

# SOUTHEAST VOICE

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

November 2016



Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

THE SOUTH EAST COMMUNITY  
LEAGUE ASSOCIATION  
PRESENTS

## KICK-FLIP

featuring The 11 O'Clock Number  
in a full-length, fully-improvised  
production about Skateboarding

Disclaimer: You do not need to know anything about skateboarding to enjoy  
this show!

WEDNESDAY, NOVEMBER 23, 2016

DOORS/DRINKS AT 6PM

SHOW AT 7:30PM

L'UNITHEATRE

8627-91 STREET

Tickets \$40 (plus applicable fees)

Tickets available at:

<http://kickflip.eventbrite.ca>

Beer, Wine & SECLA-tini available for  
purchase

Door Prizes, Silent Auction, 50/50 Draw &  
Serious Laughs!

A fundraiser in support of the  
FULTON RAVINE SKATE PARK PROJECT



## Fulton Ravine South park project

As readers will know, the skateboard park across from the Capilano mall was completed in 2014 and it has received very positive feedback from those who use the park, as well as the general public and businesses in the area.

Local area community leagues are working together to raise funding to assist in the next steps for this park space. The first requirements are for the completion of a seasonal parking lot which will support this outdoor recreation facility and the programs it offers, and for the planting of trees and shrubs. Once these elements are completed, we look forward to adding additional elements to enhance the park for all ages.

The anticipated costs to complete the grading, parking area, and plantings are estimated at \$250,000, with an additional \$25,000 in contingency costs. With grants and other accumulated funds, SECLA anticipates having \$200,000 funding available to contribute by the 2017 construction season. We are asking for the support of the community to help us raise the additional \$75,000 required to enable SECLA to commit to construction in 2017. Our first community based fundraiser "KickFlip" is a night of improv at La Cite Francophone.

**The KickFlip improv** event promises to be great entertainment for all ages. There will also be a silent auction with numerous items of interest. This is an important fundraiser for the park project, so please buy your tickets now. If you are not able to attend, tickets would make a great gift for friends or family! Tickets are available through Eventbrite.

## Kick Flip

Strathearn is hosting an improv event on November 23 to support the Fulton Ravine Skate Park project.

This event promises to be a fun evening in addition to supporting a fantastic park that has been a wonderful addition to our part of the city!

Tickets can be purchased at [kickflip.eventbrite.ca](http://kickflip.eventbrite.ca); it's going to be a great evening out!

Here's the details:

Wednesday, November 23

Doors/Drinks 6PM

Show 7:30PM

L'Unitheatre (8627-91 Street)

Beer, Wine, Door Prizes, Silent Auction, 50/50  
and Serious Laughs!

## Special Events Workshop

CITY OF EDMONTON

Would you like to learn how to start planning a special event in your community? Learn about the first steps to apply for permits, as well as tips and tricks for planning your next special event.

**Date:** November 22nd

**Time:** 6:30pm – 8:30 pm

**Location:** Small Auditorium - Central Lions  
Recreation Centre 11113-113 St. NW

TO REGISTER FREE CALL 311 COURSE CODE:  
58641 or Online @ [eReg.edmonton.ca](http://eReg.edmonton.ca)

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](mailto:andyv@telus.net)

**I love referrals they make  
my world go round!**

**RE/MAX** Elite

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

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



## National Child Day 2016 – It's Our Right to Belong

Celebrate National Child Day at Edmonton Public Library on Sunday, November 20th. This year's theme is It's Our Right to Belong. Come in and get your Passport to Play and join your child for this fun, station-based program that promotes learning through play, and take away ideas and activities for more learning and playing at home. No registration is required. Activities will vary by branch. Capilano will have stations set up from 1-5pm and Idylwylde from 2-4pm. Check out [epl.ca](http://epl.ca) for more details and program times at other locations.

## Mayors' Forum: Building Strong Communities

The Edmonton Public Library is pleased to host Edmonton Mayor Don Iveson and Calgary Mayor Naheed Nenshi on December 7th, 2016 as part of the Forward Thinking Speaker Series.

Alberta was built on our people's industrious nature, innovative mindset and resilient resolve. Through the oil booms and the economic downturns there's an innate fighting spirit that pushes Albertans to find solutions, work harder and make our province the most desirable place to live. We're fortunate to call this great northern city home, but there's always room to make Edmonton even better. This forum with Edmonton Mayor Don Iveson and Calgary Mayor Naheed Nenshi, and moderated by Paula Simons, will inspire, inform and motivate you to find meaningful ways to contribute to our communities, cities and province.

**WHEN:** Wednesday, December 7, 2016, 7:00pm (Doors open at 6:00pm)  
**WHERE:** Chateau Lacombe Hotel  
**TICKETS:** \$10 for General Admission and \$75 for VIP tickets. Tickets go on sale starting at 10am on Wednesday, November 2nd on Eventbrite.

All ticket proceeds support the Stanley A. Milner Library revitalization project. If you have any questions about this event or with the ticketing process please email [events@epl.ca](mailto:events@epl.ca).

Featured programs in November at the Capilano Branch include:

- English Conversation Circle (LACE program): Wednesdays at 6:30 pm – ongoing drop-in
- Book Clubs of EPL – The Battle of Alberta (adults): Monday, November 21 at 7:00 pm.
- Adult Colouring Night – Thursdays, November 10 and 24 at 7:00 pm.
- Puppet Show (all ages): Tuesday, November 15 at 2:00 pm.
- Minecraft Club (kids) – Thursday, November 17 at 3:00 pm.
- Tech Time: Computer Basics (adults) – Friday, November 18 at 10:30 am.
- Sing, Sign, Laugh, and Learn (0-3 years): Tuesdays, Wednesdays, and Saturdays at 10:30am – ongoing drop-in.

Featured programs in November at the Idylwylde Branch include:

- Langue de mon cœur (pour toute la famille) : Les samedis à 11h00
- Family Storytime: Saturdays, November 12 and 26 at 2:00 pm
- Pop-Up Makerspace: Saturdays, November 5 and 19 at 2:00 pm
- Introduction to Basic Budgeting (adults) : Monday, November 7 at 7 :00 pm.
- Board Game Night (adults): Thursdays, November 10 and 24 at 7:00 pm.
- Adult Colouring Night – Thursdays, November 3 and 17 at 7:00 pm.

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

## SEEECCC UPDATE

[www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast)

SEEECCC or Southeast Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionate and committed to nurturing young children in the community.

We are excited that November 20 is National Child day, a specially designated day to mark Canada's signing of the United Nations Declaration of the Rights of the Child and the adoption of the UN Convention on the Rights of the Child. Most importantly, it's a day to remember children need support, encouragement, and respect to reach their full potential – and we each have a part to play.

There are many ways to participate in this special day including attending the celebrations that SEEECCC and EPL are planning (more info below).

## UPCOMING EVENTS

### FREE PRESCREENING EVENT – MONDAY, NOVEMBER 21 FROM 10am – 3pm

SEEECCC is working together with Community Options to offer a FREE Prescreening Event. Families are invited to bring children ages 2 ½ – 5 to Fulton Place Community Hall (6115 Fulton Road) on Monday, November 21 from 10am – 3pm. Community Options will have certified staff available to do screenings/assessments for children whose parent(s) / guardian(s) would like to check if their child's development, speech, and language abilities are age appropriate.

For more information contact the SEEECCC coalition assistant (Jenny at 780-435-6328 or [jenny.samm@outlook.com](mailto:jenny.samm@outlook.com)).

## City Services & General Information

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

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

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

## Winter Fun Fest Planning Committee Members Sought

What is the future of Winter Fun Fest in Southeast Edmonton? Should this continue to grow? Should this become a SE Initiative rather than a city driven one? Are you interested in learning more about how to coordinator a larger festival, or have some great ideas for the future of this festival?

The CRC's in SE would love input from you at an informal meeting. We are looking for individuals who would be interested in becoming park of this working committee alongside area CRC's. If you are interested in learning more, come check it out. Contact your CRC to confirm your interest/attendance.

- Thursday Nov. 17th @ 7:00 pm
  - #221 Bonnie Doon Mall
  - To Register :
- Call Lynn @ 780 496 5926  
Susan 780 496 1470  
Paul 780496 5924



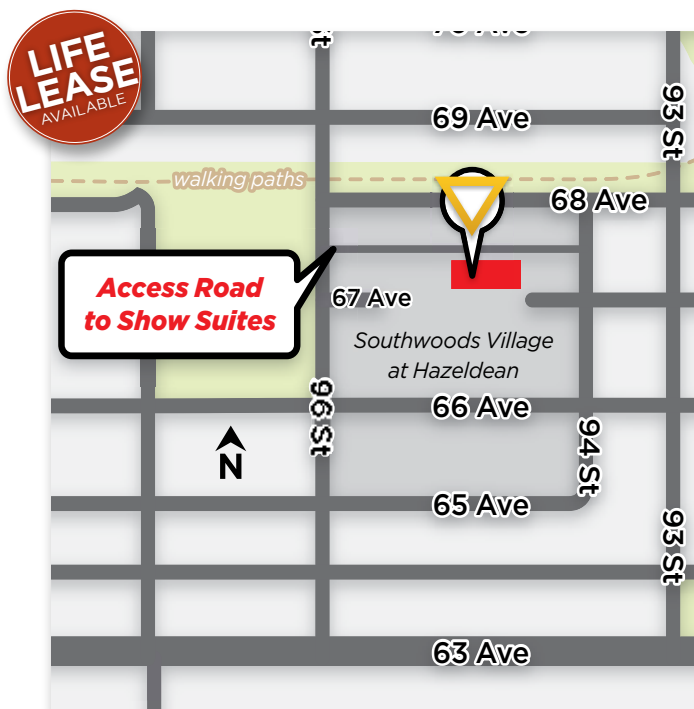




SHOW SUITES NOW OPEN

MORE FREEDOM MORE TIME  
MORE CHOICE

## Visit Our **New Show Suites**



You are invited to visit our new professionally decorated show suites in Southwoods Court North, Phase 1 of Southwoods Village at Hazeldean.

Located in the beautiful community of Hazeldean, Southwoods is a retirement community that is centrally located and close to many amenities, walking paths and the Millcreek Ravine.

Ask About Our **Leasing Options**

### Building **Features:**

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

For more information about Southwoods visit our show suites at **9430 67 Ave** or call at **(780) 975-2509**. Show Suites Open daily 1 PM to 5 PM

**CDLHomes.com**



# Suicide prevention – understanding and the signs Being aware of the signs of suicide can help someone at risk

Suicide affects people of all ages and genders. Each year more Albertans die by suicide than motor vehicle collisions. As a result, many Albertans have been impacted by losing someone to suicide.

Suicide is a preventable tragedy that starts with learning how to recognize the signs that someone may be suicidal.

Although not all people show warning signs, most suicidal people show signs of their distress. Being aware of these signs can help someone identify and talk to a person at risk.

There are many different warning signs and being aware of them is an important step in helping to prevent suicide. Talking to someone who may be suicidal does not put the idea in their head. In fact, being able to openly discuss suicide lets the person know you care and can make a difference.

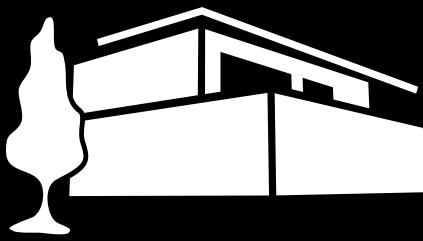
Some of the suicide warning signs include:

- Talking about suicide or a plan
- Making statements about hopelessness, helplessness or worthlessness
- Showing a loss of interest in pleasurable activities
- Personality changes
- Becoming cheerful after a period of depression, which may mean the individual has already made the decision to escape their problems through suicide.

Suicidal people are in pain and want their pain to end, but do not necessarily want to die. Talking about suicide provides a clearer picture of how the person feels so they can get the help they need.

If you or someone you know needs help, please call: Health Link at 811, or one of the following help lines:

- Addiction Help Line: 1-866-332-2322
- Child Abuse Hotline: 1-800-387-5437
- Family Violence: 310-1818
- Kids Help Phone: 1-800-668-6868
- Mental Health Help Line: 1-877-303-2642
- Suicide Prevention: 1-800-784-2433



# 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

## 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

www.greenwayspodiatric.ca







# The Medicine Shoppe<sup>®</sup>

## 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](http://www.medicineshoppe.ca)



### Transferring your prescription is easy

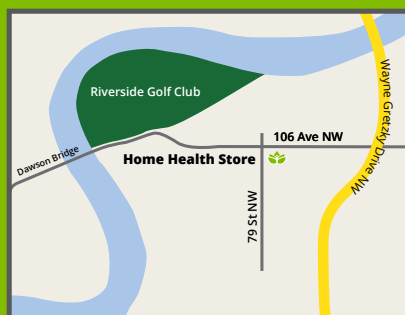
With a simple exchange of information and no trouble at all, you can start to enjoy the one-to-one service and pharmacy-only focus that makes the move to The Medicine Shoppe Pharmacy a healthy one.



**FREE Accu-Pak with a prescription purchase**



**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](http://www.homehealthstore.ca)

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

## League Contacts

President	Nathan	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
Vice President	Lisa	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
Secretary	Vacant	secretary@avonmore.org	Sign	Bob	Director4@avonmore.org
Treasurer	Ken	treasurer@avonmore.org	Memberships	Wendy	membership@avonmore.org
Hall Rentals	Tanya	hallrental@avonmore.org	Playschool	Jamie	playschool@avonmore.org
Programs	Elizabeth / Sherry	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a> <a href="mailto:programs2@avonmore.org">/programs2@avonmore.org</a>	Grants	Lisa / Scott	grant@avonmore.org
Rink	Vacant	rinkcoordinator@avonmore.org	Communications	Nikki	communications@avonmore.org
Soccer	Lyne/Boris	<a href="mailto:sports@avonmore.org">sports@avonmore.org</a> <a href="mailto:sports2@avonmore.org">sports2@avonmore.org</a>	Volunteers	Ginette	<a href="mailto:Director2@avonmore.org">Director2@avonmore.org</a>
Civics	Norm	civics@avonmore.org			

## Kids' Winter Breakfast party

Saturday | December 3 | 10 AM  
• Drop the kids off at the hall in pajamas! (pssst...a great time to go shopping!)  
• Breakfast buffet, crafts and games  
• email Sherry for details:  
[programs2@avonmore.org](mailto:programs2@avonmore.org)

## Adult Shinny Hockey

The Winter shinny season starts on October 7th and will run on Fridays for 1.5 hours at Kenilworth Arena.

For more information contact Boris at [sports@avonmore.org](mailto:sports@avonmore.org).

## Music and Movement for Children

Join us for a great new program in Avonmore for children ages 1-5:

- December 1, 2016
- February 23, 2017
- May 18, 2017

Avonmore Community Hall  
(7902 - 73 Avenue)  
Doors open at 9:00 A.M.  
Program runs 9:15 - 9:45 A.M.  
For information, contact Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org)

## Avonmore Hall Rental

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

## Volunteer Opportunity: Skate Shack Monitors

If you're a responsible adult and a regular skater on the Avonmore rink, consider being a skate shack monitor.

On days/nights when lots of folks are out skating it's always nice to have the shack available to warm up and store boots.

If you're available to help occasionally, email Boris: [sports@avonmore.org](mailto:sports@avonmore.org).

## Avonmore special events committee

We have recently formed a committee to help bring about new ideas in our community.

Have a great idea for a program or special event in Avonmore? Do you like to plan and organize events? Are you able to help out on event days occasionally?

If you answered yes to any of these questions, stay tuned for more information about the Events Committee.

Our goal is to help you with resources, permits and volunteers to get an event or program up and running in Avonmore. We also want to keep a list of people able to help with upcoming events on an occasional basis.

If you'd like to be on the contact list or attend a committee meeting, or if you have an event or program idea in mind and don't know where to start, send an email to [events@avonmore.org](mailto:events@avonmore.org).

## Avonmore Snow Angels Coordinator

The City of Edmonton's Snow Angels program recognizes individuals who do their part to help keep sidewalks clear throughout the winter - their own and their neighbours who need a hand. This year they are moving to a community based model and are seeking a coordinator in each participating community. The job includes placing lawn signs on the property of nominated snow angels and raffling off prizes for nominees. Sounds kind of fun! Email Lisa: [vicepresident@avonmore.org](mailto:vicepresident@avonmore.org).

## Volunteer Appreciation

Thanks to all volunteers to donated their time to help with activities like the Soccer Program, ice rink care, membership drive, special event setup and take-down, newsletter delivery and tons more! If you have a special skill or talent to share with Avonmore, email Ginette at [director2@avonmore.com](mailto:director2@avonmore.com) so you can be on our call list.

This year, to celebrate the efforts of our volunteers, we gathered a new local club called the Nightjar where we enjoyed cocktails, appetizers and laughs!

## Calling All Lego Lovers!

Avonmore is looking to start an afterschool Lego program in our neighbourhood. We are in need of donations of Lego.

If you are able to donate please contact Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org)  
Keep checking our website at [www.avonmore.org](http://www.avonmore.org) for more details!

## Avonmore Garden Club

We've put away our rakes and trowels for winter but are eager to improve our gardening knowledge & start planning for next year. We are going to host a series of Saturday morning workshops on topics of interest to new and experienced gardeners. The first session will be at the Avonmore Hall and is called Composting Made Easy. Watch for it on Saturday, November 19th from 10:00a.m. to noon. There will be a guest speaker and experienced composters from the community to answer your questions. Cost will be \$10.00 per person. More sessions in 2017. We are also establishing a program of "garden buddies" or mentors. It's a way to share the wealth of knowledge and experience in Avonmore on growing fruits, vegetables and flowers as well as related areas such as preserving food, and yard and garden planning. For more information on the workshops and the garden mentor program watch the Avonmore website and Facebook or contact me at [director3@avonmore.org](mailto:director3@avonmore.org) or call 780-452-4462.

## Avonmore Book Club

If you enjoy reading, the Avonmore Book Club would love to have you. The Club meets on Sunday evenings every 4 - 6 weeks. Members take turns picking books and hosting meetings. New members welcome from any community. Books we have recently read and rated are: All the Light We Cannot See (4/5), Fifteen Dogs (4/5), The Goldfinch (4.5/5). On the Back of the Turtle (4/5), The Nightingale (3.4/5) and Rhu (3.5/5)

It would be great to see new book clubs start in the community and we can help you do that. For more information contact Anita at 780- 222-4482 or [director3@avonmore.org](mailto:director3@avonmore.org).

## Avonmore School Winter Craft and Trade Show

**Saturday, November 19, 2016  
10:00 A.M. - 3:00 P.M.**

- Amazing selection of vendors
- Craft items
- Silent auction
- and more!

All proceeds to benefit the Grade 9 Nellie McClung student's Bamfield Marine Biology Station trip.

For more information/table rentals, please email Sherry at [smikesh@telusplanet.net](mailto:smikesh@telusplanet.net)



**Registration Form** **SANTA'S WORKSHOP & GINGERBREAD PARTY**  
**SATURDAY NOVEMBER 26, 2016 at 10:00am**  
**KING EDWARD COMMUNITY HALL**  
**7708-85 Street (Large Hall)**

Please drop off your completed form and payment at  
 Avonmore Hall (7902-73Ave) Mailbox or Email [grants@avonmore.org](mailto:grants@avonmore.org)  
 to arrange a time to meet to drop off your form and payment  
 Any questions email [grants@avonmore.org](mailto:grants@avonmore.org)

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Email Address \_\_\_\_\_

How Many Gingerbread Houses: \_\_\_\_\_ \$25/house  
 How Many Children in your party: \_\_\_\_\_  
 How Many Adults in your party: \_\_\_\_\_

Payment Method ☐ Cash ☐ Check

We will supply a standard pack of candies for  
 decorating. Please bring additional candies to  
 personalize your gingerbread house (nut free please)

Plus live music, treats, photobooth, fun for kids and  
 grown-ups alike!

## Building Community Traditions

I recently read an article about why traditions matter. Here are a few reasons that were most meaningful in the context of community:

- “Tradition contributes a sense of comfort and belonging. It brings families together and enables people to reconnect with friends.
- Tradition provides a forum to showcase role models and celebrate the things that really matter in life.
- Tradition serves as an avenue for creating lasting memories for our families and friends.”\*\*

One of the key goals of the Avonmore Community League is to foster some of those very same things: A sense of belonging through membership and participation in neighborhood events; opportunities to get to know your neighbors - not just the ones next door, but also the ones a block away or even on the other side of 83 Street! Plus a chance to make connections, celebrate and make great memories.

So when we heard about an old annual tradition from a new Avonmore family, we paid attention. This past summer, Thea and Jonathan Avis told us about the community based Gingerbread House event in their former home city of Vancouver. “Every year it grew

into something bigger and more fun. It became a huge tradition in our neighborhood.” The idea is simple: gather together a group of people - kids, parents, grandparents, aunts and uncles, groups of grown up friends - provide good quality gingerbread house kits which each group assembles and decorates. Add in some treats, music, a fun photo booth, games for kids and a comfortable atmosphere.

The Avis’s are also owners of local food truck, Meat Street Pies, and have a professional bakery right here in Avonmore. They are excited to lend their expertise and experience in helping the league foster a new community tradition. And to really capture that community spirit, we have partnered with our community neighbors! The Avonmore and King Edward Park Community Leagues are pleased to invite you to the first annual Gingerbread House Workshop and Party on Saturday, November 26 at 10:00 a.m. There are a limited number of kits available so be sure to register. There’s a form on the back of the newsletter. Find all the details in the Events section inside this edition of the newsletter.

Whatever your reasons for being part of a new community tradition, we hope you’ll join us!

\*\* Read the full article here: <http://www.franksonnenbergonline.com/blog/7-reasons-why-traditions-are-so-important/>

## Parent & Tot Program

This FREE drop-in program is back in full swing on Thursday mornings, 10:00 AM to Noon. 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. Activities planned for this Fall include: Holiday crafts, baking, nature art, sensory activities (playdough and sand), ball play, storytelling, musical jams and more. For more info, check out our Facebook group by searching “Avonmore parent and tot group” or email Wendy at [membership@avonmore.org](mailto:membership@avonmore.org).

## Avonmore Yoga

Wednesdays until December 14th  
 5:45 to 7:15 p.m. or 7:30 to 9:00 p.m.  
 Drop-ins welcome.  
 \$14.00 per class.

The yoga class is designed for all levels and combines movement sequences and postures for stamina, strength and flexibility.

Instructor Tori Lunden [www.torilunden.com/the-bad-at-yoga-blog/](http://www.torilunden.com/the-bad-at-yoga-blog/).

For more info contact Anita at 780-462 4439 or [director3@avonmore.org](mailto:director3@avonmore.org).

## Free Community Swim Times

Community League Members can swim for free at select city pools during the following days and times.

**Commonwealth Pool** (until August 26, 2017)  
 Saturdays, 5:00 p.m. – 7:00 p.m.

**Hardisty Pool** (until June 25, 2017)  
 Sundays, 1:15 p.m. - 2:45 p.m.

## Avonmore Playschool: Register now!

*For children ages 3-4*

Located in the upper floor of the rink building behind the Avonmore Hall (7902 – 73 Ave)

The program runs each year from  
 September - June

Classes are Monday-Friday 9am-11:30am, families can register their children for two days a week up to five days a week.

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

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

## Babysitting



## Need A Babysitter? Or Looking For A Babysitting Job?

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

For Parents Seeking Babysitters: email Cheryl at [admin@avonmore.org](mailto:admin@avonmore.org) and she can provide you with a list of teens seeking babysitting work.

For Teens Seeking Babysitting Work: email Cheryl. To help parents find the best fit for their children, provide some information about yourself.

Tell us the neighbourhood you live in, the year you were born, your credentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and your experience caring for children.

Don’t forget to provide your phone number!

*We Care About Your Future!*  
**MAGIC PAWS DOG GROOMING**  
 • Proudly Serving The Community For Over 3 Years  
 • A Home Environment Where Your Pets  
 Are Like My Own • Call Or Text For  
 Your Appointment Today  
**(780) 974-1423**  
 South Edmonton, AB  
[facebook.com/magicpawsdoggrooming](https://www.facebook.com/magicpawsdoggrooming)

## League Board

President	Brent	780 757-8550
Past President	Bill	780 469-5744
Vice President	Derek	780-919-5421
Treasurer	Michelle	780 466-1017
Secretary	Kristie	780 720-9003
Hall Rental	Kevin L.	780 966-6913
Grants/Planning	Dallas	780 707-7191
Casino Coordinator	Derek	780 919-5421
Memberships	Shawna F	780 490-1931
Programs	Kristin	780 238-7795
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Newsletter	VACANT	
Webmaster	Michelle	780 466-1017
Social Media	Jean	780 863-0914
Sign Rental	Laura	780 982-9876
Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	VACANT	
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

## Capilano Community League is on Facebook!

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

## FREE Swim

Bring your current, valid Capilano Community League membership card to swim for FREE during the following time:  
--Hardisty Fitness & Leisure Centre from 1:15 to 2:45 p.m. on Sundays  
The indoor community swim program runs from the second weekend in September until the end of June. Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

## Capilano Community's "Light December Lights"- December 2

Come celebrate with Capilano community neighbours, family and friends...  
WHAT: An evening of family fun with sleigh rides, Xmas treats, warm drinks and family crafts.

Depending on weather and rink conditions, bring your skates and toboggans for some outdoor fun!

WHEN: Friday December 2, 2016 6:00 - 8:00 p.m.

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

RSVP: how many are attending to Heather at 780-818-1456. FREE and All are welcome.

## 3rd Annual Capilano Artisan CRAFT SALE - November 26

WHEN: Saturday November 26, 2016

TIME: 10 a.m. - 3 p.m.

WHERE: Capilano Community Hall (10810-54 St.)

Come celebrate your local artisans from the greater Capilano community. You may be surprised what creative genius may live down your street! Visit with your neighbours while sipping hot cider and shopping local!

Vendors will be showcasing: jewelry, hand-made reclaimed furniture, felt art, crochet and knitting, fused glass, baking and much more! Please note that vendor spaces are full for this year. Hope to see you there!

## Community Rink Volunteers Needed!

Do you have an interest in the Capilano Community League rink? Are you or your children regular users of the facilities? Consider getting involved to help maintain and improve the Capilano rink experience for now and for the future. Our annual fall clean up is complete, however, we often have follow up tasks and may need help on an ad hoc basis throughout the winter

Additionally, attendants are needed to open and supervise the rink during operating hours. This role comes with an honorarium and is best suited for responsible teens. You must have skates and be prepared to clear snow as needed. Target dates for the season are December to mid-March.

For more information, contact Blake (780-466-7666) or Bill (780-469-5744).

## Capilano Playschool is Hiring!

Capilano Playschool is currently seeking a teacher for the term January 2017 to June 2018.

We are a Non-Profit Parent Cooperative Playschool for 3 & 4 year-olds which emphasizes a 'Learn-Through-Play' philosophy and are located in Hardisty School (10534 - 62 Street).

For further information or to apply please contact us by phone 780-802-9307 or email capilanoplayschool@hotmail.com.

## Capilano Playschool Open House and Trial Class - Jan. 25

Please join us January 25 and come see what our playschool is all about! Drop by for a Trial Class 6:30 -7 p.m. followed by our Open House and Registration at 7 p.m.

Space is limited for the trial class so please call or email to reserve your spot: 780-802-9307 or capilanoplayschool@hotmail.com.

We are accepting registrations for the current 2016-2017 school year at this time.

For more information check out our website at [www.capilanoplayschool.com](http://www.capilanoplayschool.com) or find us on Facebook!

## SEV Newsletter Role - Volunteer needed!

If you would like to help get the word out to your fellow Capilano community residents about all the great events and programs happening, then the Southeast Voice (SEV) newsletter role is for you!

Responsibilities include: gather event/program notices from Capilano community residents and compile and send to the SEV publisher; share all community notices with our website and Facebook administrators, attend monthly (Sept. - June) Capilano Community League board meetings, and attend occasional SEV editor meetings with other community editors. Mentoring will be provided.

To learn more, please call Jill at 780-718-7270.

## Choose Capilano Hall for Your Special Event

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

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

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

## Community Memberships

Need a Capilano Community Membership?

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

## Capilano Community League Babysitting Registry

We are always looking for names to add to our babysitting registry. If you are in Junior High or High School, if you live in the Capilano neighbourhood or a surrounding community and have taken the babysitting course, please contact Lana at 780-463-1045. (If you know of a babysitter, please pass this information on to them!) We are pleased to report that we currently have 32 sitters listed in our registry. Please contact Lana if you are a parent looking to connect with a sitter.

## Community Fun Day Thank You!

At the Greater Hardisty Community Fun Day on Saturday September 24 at Gold Bar Community, the weather cooperated and hundreds of residents from Capilano, Gold Bar, Forest Terrace Heights and Fulton Place enjoyed the festivities.

Thank you to Rhonda and Heather for their immense efforts in pulling together yet another wonderful Community League Day event - it wouldn't happen without you and all the volunteers who helped!

A big THANKS to Celanese, Enbridge, EPCOR, Imperial, Strathcona Industrial Association and Andy Verhagen of Re/max for funding the wonderful day.



## Hardisty Gymnas- tics Club News!

Sponsored by Capilano Community League. Fall classes are in full swing at Hardisty Gymnastics Club! If you missed this session, watch for new start dates for January in the December Southeast Voice.

We have classes for Parent and Tot, pre-school, and elementary aged children on Tuesday and Thursday evenings at Hardisty School (10534-62 St.).

Additional information about the program can be found on the Capilano Community League website at [www.capilano.info](http://www.capilano.info).



## Capilano Community Park Redevelopment – Nearly complete!

After more than 5 years, the FULL Capilano Community Park Redevelopment plan is nearly complete!

The Phase 2 Park project plan, which includes an almost 600m walking path, adult exercise equipment stations, a bike bumps course and a community sign, to add to the already completed Phase 1 Park project (playground, spray deck and picnic shelter) finished in 2014, is so close to being finished. This all came together because our final push to meet our fundraising goal over the first half of 2016 went exceptionally well!

Project funds were secured from the Province of Alberta, the City of Edmonton, Capilano Community League, Suzuki Charter School, and industry neighbours. This funding, in combination with monies raised at events, and generous donations from residents and businesses, allows us to fully complete our “Park for all Ages.” The Phase 2 project construction started this past summer and is to be finished by the end of October.

Due to the unseasonable October weather, some of the sod may not be laid this fall; however, the exercise equipment is now available! Do go and check it out!

## Thank you Capilano Community Park Supporters!

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

-- Verna Hochachka, Gene Hochachka, Green/Roth Family, Rob & Susan Dollevoet  
-- Jaime & Jeff Resler, McFadyen Family, Sigmund Lee, Jeff & Carrie Riddle, Anne & Serge Belley, Greg & Jill Schlender, Alan Yee  
-- Ella Schneider, Johannesson Family, Leo Wu, Marta Gomez Wu/Arturo Wu, Anna & Geoff Carlsen, Pikkert Family, Kevin & Ivanna Lewington, Sophia Lewington, Brendan Lewington, Svidal Family, Raeanne & Terrence Belley, Jackie & Kevin Werstiuk, Judy & Millard Evans, Joel & Tracey Baron, Ruth Janor/Jim Dermody, Assenheimer Family, Klaassen Family, Donald Chan, Morgan & Fallon Mitchell, Elite Integrity Services, Colm & Finn Cunningham, Adele & Ava Falkenberg, Rolinda & James Graham, Keith & Kathy Turnbull, Wince Family, Ada Schlender  
-- Robert & Darlene Hyrve, Jocelyn Crocker, Filice Family, Alison Parry, Carol Anne Sudards, Blanca Maginnis, Tiffanie McLeod, Sheila Thompson, Doug Fulford, Sandy Schaloske, Cheryl Stepanko/Richard Pere-schitz

## Poison Prevention

The Poison & Drug Information Service (PADIS) offers a free, confidential poison line for Albertans, 24 hours a day, 7 days a week.

The service offers expert advice about poisons and toxins, medications, chemicals, recreational drugs and plants.

When calling the poison centre, callers speak with a specially-trained nurse or pharmacist who gives information and offers advice on how to best manage poisonings and exposures.

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

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

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

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



## 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](mailto:linda.duncan.c1@parl.gc.ca)  
10049 81 Avenue  
(entrance on 101 Street)

Assistance également  
disponible en français.

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



## Look out for each other



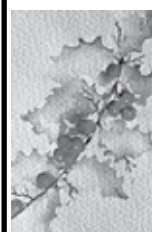
[edmonton.ca/  
visionzero](http://edmonton.ca/visionzero)

EDMONTON  
POLICE  
SERVICE



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

### The King's University Gift Sale November 19, 2016, 10 am - 3 pm



Come and enjoy the market-like atmosphere and admire 60 plus artfully decorated tables offering handcrafted gifts such as pottery, fabric art, quilting, knitting, jewelry, baking, jams, wood art, cards and more. Have a coffee. Proceeds donated to the King's University. Admission: \$2.00. Children, students free. **9125-50**

## Cloverdale CL Contacts

POSITION	NAME	EMAIL
President	Reg	<a href="mailto:president@cloverdalecommunity.com">president@cloverdalecommunity.com</a>
Past President	Susan	<a href="mailto:pastpresident@cloverdalecommunity.com">pastpresident@cloverdalecommunity.com</a>
Vice President	Bonnie	<a href="mailto:vicepresident@cloverdalecommunity.com">vicepresident@cloverdalecommunity.com</a>
Secretary	Liam	<a href="mailto:secretary@cloverdalecommunity.com">secretary@cloverdalecommunity.com</a>
Treasurer	Jackie	<a href="mailto:tresurer@cloverdalecommunity.com">tresurer@cloverdalecommunity.com</a>
Communications	Kim	<a href="mailto:communications@cloverdalecommunity.com">communications@cloverdalecommunity.com</a>
Civics Director	Eli	<a href="mailto:civicsdirector@cloverdalecommunity.com">civicsdirector@cloverdalecommunity.com</a>
Folk Fest Liaison	Sandy	<a href="mailto:folkfest_liaison@cloverdalecommunity.com">folkfest_liaison@cloverdalecommunity.com</a>
Social Director	Bob	<a href="mailto:socialdirector@cloverdalecommunity.com">socialdirector@cloverdalecommunity.com</a>

## STANDING COMMITTEE

Casino	Bev & Shane	<a href="mailto:casino@cloverdalecommunity.com">casino@cloverdalecommunity.com</a>
Ski Club Liaison	Chris	<a href="mailto:skiclub_chair@cloverdalecommunity.com">skiclub_chair@cloverdalecommunity.com</a>
Membership	Karen	<a href="mailto:membership@cloverdalecommunity.com">membership@cloverdalecommunity.com</a>
Flood Mitigation	Eric	<a href="mailto:floodmitigation_chair@cloverdalecommunity.com">floodmitigation_chair@cloverdalecommunity.com</a>
Community Garden	Shelley	<a href="mailto:communitygarden_chair@cloverdalecommunity.com">communitygarden_chair@cloverdalecommunity.com</a>
LRT Co-Chair	Paul	<a href="mailto:lrtcommittee_cochair@cloverdalecommunity.com">lrtcommittee_cochair@cloverdalecommunity.com</a>

For Hall Rentals contact Janet Hardy @ [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com) or leave a detailed message at 780-465-0306. Emergencies 780-439-3149

For Cloverdale Chronicle submissions please email: [cloverdalechronicle@gmail.com](mailto:cloverdalechronicle@gmail.com)

## Message from the President

First I'd like to thank all the Cloverdale Community League (CCL) members who attended the Annual General Meeting on September 26, 2016. Your attendance and lively participation in the decision making process was gratifying to see.

As a result of the meeting we're delighted to welcome new members to the board: Liam as Secretary, Jackie as Treasurer, Kim as Communications Director, Chris as Edmonton Ski Club Liaison and Eli as Civics Director. In addition, Sandy has moved into the role of Chairperson of the Edmonton Folk Music Festival Liaison Committee and Karen is assuming a new role as Senior Director and Membership Director. Sue, Bonnie, Bob, Bev, Eric, Shelley, Paul and I continue in our same positions for another term. Janet continues in her role as hall manager and rentals coordinator. Other volunteers are patiently working with other neighborhoods and city officials to ensure that the community's voice is heard as the LRT Valley Line moves from planning to construction.

You can find a full list of the board and contact details on the Cloverdale Community League website and the last page of the Cloverdale Chronicle. The Cloverdale Community League is in the very enviable position of having a full slate of board members and a range of volunteers in the community to help ensure stuff happens.

Secondly, I'd like to highlight just a few of the many activities happening in the neighborhood. The Cloverdale Community League hall is busy four nights a week with a photography group, Ping-Pong night, yoga, Zumba, and book club. During the day the CCL hosts a Nordic walking group, a second yoga session that offers both "mat" format as well as "chair" format, for folks who might have some mobility issues and a weekly indoor-play group. The Cloverdale Community Garden has wrapped up for a second season, but not before the 20+ gardeners harvested their plots and donated over 120 kg of potatoes to the Edmonton Food Bank and celebrating with a potluck lunch. The CCL 'social calendar' got off to a great start with a fabulous turn out at Community League Day in mid-September and plans are well underway for a Halloween party on October 30th.

It's very satisfying and encouraging to see the hall well used and neighbors meeting one another. These activities all help us to network with one another, put faces to names, break down barriers and isolation and contribute to neighborhood safety and well-being.

Finally, please mark your calendars for the following and plan to attend:

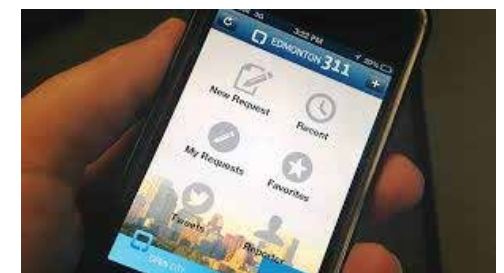
- November 9th at 7:00 PM -- a Special Meeting of the CCL membership at the hall to approve spending on the rink repairs.
- November 23rd at 7:00 PM -- a Special Meeting of the CCL membership to present the scope of work for the green energy upgrades, how the work will be funded and vote on a motion to undertake these upgrades.
- December 22 to 24, 2016 -- a casino at the Argyll Casino. These casinos happen about every 18 to 24 months and provide a significant amount of money for maintenance, capital improvements and limited amount of operating and programming expenses. There are still a few slots available. Please contact Bev Bennett to sign up.

And looking down the road.... In 2020 the Cloverdale Community League will be celebrating its centennial. The Cloverdale Community League is one of the first one's formed in Edmonton. It grew out of the Bennett Community League which evolved out of the Bennett Women's Club, founded in 1915 by the Bennett School principal, Lillian Munro. Our community league has a proud history of leadership and innovation. It's time to start thinking about how we can celebrate our legacy, build on that pioneering spirit and create a bright future for the current and next generation of Cloverdale neighbors.

## Edmonton 311 App

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

An officer will investigate your complaint within 4 business days.





Cloverdale Community League is looking for a Volunteer  
**SKATING RINK SUPERVISOR**  
We are looking for a dedicated volunteer to supervise the hired staff for the Ice Rink in the winter months and oversee the activities on the skating rink. Duties as follows:

- \*Ensure the contractor is looking after the ice rink
- \*Oversee the contractor that conducts maintenance daily/ weekly on the rink
- \*Collect money/receipts or deliver invoices if needed
- \*Act as a Liaison between staff and CCL Board
- \*Maintain equipment used for snow removal and ice making
- \*Lock up Rink shack when needed
- \*Monitor usage for family skate times
- \*Encourage drop in Hockey Players to book rental time slots

Ideally this person will be a resident in Cloverdale and a member of the community. Please contact Janet Hardy at [Rentals@cloverdalecommunity.com](mailto:Rentals@cloverdalecommunity.com).





## Programs

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

### *Photography Classes Coming to Cloverdale this fall*

Monday nights beginning September 12 at 7:15pm: \$10/class

#### Course Description:

Local photojournalist, Liam K.B, invites you to explore the essential practices of photography using whatever camera you have at your fingertips. Learn the basics and how to apply exposure, light and composition techniques to improve your photos.

If you are interested in participating in the new fall class, please contact Janet Hardy [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com)

#### Ping Pong (Starting September 12)

Come down to the hall for ping on Monday nights at 7-9pm. All ages welcome! (There is no ping pong on book club nights. Refer to the hall calendar for more details).

#### *Morning Yoga* (Starting September 7)

Yoga for Everybody continues on Wednesdays at 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, become supple 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 neighbors and get healthy at the same time.

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

#### *Hatha Yoga* (Starting September 6)

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.



#### *Zumba* (Starting September 8)

Bring a water bottle, indoor gym shoes, and energy! Zumba is back on Thursday nights! Thursday nights at 7-8 pm. \$10/class or free for Cloverdale Community League members. Open to members of any community league.

Join our new Zumba instructor Rhianna on Thursday nights to learn fun dance moves at Cloverdale Hall!

#### *Indoor Playgroup* (Starting September 8)

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

No cost for this program.

#### *Cloverdale Community League Urban Poling/Nordic Poling Club*

A Tuesday morning class will be offered at 9:45 am. If there is enough interest. Please contact Janet [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com) if you would like to participate.

For Who: All fitness levels welcome. Includes poles and coffee or tea after the walk. Please bring your own poles. If you require poles, please contact Susan for information about purchasing. An instructional class will be offered in the coming months.

More information contact: Susan, email: [Get\\_fit@telus.net](mailto:Get_fit@telus.net) phone: 780-268-3488

## Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks.

#### Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above. Not complying with the bylaw will result in a \$250 fine.

#### Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges.

For more information: 311

## Arm your child against HPV now; protect from cancer in the future

As your kids head back to school, they're sure to bring lots of papers home, for your signature.

If your child is in Grade 5, one set of these papers will be immunization consent forms, including consent for your child to receive the Human Papillomavirus (HPV) vaccine.

The HPV vaccine - one of Alberta's routine childhood immunizations - is recommended for all boys and girls in Grade 5, so as to safely and effectively protect them against developing human papillomavirus infection in the future.

Human papillomavirus is very common, and will affect more than seven out of 10 people in their lifetime.

As the cause of almost 100 per cent of cervical cancer cases, 90 per cent of anal cancer cases, 50 per cent of penile cancer cases, and 35 per cent of oral cavity cancer cases, the consequences of HPV can be very serious.

We understand that decisions about immunizing your children can be complex.

This is why Alberta Health Services has developed the HPV Decision Aid Tool: to help you, as a parent, understand how the HPV Vaccine can support your child's future wellness, and decide whether you feel it is right for your child, today.

To learn more, and access the tool, visit [www.albertapreventscancer.ca/hpv](http://www.albertapreventscancer.ca/hpv).

For more information on all routine childhood immunizations, including HPV, visit [www.immunizealberta.ca](http://www.immunizealberta.ca)

## Battling the winter blues

Seasonal affective disorder, or SAD, is a subtype of clinical depression that occurs during the same season each year. You may have SAD if you had symptoms of depression during the last two winters but felt much better in spring and summer.

SAD is sometimes called winter depression or seasonal depression. Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern.
- Cause problems with serotonin, a brain chemical, which affects mood.

If you have SAD or any other type of Clinical Depression, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.
- Have thoughts that life is not worth living.

Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

Some ways to help combat the effects of Clinical Depression are:

- Regular exercise is one of the best things you can do for yourself.
  - Getting more sunlight may help too, so try to get outside to exercise when the sun is shining.
  - Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.
  - Light therapy may help by resetting your biological clock. Ask your physician for more information on how light therapy may help you.
  - Speak to your physician if these symptoms go on for 2 weeks or more.
- If you suspect you may suffer from SAD talk to a health care professional, or call Health Link at 811 for more information.



## Youth and video games

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

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



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

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

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

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

## Edmonton Police Alarm Green Stickers

We’ve noticed that a number of people have alarm company stickers by their front door, but no green Edmonton Police Permit Number sticker. Police will NOT respond to non-permitted, non-monitored alarms unless a indication of criminal activity is present. Make sure you register your alarm with the Police.

For more information go to  
<http://www.edmontonpolice.ca/alarmpermits>

## Award Winning International Hair and Makeup Artists



## Salon on 6th

Book early for your holiday events.

Wishing everyone a Joyful  
Holiday Season.

5826 Terrace Rd  
(North of Capilano Safeway)  
780 468 2625

## Notice of Public Open House

### Rezoning of 8310 & 8311 93 Avenue

On behalf of Regency Developments, Stantec Consulting invites you to attend a public open house on the proposed rezoning of 8310 & 8311 93 Avenue within the Holyrood neighbourhood.

The proposed rezoning would accommodate transit oriented, mixed use development along 83 Street, to create a walkable and lively area adjacent to the future Holyrood LRT station.

The purpose of the open house is to provide residents an opportunity to learn more about the proposal and provide feedback on this proposal at this early stage in the process.

**Date: November 9, 2016**

**Time: 5:00 pm to 8:00 pm**

**Location: South East Edmonton Seniors Association (SEESA) Cafeteria,  
9350 82 Street NW**

Contact: Anna Moir, Stantec Consulting Ltd.  
(780) 917-7412  
[Anna.moir@stantec.com](mailto:Anna.moir@stantec.com)



## League Contacts

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

## Community Garden wrap-up meeting, Nov. 8, 6:30-8:30 p.m.

Meet at the hall, 10150 80 St. to discuss how our first year went and consider expansion for 2017.

For more information, contact: Garden@ForestTerrace.org

## Annual Seniors Appreciation Event, Nov. 25, 12-2 p.m.

All seniors in Forest Heights and Terrace Heights are invited to join us at our annual seniors tea. Join us for a light lunch, conversation and door prizes! You will also have the opportunity to create unique personalized art pieces with special guest Stephanie Medford. For more information or to RSVP, please contact Connie at 780-462-1442 or [connie@forestterrace.org](mailto:connie@forestterrace.org).

## Bootcamp, Mondays, 7-8 p.m.

Whole-body fitness class with Sharon Weber, AFLCA fitness leader, at the hall, 10150 80 St. Friendly and supportive environment for strength and cardio development. All fitness levels welcome!

Register on Eventbrite. Six classes starting Nov. 7. No class on Nov. 28. Session fee \$45 for members; \$60 for non-members. Drop-in fee \$10 for members, \$12 for non-members. Plus registration fee. Contact Sharon for more information at [cs.weber@shaw.ca](mailto:cs.weber@shaw.ca) or 780-270-5273.

## Restorative Yoga, Tuesdays at the hall 2:30-3:30 p.m.

Restore your body with hatha yoga postures. We will focus on breath and on more seated postures, opening the shoulders, hips, back and hamstrings, and finish with savasana. Class is designed for ages 13 and up. Register on Eventbrite. Six sessions \$72 or drop-in is \$12 for members and \$14 for non-members, plus registration fee. Proof of community membership required. Contact instructor Linda at [turnbull.linda@gmail.com](mailto:turnbull.linda@gmail.com)

## Zumba, Wednesdays 7-8 p.m. at the hall

Come one, come all, to Zumba, pretty much the most awesome workout ever! Dance to great music with great people and burn a ton of calories without even realizing it. All fitness and experience levels welcome. Geared to men and women ages 13 and up. Bring your water bottle, a pair of sneakers, a friend and a smile.

Register on Eventbrite. \$10 for members, \$12 for non-members, plus registration fee. No class Nov. 9. For more information, contact instructor Allison Moore at 780-554-0958 or [Moore4Movement@gmail.com](mailto:Moore4Movement@gmail.com).

## Parent & Baby Pilates, 10:30-11:30 a.m. Wednesdays Parent & Baby Yoga, 1-2 p.m. Thursdays

In Pilates class, we focus on reconnecting to our core and pelvic floor muscles. In Yoga class, we focus on toning and lengthening, relaxing and rejuvenating our bodies and minds. Both classes are held at the hall, 10150 80 St., and are open to moms at least two months post-partum, dads and babies. Crawling babies are welcome, but no walkers due to lack of supervision. Bring a yoga mat and quiet soft toys for your babies.

Drop-in fee: \$12 for community-league members; \$14 for non-members. Register on Eventbrite for drop-in or for new sessions beginning Nov. 9 and 10.

## Pilates on the Ball, Fridays at the hall 9:15-10:30 a.m.

Pilates is a gentle form of exercise that can be practised by people of all ages and physical abilities. Most of our workout is done with/ on the large "Swiss Ball" used by many physical therapists.

Register on Eventbrite. \$10 for members; \$12 for non-members, plus registration fee. Contact our experienced instructor Kelly at 465-5611 or [kbray2@telus.net](mailto:kbray2@telus.net) for more information.

## Free community swim & gym for league members

- Saturdays, 5-7 p.m. at Commonwealth Fitness Centre. Includes use of the entire facility, from the pool to the gym, running track, fitness equipment and fitness classes.
- Sundays, 1:15-2:45 p.m. at Hardisty Fitness Centre. Swim only.

## Volunteer opportunities

- Love to skate? We're looking for someone to run six-week, learn-to-skate programs starting in January at the community rink.
- The community league board has openings for a program coordinator, secretary and maintenance committee member. Email [volunteers@forestterrace.org](mailto:volunteers@forestterrace.org) for more information or to volunteer.



## Patricia Motel site rezoning approved

The proposed rezoning of the Patricia Motel site was approved with three changes at a public hearing of city council on Oct. 24. The proposal is for a development with up to 300 units in a six-storey and a 19-storey residential building, with small commercial spaces for cafes, hair stylists and other small service shops. The changes are:

- There must be a minimum of 70 assisted living spaces (it's not just an option).
- Existing buildings must be demolished within two years.
- Construction must commence within six years instead of eight.

If the time limits are not met, the building heights and maximum number of units would revert to what was previously approved (four and seven storeys, 132 units).

## Community league membership

Memberships for the 2016/2017 year are available now at Shaheen Grocery & Bakery (10130 79 St.), Grower Direct (7231 101 Ave.), and at SEESA (9350 82 St.). Seniors \$10, Individual \$15, Family \$30.

If you are new to the community or you have never owned a community-league membership before, the league is happy to give you one for free, to try out. Just call CoraLee at 780-430-4307.





**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.



**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**

**THE YOUTH DOCTOR** 9939 75 St 780.75.tooth (86684)



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

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


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



 **Suzuki Charter School**  
"Learn and Play in Harmony"  
10720 - 54 Street  
Edmonton, AB T6A 2H9  
780.468.2598  
www.suzukischool.ca

 **We Remember** 

To honour our service men and women, to thank them for their sacrifice, and to celebrate the gift of freedom they have created for us all, staff and students will be hosting a Remembrance Day ceremony on

**Thursday, November 10<sup>th</sup> at 11 am**

in the school gymnasium.  
Please join us by 10:45 am.

Poppies are available in the school office.  
Donations gratefully accepted.

 **Lest we forget** 

**Proud to be part of the Capilano Community**





**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**  
 REALTOR

**REALTY EXECUTIVES**  
 Devonshire



**minsos | stewart | masson**

barristers, solicitors, notaries

PH: (780) 466.1175 Fax: (780) 465.6717

#220, 8723 – 82 Avenue Edmonton, Alberta T6C 0Y9

- Real Estate
- Wills and Estates
- Business Law

**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

**Capilano Rehab Centre**  
 Sports Injury Physiotherapy



**Weekend WARRIOR or PRO...  
 Helping YOU stay in the game!**

**Shockwave - K-Laser™ - Graston Technique™**

5832 Terrace Road 780-466-1104 www.capilanorehab.com

**Convert your old wood-burning  
 fireplace into a heat source**

**Napoleon Gas Insert (GI-3600)**  
 • Fits small & large fireplaces  
 • Adjustable heat/flame  
 • High efficiency  
 • Automatic on/off blower



**SALE**  
**\$1999\***  
 Installed w/ 15' gas-line

\*Surround and gas permit extra

**NAPOLEON**  
 QUALITY FIREPLACES

**GAS FIREPLACES**



SEE "MODERN"  
 COLLECTION AT:  
 www.gemcofireplaces.com

**NAPOLEON**  
 QUALITY FIREPLACES

**Keeping you warm for 36 years**

**NOW SERVICING ALL NAPOLEON  
 GAS FIREPLACES**

Call now before the cold weather starts!  
 One of Western Canada's largest showrooms

**GEMCO**  
 FIREPLACES

Mon-Fri.  
 7:30am-5pm  
 Sat. 8am-5pm

9281-50 Street, Edmonton • 780-465-9719  
 www.gemcofireplaces.com

**ELECTRIC  
 FIREPLACES  
 ON SALE NOW!**



All board members can be reached via email at [firstname@fultonplace.org](mailto:firstname@fultonplace.org)

## FULTON PLACE COMMUNITY CONTACTS

### EXECUTIVE

PRESIDENT	Gavin	465-0550
VICE PRESIDENT	Breanne	758-7474
SECRETARY	Krystina	453-5797
TREASURER	Jeff	

### DIRECTORS

SOCIAL DIRECTOR	VACANT	
MEMBERSHIP DIRECTOR	VACANT	
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	VACANT	
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.



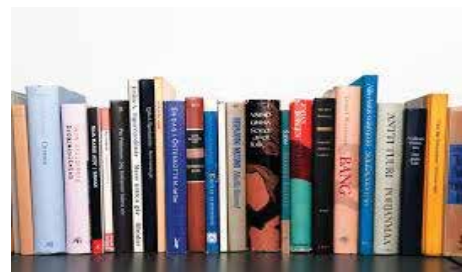
## Parent & Tot Play-group

Parents and Tots (5 yrs and under), are invited out to Fulton Hall on Friday mornings from 9-11am.

Bring a share-able snack and \$2.00/family to cover the cost of refreshments.

For more info contact Stacey at 780- 465-9545

## Fulton Little Free Library



Volunteers and book donations needed to help start a little free library in Fulton Place. We are looking for volunteers who can help with doing research, collecting book donations, doing some carpentry, and artwork. We are also looking for book donations (all ages and interests, fiction or nonfiction welcome). For more information, or to volunteer or donate books, please email [library@fultonplace.org](mailto:library@fultonplace.org)

# ANNUAL GENERAL MEETING

## NOTICE of Annual General Meeting (AGM)

Wednesday, November 23, 2016  
7:30 pm at the Fulton Place Community Hall

All community members are welcome to hear our previous year's highlights, priorities for the upcoming years, review financials, and elect vacant Board of Director positions. NOTE: 2016-2017 FPCL membership is required to vote/run and will be available for sale prior to the meeting. The regular monthly Board meeting will immediately follow the AGM.

Light refreshments will be served.

Childcare is also available on site - please RSVP with names and ages of the children to [babysitter@fultonplace.org](mailto:babysitter@fultonplace.org).

## 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.*

## 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.

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

100% Handmade local  
FREE ADMISSION

3RD ANNUAL...

## Busy Elves

### Artisan Craft and Bake Sale

NOVEMBER 19TH  
10-4  
FULTON HALL  
(6115 FULTON ROAD NW)  
EDMONTON

GLUTEN FREE CHRISTMAS BAKING  
RECLAIMED WOOD CRAFTS - EDIBLES  
UKRAINIAN PYROGIES - CABBAGE ROLLS - BUNS  
CHRISTMAS DECORATIONS AND ORNAMENTS

ARTISAN JEWELLERY, STAINED GLASS, POTTERY  
WEAVING/CROCHET, SCARVES, HATS AND MITTENS  
METAL CAMP ROASTING STICKS, ORNAMENTS/LOG  
CANDLE HOLDERS AND MORE!

**DON'T MISS THIS HIGH CALIBRE 100% LOCAL HANDMADE SALE!**



## Thinking of buying or selling?



**Alex Ward, Realtor**

Tel: 780-438-2500

Cell: 780-267-2625

Email: alexward@realtymax.com

11058 51 Avenue

Thank you for the opportunity  
to EARN your business!



## Managing Chronic Health Conditions Live well and feel better

Do you live with a health conditions that requires ongoing management? These are called chronic health conditions and include things like diabetes, obesity, high blood pressure and even some cancers.

Approximately 30 per cent of Albertans report having at least one chronic health condition and for those over 65 years of age, that number more than doubles to over 75 per cent. It's projected that by 2031, one in five Albertans will be a senior which will increase the demand on our health care system to manage more chronic disease.

These stats highlight the importance of providing support and education around chronic disease management to Albertans across the province.

Alberta Health Services (AHS) along with community partners and family doctors offer a wide range of resources to help those living with chronic conditions live a long, happy and healthy life.

Through the Alberta Healthy Living Program, AHS offers:

- disease specific and healthy lifestyle education classes
- supervised exercise programs
- self-management workshops, typically offered as the Better Choices,

Better Health® program which teaches people with a wide range of health conditions to take control of their own health and feel better.

The majority of the Alberta Healthy Living Program classes and resources are available free of charge and have been customized to meet local needs including targeted programming for diverse and vulnerable populations.

To find out the classes and resources offered in your community and those available online to help manage chronic conditions visit: <http://www.albertahealth-services.ca/10356.asp>. More information on chronic disease management is also available on [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or by calling Health Link at 811.



## 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](http://www.edmonton.ca/activities_parks_recreation/drop-in-community-programs.aspx)

SIT BACK AND RELAX IN THE WARMTH OF YOUR ABODE!

**BEST - IN - TOWN**

BY SHOVEL!  
 BY BLOWER!  
 BY BOBCAT!

**Call Today To Book Your FREE Estimate.**

Unable to shovel your driveway due to time constraints, aging, or don't want to go outside? Whatever your snow removal needs, we've got you covered. We offer residential and commercial snow removal services at great rates with monthly plans available. Call the number below for a free estimate.

Abode Snow Removal is a division of Abode Roofing & Siding, a local company that puts you, the customer, first.

BIG OR SMALL WE REMOVE IT ALL!

Need an Estimate? Call **780.757.7663**  
**aboderroofing.com**

## GOLD BAR EXECUTIVE

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

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

Hall rentals: goldbarhallrentals@gmail.com

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

## Hall Rental

Your community executive has been working hard to figure out fair yet competitive prices for renting Gold Bar hall. Liisa, the hall manager, has office hours at the hall on Wednesday evenings from 6:30-8:30 pm, if you would like to view the hall or talk in person. Prices are listed at goldbarcl.com.

## 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. As of Sep.16, this offer is confirmed to be in place. Sorry if you were turned away last month.

## Gold Bar Communications

To submit an item to the December/January 2016 SEV in the Gold Bar section, email SondiAmber@gmail.com by Sunday, Nov.27.

## Gold Bar Craft show

The Gold Bar Craft show is back! The craft show will be on Saturday, December 3 from 10am to 4pm at the Gold Bar Community Hall! Tables will be rented for \$25 each. Contact Pat at p.chmilar@hotmail.com for details or to book a table! We are looking for vendors with unique homemade crafts!

## New Year's Eve Party

Save the date: Saturday, Dec 31 to celebrate with other adults from the community and ring in the new year in our new community hall. Stay tuned for details.

## League Memberships

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

## Enjoy a FREE Hot Beverage

On Tuesday, Nov.8, with a current Gold Bar community league membership, you can receive a FREE hot beverage (coffee, tea or hot chocolate) at Blues Java between the hours of 7-11am. Please bring your card, or you can use cash to buy one there! This is offered the second Tuesday of every month. There is something for everyone in the Gold Bar community!

## Financial Director Needed

One final position to fill! This kind volunteer will work with a treasurer and book-keeper to manage money – this will be significantly easier than in previous years now that the hall is completed.

## Bodyweight Barre Exercise Class

The first session has started in the Gold Bar Community Hall, but if you are interested in trying it out, you can trial it on the last class of the first session (Nov 16) and then hopefully join us for the second session.

Second Session: Wed Nov 23 - Wed Dec 21 9-10am. \$50

Come see what all the hype is about! Bodyweight Barre will work your muscles to fatigue by tightening and lengthening each muscle fibre using isometric and eccentric muscle contractions. Each class we'll target your arms, core, glutes, and legs in a balanced workout designed to help your body build and keep its lean muscle, raise your heart rate, and improve your mind-body connection. Suitable for all fitness levels: no ballet shoes, leotards, or dance experience required, but please bring a mat. Instructor: Jennifer Sloan, BEd.; AFLCA Group Fitness Leader; MOC Barre Method Instructor



## Skating Rink Update

A committee of kind community members has formed to work on meeting the requirements so that this community can once again enjoy the benefits of a skating rink (although very unlikely for this winter).

If you would like to offer help in any form (grant writing, outdoor lighting expertise, manual labour, join the committee, etc), please contact Tammy Schatull at schatull@gmail.com for more info.

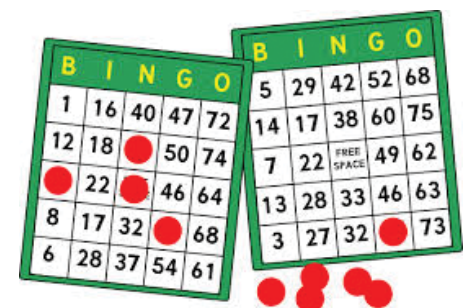
## Community League Meeting

Next meeting will be Monday, November 7 at 7pm at the Community Hall. All community residents are welcome.



## Gold Bar Community Casino VOLUNTEERS NEEDED!

40 volunteers will work shifts on Wednesday/Thursday Feb 8 and 9, 2017, which will bring in substantial funds to help us put the finishing touches on our community hall. Kind volunteers have worked for almost a decade on making this beautiful hall a reality for our community. The hall is available to rent and now we need to finish up the details and start running programs to benefit our community. Please sign up early to secure a desirable shift at: [www.volunteersignup.org/9HCL7](http://www.volunteersignup.org/9HCL7)



## Upcoming Bingo Dates

To volunteer at bingo, call Lorna @ 780-465-5594. You can help fund community programs.

### FORT ROAD BINGO

Sunday, November 13 - Afternoon & Evening

Tuesday, December 27, 2016 - Afternoon & Evening

### PARKWAY BINGO

Saturday, November 12 - Evening & Late Nite

Wednesday, December 14, 2016- Evening & Late Nite



## Holyrood Community League Contacts

President: Wendy	president@holyroodcommunity.org
Vice-President: Vacant	position currently vacant
Treasurer: Vacant	treasurer@holyroodcommunity.org
Secretary: Marjorie	secretary@holyroodcommunity.org
Programs Director: Justine	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
Director at Large – Civics: Dave	civics@holyroodcommunity.org
Director at Large: Bette	directoratlarge@holyroodcommunity.org
Soccer Coordinator: Jared	soccer@holyroodcommunity.org
Playschool Coordinator: Erin	playschool@holyroodcommunity.org
Playgroup Coordinator: Jessica	playgroup@holyroodcommunity.org

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

Check us out on Facebook and Twitter by searching Holyrood Community League or @HolyroodCL, and like our page for the latest information about the goings on in the Community.

## We Have a New Website!

We've moved our site over to [holyrood-community.org](http://holyrood-community.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.



## Free Memberships for Newcomers

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

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

## Kefir Madness – Brew your own Probiotics!

Need some probiotics in your life? Learn how to make your own Kombucha and Kefir.

The word kefir comes from the Turkish word “keif”, which means “good feeling”. Rich in probiotics, kefir has been used as a health regenerative drink for centuries in ancient cultures. Commercial versions are available in many stores, though the commercial version can never compare to the ones you can make yourself.

All workshops include step-by-step demonstrations, handouts, and recipes! Everyone attending a class will go home with their very own starter to begin brewing right away.

### KOMBUCHA

Thursday January 12 th , 2017  
7:00 – 8:30 pm  
Holyrood Community League  
\$30

### MILK KEFIR

Thursday January 19 th , 2017  
7:00 – 8:30 pm  
Holyrood Community League  
\$25

### WATER KEFIR

Thursday January 26 th , 2017  
7:00 – 8:30 pm  
Holyrood Community League  
\$30

For more details or to register please contact Justine at [programs@holyroodcommunity.org](mailto:programs@holyroodcommunity.org) or phone 780-462-1513.

You will need to have a current community membership (for the community you live in) to register for any of these workshops.



## Kids And Parents Drop In Shinny

Wednesdays 5:30 – 7:00 pm at the Holyrood Rink

This free drop in program will be focussed on kids 8 and under who haven't played organized hockey.

Players must have skates, helmet, stick and a current community league membership.

For more info please contact Justine at [programs@holyroodcommunity.org](mailto:programs@holyroodcommunity.org)

## Red Cross Babysitting Course

Holyrood will host a Red Cross Babysitting/Home Alone Course for children in Grade 6 or older on Sunday November 20th , 8:30am – 4:30pm at the Holyrood Community League Hall.

Registration Fee is \$60

Course instruction is provided by Second Chance CPR & First Aid.

Includes: First Aid, Injury Prevention, Personal Safety, Handling Emergencies and more. Babysitting Manual and Workbook, Certification Card.

For more details or to register for this program please contact Justine at [programs@holyroodcommunity.org](mailto:programs@holyroodcommunity.org)

Grade 6 children from all communities are welcome to register. A current community league membership is required.

## Drop In Playgroup

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

Tuesdays 9:00 am – 11:00 am

Holyrood Community Hall  
Contact Jessica at [playgroup@holyroodcommunity.org](mailto:playgroup@holyroodcommunity.org)

## Commonwealth Rec Centre

Your community membership will now allow you FREE access to Commonwealth Rec Centre. You can access the gym, track and/or the swimming pool during Community League Swim hours.

Don't forget to pack your membership card!

### Commonwealth Community Recreation Centre

Saturdays  
5:00 pm – 7:00 pm

### Hardisty Leisure Centre

Sundays  
1:15 pm – 2:45 pm

## Fall Green Shack October 15th – November 10th

Come check out our FREE Green shack program at the playground.

Monday and Wednesday 3:30 pm – 6:00 pm

Saturday 1:00 pm – 5:00 pm

Kids will participate in a variety of games, crafts and outdoor activities led by trained City of Edmonton staff.

## Ruth's Yoga Next Session Starts November 28th

Join us for yoga on Monday nights. Class is designed for all abilities from beginner to those more familiar with yoga.

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

Classes run Mondays 7:00 – 8:15pm.

The investment is \$75 for a 6 week session.

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

Call Ruth for more information or to register 780-237-6730 [ruthe.sjoberg@gmail.com](mailto:ruthe.sjoberg@gmail.com)

## League Contacts

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

Vice President: Vacant

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

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

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

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

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

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

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

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

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

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

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

Like and follow us for the most up to date news. Search Idylwylde Community League on Facebook and @IdylwyldeCL on Twitter.

You can also visit us at [www.idylwylde.org](http://www.idylwylde.org) and sign up for our e-newsletter

## Vice President Needed

Want to gain valuable non-profit experience? Consider joining our Board of volunteers! (No experience necessary)

It's a great way to get to know your community and city better, while gaining experience and getting the reward of building great things in your community.

We are currently in need of a Vice-President to lend a hand to our President, and to take over the position after the current term is done.

Our President will be vacating the position at the end of the year, so it is important to fill this position as soon as possible to have a smooth transition.

Send questions and inquiries to [Idylwylde.community.league@gmail.com](mailto:Idylwylde.community.league@gmail.com)

## Little Free Library

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

## 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

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

**Hardisty Leisure Centre** (10535 65 Street)  
Sunday: 1:15pm - 2:45pm  
Start Date: September 11, 2016  
End Date: June 25, 2017

**Commonwealth Community Recreation Centre** (11000 Stadium Road)  
Saturdays: 5:00pm - 7:00pm  
Start Date: September 17, 2016  
End Date: August 26, 2017

## Calendar 2016-2017 Classes

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

### Gentle Hatha Yoga Class

Instructor: Corrina Mak  
Thursday: 7pm-8pm  
Start date: September 29, 2016  
End date: December 15, 2016  
No classes on November 10 and 17, 2016

This class is for the beginner to intermediate. We focus on the whole body and the way we habitually align our bodies to improve the way we move. Emphasis is placed on core strength, flexibility and balance. Classes include joints and glands work, gentle hatha yoga postures and Pranayama (breathing techniques) and end with a relaxation (Savasana) at the end of each class.

### Chair Yoga

Instructor: Corrina Mak  
Thursday: 10:00 am -11:00 am  
Start date: September 29, 2016  
End date: December 15, 2016  
No classes on November 10 & 17

This is an accessible yoga class intended for anyone who has a desire to ease back into exercise. Breathing techniques, joint mobilizing exercises, stretches and balancing postures are practiced either sitting in a chair or using the chair as a supportive prop.

### Fall into Fitness Class

Instructor: Kelly Bray  
Wednesday: 7:00pm - 8:15pm  
Start date: September 21, 2016  
End date: November 30, 2016  
continues in May 2017

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

Instructor: Kelly Bray  
Monday: 7:00pm - 8:15pm  
Start date: September 26, 2016  
End date: December 12, 2016  
No class on October 10, 2016  
Continues in May 2017

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

### Family Yoga at Idylwylde Hall

8631 81 Street  
Sunday, September 18th  
Sunday, October 23rd  
Sunday, November 20th  
10:30 to 11:30 a.m.  
Free! Come to one or all three classes!  
Come prepared to stretch, laugh, breathe, relax, be silly, connect and have fun with your family and community!  
This class includes individual, partner and group yoga poses, magical journeys, games, and much more. Bring family or a friend because yoga is better together.  
No previous yoga experience required. All ages welcome. Please bring at least one yoga mat per family and dress in comfortable clothing. Drop-ins welcome space permitting.  
Please RSVP with number of people attending to Monique at

[monique.merchant@gmail.com](mailto:monique.merchant@gmail.com)



## KCL League Contacts

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

### CONTACT US!

General inquiries & Publicity Requests  
(SEV & Website):

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

• **Keep Current on our website,**  
**[www.kenilworthcommunity.com](http://www.kenilworthcommunity.com)**  
**Now on Facebook! Like us! & Follow**  
**on Twitter, KCL**  
**Edmonton**

**Next General Meeting: Monday, Nov.**  
**14th, 2016 @ 7pm**

**Next Executive Meeting: Monday,**  
**January 9th, 2017**

### Southeast Voice Newsletter Deadlines

Submissions for the December 2016 issue of the Southeast Voice is due Thursday, Nov. 24, 2016. Send all announcements to Martine 466-9444 or as early as possible. No phone calls after 8 pm. please.

## Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

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

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

*\*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details.*

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

## Annual Sleigh Ride & Chili Supper

Friday, November 25  
Kenilworth community Hall  
7104 – 87 Avenue  
5:30 – 7:30 P.M.

FREE Event with a Food Bank Donation

Enjoy Chili Supper, Hotdogs  
Christmas music, Sleigh Rides  
Christmas Crafts

Fun for the Whole Family!

## Ice Path Grand Opening!

There will be a new addition to our ice rink this year. Plans are in place for a family ice pond and a skate path around the park area.

Watch our Facebook page, website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com), and the hall sign for the Grand Opening of the Ice Path at Kenilworth! Weather dependent on when the ice will be ready.

## Youth Book Club

Do you constantly get nagged to “start reading more often” by your teachers and parents? Or are you the one they have to snatch the book away from because, let’s face it, you’ve become a walking danger to society and yourself. If you find yourself stuck in this never-ending dichotomy presented to you by the world of adults, then dare I say ‘read on’. The Kenilworth Community is initiating a youth-oriented book club which offers...hold on a minute, did I lose you on the phrase book club? This is NOT a traditional book club by any means and I hope I have made that clear (pew) !!. It’s a club meant for youth (typically ages 12 - 18) and is meant to introduce you to the world of literature in a fun and exciting way. It won’t just be about picking books and reading - instead we plan on engaging in activities such as prose reading, author chats, circle games and anything else that you might wish to bring to the table! Have I sold you on it yet? Well, perhaps the FOOD affair might persuade you in the right direction ;)

Members are welcome from any community and please note that no strict age restrictions apply! Please feel free to contact me (Saumya) at [sbhatoye95@gmail.com](mailto:sbhatoye95@gmail.com) or 780-298-8835. I hope to hear from you soon!

## Southeast Edmonton Winter Fun Fest

@ Kenilworth (sponsored by the City of Edmonton)

Saturday, January 14th, 2017

Watch our Facebook page, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com), and hall sign for times.

Join in the all fun that winter offers! Bring the whole family and try new outdoor winter activities: skiing, sliding, skating, snowshoeing, sleigh rides, crafts and more.

## Another Fun Kenilworth Golf Tournament and BBQ

was held on Saturday, August 27, 2016 at the Triple Creek Golf Course.

As always – a big thank you to the volunteers – Ken Balcom, John Mohamed, Glen Gibson, Shirley Palmer, Darlene Henson, Connie Zacharias and Richard Zacharias who make this event possible. Thanks as well to our sponsors: Don Marshall, Stewart and Corinne Olson, Furlong Plumbing, Pinnacle Business Services Ltd and Cribbage works.

Congratulations to this year’s winners:

1st – Bruce Knight, Taylor Knight, Ryan Taylor and Dan DeGraaf.

2nd – Will Milewicz, Edna Grace, Demi Grace and Trent Russell.

Hope to see everyone at next year’s golf tournament on August 26, 2017 and don’t forget the spring BBQ booked for May 13, 2017.

## Adult Badminton

at Kenilworth Junior High School Gymnasium

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

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

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

## Toddler Time

Toddler Time will resume in September on a new day/time.

Mondays 10-11am beginning Sept 12th.

Contact Angela with any questions: [angela.feehan@gmail.com](mailto:angela.feehan@gmail.com)

## Kenilworth Playschool

is a non-profit, parent co-operative play-school for 3 and 4 year olds. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall. We use a play based, pre-kindergarten curriculum that focuses on physical, social, emotional and cognitive development. Fine motor skills, printing, letter recognition and their sounds are practiced daily. Our fun and friendly atmosphere will be perfect for your child. We are currently accepting registrations for September 2016. For more information or to register your child for fall 2016, contact Diandra, diandralharding@gmail.com, or call 780-244-5986.

## New Volunteer Opportunities

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

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

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

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.

## Memberships

Have a New Neighbor? Are You New to Kenilworth?

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

Don't have your 2016/2017 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors.

Memberships are also available at the new Sport Shack location, 8170 – 50 St, and at Ottewell TGP (receive a \$5.00 TGP in-store coupon with membership purchase). For more information contact Barb @ 466-2360.

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

## 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:

November 24, 2016, Thursday, 4:30pm – 11:30pm

December 28, 2016, Wednesday, 4:30pm – 11:30pm

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

## Come Join Us!

Strength/Cardio class

Thursdays @ 6pm, New sessions start every 6 weeks.

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 [totalbalancepersonal-training@gmail.com](mailto:totalbalancepersonal-training@gmail.com) to register.

## 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.

## Neighbourhood Watch

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



## Ottewell Dental Clinic

**Dr. Gordon Lodwig & Dr. Brian Zwicker**

**We Welcome New Patients**

Family dentists providing all general services.

Insurance billed directly.

6128 - 90 Ave. 780-465-0505

Mon, Tue & Fri 8-4; Wed & Thur 8-6,

Saturdays by appointment.



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

[ottewelldental.com](http://ottewelldental.com)



# SELLING YOUR HOME?

CALL NOW FOR A FREE MARKET EVALUATION

# FRANK VANDERBLEEK

## 780-431-5600

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



Ottewell Community League Executive and Board Members	
<b>Executive:</b>	
President – Corinne	
Vice President – Bri	
Secretary – Sandra	
Treasurer - Cindy	
<b>Board Members:</b>	
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 – <b>OPEN</b>	
Maintenance Chair - <b>OPEN</b>	
Civic and City Liason Chair - Matt	
Membership Chair – Russ	
Communications Chair – Sharon	
Web Page Designer - Sandra	
<b>Representatives:</b>	
SECLA Rep – Lori	
EFCL Rep – Corinne	
East Park Baseball – Clarence	
All Positions are volunteer positions.	
<b>Please send all inquires via email to ottewell2212@gmail.com or call 780 469 0093 leave a message and someone will return your call.</b>	
Ottewell Community League	
5920 – 93a ave	
Edmonton, Alberta	
T6B 0X2	

## KICK OFF TO CHRISTMAS

LADIES MARK YOUR CALENDERS OTTEWELL'S LADIES ORNAMENT EXCHANGE

**DECEMBER 03, 2016**

7:00 PM – 12:00 AM

OTTEWELL COMMUNITY HALL  
BRING A WRAPPED CHRISTMAS TREE ORNAMENT TO EXCHANGE AND AN APPETIZER TO SHARE DRINKS AVAILABLE  
PLEASE RSVP TO DEBBIE AT 780-465-2884 OR EMAIL Debbiewood104@gmail.com

## Cooking at the Hall with Chef Sally

Join us for a relaxed afternoon of cooking, eating and fun.

EVERYDAY INDIAN: Sunday November 20 (1 to 4.30 pm). The fragrant flavours of Indian cuisine in recipes that are easy enough for any day of the week.

THAT'S APP-ERTAINMENT: Sunday December 4 or Sunday December 11 (1 to 4.30 pm) Fabulous finger foods and a drink or two for the holidays.

COST: \$105 per class. SPACES per class: 8  
INCLUDES: Lots of good eating, samples of wine, a recipe handout and a resource list.  
To register contact: Sally Vaughan-Johnston: 780 461 4238 svaughanj@shaw.ca

## Ottewell Parent & Tot Group

This FREE WEEKLY drop-in program is back beginning November 1st, Tuesdays from 10 - 11:30 am at Ottewell Hall. Parents/ Caregivers and tots ages 0-5 years old are welcome to join the fun. Come out to meet your neighbours and make some new friend



## Community 2nd Annual Holiday Market

FREE ADMINSSION

Saturday November 26th, 2016  
10 am-3pm  
Ottewell Community Hall  
5920-93a Ave.

Wonderful and unique holiday gift ideas presented by local Artisans  
Coffee and Goodies on site for sale to enjoy while you stroll the hall for your gifts and treasurers.

Supporting Ottewell community children's programs

## Fitness kickboxing and bootcamp

Join our community group for fun fitness! Classes include bootcamp style and fitness kickboxing. Work at your own pace with modifications for all fitness levels. For questions and registration details contact Ann Lukey at ann@yourinertia.com or 780.719.2897

## Ottewell Seniors Tea

We held our 8th annual Seniors' Harvest Tea on October 16th to celebrate our Seniors and the harvest season ~ although this year we celebrated it with snow on the ground! It was wonderful to see all of you at the event enjoying the wares that were baked special for you. We baked 5 pumpkin, 2 cherry, 1 blueberry and 9 apple pies for the tea.

A huge thank you to our bakers Pauline Gillanders and her daughter Christina and Sharon McCabe and her daughter Danah. A special thanks to Debbie Wood and her daughter Jaimie who helped with the hall set up, and to Jackie Kanash, Sarah Esch (Heaney) and Pauline Gillanders for helping on the day of the event.

This is a special event to me as it brings friends together to bake and prepare, seniors' together to share time with each other, and our daughters continue to join us as the years go by ~ perhaps one day they may even take over from us! Together we are community. It truly is an intergenerational weekend, and always such a pleasure to see you all!

Lori Jeffery-Heaney

## Community Sand Box

For Ottewell Community League members, we will provide a sand box again this year for our residents to keep their walk safe for passage. Please only take what you require save for your neighbour.

## Police station closing

The Ottewell community police station closed October 1st as EPS search for efficiencies and ways to cut costs. The station will be used for police operations but will not be open to the public.

## Up Coming Events At OCL

Watch for more details at our Membership Day

November 26/2016 – OCL Holiday Market  
December 3/2016 – OCL Ladies Ornament Exchange

Ottewell Community League will have more information promoting all our events posted at Ottewell Hall.

## Scouting

Scouts Canada is the country's leading youth organization. For more than 100 years, we have brought a world of adventure, outdoor experience and friendship to 17 million Canadian youth.

Scouts have a lot of fun discovering new things and experiences they wouldn't have elsewhere. Along the way they develop into capable, confident and well-rounded individuals, better prepared for success in the world. Scouts Canada offers five challenging programs for boys, girls, and young adults aged 5 – 26.

Ottewell 120th Scouting Group has served the youth in Ottewell and Kenilworth for over 50 years. The Beavers, Cubs and Scouts meet on Monday evenings at local schools. To deliver these great adventures we need adults to step forward to become Leaders. If you would like more information email ottewell120@gmail.com. For more information on Scouting please see www.Scouts.ca. Fall Bottle Drive On October 15, we had our fall bottle drive. Thanks for your support to the Scouting Group in this vital fundraiser. These funds pay for our camps and other adventures.

## Evening Kickboxing

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

This full body workout will be unlike anything you have tried before! We utilize pads and gloves so that you are actually hitting targets (way harder than a traditional 'cardio' kickboxing class). Perfect for building strength and tight lean muscle and no experience necessary! Register today at [www.foxykickboxing.ca](http://www.foxykickboxing.ca) for Monday or Wednesdays nights. Email Falon at [fa1on@foxykickboxing.ca](mailto:fa1on@foxykickboxing.ca) or Jenna at [jenna@foxykickboxing.ca](mailto:jenna@foxykickboxing.ca) for more information.

## Join the Ottewell Community League Team of Volunteers!

Do you want to get involved in Ottewell but don't have a consistent schedule? Put yourself

on the Ottewell Volunteer List. We'll contact you when we need help for events or specific tasks;

if you're available, get involved. Send an e-mail to [Ottewell2212@gmail.com](mailto:Ottewell2212@gmail.com) with Ottewell Volunteer List in the subject line, give us your contact information and indicate if there's a particular skill you have to offer or area you'd like to volunteer. Any time you can give is welcome.

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

## Upcoming BINGO Dates at Parkway Bingo

April 20, 2017

May 29, 2017

June 26, 2017

*All funds raised support the Ottewell Community*

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](mailto:oclbingo@gmail.com)

## Purchase your 2017-18 Ottewell Community League Membership

Take pride in your neighbourhood and purchase your membership today to enjoy the many benefits and discounts including:

- use of local pools free of charge at designated times
- use of outdoor community rink and community skate times at indoor city rinks
- involvement at community events and activities
- and access fitness, recreation, classes and more!

Memberships run from Sept. 1 to Aug. 31 and can be purchased at the Sport Shack, TGP, and at Ottewell Hall Rink Shack (during winter). Cost is \$25 family, \$10 for single, \$10 for adult, and \$5 for seniors.

### Purchase a Community League Membership

Did you know that by purchasing a Community league Membership you help support your community by keeping it active?

Having a membership gives you benefits like: free swim at local pools, free skating in the community rink, programs at the hall and lower hall rental rates for your event.

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

## Ottewell Community League Playschool

OCLP is still accepting registrations for the 2016/2017 school year.

We run out of Braemar school, and are tentatively running a 3 day/week program.

Registration forms can be printed off from [OCLP.ca](http://OCLP.ca) or you can contact our Registrar (Lauren Asselstine) at [lauryan@telus.net](mailto:lauryan@telus.net) or 780-490-7757.

## Next Ottewell Community League Board Meeting

*Tuesday November 15 – 7 pm*

OCL meetings will be on the 3rd Tuesday of the month. Come and join us and find out what is happening in our Community.

We are always looking for more hands to assist in keeping Ottewell Community Vibrant and Active!



## Ottewell Babysitting Registry

Are you looking for a babysitting job? Want to earn some extra cash?

If this is you, send your name, address, phone number and the year you were born.

Include your credentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and experience caring for children.

Send your information to [colleenandtravis@shaw.ca](mailto:colleenandtravis@shaw.ca) Or call Colleen 780-406-3603.

## Ottewell Community League Social Media

Follow us on Twitter @OttewellEvents and Facebook/OttewellCommunityCentreEvents and let us know what you are up to in your community!

Pictures, tweets, comments, your discussion are welcome!

Let us know if you are having an event and we can share it for you on social media!

## Community Patrol

Our Community Patrol Program will no longer be running within Ottewell.

The City Police will be patrolling our area out of the Millwoods Police Station.

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

## Help youth stay hydrated to perform at their best

Eating healthy meals and snacks and drinking enough fluids (staying hydrated) are important for good health as well as school and sport performance.

Drinking enough fluid helps your body to control its temperature. Not having enough fluid (being dehydrated) can increase the risk of injury, lead to low energy, and have an impact on performance.

Active youth need to drink enough fluid before, during and after exercise to help the body function at its best.

Try these simple tips to help your child stay hydrated:

- Encourage your child to drink plenty of fluids throughout the day so they arrive at sports events well hydrated. Ensure that your child has easy access to free water:
  - o provide water stations during sport events
  - o send your child to school with a water bottle to bring to gym class and to keep at their desk
  - o ensure easy access to water fountains

- Make sure your child drinks enough fluid during activity by stopping them for regular water breaks every 15 to 20 minutes. Most children do not need a sports drink during activity.

- Encourage fluids after activity is over as well. Water, milk, and soups are great options.

Discourage children from drinking soft drinks, fruit juices, sports drinks and energy drinks. These are higher in sugar (which could cause stomach aches and tooth decay). Some may contain caffeine which can be harmful to children.

Healthy food and drinks are an important part of school, physical activity and sports performance. Active children need plenty of fluids throughout the day with extra water during and after activity.





## Board of Directors

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

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

## Kick-Flip:

An important event for Strathearners (plus, we want to sell the most tickets!)

On Nov. 23, Strathearn will host an improv event in support of the Fulton Ravine Skate Park.



This is an important event in terms of fundraising, but also in terms of working together with our neighbouring leagues. It's a great opportunity to gather together in support of a fabulous park that has made our neck of the woods better. It is, however, also an opportunity for some friendly competition!!! All 11 communities in the southeast are selling tickets for this event and we want to be the league that sells the most.

Please go to <http://kickflip.eventbrite.ca> to purchase tickets. Bring your friends...it's a great night out!

Here are the details:  
Wednesday, Nov. 23  
Doors/drinks: 6 p.m.  
Show: 7:30 p.m.  
L'Unitheatre (8627 91 St.)  
Beer, wine, door prizes, silent action, 50/50 and serious laughs!

## The final push

We are only a few weeks away from the deadline for the streetlight survey (Nov. 15, 2016). Back in September, the City of Edmonton sent all Strathearn property owners an Expression of Interest survey to gauge support for upgrading our streetlights as part of the Neighbourhood Renewal program commencing in 2017.

These upgraded streetlights would be a black, fluted pole with a Newport decorative arm and decorative street blades for signage. The cost to property owners will be approximately \$36 per year over the next 15 years (based on a 50-foot wide lot), or there is an option for a one-time payment. This levy will begin the year following sidewalk construction.

We have received more than 200 positive responses to the survey, but we are still short by about 80 respondents. Please support this upgrade and return the signed form to show your support for this enhancement to our community streetscape. We will need a majority of property owners to submit their surveys in favour of the upgrade in order for it to proceed!

Return your form, indicating whether you support the request for decorative streetlights to one of the following:

- Juniper Cafe and Bistro (9514 87 St.)
- The Wired Cup (9418 91 St.)
- 9303 87 St. (corner red house across from Gabrielle Roy school)
- Scan it and email it to James Kosowan ([jakosowan@gmail.com](mailto:jakosowan@gmail.com))

If you have any further questions or if you have lost your survey and need a new one, please feel free to call James Kosowan at 780.466.7779



## Help fund our new Strathearn Community Hall

The Strathearn Building Society is looking for individuals and companies to partner with in making our new hall a reality.

We have managed to secure nearly \$1 million toward this important project and are looking to raise another \$500,000 to reach our target and cover the ever increasing cost of construction.

If you are interested in meeting with someone from the fundraising committee to discuss how you or your business can partner with us, please contact Jenny McAlister at [president@strathearncommunityleague.org](mailto:president@strathearncommunityleague.org) or by phone at 780.554.2258.

The Strathearn Building Society is a registered charity and can issue tax receipts.

We hope to break ground on the hall in early 2017. The hall was designed from the ground up to support the unique needs and vision of Strathearn.

The carefully chosen new location of the hall was selected to maximize the existing green space, encourage walkability, and capture daylight in the summer evenings all without disturbing a single tree within Silver Heights Park.

## What a new community hall will mean for Strathearn: Art and craft shows

As we look forward to construction of our new community hall, we'll publish regular articles about the expanded programming that will come with a new hall.

A new hall means that Strathearn Community League will be able to bring you more from your favourite Strathearn Art Walk artists.

The league's art walk organizing committee envisions a day when we'll be able to offer an art walk encore of sorts, bringing some of the more than 130 art walk artists to our hall for a pre-Christmas sale similar to those, like the Hazeldean Christmas Craft Sale, held in other community halls.

"An event like this would allow us to further support our art walk participants by providing affordable opportunities for artists to show and sell their art," says Jenny McAlister, chair of the Strathearn Art Walk Organizing Committee and president of Strathearn Community League.

"It would also give patrons an opportunity to purchase those things they forgot to get back to at art walk."

The current incarnation of Hazeldean's Christmas Craft Sale started five years ago. Much like Strathearn Art Walk, its goals include bringing people together and celebrating community.

"We get people from all over the city coming to the craft show, but we get a lot from the community, so it's a real social gathering for me," says Toby-Anne Reimer, Hazeldean Community League's volunteer coordinator and craft show organizer. "I guess it's just a great way to showcase our community."

This year's Hazeldean Christmas Craft Sale takes place Saturday Nov. 12 and Sunday, Nov. 13 from 10 a.m. to 4 p.m. at the Hazeldean Community Hall (9630 66 Ave.). Our new hall, which will be available for rent, would also make a great location for organizers of the many handmade pop-up markets that take place around the city.

Strathearn Art Walk takes place annually on the second Saturday in September. Mark your calendars and plan to join us on Sept. 9, 2017.



Dr Greg Hahn and Ottewell Eye Care are excited to announce that Dr Jonathan Akle has joined us.



**Ottewell  
Eye Care**

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

**Specials**

**1/2 off  
lenses**

**50% off  
of selected  
frames and  
lenses**

Dr. Jonathan Akle was born and raised in Edmonton and currently resides in Sherwood Park. Dr. Akle joined our practice after recently graduating on the Dean's Honours List from Nova Southeastern University in 2016. Before joining our practice, Dr. Akle completed his externship at the renowned Bascom Palmer Eye Institute in Miami, Florida where he learned to treat and manage many different eye conditions! His passion is for ocular disease and he loves to spend time getting to know his patients.

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

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



## Got membership?

Get your 2016/17 Strathearn Community League membership today and start taking advantage of your member benefits.

Benefits include

- free swimming at Hardisty Leisure Centre on Sundays from 1:15 p.m. to 2:45 p.m. and at Commonwealth Community Recreation Centre on Saturdays from 5 p.m. to 7 p.m.
- a free beverage on us on Wired Wednesday, the first Wednesday of the month from 7:30 a.m. to 11 a.m., at The Wired Cup (9418 91 St.). The next Wired Wednesday is Nov. 2.
- one beer or glass of wine for a toonie during Toonie Thursday, the second Thursday of every month from 4 p.m. to 6 p.m. and Juniper Cafe and Bistro (9514 87 St.). The next Toonie Thursday is Nov. 10.
- free skating at neighbouring community rinks (Bonnie Doon, Idylwyld and Holyrood). You'll need to have your skate tags.
- a chance to win a \$20 gift certificate to The Wired Cup or Juniper Cafe and Bistro (draws take place monthly)

Buy your membership at Ralph's Convenience Store, Massage Therapy Supply Outlet, Juniper Cafe and Bistro, Strathearn Heights Apartments, or by contacting [membership@strathearncommunityleague.org](mailto:membership@strathearncommunityleague.org). If you're new to Strathearn, your first one-year membership is on us. Contact [membership@strathearncommunityleague.org](mailto:membership@strathearncommunityleague.org) to get your membership.

## Be a community leader

Are you interested in running a winter activities program in the community? How about bike safety or special event planning?

The City of Edmonton is offering some great, free courses to introduce volunteers as young as 13 to the skills required to be leaders in their communities.

Courses are available in November and December, as well as the new year. Please contact Andrew Struthers at [ajstruthers@gmail.com](mailto:ajstruthers@gmail.com) for more information about dates and times.



# Skate with your community league membership this winter

Unfortunately, due to the upcoming hall construction, we have had to dismantle parts of the rink boards to allow for the storage of materials. This means that Strathearn will not have any hockey ice available this winter.

All is not lost, however. Remember that your Strathearn Community League membership gives you access to other outdoor rinks around Edmonton, including Bonnie Doon, Idylwylde and Holyrood.

As well, we will be expanding upon the family rink we started last year. The ice will be installed in early December and will be available for those wanting to skate during daylight hours only.

As this is family ice, we ask that no sticks or pucks be used at any time and also ask users to please be respectful of all skaters.

While the hall will be closed for the winter season, there will be a bench next to the ice for putting on your skates.

Please get your 2016/17 membership and skate tags to ensure you don't miss out on any ice time this winter.

Stay tuned to our website, Facebook and Twitter accounts, and future editions of the Southeast Voice for opening dates and times.

# Show your Strathearn pride

Strathearn Community League has just launched our online store! Visit <http://skreened.com/strathearncl> for a selection of Strathearn logo or "Naturally Urban" branded shirts and other products.

Available in a wide variety of colours and styles, Strathearn shirts are made-to-order and are shipped to your door!

A portion of each sale goes to support construction of the new hall.

# New bench on Strathearn parkland

A new bench has been placed in an almost perfect spot on Strathearn Parkland, thanks to the efforts of the United Church Women of Strathearn United Church (UCW).

The UCW was created in 1962 and has hundreds of groups across Canada. It is often the heart of a congregation and provides support services to many charities in their respective communities.

The bench was added as part of the City of Edmonton Benchmark program, which was established to offer individuals and groups the opportunity to honour friends and loved ones or to celebrate special events by having a new bench installed in a park or green space. A bronze plaque is placed on the bench to serve as a lasting tribute.



# New driveway for Strathearn LDS Church

Neighbourhoods are constantly in flux. Some changes, such as a new LRT route, are dramatic, but within that larger framework there are also smaller, noteworthy neighbourhood alterations.

The Church of Jesus Christ of Latter-day Saints in Strathearn (9010 85 St.) has re-aligned its parking lot to allow access from 92 Avenue.

As with most of its endeavours, the job was tidy and executed quickly, with minimal disruption and fuss in early October.

With the LRT construction, the church will lose the service road that currently connects the church and the 85 Street and 92 Avenue entrance.

It will still have all-directional access from Connors Road. But, says congregation member and Strathearn resident Erik Backstrom, "Due to higher traffic volumes on Connors Road, and the fact that most of the people driving to the church come from the east and south rather than the north and west, this access doesn't get much use."

William Cormack of the church facilities team adds that they were told by the city that members would no longer be allowed to turn left on to 85 Street when exiting the church. "They recommended our members turn right (on 85 Street) and go through the lights and turn around to go north on 85 Street. It is for this reason we asked for permission to install the new driveway... With our new driveway and the new left turn lane (on 92 Avenue) it gives our members the opportunity to exit our site in a safe and convenient manner."





# Call The Dunham Team Today

780 - 466 - 0418

**Greg  
Dunham**

780-964-1469

gdunham@telus.net

greg8dunham@gmail.com

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



**encore**



**NEW LISTING**

**Capilano:** Entry level 3 Bedroom Bungalow, Large lot (15.24 m x 39.6 m), Great starter property with multiple options.



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



**SOLD**

**Henderson Estates:** GIGANTIC Open concept Bungalow, Over-sized Double attached garage, Quiet cul-de-sac.