

# SOUTHEAST VOICE

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

April 2017



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## Girl Guides Hike For Plenty

Recently the Edmonton Area Girl Guides held their 21st annual Hike For Plenty, collecting food donations in Support of the Edmonton Food Bank. Our Hike For Plenty drive is an important service project: we teach the girls at the Spark level “to share and be a friend”, the Brownie motto is “Lend a hand”, and in our promise we pledge “to take action for a better world”. The girls from all age levels went door to door collecting food in their neighbourhoods and then brought what was collected to the truck located at Bonnie Doon Shopping Centre, which was one of five sites set up city wide to accept donations. New this year we added a flash mob to the mix and invited local geocachers to join us Guides to do a can-can kick line and bring an optional canned donation to help with the cause. It was lots of fun and we hope to do it all again next year.

It's now Classic Cookie season so watch for Girl Guides in your community selling delicious chocolate and vanilla cookies. The girls in our District use the funds for upcoming camps and travel as well as other activities. Check out our Cookie Finder Map on line (just Google it) for where Girl Guides will be selling around town.



## Ottewell AGM May 16 at 7:00 pm

The Ottewell Community League AGM will be held at the Ottewell Community Hall (5920 93A Avenue) on May 16, 2017 at 7pm. Our Unsung HERO'S.....

## Holyrood Annual General Meeting

*Wednesday, April 26th  
7:00 – 9:00 pm*

Yes, it's that time again! We encourage you to attend this important Holyrood gathering.

- Find out what your league's been up to over the past year
- Ask questions about issues concerning you
- Hear about our plans for the future
- Help elect our new board
- Join us in recognizing our fabulous volunteers
- Enjoy some wine, hors d'oeuvres and socializing with your friends & neighbours
- Free accredited child care provided
- Free 2017/18 HCL Memberships to all who attend!

A copy of the meeting agenda will be posted on our website. We look forward to seeing you there!

## 2017 Strathearn Art Walk Artist Registration Opens May 5

Mark your calendars! After last year's booming success, the Strathearn Art Walk is excited to welcome artists back for registration on Friday, May 5. Last year, we hosted more than 130 artists and 3,000 attendees, and we hope to make this art walk even bigger!

The 2017 Strathearn Art Walk is scheduled for Saturday, Sept. 9. To participate, artists must complete the online registration form at [strathearnartwalk.com](http://strathearnartwalk.com). The artist registration form will launch May 5. The artist guide, which will provide detailed event information for all vendors, will also be available that day. The registration fee is \$60 and includes a 10'x10' space, a table and a chair.

We welcome all creative Edmontonians, whether you are a painter, sculptor, woodworker, illustrator, jewellery maker or writer (or whether you fall into another category all together)!

If you have any questions, please email [info@strathearnartwalk.com](mailto:info@strathearnartwalk.com).





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

**SEESA** South East Edmonton  
Seniors Association  
Activity Centre *See what's happening!*

## We Get By With a Little Help

In April we celebrate the folks in our community who give time to not-for-profit organizations and charities that simply could not run the same way if not for their volunteers. SEESA is one such charity.

Our core staff of twelve's absolute first priority is to support the nearly 400 volunteers it takes for our seniors recreation centre to operate.

Last year the volunteers entered 30,000 hours into our automated volunteer tracking system called MySeniorCentre and there are more hours that some volunteers, who do not yet use the system, have not entered.

If we were to estimate a value using minimum wage our volunteers saved our centre over \$366,000 in staff costs. We are very grateful of the work our volunteers do for us.

We welcome volunteers of all ages at our centre and we provide opportunities for all abilities.

We also have the option of massaging certain volunteer jobs to fit people's schedules.

If you have a few hours to spare we would love to have you on our team. Come talk to us for more details.

*Elaun Cable Lind*  
Communications, Community &  
Member Relations  
9350 82 St NW  
P 780.468.1985  
[www.seesa.ca](http://www.seesa.ca)

## SEEECCC

SEEECCC STATS [www.earlychildhood-edm.ca/southeast](http://www.earlychildhood-edm.ca/southeast)

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

Did you know ....

- If babies' bodies grew at the same rapid pace as their brains, they would weigh 170 pounds by one month of age!
- Reading aloud to children helps stimulate brain development, yet only 50% of infants and toddlers are routinely read to by their parents.

### SEEECCC ANNOUNCES...

#### OUR 3RD ANNUAL SE EDMONTON I AM A PARENT WORKSHOPS

Saturday, Apr. 29th from 8:45am – 12:15pm  
at Fulton Place Childcare (10310–56 Street)

The morning will not only include 2 rounds of FREE WORKSHOPS about social emotional development, brain development, good nutrition, active living, positive parenting, and engaging activities to inspire the children in your life but also a fantastic resource fair!

The workshops and resource fair are geared toward parents, caregivers, early learning teachers, childcare professionals, and those passionate about the early years.

Plus, we even have FREE CHILDCARE AVAILABLE. So what are you waiting for?

Contact [primrosesourcecentre@outlook.com](mailto:primrosesourcecentre@outlook.com) or 780-469-0663 to register today!

## Capilano Farmers' Market

Alberta Approved Farmers' Market



Open every Saturday  
9:30 am to 4 pm  
Crafts, baking,  
fresh meat and eggs,  
vegetables, honey

Capilano Shopping Centre 5004-98 Ave., Edmonton  
by Albert's Restaurant

## 4 Surprising Benefits of Volunteering: Feel Healthier and Happier!

1. Volunteering connects you to others, meeting interesting people and making new friends!
2. Volunteering is good for your mind and body, as helping your community and others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel!
3. Volunteering can advance your career, as you learn and develop new skills!
4. Volunteering brings fun and fulfillment to your life; it can provide a renewed sense of achievement and purpose!

### Volunteering as a family

Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change.

It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.





## ATTENTION RESIDENTS OF Capilano, Gold Bar and Fulton Place Neighbourhoods

### Hardisty Too Restrictive Covenant Signings

**Sunday, April 9, 2017**

Capilano Community Hall 10810 54 St NW, Edmonton

*Drop in between 10:00 am and 4:00 pm  
to sign the Restrictive Covenant to prevent  
lot splitting in our neighbourhoods*

Remember to bring photo or other identification




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[registrar@childrendayout.org](mailto:registrar@childrendayout.org)  
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**www.back-on-track.ca**

## Get Your Back Healthy

If you want a healthy back, then you might be interested in a new program.

Back on Track of Edmonton is now offering a six-week back care program developed by Medical Exercise Specialist and 30-year Exercise Specialist, Mia Jerritt of Comox, B.C.

In 2002 this program was developed to accommodate the demand from people looking for direction once they completed their prescribed medical intervention for chronic low back pain.

Back on Track has recently completed The Healthy Back Licensing Program and now owns the rights to offer this program in our community.

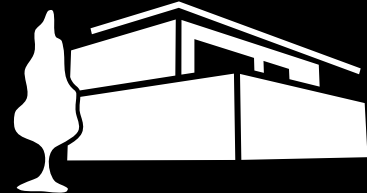
This comprehensive six-week back care program is designed to educate participants on appropriate stretches, exercises and spinal theory. Over the six weeks and 12 sessions, clients learn 11 stretches and 9 exercises plus several balance exercises.

Each action within the flexibility and strength component of the program is modified to suit each client within the class, and classes are limited to a maximum of 10 participants.

Slowly, over six weeks, clients construct a foundation of stability and mobility designed to allow them to move through their normal activities of daily life with significantly less, or perhaps, no pain at all.

Exercises within the back-care program are also modified to accommodate several other conditions including shoulder issues, hip and knee issues, neck and wrist issues, hip and knee replacements and more.

To read more about this program, please visit [www.thehealthybackprogram.com](http://www.thehealthybackprogram.com).



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## 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](http://www.edmonton.ca/lap)
- 780-496-4918
- 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm





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Visit our Web site at [www.medicineshoppe.ca](http://www.medicineshoppe.ca)



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

## Avonmore Hall Rental

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

## Avonmore Playschool

- Children ages 3- 5
- Located in the upper floor of the rink building behind the Avonmore Hall (7902 – 73 Ave)
- The program runs from September - June
- Classes are Monday-Friday 9-11:30 AM
- Families can register their children two to five days a week

Registrations accepted all year around if spaces are still available (it is never too late to join)

At Avonmore Community Playschool we encourage children to use their imagination by providing a warm, stimulating environment in which to learn.

We have created a positive program that promotes early learning, creativity, problem solving, cooperation and independence. Most importantly we make sure to have fun!

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

## Avonmore Community Classifieds Page

In addition to our regular monthly South East Voice page, we also publish a local newsletter specific to our community, called the Avonmore Quarterly News.

We are starting up a new idea that we hope you'll try: the Community Classifieds page.

Did you know that your community league membership entitles you to a free ad in the Avonmore Community Classifieds each year?

Own a local small business? Offer a service or looking for one? Selling your creative masterpieces? Have a special congratulatory message to share?

Let your community know about it!

Email [communications@avonmore](mailto:communications@avonmore) for more deadline details.



## Music and Movement for Children

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

- May 18, 2017  
Avonmore Community Hall (7902 - 73 Avenue)  
Doors open at 9:00 A.M.  
Program runs 9:15 - 9:45 A.M.  
For information, contact Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org)

## Avonmore PARENT & TOT PROGRAM

This FREE drop-in program is back in full swing on Thursday mornings, 10:00 AM to Noon. Parents/caregivers and tots aged 0-5 years are invited to join us for a combination of free-play, planned activities, social interaction and more. Coffee and tea provided. For more info, check out our Facebook group by searching "Avonmore parent and tot group" or email Claire at [parentandt@avonmore.org](mailto:parentandt@avonmore.org).

## Lego Club!

We are still in need of Lego donations for the newly forming Lego Club for kids.

If you are able to donate or want more information about the club or the recent Lego Club planning meeting, please contact Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org).

## Avonmore Book Club

If you enjoy reading, this very popular book club would love to have you either in person or online.

The Club meets on Sunday evenings every 4-6 weeks. New members are always welcome from any community.

If you can't join us in person you can still be part of the group. Send me an e-mail and I'll keep you up to date on what we are reading and our thoughts about what we have read.

You can send us your thoughts as well. For more information contact Anita at (780) 222 4482 or [director3@avonmore.org](mailto:director3@avonmore.org).

## Yoga at Avonmore Community Hall

**Class times:**  
Wednesdays from 5:45 to 7:15 PM or 7:30 to 9:00 PM

**Cost:**  
\$130.00, full session (15 classes) for members of any Edmonton Community League (\$145 for non-members). Drop in: \$14.00 per class.

**To Register:**  
Contact Anita: 780-222-4482 or [director3@avonmore.org](mailto:director3@avonmore.org)

This session is designed for all experience levels including total beginners. The teacher's emphasis on positive body awareness and respect for individual needs allow everyone to practice in an accessible, safe, beneficial way. Classes combine movement sequences and postures to help develop stamina, strength and flexibility. Each class ends with relaxing, supported postures to ease body & mind. Instructor: Tori Lunden has been teaching yoga since 2008. She delights in teaching people who, like her, never thought yoga was something they could do or enjoy.

Visit her website at [www.torilunden.com](http://www.torilunden.com).





# Babysitting



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

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

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

For Teens Seeking Babysitting Work: email Cheryl.

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

## From Volunteer Canada

[www.volunteer.ca/nvw2017](http://www.volunteer.ca/nvw2017)

In 2017, volunteering comes in many forms and is as diverse as Canada itself. Someone who shovels their neighbour's laneway or who brings a lost pet to the animal shelter is helping to build a stronger community.

Sometimes we miss recognizing these people as volunteers, because they do not occupy a formal role within an organization or group.

To celebrate all volunteers and to get you thinking more deeply about volunteering, during NVW Volunteer Canada will release a series of crossword puzzles that reveal the impacts, benefits and diverse ways

Canadians are involved in communities. Some answers may be obvious, while others may cause you to stop and say: "Volunteering, Eh?" However you recognize volunteering in 2017, one thing remains timeless... and that is volunteer efforts create positive impact in communities across Canada.



## 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.

## Giving People a Voice in Mental Health Research

*Written By Caitlin Crawshaw*

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness.

A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that.

This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

"Someone with lived experience will likely have a different perspective than someone doing the research," explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. "This will allow the voice of people living with and caring for mental illness to influence research projects," adds Babins-Wagner.

## I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*

## Paying attention to fatigue

Many of us feel fatigued at one time or another, but fatigue can sometimes mean more is happening with your body.

Fatigue can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

Fatigue brought on by over work or illnesses such as colds or flus often resolves itself on its own without having to see a doctor. However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

- **Anemia** – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells
- **Heart problems**, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body
- **Metabolic disorders**, including diabetes
- **Thyroid issues** – both hypothyroidism (low thyroid level) and hyperthyroidism (high thyroid level) can cause fatigue
- **Kidney or liver disease**

Check your symptoms to help determine if and when your fatigue may require a visit to your doctor. Learn more about fatigue on MyHealthAlberta.



## It's never too late to start exercising

### Myth-busting

When it comes to excuses for not exercising, personal trainers have heard them all: I don't have the time, I'm too old, I'm not athletic, I'm recovering from illness and I'm so out of shape it's not going to make a difference. In fact, starting where you are has the potential to make a world of difference, according to Lisa Best, an Alberta Health Service staff wellness consultant at the Glenrose Rehabilitation Hospital in Edmonton.

"No matter how old you are – and even if you've never exercised before – it's never too late to start," she says. "With a little effort, beginners can expect to see improvements in energy levels, cardiovascular health, posture, muscle mass, bone density, and, most importantly, overall physical and mental well-being."

Even if you're recovering from illness or you have limited mobility, exercise can help improve strength and range of motion for daily activities and recreational pursuits.

Best understands first-hand the importance of maintaining good health. In 2007, at age 38 and in the prime of a competitive running career, she began to have back pain. It turned



out to be third-stage Hodgkin's lymphoma. She was cleared after three months of chemotherapy, a relatively quick turnaround she credits to her high fitness level. "Life can change on a dime and you never know when you might have to rely on the strength of your body to carry you back to good health," she says. The hardest step on the road to better fitness is the first one. As always, check with your health-care provider before undertaking any program of increased physical activity.

Other tips:

- Choose an exercise that you enjoy to keep you motivated
- Figure out when your energy level is highest and whether you'd be happier exercising with a group or on your own
- Start easy, with as little as 10 minutes a day at an easy to moderate intensity level
- Gradually increase your duration, intensity, and the type of exercises that you are doing as your body adapts to your new exercise regime. "The key to exercising is to make a plan and act on it," Best says. And once you've started to enjoy the benefits, you'll forget all about the old excuses.

## Helping your child, but letting them lead

It can take some time for many young children to get into the routine of using a toilet.

Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

"Most children learn to use the toilet between the ages of two and three," says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they're peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children's education in toileting began only "when they had an interest in it and they seemed ready." Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are doing, fidgeting or saying: "Oh, oh." But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There's no need to rush.

"Prepare yourself mentally and put all the other things aside for a couple of weeks until it's dealt with," Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. "You don't want to push it so it turns into a negative thing.

## Best buys for healthy eating

Cost may be something you think about every time you grocery shop. There are lower cost healthier items in each of the food groups from Canada's Food Guide. Here are tips to get the most nutrition for your money.

- Buy frozen vegetables and fruit. They are just as nutritious as fresh and store longer.
- Yogurt in a large tub may cost less than buying several single serve sizes.
- Beans, lentils and split peas are a less expensive protein option than meat.
- Plain cooked cereals (like oatmeal) are less expensive than pre-packaged instant cereals.

### Eat more vegetables and fruit

Many Canadians don't eat the recommended amount of vegetables and fruit each day. Set yourself up to eat more vegetables and fruit

- Stock up on frozen or canned types (no added sugar or salt). They keep longer and don't require any washing or chopping.
- When cooking/preparing meals make sure half the ingredients are vegetables and fruit.
- Shred carrots or zucchini into sauces and dishes.
- Keep fruit on the table for a "grab and go" snack.
- Cut vegetables and have them in see-through containers at eye-level so you quickly grab and eat.
- Add fruit to smoothies, cereal, salads, muffin or pancakes.

### Healthy Meals

Building a healthy meal helps you meet your nutrient needs. Try this step-by-step guide when planning your meal:

- Start with a plate; fill half of it with vegetables.
- Fill the other side with grain products and a meat or alternate (beans, lentils, chickpeas, tofu or eggs).
- Use whole grains (brown rice, wild rice, whole grain pasta, quinoa, or barley).
- Include milk and alternatives with your meal.

### How to choose healthy drinks

Adults need about 9-12 cups (2.25-3L) of fluid each day. What we drink can affect our dental health, weight and overall health. Here are some tips to choose healthy drinks:

- Take a water break instead of a coffee break.
- Choose skim, 1% or 2% milk.
- Coffee and tea can be healthy drinks; avoid adding cream and sugar.
- Limit caffeine to 400 mg/day. This equals about 3 cups, 750 mL or 24 oz coffee/day.
- Choose unsweetened juice and limit the serving to ½ cup (125 mL)/day.

Check the website for additional tips, information, and recipes to help you make healthy eating choices.

## Talking to your teen about bullying

Teens can be under a lot of pressure as they deal with hormonal changes, heartbreaks, anxiety about school, relationships, etc. With so much going on in your teen's life, it is important to watch for signs that they may be struggling with bullying. If your teen seems unusually anxious, worried about going to school or withdrawn, take some time to check in and let them know you are there to support them.

Bullying can take different forms:

- Verbal: name calling, gossiping and negative comments about a person's interests or background (e.g. culture, race, ethnicity, religion, gender or sexual orientation).
- Physical: hitting, tripping, pinching and unwanted sexual touching.
- Social: leaving someone out on purpose, telling others not to be friends and spreading rumors.
- Cyber: the use of email, text messages, social media and internet sites to socially exclude, embarrass and damage reputations and relationships.



What to do if you suspect your teen is being bullied?

- Start the conversation. Talk often and openly.
- Offer comfort and encourage your teen to talk about their feelings.
- Work with your teen's school to monitor, prevent and stop bullying behaviours.
- Make safety arrangements. Be sure your

teen knows how to get help.

- Build confidence. Teach your teen to be assertive, not aggressive.
- Stand up for your teen. Get involved in bullying awareness and prevention programs.
- Be a role model.

Adult intervention is key to bullying prevention. Being informed about bullying is the first step in addressing bullying behaviour and promoting healthy relationships. Take action with teachers and other adults in your community to implement anti-bullying programs to help end negative implications caused by bullying. For more information and resources on bullying awareness and prevention, check out what [www.teaching-sexualhealth.ca](http://www.teaching-sexualhealth.ca) has to offer.



## League Board

President	VACANT	780 757-8550
President (Interim)	Kris	780 720 9003
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	Allan	587 989-4031
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	Jaret	780 720-5582
Hardisty Gymnastics	Shauna D	780 966-3205
SECLA	Shelley	780 462-4599

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

## Babysitting Registry – Volunteer Needed!

We need someone to manage our Babysitting Registry. Please contact Lana at 780-463-1045 if you are interested and to learn more.

## 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.

## Local Coyotes – Conflict Prevention



There have been many coyotes spotted in our community this fall. To avoid conflict with coyotes, follow these simple steps: don't feed coyotes; secure your garbage in a garbage can; clean up fallen fruit and spilled bird seed; keep pet food inside; keep your dog on-leash in areas frequented by coyotes; don't leave a small dog out in the yard unattended for long periods of time; and don't leave cats out roaming.

To learn more, check out the City of Edmonton website at [www.edmonton.ca](http://www.edmonton.ca) and search "coyotes" or call the City's Coyote Information line at 780-644-5744.

## Capilano Community League Sign Rental

Contact Patrick at: 780-995-8818 or [patrick.ccl@shaw.ca](mailto:patrick.ccl@shaw.ca)

Do you have a message for the community, a birthday, anniversary, graduation or special event that you would like advertised? Advertise it on our new changeable sign located at the intersection of 65 St and 108 Ave.

Sign rental fees: Community League Members - \$10 (\$15 for non-members).

Small business/commercial advertising - \$25. Guaranteed 3 days.

Please note: small business announcements/advertising also accepted at our discretion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements.

Please call as far in advance as possible to avoid disappointment!

## Capilano Community Park Redevelopment – Latest News

Save the date June 23 for Capilano's Phase 2 grand opening! Featuring the new exercise equipment and walking trail. Free BBQ. More details to follow.

## South East Edmonton Community Tennis

The CAPILANO TENNIS CLUB, located next to the Capilano Community League hall at 10810 – 54 Street has operated in partnership with the community league since 1976 as southeast Edmonton's only community tennis program.

An OPEN HOUSE and REGISTRATION FOR 2016 MEMBERSHIPS IS SUNDAY, APRIL 23rd, from noon to 5pm at the tennis clubhouse. This is a great opportunity to learn more about our after school programs for juniors in May and June, adult programs, and lessons. Beginners aren't just welcome, they're encouraged!

Registration for these programs is available at that time, or subsequently at the club house during open hours. Enjoy the summer on our newly resurfaced courts!

Our website [CapilanoTennis.ca](http://CapilanoTennis.ca) is currently being redesigned. Please email [memberships@capilanotennis.ca](mailto:memberships@capilanotennis.ca) if you need more information.



## Annual Easter Family Fun –

Saturday, April 22 at Hope Lutheran Church Families are invited to Hope Lutheran (5104 – 106 Ave) on Saturday, April 22 from 10:00 am - Noon for the Annual Easter Family Fun Event!

We are excited to present a new format for this annual event that will include drop-in style interactive, engaging stations including spring crafts, games, the Bug Lady, and sensory bins! There is lots to keep everyone entertained and yes, the Bug Lady will once again be bringing spiders, snakes and other crawly things for everyone to learn about and even hold. Light snacks will also be provided.

For more info contact 780-466-8502 or email [hope-lutheran@shaw.ca](mailto:hope-lutheran@shaw.ca)

## Choose Capilano Hall for Your Special Event

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

Capilano hall offers a perfect location with a one-of-a-kind view of the river valley.

The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80.

Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members.

The entire weekend rates are \$325/members and \$450/non-members.

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

## Capilano Community Memberships

Need a Capilano Community Membership? Contact Shawna at 780-490-1931. As well, memberships are available at: TGP Your Gold Bar Grocer (5036 – 106 Ave, 780-469-2535).

## Capilano Playschool

Do you have a child who will be 3 or 4 this Fall? Come learn about our Playschool! Please join us for our Open House and Trial class on Saturday May 6th! Our trial class is from 9:45-10:15 and the open house till 11:30.

For more information or to register for the trial class please contact us at 780-802-9307 or [capilanoplayschool@hotmail.com](mailto:capilanoplayschool@hotmail.com). For more information check out our website [www.capilanoplayschool.com](http://www.capilanoplayschool.com) or find us on Facebook!

## Cloverdale CL Contacts

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

## STANDING COMMITTEE

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

For Hall Rentals contact Janet Hardy @ [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com)

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

## Book Cloverdale Hall Today!

Having a family get together? Birthday? Maybe you just have too many friends to fit in your house?

Cloverdale Hall is the perfect venue! Room to move, party, mingle or just chill out. All the amenities needed to host your special event!

Email Janet and hold your date.  
[rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com)

## Cloverdale Is The Best Neighborhood.

Let's tell everyone why...

We have an amazing unique community filled with vibrant and passionate people. Go to this link and vote for Cloverdale in the 2017 Avenue Magazine best Neighborhood

<https://banisterresearch.com/bestneighbourhoodsurvey/>

## Casino Thank you!

Thank you for giving up time with family and friends at Christmas for such a worthy cause in our neighborhood. It was a pleasure and a privilege to work with you all.

Without your dedication and sacrifice we would not be enjoying the programs that are available. The reward reaped from the casino is \$116778.64. Well done!

The casino pool paid out 77852.43 for a two-day casino event.

We accepted the Christmas dates that gave us an extra day which we received an additional \$38926.21.

Special thanks to Kim and Janet for all their help in recruiting volunteers and to Reg and Crispin for working all 3 days of the casino.

Thank you.

*Bev and Shane Bennett  
CCL Board*

## Programs

Ongoing programs and clubs!

Looking for more information on a certain program or club? Ask Janet at [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com)

Please also refer to the Community Calendar at [www.cloverdalecommunity.com](http://www.cloverdalecommunity.com)

### Ping Pong Club

Come down to the hall for ping pong on Wednesday nights at 7-9pm. All ages welcome!

### Book Club

Meets monthly on a Monday.

### Morning Yoga

Yoga for Everybody continues on Wednesdays at 9:45-10:45 am. Bring your mat or sit in a chair, and join your fellow community members in an hour of self-re-creation to balance and strengthen your body. Everyone welcome. No prior yoga experience necessary to enjoy this class.  
\$10/class

### Hatha Yoga

Tuesday nights from 7:30 – 8:30 pm.  
\$10/class and \$72/8 week program.  
Bring a mat and learn some yoga poses, stretching, and relaxation.

### Zumba

Bring a water bottle, indoor gym shoes, and energy! Zumba is back!  
Thursday nights at 7-8 pm.  
\$10/class Package your classes for a discount and come join the fun!  
Join our Zumba instructor Mariella on Thursday nights to learn fun dance moves at Cloverdale Hall!

### Indoor Playgroup

Come and enjoy playtime at the hall! Indoor playgroup runs on Thursdays from 10-11:30 am.  
No cost for this program.

### Fit for Life

Thursday mornings 9-10am \* NEW

### Urban Poling/Nordic Poling Club

Tuesday morning at 9:45 am.  
All fitness levels welcome. Includes poles and coffee or tea after the walk.  
If you require poles, please contact Susan  
[Get\\_fit@telus.net](mailto:Get_fit@telus.net) phone:780-268-3488

## New Classes

### KIDS SPORT BALL

Tuesday Mornings April-June  
3 classes back to back for different age groups

9:15-9:45 for kids 16m-2y  
9:45-10:30 for kids 2y-3.5y  
10:30-11:30 for kids 3.5y-5y

COST; \$10/class for Cloverdale kids \$15/class for non-Cloverdale kids.

More info email Stacey at  
[sportball@cloverdalecommunity.com](mailto:sportball@cloverdalecommunity.com)

The **barre class** is starting a new session on March 27. Come on out and try a Barre workout. If you have never tried one it is fun, less impact than a boot camp and is all the rage now. It infuses elements of dance, and ballet, to achieve beautiful healthy bodies, while improving postural balance, flexibility, coordination and grace. It strengthens, lengthens, and chisels the body, and each class features an elegant yet energetic combination of movements that improve balance, and challenge the core. You will sweat and have fun at the same time. What have you got to lose??... try it. Come out and join Kim Ashley who is an AFLCA fitness leader and Barre Certified and will guide you through the best workout for you.

Please contact [janmhardy@gmail.com](mailto:janmhardy@gmail.com) if you plan to attend the barre class and pay for March 22. We need 7 attendees to run the class . \$72 for 8 weeks.

The **Fit for life** class will resume on Thursday April 13 at new time slot of 1 pm to 2pm. Please contact [janmhardy@gmail.com](mailto:janmhardy@gmail.com) if you plan to attend the fit for life class and pay for March 22. We need 12 attendees to run the class . \$42 for 8 weeks.

The **kids Zumba** class is doing a second session. Started March 9 Thursdays at 6:15-\$10 drop in fee.

## Spring Brunch for Green Thumbs!

Join the Cloverdale Community Garden Committee on April 2nd at 11am for a fancy spring brunch!

Learn about the community garden and purchase your plot.

For more information email Shelley at [communitygarden\\_chair@cloverdalecommunity.com](mailto:communitygarden_chair@cloverdalecommunity.com)



## League Contacts

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Nicole/ Lisa		Secretary@forestterrace.org
Treasurer	Michelle		Treasurer@forestterrace.org
Hall Rental	Molly	466-0585	Molly@forestterrace.org
Maintenance	Ryan		Maintenance2@forestterrace.org
Programs	VACANT		Programs@forestterrace.org
Rink	Chris	469-3241	Rink@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Seniors	Connie	462-1442	Seniors@forestterrace.org
SECLA Rep	Connie	462-1442	Secla@forestterrace.org
Soccer	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

## Casino Volunteers

The Forest Terrace Heights Community League is hosting at Casino Edmonton on Tuesday, June 20, and Wednesday, June 21. The proceeds will help fund fun events, community soccer and rink upkeep.

We have numerous positions to be filled. Shifts last around seven hours; some go a tad longer. In return, we offer a \$100 voucher that can be used towards school fees and City of Edmonton programs, such as swimming lessons. Best of all, it's fun!

To volunteer or if you have questions, please contact Anna Krall at 780-485-6099 or [casino@forestterrace.org](mailto:casino@forestterrace.org).

## We're Recruiting

Forest Terrace Heights community league needs a few good volunteers:

**Co-soccer director:** Outdoor soccer registration is complete but we're still looking for a co-director for our popular soccer program.

**Marketing coordinator:** To help with Facebook, Twitter and specialty printed stuff like posters, and documents.

If you are interested in any one of these positions, please contact Volunteer Coordinator Nicole at [volunteers@forestterrace.org](mailto:volunteers@forestterrace.org)

## We're Going Camping!

July 27-30 is our second annual community league camping trip. The event is organized by a member of the community and subsidized by the community league. And it's only available to those living in Forest and Terrace Heights.

Join your neighbours for two nights (\$60 per tent or trailer) or three (\$75 per tent or trailer) at the beautiful Brazeau Reservoir provincial recreation area.

Contact Andrew at [camping@forestterrace.org](mailto:camping@forestterrace.org) for more information.



CREDIT: albertawow.com

## Indoor Bootcamp, Mondays, 7-8 p.m., at the Hall

The last round of our indoor bootcamp ends April 10. Build your strength and cardio fitness. All fitness levels and ages welcome; geared towards adults. Discount for community league members, including members from other communities.

Register on Eventbrite for drop-in classes: \$10 for members, \$12 for non-members, plus registration fee. Contact Sharon for more information at [cs.weber@shaw.ca](mailto:cs.weber@shaw.ca) or 780-270-5273.

## Membership Benefits



Neighbourhood businesses and facilities offer some great perks for Forest Terrace Heights community league members.

Red Pepper Pizza & Donair at 7256 101 Ave. offers 15-per-cent off any regular item order.

Once a month, we randomly select a winner from all our community-league members to receive a free bouquet of fresh flowers from Grower Direct, our neighbourhood florist at 7231 101 Ave.

On the second Sunday of every month from 2 to 5 p.m., take your membership card to the Second Cup at 7477 101 Ave. for a free small specialty beverage or a free brewed coffee or tea of any size. Walk-ins only; no drive-thru. Next one is April 9.

Fargos Restaurant & Pub at 5804 Terrace Rd. offers a 10-per-cent discount on food and beverage when you show your membership card.

Hardisty and Commonwealth leisure centres offer free community swims every weekend.

Your membership gets you a free swim every Sunday from 1:15 to 2:45 p.m. at Hardisty, and every Saturday from 5 to 7 p.m. at Commonwealth. Commonwealth sessions also include access to the gym, running track and fitness centre.

Memberships can be purchased at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or online at [efcl.org/membership](http://efcl.org/membership).

Families pay \$30, individuals \$15, and seniors pay just \$10.

Call our membership coordinator CoraLee at 780-430-4307 to find out more about the benefits of membership.

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.

### Next board meeting

Tues., April 4 at 7 p.m. at the hall, 10150 80 St.

## Save the Date for Our Big Bin Event

Legend Automotive at 7110 98 Ave. has kindly donated its lot again for our annual Big Bin Event, May 27 from 10 a.m. to 2 p.m.

Bring out your household items that are too big for regular garbage collection; enjoy a BBQ fundraiser for The Heights Community Garden; drop off garden tools or other useful items that you no longer need; and pick up your anti-theft licence plate screws.

Community League membership is required for bin use, memberships will be sold at the event.

Items not accepted: sod, soil, dirt, shingles, concrete, or rocks. There is a \$50 fee (cash only) to drop off a fridge, freezer or air conditioner.

We always need volunteers. To sign up, go to [volunteersignup.org/YCYW9](http://volunteersignup.org/YCYW9) or email [events@forestterrace.org](mailto:events@forestterrace.org).







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tlawrence@atb.com



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## Community Garden Registration, April 11 from 7 to 8 p.m.

Garden registration is mandatory for all gardeners and we have a limited number of beds available.

At the meeting, there will be a short presentation then we will collect signed contracts and deposit cheques, assign plots, sign up for communal garden duties, and provide the new shed code.

Gardening items for donation and seeds to swap are welcome.

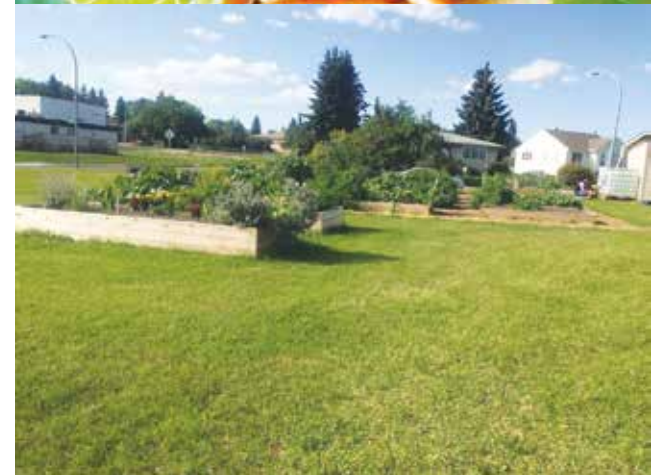
A light snack and some wine will be available after the presentation.

The fee remains at \$30 per plot and can be paid online. The deposit remains at \$50 per plot and can be paid by cheque or cash at the meeting.

Community league membership is required and will be available for purchase at the meeting or you can buy one online at [efcl.org/membership](http://efcl.org/membership).

An end-of-season gathering will also be organized for Sept./Oct., when we would like all gardeners to attend to help winterize the garden.

For more information, contact [garden@forestterrace.org](mailto:garden@forestterrace.org) or visit The Heights Community Garden Facebook page.





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

## FULTON PLACE COMMUNITY CONTACTS

### EXECUTIVE

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

### DIRECTORS

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

### COORDINATORS

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

### COMMUNITY PARTNERS

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

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

## Hall Rentals

The hall is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league members.

*Call us at 780-466-8140 for prices or to view or book the hall. Please leave a clear, detailed message.*

## Parent & Tot Playgroup

Parents and Tots (5 yrs and under), are invited out to Fulton Hall on Friday mornings from 9-11am. Bring a share-able snack and \$2.00/family to cover the cost of refreshments.

**For more info contact Stacey at  
780-465-9545**

## Fulton Little Free Library

Volunteers and book donations needed to help start a little free library in Fulton Place

We are looking for volunteers who can help with doing research, collecting book donations, doing some carpentry, and artwork.

We are also looking for book donations (all ages and interests, fiction or nonfiction welcome).

For more information, or to volunteer or donate books, please email [library@fultonplace.org](mailto:library@fultonplace.org).

## Babysitting Registry

Are you in need of a babysitter? Fulton Place has a registry of qualified sitters in your area. To be added, teens must complete both First Aide/Red Cross Babysitting course.

**Contact Ruth at 780-465-0550 for more information.**

Join Us!

## Join Your Fulton Place Community League!

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

Being a member brings you and your family benefits.

It includes free access to the ice rink, community swimming, trash day, events, activities, and newsletter information about everything Fulton Place has to offer.

Memberships can be purchased at The Grocery People in Goldbar shopping center.



## Healthy brains linked to healthy lives

As we get older, our minds can stall and lapse. You might wonder if this is a “senior moment” or the early signs of dementia. While dementia is more common as we age, it is not part of normal aging.

MyHealth Alberta describes dementia as a loss of mental skills—such as memory, problem-solving, and learning—that’s bad enough to interfere with your daily life. It usually gets worse over time.

According to the Alzheimer’s Society of Canada, there are some changes in a person you may witness as Alzheimer’s progresses such as:

**Cognitive and functional abilities:** a person’s ability to understand, think, remember and communicate;

**Emotions and moods:** a person may appear apathetic and lose interest in favourite hobbies or become withdrawn;

**Behaviour:** reactions seem out of character. Some common reactions include repeating the same action or words, hiding possessions, physical outbursts and restlessness;

**Physical abilities:** the disease can affect a person’s coordination and mobility, to the point of affecting their ability to perform day-to-day tasks such as eating, bathing and getting dressed.

The brain’s development begins well before you are born and never stops. Healthy brain development while you are younger can reduce the risk of dementia later in life. A strong foundation increases the chances of living a longer, happier and more independent life; whereas a weak foundation increases the risks of developing dementia.

Some factors that can reduce risk include controlling the use of drugs and alcohol, protecting your head from injury when doing activities such as cycling and skiing by wearing a helmet and continuing to strengthen your brain through education opportunities.

What is good for your heart is also good for your brain. Whether it be walking, jogging, swimming or yoga, if it gets your heart pumping and your blood moving, it can help your brain stay healthy. One theory is that the increased blood flow to the brain due to exercise helps increase thinking and memory skills, and could protect against dementia, stroke and Alzheimer’s disease.

Coping with stress and maintaining good mental health are also important as are keeping in touch with friends and family and doing activities you like. Remembering and thinking, whether through board or card games or attending lectures or courses, preserve brain function.

Remember, it’s never too late to start to improve your brain’s health.







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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

**100-8925 82 Avenue**  
**780.415.1015**  
edmonton.goldbar@assembly.ab.ca

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



# My greatest adventure

## Try Alpha

**What is Alpha?**  
Alpha is a series of interactive sessions that freely explore the basics of the Christian faith.

**Who's it for?**  
Alpha is for anyone who's curious. Each session looks at a different question, and is designed to create conversation, not pressure. No pressure, no pressure, and no charge. It's just an open, informal and honest space to explore and discuss the big questions together.

**How does it work?**  
Alpha is typically 8-12 sessions with a weekend or day away in the middle. Each session includes food, a short talk and discussion where you can share your thoughts and ask questions.

**How much is it?**  
There's usually no charge to attend Alpha, though some may ask for a contribution towards food.

The Salvation Army - 9115 75 Street NW, Edmonton - 6:30 - 8 pm

March 16, 2017 - Is there more to life than this?  
March 23, 2017 - Who is Jesus?  
March 30, 2017 - Why did Jesus die?  
April 6, 2017 - How can we have faith?  
April 13, 2017 - Why and how do I pray?  
April 20, 2017 - Why and how do I read the Bible?  
April 27, 2017 - How does God guide us?  
April 29-30, 2017 - Weekend event - Who is the Holy Spirit?  
May 4, 2017 - Why and how should I tell others?  
May 11, 2017 - Does God heal today?  
May 18, 2017 - What about the Church?

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## GOLD BAR EXECUTIVE

President	Adam	780-406-9758
Vice-President	Jamie	780-803-0422
Secretary	Tammy	tschatull@gmail.com
Hall Rentals	Liisa	goldbarhallrentals@gmail.com
Social Director	Ronda	780-966-3096
Memberships	Amy	780-668-6836
Babysitting	Lil	780-466-4060
<b>Finances and Fundraising:</b>		
Financial Director	<b>VACANT</b>	
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Fort Road Director	Julie	780-719-3017
Parkway Director	Charlene	780-468-0033
Casino Director	Isabella	780-466-3895
<b>Communications &amp; Programming:</b>		
Newsletter/SEV	Sondi	780-468-2237
Sign Director	Lorie	780-447-1110
Programs	Sharon	780-710-4303
Green Shack	Kelly	780-434-6533

The sign at 106 Ave & 47 St is available to book.

Hall rentals: goldbarhallrentals@gmail.com

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

## AGM, with cheesecake!

Monday, April 10 at 7pm in the Gold Bar Hall

All residents of Gold Bar are invited to attend the community annual general meeting to discover what is being worked on in our community and to enjoy some cheesecake.

## Hall Rental

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.

## Gold Bar Communications

To submit an item to the next SEV email  
SondiAmber@gmail.com by Sunday, April 16.

## Exercise Classes Offerings

### a.Body Barre

Wednesdays 9-10am April 5, 12, May 3 - 31  
7 week session: \$70/session or \$12/drop-in

Moderate to advanced fitness level. 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. Please bring a mat and a water bottle.

Instructor: Jennifer Sloan, BEd.; AFLCA Group Fitness Leader; MOC Barre Method Instructor. For further info, contact Sharon Harker at 780-710-4303.



### b.Strength, Sweat & Stretch

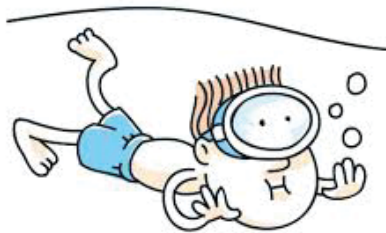
Mondays 5:15 - 6:15pm Mar 27 - April 24

5 week session: \$50/session or \$12/drop-in

Beginner fitness level. Functional fitness program for all ages and levels of fitness. This self-paced program will focus on maintaining and improving all primary components of fitness. This program will be designed to help participants increase their overall muscle strength and endurance, improve cardiovascular health, core stabilization and flexibility and balance.

Instructor Colleen Wagner (587-988-8075), Canfit Pro Personal Trainer, Zumba instructor, Healthy Back Program training, and 30 years experience working with seniors, children and adults with special needs.

## 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.

## Enjoy a FREE Hot Beverage

On the second Tuesday of the month 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!  
www.communityleagueneews.com

## Gold Bar Preschool

Registration for 2017-2018 is now open!

We are a parent cooperative program, and strive to get our students involved in their school and community. We offer morning classes for children aged 3 years to kindergarten. We are located in Gold Bar Elementary School at 10524 46 Street NW.

Please contact us for further details!  
Goldbarpreschoolparents@gmail.com  
Lindsay - 780-708-3461  
GoldBarPreschool.ca

## Upcoming Bingo Dates



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

### FORT ROAD BINGO

Wednesday, April 12 - Afternoon & Evening  
Friday, June 9, 2017 - Afternoon & evening

### PARKWAY BINGO

Sunday, April 9 - Evening & Late Nite  
Friday, May 19, 2017 - Evening & Late Nite  
Saturday, June 3, 2017 - Afternoon

## Family Paint Night

Saturday, May 27 @ Gold Bar Hall

2:00 - 5:00 pm

Recommended for children 10 and up and instructed by local artist Jeanette Spencer.

\$40/adult, \$30/child. All supplies provided. To register email Sharon Harker at sharon.harker@gmail.com

## CL MEMBERSHIPS

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

## Community Easter Party

Saturday, April 15 noon-2pm

Our hall is ready to host a family party just for Gold Bar Community residents, just like in years past. Please make time to support this opportunity to reconnect with your community by bringing your household by to this Easter-themed party. Details in the graphic on the next page.



*Gold Bar* **EASTER PARTY**



*Saturday,*  
**April 15**  
**noon - 2pm**

Gold Bar Community Hall  
(4620 105 Ave)

**HUNT FOR EGGS, THEN  
EXCHANGE FOR PRIZES**

**1:30PM MAGIC SHOW**

**PET THE BUNNIES. BRING  
YOURS FOR A VISIT.**

**FREE SPARKLE TATTOOS**

**THREE EASTER CRAFTS TO  
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## Locked up Tight and Out of Sight: Safer Homes, Safer Kids

Every year in Alberta, more than 1600 children under the age of 10, visit emergency departments as a result of accidental poisoning. Most of these events involve the unintended ingestion of medications.

Alberta's Poison and Drug Information Service (PADIS) receives over 13,000 calls per year concerning accidental exposure to poisons by children in this age group.

Many, if not most, accidental medication poisonings could be prevented by following a few simple steps to make your home safer for your children and small visitors.

- Always keep prescription and over-the-counter medications locked up tight, out of sight, and in their original containers.
- Be aware that child-resistant caps on medication bottles can make it more difficult for a child to open a bottle but they ARE NOT childproof.
- When taking medications, do it away from children. Children often copy the actions of their parents.
- Guests, family or friends may bring their medications into your home. Always ensure purses, backpacks and coats are in a safe place, out of children's reach.
- Put the PADIS emergency number in your cellular phones and/or display the number near your land-line telephone.
- If you have a poisoning emergency call PADIS at 1-800-332-1414.

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**Thursday, May 18, 2017 @ 6:30 pm**  
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## Get the Facts About Food and Fad Diets

There are a lot of food and nutrition myths out there making it hard to separate the fact from fiction. From confusing labels to conflicting health headlines, selecting the right foods for you and your family can be a challenge.

As a registered dietitian at Edmonton's Loblaws CityMarket, I help my clients decipher the truth from the latest food craze, starting with debunking some common myths. Here are the facts behind three common food myths.

**Myth: Caffeine is the only option for an afternoon pick-me-up.**

If you experience a dip in your energy level in the afternoon, instead of reaching for a cup of joe, opt instead for wholesome foods that contain B vitamins, fibre, healthy fats and protein, such as nuts, seeds and dried fruit, high fibre whole grain cereals, or edamame. These will provide your body with the energy it needs to get over that 3 o'clock slump. It's also important to ensure you are well hydrated—low hydration levels can actually make you feel tired.

**Myth: Natural sugar is better than white sugar.**

Sugar provides calories but very few other nutrients, which is why it's recommended to have no more than 10 per cent of your calories come from sugars, including natural sugars. Even honey and maple syrup contain similar amounts of carbohydrates as refined sugars. The key for a healthy diet is to limit all types of added sugar.

**Myth: Eating gluten free will help you lose weight.**

While following a gluten-free diet is necessary for some people, like those who have celiac disease or a gluten intolerance, most people do not need to avoid gluten, even if they're trying to limit calories.

Gluten-free does not necessarily equal healthy. In fact, many gluten-free products are actually lower in important nutrients,

such as fibre, iron and folate, and may contain more added sugars.

Instead, choose whole grains and complex carbohydrates, such as oats, barley and quinoa.

While these are just a few of the many myths out

there, it's important to do your research before jumping on any fad diets.

As part of National Nutrition Month, Dietitians of Canada launched a three-step campaign to help spot the problem, get the facts and seek support. With the help of a registered dietitian, you can take the fight out of food and discuss what should be on your plate.

*Melanie Legare is a registered dietitian with at Loblaws CityMarket. She is part of a network of more than 70 dietitians at locations across the country and provides free services like one-on-one consultations in French and English, assisted shopping, school tours and recipe ideas.*



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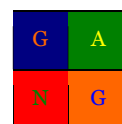
[f](#) [t](#) LindaDuncanMP



## Saturday, April 22 FABULOUS FABRIC FRENZY

100% of proceeds to benefit the Grandmothers to Grandmother Campaign through the Stephen Lewis Foundation.

Donations of fabric, yarn & notions may be dropped off at Strathearn United Church (alley door) **ONLY** on Thursdays from 10 am – 2 pm until Thursday, April 13<sup>th</sup>



Learn More About Us:



[EdmGrandmothers.org](http://EdmGrandmothers.org)  
[StephenLewisFoundation.org](http://StephenLewisFoundation.org)

**Saturday**  
**April 22, 2017**  
**9:30 am – 3:30 pm**

**Strathearn United Church**  
**8510 – 95 Avenue**  
**Edmonton**

**Admission \$1**

**To donate fabric, yarn or notions please contact:**

**Phyllis**  
**780-469-6327**  
**or**  
**Judy**  
**780-434-0036**

**GRANDMOTHERS OF ALBERTA FOR A NEW GENERATION (The GANG)**



Holyrood Community League	Contacts	
President:	Wendy	<a href="mailto:president@holyroodcommunity.org">president@holyroodcommunity.org</a>
Vice President:	Claire	<a href="mailto:vicepresident@holyroodcommunity.org">vicepresident@holyroodcommunity.org</a>
Treasurer:	Dianne	<a href="mailto:treasurer@holyroodcommunity.org">treasurer@holyroodcommunity.org</a>
Secretary:	Marjorie	<a href="mailto:secretary@holyroodcommunity.org">secretary@holyroodcommunity.org</a>
Programs:	Justine	<a href="mailto:programs@holyroodcommunity.org">programs@holyroodcommunity.org</a>
Memberships:	Jennifer	<a href="mailto:memberships@holyroodcommunity.org">memberships@holyroodcommunity.org</a>
Facilities:	VACANT	<a href="mailto:facilities@holyroodcommunity.org">facilities@holyroodcommunity.org</a>
Communications:	VACANT	<a href="mailto:communications@holyroodcommunity.org">communications@holyroodcommunity.org</a>
Social:	Natasha	<a href="mailto:social@holyroodcommunity.org">social@holyroodcommunity.org</a>
Civics:	Dave	<a href="mailto:civics@holyroodcommunity.org">civics@holyroodcommunity.org</a>
Director at Large:	Bette	<a href="mailto:directoratlarge@holyroodcommunity.org">directoratlarge@holyroodcommunity.org</a>
Soccer Coordinator:	Jared	<a href="mailto:soccer@holyroodcommunity.org">soccer@holyroodcommunity.org</a>
Playschool Coordinator:	Erin	<a href="mailto:playschool@holyroodcommunity.org">playschool@holyroodcommunity.org</a>
Playgroup Coordinator:	Jessica	<a href="mailto:playgroup@holyroodcommunity.org">playgroup@holyroodcommunity.org</a>

<b>Website:</b>	<a href="http://www.holyroodcommunity.org">www.holyroodcommunity.org</a>	<b>Memberships:</b> purchase at SEESA (9350-82 St) or through <a href="http://efcl.org/membership/">efcl.org/membership/</a> and at most Holyrood Community League events.
<b>Facebook:</b>	Holyrood Community League	<b>Complimentary Memberships:</b> are available for newcomers to Holyrood. Contact our Membership Director at <a href="mailto:memberships@holyroodcommunity.org">memberships@holyroodcommunity.org</a>
<b>Twitter:</b>	@HolyroodCL	

Join us at our next Board Meeting. Contact Wendy if you would like to volunteer.

Where: SEESA boardroom  
When: April 10, 2017

## Holyrood Civics Update

Recent Development Permit Applications Issued March 3 for 9411 79 Street Job No 242529002-001  
To demolish a Single Detached House and Accessory Building (7.37m x 6.17m detached Garage).

In Review March 10 for 9708 - 75a Street Job No 242973972-001  
To construct a Single Detached House with a veranda, rear covered deck and balcony (5.18m x 2.44M), and fireplace and to demolish an existing Single Detached House and Accessory Building.

Holyrood Gardens Redevelopment Update  
Visit our website for the latest information on the project:  
<http://holyroodcommunity.org/holyrood-gardens-redevelopment/>

Valley Line LRT Update  
No advisories for Holyrood area, however expect intermittent lane closures on 75 Street between Wagner Road and Roper Road. See the latest news and advisories at the TransEd website:  
<http://transedlrt.ca/>

Contact [civics@holyroodcommunity.org](mailto:civics@holyroodcommunity.org) with any questions or concerns.

## Paint Classes With Local Artist

Have you ever wanted to try painting or just fine tune your technique? Holyrood Artist, Jeanette Spencer will help you paint on canvas at one of our upcoming classes. Classes include all supplies necessary to learn, create and take home your very own master-piece.

**Adults Only**  
Saturday April 22nd 6:00 – 9:00 m  
Holyrood Community League  
\$40

**Mother's Day** Mom + Child (8-9+ recommended)  
Saturday May 6th 2:00 – 5:00 pm  
Holyrood Community League  
\$40 for Mom + \$30 per child

**Father's Day** Dad + Child (8-9+ recommended)  
Saturday June 10th 2:00 – 5:00 pm  
Holyrood Community League  
\$40 for Dad + \$30 per child

Check out Jeanette's work at [www.somefineart.com](http://www.somefineart.com) or Instagram @some\_fineart

All communities are welcome with proof of a current community league membership.

You must pre-register by emailing [programs@holyroodcommunity.org](mailto:programs@holyroodcommunity.org)



HOLYROOD

## Bench Project

Great neighborhoods need great spaces!

The Holyrood Bench Project is a community project between South East Edmonton Seniors Association and Holyrood Community League with a grant from Age Friendly Edmonton.

Holyrood residents can apply to put a bench in front of their property to encourage walkability in our neighborhood by providing a rest space for tired walkers, the elderly, and others and to build community by giving people a place to meet friends and neighbors.

Just email us at the address below and tell us who you are, your address, and your phone number for us to call you to sort out logistics.

We can't guarantee a bench for everyone who con-tacts us (we will review all applications to make sure the benches are equally spaced throughout the community) but the chances are good.

The bench needs to be located at the front of the house on the boulevard.

We suggest painting or decorating your bench to make it look unique and inviting.

You would need to make it obvious that the bench is for everybody by putting a sign saying something like "Feel free to sit" and keep the bench and surrounding area clean and accessible all year long.

Contact us and we'd be happy to give you a bench.

Bravo for benches!



SEESA South East Edmonton Seniors Association Activity Centre See what's happening!

## Wanted: A Few Good Members!



Like to get to know your community better? Interested in sharing your skills, passion and energy with a group of like-minded people? Want to make a difference where you live?

Opportunity waits, just down the street! We have some newly-opened volunteer positions on the Holyrood Community League Board of Directors, and are looking for candidates to stand for election at our April 26th AGM.

The Board is a dynamic group of Holyroodians who are committed to our community. We're constantly striving to make our neighbourhood a great place to call home. Help us make that happen by considering one of these positions:

Communications Director  
Memberships Director  
Facilities Director (Buildings & Grounds)  
Rink Director

For brief position descriptions, check our website at [www.holyroodcommunity.org](http://www.holyroodcommunity.org).

And if you'd like more information on how one of these positions might be a good fit for you, please contact Wendy Weir, President, at [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org).

Board membership is a great way to make new friends, feel more connected in your community, build new skills, and make your own unique contribution. What could be more rewarding than making a difference right in the place where you live?

## 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

## Ruth's Yoga

Join us for yoga on Monday nights.

The 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.  
Mondays 7:00 pm – 8:15 pm.  
Holyrood Community League

For more information or to register call Ruth at 780-237-6730 or email [ruthe.sjoberg@gmail.com](mailto:ruthe.sjoberg@gmail.com)

## Drop-In Playgroup

Parents, guardians, and caregivers are welcome to drop in and socialize while their little ones (0-6 years) play.

This FREE program is a great way to meet other families in our neighbourhood!

Thursdays  
9:00 am – 11:00 am  
Holyrood Community League

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



## Kefir Madness

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

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

**WATER KEFIR**  
Thursday April 6  
7:00 – 8:30 pm  
Holyrood Community League  
\$30

All communities are welcome with proof of a current community league membership. You must pre-register by emailing [programs@holyroodcommunity.org](mailto:programs@holyroodcommunity.org)

## Holyrood School Employment Opportunity

Lunchroom Supervisors Needed

Holyrood School is seeking lunchroom supervisors for indoor and outdoor lunch supervision from 11:30-12:30 on a full-time, part-time or on-call basis. This is a paid position and your help would be much appreciated. Please contact the school to request a lunchroom application. For more information, please call 780-466-2292.

## How to Talk to Your Children About Drugs and Gambling

Children are smart and they are learning all the time. You are the best person to show them how to make good decisions. The thought of your children using drugs may scare you, but your children will hear you better if you talk calmly. Take time to learn the facts about different drugs and gambling. Tell your children the facts without sounding scared and without scaring them. You can show your children that they can trust the information you give them.

Things to Remember

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

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

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

- Talk about gambling in a way that your children understand. It's good to use real-life examples. Ask your children if they've ever made a bet with anyone about doing something that is hard or unsafe. An example might be betting a chocolate bar that someone couldn't walk along the top of a fence. Explain that this is a type of gambling.

## Ottewell Dental Clinic

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South Edmonton, AB  
[facebook.com/magicpawsdoggrooming](https://facebook.com/magicpawsdoggrooming)

In this example, if the person takes the bet and walks on the fence, he or she is at risk of getting hurt. The person betting may lose the chocolate bar. Both people are risking something they value, whether they know it or not.

Children gamble for fun and don't usually think of it as gambling. They usually call it betting or daring.

If you use these types of words, it will be easier for them to understand what gambling is.

- Try to think of good examples. Have you seen a movie or read a book with someone in it who has a drug or gambling problem? Do your children have any examples to share?

Talk about the people in the book or movie. Talk about their lives and the decisions they make. You can use this time to give your children good information.

Keeping your children informed is the best way to help them make good decisions.



## League Contacts

President	Marcus	presidentidylwylde@gmail.com
Vice President	Vacant	
Treasurer	Walter	treasureridylwylde@gmail.com
Secretary	Corrina	secretaryidylwylde@gmail.com
Casino/SECLA	Bridget	casinoidylwylde@gmail.com
Social	Laura	lmurdoch@email.com
Programming	Kamila	kamilaidylwylde@gmail.com
Facilities	Paul	paulidylwylde@gmail.com
Publicity	Kelsie	kelsieromans@gmail.com
Membership	Michelle	bluecanary1@hotmail.com
Garden		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](http://www.idylwylde.org) and sign up for our e-newsletter

## Hall Rentals

Our hall is now available for rent to the residents of Idylwylde and non-profit groups. Please visit our website for more information on renting our hall, including pictures and costs. Inquiries can be sent to [rentidylwylde@gmail.com](mailto:rentidylwylde@gmail.com).

## Parents & Tots Group

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

## Cheery Tomato Community Garden

Our first garden meeting will be held at the Idylwylde Community Hall, Saturday April 22 @ 10:30 am. Please contact us at [gardenidylwylde@gmail.com](mailto:gardenidylwylde@gmail.com) if you would like to join our awesome crew for the coming season!



## Program Calendar: 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.

### Family Yoga at Idylwylde Hall

Instructor: Monique Merchant  
Sunday, April 23 & Sunday, May 14th  
10:30 - 11:30 am

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 yo-ga is better together! No previews experience required. All ages welcome. Please bring atleast one mat per family and dress in comfortable clothing. Contact Monique at [monique.merchant@gmail.com](mailto:monique.merchant@gmail.com) with any questions.

### Beginners to Intermediates Yoga

Instructor: Susan Lobkowicz  
Mondays: 7pm-830pm  
Start date: February 27, 2017

This class is for the beginner to intermediate. Yoga classes will be taught in the Hima-layan tradition of Yoga., a gentle form of hatha yoga for the posture (asana) work. Classes will include learning to work with one's breath and energy (pranayama), a few minutes meditation, a lot of stretching, joints and glands work. (H.T) and a 10 to 15 minute relaxation (savasana) at the end of each class.

### Chair Yoga

Instructor: Susan Lobkowicz  
Thursdays: 10:15 am- 11:15 am  
Start date: February 23, 2017

A very gentle form of yoga which is done on a chair! suitable for anyone with any of the following ailments: arthritis, fibromyalgia, knee and hip replacements, stiffness/lack of mobility, balance problems, aging or a desire to ease back into exercise. Join us to increase your strength, flexibility, mobility, balance, concentration , ability to relax.

## 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

## Events in Idylwylde

What would you like to see for social events in Idylwylde?

We are looking for ideas to bring the community together.

Email [lmurdoch@gmail.com](mailto:lmurdoch@gmail.com) with your ideas for a great get together that we can host!

## Little Free Library

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



## Mind Body Connection

Your mind and body are powerful allies. How you think can affect how you feel, and how you feel can affect your thinking.

An example of this mind-body connection is how your body responds to stress. Constant worry and stress over jobs, finances, or other problems can cause tense muscles, pain, headaches, and stomach problems. It may also lead to high blood pressure or other serious problems.

On the other hand, constant pain or a health problem like heart disease can affect your emotions. You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness. But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

How do your thoughts and feelings affect your health? Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system.

Research shows that what your brain produces depends in part on your thoughts, feelings, and expectations. If you're sick, but you have hope and a positive attitude and you believe that you'll get better, your brain is likely to produce chemicals that will boost your body's healing power.

Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal. This doesn't mean you should blame yourself for getting sick or feeling down about a health problem. Some illnesses are beyond your control. However, your thoughts and state of mind are resources you can use to get better.

For more information on mind body connection, or tips on reducing stress, visit: My Health Alberta at [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

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

## Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
<b>Weekend</b> (Fri.pm – Sun.pm)	\$450.00	\$550.00

<b>Day Rate</b>	\$300.00	\$385.00
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<b>Damage Deposit</b>	\$250/day rate	\$550/day rate
	\$450/weekend	\$550/weekend

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

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

### CONTACT US!

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

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

• **Keep Current on our website,**  
[www.kenilworthcommunity.com](http://www.kenilworthcommunity.com)

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

**Next Executive Meeting, Monday, April 10th @ 7:00 p.m.**

**Southeast Voice Newsletter Deadlines**  
Submissions for the **May, 2017 issue of the Southeast Voice is due Thursday, April 13, 2017.**

Send all announcements to Martine at 466-9444 or as early as possible. No phone calls after 8 pm. please.

## New Volunteer Opportunities

Many opportunities are available: Vice-President, Soccer Director, Adult Programs, Children's Programs, Summer Programs, Grant Applications, Bingo Alternate, Baby-sitting 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](mailto: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.

## 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. For more information or to register your child for Fall 2017, contact Cyndi, soccer. [cyndi@gmail.com](mailto:cyndi@gmail.com).



## Kenilworth Casino – July 12 & 13

To volunteer, please contact Bonnie at 780 288-5896 or email at [bonnielg@telus.net](mailto:bonnielg@telus.net). These are the funds that keep our events going and improvements to our hall and park area. Your help would be very appreciated!

## 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:  
April 25th, 4:30  
May 13th, 10:30  
June 4th, 10:30  
June 30th, 4:30

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](mailto:totalbalancepersonaltraining@gmail.com) to register.





## I've Outgrown It Sale

**Saturday, April 8, 2017**  
10:00 a.m. – 2:00 p.m.

Come and shop for amazing deals on gently loved clothing, toys, books, baby equipment, and much more.

Make room for your growing child's new clothes by selling off their gently loved but outgrown clothing, toys, and equipment. Call Kirsty to rent a table (\$25) or for questions at 780 213-1215 or email at jensmum05@hotmail.com

## KCL Adult Spring Steak & Shrimp BBQ



**Saturday May 13, 2017**

Looking forward to seeing all our neighbours at the Annual Spring BBQ. Doors open at 5 for cocktails. Steak and shrimp supper at 6. Tickets are \$20 and can be obtained by calling Dan at 780-469-2019.

## Community Garage Sale



**Kenilworth Hall, 7104 - 87 Avenue**  
**Saturday May 20, 2017,**  
**10:00 A.M. - 4 P.M.**

Inside: Tables are available for \$10.00  
Outside: Bring your own tables or use your vehicle.

The parking lot will be opened only for the outside vendors.  
Street parking is available.

A perfect time to declutter - empty closets, basements, storage areas, etc.  
Your clutter could be someone's treasure!

For more info or to book a table, call Liz at 780-465-5188.

## Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings from 10-11:30. Free drop-in play time/socialization for children 0-5yrs. This program started back up in 2015 with a laid back atmosphere of unstructured play. It is run by volunteers and facilitated by a mom with a background in child language development and children's mental health. Opportunities for new volunteers to help with facilitation and organizing structured activities. Coffee and tea provided. Contact Angela with questions: angela.feehan@gmail.com

## Babysitting Registry

If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry. Call Sheri at 780-616-0417 to register your name or if you are looking for a babysitter in the area for evenings or weekends.

## 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.

For more information contact Barb @ 466-2360.

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

## Christmas in July

Thursday, July 13, 2017  
6:30 to 9:30 p.m.

Join the fun at the 13th Annual "Christmas in July" workshop. The event fee is \$28 for 10 cards or \$50 for 20 cards and payable by June 30th. To register contact Rhonda @ 780-469-0010. Supplies to bring: SNAIL or other double sided adhesive.

## Save the Date! Golf Tournament & Steak BBQ – August 26

## Neighbourhood Watch

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



**Ben Henderson**

Councillor, Ward 8

**Contact me on city issues**

**[ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca) | 496-8146**



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\*denotes monthly summer service, cut only

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**E-Mail [Snowclearing@yahoo.ca](mailto:Snowclearing@yahoo.ca)**

## 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** - Tim

**Grants** – Sandy

**Bylaws** – OPEN

**History of Ottewell Committee** - (Looking for more members of this Committee)

**Indoor and Outdoor Soccer Director** – Glen

**Parent and Tot Team Lead** – Bri

**Summer Playground Chair** – Colleen

**Social Team** – Lori, Debbie, Bri, Cheryl/Dennie

**Playschool Chair** - Andrew

**Rink Chair** – Cory

**Maintenance Chair** – Frank

**Membership Chair** – Russ

**Communications Chair** – Open

**Web Page Designer** - Sandra

**SECLA Rep** – Lori

**EFCL Rep** – Corinne

**East Park Baseball** – Clarence

All Positions are volunteer positions. Please send all inquiries via email to [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) or call 780 469 0093 leave a message and someone will return your call. Ottewell Community League  
5920 – 93A Avenue  
Edmonton, Alberta  
T6B 0X2

## Cooking Classes With Chef Sally: Spring 2017

**COOKING FOR TWO:** Two dates available. Either Sunday April 30 or Sunday June 11. (1 to 4.30pm) Frustrated by wasting food you just can't eat. Tired of trying to scale down family-sized recipes? You'll help make five quick and easy dinners – including side dishes – that serve just two. All can be made using only one or two pans – which cuts down on dishwashing. With recipes such as Oven Roasted Herb Salmon with Pesto Spaghetti Squash and Maple Cider Pork Medallions over Root Mash, you'll soon be calling "Dinner's Served!"

**COST:** \$105 per class.

**INCLUDES:** Lots of good eating, samples of wine, recipe handout.

**CONTACT** Sally Vaughan-Johnston:  
780 461 4238 OR 780 655 0020 (cell)  
[svaughanj@shaw.ca](mailto:svaughanj@shaw.ca)

## Fitness Classes at the Hall

Mondays at 9:05am – Fitness kickboxing

Wednesdays at 9:05am – Bootcamp & circuit training

Join our community group for fun morning fitness! Work at your own pace with modifications for all fitness levels.

For questions and registration details contact Ann Lukey at [ann@yourinertia.com](mailto:ann@yourinertia.com) or 780-719-2897.

## Spring Scout Bottle Drive

On April 22, the Ottewell 120th Scouts will be having our annual Spring Bottle Drive.

Before the Bottle Drive a Flyer will be dropped in your mail box with more information.

Please continue to support the Scouting Group in this vital fundraiser. These funds pay for our camps and other adventures for the youth in our community.

## Upcoming Dates at Parkway Bingo



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

All funds raised support the Ottewell Community

BINGOs help us to raise these funds so we can make these improvements.

If you would like to help out and donate some of your time to work at our designated BINGOs during the year it would be truly appreciated.

To get on our Bingo volunteer list please email [oclbingo@gmail.com](mailto:oclbingo@gmail.com)

## Ottewell Community League Playschool

OCLP is still accepting registrations for the 2017/2018 school year. We run out of Braemar School, and are running a 2 or 3 day/week program. Registration forms can be printed off from [OCLP.ca](http://OCLP.ca) or you can contact our Registrar (Lauren) at [lauryan@telus.net](mailto:lauryan@telus.net) or visit our Facebook page (search Ottewellplayschool)

## Ottewell Parent & Tot Group

This FREE WEEKLY drop-in program every Tuesday from 10 - 11:30 am at Ottewell Hall. Parents/Caregivers and tots ages 0-5 years old are welcome to join the fun. Come out to meet your neighbours and make some new friends.

## Purchase your 2017-18 Ottewell Community League Membership

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

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

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

## Join the Ottewell Community League Team of Volunteers!

Do you want to get involved in Ottewell but don't have a consistent schedule? Put yourself on the Ottewell Volunteer List. We'll contact you when we need help for events or specific tasks; if you're available, get involved. Send an e-mail to [Ottewell2212@gmail.com](mailto:Ottewell2212@gmail.com) with Ottewell Volunteer List in the subject line, give us your contact information and indicate if there's a particular skill you have to offer or area you'd like to volunteer. Any time you can give is welcome.

This Winter Rink Season at Ottewell would not have been possible without the dedication of some hard working volunteers! We called them our RINK TEAM – Cory and Crew gave their time! Thank you without your dedication to Ottewell Rink we would not have had such a great RINK SEASON! The kids enjoyed having you on an off the ice with them! Hope that we will see you next winter!

## Upcoming Events in Ottewell

Organizing the 5th Annual Easter Egg Hunt at Ottewell Hall is dependent on volunteers. If you would like to make this event happen, please contact Bri at [OCLevents@gmail.com](mailto:OCLevents@gmail.com)

## A Thank You Note to All Our Volunteers !

Thank you Ottewell Volunteers for giving your time; by doing so with any job you just simply made our loads lighter and smoother. I want you to know that Ottewell appreciates your kind-heart just to help our Community Spirit Grow Stronger with successful results.

You are one of the reasons Ottewell is a GREAT PLACE to Live and Raise a FAMILY.





**Next Ottewell  
Community League  
Board Meeting**

Tuesday April 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  
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 at 780-406-3603.

**Ottewell Community  
League Social Media**

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

Pictures, tweets, comments, your discussion is welcome! Let us know if you are having an event and we can share it for you on social media!

**Free Community  
Swim & Gym for  
League Members**

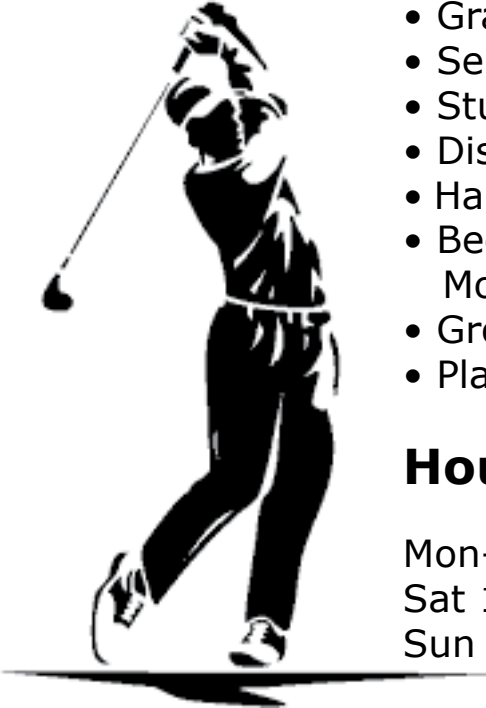
Saturdays, 5-7 p.m. at Commonwealth Fitness Centre. Includes use of the entire facility, from the pool to the gym, running track, fitness equipment and fitness classes. Sundays, 1:15-2:45 p.m. at Hardisty Fitness Centre. Swim only



# Ottewell Driving Range

(Book your private function at the Ottewell)

**4205 - 102 Ave.**  
(just north of Baseline off 50 St. Behind curling club)  
**Tel: (780) 469-8404**



- Grass boxes
- Senior discounts
- Student discounts
- Discounts on volume
- Happy Hour Golf (weekdays 1pm to 4pm)
- Beer Gardens (happy hour 4pm to 7pm Mon-Fri)
- Group or private lessons
- Playground for the kids

**Hours of Operation**

Mon-Fri 11am to dusk  
Sat 11am to 7pm  
Sun & Holidays 10am to dusk

**Happy Hour**

We offer \$6 buckets Monday through Friday from 1-4 PM. After that, make sure you stop in for a visit at the Beer Gardens to take advantage of our happy hour from 4-7 PM.

**Ottewell  
Community  
HALL RENTAL**

This well maintained 1900 sq ft hall accommodated up to 120 seated guest and is perfect for weddings, banquets, parties, family gatherings, board meetings and community functions. Rent includes 15 round tables and 9 rectangular tables, 120 cushioned chairs and refrigerated bar and newly renovated commercial kitchen. A 10' screen, HDMI LCD projector and PA system are also included. For info and availability go to our website [www.ottewell.org](http://www.ottewell.org) or call 780-463-3330. Our rates are posted on our website, for our members we do offer discounted rate.

**Jazz and Reflections**

Beginning April 2, and for the next 5 weeks (excluding April 16th-Easter) you are invited to come and hear some of the best jazz music Edmonton has to offer.

All concerts begin at 3:30 and include a short "Reflection" as well as a brief intermission before concluding at 5:00 pm.

Admission is by donation at the door. Ottewell United Church is located at 6611-93A Ave, Edmonton. Wheelchair access is available at the south east doors.

Come and experience your inner Jazz!







SPRING 2017 OCCUPANCIES



## Visit Our **New Show Suites**



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

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

Ask About Our **Leasing Options**

### Building **Features:**

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

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

**CDLHomes.com**





## Board of Directors

- President — Jenny
- Vice-president — Meghan
- 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 — Daniel
- Member-at-large / Casino — Kathryn

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

## Farewell to Roundhouse Sales

Roundhouse Sales has been at its current location in the Strathearn Strip Mall for the past 12 years, and has been in business in the greater southeast community since 1968.

The business has passed from father to son, and they are now retiring. Roundhouse Sales was a staple in the Strathearn community and adored by many model collectors as it was one of the only small businesses geared towards hobby train collectors in the Edmonton area.

Roundhouse Sales also carried many model cars, and paints, parts and accessories for model trains. The last day of business was March 18, 2017 and the Strathearn community wishes them all the best in their future endeavours.



## Volunteer Profile:

Meet Kathryn Dong, physician and Strathearn Community League member-at-large

### *Tell us a bit about yourself.*

I am a mom to three boys and an emergency and addiction medicine physician at the Royal Alexandra Hospital.

### *When and why did you get involved with the community league?*

I joined the Board in 2012. I wanted to start giving back to our community, meet more people and start showing my kids how to be a good citizen.

### *What's was your favourite memory being part of the community league?*

My favourite memory was having my kids get up voluntarily at 5 a.m. during Folk Fest to pick up pastries and serve coffee to help raise money for the new hall. We were surrounded by good friends and neighbours and got to see a beautiful sunrise.

### *What's your favourite Strathearn event and why?*

My favourite event is the Green Shack Shaker. It is the end of school and the start of summer! There is nowhere else I'd rather spend it than at the park watching all the kids play together and celebrate.

### *If you could say one thing to prospective volunteers, what would it be?*

Getting involved in Strathearn has been one of the best things I have ever done. I have learned new skills, made new friends and watched my kids develop a sense of community as well. Just do it!



## Programs

(Strathearn Community League membership required)

### *Swimming*

Enjoy free family swimming/workouts at Commonwealth Leisure Centre Saturdays, 5 p.m. to 7 p.m. and Hardisty Leisure Centre Sundays, 1:15 p.m. to 2:45 p.m.

### *Toonie Thursday*

The second Thursday of the month is Community League Happy Hour at Juniper Cafe & Bistro (9514 87 St.) Enjoy a beer or glass of wine for a toonie from 4 p.m. to 6 p.m. Upcoming dates – April 13 and May 11

### *Wired Wednesday*

The first Wednesday of the month enjoy a free beverage on Strathearn Community League from 7:30 a.m. to 11 a.m. at The Wired Cup (9418 91 St.). Upcoming dates – May 3 and June 7

## Membership has its benefits

A Strathearn Community League membership costs \$20/family or \$10/individual. If you're new to Strathearn, your first one-year membership is on us. Contact [membership@strathearncommunityleague.org](mailto:membership@strathearncommunityleague.org).

Here's where to buy your membership:

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

Or email [membership@strathearncommunityleague.org](mailto:membership@strathearncommunityleague.org).

Plus, each month, community league members are entered into a draw for a \$20 gift certificate to either The Wired Cup or Juniper Café and Bistro.

## Upcoming events



### *Spring Clean-Up & Jane's Walk – May 6*

Join your neighbours to get Silver Heights Park ready for spring. The park clean-up takes place from 11 a.m. to 2 p.m. (Bring work gloves and shovels).

Following the clean-up, explore Strathearn by participating in our annual Jane's Walk from 1 p.m. to 3 p.m. Jane's Walks take place around the world the first weekend in May.

Jane's Walk is a movement of free, citizen-led walking tours inspired by urbanist and activist Jane Jacobs, who advocated a community-based approach to city building.

These walking conversations get people to tell stories about their communities and connect with their neighbours.

### *Strathearn Community League Annual General Meeting – June 5*

Save the date and plan to join us for our annual general meeting June 5 at 7 p.m. We'll have more details closer to the date. Interested in volunteering in your community?

We're looking for several residents to join the Strathearn Community League Board.

To learn more about upcoming opportunities and what it means to be part of the board, contact Jenny McAlister at [president@strathearncommunityleague.org](mailto:president@strathearncommunityleague.org).



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**Ottewell Bi level:** Great starter home, Quite location. 3 Bedrooms, 2 Bathrooms, Heated Double Garage.



**Avonmore:** Delightful little bungalow, 3 Bedrooms, 2 Bathrooms, SHOWS GREAT!