

SOUTHEAST VOICE

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

February 2017



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Fulton Ravine South park project

A community survey was conducted over the summer of 2016 to ask for feedback regarding features to include in this park. We received 151 responses to the survey which was conducted through paper and electronic methods. The chart presented here shows overall feedback indicating which items were considered to be important. See SECLA.ca for more results from the survey.

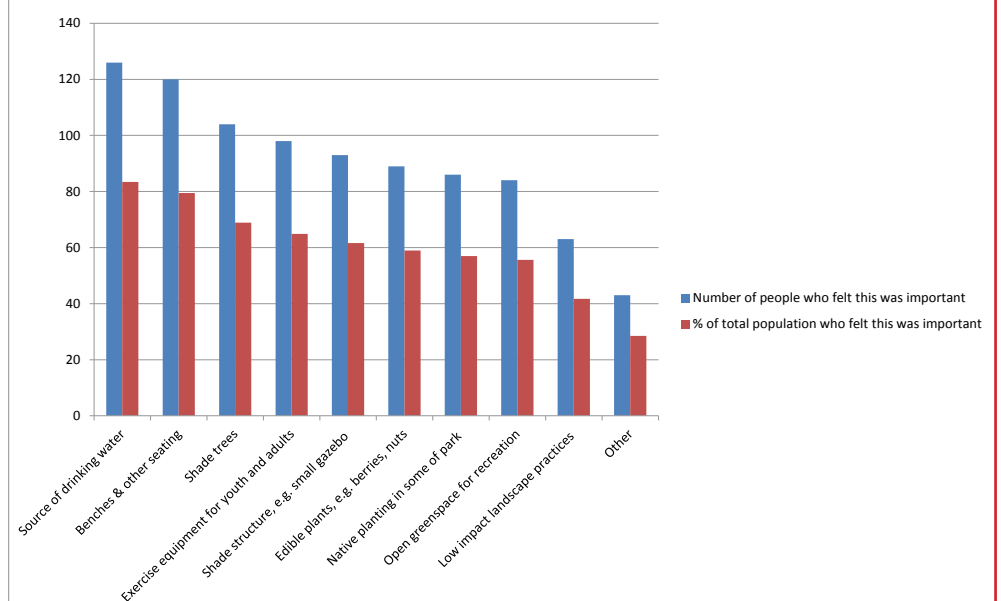
We continue to seek your assistance to raise the funds needed to begin construction at the park. The first requirement is the construction of a seasonal parking lot, after which other elements can be added to enhance the park for all ages based on feedback that has been received. In order to begin construction, we need to raise approximately \$250,000. With your help, SECLA has raised a significant amount towards this total but we need your help to raise the additional \$75,000 needed to commit to begin construction, hopefully in 2017. Thank you to local community residents for recent private donations, as well as funds raised at the Forest Terrace Heights pancake

breakfast. Together these donations have contributed \$855 towards the park project!

Please consider supporting this project by making a donation. Also, if you are a local business with an idea for fundraising for the park project, we would love to hear from you. Every contribution helps. We understand the challenges in these difficult economic times. However, it is in times like this that opportunities for free outdoor activity and community connections may be more important than ever.

If you are interested in contributing to the project, any donations of \$20 or more are eligible for a tax receipt from the City of Edmonton. Cheques must be payable to the City of Edmonton, and make reference to the Fulton Ravine South park project, or the SECLA park project. For additional information, or to arrange to have your donation picked up, contact Connie (780-462-1442, evenings) or connie@forestterrace.org.

Park Survey - Items of importance
(of 151 surveys completed June - Sept 2016)



101 Ave Corridor Study

Thank you to everyone who participated in the last 101 Avenue Corridor Study open house. If you would like to review the display materials, they are online at www.edmonton.ca/101AvenueCorridorStudy. The final report will be presented to Council in spring 2017 so stay tuned for further news.

A big thank you to local businesses Fargos, Red Pepper, First Foundation, and ATB Capilano for providing the delicious food at the event! Your generous donation is greatly appreciated by our residents.



Outdoor Soccer Registration is Here

Online registration starts soon. Check the EMSA-South East ad on page 3 and your community league section in the newspaper for registration dates.

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email andyv@telus.net

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

7th Recreation Network Gathering of SE Edmonton Neighbourhoods Wednesday, February 22 6 PM - 8 PM MORE SHARING OUR STORIES

Join us for the 7th Network Gathering of SE Edmonton Neighbourhoods and meet like minded folks who want to learn about success stories and how they organized these activities.

Location: South East Edmonton Seniors Association, 9350 -82 Street

Schedule for the Evening:
6:00-6:30 Introductions and Light Supper
6:30-7:45 Networking and Program
Highlights from the Network
7:45-8:00 Wrap Up - Next meeting date: location, time and agenda.

Tentatively we have lined up the following speakers:

1. South East Seniors Association (www.seesa.ca/) will tell us about their facility and the services and programs they offer to seniors in SE Edmonton.
2. Strathearn Community League will give us an overview of the Strathearn Art Walk event (www.strathearnartwalk.com) which has grown from a smaller community event into a big event hosting 133 vendors in 2016.

3. Holyrood Community League Greenspace Donor Recognition Mural. Holyrood Community League commissioned an artist to develop a mural that not only represented the community but also thanked donors for their park project.

Registration can be done online. To register send an email to lynn.ferguson2@edmonton.ca to obtain the link. Ph. 780 496 5926

South East Edmonton Community Winter Fun Festival

The City of Edmonton would like to recognize and thank the amazing volunteers, vendors and sponsors who supported this initiative and helped make it a great festival. We had hundreds of local and citywide individuals and families come out to enjoy numerous outdoor activities on a beautiful winter day Jan. 14th.

Thank you to the following for your enthusiasm and support:

The Kenilworth Community League, Edmonton's French Quarter, Imperial Oil, SERVUS Credit Union, Shamrock Curling Club, Gold #70 Gold Bar Scouts, SE Soccer, Nellie McClung School Students, Vimy Ridge Academy, SECLA, United Cycle Sports, Trail Dogs Canada, Loida Lumanian/RE/MAX (MJO Photo Booth), the 16 Leagues of SE Edmonton (Sleigh Ride), Edmonton Nordic Ski Club, Young Life Edmonton East, Edmonton Public Library, Edmonton Outdoor Club, COE Mobile X-Country Ski Van, Southeast Edmonton Early Childhood Community Coalition and the many volunteers that helped make this an amazing day!

Sincerely,
CRC's: Lynn Ferguson, Paul Samboryk, Susan Dack



Get With The Action at SEESA

We all recall the ParticipACTION commercials of old and now, in conjunction with Canada's 150th birthday, there is a new challenge: the 150 Playlist which according to their website is "the ultimate list of all the physical activities that make us Canadian". The challenge is simple: to try as many physical activities on the list as possible.

Take a look through the SEESA Program Guide and you will find we have a wide variety of activities to get you well on your way to achieving this goal: Table Tennis, Walking, Folk Dance/Cultural (Zumba Gold & Cardio Salsa), Yoga, Billiards, Drumming, Tai Chi, (Soft) Pilates, Floor Shuffleboard, Dancing, Badminton, PickleBall, (Floor) Curling and coming back in the Spring, Gardening and Bocce Ball.

We are also planning to do some of the other activities on the list such as a scavenger hunt, a game of tag, dodgeball, hopscotch, flying kites, swinging in the park, hide and seek and more. Watch our monthly newsletter for featured activities.

Sign up on line at www.participACTION.com/150 to track your efforts and earn rewards.

Are you up for the challenge? Join us to move more, sit less and have some fun, too!

Elaun Cable Lind
Communications, Community & Member Relations

9350 82 St NW
Tel: 780.468.1985
www.seesa.ca

Celebrate Family Day and Digital Learning Day with Edmonton Public Library

All branches of EPL will be open from 1-5 p.m. on Monday, February 20. Celebrate Family Day with fun activities throughout the afternoon. See below for special programs at Capilano and Idylwyld branches.

Visit any library branch on Digital Learning Day, Thursday, February 23 from 3-6 p.m. to participate in a LittleBits Invention Challenge and a Digital Learning Scavenger Hunt. School children and families that participate in the activities can enter a draw to win a high tech visit to their school from an epl2go Literacy Van.

Featured programs in February at the Capilano Branch include:

- Teen Lounge Jr: Saturday, February 4 at 2:00 p.m.
- Healthy Aging: Boosting Your Memory: Tuesdays, February 14 – March 14 at 1:00 p.m. Call AHS at 780-342-8302 to register.
- Minecraft Club: Thursday, February 16 at 3:00 p.m.
- Evil Genius Club: Saturday, February 18 at 2:00 p.m.
- Family Day Puppet Show: Monday, February 20 at 1:30 p.m.
- Family Day Pop-Up Makerspace: Monday, February 20 at 3:00 p.m.

Featured programs in February at the Idylwyld Branch include:

- Langue de mon cœur (heure du conte) : Les samedis à 11h00
- Minecraft Club: Wednesday, February 8 at 3:45 p.m.
- Pop-Up Makerspace: Saturdays, February 4 and 18 at 2:00 pm
- Lego at the Library: Saturdays, February 11 and 25 at 2:00 p.m.
- Family Day Storytime: Monday, February 20 at 2:00 p.m.

Get Over Yourself! Techniques for Writing (and Completing) that Terrifying First Draft (with David van Belle, EPL's Writer in Residence): Thursday, February 23 at 6:00 p.m.

For more information please contact the Capilano branch at (780) 496-1802 or the Idylwyld branch at (780) 496-1808. View our full calendar of events online at epl.ca

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TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:

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780-455-8344



South East Soccer Association Registration



February is Outdoor Soccer Registration Month

Online Registration & Payment

Register **ONLINE** at emsasoutheast.com (click on Play tab at top, then Register) and complete the family and player profile **PRIOR** to coming to one of the registrations or tryout dates below.

- **Avonmore** - Avonmore Hall 7902-73 Ave
Feb 16 (6pm-9:30pm)
 - **Bonnie Doon** – Bonnie Doon Hall 9240-93 St.
Feb 19 (2:30pm-5pm)
 - **Ft. Heights** - Forest Terrace Heights Hall 10150-80 St.
Feb 16 & Feb 21 (6:30pm-8:30pm)
 - **Hardisty**
Feb 11 (10am-2pm) Fulton Place Hall 6115 Fulton Road
 - **Hazeldean** - Hazeldean Hall 9630-66 Ave.
Feb 11 (12noon-3pm)
 - **Holyrood** – Holyrood Rink Shack 9411 Holyrood Road
Feb 12 (1pm-4pm)
 - **Ottewell** - Ottewell Hall 9520-93A Ave
Feb 25 (1pm-4pm)
 - **Ritchie** - Ritchie Hall 7727-98St.
Feb 12 (1pm-4pm)
 - **Riverdale** – Riverdale Hall 9231-100 Ave.
Feb 3 (5pm-8:30pm)
Feb 11 (11:30am-5pm)
 - **Strathearn** –Strathearn Hall 8777-96 Ave.
Feb 11 (12noon-4pm)
 - **Strathcona** – Strathcona Hall 10139 87 Ave.
Feb 16 and 21 (7pm-9pm)
 - **ESESA Zone Wide Late Registration**
March 12 – (1pm-5pm) Ottewell Hall 5920-93A Ave
 - **Storm Tryouts** Mar 21-24 (Tentative). Watch the website for times and locations!
- For the latest information check our website emsasoutheast.com or contact the ESESA office at office@southeastsoccer.ca or 780-469-7344.





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For more information or to register *fast and easy* online, visit
www.edmontonlittleleague.org

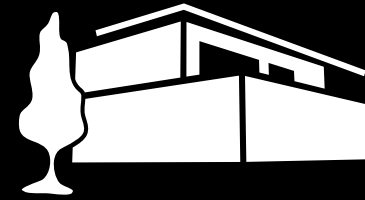
or visit one of the following registration locations in person:

Monday February 20, 12pm-4pm
Bonnie Doon Shopping Centre (82Ave & 83St)

Saturday March 4, 10am-2pm
United Cycle (7620 Gateway Boulevard)

Saturday March 18, 12pm-4pm
Ottewell Hall (5920-93A Ave)

* March 31, 2017 Deadline for Online Registrations *



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

Farley McKenzie Family Fun Day

- Sleigh rides!
- Skating!
- Treats and fun with neighbours!

Watch avonmore.org for more details.

Contact programs2@avonmore.org for information

We hope to see you there! Contact Sherry if you are able to help out at the event: director2@avonmore.org.

Avonmore Play- school Open House

March 2nd 6:30 to 7:30 PM

Come meet the teachers and view the space!

- Children ages 3- 5
 - Located in the upper floor of the rink building behind the Avonmore Hall (7902 – 73 Ave)
 - The program runs from September - June
 - Classes are Monday-Friday 9-11:30AM
 - Families can register their children two to five days a week
- Registrations accepted all year around if spaces are still available (it is never too late to join)

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

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

Outdoor Soccer Registration

- Thursday, February 16
- 6 to 9:30 pm
- Avonmore Community Hall
- 7902 - 73 Avenue

Avonmore will be accepting registrations from U4 to U18. U4 registration only will need to be in person at the Hall and will cost \$50.

U6 to U18 must follow this 3 step process:

Step 1 - Register online: Online registration for U6 to U18 is available on Feb 1

Step 2 - Pay online: <http://emsasoutheast.com/play/fees/>
OR

Pay in person at the Community Hall on Registration day or Late Registration

Step 3 - Bring all paperwork, birth certificates, payment checks, volunteer checks and select your volunteer position at the registration session listed above or at Late Registration*.

U4,U6, U10, & U14 playing days are Monday & Wednesdays
U8, U12 playing days are Tuesday & Thursday.

<https://emsamain.com/wp-content/uploads/2016/02/Playing-Days-and-Start-Date-Memo-2016-Outdoor.pdf>

*Late Registration Sunday March 12, 1 - 5 pm Ottewell Hall 5920 93A Avenue

Avonmore Hall Rental

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

Music and Movement for Children

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

- February 23, 2017
- May 18, 2017

Avonmore Community Hall (7902 - 73 Avenue)

Doors open at 9:00 A.M.

Program runs 9:15 - 9:45 A.M.

For information, contact Jamie at playschool@avonmore.org

Avonmore Snow Angels

Edmonton is a winter city with significant snowfall. Keeping our sidewalks free of snow and ice is critical in keeping Edmontonians moving safely. But shoveling can be difficult, and even dangerous, for many citizens -- especially those with limited mobility or certain health conditions. City residents are encouraged to become Snow Angels and make a difference in their communities by shoveling and scraping their own sidewalks, and by lending a hand to neighbours who need help with their walks.

The City of Edmonton has donated a number of prizes to help support and encourage Snow Angels. All of the Snow Angels in Avonmore are entered to win: a Boston Pizza gift certificate or 1 of 10 pairs of Edmonton Oil Kings tickets.

Please submit your nominations for Snow Angels to Lisa at vicepresident@avonmore.org.

Skating Rink Update from Avon- more Sports Director

Our Sports Director, Boris recently gave us an update on the state of the community rink and the fact that we've had neighbours coming out to help with the rink:

"Thanks to Richard for recruiting volunteers to help with the ice and working on building and maintaining the rinks. Thanks to Kelly for doing a great job making and maintaining the ice. Thanks to my family for working many hours to fix, flood, sweep, and maintain the ice. With the help of some people using the rink we got 3/4 of the built up ice shoveled on the big rink and recently some kids playing at the rink also helped clear the ice. We now have hot chocolate and tea in the rink building so when there's a rink monitor you can go in and warm up."

And a big thanks to Boris for taking care of our rink and sorting out the repair of our snow blower.

If you're a responsible adult and a regular skater on the Avonmore rink, consider being a skate shack monitor. On days/nights when lots of folks are out skating it's always nice to have the shack available to warm up and store boots. If you're available to help occasionally, email Boris: sports@avonmore.org.

Yoga at Avonmore Community Hall

Class times:

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

Cost:

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

To Register:

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

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

Visit her website at www.torilunden.com.

Winter Green Shack at Avon- more Playground

Avonmore Green Shack will be open from February 4 until March 3, at the following days and times:

Mondays	3:30 to 6:00 PM
Wednesdays	3:30 to 6:00 PM
Saturdays	1:00 to 5:00 PM

Come to the Avonmore playground to enjoy games, crafts, sports, outdoor cooking and more. This program is targeted at children aged 6-12, but all children accompanied by an adult are welcome.

Avonmore Garden Club

New Workshop on Saturday, February 18th Our next workshop in the series is “Growing Fruit”. It is on Saturday, February 18 from 10:00 AM to noon at the Avonmore Community Hall.

We are also establishing a program of “garden buddies” or mentors. It’s a way to share the wealth of knowledge and experience in Avonmore on growing fruits, vegetables and flowers as well as related areas such as pre-serving food, and yard and garden planning. For more information on the workshops and the garden mentor program watch the Avonmore website and Facebook or contact me at director3@avonmore.org or call 780-452-4462.

Avonmore Book Club

Next meeting: February 26 at 7:00 p.m. This month we are reading Drowning Ruth by Christina Schwartz. If you enjoy reading, this very popular book club would love to have you either in person or online. The Club meets on Sunday evenings every 4-6 weeks. New members are always welcome from any community. If you can’t join us in person you can still be part of the group. Send me an e-mail and I’ll keep you up to date on what we are reading and our thoughts about what we have read. You can send us your thoughts as well. For more information contact Anita at (780) 222 4482 or director3@avonmore.org.

Be a Family Fun Day Volunteer

Join the fun on February 19th by helping with tasks like set up, running a game or event station for kids and other organizational tasks. Every event is a chance to get to know your neighbors and feel the community spirit!

Email Sherry at programs2@avonmore.org to sign up.

Avonmore PARENT & TOT PROGRAM

This FREE drop-in program is back in full swing on Thursday mornings, 10:00 AM to Noon. Parents/caregivers and tots aged 0-5 years are invited to join us for a combination of free-play, planned activities, social interaction and more. Activities planned for this Fall include: Holiday crafts, baking, nature art, sensory activities (playdough and sand), ball play, storytelling, musical jams and more.

For more info, check out our Facebook group by searching “Avonmore parent and tot group” or email Wendy at membership@avonmore.org.

Free Community Swim Times

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

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

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



Lego Club!

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

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

Adult Shinny Hockey

The Winter shinny season continues to run on Fridays for 1.5 hours at Kenilworth Arena.

Ice time is 10:45 PM.

To attend a game, email Boris at sports@avonmore.org.

Babysitting Safety Course

Saturday, February 25th
9:00 AM to 5:00 PM

For girls and boys ages 11 and up to learn:

- Responsibilities of a babysitter
- How to care for babies and toddlers
- Dealing with discipline problems
- Basic first aid and choking first aid
- Home safety tips and accident prevention
- What to do in an emergency and who to call

All the safety and first-aid that a home-alone / babysitter needs to know in a fun, hands-on workshop. Includes Babysitters Manual and first-aid kit.

Cost: Community League members: \$45 + 5 volunteer hours from the child (e.g. help with child minding at a league event). Non Community League members: \$71.43 + GST = \$75.00 (manual included)

A minimum of 12 students is required to run the program. Please fill in the form and return to the mailbox at Avonmore Hall (7902-73 Ave) by February 13. Questions? email hallrental@avonmore.org.

RED CROSS BABYSITTING COURSE FORM

Cut here

A minimum of 12 students is required to run the program, so please return this form to the Avonmore Community League mail box (7902-73 Ave) **by February 13th.**

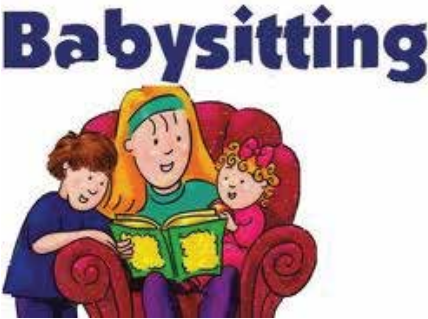
Questions? Email Tanya at hallrental@avonmore.org / call 780-637-5640.

Yes! _____ will be participating in the Canadian Red Cross Babysitting Safety Course on Sat. Feb. 25th from 9:00 AM to 5:00 PM

I have enclosed payment of \$75 -for non community member- or \$45 -for Avonmore community league member w/ 5 volunteer hours- (cheques payable to Avonmore Community League).

Avonmore league membership number: _____

Emergency contact person (name & phone number) for the day is: _____



Need A Babysitter? Or Looking For A Babysitting Job?

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

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

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

Avonmore Community Classifieds Page

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

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

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

Own a local small business? Offer a service or looking for one? Selling your creative masterpieces? Have a special congratulatory message to share? Let your community know about it!

Watch for it in the January newsletter on the back page.

Email communications@avonmore for more deadline details.

League Board

President	VACANT	780 757-8550
Past President	Bill	780 469-5744
Vice President	Derek	780-919-5421
Treasurer	Michelle	780 466-1017
Secretary	Kristie	780 720-9003
Hall Rental	Kevin L.	780 966-6913
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Shawna F	780 490-1931
Programs	Kristin	780 238-7795
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Newsletter	VACANT	
Webmaster	Michelle	780 466-1017
Social Media	Jean	780 863-0914
Sign Rental	Laura	780 982-9876
Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Jaret	780 720-5582
Hardisty Gymnastics	Shauna D	780 966-3205
SECLA	Shelley	780 462-4599
Community Services	Lynn	780 496-5926

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

Babysitting Registry – Volunteer Needed!

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

FREE Swim for Capilano Community Members

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

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

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

Family Fun Day Celebration – Sunday February 19

All residents of Capilano, Forest Terrace Heights, Fulton and Gold Bar are invited to attend the Greater Hardisty Family Fun Day.

Date: Sunday February 19, 2017

Time: noon – 3 p.m.

Where: Gold Bar Community Hall (4620 – 105 Avenue)

Activities: Free horse drawn wagon rides, Free hot chocolate and cookies, crafts and more!

Cardio/Core Stretch & Strength Workouts

Please join us at Capilano Community Hall (10810 – 54 Street) for Cardio/Core stretch and strength workouts!

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

Instructor: Sharon Weber

Contact: Elaine: 780-469-2964

Dates: Classes begin Tuesday Jan. 10 or Thursday Jan. 12, 2017 at 7:00 p.m.

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

Capilano Playschool Open House March 9

Capilano Playschool would like to send out a huge Congratulations to our teacher Ms. Asha as she embarks on a new journey of motherhood this February! We are all so happy for her and her husband Brent, and excited to hear their news!

We are thrilled to welcome Amanda Parker as our new teacher starting this February! Ms. Mandy is excited to continue the wonderful programming the kids at Capilano Playschool have been receiving and we look forward to supporting her in her role!

Do you have a child who will be 3 or 4 in September? Please join us March 9 for our Open House at 6:30 p.m. during the Hardisty School Open House, and come learn what our playschool is all about! For more information contact us at 780-802-9307 or capilanoplayschool@hotmail.com. We are also accepting registrations for the current school year at this time. For more information check out our website www.capilano-playschool.com or find us on Facebook!

Hardisty School “I’ve Outgrown it Sale!” March 18

This is a great way to sell your gently used quality children’s items up to size 12. Clothing, toys, baby equipment, maternity clothes, books, skates, skis, bikes, games and older kids’ stuff is always needed.

When: Saturday March 18, 2017

Time: 10 a.m. – 1 p.m.

Where: Hardisty School - 10534-62 St.

For more information: contact DeeDee at deedeeleangreen@gmail.com or 780-914-6106.

Capilano Community Rink Schedule

Generally, 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.

What a great way to get some exercise, and enjoy the outdoors with family and friends down at the community rink!

Choose Capilano Hall for Your Special Event

If you’re planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Kevin at 780-966-6913 or at capilanohallrentals@gmail.com, or visit our website at www.capilano.info.

Capilano Community Memberships

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

Hardisty Soccer Outdoor Registration

Outdoor soccer registration for residents of Capilano, Fulton Place and Gold Bar commences February 1 and is a two-step process:

1. Register online at emsasoutheast.com.
2. Attend one of the following in-person registrations:

Saturday, February 11, 2017

10 a.m.–2 p.m.

Fulton Place Hall
6115 Fulton Road

Wednesday, February 15, 2017

7–9 p.m.

Capilano Hall
10810 54 Street

Note: Capilano Tennis Club will also be in attendance Feb. 15 to tell you about their tennis programs.

Please contact hardistysoccer@shaw.ca if you have any soccer questions .

Hardisty Gymnastics Club News!

Sponsored by Capilano Community League

Winter classes are in full swing at Hardisty Gymnastics Club! If you missed this session, there are new start dates in March for the spring session.

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

Contact Shauna at 780-966-3205 or canadaplays1@gmail.com.

Additional information about the program can be found on the Capilano Community League website at www.capilano.info.

Community Christmas Dinner

On Saturday, December 10, 2016, 13 area churches from Gold Bar, Capilano, Forest Heights, Fulton Place, Terrace Heights and Ottewell hosted the third Annual Community Christmas Dinner at Hardisty School. 275 invited guests attended the special dinner along with 100 volunteers.

NAIT's Culinary Club prepared and served this year's traditional turkey supper. Desserts were followed by coffee from Starbucks.

The gym was beautifully decorated with fresh greens and fresh mandarins, which added to the convivial atmosphere of old neighbours meeting and reconnecting. On each table was an explanation of the event and the churches involved along with an invitation to visit the area churches for Christmas Services.

There were children's activities and decorations to make prior to supper. The Salvation Army Brass Band added to the Christmas spirit with appropriate music and as guests entered they were greeted cheerily and escorted to tables where they met old friends and new neighbours alike.

After Grace, the tasty supper was served promptly at 5 p.m. Ms. Bridget Stirling, the trustee of the area for Edmonton Public Schools, brought greetings from the Board. The Band played again and we all added our voices to the singing of favourite carols, a Christmas reading and finally to everyone's delight, a visit from Santa Claus.

In a time when expenses at this time of year are an extra that many people choose to do without, it was such a pleasure to be involved in a beautiful community event.



275 guests enjoy the third Annual Christmas Dinner at Hardisty School. This event would not be possible without the 100 volunteers who donate their time and energy.

Capilano Community League Sign Rental

Contact Laura - 780-982-9876 or Laura.Mercier@me.com

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 announcements.

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

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.

Starts: Tuesday May 5 or Thursday May 7
End: Tuesday June 9 or Thursday June 11
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: Registration is limited and first come first serve. Registration opens online February 1, 2017. Please go to the Capilano Community League website (www.capilano.info) for the online registration form under PRESCHOOL SOCCER.

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



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 25 – June 6, 2017
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, 2017. Please go to the Capilano Community League website (www.capilano.info) for the online registration form under BALL HOCKEY.
For more information contact Shauna at canadaplays1@gmail.com or 780-966-3205.



Capilano Community Park Redevelopment –Latest News

After more than 5 years, the FULL Capilano Community Park Redevelopment plan is nearly complete! The Phase 2 Park project plan, which includes an almost 600m walking path, adult exercise equipment stations, a bike bumps course and a community sign, to add to the already completed Phase 1 Park project (playground, spray deck and picnic shelter) finished in 2014, is so close to being finished.

Due to the cooler weather, work on the Phase 2 project was halted in early November and remaining work, such as putting sod on and around the bike bumps and recompacting the granular path, will be finished in the spring. As well, some of the exercise equipment pieces are not functioning as well as they should be and we are working with the manufacturer on this. We hope to have these issues resolved soon, and for sure by the spring at the latest. We are planning on holding a grand opening for Phase 2 next year – keep an eye out for news in 2017!

Cloverdale CL Contacts

POSITION	NAME	EMAIL
President	Reg	president@cloverdalecommunity.com
Past President	Susan	pastpresident@cloverdalecommunity.com
Vice President	Bonnie	vicepresident@cloverdalecommunity.com
Secretary	Liam	secretary@cloverdalecommunity.com
Treasurer	Jackie	tresurer@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

STANDING COMMITTEE

Casino	Bev & Shane	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	Shelley	communitygarden_chair@cloverdalecommunity.com
LRT Co-Chair	Paul	lrtcommittee_cochair@cloverdalecommunity.com

For Hall Rentals contact Janet Hardy @ rentals@cloverdalecommunity.com

For Cloverdale Chronicle submissions please email: cloverdalechronicle@gmail.com

Happy New Year from the President

On behalf of the Cloverdale Community League (CCL) board of directors, I'd like to wish everyone in the neighbourhood a happy, healthy and productive 2017. It will be a year full of challenges and excitement and the CCL will be part of shaping that future with upgrades and energy efficiency improvements to the hall, participating in the Gallagher Park Master Plan process, launching the Abundant Community Edmonton initiative in our neighbourhood, experiencing the start of construction of the Valley Line LRT. As well, we will have opportunities to connect with one another at the upcoming Winter Wine Not, the annual River Valley Clean-up, not to mention the Community Garden, playground and spray park in the summer and the regular walking, Zumba for kids and adults, yoga, Ping Pong, book club and playgroup programmes at the hall. The CCL is also looking forward to engaging neighbourhood youth in the 2017 edition of the Concession Project at the Edmonton Folk Music Festival in August 2017. All of these activities help get us connected with our neighbours, build networks and bonds in the neighbourhood, improve our personal well-being and state of mind and contribute to a more vibrant, safer and caring community.

Southeast Voice

Book Cloverdale Hall Today!

Having a family get together, Christmas party, birthday or just have too many friends to fit in your house? Cloverdale Hall is the perfect venue!

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

Email Janet and hold your date:
rentals@cloverdalecommunity.com

Family Skate!

- Mondays and Wednesdays 6pm-9pm
- Sundays 1-4pm
- Thursday evenings Minor Hockey
- Tuesday Nights Cloverdale men's shimmy!

Hockey sticks stay at home for family skate!

Programs

Our programs are open to any community. Looking for more information on a certain program or club? Ask Janet at rentals@cloverdalecommunity.com. Please also refer to the Community Calendar at www.cloverdalecommunity.com

Ping Pong Club

Come down to the hall for ping pong on Wednesday nights at 7-9pm. All ages welcome!
Book Club
Meets monthly on a Monday.

Barre Class

. Each class features an elegant yet energetic combination of movements that enhance flexibility, improve balance, and challenge the core. You will sweat and have fun at the same time. Mondays 7pm *NEW

Morning Yoga

Yoga for Everybody continues on Wednesdays at 9:45-10:45 am.

Bring your mat or sit in a chair, and join your fellow community members in an hour of self-re-creation to balance and strengthen your body. Everyone welcome. No prior yoga experience necessary to enjoy this class.

\$10/class

Hatha Yoga

Tuesday nights from 7:30 – 8:30 pm.

\$10/class and \$72/8 week program.

Bring a mat and learn some yoga poses, stretching, and relaxation.

Zumba

Bring a water bottle, indoor gym shoes, and energy! Zumba is back!

Thursday nights at 7-8 pm. \$10/class

Package your classes for a discount and come join the fun!

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

Kids Zumba

Same awesome dancing only with smaller people! Thursdays 6-7pm *NEW

Indoor Playgroup

Come and enjoy playtime at the hall!

Indoor playgroup runs on Thursdays from 10-11:30 am.

No cost for this program.

Fit for Life

Thursday mornings 9-10am * NEW

Urban Poling/Nordic Poling Club

Tuesday morning at 9:45 am.

All fitness levels welcome. Includes poles and coffee or tea after the walk.

If you require poles, please contact Susan
Get_fit@telus.net phone:780-268-3488

New Classes

Barre Class

Welcome to the New Year and the new you! Want to try something new this year?

Come out and try a Barre workout. If you have never tried it is all the rage now. It infuses elements of dance, ballet, and Pilates to strengthen, lengthen, and chisel the body. You will sweat and have fun at the same time. What have you got to lose? try it. Come out and join Kim Ashley who is an AFLCA fitness leader will guide you through the best workout to best the best you!
Contact Janet to sign up rentals@cloverdalecommunity.com

Cloverdale Fit for Life

Get fit with local resident of Cloverdale, and AFLCA fitness leader Lynn Lindsay. Move to the oldies in this mixed-level class offering exercise for every body! The workout includes components of cardio, strength (including core), balance and flexibility for a well-rounded, one-hour workout!
Contact Janet to sign up rentals@cloverdalecommunity.com

Zumba for kids!

Classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.

Contact Janet to sign up rentals@cloverdalecommunity.com

Abundant Community Edmonton

The CCL is preparing to launch the Abundant Community Edmonton (ACE) initiative in our neighbourhood. This initiative was approved at the CCL annual general meeting in September 2016. ACE is a neighbourhood engagement and organization approach – basically, a way to build a culture of connection one neighbourly conversation at a time. It's a way for the community league to work with Cloverdale residents to:

- Enable relationship building to advance connection and belonging
- Shape community life according to residents' vision for their neighbourhood
- Build neighbourhood identity and pride through shared ownership and responsibility
- Facilitate local recreation opportunities
- Foster an environment of care for one another
- Reduce social isolation
- Increase safety on the block and in the neighbourhood
- Build the capacity of the neighbourhood to engage with neighbourhood leadership and the City of Edmonton

Winter WINE Not #5

YOU'RE INVITED TO A WINE TASTING FEBRUARY 25 AT 8:00 O'CLOCK.

Entry Fee Wine & Beer
\$5.00 \$2.00

RSVP
 socialdirector@cloverdalecommunity.com

Get Your Back Healthy

If you want a healthy back, then you might be interested in a new program. Back on Track of Edmonton is now offering a six-week back care program developed by Medical Exercise Specialist and 30-year Exercise Specialist, Mia Jerritt of Comox, B.C. In 2002 this program was developed to accommodate the demand from people looking for direction once they completed their prescribed medical intervention for chronic low back pain. Back on Track has recently completed The Healthy Back Licensing Program and now owns the rights to offer this program in our community.

This comprehensive six-week back care program is designed to educate participants on appropriate stretches, exercises and spinal theory. Over the six weeks and 12 sessions, clients learn 11 stretches and 9 exercises plus several balance exercises. Each action within the flexibility and strength component of the program is modified to suit each client within the class, and classes are limited to a maximum of 10 participants. Slowly, over six weeks, clients construct a foundation of stability and mobility designed to allow them to move through their normal activities of daily life with significantly less, or perhaps, no pain at all.

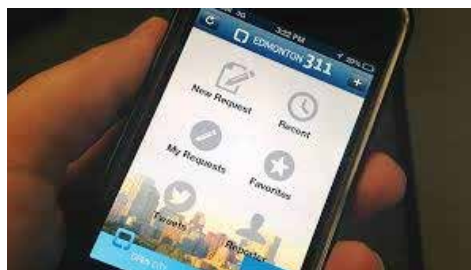
Exercises within the back-care program are also modified to accommodate several other conditions including shoulder issues, hip and knee issues, neck and wrist issues, hip and knee replacements and more.

To read more about this program, please visit www.thehealthybackprogram.com.

Edmonton 311 App

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

An officer will investigate your complaint within 4 business days.



Teaching Sexual Health

Research shows that parent-child communication about sexuality can influence teen sexual behaviour.

As a parent, you may not feel comfortable or have the information you need to teach or discuss sexual health with your kids. You aren't alone: many parents are anxious about having "those talks". We're here to help.

Alberta Health Services' Teaching Sexual Health website (www.teachingsexualhealth.ca) provides you with the information, tools and supports that you need to help you talk to your child about sexual health, before and during the teen years.

The website is recognized as a leading health care practice by Accreditation Canada, and covers a wide range of sexual health topics relevant to parents of children and teens.

Remember: if you don't teach your child, someone else will.

Visit www.teachingsexualhealth.ca today, and be prepared to support your child's healthy development.

Choose Nellie

Nellie McClung Girls' Junior High Program



Open House Dates:

March 8 - Avonmore 6 - 8 pm

March 9 - Oliver 5 - 7 pm

"Empowering girls to lead, challenge and change the world"

* Paid for by the Nellie L. McClung Educational Society of Edmonton

For more information please visit:

ChooseNellie.com



EDMONTON PUBLIC SCHOOLS

epsb.ca



Alberta Health Services

Emergency Medical Services

Burns and Scalds



Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, **call 9-1-1**

www.albertahealthservices.ca

League Contacts

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

Next board meeting

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

Pancake breakfast & skating

We had a good turnout on Jan. 14 for the pancake breakfast and skating. Breakfast was by donation, with the proceeds going to the Fulton Ravine South Park.



Volunteers urgently needed

Local programs offered by Forest Terrace Heights community league, including community soccer, are in jeopardy if we are not able to recruit volunteers for some key positions.

Soccer director(s): One to oversee the indoor community soccer season, one to oversee the outdoor season, or a superstar willing to do both!

Program coordinator: Organizes programs to meet the interests and needs of the community, using local resources when possible. Attends monthly board meeting.

Maintenance director: Works with the other maintenance director to perform monthly and annual maintenance on the hall. Acts as a liaison with service providers. Works with the maintenance committee on renovation projects. Attends monthly meetings.

Learn-to-skate and hockey volunteer: Oversees the learn-to-skate and adult co-ed hockey programs, both of which are ongoing now. Works well with kids of all ages and abilities.

Casual volunteers: Think you could commit an evening or an afternoon here and there, but unsure about a long-term commitment? We've got a job for you! For example, we'll need volunteers for a casino coming up June 22 and 23.

If you are interested in any one of these positions, please contact Nicole at volunteers@forestterrace.org.

Community Garden meeting

Join us at the hall on Feb. 28 from 6:30 to 7:30 p.m. as we plan the 2017 growing season. You can find out more about The Heights Community Garden on our Facebook page.

Perks for community league members

Neighbourhood businesses and facilities offer some great perks for Forest Terrace Heights community league members. One member will be randomly selected on the second Wednesday of each month to receive a small **flower arrangement** from Grower Direct, like the one pictured, won by Jean at our Seniors Tea in November.



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

On the second Sunday of every month from 2 to 5 p.m., take your card to the Second Cup at 7477 101 Ave. for a **free small beverage**. Walk-ins only; no drive-thru. Stop by for a brew on Feb. 12 and stay for a chat with your neighbours.

And don't forget about the **free community swims**, every Sunday from 1:15 to 2:45 p.m. at Hardisty, and every Saturday from 5 to 7 p.m. at Commonwealth, where you also get access to the gym, running track and fitness centre.

Your membership also gets you a **20-per-cent discount** at all City of Edmonton recreation centres through the Community League Wellness Program, and **free skating** at any community league outdoor rink in the city. Memberships are available at Shaheen Grocery & Bakery (10130 79 St.), Grower Direct (7231 101 Ave.), and at SEESA (9350 82 St.). Seniors \$10, Individual \$15, Family \$30. If you are new to the community or you have never owned a community-league membership before, the league is happy to give you one for free, to try out. Just call CoraLee at 780-430-4307.

Adult Coed Hockey

Sundays, 7-8 p.m. at the hall rink

Men and women over the age of 18 are encouraged to join us Sunday evenings for some pick-up hockey. The rink shack will be unlocked 15 minutes before the game starts. If it has snowed, please come early to help shovel. We have a few pairs of skates and plenty of hockey sticks to share.

Community Ski Day, Feb. 20

Forest Terrace Heights Community League is pleased to provide our members with an annual ski day at Snow Valley, and this year it's on Family Day, February 20.

Your current membership gets you a lift ticket and rentals if required. Each family member must pre-register by Feb. 14 at fthclskiday.eventbrite.ca, or by contacting Kathleen at kwolff09@gmail.com or 780-461-5832.

Please be on the hill between 9 and 10 a.m. to pick up your lift tickets. Due to hill restrictions, we are unable to provide lessons this year.

Indoor Bootcamp

Mondays, 7-8 p.m., at the hall

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

Register on Eventbrite for drop-in classes. \$10 for members, \$12 for non-members. Plus registration fee.

Contact Sharon for more information at cs.weber@shaw.ca or 780-270-5273.

Zumba!

Wednesdays, 7 to 8 p.m. at the hall

Come one, come all, to Zumba, pretty much the most awesome workout ever. Dance to great music with great people and burn a ton of calories without even realizing it. Classes will leave you sweating, glistening, smiling and looking for more fun.

All fitness and experience levels are welcome. Geared for men and women ages 13+. Bring your water bottle, a pair of sneakers, a friend and a smile.

This class is open to all members, including community league members from other neighbourhoods. **No class on Feb. 8, 2017.** Register on Eventbrite.

Questions? Contact Debbie at 780-686-5274 or ZumbaDebbieG@gmail.com.

All board members can be reached via email
at firstname@fultonplace.org

FULTON PLACE COMMUNITY CONTACTS

EXECUTIVE

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

DIRECTORS

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

COORDINATORS

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

COMMUNITY PARTNERS

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

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

Hall Rentals

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

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

Parent & Tot Playgroup

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

For more info contact Stacey at 780- 465-9545

Babysitter Course At Fulton Hall

Does your child stay home alone? Sign them up now for a Red Cross Babysitting Course, sponsored by Fulton Place Community League.

All the safety and first-aid that a babysitter or someone staying home alone needs to know, presented in a fun, hands-on workshop!

Saturday, March 11, 2017 from 9:00 am - 5:00 pm at Fulton Place Community Hall (6115 Fulton Road)

For more information, contact Ruth at babysitter@fultonplace.org. Subsidies available for current Fulton Place Community League Members.

Babysitting Registry

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

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

Join Us!

Fulton Place Community League!

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

Being a member brings you and your family benefits. It includes free access to the ice rink, community swimming, trash day, events, activities, and newsletter information about everything Fulton Place has to offer.

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



Hardisty Soccer Outdoor Registration

Outdoor soccer registration for residents of Capilano, Fulton Place and Gold Bar commences February 1 and is a two-step process:

1. Register online at emsasoutheast.com.
2. Attend one of the following in-person registrations:

• **Saturday, February 11, 2017**
10 a.m.-2 p.m.
Fulton Place Hall
6115 Fulton Road

• **Wednesday, February 15, 2017**
7-9 p.m.
Capilano Hall
10810 54 Street

Please contact hardistysoccer@shaw.ca if you have any questions.

Fulton Little Free Library

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

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

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

For more information, or to volunteer or donate books, please email library@fultonplace.org.



Congratulations Michelle Upright!

The Edmonton Minor Soccer Association presented Fulton Place resident Michelle Upright with the coveted Lifetime Achievement Award in December 2016.

Michelle joined the Edmonton Southeast Soccer Association in 1995 as soccer director for Fulton Place Community League, in which capacity she served until 2016.

She also began serving as co-chair of the Edmonton Southeast Soccer Association's Premier (Storm) Committee in February 2009 and served as Storm director until November 2014, consistently growing the program throughout those five-and-a-half years. In addition, she has served as treasurer and equipment manager of Hardisty Soccer.

A soccer player herself with the Edmonton and District Soccer Association, Michelle has spent years collecting gently used soccer jerseys for donation to children and youth in Africa.

Congratulations Terry Kerfoot!

In December 2016, Fulton Place resident Terry Kerfoot was awarded the prestigious Volunteer of the Year Award by the Edmonton Minor Soccer Association.

Terry coached his oldest daughter Melissa for multiple seasons and then returned to coach his younger daughter Rhiannon from U6 to U18.

He started coaching the Hardisty Young Guns, as they came to be known, year-round in U10, and the team went on to win two gold medals at the indoor Provincials, one in U14 in 2014 and one in U16 in 2016.

The team has also won numerous medals through the years at the City Championships and tournaments such as the Polar Cup. The girls idolize their coach and do not play nearly as well on the rare occasions that he is not able to be present on the bench. Terry is truly the Volunteer of the Year, if not the last quarter-century.



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

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GOLD BAR EXECUTIVE

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

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

Hall rentals: goldbarhallrentals@gmail.com

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

Gold Bar Community Casino

YAY! The Gold Bar community is super! There is one remaining position to fill (Cashier on Wed, Feb.8, 6:45pm-3:15am), plus 6 on-call positions. With all of the illnesses going around, and unseen events, we need to have 5 or 6 people on-call to potentially fill casino positions at the last minute. If you could keep your calendar free to be available for one position, please help us out. You get to choose which shift you would be available for. The link to the sign-up is found on our website: goldbarcl.com

Scrapbook Weekend

March 17,18,19 at Gold Bar Hall
Friday 5-10 pm,
Saturday 9 am-midnight,
Sunday 9 am-5 pm

Five meals, door prizes, make-and-takes and 26 hours of scrapbooking for just \$80.00. Contact Tammy at tschatull@gmail.com to reserve your table.

Creative Memories and Close to My Heart products will be available to purchase. Snacks on Friday night, Muffins, fruit and Yogurt for breakfast Saturday and Sunday, Saturday lunch Subway subs, veggie trays and dessert, Saturday dinner make your own Taco's and ice-cream sundae stations. Sunday lunch soup and buns. Coffee, tea and snacks all weekend long.

Three Exercise Classes!

Gold Bar Community Hall has three classes to choose from below. Everyone is welcome to attend. The hall's address is 4620-105 Ave.

a. Body Barre

***Wednesdays
9-10am, Feb 22 – March 22***

Cost: \$50/ five week session or \$12/drop-in. Each class we'll target your arms, core, glutes, and legs in a balanced workout designed to help your body build and keep its lean muscle, raise your heart rate, and improve your mind-body connection. Please bring a mat and a water bottle.

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



b. Strength, Sweat & Stretch

Mondays 5:15 - 6:15pm, Feb 13 – March 20

Cost is \$50/5 week session or \$12/drop-in. This functional fitness program is for all ages and levels of fitness. This self-paced 5-week session will focus on maintaining and improving all primary components of fitness. This program will be designed to help participants increase their overall muscle strength and endurance, improve cardiovascular health, core stabilization and flexibility and balance. Instructor: Colleen Wagner, Canfit Pro Personal Trainer, Zumba instructor, Healthy Back Program training, and 30 years experience working with seniors, children and adults with special needs.

c. Boot Camp

Thursdays 7 - 8 pm, Feb 23 –Mar 23

Cost is \$50/ 5 week session or \$12/drop-in. This class will incorporate cardio and strength at various intensity levels. Instructor: Kristin Baker, AFLCA Group Fitness Leader.

Vacant Executive Positions

Membership Coordinator Needed

The membership coordinator is one who works behind the scenes connecting residents with their community. They enjoy organizing, meeting people one on one, and want to be involved in their community.

This position can be done on your own time and at home. Please contact Linda Stein for more details. (780-463-9881)

FINANCIAL DIRECTOR still needed

Our treasurer has been doing double duty for too long, especially considering that she has a newborn. If you have some accounting skills please consider donating a few hours each month to keep the community finances healthy. The financial director works alongside a treasurer and bookkeeper – you'd be in good company! Contact CL president at adamrumpf@yahoo.ca

Gold Bar Preschool

Registration for 2017-2018 is now open!

At Gold Bar Preschool, we boast a child-led curriculum, focusing on early literacy, STEM, art, sensory exploration and dramatic play - all in an interactive and fun way!

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

Please contact us for further details!

Goldbarpreschoolparents@gmail.com

Lindsay - 780-708-3461

GoldBarPreschool.ca

Outdoor Soccer

Gold Bar Community is part of Hardisty, in the Edmonton South East Soccer Association, a volunteer organization that offers purely community-based soccer programs for players between the ages of 4 and 18. Registration for outdoor soccer starts FEB 1. For more information, visit emsasoutheast.com

Upcoming Bingo Dates



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

FORT ROAD BINGO

Wednesday, April 12 - Afternoon & Evening

PARKWAY BINGO

Saturday, February 4- Afternoon

Tuesday, February 21 - Evening & Late Nite

Sunday, March 12 - Evening & Late Nite

Sunday, April 9 - Evening & Late Nite

Gold Bar Communications

To submit an item to the next SEV email SondiAmber@gmail.com by Sunday, Feb.19, while the e-newsletter's deadline is Feb.13.

All residents of **Capilano, Fulton, and Gold Bar** communities are invited to attend.



FAMILY FUN DAY Celebration

Sunday, FEB 19, 2017
11:30am - 3pm

At the Gold Bar Community Hall
(4620 105 Ave.)

FREE HORSE-DRAWN WAGON RIDES

\$2 FOR LUNCH: HOT DOG, COOKIE AND DRINK

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Hall Rental info

Liisa, the hall manager, has office hours at the hall on Wednesday evenings from 6:30-8:30 pm, if you would like to view the hall or talk in person. Prices are listed at goldbarcl.com.

FREE Community Swim

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

Enjoy a FREE Hot Beverage

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

CL MEMBERSHIPS

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

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

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

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

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

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

Some of the suicide warning signs include:

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

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

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

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

Healthy brains linked to healthy lives

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

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

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

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

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

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

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

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

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

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

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

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



Linda Duncan

Member of Parliament Edmonton Strathcona

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Embracing air and winter activities

As temperatures drop across the province, many people are content to put on an extra pair of socks, settle in with a hot cup of cocoa and grumble about the weather.

Some good advice for anyone with the winter blahs is to get outside and get moving—and breathing deeply. You really can’t have too much fresh air in the winter.

One of the great things about winter is the refreshing bite of cold air when you step outside. It’s exhilarating, and when you’re dressed for the season, that coldness quickly disappears with a walk to the convenience store or a climb up a toboggan hill.

Try getting outside every day for a week for 10 to 30 minutes at a time. Move with purpose: shovel the walk. Shovel the neighbour’s walk. Look for birds, stars or big snowdrifts. Walk the kids to or from school if you can. Put on a pair of skates, skis or snowshoes. Slide, glide and embrace the season. And share it with family and friends.

Winter can be fun. Get out there enough and you could find yourself a little reluctant to say goodbye to winter when spring rolls around.

Using your own two feet to get around is good for you and for the air around us. The less you drive, the fewer emissions in the air. And if you have to drive, try to cut down on the idling. Turn the engine off when you run into the store for a cup of coffee or are waiting to pick up someone.

You might think you’re just one person in one vehicle, but you’d be amazed at how small changes add up to big differences to your life and your community.

—reprinted from Apple magazine

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 Director: Justine	programs@holyroodcommunity.org
Memberships Director: Jennifer	memberships@holyroodcommunity.org
Facilities Director: VACANT	facilities@holyroodcommunity.org
Communications Director: VACANT	communications@holyroodcommunity.org
Social Director: Natasha	social@holyroodcommunity.org
Civics: Dave	civics@holyroodcommunity.org
Director at Large: Bette	directoratlarge@holyroodcommunity.org
Soccer Coordinator: Jared	soccer@holyroodcommunity.org
Playschool Coordinator: Erin	playschool@holyroodcommunity.org
Playgroup Coordinator: Jessica	playgroup@holyroodcommunity.org

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

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

Free Drop-In Learn To Skate

Meet new friends and learn basic skating skills through fun activities and games!

This FREE City of Edmonton program will run on Tuesday February 7th, 14th and 21st at the Holyrood Rink

5:00 – 6:00 pm **Preschool Focus**
Ages 4-6

6:00 – 7:00 pm **Children Focus**
Ages 7-12

7:00 – 8:00 pm **Family Focus**
All Ages

A helmet and skates are required to participate. Programs will not run if -25C with wind-chill or if the ice is unusable.

All communities are welcome to attend. For more information email Justine at programs@holyroodcommunity.org

Family Drop-In Shinny

This FREE drop in program will focus on kids 10 and under who haven't played organized hockey. Players must have skates, helmet, stick and a current community league membership. Participants must be accompanied by a parent or guardian.

Wanted: Communications Director

The Holyrood Community League is still actively seeking a community member to join our Board of Directors.

The Communications Director oversees all the league's communication initiatives, including our website, social media, e-newsletter and monthly contribution to the Southeast Voice household newspaper. Baseline time commitment is roughly three hours per week, plus approximately four hours per month to prepare for and attend monthly Board meetings.

If you have some skills in this area and some time to volunteer, please consider contributing to the league! Contact Wendy Weir at president@holyroodcommunity.org for more information.

Free Memberships for Newcomers

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

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



Community Sidewalk Sand

New Location in League Parking Lot

The league encourages all Holyrood residents to keep their icy walks safe this winter.

To help make that as convenient as possible, we will be filling and maintaining a community sidewalk sand box in our league parking lot. Residents are welcome to fill their bucket from the box, so that they have sand on hand for those inevitable slippery sidewalk situations.

Look for the green box with the Holyrood Community League logo. If you need more than a single bucket of sand now and then, please fill up at the City's Roadway Maintenance Yard at 5409 – 59th Avenue.

Holyrood Cooperative Playschool Registration

Playschool 2017-18 registration period runs February 1st – 28th.

Open House
February 21st from 6:30 pm – 8:30 pm
Holyrood Community League
9411 Holyrood Road

The program focuses on learning through play and is designed for children ages 3 – 5 years. Classes run weekly Monday, Wednesday and Friday from 9:00 am – 11:15 am. Full-time and part-time options are available.

For further information visit the playschool website at www.holyroodplayschool.ca
For questions about the registration process email hcpsregistrar@gmail.com

Outdoor Soccer Registration

Are your kids interested in playing outdoor soccer this year?

Registration Day is Sunday February 12th 1:00 pm – 4:00 pm
Holyrood Community Rink Shack

You must register online (starting February 1st) at emsasoccerportal.com

Parents are encouraged to make use of the online fee payment option to save time on registration day.

Please remember to print your forms to bring with you, as well as: a current community league membership (or purchase one on site), proof of your child's age (birth certificate, AHC card, passport) and two or three cheques.

For those unable to attend, there will be a late registration day at Ottewell Hall on Sunday March 12th from 1:00 pm – 5:00 pm.

Financial assistance is available to those who qualify. Refer to <http://emsasoutheast.com> for further details.

Want to be a Soccer Referee?

The Holyrood Soccer Committee is also looking for outdoor soccer referees for the upcoming season.

Refereeing is a great way for kids to earn spending money, make a difference in their community and learn about the responsibility required to succeed in a job.

If your child is interested in refereeing please contact the Holyrood Soccer Coordinator at soccer@holyroodcommunity.org

5th annual Holyrood Family Dance

Saturday February 25, 6-9 pm
Holyrood Hall (9411 Holyrood Road)

Cash concession with light refreshments

Reserve your ticket (\$10/family) by emailing: social@holyroodcommunity.org

Ruth's Yoga

Join us for yoga on Monday nights. Class is designed for all abilities from beginner to those more familiar with yoga. Open your breath, mind and body to the gentle rhythms of yoga.
Mondays 7:00 pm – 8:15 pm.
Holyrood Community League

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

Drop-In Playgroup

Parents, guardians, and caregivers are welcome to drop in and socialize while their little ones (0-6 years) play. This FREE program is a great way to meet other families in our neighbourhood!
Thursdays
9:00 am – 11:00 am
Holyrood Community League

Contact Jessica at playgroup@holyroodcommunity.org

Holyrood Gardens Redevelopment

Thank you to everyone who attended the January 19, 2017 Holyrood Gardens redevelopment Open House put on by Regency Developments and Stantec. For those who were unable to attend, please visit <http://holyroodcommunity.org/holyrood-gardens-redevelopment/> to see the latest information presented and more. We will continue to provide updates via the Holyrood Community League website, Facebook page, and our member email list as new information and public consultation opportunities become available.

A Flu-free New Year

It's not too late for your influenza immunization

You resolve to start the year healthy. To eat well, be active... but what about your flu shot?

Influenza season is here. As of December 10, 2016, more than 774 lab confirmed influenza cases have been confirmed in Alberta and 5,323 people with influenza-like symptoms have been reported. Of these cases, 189 have been hospitalized.

No matter how healthy you think you are, if you haven't been immunized yet this season, you're at risk of contracting influenza too.

The good news? Influenza immunization, or the flu shot, is still available, free of charge, to all Albertans six months of age and older.

Start your year healthy and stay that way; get immunized today.

For more information, including local clinic schedules, visit <http://www.alberta-healthservices.ca/influ/> or call Healthlink at 811.

Commonwealth Rec Centre

Your community membership will now allow you FREE access to Commonwealth Rec Centre. You can access the gym, track and/or the swimming pool during Community League Swim hours. Don't forget to pack your membership card!

Commonwealth Community Recreation Centre
Saturdays
5:00 pm – 7:00 pm

Hardisty Leisure Centre
Sundays
1:15 pm – 2:45 pm

MEMBERSHIPS

Memberships can be purchased at the South East Edmonton Senior Association or online at the Edmonton Federation of Community Leagues.

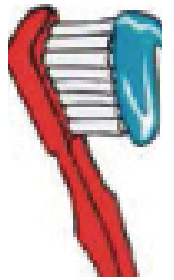
Complimentary memberships are available for newcomers to the neighbourhood.

If you know of any recent arrivals, or are one yourself, please contact Jennifer, our Memberships Director at memberships@holyroodcommunity.org.

She'd be happy to deliver a complimentary Holyrood Community League membership, along with information about the programs and activities happening in our neighbourhood.

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South Edmonton, AB
facebook.com/magicpawsdoggrooming



League Contacts

President	Marcus	presidentidylwylde@gmail.com
Vice President	Vacant	
Treasurer	Walter	treasureridylwylde@gmail.com
Secretary	Corrina	secretaryidylwylde@gmail.com
Casino/SECLA	Bridget	casinoidylwylde@gmail.com
Social	Laura	lmurdoch@email.com
Programming	Kamila	kamilaidylwylde@gmail.com
Facilities	Paul	paulidylwylde@gmail.com
Publicity	Kelsie	kelsieromans@gmail.com
Membership	Michelle	bluecanary1@hotmail.com
Garden		gardenidylwylde@gmail.com
Civics	Lee	lbrktt@gmail.com

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

Hall Rentals

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

Parents &Tots Group

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

Community League Swim

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

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

Commonwealth Community Recreation Centre (11000 Stadium Road)

Saturdays: 5:00pm - 7:00pm
Start Date: September 17, 2016
End Date: August 26, 2017

Cheery Tomato Community Garden

While the snow flies, we are always looking for new gardeners. Please Contact us at gardenidylwylde@gmail.com if you would like to join our awesome crew for the next season!

Program Calendar: 2017 Classes

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

Gentle Hatha Yoga Class

Instructor: Corrina Mak
Thursday: 7pm-8pm
Start date: February 2, 2017
End date: February 23, 2017

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

Fall into Fitness Class and Pilates Mat Class

Both of these classes will resume in the Spring of 2017. Sign up for our newsletter at www.idylwylde.org to stay up to date!

Events in Idylwylde

What would you like to see for social events in Idylwylde? We are looking for ideas to bring the community together. Email lmurdoch@gmail.com with your ideas for a great get together that we can host!

Little Free Library

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



Edmonton Leisure Access Program

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

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

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

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

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

How can I get an application form?

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

Childhood Immunizations

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website: ImmunizeAlberta.ca.

ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need.

Visit ImmunizeAlberta.ca today.

KCL League Contacts

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

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
\$450/weekend	\$550/weekend

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

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

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 13, 2017

Southeast Voice Newsletter Deadlines

Submissions for the **March, 2017 issue of the Southeast Voice is due Thursday, February 16, 2017.**

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

Community Garage Sale

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

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

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

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

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

Scrapbooking/Card-making Garage Sale

Scrapbooking/Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue on Saturday, March 11 at 10a.m. to 2:00 p.m.

Great bargains for you for your next projects!

Kenilworth Playschool

is a non-profit, parent co-operative play-school for 3 and 4 year olds. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall. We use a play based, pre-kindergarten curriculum that focuses on physical, social, emotional and cognitive development. Fine motor skills, printing, letter recognition and their sounds are practiced daily. Our fun and friendly atmosphere will be perfect for your child.

For more information or to register your child for Fall 2017, contact Diandra, dian-dralharding@gmail.com, or call 780-244-5986.

New Volunteer Opportunities

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

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

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

Bingo Volunteers Needed!

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

Next Bingo's:

February 12th, 4:40pm

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

COME JOIN US! Strength/Cardio class

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

This class strengthens and tones by working the entire body in a fun and energetic atmosphere! Whether you are new to your fitness journey or an avid exerciser, this class will challenge you physically, while increasing your self-confidence.

Come join us for a fun, effective and sweaty class :) Every week it's a little different so you don't get bored.

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

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

Memberships

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

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

For more information contact Barb @ 466-2360.

Need one RIGHT NOW! Go to www.efcl.org and purchase one online!

Ask Charles

I saw an ad saying a real estate professional will buy my house if it's not sold in 90 days. Should I be wary?

Wary might not be the best word, but you do need to make sure you understand the details of the offer. This type of offer is a guaranteed sales agreement, and while there is nothing illegal or wrong with a real estate company offering this kind of arrangement, it is rarely the best option for consumers.

In a guaranteed sales agreement, a real estate brokerage agrees to buy a piece of real estate from a seller at a previously agreed upon price, if it hasn't sold to someone else before a certain date. Only real estate brokerages can offer these agreements, not individual real estate professionals.

If you're selling your home to buy another one, you may be interested in a guaranteed sales agreement for the home you own now. It could help you avoid owning two homes and paying two mortgages. A guaranteed sales agreement might give you the confidence to proceed with your new home purchase before selling your current one.

What sellers need to keep in mind in these arrangements is that the real estate brokerage wants to minimize its risk.

For example, it's rare that a guaranteed purchase price will be based on the property's listing price or the property's market value. In most cases, the brokerage calculates the guaranteed purchase price using a formula where legal fees, carrying cost, and commission on the resale are subtracted from the purchase price. This minimizes the brokerage's risk, but it can also greatly reduce how much that seller receives for their home.

Brokerages that offer guaranteed sales programs are required to have policies for those programs. Those policies should include how the brokerage sets the guaranteed sales price and who is in control of the property's listing price during the listing period; it may not be the seller. It's not unusual for a guaranteed sales agreement to include a clause that requires a seller to lower their listing price during the term of the listing. Remember, your real estate brokerage wants to minimize its risk. It prefers to sell your property to a buyer rather than to use the guaranteed sales agreement, and lowering the listing price can sometimes help that happen.

If your real estate brokerage offers you a guaranteed sale agreement, it's up to you to decide whether you're interested. Before you do, make sure you read and understand all of the fine print.

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



Toddler Time

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

Babysitting Registry

If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry. Call Martine at 780-466-9444 to register your name or if you are looking for a babysitter in the area for evenings or weekends.

Neighbourhood Watch

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

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Web: www.dreno.ca

Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

Ottewell Community League Executive and Board Members	
Executive:	
President – Corinne	
Vice President – Bri	
Secretary – Sandra	
Treasurer - Cindy	
Board Members:	
Bingo Co- Chair – Kyla	
Casino Chair – Vacant	
Rentals - Corinne	
Grants – Mark H	
Bylaws – Leona	
History of Ottewell Committee - Andrea (Looking for more members of this Committee)	
Indoor and Outdoor Soccer Director – Glen	
Parent and Tot Team Lead – Whitney	
Summer Playground Chair – Colleen	
Social Team – Lori, Debbie, Bri, Cheryl/Dennie	
Playschool Chair - Katherine	
Rink Chair – OPEN	
Maintenance Chair - OPEN	
Civic and City Liason Chair - Matt	
Membership Chair – Russ	
Communications Chair – Sharon	
Web Page Designer - Sandra	
Representatives:	
SECLA Rep – Lori	
EFCL Rep – Corinne	
East Park Baseball – Clarence	
All Positions are volunteer positions.	
Please send all inquires via email to ottewell2212@gmail.com or call 780 469 0093 leave a message and someone will return your call.	
Ottewell Community League	
5920 – 93a ave	
Edmonton, Alberta	
T6B 0X2	

Upcoming Events in Ottewell

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

RINK

Ottewell Rink is in full swing this winter. Open every day - check the Ottewell website or FaceBook page - for times and information about closures due to weather. A BIG THANK YOU to our wonderful group of Rink Volunteers this year! The Rink is great!!

Free community swim & gym for league members

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

FREE Drop-In Learn to Skate

Ottewell Rink 5920 - 93A Avenue
Runs February 9 – 23 from 4 pm to 7 pm
Learn basic skating through fun activities and games. (Program will cancel at -25C with wind chill.)

Upcoming Dates at Parkway Bingo

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

All funds raised support the Ottewell Community

BINGOs help us to raise these funds so we can make these improvements. If you would like to help out and donate some of your time to work at our designated BINGOs during the year it would be truly appreciated.

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

Ottewell Community League Playschool

Open House: Feb 22 from 5-8

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

Scouting

Ottewell 120th Scouting Group has served the youth in Ottewell and Kenilworth for over 50 years. The Beavers, Cubs and Scouts meet on Monday evenings at local schools. To deliver these great adventures we need adults to step forward to become Leaders. If you would like more information email ottewell120@gmail.com. For more information on Scouting please see www.Scouts.ca. Please keep saving those bottles for the annual Scout spring bottle drive, which will be in late March.

Ottewell Parent & Tot Group

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

Purchase your 2017-18 Ottewell Community League Membership

Take pride in your neighbourhood and purchase your membership today to enjoy the many benefits and discounts including:
-use of local pools free of charge at designated times
-use of outdoor community rink and community skate times at indoor city rinks
- involvement at community events and activities
- and access fitness, recreation, classes and more!
Memberships run from Sept. 1 to Aug. 31 and can be purchased at the Sport Shack, TGP, and at Ottewell Hall Rink Shack (during winter). Cost is \$25 family, \$10 for single, \$10 for adult, and \$5 for seniors.

Join the Ottewell Community League Team of Volunteers!

Do you want to get involved in Ottewell but don't have a consistent schedule? Put yourself on the Ottewell Volunteer List. We'll contact you when we need help for events or specific tasks; if you're available, get involved. Send an e-mail to Ottewell2212@gmail.com with Ottewell Volunteer List in the subject line, give us your contact information and indicate if there's a particular skill you have to offer or area you'd like to volunteer. Any time you can give is welcome. Rink Team- Ottewell is looking for a group of 10 people, to be our RINK TEAM! This team would be responsible for the Rink during the Winter/Summer months. If you would like be a part of this team, Please email – Ottewell2212@gmail.com with RINK Team in the Subject Line. We will respond with details and answer any inquiries.

Fitness Kickboxing and Bootcamp

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

Evening Kickboxing

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

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

Next Ottewell Community League Board Meeting

Tuesday February 21 – 7 pm
OCL meetings will be on the 3rd Tuesday of the month. Come and join us and find out what is happening in our Community. We are always looking for more hands to assist in keeping Ottewell Community Vibrant and Active!

Ottewell Babysitting Registry

Are you looking for a babysitting job? Want to earn some extra cash for the summer? If this is you, send your name, address, phone number and the year you were born.

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

Send your information to
colleenandtravis@shaw.ca Or call Colleen at 780-406-3603.

Ottewell Community League Social Media

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

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

City Services & General Information

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

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

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

Snow in the City Winter sidewalk maintenance

Keep Your Sidewalks Safe

Snow and ice on sidewalks is hazardous for everyone. People with limited mobility, seniors, children and parents with strollers (and even those with no mobility limitations at all) may be severely injured from a fall on ice or snow.

Uncleared walkways can also make it difficult for those who deliver services in our city—mail carriers, meter readers, delivery drivers and emergency personnel—to do their jobs safely. In fact, each year, hospitals and doctors’ offices are filled with people young and old who have slipped and fallen on poorly maintained sidewalks.

What is my role?

Community Standards Bylaw 14600 requires homeowners and tenants to clear snow and ice from every walk and driveway on or beside their property. Don’t forget about any other properties you own, including derelict and vacant buildings—they may have sidewalks that need to be shovelled too.

Use sand or ice-melting products to start the clearing process if you can’t shovel immediately after a snowfall. The fine for failing to clear sidewalks within 48 hours of the last snowfall is \$100, so save yourself the money and get it done!

My neighbours haven’t been shovelling their walk. What can I do?

If you have a concern about a neighbour’s uncleared walk:

- Discuss the concern directly with your neighbour.
- Be a Snow Angel by offering to help them keep it clear if needed. Find out more at edmonton.ca/snowangels.
- If you can’t resolve the problem directly with your neighbour, call 311 or register a complaint online at edmonton.ca. You will be asked to provide your name, address, phone number and the details of your concern in case your testimony is required in court.*

*Complaints are accepted between November 1 and May 1, and only when it has not snowed for at least 48 hours.

Learn more about sidewalk snow maintenance at edmonton.ca/wintersidewalks

EDMONTON LIFELONG LEARNERS ASSOCIATION

SPRING SESSION
May 1 to 19, 2017

**University of Alberta
Education Centre**

Register for our Spring Session at the University of Alberta. It offers top-calibre instruction with no prerequisites, exams or homework.

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www.my-ella.com

Helping your child build a healthy body image

Children of all ages are exposed to ideas about thinness by parents, peers, and other sources. Starting in grade school, children may become more aware of body image as they compare themselves to others.

Adolescents often become extremely concerned about their bodies and their weight. This is understandable since dramatic physical changes are occurring. Unrealistic media images of the ideal body also add to their concerns.

There are many ways adults can help children and teens develop a healthy view of themselves and reduce their risk for an eating disorder:

- Compliment children about the things they do, not always on how they look. When commenting on how children look, focus on their eyes, hair, or smile, not on their height, weight, body size, or body shape.
- Talk in terms of your child’s health, personality, achievements in school, activity level, and other healthy lifestyle choices.
- Avoid making comments that link being thin to being popular or healthy.
- Teach children to take good care of their bodies.
- You are your child’s first and most important role model. How you think and talk about your weight and your health have a lasting impact on your child. Take time to reflect on your words and actions.
- Give children and teens some freedom to make choices that are appropriate for their age and maturity.
- Talk with them each day. Find out what is happening at school and with their friends.
- Help them solve their own problems in ways that they think will work.
- Talk with children and teens about their heroes and favourite adults in their lives. Encourage them to have many different kinds of heroes.
- Praise children and teens for the things that make them different from other people.

For information on eating disorders, visit My Health Alberta, or if you are concerned with your child’s body image call Health Link at 811 for more information.

Board of Directors

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

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

Outdoor soccer registration is Feb 11 at the Strathearn Hall

Mark your calendars: Strathearn's outdoor soccer registration takes place Feb. 11 from 12 p.m. to 4 p.m. at the Strathearn Hall (8777 96 Ave.).

A zone-wide registration will take place in early March – the date is not yet set – at Bonnie Doon Shopping Centre.

Here's how to register your kids

- Kids must be registered on the Edmonton Minor Soccer Association portal: www.emsasoccerportal.com
- Once this is complete, you can pay online by credit card (which is the preferred option). If you are unable to pay by credit card, you can pay by cheque or cash at one of the registration dates.
- After you've registered online, you MUST attend a registration date in-person with the following:
 - two printed copies of your online registration summary from the portal
 - proof of age
 - a current community league membership (you can purchase this at time of registration if required)
 - proof of payment (if you paid by credit card, it will indicate this on your online registration summary) or you can pay by cash or cheque
 - volunteer deposit cheque
 - jersey deposit cheque

All cheques are payable to ESESA (or Edmonton Southeast Soccer Association). You will also need to sign up for a volunteer commitment at time of your in-person registration.

Help design Strathearn's street signs

We're holding a design competition! As part of the 2017-18 neighbourhood renewal in Strathearn, we'll be getting new sidewalks, curbs, gutters and roadways, as well as new decorative streetlights.

Just like our current streetlights, the new ones will have sign blades attached to them identifying the streets and avenues in Strathearn.

But we now have many more options to choose from, including the opportunity to have a customized logo or graphic on the sign blades. These sign blades will serve to identify Strathearn for the next 50 years.

Strathearn Community League is holding a design competition to select a shape, colour and font, and to design a logo or graphic for the sign blades.

We've assembled a three-member expert jury to judge competition entries anonymously.

Entrants can participate on their own, or in teams, and can enter as many times as they want!

Design submissions will be accepted by email only until March 31, 2017.

The winner will be announced in mid-April. The winning design will then be submitted to the City's Neighbourhood Renewal Team for their approval.

To enter, visit us at www.strathearncommunityleague.org and follow the links to download the Strathearn Streetlight Sign Blade Design Competition brief and entry form.


February & March in Strathearn

- Strathearn Stay and Play for pre-schoolers and their caregivers takes place at Strathearn Hall Fridays from 9 a.m. to 11 a.m.
- Don't miss out on Juniper Cafe & Bistro's Toonie Thursdays on Feb. 9 and March 9! Strathearn Community League members can enjoy one beer or glass of wine for a toonie from 4 p.m. to 6 p.m. on the second Thursday of every month (9514 87 St.).

• Strathearn A.V. Club, Sat. Feb. 25, 7 p.m. at the Strathearn Community Hall (8777 96 Ave.): The February edition of the Strathearn A.V. Club screens an early Martin Scorsese film *The King of Comedy*, starring Robert DeNiro, Jerry Lewis and Sandra Bernhard. Mixed reviews for Scorsese's latest release, *Silence*, reminds us that, as a filmmaker, Scorsese has not always been beloved. Critics in 1983 were similarly split in their reviews of *The King of Comedy* with Pauline Kael accusing Robert DeNiro of "anti-acting" while Roger Ebert called the movie "one of the most arid, painful, wounded movies I've ever seen." Before the film is presented, club members will listen to a short podcast interview with comedian Sandra Bernhard as she discusses working with Jerry Lewis and how she was cast in her first big screen role. Admission is free and everyone is welcome to this 18+ event.

• Head over to The Wired Cup (9418 91 St.) for Wired Wednesday on March 1 from 7:30 a.m. to 11 a.m. Strathearn Community League members enjoy a free beverage on us the first Wednesday of each month!

• We've flooded a small rink outside the rink boards in Silver Heights Park for our youngest skaters to enjoy this winter. With the Strathearn rink's closure for the 2016/17 season to support construction of our new community hall, you'll be able to skate at Bonnie Doon and Idylwyld's rinks.



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Meet Andrew Struthers, Strathearn Community League's program director

(pictured, on the left)

This is the second installment in our new series profiling community volunteers.

Tell us a bit about yourself!

My wife and I bought a house in Strathearn in 2009. I've lived in Edmonton since 1996, but was only tangentially aware of the work of community leagues until I became a homeowner.

What is your role with the Strathearn Community League (SCL)?

I've had a couple different jobs on the community league board, starting out as social convener and moving onto my present role as programming coordinator.

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

I joined the SCL in 2011. My initial reasons for joining the board were completely self-serving. Sure I wanted to meet my neighbours, hold hands and sing kumbaya around a campfire, but I also wanted to put on events that me and my kids would enjoy attending without having to leave the neighbourhood.

At heart, I'm a homer and one of my leisure pursuits is supporting live music and musicians in Edmonton. So I thought the community league would be useful to this end—bringing live music to community events. The league embraced the idea with a vigour I could not have imagined.

What are you currently working on with the community league?

I am trying to gather some momentum for the Strathearn A.V. Club, a monthly film club for adults who enjoy discussing books, podcasts and movies. Also, I'm super proud to support a community member who hosts a weekly Stay and Play for parents and pre-schoolers.

What is one of your proudest accomplishments in your role?

Recently I was chatting with a neighbour who attended the Hayrides and Hot Chocolates New Year's Day party. I remarked that she looked to be having a long and lively conversation with another attendee, and she told me that it is the one time a year she gets a chance to catch up, face-to-face, with this particular pal. I was proud to think that our volunteer effort—in keeping that event going (it started well before my time on the board)—offers a circumstance for neighbours to be neighbourly.

What is your favourite community league event and why?

My favourite event is one that isn't happening anymore. A couple years ago we ran The Front Porch Music Series for a couple consecutive summers. It was a monthly summertime concert series where we were able to include a few Strathearn-based musicians/bands. We hosted everything from classical guitar to hip-hop. This event will undoubtedly be resurrected once the new hall has been built this year. Look for it in summer 2018. If you play in a band or want to perform, get in touch with me.

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

Volunteers lend me your ears. The community league is the perfect place for a short-term commitment of your time. Let's say you want to meet some new people, hang around Silver Heights Park on a nice summers day and improve your community? We can help you do that. Maybe you want to innovate a completely new community extravaganza. We can help you do that as well. Or, if you feel like taking a plunge, join the board and be a positive influence in your neighbourhood and your city.



Buy your 2016/17 Strathearn Community League membership and start benefitting today

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

Contact membership@strathearncommunityleague.org.

Here's where to buy your membership:

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

Or email membership@strathearncommunityleague.org.

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

Your membership also entitles you to free family swimming/workouts at Commonwealth Leisure Centre Saturdays from 5 p.m. to 7 p.m. and swimming at Hardisty Leisure Centre Sundays from 1:15 p.m. to 2:45 p.m.

Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time. Taking a little "me" time is an important part of managing life's stresses.

While most of us may not enjoy feeling stressed, it's not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function. Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It's meant to be about you. There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting.

Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don't skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit www.myhealth.alberta.ca.

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