTACT US!

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

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

Next Executive Meeting: Monday, May 9th, 2016 @ 7pm

Southeast Voice Newsletter Deadlines

Submissions for the June 2016 issue of the Southeast Voice is due Thursday, May 12th, 2016. Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

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.

KCL Community Bin Event

Sunday, June 5th, 9am – 4pm, or until bin is full. Please show your Kenilworth membership to participate. 2016/2017 Memberships will be available on site for purchase.

Neighbourhood Watch

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

KCL Adult BBQ

Spring is here and it's time to reconnect with your neighbours at the Kenilworth Community League Spring BBQ.

This adults-only event is being held on **Saturday, May 14th.**

For tickets – call Dan at 780-469-2019.



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.

Christmas in July

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

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

Come Join Us Strength/Cardio Class

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

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

Please email me at totalbalancepersonaltraining@gmail.com to register.
cepersonaltraining@gmail.com to register.

Community Swim

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

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

Please remember to bring your KCL Membership!

Bingo Volunteers Needed!

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

Next Bingo's:

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

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

Help Stamp Out Crime in our Neighborhood!

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

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

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

Ottewell Community League Executive and Board Members

Executive:

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

Board Members:

Bingo Co- Chair – Kyla
Casino Chair – Vacant
Rentals - Corinne
Grants – Mark H
Bylaws – Leona
History of Ottewell Committee - Andrea (Looking for more members of this Committee)
Indoor and Outdoor Soccer Director – Glen
Parent and Tot Team Lead – Whitney
Summer Playground Chair – Colleen
Social Team – Lori, Debbie, Bri, Cheryl/Dennie
Playschool Chair - Katherine
Rink Chair – **OPEN**
Maintenance Chair – **OPEN**
Civic and City Liason Chair - Matt

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

Representatives:

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

All Positions are volunteer positions.

Please send all inquires via email to ottewell2212@gmail.com 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 at Ottewell Hall

April 18 - June 27

Monday Nights – 7 – 8 pm with trained instructor

\$90 Sign up for 10 weeks and get your first class for free

Drop in fee - \$12

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.



Jazz and Reflections

Jazz and Reflections is a series of five Sunday afternoon concerts featuring some of Edmonton and area’s best known musical talents. Each week, until May 8th, will feature a different performer and/or group. The featured performer of the week will be displayed on the sign outside of the church. The 1½ hour long program will include a short reflection before a brief intermission. Admission is by donation at the door. All concerts begin at 3:30PM at Ottewell United Church, 6611-93A Avenue, Edmonton. Elevator available at the church.

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 – New Day and Time

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. Thursday Mornings from 10am-12noon - Primrose Place Family Resource Center 6311 92Ave. January 5TH - June 28TH 2016 (Drop In)

ANNUAL GENERAL MEETING

Ottewell Annual General Meeting

Tuesday May 17, 2016 7 pm

Tuesday May 17, 2016
Ottewell Hall
6:30 – 7 pm – Speaker: Gardening Expert from Muttart Conservatory
7 pm – 8 pm AGM. Hear what your League has accomplished this past year.
Refreshments and babysitting will be provided.

Upcoming BINGO Dates at Parkway Bingo

All funds raised support Ottewell Community

Dates for BINGO - May 7, 2016



Community League Meetings

Appreciate any time that you can give to your community!
Come join your neighbours at the OCL meetings!
3rd Tuesday of every month!
We welcome everyone to attend and see what is happening in our Community!

Community Patrol

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

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 @ottewellevents

Community Swims

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



Work-Out at Ottewell Junior High School

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

Ottewell

Babysitting Registry

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

Evening Kickboxing

Foxy Kickboxing for ladies only! - we'll turn you into a knock-out!
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.

Donate your time for Ottewell

Ottewell Community League would like to enhance our Hall and grounds this year.
BINGOs help us to raise these funds so we can make these improvements. If you would like to help out and donate some of your time to work at our designated BINGOs during the year it would be truly appreciated. To get on our Bingo volunteer list please email oclbingo@gmail.com
Upcoming dates for our Parkway Bingo's TBD.

Ottewell Scouts - Calling all Gardeners!

The Ottewell 120th Scout Group will be holding a Compost Fundraising Sale at
Ottewell United Church – 6611 – 93A Ave
Saturday May 14, 2016|
9 am – 3 pm
The price per ~ 40lb bag of compost is 5 bags for \$40.00, 3 for \$25.00 or \$10.00 for 1 bag.
To pre-order your bags for the sale:
email: 120compost@gmail.com - include your name, phone number, and number of bags.
Funds raised will go towards our trip to the 2017 Canadian Jamboree Scout Camp held in Halifax.

Ottewell Community League Presents:

1st Annual

Outdoor Movie Night

Friday June 24, 2016

Featured Film: Star Wars – The Force Awakens

Event start: 7 pm Ottewell Hall. Food trucks and concession will be on site.
Activities for the whole family: Giant soccer balls, potato sack races and more.....

If you would like to volunteer for this fun evening and meet new people please contact:
Bri at OCLevents@gmail.com

Volunteers needed for Outdoor Movie Night

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



100 YEARS

SELLING YOUR HOME?

CALL NOW FOR A FREE MARKET EVALUATION



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



MULTIPLE LISTING SERVICE



NOW ACCEPTING
RESERVATIONS

MORE TIME MORE CHOICE MORE FREEDOM

Luxury Retirement Living



MORE TIME

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



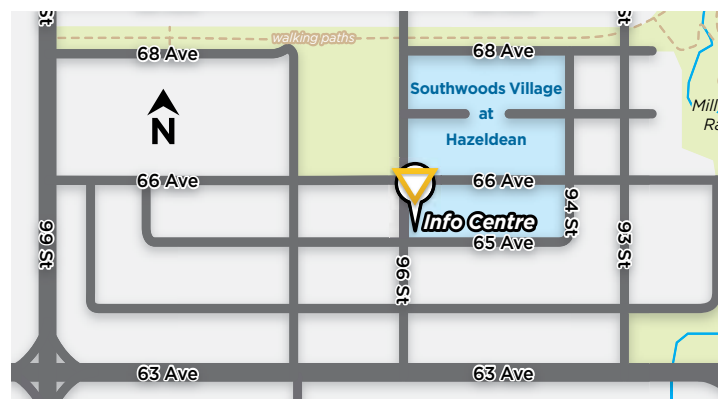
MORE CHOICE

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



MORE FREEDOM

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



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

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

CDLHomes.com



Board of Directors

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

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

Upcoming Events:

Wired Wednesday

May 04, 2016
7:30 – 11:00
The Wired Cup, 9418 91 Street
The first Wednesday of the month, community members can enjoy a free beverage.

Community Casino

May 28 & 29, 2016
Century Casino, Edmonton
(See Below)

Community Cleanup

Our yearly Community Yard Sale and Clean-Up happens on Saturday May 7, 12:00 - 15:00 at Silver Heights Park. We can always use some spare hands to help clean the park and the community hall. See you all there!
As an added bonus, join us earlier at 11:00 for our 2016 Jane's Walk! See our social media and e-newsletter for further details.

Green Shack Shaker

Come join us on June 28 starting at 17:00 (till 19:30), as the Strathearn community league will be hosting our 5th annual Green Shack Shaker. The event has been a huge success over the years with many in Strathearn and from our neighbouring communities coming out over the course of the night. The evening will be filled with fun, food and games. More information coming soon!

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 on-line Sign-up and reminder tool) to organize our upcoming Casino shifts.

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

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

AGM

Strathearn AGM

As you are all aware, many new developments are happening in Strathearn both short and long term, and your community league is helping plan our next AGM on June 6, 2016. Join us at the community hall for updates on neighborhood renewal, LRT, Ecole Publique Gabrielle Roy, open board positions, plus much more Strathearn info. Watch our website, www.strathearncommunityleague.org for more information about this meeting.

Neighborhood Renewal

We have preliminary data from the neighbourhood renewal open house, where we asked citizens if they support an upgrade on the street lighting. 74% of those who responded voted yes to upgrade the light poles and arms. The community league will be formalizing this process and need to respond to the City of Edmonton by early July. Watch our website and social media for updates to our fast approaching neighbourhood renewal project. As always, contact us if you have any questions or concerns.

Community Soccer Update

Soccer is a go and begins the first week of May. We have 2 U6 teams and 1 U8 team! Please ensure that your (over 32!) children are prepared for perfect to moderate weather and see you all at the games. Email us if you have any questions.



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
f t LindaDuncanMP



Call The Dunham Team Today

780 - 466 - 0418

**Greg
Dunham**

780-964-1469
gdunham@telus.net

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



encore



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



West Capilano: Executive bungalow, Shows 10 out of 10, Ensuite off the master Bedroom, RV Parking and Double attached garage.



Fulton Place: 2+1 Bedroom Bungalow substantially upgraded, newer kitchen, windows, shingles, sewerline and moreTURN KEY PROPERTY



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



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



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