

SOUTHEAST VOICE

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

October 2016



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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)

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

Wellness Fair at Fulton Ravine South Park



Wellness Fair story page 2

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

Wellness Fair at Fulton Ravine South Park

After a rainy morning, it it was a beautiful afternoon for the Wellness Fair on September 17th. Thank you to Boardwalk Rental Properties for sponsoring the bouncy castle and caricature artist at the fair! Also, special thanks to all the participants who donated their time to provide all the great information, and to lead us in fitness activities.

Our exhibitors included:

- Alberta Food Matters
- Alberta Health Services public health dietitians
- Capilano Play school
- Capilano Rehab Centre
- Communities ChooseWell (Alberta Recreation and Parks Association)
- Edmonton Public Library
- FastTrax Run and Ski Shop
- Oliver Primary Care Network
- Paths for People
- St Elizabeth Home Care
- Southeast Edmonton Seniors Association (SEESA)
- The City of Edmonton (Low Impact Development area, and Master Composters Recyclers)
- Urban Poling
- Wild Bird General Store

Our fitness instructors included:

- Sharon Weber (boot camp)
- Sandra Thomsen (Hawaiian hula)
- Sharon Melvin (tai chi)
- Melany James (yoga)
- Allison Moore (zumba)

Many thanks as well to Fire Station #11 for making a special appearance at the event. Kids of all ages enjoyed your visit!
Also thanks to the participants for donating prizes for the event, and to Lorena from Curves and Sandy from Epicure for donating the lovely gift baskets.



City Services & General Information

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

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

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

SEEECCC UPDATE

www.earlychildhoodedmonton.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. Our vision is for all of Edmonton’s children to be mentally and emotionally strong and resilient enough to take on the challenges of tomorrow.

UPCOMING EVENTS
FREE WORKSHOP – KIDS HAVE STRESS TOO!
Wednesday October 12th 6:00pm-8:00pm at Fulton Child Care 10310 56 street (West Doors)
Dinner and Childcare provided. Registration Required – Call Dodie 780-465-4383 ext.26
This session is grounded in the science of early childhood and brain development and is sensitive to the day-to-day realities of families and early learning and care settings. This workshop provides parents and child care professionals with practical strategies to help them better understand, prevent, and address stress, not only in preschool aged children but also within themselves.

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 your SEEECCC (Jenny at 780-435-6328 or jenny.samm@outlook.com).

SE Edmonton Recreation Network Fall Mixer

SHARING OUR STORIES

Thursday, October 20, 2016
Gold Bar Community League Hall
4620 105 Ave NW
6:00 - 8:00 PM



Join us for a light supper and mix and mingle with other people and groups in SE Edmonton.

We will hear about a few success stories but there will also be an opportunity to share other projects, programs, successes and learnings.

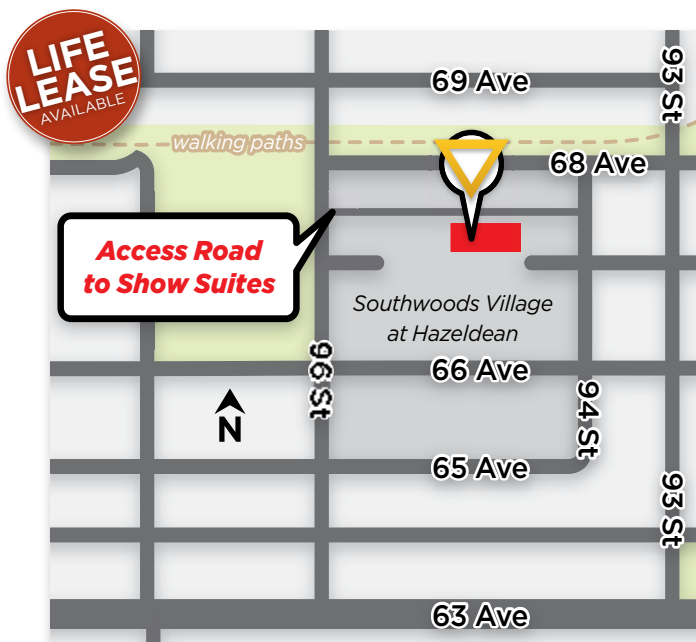


SHOW SUITES OPEN OCT 15TH

SHOW SUITES

GRAND OPENING

Visit Our Show Suites **Oct 15th & 16th** from 1pm to 5pm



You are invited to our grand opening of the show suites in Southwoods Court North, Phase 1 of Southwoods Village at Hazeldean. Please join us for refreshments and take the time to enjoy the professionally decorated suites.

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.

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 starting Oct 15, 2016

CDLHomes.com



What is Capital City Records?

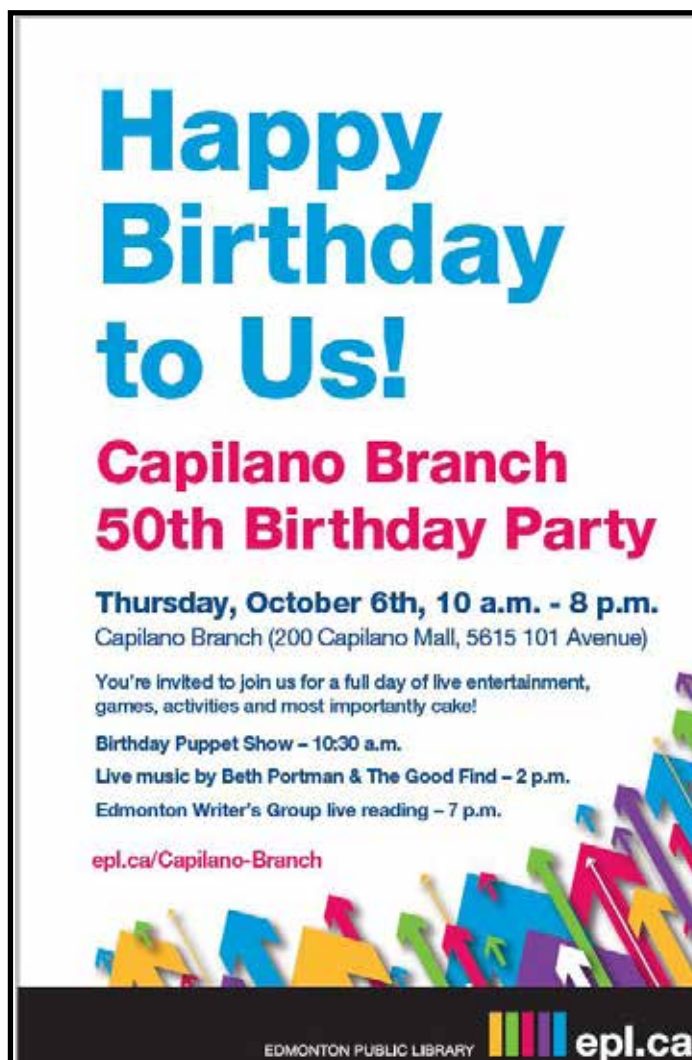
Capital City Records is Edmonton Public Library's first digital public space, created to celebrate Edmonton's local music scene and its history. The collection includes some of Edmonton's best local music produced in the last five years. Anyone can stream albums and, with a library card, you can download your favourite tracks. You can also find a gig poster archive going back to the '70s that begins to tell the history of the music community in Edmonton. Gig posters combine unique design with essential information about which artists played together and what venues they played. Go to <https://capitalcityrecords.ca/> to listen to this awesome music for free!

Featured programs at the Capilano Branch include:

English Conversation Circle (adults): Wednesdays at 6:30pm
Adult Colouring Night (adults): Thursdays, October 13 and 27th at 7pm
Minecraft Club (teen/tween): Thursday, October 20th at 3:00pm
Saturday STEAM programs for kids of all ages: Drop in every Saturday at 2:30
The activities will be: Pop-Up Makerspace (Oct 1 and 29), Lego Stop Motion (Oct 8), Evil Genius Club (Oct 15), Lego at the Library (Oct. 22)

Featured programs at the Idylwyld Branch include:

Level-Up Your Reading: Minecraft Edition (kids): Wednesdays at 4:30 PM (register to attend all six sessions)
Sing, Sign, Laugh, and Learn (0-3 years): Mondays and Fridays at 10:30am, Wednesdays at 6:30pm – ongoing drop-in
Board Game Night (adults): Thursdays, October 13 and 27th at 7pm
Minecraft Club (teen/tween): Thursday, October 13 at 3:30pm
English Conversation Circle (adults): Fridays at 2pm



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

Podiatric foot care! 780-466-5290

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- www.greenwayspodiatric.ca





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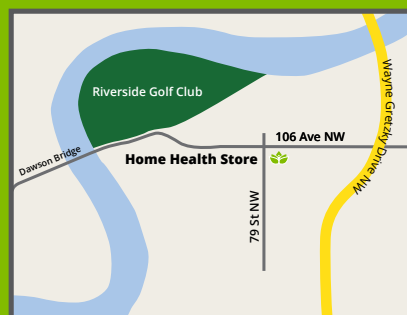
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League Contacts

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

Thank-you to all who participated in Avonmore's Community League Day

Thanks to all of the community members and volunteers that came out on September 17th to our annual Community League Day event "Pancakes in the Park". It was a smashing success that included great food, fabulous music, fun games and activities for the kids and a relaxing social atmosphere for adults. Thank you to all of our sponsors for supporting our event: City of Edmonton, NAIT, EnerChi Massage and Wellness, Brits Fish and Chips, Four Points Sheraton, Zorzos Picture Framing, Edmonton Police Service, Ten Thousand Villages, Famoso Neapolitan Pizzeria, Safeway Bonnie Doon, Alberta Pork, Atco Gas, Curves Bonnie Doon, Meat Street Pies, Catfish Coffee and Operation Fruit Rescue Edmonton.



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.

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

Calling all ghosts & goblins
Join us for a spooktacular time

Avonmore Community League presents

Halloween Party!

Saturday, October 29th
AVONMORE HALL (7902-73 AVE)

Children's Party

- 4:00 - 5:30 PM
- Crafts, games and a scavenger hunt
- Pizza and treats provided
- Stay for our double feature movie night

Double Feature Movie Night - All

- 6:00 PM showing: Hotel Transylvania
- 8:00 PM showing: Ghostbusters (2016)
- Bring a comfy chair or blanket and join your friends and neighbours
- Costume contest, prizes and more!



Community League Membership

Memberships are available for purchase at the Dairy Queen on 75 St & 76 Ave, at Curve Bonnie Doon, at the South East Edmonton Seniors Association or by emailing our Membership Director, Wendy, at membership@avonmore.org.

Don't miss out on the many benefits of membership including: FREE access to pools (see Community Swim Times)
FREE access to our skating rink

Discounted passes and memberships to City of Edmonton Recreation Facilities

FREE and discounted Avonmore and EFCL programs & events; and discounted hall rentals

FREE classified ad in our Quarterly Newsletter

Access to league clubs and sports (Walking Club, Garden Club, Book Club, Soccer, Hockey).

Thank you to all of the volunteers that came out to support our door-to-door membership blitz. We sold nearly 100 memberships in two evenings!

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

Keep checking our website at www.avonmore.org for more details!



GINGERBREAD WORKSHOP EVENT

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 to
arrange a time to meet to drop off your form and payment
Any questions email grants@avonmore.org




Registration Form

First Name _____

Last Name _____

Phone Number _____

Email Address _____

How Many Gingerbread Houses: _____ \$25/house

How Many Children will be attending: _____

Payment Method Cash Check





Avonmore Community League & King Edward Park Community



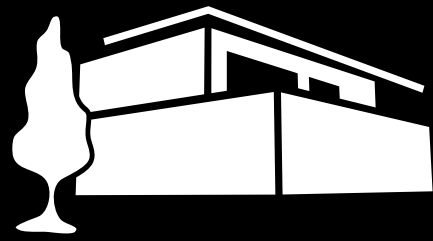
present

1st Annual Gingerbread Workshop

10AM Saturday, November 29th
King Edward Pk Hall (7708-85 St.)

- Make a new tradition with your family or your grown up friends
- Refreshments/coffee, treats, music, kid-friendly activities & neighbourhood fun
- Gingerbread kits are designed & baked locally in Avonmore by Meat Street Pies
- We provide the candies and decorations, you construct and decorate!
- Cost: \$25 per gingerbread house
- For registration & payment information email grants@avonmore.org



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Avonmore Book Club

If you enjoy reading, this very popular book club would love to have you. The Club meets on Sunday evenings every 4-6 weeks. Members take turns picking books and hosting meetings. New members always welcome from any community. For more information contact Anita at (780) 222 4482 or director3@avonmore.org

Avonmore Garden Club in Fall & Winter

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

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

Avonmore PARENT & TOT PROGRAM

This FREE drop-in program is back in full swing on Thursday mornings, 10:00 AM to Noon. Parents/care-givers 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.

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 Hall Rental

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

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

NEED A BABYSITTER? OR

LOOKING FOR A BABYSITTING JOB?

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

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

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

Poison Prevention

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

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

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

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

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

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

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

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EMAIL at Breanne@funkyfit.ca

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- Music • Trips
- Summer programs

Wednesday Evenings

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Kingsway Hangar

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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

Choose Capilano Hall for Your Special Event

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

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

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

Capilano Community Memberships

Need a Capilano Community Membership?

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

Capilano Community League Babysitting Registry

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

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

Capilano Community League is on Facebook!

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

Thank you Casino Volunteers!

A BIG thank you to all those who volunteered for the Capilano Community League casino on August 26 and 27, 2016. Casinos are a key revenue source and a successful casino, supported by dedicated volunteers, ensures a sound financial future for the league.

Hardisty Gymnastics Club - Fall Classes

Sponsored by Capilano Community League
Offering programs TUESDAY or THURSDAY evenings
Where: Hardisty School (10534-62 St.)
Dates: Tuesdays Oct. 11 - Dec. 6, 2016 OR Thursdays Oct. 13 - Dec. 8, 2016
Cost: \$91/child
Parent & Tot, 18 mos.-3 yr old: 6:00 - 6:45 p.m. (Tuesdays only)
Preschool 3-5 yr old: 6:00 - 6:45 p.m. (Tuesdays & Thursdays)
Preschool 3-5 yr old: 6:45 - 7:30 p.m. (Tuesdays & Thursdays)
Elementary 6-12 yrs: 6:00 - 7:00 p.m. (Thursdays only)
Elementary 6-12 yrs: 6:45 - 7:45 p.m. (Tuesdays & Thursdays)
The Parent and Tot and Preschool classes learn the FUNdamentals of gymnastics and movement by teaching gymnastics skills using gymnastics equipment, music, manipulatives (balls, sticks, etc.) and co-operative games to enhance gross motor development.
In the Grade 1 thru Grade 6 program children are taught a number of gymnastics skills using games and challenges to reinforce skills in a fun non-competitive environment.
REGISTRATION: online at Hardisty Gymnastics found on the Capilano Community League website, or at: https://docs.google.com/forms/d/1Lr6o65oxY5UCxL9IjaGP4lz_mXjSY-79Wg6F0FrpqA00/edit Please fill out one form per child, per class. Registration fee payable at first class - cheques (payable to Gymfit) or cash only. A valid 2016/17 Community league membership is necessary for registration (from any community league).

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

Capilano Playschool is hosting their annual "Splash and Slide" fundraiser at West Edmonton Mall World Waterpark on Saturday NOVEMBER 19 from 7:30-10:30 p.m. Early bird tickets are available until October 15 for only \$12 each! Call 780-802-9307 or email capilanoPlayschool@hotmail.com. After October 15, tickets sell for \$15 each and are \$18 at the door. Can't attend? Purchase a ticket and Capilano Playschool will donate it to be used by a child who otherwise wouldn't be able to go! Buy your tickets early and avoid disappointment, tickets have sold out every year!

Capilano Playschool accepting Registrations

Capilano Playschool is currently accepting registrations for the 2016-2017 school year. This is a parent cooperative program and offers the choice of a Healthy Apple Program or a Christian program and runs both morning and afternoon classes, two or three days per week. All classes are for 3 and 4 year olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization, and self regulation skills. Your child will have a blast doing arts and crafts, field trips, stories, gym time, show and share, games, music and much more! Our teacher received the 2014 Alberta Child Development Professional Award of Excellence! Children must be 3 years old and potty trained prior to starting class. Capilano Playschool is located in Hardisty School (10534-62 street). For more information or to get a registration package, call 780-802-9307, check out our website www.capilanoPlayschool.com, email capilanoPlayschool@hotmail.com or find us on Facebook!

Capilano Community Rink-Volunteers Needed!

Do you have an interest in the Capilano Community League rink? There are a number of opportunities to help maintain and operate the rink.

--First is the annual clean-up scheduled for Friday October 21 at 7:30 p.m. This involves cleaning out the rink and rink building, as well as an equipment inventory check.
--A volunteer is needed to support operations as the rink scheduler. This position can be shared by multiple people.
--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.

Note that we have an ice maker who will build and maintain the ice. Target dates for the season are December to mid-March. For more information, contact Blake (780-466-7666) or Bill (780-469-5744).

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.

2016 Capilano Community Summer Green Shack Fun!

The City of Edmonton Green Shack program was another huge success this year.

Thank you to our Green Shack leader Derrick and to the following volunteers who participated in the “Adopt a Green Shack Week” this summer: Larissa G, Kristin B, Lorena F, and Indra P. Also to Shauna D, Jill S and Shelley S who were kind enough to provide the program with extra sports equipment. A BIG thank you to Laura M for working with the City the past two summers to coordinate the Green Shack program for Capilano Community.

If anyone has any feedback or would like to suggest any ideas for next year please contact Kristin.baker@me.com.

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, handmade 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!

FREE Swim for Capilano Community Members

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

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

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

Capilano Community Park – Phase 2 construction ongoing!

The FULL Phase 2 Park project plan includes a 700m 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. Our final push to meet our fundraising goal over the last few months went exceptionally well! Project funds were secured from the Province of Alberta, the City of Edmonton, 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. Do go and check out the progress at the park!

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, Allan Yee

-- Ella Schneider, Johannesson Family, Leo Wu, Marta Gomez Wu/Arturo Wu, Anna & Geoff Carlsen, Pikkert Family, Kevin & Ivanna Lewington, Sophia Lewington, Brendan Lewington, Svidal Family, Raeanne & Terrence Belley, Jackie & Kevin Werstik, Judy & Millard Evans, Joel & Tracey Baron, Ruth Janor/Jim Dermody, Assenheimer Family, Klaassen Family, Donald Chan, Morgan & Fallon Mitchell, Elite Integrity Services, Colm & Finn Cunningham, Adele & Ava Falkenberg, Rolinda & James Graham, Keith & Kathy Turnbull, Wince Family, Ada Schlender -- Robert & Darlene Hyrve, Jocelyn Crocker, Filice Family, Alison Parry, Carol Anne Suddards, Blanca Maginnis, Tiffanie McLeod, Sheila Thompson, Doug Fulford, Sandy Schaloske, Cheryl Stepanko/Richard Pereschitz

Hope Church Afternoon of Arts – Saturday, October 22 at 1:30 p.m.

Come and join us at Hope Lutheran Church at 5104 – 106 Ave on Saturday, October 22 for a celebration of music, drama, visual art, literature, film, and dance.

The concert portion of the afternoon starts at 1:30 p.m. with an opportunity to view the visual art and enjoy some homemade goodies after the program. There will also be children’s activities at this family friendly event! This year we are especially excited to welcome artists from the area: Carrie Carbol-Ritcey (metalsmithing), Carolan Lassiter (mosaic artwork), Lorraine Resler (jewelry), and Angela Stadlwieser-Smith (painter).

For more information about the Afternoon of Arts contact 780-466-8502, email hope-lutheran@shaw.ca or check out Hope’s website at www.hope-lutheran.ca.

Cardio/Core Stretch & Strength Workouts

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

Instructors: Tuesdays-Kelly Bray, Thursdays-Sharon Weber

Contact: Elaine: 780-469-2964

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

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

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



Fall Tai Chi Chih Class – Capilano Community Hall

Start: Six-week class begins: Monday October 17, 2016 Day/time: Mondays from 12:00 p.m. – 1:00 p.m.

Cost: \$80

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

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

Cyclocross Race at Capilano Community Park

The redbike cycling club and the Edmonton Road and Track Club is promoting cycling in Alberta by organizing a weekend of cyclocross racing at Capilano Community Park (10810-54 St.) on OCTOBER 22 and 23. The races start at 9:00 a.m. and end at 4:00 p.m. both days, so come by and enjoy the spectator friendly format of cyclocross racing. We will have bouncy castles, cow bells and plenty of racers to cheer for. Have questions? Call 780-619-9631 to learn more!



You're Invited!!

Join us in the gym for our 4th Annual



Fall Fun Family Dance

Thursday, October 27th
from 6:00 - 8:00 pm

It's a fun-filled evening of dancing, face painting, & concession!

Tickets \$5.00 each in the office or at the door - 2 and under free.

Call or email Lisa Leflar for more information
780.468.2598 or leflarl@suzukischool.ca

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Member of Parliament

Edmonton Strathcona



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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

Cloverdale Community League Contact Information

Board of Directors

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

Standing Committees

Casino Committee	Bev and Shane	beverlyjoanbennett@gmail.com
Edmonton Ski Club Liaison	Bruce	bbrandell@epcor.ca
Committee Chair	Janet	janmhardy@gmail.com
CCL Membership	Shelley	shelleybrett1805@gmail.com
Community Garden Chair	Eric	ejlobay@gmail.com
Flood Mitigation Chair	Paul	pbunner55@gmail.com
LRT Committee Co-chair		
Rentals		Email janmhardy@gmail.com or leave a message at the Hall at 780-465-0306. Emergencies 780-439-3149

Hall Rental

Have you considered renting the Cloverdale Hall?

Located in the heart of Edmonton's River Valley, only moments from downtown—an ideal spot for nonprofit or corporate weekday events!

With a full kitchen, state of the art sound system and lots of room to spread out, the hall provides a great rental solution close to home.

Check our website for availability on the online calendar:
www.cloverdalecommunity.com

For more information or to book the hall, contact Janet at
janmhardy@gmail.com



CAPILANO CHRISTIAN ASSEMBLY PRESENTS

WEAR AND WARES

FAMILY & SMALL HOUSEHOLD ITEM EXCHANGE

SATURDAY NOVEMBER 5, 2016

FROM **11:00AM** TO **1:30PM**



DONATION DROP-OFF ON FRIDAY NOVEMBER 4, FROM 2PM - 8PM @ CCA.

Items donated must be in clean & good useable condition. Donations may include clothes, accessories, small household items, small sports equipment, linens, toys, & childrens books.
NOT ACCEPTED: Large household items, appliances, fitness equipment, electronics, cribs, strollers, high chairs, baby car seats, etc.

For more information, contact the church office at **780-469-7801** or mail@capilano.org

CAPILANO 9333 50 ST
CHRISTIAN EDMONTON
ASSEMBLY T6B 2L5

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>

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	Secia@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	Kerry		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 league membership:

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

Memberships for the 2016/2017 year are available now at Shaheen Grocery & Bakery (10130 79 St.), Grower Direct at 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.



Freezer Meal Workshop at Forest Terrace Heights Fall on Saturday October 29th Let's Feed your Family!

Slowcooker Menu

- Tex-Mex Chicken
- Hawaiian Chicken
- Lemon Pepper Chicken
- Asian Chicken
- Beef Stew
- Taco Soup
- Raspberry Habanero Meatballs
- Savory Pork Tenderloin
- Pesto Shrimp Scampi
- Pesto Tortellini

Stove/Oven Menu

- BBQ Beef Sloppy Joes
- Beef & Broccoli Stir-Fry
- Easy Pork Tenderloin
- Rush Hour Chicken Fajitas
- Lemon Pepper Chicken Divan
- Cheesy Chicken Tortilla Soup
- "Baked" Veggie Rotini
- Cheesy Shells & Italian Sausage
- Italian Chicken Parmesan Soup
- Tex-Mex Meatloaves

Cost: \$105.00 payment deadline - October 12th.

Package Includes:

- Pampered Chef Exclusive Rubs/Sauces & Seasoning Mixes
- Organized Grocery list to make this shopping quick and easy
- Copy of the recipes so you can make them again.
- this month's Special Inclusion is our "Help Whip Cancer" feature product, the new & improved Infusion Water Bottle.
- Plus you select one of the free gifts that are available to choose from.

Contact:
Diane Pantzer - Home 780-466-9045 Cell 780-419-1514
Email: damom23kids@gmail.com

Community League Members will receive an extra gift with their package.

PIC

Free community swim & gym

- **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.

101st Avenue Corridor Study

Thank you to everyone who came to the open house on September provide feedback on the draft concept options for 101st Avenue.

If you missed it, look for information at www.edmonton.ca/101AvenueCorridorStudy.

Keep an eye out for the final workshop details in November.

Drop-in Zumba! Wednesdays, 7-8 p.m. at the hall

Dance to great music with great people and burn a ton of calories without even realizing it. \$10 for members, \$12 for non-members. No class Oct. 12.

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 for more information or to volunteer.

Patricia Motel Public Hearing

The public hearing for the rezoning of the Patricia Motel site, shown here, has been tentatively scheduled for Oct. 24. The date could change and will not be confirmed until the City releases the public hearing agenda, usually the week prior. For information on requesting to speak at public hearings and an FAQ, please visit: <http://bit.ly/2dcyYnI>. For more details and contact info, visit www.edmonton.ca/ForestHeightsRezoningProposal.

The developer has shared the current draft at <http://bit.ly/2dcyqhL>. Changes can still be made and the city reports and documents will be released the week before the public hearing. The most notable changes since the open house in March are changes to the building form. The height of the taller building was decreased to 16 storeys from 19, while the front of the building, along 101st Avenue, was increased to seven storeys from six. There have been some changes to reduce shadow impacts and add architectural detail. Residential uses have been removed from the ground floor of the front building facing 101st Avenue. That area will be used for commercial use (up to 200 square meters) and a common social area with entrances open to the public facing 101st Avenue.

The contribution for public realm improvement has been decreased to \$250,000 from \$300,000 to allow for construction of a three-metre-wide, hard surface, shared-use path between 101st and 102nd Avenue through Capilano Ravine. A sunset clause was also included so that if the developer does not obtain a building permit and commence construction within eight years, the zoning will revert to its previous zoning.



Community potluck, Oct. 6, 6-8 p.m. at the hall (10150 80 St.)

Bring something to share and join us as we gather for a fall potluck. Get to know other members of your community and enjoy each other's company and food! We'll provide the drinks and all dishes and utensils.

Please RSVP on Eventbrite <http://fthfallpotluck.eventbrite.ca/>. Choose a ticket type based on what you plan to bring: entree, soup, side dish or dessert. Choose the quantity based on how many from your family will attend.

Clothing swap, Oct. 8, 11 a.m. - 1 p.m. at the hall

Time to clean out your closets! Bring your old clothes and leave with someone else's. All ages, styles and sizes of clothing, handbags, accessories -- even books, board games and craft supplies. Items left at the end will be donated.

Card-making party, Oct. 12, 6-9 p.m. at the hall

We'll bring the tools, stamps, pre-cut card stock and the tricks to make some wonderful cards for Christmas or any occasion. You just assemble them! When you register, you can select the type of card you would like to make. \$14 gets you four cards; \$24 gets you eight. Registration is limited to 32 participants, age 13 and up. Community league membership required. Snacks will be provided.



Community Walking Map Workshop, Oct. 29, 2-4 p.m. at the hall

Forest-Terrace Heights is getting its own Community Walking Map and you can contribute. Come to a map-making workshop on Oct. 29 to help select routes, points of interest, historical tidbits, etc. Refreshments will be provided.

Contact walking@forestterrace.org or 780-885-9529 for more information or to submit photos or suggestions. Watch for more details on Facebook and in the e-newsletter.

FTH Urban Poling Group, Saturdays 9-10 a.m.				
Walk #	Date	Meeting spot	Route	Difficulty
4	Oct. 1	8440 105 Ave.	Capilano Bridge	difficult
5	Oct. 8	10955 50 St.	Rundle Park and back	Easy
6	Oct. 22	(end of 50 St., ~110 Ave.)	Boulevard	Moderate
7	Oct. 29	(end of 50 St., ~110 Ave.)	westbound path	Easy
Everyone welcome! Info: walking@forestterrace.org , 780-885-9529				

Urban Poling Walking Group

There are still four Saturday morning walks left in the fall series of the Urban Poling walking group. Exercise while you get to know your neighbours and enjoy great conversations. Urban poles and training are available.

Children's Halloween Party, Oct. 30, 2 p.m. at the hall

Come in your costume for treats, a Halloween craft and an all-ages movie with popcorn and other treats.

Christmas sign making party, Nov. 9, 6:30-9:30 p.m. at the hall

Make some fun signs for Christmas like the one below. Watch for more details on Facebook and in the e-newsletter. Registration will be limited. Age 16 and up.



Drop-in Parent & Baby Pilates, 10:30-11:30 a.m. Wednesdays, Oct. 5, 12, 19, 26

Drop-in Parent & Baby Yoga, 1-2 p.m. Thursdays, Oct. 6, 13, 20, 27

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 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.

Fulton Ravine Skate Park

Everyone is welcome to use the skate park in the Fulton Ravine South Park, whether you're on a skateboard, scooter or bicycle, or you just want to watch. Be sure to check out the graffiti art by AJA Loudon, Evan Brunt and Garvin Chinnia.

Besides the skatepark, the goal in Fulton Ravine South Park is to create an outdoor space that people of all ages can enjoy. SECLA and the City of Edmonton are seeking community feedback about what features to include. To have your say, search "surveymonkey fulton ravine south park" for the online survey.



Fulton Place

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

All board members can be reached via email
at 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.



Volunteer Orientation & Board Recruitment Social Thursday, October 20, 2016

Have you wondered about the nice people that volunteer for the Fulton Place Community League? Ever wonder what it would be like to be a "Director" or to plan an event with your neighbours? Want to learn more about the organizations that work with FPCL that service your neighbourhood and provide governance, social, recreation, and other programming? Then join us for our kinda-fancy FREE WINE AND CHEESE Awareness Campaign & Social at the community hall, open house style between 6:30 and 8:30 p.m. Mingle with your neighbours, current Board members and volunteers, and local leaders such as Councillor Ben Henderson to learn more about the rewarding opportunities that await you within our Community League. There are numerous opportunities available on our Board for 2017.

Childminding is available on site - please RSVP with names and ages of the children to babysitter@fultonplace.org.

For more information contact Gavin (gavin@fultonplace.org) or Krystina (krystina@fultonplace.org).

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



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.

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 info.

PARENT & TOT PLAYGROUP

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

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.

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 Gold-bar shopping center starting October 1, 2015.




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

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

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

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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
Finances and Fundraising:		
Financial Director	VACANT	
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
Communications & Programming:		
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

Hall Rentals!

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.

Green Shack Appreciation

What a fun summer! A big THANK YOU to our Green Shack leader Derek for playing with our community kids at the playground all summer. Kids participated in a variety of games, sports, crafts and so much more. Aces and Going on a Trip were just a few of the favorites.

THANK YOU to the City of Edmonton and Gold Bar Community League for valuing the Green Shack Program in our neighborhood.

And a special THANK YOU to the parents/guardians who took their kids to the park or encouraged them to go and enjoy all the fun the Green Shack had to offer. Without them, we wouldn't have this great opportunity coming into our neighborhood.

Kids from the community can enjoy more Gold Bar Green Shack fun from April 1 – 28, 2017. Watch the South East Voice, www.goldbarcl.com or our Facebook page for more information.



Financial Director Needed

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

Community League Meeting

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

Upcoming Bingo Dates

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

FORT ROAD BINGO

Tuesday, October 11 - Afternoon & Evening
Sunday, November 13 - Afternoon & Evening

PARKWAY BINGO

Wednesday, October 19 - Evening & Late Nite
Saturday, November 12 - Evening & Late Nite

Questions for Epcor?

Our community liaison with Epcor's Wastewater Treatment Plant is meeting with them Oct. 26. If you have a question for Epcor in relation to this Plant, email Rhae at r.hansen@unifiedalloys.com and she will get an answer for you.

Capilano Library's Birthday Party

Our community library is celebrating its 50th birthday on Thurs, Oct.6 from 10am to 8pm and you're invited! There will be cake, live music (2pm), a puppet show (10:30am) and other activities throughout the day.

Gold Bar Communications

To submit an item to the November 2016 SEV in the Gold Bar section, email SondiAmber@gmail.com by Sunday, Oct.23.

Programming in our Community Hall!

Bodyweight Barre

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.

Wed Oct 12: Free 1/2 hour teaser class and registration 9-10am.

First Session: Wed Oct 19 - Wed Nov 16th 9-10am. \$50

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

Or both sessions for \$90.

Instructor: Jennifer Sloan, BEd.; AFLCA Group Fitness Leader; MOC Barre Method Instructor

Gold Bar Craft show

The Gold Bar Craft show is back! The craft show will be on Saturday, December 3 from 10am to 4pm! 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 detail

Outdoor fun for the kids

Capilano is running a free Green Shack Community Drop-In program: SEP 17 to OCT 14, Mondays & Wednesdays from 3:30-6pm, and Saturdays 1-5pm Children ages 6 – 12 can experience a variety of activities, crafts, cooking and more! Families are welcome! Please Note: All activities are outside; please ensure that you come dressed for the weather, children under the age of 6 must be supervised by a parent or guardian.

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.

Thinking of buying or selling?



Alex Ward, Realtor

Tel: 780-438-2500
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What a Community Party!

On Saturday, Sep. 24 the sun came out and so did many of our neighbours from the greater Hardisty area. Gold Bar's own Ronda Lisowski worked her magic and organized another fun, activity-filled day. Thanks to Celanese, Enbridge, Epcor, Imperial, Strathcona Industrial Association, and Andy Verhagen of Re/max for funding the wonderful day!

Thank you to the moms and dads, and scouts of the 70th Gold Bar Scout Group that took the time to give to the children and community. Thank you Cub Scouts: Jack, Braeden, Mark, GP, Sage and Kale; Scouts: Paul, Andrew, Holly, Matthew, Amanda and Logan; and Scouters: Rikki-Tikki-Tavi (Heather) and Akela (Christine). Thanks to Young Life for running the free lunch: Jaime Gheran, Emilee Kager, Nolan Kager, Gear Dobbie-Purvis, Jeff Nichol, Dylan Johannesson, Konnor Kimball, Elisha Harvey, Kevin Kang, Lucas Smit, Jetta Richard, Jack Baron, Liam Bolinski, Tianna Petrie, Hannah Arndt, Emma DeForest, Kennedy DaSilva, Bayley Beuerlein, Meaghan Washington, Shauna Duscheneau-Callihoo, Hillary Ames and Jorgen Jespersen (area director of Young Life).

There was a draw from the names of those who signed up for the Gold Bar e-newsletter that day. You have missed the draw, but you can still sign up for the electronic newsletter at the Gold Bar website in the top right corner.

The Costco card winners are:

1. Shea Biss
2. Alison Pulfer
3. Linda Beaton



More photos next page

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Enjoy a FREE Hot Beverage

On Tuesday, Oct.11, 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!

Edmonton Leisure Access Program

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

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

Who can get a card?
You may qualify if you meet the following:

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

How can I get a card?
You will have to apply for the program by submitting an application form and required documents.

How can I get an application form?

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



FREE COMMUNITY BABY /TODDLER AND ME PROGRAMS

CONFIRM BY EMAIL fcssdodie@shaw.ca

Infants can Talk with Their Hands (SIGN LANGUAGE) Fulton Child Care 10310 – 56 Street (West Doors)	Tuesdays October 4, 11 18, 25 November 8, 15, 22, 29. 10:00-10:45
Movers and Shakers Drop in indoor Play Program This is a great program for preschool children	Wednesdays October 5 – November 23 9:30 – 10:30
BABY YOGA Fulton Place Community Hall 6115 – Fulton Rd	Wednesday's October 5th _ December 7 2:00 – 3:00

FREE Evening Workshops

10310- 56 St (West Doors)

Supper and child care will be Available

CONFIRM BY EMAIL fcssdodie@shaw.ca

Kids have stress too! ® Preschool Age Presented by : Early Childhood Development Support Services	Wednesday October 12 6:00-8:00pm
How to Talk so Kids Will Listen Presented by K.A.R.A. Family Resource Center Call Eri at 780-478-5396 ext. 225	Thursday's October 13th – November 24 6:00-8:00pm

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

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

We Have a New Website!

We've moved our site over to holyroodcommunity.org. If you haven't checked out our new website yet, come visit us at our new home on the web; we're looking forward to adding lots of exciting content to the new website.

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, 8:30 am – 4:30 pm 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. Grade 6 children from all communities are welcome to register. A current community league membership is required.

Fall Green Shack October 16th – November 13th

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

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

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

Classes run Mondays 7:00 – 8:15 pm.

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

Holyrood Membership Drive and Free Pancake Breakfast



Come join your friends and neighbors!

Saturday, October 15th 9:00AM – 11:00AM for a sit down pancake breakfast at the Community League Hall.

Holyrood Community League Memberships will be available for purchase! (\$25 Family, \$15 Single Adult, \$5 Senior)
We hope to see you there!

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



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



Free Memberships for Newcomers

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

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

A "Rood" (pronounced rude) Awakening. Rood definition is a cross or crucifix



JEREMIAH "WARNING" "WAKE UP"

"This is what I told you while I was still with you everything which was written concerning Me in the Law of Moses, the prophets and Psalms must be fulfilled." Luke 24:44

100 times Jeremiah calls for repentance. (change of mind) The Book of Jeremiah contains a message of future judgment (God will utter His judgments because they have forsaken Him Jeremiah 1:16) and redemption (The Lord our righteousness Jeremiah 23:5) "That repentance and forgiveness of sins should be preached in His name to all nations." Luke 24:47

Jeremiah 6:15-19 "I set watchmen (prophets) over you saying, "Listen to the sound of the trumpets." (approach of an enemy coming) But they said, "We will not listen."

"Therefore hear you nations and know oh congregation what is among them. Hear O earth! Behold I will certainly bring calamity on this people. Because they have not heeded My words, nor My law but rejected it."

The horrors of the Babylonian invasion foreshadow the final judgment when God will judge all peoples and literally shake the entire earth (Isaiah 24:1-5, 19-23) Creation itself will begin to unravel under God's wrath (Revelation 6:13-17) and the earth itself shall be burned up) (2 Peter 3:10 in preparation for the coming of the new heaven and new earth. -----Are you saved?????

Just pray this prayer ---

Heavenly Father, I come to you in the name of Jesus. Your Word says ---

Acts 2:21 "It shall come to pass, that whosoever shall call on the Name of The Lord, shall be saved."

Romans 10:9 "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thy heart the God raised Him from the dead, thou shalt be saved."

You said my salvation, (being saved) would be the result of your Holy Spirit, giving me new birth, by coming to live in me. (John 3:5,6 --- John 15:16 --- Romans 8: 9-10) and if would ask, you would fill me with your Spirit, and give me the ability to speak with other tongues.

(Luke 11:13 --- Acts 2:4 ---) inoah1997@hotmail.com

Trampolines: bounce, bounce, ouch!

With summer over, sales on backyard toys may have you considering a trampoline for your home.

Though you may think of trampolines as a means of getting your kids outdoors and exercising, they aren't without potentially significant risks.

In 2015, Albertan children visited emergency departments (EDs) more than 1,620 times for injuries they got using trampolines. On average, that's more than four kids, every day, who ended up in Alberta's EDs, due to trampoline use.

And unfortunately, we're not just talking a wee scratch or two:

- Almost 20 per cent of these kids had dislocated ankles or feet, 18 per cent had fractures in their legs, 21 per cent had fractures in their shoulders, elbow or arms, and 140 sustained injuries to the head or neck.

- In fact, from April to September 2015 alone, every second day, an Albertan child was injured so severely on a trampoline as to require admission to a hospital. That's a lot of ouch for the bounce.

If you're thinking that safety nets, most often sold with trampolines to prevent people from falling off, will reduce this risk, consider this: fewer than 30 per cent of trampoline injuries are caused by falling off the tramp. Simply, the risk of the trampoline is the use of the trampoline at all.

Alberta Health Services wants you and your kids to stay safe.

Keep the trampolines out of your backyard, and keep your family out of the hospital.



League Contacts

President: Marcus marcusidylwylde@gmail.com

Vice President: Vacant

Secretary: Corrina Mak secretaryidylwylde@gmail.com

Treasurer: Walter walteridylwylde@gmail.com

Casino: Bridget casinoidylwylde@gmail.com

Social: Laura Murdoch lmurdoch@email.com

Programming: Kamila kamilaidylwylde@gmail.com

Facilities: Paul paulidylwylde@gmail.com

Publicity: Kelsie kelsieromans@gmail.com

Membership: Michelle bluecanary1@hotmail.com

Garden Rep: Vacant gardenidylwylde@gmail.com

Civics: Lee lbrktt@gmail.com

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

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

You can also visit us at www.idylwylde.org 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

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: 10:15am -11:15am
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 teach-ing 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

KCL League Contacts

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

CONTACT US!

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

Hall Rental requests: rentals@kenilworthcommunity.com

• **Keep Current on our website,**
www.kenilworthcommunity.com

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

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

Southeast Voice Newsletter Deadlines

Submissions for the November 2016 issue of the Southeast Voice is due Thursday, Oct. 20, 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

KCL Hall Rental Rates: (Seating 160)

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

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

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

To book the hall, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

Kenilworth Playschool's I've Out Grown It Sale

Saturday, October 8, 2016

Kenilworth Community League Hall

10:00 a.m. - 2:00 p.m.

Admission is FREE!

Contact Diandra for information or to book at table at diandralharding@gmail.com or 780-905-3662.

Fall Scrapbooking/Card-making Garage Sale

Scrapbooking/Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, October 22 at 10 to 2:00 p.m. Great bargains for you for your next projects! Contact Alma, akessel@shaw.ca, or 780-469-2019.

KCL's 3rd Annual Halloween Family Dance

Come join us for a fun night of treats, costumes and dancing!

When: Friday October 28th, 2016

Time: 6:30pm - 9:00pm

Where: KCL Hall

There will be treat bags for the kids, concession with hot dogs, pop and chips and prizes for best costumes! Hope to see you all there! If anyone is interested in helping with setup or clean up please contact Sheri at 780-616-0417 or by email at sherilkaban@hotmail.com

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!

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.

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 (phew) !!. 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 or 780-298-8835. I hope to hear from you soon!

Kenilworth Playschool

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

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

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.

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.



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:

October 14, 2016, Friday, 4:30pm – 11:30pm
November 24, 2016, Thursday, 4:30pm – 11:30pm
December 28, 2016, Wednesday, 4:30pm – 11:30pm

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

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 totalbalancepersonaltraining@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.

Babysitting



Neighbourhood Watch

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

Healthy After School Snacking

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

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

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

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

For more snack ideas for children, please visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf>

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

For more information on Healthy Eating, visit: <http://www.albertahealthservices.ca/2914.asp>



SELLING YOUR HOME?

CALL NOW FOR A FREE MARKET EVALUATION

FRANK VANDERBLEEK

780-431-5600

FranklyTheBest.ca
Frank@royalpage.ca




Parents as Role Models

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

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

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

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

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

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

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

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

Ottewell Dental Clinic

Dr. Gordon Ludwig & 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



the marriage preparation course

needing a date night?

= fantastic atmosphere + romantic dinner for two
+ practical talks + couple discussion times
+ **NO GROUP WORK!**

the marriage course

Friday Nights starting **October 14th** for 7 weeks
7:30 pm @ 6811 92a Ave NW \$50 per couple
contact Renee for details 780-974-8921

Oral Health: it's about more than the Mouth

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

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

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

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

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

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

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

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

Ottewell Community League Executive and Board Members

Executive:

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

Board Members:

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

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

Representatives:

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

All Positions are volunteer positions.

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

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

Purchase your 2016-17 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.

Next Ottewell Community League Board Meeting

Tuesday October 18 – 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 Supports the Fulton Ravine Skate Park

The Fulton Ravine South Park Project is a joint project of the 11 community leagues that make up the South East Community League Association. It is a huge project that has been in the works for more than a decade and we have many dedicated volunteers to thank for the progress we can see so far. It really is a great example of what communities can do when they work together and Ottewell has always been a big supporter of this project. Although the skate park portion is complete and being very well used, the remaining phases of the project are still underway. As with all big projects, raising the funds to make the plans for the next phases become a reality is a challenge.

Coming up on November 23 we have a chance to help with raising some funds for this project. We would encourage all Ottewell residents to help support this important project by attending this event.

Event Details:

Kick-Flip

Featuring The 11 O’Clock Number in a full-length, fully improvised production about skateboarding

Wednesday, November 23, 2016

Doors at 6:00pm; Show at 7:30pm

L’Unitheatre (8627-91 Street)

Tickets: \$40 (plus applicable fees)

Tickets available at

<http://kickflip.eventbrite.ca>

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 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 with RINK Team in the Subject Line. We will respond with details and answer any inquiries.

Ottewell Community League Playschool

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

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 780-465-2884 OR EMAIL Debbiewood104@gmail.com

UPCOMING EVENTS AT OCL

Watch for more details at our Membership Day

October 17/2016 – Seniors Harvest Tea

October 29/2016 – Kids Haunted House Open for our Little Community Trick n Treaters

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.

Ottewell 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 treasures.

Supporting Ottewell community children’s programs

Hope to see our neighbours and friends!

Morning fitness at the hall

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. New session begins in October.

Ottewell Community League Social Media

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

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 Seniors Tea Sunday October 16th 2016

Fall brings us the Harvest, and that brings pies...and that means it's time for the Ottewell Seniors Tea where we invite our Ottewell Seniors to our annual Senior's Harvest Tea!
Seniors from the Ottewell Community are invited to come together for an afternoon social at the Ottewell community league hall on Sunday October 16th where you will be treated to Harvest treats and Tea (coffee or juice). If you've attended in the past you know we make some pretty awesome pies!
Please join us between 1:00 and 3:00 pm. This will be a wonderful opportunity to join friends and neighbours from Ottewell for a relaxing visit. If you haven't attended before we encourage you to come this year! We are looking forward to seeing you!

Evening Kickboxing

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

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

Upcoming BINGO Dates at Parkway Bingo

April 20, 2017
May 29, 2017
June 26, 2017

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

Ottewell Infill Community Feedback

Ottewell Community League provided feedback to the Urban Planning Committee on August 31st. There were 9 counselors and the mayor in attendance. We stressed that any infill homes should consider the current massing and setback of the existing homes. Additionally, the feedback we received from residents was that the process for infill development approval was not clear. Residents next to an infill development are not sure if they have any reasonable amount of influence on what is built next door.

Draft changes to the bylaws that regulate infill in mature neighbourhoods will be presented at the end of September. The city will be holding public hearings later in the year and early next year before these bylaw changes are presented to council. Enter the link below into your browser to find the city's upcoming public engagement events: https://www.edmonton.ca/city_government/urban_planning_and_design/mature-neighbourhood-overlay.aspx.

Ottewell Babysitting Registry

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

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.

Below: OCL Membership Drive



Christmas Tree Fundraiser

Waldorf Independent School of Edmonton is holding their 2nd Annual Christmas Tree Fundraiser. The preorders are due October 10th, if you would like to preorder a Christmas tree or wreath please contact Bex; wise-bex@hotmail.com. She can send you the size options and prices for trees and wreaths. Christmas trees and wreaths can be delivered to your home for the Ottewell, Kenilworth and Holyrood residents. Thank you for your support The W.I.S.E.

Community Patrol

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

Zumba Comes to Ottewell Community League

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

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
Twitter: @StrathearnCL
Facebook: Strathearn Community League

Strathearn streetlight survey: Response required

On Sept. 1, 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 new streetlights will 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.

So far, we have received about half the number of surveys needed to get this initiative approved.

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 order for this upgrade to proceed!

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

- 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)

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



Strathearn supports the Fulton Ravine Skate Park

The Fulton Ravine South Park Project is a joint project of the 11 community leagues that make up the South East Community Leagues Association.

It is a huge project that has been in the works for more than a decade and we have many dedicated volunteers to thank for the progress to date.

It really is a great example of what communities can do when they work together and Strathearn has always been a big supporter of this project.

Although the skate park portion is complete and being very well used, there are future phases of the project to come.

As with all big projects, raising the funds to make the plans for the next phases is a challenge.

The Strathearn Community League board understands this challenge and wanted to help boost the fundraising efforts by hosting an improv night in support of the Fulton Ravine Skate Park project.

We encourage all Strathearners to support this important project by attending this event.

Event Details

Kick-Flip

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

Wednesday, Nov. 23, 2016

Doors at 6 p.m.; Show at 7:30 p.m.

L'Unitheatre (8627 91 St.)

Tickets: \$40 (plus applicable fees)

Tickets available through Eventbrite at kickflip.eventbrite.ca

Donate!

There will be a silent auction at this event and we will be looking for interesting and wonderful items to auction off. If you make something wonderful or are willing to buy something interesting to donate, let us know!

Volunteer!

We are looking for a few volunteers for this event. If you are interested in volunteering as an usher, bartender or silent auction administrator, please contact us at tix@strathearncommunityleague.org.





Messy Church
Saturday afternoons
4:00 PM - 6:00 PM

You're invited to ...
... an alternative to traditional church

Messy Church is a fun approach to exploring spirituality in a no-pressure, casual environment.

- Messy Church happens once a month, on Saturday afternoons.
- We meet at St. Luke's in the hall, instead of the chapel.
- There are arts and crafts, as well as stories and songs, all built on a theme.
- And each event concludes with a shared meal. (Don't worry about bringing anything.)
- Children must be accompanied by an adult, but all ages are welcome!

Messy Church is for the whole family: children, adults and seniors.

Upcoming dates:

• October 15	• December 17
• November 19	• January 14, 2017



St. Luke's Anglican Church    

8424-95 Avenue (5 blocks north of Bonnie Doon Mall, on 85 St)
780.466.2061 | www.StLukesAnglicanChurch.org

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

Membership has its benefits



Treat yourself this fall with a 2016/2017 Strathearn Community League membership.

Head over to The Wired Cup (9418 91 St.) from 7:30 a.m. to 11 a.m. on the first Wednesday of each month for a free beverage on us!

Wired Wednesdays are on the following dates:

- Nov. 2, 2016
- Dec. 7, 2016

Don't miss out on Juniper Cafe and Bistro's Toonie Thursdays! Enjoy one beer or glass of wine for a toonie from 4 p.m. to 6 p.m. on the second Thursday of every month (9514 87 St.).

Grab your drink on the following dates:

- Oct. 13, 2016
- Nov. 10, 2016
- Dec. 8, 2016

Fall pool schedule

With Bonnie Doon pool closed, Strathearn Community League has negotiated two alternative family swim times as part of your community league membership. These alternatives will be FREE throughout the fall and winter at the following times.

- Hardisty Leisure Centre on Sundays from 1:15 p.m. to 2:45 p.m.
- Commonwealth Community Recreation Centre on Saturdays from 5 p.m. to 7 p.m.

Buy your Strathearn Community League membership at any of these locations (and visit our website at strathearncommunityleague.org for a full list of member benefits).

- Ralph's Convenience Store, 9508 87 St.
- Massage Therapy Supply Outlet, 9206 95 Ave.
- Juniper Cafe and Bistro, 9514 87 St.
- Strathearn Heights Apartments, 8768 96 Ave.

You can also contact membership@strathearncommunityleague.org for more info or to purchase your membership.



What a new community hall will mean for Strathearn: Fitness classes

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

In a 2011 survey, we asked Strathearn residents what they wanted most in a new hall and fitness classes topped the list.

To understand just what it means to workout in your own community, we talked to people who take fitness classes in their own and nearby neighbourhoods.

Aimee Nichols, Strathearn resident

"I've take fitness classes at Ottewell Community Hall. The fitness classes have been through Inertia Fitness. One class was a bootcamp, full body workout, the other was kickboxing. I've taken Ann [Lukey]'s classes for the last three years.

"Being able to take classes from the community hall allows you to meet other people in your community, which in my opinion is one of the best perks, while at the same time keeping class costs down.

"Having fitness classes offered at the new Strathearn Community Hall would be great. A community feel, getting to know others right here in the community, physical location and the ease of getting to a class right here in your neighbourhood is very appealing."

Sherri Krastel, Riverdale resident

"I've taken yoga at Riverdale hall for the past four or five years.

"It helps with the motivation. To attend classes, when you can walk and go with your friends and neighbours – it's the ultimate convenience. You get to exercise and socialize at once.

"It helps maintain those community connections; sometimes it's the only time you get to see your neighbours."

Gallery U

Community impresario Joe Clare launched his latest art project Gallery U this past July. Strathearn residents may have noticed the gallery he established in the window of his business, The Massage Therapy Supply Outlet at 9206 95 Ave.

It is a 24 hour a day, fully accessible art gallery, which is now showing selections of Cuban art from Clare's private collection.

"Gallery U's mandate involves showing significant art that speaks for itself. Primal art that has depth and longevity," says Clare.

Fabrical by Montreal artist Jason Gillingham launched the gallery and Clare says local, national and international artists will be exhibited in the space.

As a collector, Clare has supported artists and art projects in Cuba, Canada, South Africa and the United States.

The art hanging in Gallery U now was collected during a self-financed collaboration and exchange between Canadian and Cuban artists spearheaded by Clare in the 1990s.

Clare is purposeful and thoughtful when it comes to bringing art and community together.

"We all know what art is, but we don't know we know," philosophizes Clare.

Sculptures, murals, gardens and now a full-fledged gallery adorn Clare's corner lot on 95 Street.

And he has plans for "poetry posts" in the near future; a great complement to his incredibly popular Free Little Library established a number of years ago.

More than just a businessman, Clare has turned his entire property into an ongoing art project and Strathearn is fortunate to have such a community-minded business owner animating his slice of the neighbourhood.

If you get a chance, thank Joe or his employees at The Massage Therapy Supply Outlet for their contributions.

Thank you to our artists, sponsors, volunteers and visitors

Billed as a celebration of art and our community, the 2016 Strathearn Art Walk has left a lot to celebrate.

This year's event – the biggest and best yet – brought 133 artists, 96 volunteers and several thousand visitors from Strathearn and beyond to the park along Strathearn Drive on Sept. 10 for a vibrant afternoon of art, music, food and community.

"This year's art walk was by far our most successful in terms of all our measurements: the most artists, the most attendees, the most volunteers, the most food and beer sold, the most sponsors, the most music and, hopefully, the most community connections formed," says Jenny McAlister, chair of the art walk organizing committee and president of Strathearn Community League.

"I personally met a bunch more neighbours this year and I absolutely love that a part of what we do in planning Strathearn Art Walk is we create a beautiful and fun environment for exactly that to happen," McAlister says.

When the first Strathearn Art Walk was held in 2012, the event featured about 20 artists and community arts organizations and a small number of volunteers.

But over the last few years, the event has grown into a big local event, with artists, visitors, volunteers and sponsors drawn from Edmonton and beyond.

"This event has outgrown just the community of Strathearn and really is an event serving the whole southeast," McAlister says.

"Our loyal team of volunteers were comprised of individuals from Strathearn, Holyrood, Forest Heights, Fulton Place, Idylwyld, Ottewell (and a few from beyond as well)," she adds.

A huge thanks goes out to the 2016 platinum sponsors: South East Community Leagues Association, Big Rock Brewery, Juniper Cafe and Bistro, Gavriloff Photography, Re/Max and LP Tent, and to the gold-level sponsors: Strathearn Heights Apartments, Servus Credit Union, Reel Story Communications Ltd. And TransEd Design Build.

Already, planning for next year's art walk has begun. "We've set the date (Sept. 9!)," McAlister says. "We can't imagine a fall in Strathearn without the art walk!"

Watch the art walk video (courtesy of sponsor Reel Story Communications Ltd.) and view photos from the event (thanks to sponsor Gavriloff Photography) on the website at strathearn-artwalk.com.



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