

SOUTHEAST VOICE

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

Dec 2017/Jan 2018



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The Greater Hardisty Community Sustainability Coalition



GHSC - The Greater Hardisty Community Sustainability Coalition, which began as a response to proposed school closures, remains an active and essential Civics group, marshalling citizens through shared city planning issues. Community members with an interest in preserving, enhancing and optimizing our infrastructure continue to listen, organize and bridge the challenges facing urban planning in the #greaterhardisty community. The group has also been considering renaming itself, developing a media/outreach strategy, adopting bylaws and deciding whether it should be formally established as a subcommittee of SECLA, or retain its present unaffiliated form.

Our most notable achievement this year included organizing a civic election forum that was attended by the complete slate of candidates and a capacity crowd. A set of predetermined questions was compiled by a subcommittee based on the core guiding documents of the network, and focused on future visioning and collaboration to move forward.

Going forward, we expect the group will remain engaged and active as it continues to build upon the collaborative connections made, focusing on civic interests that have the potential for cross-league influence. These are likely to include: Community Hub proposals, 101 Avenue Corridor redevelopment, Patricia Motel site consultation, Capilano Library Development, Ravine Skatepark Phase II design, Abundant Communities, Seniors and co-housing projects, community Recreation Network, Business Improvement Zone formation and other related topics. Interested residents should consider joining me, Miles Berry, at an Urban Planning education session on the morning of December 2. Contact miles@fultonplace.org for more info.

The next planned meeting of the coalition will be a Pot Luck Visioning and Engagement session, 6pm, Saturday, February 24 at St. Augustine's Anglican Church, 6110 Fulton Rd. For more information, visit our #greaterhardisty Facebook page or JOIN our Group discussion.

Holyrood Shines Light on Rezoning Application at Public Hearing

A huge THANK YOU to the community of Holyrood and Edmonton who joined the Holyrood Development Committee (HDC) for the Community Prep and Information Session at Holyrood Hall on November 8 and the Public Hearing November 17 and 27! Over 100 letters were written opposing the rezoning application. Over forty citizens registered to speak in opposition to the rezoning application and about a dozen registered to speak in favour. A number of attendees stepped up to speak on behalf of people who were unable to stay for the entire 12-hour day.

City Councillors and the Mayor asked many thoughtful questions. The HDC felt some answers from City Administration were not aligned to current guidelines, best practices for Edmonton, or to the events as they occurred (such as public engagement opportunities). As the day drew to a close, at 9:30 pm, City Council voted to continue the public hearing for the rezoning application at 3:00 pm on November 27.

Your HDC worked hard preparing new information to present to council on the second day of the hearing and the Holyrood Community League (HCL) organized a bus to enable community members to "Fill the Chamber" on the second day of the public hearing.

HDC recommended that the proposal be sent back to the developer and City Administration for rework. HDC's recommended: creating a revised site design that applies Transit Oriented Development (TOD) and Residential Infill Guidelines,



providing a safe, direct and convenient circulation system for all modes of transportation, incorporating the Municipal Development Plan's minimum requirement for 25% family oriented housing, offering valued community contributions like replacing the 160 market affordable rental units that currently occupy the site, and providing meaningful engagement opportunities with our community. For the fifth time since May 2017, the HDC formally asked City Administration to compel the project to go to the Edmonton Design Committee for peer review.

As you read this article, the extended public hearing is over and a decision has been made on the next steps for Bylaw 18178. Check out our Twitter feed @HolyroodDC or visit our website at holyrooddevcomm.wordpress.com to learn what happened.

HDC's volunteers thank you for believing in us and encouraging us to continue representing community perspectives. Your support is still needed. HDC incurred extra costs retaining a professional advisor and we need to recover those costs. Please help Holyrood by donating to our crowdfunding campaign at www.tinyurl.com/fundhdc.



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Treasurer	Michael Chen	treasurer@secla.ca
Secretary	Jamie Melnyk	secretary@secla.ca

Brain Architecture: Early Experiences Build Brains



Contrary to popular belief, the structure of our brains as they develop in early childhood is determined by more than just our genes. The experiences we have in the first years of our lives also affect the physical architecture of the developing brain.

Because brains are built in stages, with more complex structures built on simpler structures, it's crucial to get the early years right. Just as a house needs a sturdy foundation to support the walls and roof, a brain needs a good base to support all future development. Building better brains is possible by exposing children to positive, nurturing interactions at a young age. These positive experiences are the bricks that build sturdy brain architecture, leading to improved learning and behavior as well as better physical, mental, and social wellbeing throughout life. For more info about early brain development go to www.AlbertaFamilyWellness.org

"Children don't need more things. The best toys a child can have is a parent who gets down on the floor and plays with them." Bruce Perry
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. For more info go to: www.earlychildhoodeddm.ca/southeast

Fulton Green League Report

This year, Fulton Place established a Green League subcommittee and participated in an evaluation of our building energy consumption. The results of which was a Fulton Green League Report. This report will help inform our future Facilities infrastructure deferred maintenance decisions. Fulton Residents interested in participating in learning more about sharing knowledge and experiences in application of energy conservation measures for their homes, or participating in advancing the use of low impact tech, should contact Miles at: miles@fultonplace.org or Sherry at: sherry@fultonplace.org or visit: www.fultonplace.org for more information.

Beat the winter blues

Many people are more sluggish in winter than in summer, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond getting a little gloomy. People who have SAD can experience: depressed mood, lack of motivation, fatigue, and often feel tired throughout the day. These symptoms can lead to excessive time in bed or in front of the TV, neglect of usual pleasurable activities, and reduced social contact.

SAD mood boosters

If you are affected by SAD there are several simple steps you can take every day to brighten up both your body and mind, including:

- **Be active.** Building activity into your lifestyle not only helps lift negative feelings, it also prevents the weight gain associated with the illness. Being physically active relieves stress, builds energy, and increases both your physical and mental wellbeing and resilience. It is as easy as walking outside for 10-20 minutes each day.
- **Soak in the sun.** Getting in as much sunshine as possible during the winter months can help. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine whenever possible.



Back on Track Specialized Fitness and Wellness Solutions is a community based program recognized for offering specialized fitness and wellness solutions to individuals of all ages and abilities. We strive to bridge the gap between the medical community and fitness industry.

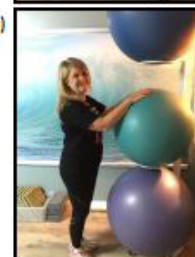
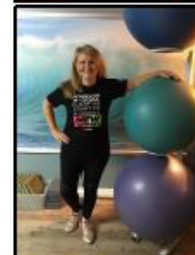
Helping You Reach Your Goals

Personal Training and Functional Fitness Programs:

- One on one or small group training
- Speciality classes in bender ball core stability
- 6-week Healthy Back Program (Edmonton's Only Healthy Back Program Practitioner)
- Zumba gold
- Pre-post rehab mobility, stability, and strength training
- New Facia (movement posture) assessments
- Workshops available

Transformation Packages:

- Shift Happens - A 12-week program for those serious about lifestyle, fitness, Nutrition, and weight loss.



Book your FREE consultation today!
Contact Personal Trainer & Owner, **Colleen Wagner**
by phone at **587.988.8075**
by email at collwags@icloud.com
or visit www.back-on-track.ca for 2018 program details & schedule



- **Choose healthy foods.** For energy throughout the day, eat three meals, and have healthy snacks between meals if you find yourself hungry. Choose foods from at least three to four food groups at meals and one to two food groups at snacks. For more healthy eating information visit www.healthyeatingstartshere.ca
- **Stay hydrated.** Carry a water bottle to make sure you drink enough fluid during the day. The amount of fluid you need depends on your age, gender, body size and activity level. Most adults

need nine to -12 cups of water per day.

- **Cut down on alcohol and caffeine.** Caffeinated and alcoholic beverages disrupt your body's internal clock, resulting in a worsening of SAD symptoms. Try cutting down, or even cutting out, daily intake of these drinks that contain caffeine such as coffee, pop or energy drinks. If you are concerned about your mental health or someone else's, contact: Mental Health Help Line toll-free at 1-877-303-2642 or Health Link at 811.



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A minimum of 12 students is required to run the program, so please clip and return this confirmation to Avonmore Community League 7902-73 Ave mailbox by February 16. If you have any questions, please email hallrental@avonmore.org

YES ! _____ will be
participating in the Canadian Red Cross Babysitting Safety
Course on Sat. Feb. 24th

I have enclosed payment of \$75.00 Non Community Member or \$45 Avonmore Community Member (cheque payable to Avonmore Community League) for the cost of the course and materials.

Avonmore Community Membership # _____

Mailing Address: _____

Phone Number: _____

Email Address: _____

An alternate emergency contact name & number for this day is: _____

Avonmore Red Cross Babysitting Course

All the safety and first-aid that a home-alone / babysitter needs to know in a fun, hands-
Time: 9:00a.m. – 5:00p.m.
For: Girls and boys, ages 11 and up (or 11 by end of March)
Cost: \$71.43 + GST = \$75.00 manual in-

cluded.
Avonmore Members \$45 with 5 volunteer hours from child
Bring: lunch, pencil, water bottle & large floppy doll or teddy/bunny that lays flat, indoor shoes

Avonmore Book Club

Club meets on Sunday evenings every 4 - 6 weeks. Members take turns picking books and hosting meetings. New members welcome. Books we have recently read are The Glass Castle and Under the Glacier. For more information contact Anita director3@avonmore.org

Avonmore Community Swim

Clareview Pool (till Dec 9, 2017; see www.avonmore.org for possible extensions) Saturdays, 6:00 p.m. - 8:00 p.m.
Hardisty Pool (until June 24, 2018) Sundays, 1:15 p.m. - 2:45 p.m.

Avonmore Yoga Winter Session

Tuesdays and Wednesdays starting January 2 at the Avonmore Community Hall.
For more information contact Anita director3@avonmore.org or go to avonmore.org

Avonmore Parent & Tot Program

This FREE drop-in program The Avonmore parent and tot group runs every Thursday from 10-12 am at the community hall. We are in the hall we do a mix of free play activities and arts and crafts. Our groups has a mix of small babies and toddlers, so there is someone for everyone to play with. Coffee and tea provided. For more info, check out our Facebook group by searching "Avonmore parent and tot group" or email Claire at parentandtoto@avonmore.org. Located at Avonmore Hall: 7902 - 73rd Ave NW.

Avonmore Hall Rental

Anyone interested in renting the hall please contact Tanya at (780) 637-5640 or email hallrental@avonmore.org. Hall address is: 7902 - 73rd Ave NW

Avonmore Garden Club

For more information contact Anita director3@avonmore.org

Thanks to everyone who joined us for our Avonmore Gingerbread House Event. To Meat Street Pies & Chloe Albert for the amazing music and all our many volunteers for helping make it a great event!

Avonmore Drop in Music Classes

Join us December 14, 2017 from 9:15a.m-9:45a.m. at Avonmore Community Hall 7902-73 Email Jamie playschool@avonmore.org if you have any questions.

Avonmore Need Rink Volunteers

We are looking for volunteers to help us make ice and shovel off snow for our rink this upcoming year. If you are interested in volunteering, please email Boris at sports@avonmore.org

Avonmore Winter Shiny Hockey

Winter shiny hockey has started at Kenilworth arena on Friday evenings.

Players can come from any community. If interested please email Boris at sports@avonmore.org



Avonmore Concert Series Kicks off in 2018!

Award winning songwriters, husband and wife duo '100 Mile House' will share their unique brand of transatlantic folk and beautiful harmonies with plenty of stories to tell at Avonmore Community Hall on January 20th, 2018 at 6:00pm. Tickets \$20 in advance, \$25 at the door. Cash bar. For details & ticket info, please visit our Facebook Page: 'Avonmore Concert Series', e-mail avonmoreconcertseries@gmail.com or call 780-819-4258

Avonmore Community Playschool

Come join us for a year of fun and exciting playschool experience.

Classes run Monday-Friday; you can sign up for 2 days a week up to 5 days a week.

Playschool hours 9:00 a.m. - 11:30 a.m.

Small class sizes, with lots of one on one instruction, hands on learning and now we have added to the programing music, brought to us by our two great music teachers.

Enriching great little minds more and more each day

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

Avonmore Babysitting Registry

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

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

For Teens Seeking Babysitting Work: email

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

SE Voice Content Submission from Avonmore Community League Submitted on Sept 25, 2017

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

Holiday eating tips

During the holiday season, keeping healthy habits up during festive gatherings may need a plan of action. Here are some helpful tips you may want to try.

At home:

- Since you will likely be busier than usual, have convenient healthy food available.
- Buy washed, cut up vegetables and fruit to make it easier to add them to meals or snacks.
- Keeping higher calorie food out of sight may make you less likely to be reminded to eat it. If there are leftovers from a meal, send them home with guests in decorative holiday containers or package up for future meals.
- If you bake for the holidays ahead of time, freeze until serving.

At parties and gatherings:

- Bring a healthier option – grilled shrimp, chicken satay, cut up raw vegetables or a fruit tray.
- Make a plan for each party like focusing on enjoying time with others, choosing smaller portions or sharing desserts.
- Socialize away from the food table.
- Choose lower calorie drinks like virgin Caesars, sugar-free pop or sparkling water.
- Use a smaller plate.
- Fill half your plate with vegetables and fruit.
- Focus on the enjoyment of eating food when eating and eat slowly.

For more healthy eating tips and delicious recipes visit: <http://www.albertahealthservices.ca/nutrition/page12598.aspx>

Keep active during winter time

Snow, ice, cold and fog are just a few of the natural elements we experience when winter is in Alberta.

Although winter provides us with an excuse to cozy up inside and stay warm, this isn't always the healthiest choice. Children often experience a variety of distractions on a daily basis and the frosty winter weather is yet another obstacle to getting the recommended amount of daily physical activity. In order to overcome the cold, sometimes we all need a little extra motivation.

Here are some tips and helpful hints on how to get the whole family outside and active this winter:

- Get the whole family involved by building snow angels, or, if you're really feeling ambitious, create your own look-alike snowperson family.

● Try making the snow into your own work of art by creating snow castles, mazes, or snow sculptures.

● Take a slide on the wild side and go tobogganing (find a safe hill and remember your winter sports helmet).

● Play snow-pitch, a traditional game of slow pitch isn't just for summer anymore! Try playing a game in your local diamond out in the snow, for a fun twist on this great family pastime.

● Create a more challenging game of hopscotch in the snow by using food coloring.

● Don't forget snowshoeing and cross country skiing. Even if you don't own equipment, these items can generally be rented at a variety of outdoor activity centres and parks.

● Gear up with a helmet and safety gear and head to your local outdoor rink for a skate or a game of hockey.

Feel better

From homemade chicken soup to a hot shower—everyone has their own remedy for a cold or flu. If you get sick this winter, health management nurse Tracy Mullen has seven tried-and-true suggestions to help you feel better.

1. Get lots of sleep. "It's your body's way of healing itself," Mullen says. Shoot for at least six to eight hours a night, and nap if you can.

2. Drink lots of water to prevent dehydration and loosen mucous.

3. Gargle with salt and warm water to relieve

pain, Mullen says.

4. When you have a stuffy nose, try a humidifier. "It hydrates and loosens the secretions in your sinus," Mullen says. Visit Facebook.com.applemag.ca for tips on cleaning your humidifier. You can also use a saline nose mist.

5. Talk to your pharmacist about safe over-the-counter medications for you.

6. Give your body time to heal.

7. Get the free flu shot to prevent future colds and flus.

Protect yourself from the cold

There's a reason the phrase "Jack Frost nipping at your nose" is so relatable.

When the temperature drops, skin and the tissue underneath—most commonly on the hands, feet, nose and face—can freeze or get frostbitten. From tingling hands to frozen feet, frostbite becomes more severe the longer you're outside and the colder it is; if you think frostbite is severe, seek immediate help.

The best way to protect yourself from the elements is to dress for the weather. Remember these four layers before heading outside.



1. Inner layer: choose socks, long johns and long sleeves made of merino wool or synthetic fabrics to wick moisture away from the skin.

2. Middle layer: choose sweaters and pants made of fleece or synthetic insulation to trap warm air against your body.

3. Outer layer: add a jacket with material that cuts or blocks wind and repels rain and snow.

4. Final layer: wear boots, hats and gloves that can wick away moisture and insulate, and add a balaclava or scarf to cover your face.



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780-469-0219



Braemar Baptist Church

7407—98 Avenue
Edmonton, AB
T6A0A8



Presenting A Christmas Production

Saturday December 16, 2017 @ 6:30 p.m.

Please Join us in Celebrating the Reason for the Season!
Christmas Eve Candle Light Service December 24th @ 6:30 p.m.

"Dwelling In the Word" (Adult Class) Sunday's @ 9:45 a.m.
40 Days of Prayer - A Study by Rick Warren



A.C.T.I.O.N. Nights (All Christian Training In One Night)
Tuesday Nights January 23 - March 27, 2018 6:00 - 8:00 p.m.

Fellowship & Dinner @ 6:00 p.m.



FREE AWANA Classes for Children @ 6:30 p.m.

Adult Classes @ 6:45 p.m.

"The Case for Christ & The Case for the Resurrection"
Are You a Believer? What will the evidence say to you? Join us for a discussion!

League Board

President	Kris	780720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Michelle	780 466-1017
Secretary	Laura	780982-9876
Hall Rental	Marzena	780909-5886
Hall Rental	Maria	780984-6839
Grants/Planning	Allan	587989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Vacant	
Programs	Kristin	780238-7795
Social Director	Heather	780466-1380
Neighborhood Watch	Jeff	780469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Michelle	780 466-1017
Social Media	Jean	780863-0914
Sign Rental	Patrick	780995-8818
Renovations	Darren	780466-1380
Renovations	John	780 466-1017
Capilano Playschool	Marzena	780802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780462-4599
Soccer Programs	Curtis	780908-3889
Ice Allocation	Jaret	780720-5582
Hardisty Gym/Preschool	Shauna D	780966-3205
Soccer		
SECLA	Shelley	780462-4599
Community Services	Lynn	780496-5926

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

Capilano Community is on Facebook "Like Us"

Capilano Community League Sign Rental

Contact Patrick at: 780-995-8818 or 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!

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.

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 Marzena - 780 909-5886, Maria --780-984 6839, or visit our website at www.capilano.info.

Capilano Community Memberships

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

New Membership Director Needed!

Capilano Community League is looking for a new Membership Director. This position entails:

- Selling memberships to all in the community who requires one
 - Keeping track of all sales of memberships
 - Finding canvassers to sell memberships during the month of August/September
 - May be required to help sell memberships at sports registrations
 - Tally all monies and report to treasurer
 - Attend monthly community meetings from September to June (3rd Wednesday)
- Mentoring will be provided to the person who takes on this role. To learn more about this position, contact Shawna at 780-490-1931. Getting involved in your community league is a great way to meet your fellow community residents!

Capilano Playschool - FREE Trial Class and Open House on Jan. 24, 2018

Do you have a child who will be 3 or 4 this Fall? Playschool is a great way for your child to socialize with other kids in the community and enjoy a Learn through Play program with our great teacher Ms. Shani! We still have spots available in our Tuesday/Thursday Christian class!

If you think your little one might be ready to start playschool next year, we are offering a free trial class Wednesday, January 24, 2018 from 6 - 6:30 p.m. and then starting registration with an Open House from 6:30 - 7:30 p.m. on the same night. We are located in Hardisty School (10534-62 street).

For more information, or to register, please contact Marzena at 780-802-9307 or capilanoplayschool@hotmail.com.

Babysitting Registry Revamped!

We have recently upped our commitment to matching great babysitters to families who are looking for their next go-to person for all their babysitting needs.

If you love babysitting, have taken the babysitting course, and you live in the Capilano neighbourhood or a surrounding community, sign up now!

Parents who need someone skilled, dedicated, and responsible to care for their loved ones, sign up now!

To sign up or to get more information please contact Talia at capilanobabysitting@gmail.com.

Cardio/Core Stretch & Strength Workouts

Please join us at Capilano Community Hall (10810 - 54 Street) for a great conditioning program!

Days/time: Tuesdays and Thursdays, 7:00 p.m. - 8:15 p.m.

Instructor: Sharon Weber

Contact: Elaine: 780-469-2964

Dates: Classes begin Tuesday Jan. 16 or Thursday Jan. 18, 2018 at 7:00 p.m.

Cost: \$140 for 28 classes (twice weekly) \$80 for 14 classes (once weekly - either Tues. or Thurs.)

Capilano Community Rink Schedule

Generally, once the ice is ready, the rink is open to the community as listed below. Times may vary depending on weather, ice conditions, holidays and bookings, so please check the schedule in the club house for the latest time available.

Monday: 4:30 - 8:30 p.m.

Tuesday, Wednesday and Thursday: 4:30 - 6 p.m.

Friday: 4:30 p.m. - 9 p.m.

Saturday and Sunday: 12 p.m. - 8 p.m.

Additionally, the small RECREATION ice rink is always open for skating, once it is made. What a great way to get some exercise, and enjoy the outdoors with family and friends down at the community rink!

Hardisty Gymnastics - Winter Classes

Sponsored by Capilano Community League Offering programs TUESDAY or THURSDAY evenings

Where: Hardisty School (10534-62 St.)

Dates: Tuesdays Jan. 9 - Feb. 27 OR Thursdays Jan. 11 - Feb. 22, 2018

Cost: \$91/child

Parent & Tot, 18 mos.-3 yr old: 6:00 - 6:45 p.m. (Tuesdays only)

Preschool 3-5 yr old: 6:00 - 6:45 p.m. (Tuesdays or Thursdays)

Elementary 6-12 yrs: 6:45 - 7:45 p.m. (Tuesdays & Thursdays)

Elementary 6-12 yrs: 6:00 - 6:45 p.m. (Thursdays)

Registration: Register opens December 10, 2017 online at Capilano Community League website (www.capilano.info) under Hardisty Gymnastics

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

Hardisty Gymnastics is looking for GYM-NASTIC COACHES! We are expanding our coaching family. We are looking for individuals who enjoy children, can think fast on their feet and want to gain experience working with children. We are recreation focused and have a lot of fun with the kids and each other.

Junior coaches: 15 years or older, no experience required, must be willing to take an introductory gymnastics course or an NCCP Fundamental Movement course.

Main Coach: Able to coach parent and tot, preschool and elementary recreation gymnastics. Level 1 or 2 NCCP certified.

Wage dependent on experience.

Please email questions and resume to canadaplays1@gmail.com.

Capilano Preschool Soccer Registration

Have fun learning to play soccer. Instructed classes are 45 minutes long and specifically developed for 3-5 year olds. Soccer is held



every Tuesday OR Thursday for 6 weeks at Fulton Community Rink.

Start: Tuesday May 1 or Thursday May 3, 2018

End: Tuesday June 5 or Thursday June 7, 2018

Cost: \$70/child

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

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

REGISTRATION: Register opens February 1, 2018 online at Capilano Community League website (www.capilano.info). Registration is limited and first come first serve.

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

Winter Tai Chi Chih Class in Capilano Community

Start: Six-week class begins: Monday February 5, 2018

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

Cost: \$90 (\$85 for community league members)
Where: Capilano Community Hall (10810-54 St.)

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

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

Thank you to Splash and Slide Supporters!

Thank you to everyone who helped make the Capilano Playschool 5th Annual Splash and Slide Fundraiser a huge success! We would especially like to thank Amy Cooper for her amazing dedication and hard work as our fundraising coordinator.

2017 Capilano Community Winter Green Shack



WHEN: December 9, 2017 to January 5, 2018
DAYS/TIMES: Mondays/Wednesdays 3:30-6 p.m., Saturdays 1-5 p.m.

WHERE: Capilano Community Park (54 St. & 108A Ave)

WHAT: Enjoy FREE winter activities, crafts and outdoor games.

WHO: Children aged 6-12 years are welcome. Children under age 6 years must be supervised by a parent or guardian at all times. Please ensure your child comes dressed for the weather.

Managing holiday grief and stress

Holidays are a joyful time, offering a chance to reconnect with friends and family. But for many it can also cause loneliness and be a painful time of year. You may worry about family matters, or it may be a painful reminder of past times.

During the holidays try focusing on some simple steps that can help reduce stress, depression and grief that are commonly felt during this time of year.

Here are some ideas that may help you:

- Do something for yourself. Often times we are so busy taking care of others we forget to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.

Connect. Join a community group, reconnect with friends, or volunteer.

- Keep a regular sleep, meal, and exercise schedule and limit alcohol. Taking care of yourself will help you deal with stressful situations

during the holidays.

- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.

- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned.

- Give something personal. You can show love and caring with any gift that is meaningful and personal. Make a phone call or write a note and share your feelings.

Remember, get help if you need. Holidays can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. Talk with a health care professional in your area or call the Mental Health Helpline 1-877-303-2642 or Health Link at 811.



Capilano Ball Hockey Registration

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

Dates: Saturday April 28 – June 9, 2018

Group 1: 4-6 year olds

Time: 9 – 10 a.m.

Group 2: 7-12 year olds

Time: 10 – 11 a.m.

Cost: \$70/child

Where: Capilano Community League Rink (10810-54 Street)

REGISTRATION: Registration opens online February 1, 2018 at Capilano Community League website (www.capilano.info).

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



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Member of Parliament
Edmonton Strathcona

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CCL BOARD CONTACT LIST AND EMAIL

President/Reg	president@cloverdalecommunity.com
Past President/Sue	pastpresident@cloverdalecommunity.com
Vice President/Dan	vicepresident@cloverdalecommunity.com
Secretary/Liam	secretary@cloverdalecommunity.com
Treasurer/Jackie	treasurer@cloverdalecommunity.com
Communications/Kim	communications@cloverdalecommunity.com
Civics Director/Eli	civicsdirector@cloverdalecommunity.com
Folk Fest Liaison/Sandy	folkfest_liaison@cloverdalecommunity.com
Social Director/Bob	socialdirector@cloverdalecommunity.com
Programme Director/Debbie	programmedirector@cloverdalecommunity.com

STANDING COMMITTEE

Casino/Bev	casino@cloverdalecommunity.com
Ski Club Liaison/Chris	skiclub_chair@cloverdalecommunity.com
Membership/Karen	membership@cloverdalecommunity.com
Seniors Director/Karen	seniors@cloverdalecommunity.com
Flood Mitigation/Eric	floodmitigation_chair@cloverdalecommunity.com
Community Garden/Vacant	communitygarden_chair@cloverdalecommunity.com
LRT Co-Chair/Paul	lrtcommittee_cochair@cloverdalecommunity.com
For Hall Rentals contact Janet	rentals@cloverdalecommunity.com
For Cloverdale Chronicle submissions contact	cloverdalechronicle@gmail.com
For our Abundant Communities contact Marilyn	neighbourhoodconnector@cloverdalecommunity.com

Position open as of January 1, 2018



Position Title: Communications Director

Authority

The board of directors is the legal authority for the community league.

Term of Office

Term of office is two (2) years.

General Duties/Requirements

A director is expected to be fully informed on community league matters and participate in discussions and decisions in matters of policy, finance, programs, personnel and advocacy.

Commit to the work of the organization.

Review the board's conduct and monitor its performance to ensure compliance with bylaws and policies.

Speak positively of the league and assist in developing and maintaining positive relations among the board, committees and communities to enhance the league's mission.

Orient new board members.

Prepare for and arrive on time for all required meetings.

Develop, monitor, review and approve all policies and other recommendations received from the board, its standing committees and staff.

Review the bylaws and recommend changes to the membership.

Participate in the development of the league's organizational plan, annual review and budget.

Approve the budget and other financial matters.

Prepare and present required reports at board meetings.

Prepare and present an annual report at the annual general meeting.

Responsibilities

Oversees all communications of the community league

Helps league to develop communications strategies, messaging and branding

Manages communications team (if applicable)

Content contributor/editor

Manages website and social media pages (if applicable).

Manages all aspects of the production and distribution of newsletter – online or print

Oversees or produces appropriate advertising/promotional or any other artwork needs for the league

Works with program and social directors, and others as required, to promote events and initiatives via the various league platforms

Acts as liaison between league and media to arrange for interviews, create press releases, etc.

If interested please email Reg at president@cloverdalecommunity.com

Programs and Clubs

Cloverdale will have all the new January dates uploaded on the website by December 10th 2017

www.cloverdalecommunity.com

All your favorites are back!

Sportball

Barre Class

Zumbini for adults' kids and the little babies too!

Yoga

Pilates Plus

Remember: Members are free but we still need your commitment! Register on the website and we will see you there!

Cloverdale Introductions

I would like to take the opportunity to introduce Debbie Durrance to the membership. Following the AGM, the CCL board, per the CCL bylaws, appointed Debbie Durrance as the new Programme Director for a two-year term. Her appointment will be need to be ratified by the CCL membership at our 2018 AGM. Debbie's looking forward to working with the membership to provide vibrant and exciting programmes to the CCL.

I am excited and honoured to be the new program director. The last four years I have lived in Cloverdale, meeting many wonderful and caring neighbours. I have experienced first hand how programs and events at the hall have made me feel connected and welcomed in the community. My goal is to see everyone in Cloverdale making use of the hall with at least one program and/or event. To meet this goal, I am asking for you to consider what you would participate in. Please, contact myself or your block connector and let us together make our most beautiful hall, the most active community hall in the city. We have slots available to book guest speakers in areas such as safety, health, and areas of your interest. After meeting with the treasurer and hall manager earlier this week we are excited to announce that as suggested at the last AGM, it is possible to offer all of our many programs free for Cloverdale residents. Semi annually we will be determining if programs are being well attended. Regularly, as a block connector I will be meeting with other block connectors, to make sure existing programs are matching with majority interests. Keep reading your community papers, or check our web site to make sure you are not missing out! Debbie Durrance



As well, welcome to Marilyn Mucha, who is the Neighbourhood Connector for Abundant Community Edmonton (ACE) initiative in Cloverdale. Marilyn is a long-time resident of Cloverdale and brings her unique style of passion, creativity and energy to ACE in Cloverdale. Marilyn and the Block Connectors will be finding ways to engage us in conversations about what we value in our neighbourhood, what makes in great and how we can harness the assets and our energy and that of our friends and neighbourhoods to build a positive, safe and engaging place to live and raise our families.



ORNAMENT EXCHANGE

December 20th 7:00pm.

Cloverdale hall lounge

Bring a wrapped ornament and wear your favourite Christmas sweater.

Bring a treat to share with the group and refreshments will be provided.

Email Janet to RSVP

rentals@cloverdalecommunity.com





Join us in the New Year for a whole-body workout that includes components of **cardio, strength** and classical **mat-Pilates**.

When: Wednesdays, Jan 3 to Feb 21
9:30 – 10:30 a.m.

Where: Cloverdale Community Hall

Instructor: Local resident and AFLCA fitness leader Lynn Lindsay

Cost: Cloverdale residents with community memberships - **FREE**. Others - \$50

A pair of dumbbells and a yoga mat is required. Athletic shoes should be worn.

Please confirm your attendance with Janet at Rentals@Cloverdalecommunity.com by

MERRY CHRISTMAS



FROM CLOVERDALE

CLOVERDALE CHRISTMAS PARTY

at Cloverdale Hall, 9411 94 Avenue

SUNDAY
December 17, 2017

\$10 Adults
Free kids

Alcoholic beverages \$3
Non alcoholic beverages Free

4:00 - Crafts, storytelling and Santa
4:30 - Santa visit and photo opportunities
5:15 - Pot luck dinner - please bring a salad or desert
6:00 - Kompany Family Theatre

RSVP socialdirector@cloverdalecommunity.com

Please indicate the numbers in your party and If you can volunteer to help with the event

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Making connections



A big shout out to Cam and Julie, our Forest Terrace Heights Neighbourhood Connectors!

They exceeded all expectations by meeting with hundreds of neighbours, and encouraged and equipped others to do the same.

Abundant Community Edmonton will continue in Forest Terrace Heights, and as Cam and Julie transition to being Block Connectors, we are looking for a volunteer to replace them, someone passionate about turning strangers into neighbours.

Interested? Have questions? Search for "Abundant Community Edmonton" on the City of Edmonton website at edmonton.ca, or contact CoraLee at ACE@forestterrace.org.

Indoor bootcamp

Mondays from 7 to 8 p.m. at the hall. Register on Eventbrite for drop-in classes: \$10 for members, \$12 for non-members, plus registration fee. Or register for the next, six-week session starting Nov. 6 for as little as \$45. Contact Sharon for more information at cs.weber@shaw.ca or 780-270-5273.

Volunteer opportunities

We are always looking for gaming volunteers. Gaming volunteers will receive a \$75 voucher that can be used to make purchases with organizations that also have a gaming license. This could include hall rentals or adult and children's programs at any community league.

Our next two bingos are on Nov. 18, 2017, and Feb. 24, 2018. Gaming volunteers must live in Forest or Terrace Heights and have a current membership to volunteer. If you're interested, please email Bingo@ForestTerrace.org.

Or how about joining the Forest Terrace Heights Community League board? We have some vacancies:

- Secretary: Organized with good attention to detail, attends monthly meetings, sends out meeting agenda, minutes and other correspondence in a timely fashion.

- Rink Director: Comfortable hiring and managing up to three employees, experience with

Membership benefits

Your membership gets you a free swim at Hardisty Pool every Sunday from 1:15 to 2:45 p.m.



Members get a discount on rental of our community hall, a perfect location for birthday parties, family reunions, fundraisers, meetings, exercise classes and more. A four-hour rental is \$110 for non-members and \$80 for members. A full day is \$230 for non-members and \$180 for members. For more information or to book, visit forestterrace.org.

Once a month, we randomly select a winner from all community-league members to receive a free bouquet of fresh flowers from Grower Direct, our neighbourhood florist at 7231 101 Ave. Last month's winner paid forward the blooming bounty to another household to enjoy!

Second Sunday at Second Cup: 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 Nov. 12.

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

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

Pick up a membership anytime 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. Families pay \$30, individuals \$15, and seniors just \$10.

Contact our membership coordinator CoraLee at membership@forestterrace.org or 780-430-4307 to find out more about the benefits of membership.

outdoor rinks (i.e. flooding, patching, clearing snow), attends monthly meetings. Seasonal role from November to April.

- Program Director: Highly organized, point of contact for all programs and program inquiries, liaison for City of Edmonton programs, organizes programs including online payments using EventBrite, attends monthly meetings.

- Seniors Liaison: Ensures programming and events are inclusive of seniors, reports issues to the city (ie. areas that aren't easily accessible), builds relationship with SEESA, organizes yearly event, attends monthly meetings.

- Safety coordinator: Focused on promoting a safe neighbourhood; liaison with police and City of Edmonton; organizes safety initiatives.

To volunteer for any board position, please email board@forestterrace.org. Or please join us at the hall on the first Tuesday of every month at 7 p.m. for our regular board meeting.

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	VACANT		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	VACANT		Rink@forestterrace.org
Bingo	Heather	466-0015	Bingo@forestterrace.org
Seniors	VACANT		Seniors@forestterrace.org
SECLA Rep	Connie	462-1442	Secle@forestterrace.org
Soccer			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	VACANT		Safety@forestterrace.org
Civics	Angela	885-9529	Civics@forestterrace.org
Marketing	Kelly		Marketing@forestterrace.org

Pilates on the ball

Fridays from Sept. 22 to Dec. 15 at 9:15 a.m. at the hall. Register at the door: \$10/class. Contact Kelly at 780-983-5403 for more information.

Zumba!

Wednesdays, 7-8 p.m. at the hall. Register on Eventbrite for \$10 drop-in sessions. Email Mary.Jaya@gmail.com for more information.



Community Contacts

PRESIDENT: MIKE
PRESIDENT@FULTONPLACE.ORG
780-886-7794

VP of League Affairs- Krystina
vpleagueaffairs@fultonplace.org
780-906-5507

VP of Civic Affairs- Gavin
vpcivicaaffairs@fultonplace.org
780-504-1896

Treasurer- Jeff
treasurer@fultonplace.org
780-289-0077

Communications Director- Joshua
communications@fultonplace.org

Facilities Director- Clayton
info@fultonplace.org

Sunshine Garden- Sherry
fpcgcontact@gmail.com

Director - Tracy- info@fultonplace.org

Director - Miles- info@fultonplace.org

Community Ice Rink- Shawn
outdooriceinc@gmail.com

Babysitting Registry- Ruth info@
fultonplace.org

Southeast Voice Submissions-
Karen info@fultonplace.org

Rent our sign: sign@fultonplace.org



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. Rent Our Sign sign@fultonplace.org?



Fulton Green League Report

This year, Fulton Place established a Green League subcommittee and participated in an evaluation of our building energy consumption. The results of which was a Fulton Green League Report. This report will help inform our future Facilities infrastructure deferred maintenance decisions. Fulton Residents interested in participating in learning more about sharing knowledge and experiences in application of energy conservation measures for their homes, or participating in advancing the use of low impact tech, should contact Miles at: miles@fultonplace.org or Sherry at: sherry@fultonplace.org or visit: www.fultonplace.org for more information.

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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
780.414.1015
edmonton.goldbar@assembly.ab.ca

Honourable Marlin Schmidt
MLA Edmonton-Gold Bar

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
Finances and Fundraising:		
Financial Director	VACANT	
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Fort Road Director	Julie	780-719-3017
Parkway Director	Charlene	780-468-0033
Casino Director	Isabella	780-466-3895
Communications & Programming:		
Newsletter/SEV	Sondi	780-468-2237
Sign Director	Lorie	780-447-1110
Programs	Sharon	780-710-4303
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

Mom and Me Fitness Class

Mondays and [NEW] Thursdays 9:30-10:30am
Starting JAN 8 and 11, ending FEB 26 and MAR 1
(8 week session is \$80 for 1 day/week or \$160 for 2 day/week, Drop-in: \$12/class.)

At the Gold Bar Community Hall

This is a circuit style class with lots of modifications, and a focus on pelvic floor health, and wellness for all women. Kids are welcome to come play, sit in strollers or be worn. Women without kids are welcome to attend also.

Instructor: Lisa Shorten Contact: 780-221-9857 or lisashortenfitness@gmail.com or on Facebook.

Body Barre

Wednesdays 9:00 - 10:00am
January 10-Feb 28 (\$80 for 8 classes, Drop-in: \$12/class)

At the Gold Bar Community Hall

Moderate to advanced fitness levels

Instructor: Jen Sloan, contact: 780-710-4303

Ice Rink: IT'S COMING!

The rink will be up and running soon.. watch the community sign for the opening day!

Hours will be Mon- Fri 5-9 Sat 10-7 Sun 11-7 [weather permitting]

Thank you to Don for once again making the ice, and to Jeff and Mike for cleaning the ice and supervising during skate times.

The league is looking for a rink coordinator. If you have a few hours a month to volunteer from December to the end of March please consider this worthwhile position and contact Tammy at tschatull@gmail.com

All residents of Gold Bar are invited to attend.

FAMILY CHRISTMAS PARTY

Sunday, DEC 17, 2017
1:30 - 4:30pm
At the Gold Bar Community Hall (4620 105 Ave.)

SHOW GOLD BAR CL MEMBERSHIP FOR FREE ENTRY, OR PAY \$15 PER FAMILY

SNACKS, CRAFTS, TATTOOS AND CHRISTMAS BINGO

2:45 JOIN US FOR STORIES AND ADVENTURE AT A THEATRICAL INTERACTIVE PRODUCTION [AGES 3 TO 8]

3:30 SANTA VISITS

Winter Green Shack at Gold Bar!

Gold Bar was chosen for Winter Green Shack starting on December 8 and running through the holidays until January 4. The program will run every Monday and Wednesday 3:30-6:00 pm and Saturday 1:00 - 5:00 PM at Gold Bar Community Playground.

The leader will engage children aged 6-12 in cooperative games, outdoor cooking, sports, crafts, music, theatre, nature and imaginative play. They will have access to the hall to warm up. Children under the age of 6 are welcome but must be supervised by a parent or guardian at all times.

FORT ROAD BINGO

Tuesday, February 13, 2018 - Afternoon & Evening

PARKWAY BINGO

Saturday, December 16, 2017 - Evening & Late Nite

Monday, January 1, 2018 - Afternoon
Tuesday, January 30, 2018 - Evening & Late Nite

Thursday, February 15, 2018 - Evening & Late Nite

Scrapbooking Weekend

Another Great scrapbooking weekend is coming!!

March 10, 11, 12

\$80 for a 8 foot table and over 20 hours of scrapbooking/crafting time, 5 meals, gifts, laughter and fun.

Don't worry if you don't scrapbook; quilters and crafters of any type are welcome. And don't wait as the last two weekends have SOLD OUT. Contact Tammy at tschatull@gmail.com to book and confirm your table.

Hall Rentals 50% off!

Hall rentals for Gold Bar Hall will be discounted %50 for the months of January, February and March 2018. Visit goldbarcl.com to check out the availability on the calendar, and contact info.

Games Night

New time for Games night! There will not be a games night during December but plan to attend the next one on Friday, January 26, 7-10pm at the Gold Bar Community Hall. Snacks and games are provided. Come try out a new board game and meet some of your neighbours. All ages are welcome.

Upcoming Bingo Dates

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

Gold Bar Family Christmas Party

Mark Sunday, Dec.17 on your calendars and plan to join in the festivities. Details in the graphic in this section of the newspaper.

Community League Memberships Benefits

Show your membership card at Hardisty Pool on Sundays from 1:15 - 2:45 pm

(open until February 19, 2018) to participate in a community swim. And on the second Tuesday of every month, with your membership card, you can receive a FREE hot beverage (coffee, tea or hot chocolate) at Blues Java café between the hours of 7 - 11 am. December 12 and January 9 are the next two dates. Please bring your card.

You can purchase memberships at Blues Java cafe or at the Gold Bar TGP.

Adults/family: \$20 and Seniors: \$5

Gold Bar Communications

To submit an item to the next SEV email SondiAmber@gmail.com by January 15, 2018.

Shift to healthy eating at work



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

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

Fueling for your Workday

- Kick start your day with a nutrition packed meal such as: low fat yogurt, fruit and a oatmeal

- Energize your day with a healthy mid-shift meal. Have a wrap or sandwiches paired with veggies.

- If eating out, choose restaurants that offer healthy choices. Downsize large portions by packing half to bring home for later or split an entrée with a co-worker.

Rethink your Drink

- Keeping well hydrated will help you stay alert. If you find water "boring," try flavouring it with lemon, cucumber or fresh mint.

- Limit sugary drinks such as regular pop, sports drinks, and sweetened hot drinks such as hot chocolate or slushy drinks.

Survive the Mid-Shift Slump

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

- Don't skip meals.

Choose healthy foods, including protein (lean meats or nut butters) at meals and breaks.

- During your break, go for a brisk 10 minute walk or longer if possible.

- Connect with others. Chat with a co-worker also on break.

- Opt for a walking meeting, when possible.

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

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



Suzuki Charter School Staff & Students wish our Capilano friends and neighbours all the best in the holiday season.

We understand that a heart full of music and love is a happy heart. As part of our active citizenship to support personal and musical excellence at Suzuki, we would love to share the gift of music with you.

Please join us the first Thursday of each month at 9 am for our performance assembly, featuring different instrument groups.

Or join us in the gym at
1 pm on Friday, December 22nd
for our Annual Sing-A-Long.
Carol the afternoon away
with us in your favourite pajamas.

10720 – 54 Street www.suzukischool.ca 780.468.2598



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A mother's well-being is directly linked to her children's

Baby coos. Mom coos back. Baby's wet and cries. Mom changes baby's diaper. Such serve and return exchanges are the foundation of early childhood development.

But what happens when baby coos or cries and Mom can't respond?

"Any chronic stressor in the family—violence, addiction, depression or ill health—that prevents serve and return between a mother and a baby has a tremendous effect on a child's healthy brain development," says Nicole Letourneau, Norlien/Alberta Children's Hospital Foundation research chair in Parent-Infant Mental Health and RESOLVE Alberta director.

This is one of the major reasons a woman's health is so closely tied to her family's health. When mothers thrive, their families thrive and vice versa.

"A mother has the initial biological attachment, but all of the people around the mom make the attachment happen," Letourneau adds. "An important concept is that society helps parents raise their children by putting in the supports to do that."

Beyond their close, immediate family and friends, women in Alberta have several supports, including public health nurses, women's doctors and prenatal programs. Community groups offer play groups where mothers can meet other mothers in their neighbourhood.



"Growing evidence shows that better post-partum nutrition helps the mother's body recover from pregnancy and childbirth," says behavioural scientist Bonnie Kaplan of Pediatrics and Community Health Sciences at the University of Calgary and the Alberta Children's Hospital.

"Being a mom—breastfeeding, maybe rushing to work, holding two jobs—is so exhausting, that moms need to be optimally healthy," she adds. Nutritious food helps new moms through the stress of a new baby and the changes in their relationships.

A healthy mom in turn feeds her child nutritious food, laying the foundations for long-term good health. The cycle is complete when healthy parents pass on their healthy habits and choices to their children, the next generation of parents.

Parents as Role Models

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

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

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

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

a sport event, talk about this too.

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

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

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

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

Holyrood Community League Contacts

Holyrood Community League Contacts

President	Wendy	president@holyroodcommunity.org
Vice President	Claire	vicepresident@holyroodcommunity.org
Treasurer	Dianne	treasurer@holyroodcommunity.org
Secretary	Marjorie	secretary@holyroodcommunity.org
Programs	Justine	programs@holyroodcommunity.org
Memberships	Jessica	memberships@holyroodcommunity.org
Facilities & Grounds	VACANT	facilities@holyroodcommunity.org
Communications	Jenn	communications@holyroodcommunity.org
Social	Natasha	social@holyroodcommunity.org
Civics	Dave	civics@holyroodcommunity.org
Holyrood Development Committee	Jamie	hdc@holyroodcommunity.org
Rink Coordinator	Casey	rink@holyroodcommunity.org

Website: www.holyroodcommunity.org
Twitter: @HolyroodCL
Facebook: Holyrood Community League

Complimentary Memberships: are available for newcomers to Holyrood.

Contact our Membership Director at memberships@holyroodcommunity.org. Memberships: purchase at SEESA (9350-82 Street) or through efcl.org/membership/ and at most Holyrood Community League events.



Casino May 31 and June 1, 2018



The next Holyrood Casino will be Thursday May 31st and Friday June 1st at Edmonton Casino (Argyll).

Thank you to Stephen Williams for volunteering to be the Holyrood Casino Coordinator.

More details will follow in the next edition on how you can sign up to volunteer.

Holyrood Board Volunteers

Community leagues rely on the service of resident volunteers, and Holyrood has amazing residents! Volunteering with HCL 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?

Secretary

If you're a Google or G Suite user, this is the position for you! Holyrood is in the process of transitioning to G Suite, and the secretary will be a key player. They have the following responsibilities:

Notify board members of meetings, compile agendas, record meeting minutes and circulate in a timely fashion (using Google Docs and our Team Drive), and ensure quorum.

Manage league record-keeping on our Team Drive: bylaws, minutes, motions, agreements, etc. Keep board contact information up-to-date with associated organizations.

Orientation, training and mentorship will be provided for all new board members. In addition to their specific duties, all board members are part of the team that sets the vision for the league. At our 10 monthly board meetings and annual planning session, we are all involved in discussing matters of policy, finance, programs, personnel and advocacy.

Programs

Rink

Our rink officially opened on Monday, November 20! The NHL-sized arena is a great way to spend an evening or weekend afternoon! Our side ice will open soon and is great for younger children. The rink is open the following hours, weather permitting:

Monday – Friday: 5:00 – 9:00pm

Saturday: 11:00am – 9:00pm

Sunday: 11:00am – 7:00pm

Learn to Skate

Sundays

January 14 – February 18

2:00 pm - 5:00 pm

This Free City of Edmonton program is offered to children and families. Learn skills and play games on the ice.

Participants must bring their own skates and helmets

Family Drop-in Shinny

Holyrood Rink

Wednesdays

5:30 pm - 7:00 pm

Open to families, focused on kids 10 and under who have not played organized hockey.

Players must have skates, stick, helmet and a current community league membership for the community they live in.

Players must also be accompanied by a parent or guardian, who may play or watch.

Contact programs@holyroodcommunity.org for more details

Ruth's Yoga

Join us for yoga on Tuesday nights. The class is designed for all abilities, from beginner to those more familiar with yoga.

7:00 - 8:15 PM

Holyrood Community League

For more information, or to register call Ruth at 780-237-6730 or email ruthesjoberg@gmail.com.



Free Community Swim

Your current community membership allows you FREE access to Hardisty Leisure Centre and Commonwealth Rec Centre.

Hardisty Leisure Centre

Sundays

Starting September 10th

1:15 - 2:45 PM

Commonwealth Community Recreation Centre

Saturdays

Starting December 2nd

5:00 - 7:00 pm

Don't forget to pack your membership card!



Winter Green Shack

Holyrood will once again host a City of Edmonton Winter Green Shack. This is a FREE program for children aged 6 - 12 years old. Come join us for games, crafts, sports, outdoor cooking and more!

January 6 - February 2

Mondays and Wednesdays: 3:30 pm - 6:00 pm

Saturdays: 1:00 pm - 5:00 pm

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 - 11:00 AM

Contact Jessica at playgroup@holyroodcommunity.org.

Soccer

The 2017/2018 indoor soccer season is well underway, and the Holyrood Soccer Coordinators Group is proud to have just over 40 Holyrood-based players participating this season. Thanks to all the players and parent volunteers, and good luck the rest of the way!

Registration for the 2018 outdoor soccer season will take place in February (date TBA).

In order for Holyrood to run a successful soccer program, the current vacant positions of Equipment Coordinator, Volunteer Coordinator, and Referee Coordinator need to be filled for the upcoming outdoor season.

Please contact Jared at holyrood@southeast-soccer.ca if you are able to help out.



League Contacts

President	Kate presidentidylwylde@gmail.com
Vice President	Vacant
Treasurer	Monique treasureridylwylde@gmail.com
Secretary	Corrina secretaryidylwylde@gmail.com
Casino/SECLA	Bridget flanagan@telusplanet.net
Social	Laura Imurdoch@email.com
Programming	Kamila kamilaidylwylde@gmail.com
Facilities	
Publicity	Kelsie kelsieromans@gmail.com
Membership	Michelle bluecanary1@hotmail.com
Garden	Christin gardenidylwylde@gmail.com
Civics	Lee lbrkt@gmail.com

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

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

You can also visit us at www.idylwylde.org and sign up for our e-newsletter. We are happy to announce our first ever Old Fashioned Sunday Skate followed by a Paint Night in Idylwylde.

Hall Rentals

Our hall is now available for rent to the residents of Idylwylde, Bonnie Doon, Strathearn, Holyrood 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.

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.

Sunday Skate

Sunday, January 21st, 2018

Join us from 1-4 at the Community Hall for an afternoon of fun winter activities; Ice Skating, Fire pit with s'mores, Jam can curling, Kick Sledding and Winter crafts indoors.

Paint Night (ages 16+)

February 27, 2018

7pm to 9pm

Create your own personalized painting. All supplies provided. \$35 dollars for Idylwylde Community League members. \$40 for non-members. Reserve your spot in person at the Sunday Skate. For more info: iclpaintnight@gmail.com

Vice President Needed

Want to gain valuable non-profit experience? Consider joining our Board of volunteers! (No experience necessary) It's a great way to get to know your community and city better, while gaining experience and getting the reward of building great things in your community. We are currently in need of a Vice-President to lend a hand to our President, and to take over the position after the current term is done. Our President will be vacating the position at the end of the year, so it is important to fill this position as soon as possible to have a smooth transition. Send questions and inquiries to Idylwylde.community.league@gmail.com

Memberships Now Available at Servus Credit Union

Memberships can still be purchased through our membership chair, at any program classes or now at Servus Credit Union. For a fee, they can also be purchased at efcl.org

Family Yoga

Instructor: Monique Merchant

Sunday: 10:30 am - 11:30 am

Dates: January 21, February 25, April 22, May 27

Slow down, connect and have fun with your family and community!

This class includes individual, partner and group yoga poses, games, and much more. Bring family or a friend because yoga is better together!

Contact monique.merchant@gmail.com for any questions

Please check our bulletin board or our website for more information about classes, events and new exciting projects!

Little Free Library

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



Paint Night in Idylwylde



Idylwylde Community League invites you to our:

Paint Night for Adults (age 16+)

February 27, 2018 7:00 pm - 9:00 pm

Idylwylde Community Hall
8631 - 81 Street

Members: \$35 Non-members: \$40

Reserve your spot in person at the Idylwylde **Old-Fashioned Sunday Skate** event on January 21 (Cash or Cheque only) or for more info: iclpaintnight@gmail.com

Join us for an
Enjoyable evening!

FREE refreshments will be served

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: 1:15 pm - 2:45 pm

Start Date: September 9, 2017

End Date: August 25, 2018

Calendar 2017-2018 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 supporting the Idylwylde Park renewal project. Donations of \$20 or more will be eligible for a City of Edmonton tax receipt.

Pilates Class Continues May 2018

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

Fitness Class Continues May 2018

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment.

A pair of runners, a mat and a water bottle is all you need.

Dress comfortably as you are going to sweat!

Old - Fashioned Sunday Skate

Sunday, January 21, 2018
1:00 pm to 4:00 pm

Idylwylde Community Hall
8631 - 81 Street

Enjoy an afternoon of winter activities!

Outdoor Fun

Free Activities	Skating
Jam Can Curling	Fire Pit with S'mores
Try out a Kick Sled	Winterscaping

Indoor Activities

Winter Craft

Free Fun for the Whole Family!

KCL League Contacts

Executive			
President	Ian	780-717-3578	president@kenilworthcommunity.com
Vice President	Vacant		vicepresident@kenilworthcommunity.com
Secretary	Jason	780-619-2094	secretary@kenilworthcommunity.com
Treasurer	Colleen	780-469-7661	treasurer@kenilworthcommunity.com
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Membership	Rebecca	780-982-5885	membership@kenilworthcommunity.com
Senior Programs	Loida	780-953-1062	
Children's Prog.	VACANT		
Summer Programs	Alma	780-469-2019	
Capital Projects	Gary	780-266-4279	
Grant Applications	Aly	780-700-3676	
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	VACANT		
Publicity/Website	Martine	780-466-9444	publicity@kenilworthcommunity.com
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Neighbourhood Watch	VACANT		
Playschool	Becky	780-760-3208	
Toddler Time	Angela	780-935-3404	angela.feehan@gmail.com
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

CONTACT US!

General inquiries & Publicity Requests
(SEV & Website):

publicity@kenilworthcommunity.com

Hall Rental requests:

rentals@kenilworthcommunity.com

Keep Current on our website,

www.kenilworthcommunity.com

Now on Facebook! Like us! & Follow on
Twitter, @KCL_Edmonton

Next Executive Meeting, Monday, February 12th @ 7:00pm

Edmonton Tool Library

The Edmonton Tool Library is a not-for-profit society that lends hand, power and garden tools to Edmontonians. Located in the Bellevue Community Hall at 7308-112 Avenue, the Library is open Saturdays from 1 to 5 pm. Members of Kenilworth Community League are now eligible for a free one year membership (\$50 value) to the Tool Library when they present proof of current community league membership.

For a list of the tool inventory and lending procedures, visit www.edmontontoollibrary.ca

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members	Non-Members
Weekend (Fri.pm – Sun.pm)	
\$450.00	\$550.00

Day Rate	
\$300.00	\$385.00

Damage Deposit

\$250/day rate	\$550/day rate
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\$450/weekend	\$550/weekend
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*Third party insurance is now required for ALL hall rentals.

Please ask the Rental Manager for more details.

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

Kenilworth Playschool

Kenilworth Playschool is a non-profit, parent co-operative playschool for 3 and 4-year old children. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall.

We have a bright, clean facility with a large play area and kitchen. We are proud to provide children with positive interactions with peers, daily theme based lessons, fun field trips, science experiments, cooking in our kitchen, park or gym time, games, books, songs and so much more. Our goal is to give your child a fun and positive experience that will prepare them for Kindergarten.

We are currently accepting registrations for January 2018. For more information or to register your child, please contact Becky at 780-760-3208 or by email beckyclosson@hotmail.com.

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:

December 2, 2017, Saturday, 10:30am – 3:30pm

December 17, 2017, Sunday, 4:30pm – 11:30pm

January 2, 2018, Tuesday, 4:30pm – 11:30pm

February 4, 2018, Sunday, 10:30am – 3:30pm

If you would like to put your name down for any bingos, please call Julia at 780-476-2992.

Please request your dates two weeks prior to the bingo date. This will give us time to fill the bingo if spaces are still available.

COME JOIN US! Strength/Cardio class

Thurs.@ 6pm, 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.

We run 6 week sessions for \$75. Drop-ins are also welcome for \$15. Cash or Cheque accepted. Cheques are to be made out to Kenilworth Community League.

Please email Kathi at totalbalancepersonal-training@gmail.com to register.

Southeast Voice Newsletter Deadlines

Submissions for the February, 2018 issue of the Southeast Voice is due Thursday, February 15th, 2018. Send all announcements to publicity@kenilworthcommunity.com.

Community Swim

Community swim is available at Hardisty Pool on Sundays from 1:15pm – 2:45.

Please bring your community league membership for entry.

Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings, starting September 11th, 2017, 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

VOLUNTEER OPPORTUNITIES

Many opportunities are available: Vice-President, SECLA Representative, Soccer Director, Adult Programs, Children's Programs, Bingo Alternate.

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 Colleen @ 780-469-7661 for more info on how you can make a difference in your community.

Memberships

Have a New Neighbor? Are You New to Kenilworth? We would like the opportunity to welcome all newcomers into the neighborhood. If you know of any recent arrivals, or if you are one yourself, please call Rebecca @ 780-982-5885. We will deliver a free Community League membership along with information about all the activities this League offers. Don't have your 2017/2018 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors.

Memberships are also available at the Sport Shack, 8170 – 50 St, and at Ottewell TGP (receive a \$5.00 TGP in-store coupon with membership purchase).

Servus Credit Unions will also carry community league memberships, however there is an additional \$5 service charge. Need one RIGHT NOW! Go to www.efcl.org and purchase one online!

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.



DQ Holiday Promotions

At 7460-76 Ave
location only

1/2 Price Ice Cream Log Cakes

On sale for **\$12⁴⁹** Reg. \$24⁹⁹
November 27 - December 31, 2017



Buy One Get One Free

6-Pack DQ Dilly Bars or
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January 2-28, 2018

Dairy Queen 7460-76 Ave 780-466-1535
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Our popular Regal chair offers open arm storage
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staff is always available
to answer your
questions!

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

Hours
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8:30am - 4:30pm



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Yoga Wellness

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#10, 8925 - 82 Ave.

WINTER 2018

January 15th to March 29th

Monday

5:30-7p.m. Cultivating Calm
7:15-8:45p.m. Plus-Size

Tuesday

10a.m. - 8:30p.m.
Individual Privates

Wednesday

10-11:30a.m. Therapeutic
5:30-7p.m. Therapeutic
7:15-8:45p.m. Therapeutic

Thursday

10-11:30a.m. Plus-Size
6-7p.m. Meditation Class
7:15-8:45p.m. Yin Therapy

11 weeks - \$208

Register: (780) 466-6548

NO CLASSES - March 31st to April 8th

Edie Cassidy, Registered Yoga Therapist
www.yogawellness.ca

SOBAN Sushi & Roll

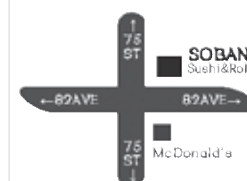
OPENING EVENT MENU

Drink: SOJU or SAKE or 2 cans of drink

- Sushi + Sashimi + Roll + Drink **\$35**
- Beef Tadaki + Drink **\$25**
- BBQ Spicy Pork + Drink **\$25**
- Monday : Any roll 10% off
(without Roll combo)

Lunch Special : from \$10.50 ~

Bento / Roll Combo / Korean food



7450-82 Ave Edmonton
780-756-7228

Mon : 11am - 9pm
Tue : CLOSED
Wed : 11am - 9pm
Thu : 11am - 9pm
Fri : 11am - 11pm
Sat : 12am - 11pm
Sun : 12am - 8:30pm

Merry
Christmas

Ottewell Community League Executive & Board Members

Executive:

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

Board Members:

Bingo Co- Chair – Kyla
Casino Chair – Vacant
Hall Rentals - Tim
Grants – OPEN
Bylaws – OPEN

History of Ottewell Committee -

(Looking for more members
of this Committee)

Indoor & Outdoor Soccer Director – Tena
Summer Playground Chair – Colleen
Social Team – Bri & Colleen
Playschool Chair - Andrew
Rink Chair – Cory
Maintenance Chair – Frank
Civic & City Liaison Chair - OPEN
Membership Chair – Russ
Communications Chair – Tim
EFCL Rep – Corinne
East Park Baseball – Clarence

All Positions are volunteer positions.
Please send all inquiries via email to:
ottewell2212@gmail.com or call: 780-469-0093 (leave a message and someone will return your call)

Ottewell Community League
5920 – 93a Ave. NW
Edmonton, AB T6B 0X2

Ottewell Community League Board Meetings

Tuesday December 19th at 6:30 sharp

Please consider lending a hand in keeping Ottewell Community League VIBRANT and ALIVE! OCL meetings of the Board, and it's members, are held every 3rd Tuesday of the month, unless otherwise posted. COME and JOIN in! Find out what's happening in YOUR Community.

We're always looking for your feedback, suggestions and input. We need more dedicated people to keep our community one of the best, safest and enjoyable community leagues in Edmonton!

Want a Night Out and Need a Babysitter?

Need a night out, have a special event and need a babysitter? Contact Ottewell Babysitting Registry where we can send you a list of local babysitters to choose from. You meet and interview with the babysitters that work for you and your family.

Contact Colleen at colleenandtravis@shaw.ca or call 780-406-3603.

Season's Greetings Neighbors!



It is hard to believe that it is already time to say Merry Christmas, Happy Holidays and a Happy New Year! What a great year we have had in Ottewell Community. This past year has been a year of many accomplishments. Our community has drawn together even closer and we have accomplished more than ever before. We are a sharing, caring community! So, as we celebrate this holiday season, I hope we will continue to spend time with family and friends. Let us use this time to reflect and count our blessings.

The greatest gift we could exchange this season is to serve one another. May I ask you all to remember your neighbor's at this time of year, especially the elderly and those who live alone. Take those extra steps to shovel or sand the walks between your homes.

From my family and the Ottewell Community Board Family, we wish your family all the love and blessings of the season! We look forward with anticipation to another great year in 2018.

Corinne Olson

Ottewell Community League President

OCL Holiday Market a Success!



Thank you to all our shoppers that came out to our 3rd annual Holiday Market Event!

A special thank you to all our vendors and we look forward to hosting another great event next year!

Purchase Your 2017-18 Community League Membership

Support Ottewell Community League

Take pride in your neighborhood and purchase your OCL membership! Support your Ottewell Community! Enjoy the many benefits and discounts including...

- Use of local pools free of charge at designated times
- Use of the outdoor community rink, and community skate times at the City's indoor rinks
- Participation at community events and activities
- Access to fitness, recreation events and

classes.

Go to www.Ottewell.org for updates on great opportunities for our community members. Memberships run from Sept. 1 to Aug. 31 each year.

Purchase your membership at the Sport Shack, TGP and New option - Servus Credit Union Branch in Capilano Mall

Or our On-Line option at: www.efcl.org/membership.

Cost: Family - \$25, Single Adult - \$10, Seniors - \$5

Join the Ottewell Community League Team of Volunteers!

Are you available, and want to get involved?

Put yourself on the Ottewell Volunteer List. We can contact you when we need help for events or specific tasks. Send an e-mail to: Ottewell2212@gmail.com with "Ottewell Volunteer" in the Subject Line, or fill out the form on our website at: ottewell.org/volunteer/opportunities/

Need Volunteers for Bingos

If you would like to help out and donate some of your time to work at our designated BINGO's during the year, it would be truly appreciated! All funds raised support the Ottewell Community improvements. Please help us to raise these funds so we can continue to make improvements.

To get on our Bingo volunteer list please email: oclbingo@gmail.com

FREE Mommy & Me Group



From September 5th to June 26th, neighbourHouse and Primrose Place will be hosting/sponsoring a weekly free mommy & me group. This will be a great opportunity to get out and have fun with other moms and their kids in the area!

10-12 pm at...

neighbourHouse Community Centre

For more information, or to register, email:

Alisha at: Oostenbrink.alisha@gmail.com!

Volunteers Needed for Our Outdoor Rink



Our outdoor rink is a lively part of the community in Ottewell and we are looking for volunteers to help keep the operations running smoothly throughout the winter. Make a difference in your community while having fun at the same time.

Please contact ottewellODR@gmail.com for further details.

OCL Casino Volunteers Needed!

MARK THIS DATE - OCL Casino December 28 and 29 at the Argyll Casino. Please go to this website below to choose your shift and preferred position:

Thursday December 28 go to...

www.volunteersignup.org/W8WAR

Friday December 29 go to...

www.volunteersignup.org/DFEPM

Think about giving some time back to your community. Your volunteer hours help keep our Community strong and vibrant. Funds raised support YOUR Ottewell Community League.

ZUMBA At Ottewell

NEW YEAR'S SESSION

Classes begin Monday January 15 for a 12 week session, 7pm at Ottewell Hall. Come out and get your Zumba on!

Registration our first class is on January 15th at 6:30 pm. Our Instructor, Emilio, is looking forward to another great session in the new year!

OCL Member rate for 12 classes is... \$100

Non-Member rate for 12 classes is... \$120

Cash, debit and credit cards accepted

Free Community Swim & Gym for League Members

Access to any of the recreation centers are for the entire facility. So if you do not want to go swimming, you could go work out or do any of the drop-in activities there.

Saturdays, 5-7 PM at Commonwealth Fitness Centre.

Sundays, 1:15-2:45 PM at Hardisty Fitness Centre

Ottewell Social Media

Follow us on Twitter @OttewellEvents and Facebook.com/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!

Playschool

We are no longer accepting registrations for the 2017/2018 school year. We will be having an open house in February for the 2018/2019 school year.

For information about the playschool please contact Andrew at: andrew_r_horton@yahoo.com or find us on Facebook at: [facebook.com/ottewellplayschool](https://www.facebook.com/ottewellplayschool)

Help Us Keep Our Community Clean

Did you know that a small team of volunteers works very hard to keep our parks clean? They clean up graffiti, empty garbage, clean bathrooms and other materials left behind from vandalism.

Please do what YOU can to help us so we can continue to provide these services.

Rent The Ottewell Hall



This well-maintained 1900 sq ft beautiful hall accommodates up to 120 seated guests and is perfect for wedding banquets, parties, family gatherings, board meetings and community functions.

We recently did a complete overhaul and renovation of our kitchen to serve you better!

For details regarding renting our hall, go to.... Ottewell.org/hall-rental. See our availability calendar, fill our rental form, or call: Tim at 780-463-3330.

2018 Programs at OCL

It is the start of a New Year at OCL.

- Beginner Yoga
- Paint Nights
- Cooking Class
- Spring Garden Class
- ZUMBA

ottewell2212@gmail.com if you would like to assist or have an idea for a program.

We would like to host many to meet all our members' needs. Watch our Web Page and Face Book for updates to our programs.

Beginner Yoga on Thursday Nights NEW YEAR'S SESSION

January 18 – March 15 from 7:00pm - 8:30pm

This 8 week Beginner hatha yoga class is the perfect introduction to a gentle, sustainable yoga practice. It will help you develop balance, strength and and a mind body connection without feeling overwhelmed. In this class we will take our time to get into postures, focusing on the basics of hatha yoga.

We will take extra time to work through poses to help release the stress that tends to mount over the week. We will combine yoga postures and breathing exercises to strengthen the body and mind, increase flexibility, mobility and to reduce stress and calm the mind.

Registration on January 18th at 6:30 pm. Come ready for your first class. No yoga experience is required!

OCL Member rate... \$65.00

Non-Member rate is... \$75.00

Cash, debit and credit cards accepted



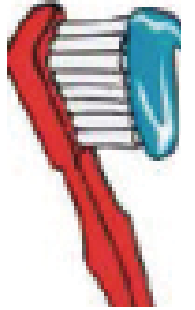
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Dr. Gordon Ludwig & Dr. Brian Zwicker

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ASK CHARLES

I just bought a house, and on possession day, I noticed the movable island from the kitchen, which I loved when I viewed the property, was gone. Was the seller allowed to take it with them?

The short answer is yes, the seller was allowed to take the movable island with them. A movable island is an example of an unattached good, which are movable items that are not included in the sale of a property unless agreed to, in writing, by the parties.

Unattached goods include items such as wall art, area rugs, non-built-in appliances such as microwaves, and even curtains. Unless otherwise agreed to, sellers can take movable items from the property before the buyer takes possession.

The opposite of unattached goods are attached goods. Attached goods are items that you cannot remove from a property without causing damage to the property. For example, chandeliers, built-in appliances such as dishwashers, and curtain rods and brackets are attached goods. Unless otherwise agreed to, sellers are expected to leave attached goods behind.

However, the good news for buyers is, if there is something you like in a property you are considering buying, but it's an unattached good, all is not lost. If you want a particular unattached good included in your purchase of the property, list it as an inclusion in your offer to purchase. Now, it's subject to negotiation between you and the seller.

The seller may agree, or they may remove it from the list of inclusions in a counter offer. It is up to the buyer and seller, with the help of their real estate representatives, to negotiate the transaction, and that includes what items are included or not.

When it doubt, write it out. This is the best way to ensure you know what is included when you're purchasing a property. For larger more



expensive items, you may wish to include the make, model, and serial number. This may eliminate a seller's urge to switch nice appliances, for example, with less expensive, used items.

Now, what do you do in the event the seller was supposed to leave something behind, but didn't? If you don't find out until after possession, you need to call your lawyer as it is now a legal issue between you and the seller. Your real estate professional can attempt to discuss the matter with the seller's representative, but if things aren't fixed to your satisfaction, your only recourse is to speak to your lawyer.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), 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.

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Buy Your 2017/2018 Membership Today

2017/2018 Strathearn Community League memberships are up for sale. Memberships are valid from August through August.

A Strathearn Community League membership costs \$20/family or \$10/individual. If you are new to Strathearn, your first one-year membership is on us.

Here's where to buy your membership:

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

Hayrides and Hot Chocolate 2018

Ring in the New Year as Strathearn Community League presents the tenth annual Hayrides and Hot Chocolate event, January 1, 2018, 12 - 4pm. Due to construction of the new community hall Hayrides and Hot Chocolate will be staged in the Strathearn strip mall parking lot. All the usual delights will be on offer: chili, hot chocolate, games, entertainment, indoor and outdoor fun for everyone. Hayrides begin at 1pm and if last year is any indication you will want to get there early to ensure you get a seat. Meet old friends and new neighbours when you join us for our most popular event of the season.



Programs

(Strathearn Community League membership required)

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 - Dec. 14th, Jan 11th, and Feb 8th.

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 - Dec. 6th, Jan 3rd, and Feb 7th.

Free Family Swim Times

Commonwealth Community Rec Centre

Every Saturday 5pm - 7pm

Hardisty Leisure Center

Every Sunday 1:15pm - 2:45pm

Traffic Calming 101

When Strathearn resident Madeline Rainey wanted to do something about cars cutting across her lawn as they turn from a laneway adjacent to her house onto the 85 Street access road she was advised by city officials that it was better to beg forgiveness than ask permission. So, she and her neighbour across the lane, long-time resident Helen Knapp, each placed large rocks at the corner of their property in order to prevent the cutting. After some back and forth with bylaw officials about illumination, and the rock encroaching on the city easement, Rainey enlisted the help of councillor Ben Henderson's office who at present are helpfully guiding an encroachment agreement process with city staff.

Knapp has a simpler solution to Strathearn traffic concern; "The neighbourhood is changing. People need to slow down." Knapp cites the number of families with children who have



moved into the neighbourhood recently as the central reason for a more cautious approach to happy motoring. According to Knapp, improvements such as the new trail along Strathearn Drive parkland have the neighbourhood "... looking better than I've ever seen it." And she expects more people will want to visit and live

in the area in the near future.

Neighbourhoods are always in flux and Strathearn residents are preparing themselves for big changes in the next five years. LRT tracks down 95 Avenue, two large TOD (Transit Oriented Developments) in the works, a new Community League hall, and alteration/expansion of Bonnie Doon Mall, not to mention infill housing, will have a substantial impact on the community. Concerns about traffic in Strathearn are likely to become more acute as traffic volumes increase, traffic flows change, and commercial space expands.

Rainey and Knapp's efforts exemplify an elegant traffic calming solution. Any other Strathearn residents with experiences calming traffic in their immediate environment should contact the Strathearn Community League and share their story. In the new year a public forum will be held in Strathearn to discuss citizen strategies for taming vehicles in our neighbourhood.

Volunteer Profile - Chris Samuel - Social Director

The inaugural Strathearn Trivia Night hosted at Juniper's Bistro was a huge success. It was the brainchild of newly appointed social director Chris Samuel. Here, we find out a bit more about the Strathearn resident and what makes him tick...

Favourite website?

The folks at CanLII.org provide a phenomenal service by posting Court cases free of charge. But my real answer is homestarrunner.com

Favourite person to follow on the Socials (aside from @StrathearnCL)

One of my good friends, who lives in Toronto, runs an Instagram account for his new puppy: @Louieinthec6

What do you like to do in your spare time?

I'm a big fan of escape rooms. I think I've done most of the rooms in the city!

Favourite movie?

The sci-fi movie Arrival came out only last year, but I absolutely loved it. Denis Villeneuve is the best director working right now.

Favourite Edmonton restaurant?

For me, nothing beats Boston Pizza for comfort food. But when I'm in the mood for something fancier, the Red Ox Inn is fantastic and just across the street!

Why did you choose to volunteer in SCL?

I got involved in the community league by starting a parent and tot play group while I was on parental leave. It was awesome to meet other parents in the neighborhood!

Preferred superpower?

I'm going with an unconventional answer and saying Bobby Drake's (Iceman) powers. He doesn't get enough love: he's an Omega-level mutant!

If you could meet anyone who would it be?

I'd love to hang out with Chris Hadfield for a day!

Favourite current Strathearn Community League event.

I have to go with our inaugural Trivia Night! But on New Year's Day we'll be doing our annual Hot Chocolates and Hayrides event, which is also always a great time.

One adjective that your childhood friends would use to describe you...

Short.

If money wasn't an issue, what social event would you like to see in Strathearn?

The lineup from Coachella, playing in Strathearn Park.

One thing most people don't know about you...

I was a total Groom-zilla at my wedding. I got mad at my wife for making the seating chart the wrong colour.

Favourite time of year?

The fall, right when the leaves are changing colour. It's a short season, but it's a good one!

Favourite Edmonton Event?

Rapid Fire Theatre's Improvaganza Festival in mid-June is the pound-for-pound best comedy

to multi-generational pop culture.

Eyebrows were raised as the event organiser, Chris Samuel, was part of the winning team along with Strathearn Community League's very own president Yasir Seyd, but they graciously gave up their prize. The team of former President Jenny McAlister won instead. Smell a rat? Come along next time to knock them off their podium!!

Details are to be announced in the coming weeks so watch this space, along with all the other socials!!



festival in the world. Check it out if you've never been!

Do you have any upcoming ideas that could be on our social calendar soon?

I would like to organize a Paint Night in the near future.

How can people share their social ideas with you?

E-mail me at chris.samuel@gmail.com or contact us through Facebook and Twitter! We're always looking for ideas.

Strathearn Trivia Night

Juniper Bistro played host to Strathearn's inaugural Trivia Night on 2nd November and what a way to start! The restaurant was packed full of intellectuals and dunces alike all there for the thought provoking questions and to meet friendly faces!

Energetic host Chad from Geek and Destroy, provided a light hearted fun evening with a plethora of chin scratchers as topics ranged from current affairs to music, Canadian trivia



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Kenilworth: Contemporary Open Beam Bungalow, 3 Bedrooms, 3 Bathrooms (Ensuite), OVERSIZED Double Garage 26 x 25 ft, RV Parking, Beautiful South Yard.



Jackson Heights: 4 Level Split, 4 Bedrooms, 3 Bathrooms, Hardwood Floors, Super Clean, Double Attached Garage.