

SOUTHEAST VOICE

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

March 2017



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Flood Mitigation Cloverdale

Over the years, the Cloverdale Community League (CCL) has engaged the City of Edmonton, in various ways, to address flood mitigation strategies in the neighbourhood. While the dialog has been cordial, the mitigation measures have been minimal.

The City of Edmonton is seeking input from you on flood mitigation strategies to improve drainage infrastructure and build flood resiliency within the city and our neighbourhood.

The Cloverdale Community League is seeking your valuable input as an important part of this process to highlight the needs of Cloverdale.

Please take a few minutes to review the information and complete the short survey on the City of Edmonton website. Please note, there is a deadline of March 10th to complete the survey.

https://www.edmonton.ca/city_government/utilities/city-wide-flood-mitigation-study.aspx

Please contact Eric at floodmitigation_chair@cloverdalecommunity.com if you have any questions.

City of Edmonton Canada 150 Grant

Google the title for more detailed information. Grants will be awarded to qualifying non-profit organizations in Edmonton. When is the application deadline?

• March 15, 2017

Eligibility:

To be considered for a City of Edmonton Canada 150 sponsorship grant, organizations must be:

• Edmonton-based, Not-for-profit organizations in good standing and have been registered 1 year prior to application deadline, have insurance

What types of events are eligible?

• Events that take place between December 31, 2016 and December 31, 2017, that bring community members together with a primary focus on celebrating Canada's 150th anniversary of Confederation, festivals, parades and special events, free admission, open to the general public, family-friendly entertainment and activities, foster national and/or civic pride, hosted within the City of Edmonton boundaries

Sponsorship Details

• Minimum sponsorship grants of \$500 and maximum amount of \$5,000

Ineligible Organization and Events

• Government, for profit organizations, Stand-alone events, events that require membership or adherence to a particular faith to participate, Performances, exhibitions or activities that promote or incite racism, hatred or violence

For more details you can contact your local Community Recreation Coordinator

Edmonton

Thanks to all the Forest Terrace Heights league members who came out on Family Day, Feb. 20, for our annual Community Ski Day at Snow Valley.





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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



EPL Canada 150 at Edmonton Public Library: Digital Storytelling Kits Now Available

At Edmonton Public Library, we share stories. Edmonton Public Library's Canada 150 Digital Storytelling Project will inspire Edmonton's diverse communities to reflect on and preserve, and share stories of the people, places and events that have shaped our country for the past 150 years.

With generous support from Community Foundations of Canada, EPL has received funding to build digital storytelling kits that members of our community can use to create digital stories. The kits include multimedia recording equipment and resources to support programs in the library and in the community. You can borrow a kit for free with your library card! Equipment includes an audio recorder and a copy of The Oral History Workshop. More details at epl.ca/canada150

Spring Break Starts Here 2017

Featured programs in March at the Capilano Branch include:

Spring Break Starts Here 2017 programs:
Everything is Electric! (kids 6-12) – Saturday, March 25, 2-3pm
Kaybridge Puppet Show (families) – Monday, March 27, 10:30-11:00 am
Build a Story (kids 9-12) – Monday, March 27, 2:00-3:00 pm
Patterns are Everywhere (kids 6-12) – Tuesday, March 28, 2:00-3:00 pm
Amazing Architects (kids 6-12) – Thursday, March 30, 2:00-3:00 pm
Secret Coders Digital Scavenger Hunt (kids 6-8) – Friday, March 31, 10:30-11:15 am
Soft Circuits (tweens and teens) – Friday, March 31, 2:00 – 3:30 pm
Sing, Sign, Laugh, and Learn (0-3 years): Tuesdays, Wednesdays, and Saturdays at 10:30am – ongoing drop-in.
Family Storytime: Thursdays at 10:30am – ongoing drop-in.

Featured programs in March at the Idylwylde Branch include:

Minecraft Club (kids) – Wednesday, March 8 at 3:45 pm
Patterns are Everywhere (kids 6-12) – Monday, March 27, 2:00-3:00 pm
Sheldon Casavant Magic Show (kids 6-12) – Tuesday, March 28, 10 :30-11 :00am
Coup d'art (enfants de 6 à 12 ans) - le mercredi 29 mars, 10h30 à 11h30.
Secret Coders Digital Scavenger Hunt (kids 6-8) – Thursday, March 30, 2:00-2:45 pm
Langue de mon cœur (pour toute la famille) : Les samedis à 11h00

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

SEEECCC STATS

www.earlychildhoodedm.ca/southeast

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

Did you know

- the birth-to-age three period is the fastest rate of brain development across the entire human life span

- social interaction enhances the speed and accuracy of learning at all ages

- babies whose parents frequently talk to them know 300 more words by age 2 than babies whose parents rarely speak to them

If you'd like to learn more about brain development for young children attend our upcoming free workshop (info below).

BRAIN ARCHITECTURE GAME – FREE WORKSHOP

Saturday, April 8 from 9:30 - 11:30am at St. Anthony's Centre (10425 - 84 Ave)

Join parents and early childhood professionals in playing a fun game where you build a child's brain based on the scenarios provided.

Information will also be provided during the workshop about early childhood brain development as well as what promotes brain development and what can potentially weaken it.

TO REGISTER: CONTACT JENNY AT jenny.samm@outlook.com or 780-435-6328.

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

Capilano Farmers' Market

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by Albert's Restaurant



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www.back-on-track.ca

Get Your Back Healthy

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

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

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

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

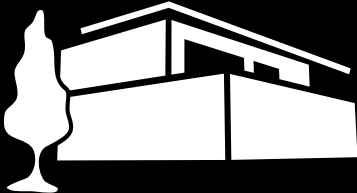
This comprehensive six-week back care program is designed to educate participants on appropriate stretches, exercises and spinal theory. Over the six weeks and 12 sessions, clients learn 11 stretches and 9 exercises plus several balance exercises.

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

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

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

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



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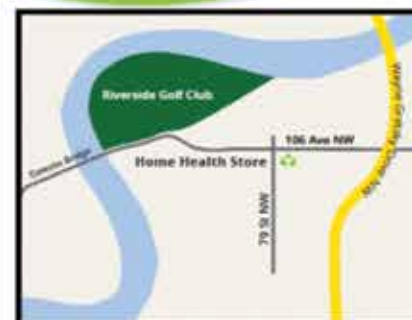
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League Contacts					
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Soccer	Lyne/Boris	sports@avonmore.org sports2@avonmore.org	Volunteers	Ginette	Director2@avonmore.org
Civics	Norm	civics@avonmore.org			

Avonmore Hall Rental

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

Avonmore Playschool 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

Spring/Summer Shinny Hockey

- The season runs Thursdays starting April 6th and goes until August 31.
- We play 9:45 pm to 11:15 pm at Argyll Arena
- Anyone wanting to either play the entire time or drop in can contact Boris: sports@avonmore.org
- It is open to anyone above 16 years old wanting to play organized shinny hockey.
- There are limited spaces available.

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.org for more deadline details.

Music and Movement for Children

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

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

Avonmore Garden Club

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

Avonmore PARENT & TOT PROGRAM

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

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.

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.



Babysitting



Need A Babysitter? Or Looking For A Babysitting Job?

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

For Parents Seeking Babysitters: email Cheryl at admin@avonmore.org 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 Book Club

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

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

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

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

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.



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.



Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client.

The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer or the seller - they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price.

It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party.

These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an Agreement to Represent both Buyer and Seller.

Informed consent means each client understands the facts, implications, and future consequences of providing their consent.

You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

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



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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.

Later Outdoor Soccer Registration

Although outdoor soccer registration within the communities of Capilano, Fulton Place, and Gold Bar has passed it is still possible to be part of the fun. The EMSA Southeast zone, which our communities are part of, is holding a late registration on Sunday March 12 from 1:00-5:00 at Ottewell Hall, 5920-93A Ave. Please complete the online form beforehand at emsasoutheast.com After this date registrations will only be accepted at the zone office and will incur a late fee as well as being subject to roster availability.

Local Coyotes – Conflict Prevention



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

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

Capilano Community Memberships

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

Capilano Playschool Open House March 9

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.capilanoplayschool.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 deedeeceangreen@gmail.com or 780-914-6106.

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!

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.

Hardisty Gymnastics Club – Winter Classes

Sponsored by Capilano Community League

Gymnastics Classes!
Parent & Tot 18mo – 3yr, 6:00 – 6:45pm (Tuesdays)
Preschool 3-5yr old, 6:00 – 6:45pm (Tuesdays & Thursdays)
Preschool 3-5 yr old, 6:45 – 7:30 pm (Tuesdays)
Elementary 6-12yr, 6:45 – 7:45 pm (Tuesdays & Thursdays)
Elementary 6-12yr, 6:00 – 7:00 pm (Thursdays)
March 7 – April 25 (\$91/child) or Thursdays March 9 – April 27 (\$91/child)
Shauna 780-966-3205 canadaplays1@gmail.com



Capilano Preschool Soccer Registration

Have fun learning to play soccer. Instruct-ed classes are 45 minutes long and specifi-cally 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 web-site (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

Group 1:
Ages 4-6years
Time: 9-10AM
Group 2:
Ages 7-12 years
Time: 10-11AM
Starts: Saturday April 22-June 3th
Cost: \$70/child
Location: Capilano Community League Rink
Registration: Registration opens online February 1st, 2017. Kids will enjoy learn-ing stick handling, passing & shooting skills in a small game environment. They will be so busy participating in games de-veloped to improve skills they won't even realize they are learning! For more infor-mation contact Shauna canadaplays1@gmail.com 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 in-cludes 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!

City Services & General Information

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

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

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



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 hob-bies or become withdrawn;

Behaviour: reactions seem out of character. Some common reactions include repeating the same action or words, hiding posses-sions, 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 inde-pendent 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 ski-ing 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.

Suicide prevention 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 some-one 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 depres-sion, 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

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

Book Cloverdale Hall Today!

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

Cloverdale Hall is the perfect venue! Room to move, party, mingle or just chill out. All the amenities needed to host your special event! Email Janet and hold your date. rentals@cloverdalecommunity.com

Cloverdale Is The Best Neighborhood.

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

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

LET'S CONNECT MORE!

Are you interested in getting to know more neighbours and how to connect with the neighbourhood?

Come and bring a neighbour to the "BLOCK CONNECTOR" information session at the Cloverdale Community Hall.

Sunday, March 12 from 2:30 to 4:00pm.
All are welcome.

Family Skate

Rink is open!!

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!

Zumba® Kids, Jr 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.

Benefits

Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives.

Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness.

Contact Janet to sign up rentals@cloverdalecommunity.com

Spring brunch for Green Thumbs!

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

Learn about the community garden and purchase your plot.

For more information email Shelley at communitygarden_chair@cloverdalecommunity.com

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	Secia@forestterrace.org
Soccer	VACANT	887-3158	Soccer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Memberships	CoraLee	430-4307	Membership@forestterrace.org
Website	Tyler		Web@forestterrace.org
Sign	Angela/Daniel		Signs@forestterrace.org
News Editor	Kerry		Newsletter@forestterrace.org
Volunteers	Nicole		Volunteers@forestterrace.org
Events	Kathleen		Events@forestterrace.org
Safety	Lyndsey		Safety@forestterrace.org
Civics	Angela	885-9529	Civics@forestterrace.org
Marketing	Kelly		Marketing@forestterrace.org

Next board meeting

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

Block Printing- Workshop Friday, March 10

Learn to make unique, hand-printed cards or wall art and take home a stamp you can use over and over again. We'll learn how to carve out an image of your choice, ink it up, and print it on archival, high-quality paper.

Relaxing and meditative, block printing is the perfect way to take a moment for yourself and makes great gifts for you and your loved ones.

For more info about the event, contact connie@forestterrace.org. For more info about the workshop itself, visit the instructor's website at stephaniemedford.com.

The workshop fee is \$25 with a membership from any community league. Bring proof of membership to the event. \$40 for non-community league members.

There is a maximum of 12 participants and a minimum of six. Register on Eventbrite.



Casino Volunteers

The Forest Terrace Heights Community League is hosting at Casino Edmonton on Tuesday, June 20, and Wednesday, June 21. The proceeds will help us continue to provide the community with fun events as well as fund things like community soccer and rink upkeep.

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

This is a fun event! Consider volunteering with a neighbour or as a date night -- no kids allowed and you get dinner!

To volunteer for or if you have questions, please contact Anna Krall at 780-485-6099 or casino@forestterrace.org.



Forest Terrace Heights is an Abundant Community

We are excited to announce the launch of Abundant Community Edmonton in our neighbourhood this spring! Basically, ACE is a way to build a culture of connection one neighbourly conversation at a time.

Be a part of turning strangers into neighbours, so we can love where we live!

Interested? Check out edmonton.ca/abundantcommunity for a description and links to what's already happening.

Want to get involved as a block connector? Contact CoraLee@ForestTerrace.org or 780-430-4307.

Speaking of Volunteers...

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

Soccer director(s):

- Outdoor soccer registration is already complete and we're still without a soccer director. Thankfully, a couple of board members have stepped up, but the community needs a dedicated volunteer to make the season a success. Ideally, we would have one volunteer to oversee the outdoor season and one to oversee the indoor season.

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.

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

Community Garden Meeting

The Heights Community Garden has received final funding from Sustainable Food Edmonton.

Most gardeners are returning this year, and we have a waitlist for the remaining plots.

Registration will be on April 11 at 7 p.m.

In the meantime, join us on Tuesday, March 21, from 6:30 to 7:30 p.m. at the hall as we continue to plan for this growing season.

For more information, contact Garden@ForestTerrace.org or visit the Facebook page.

Community League Membership has its Benefits



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

One member is randomly selected on the second Wednesday of each month to receive a small flower arrangement from our neighbourhood florist, Grower Direct.

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 March 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

We've had some Sundays when it was too cold and a couple when it was too warm, but with luck, there will still be a few more nights of hockey this winter. 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.

Zumba!

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

We know you love Zumba, but we need to get a few more dance-fans out to class or it will have to be cancelled. Try it! You get to dance to great music with great people and burn a ton of calories without even realizing it.

Men and women over 13 with all fitness and experience levels are welcome. 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 March 8, 2017.

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

Indoor Bootcamp

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

The latest round of our indoor bootcamp began Feb. 27 but drop-ins are welcome anytime! The series runs until April 10 (no class March 27).

Build your strength and cardio fitness. All fitness levels and ages welcome; geared towards adults. Discount for community league members, including members from other communities.

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

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780-233-9939 (cell)

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780468.2598

leflar@suzykiskool.ca

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780468.2598

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 competi-
tive, 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 Babysit-
ting Course, sponsored by Fulton Place
Community League.

All the safety and first-aid that a baby-
sitter 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 Com-
munity 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!

Join Your Fulton Place Community League!

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

Being a member brings you and your
family benefits.

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

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



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 dona-
tions, 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.

City of Edmonton Development Permit Compliance

The City of Edmonton does not do routine
checks to ensure that new developments
follow regulations.

To a great extent, the city relies on leagues
and nearby neighbours to report building
developments which are not in compliance
with regulations in the zoning bylaw and
the development permit.

Call 311 with your inquiry if you suspect
abnormalities.

Perhaps a building appears abnormally
large or too close to the property line, or
you are concerned about other problematic
irregularities.

Current City Surveys

Help the City of Edmonton build an even
better city by becoming a member of the
Edmonton Insight Community.

Complete online surveys on City policies,
initiatives and community issues.

The surveys are open to all Edmonto-
nians, over the age of 15.

Registration is quick and easy at
www.edmontoninsightcommunity.ca

In addition to the Edmonton Insight Com-
munity surveys, the City of Edmonton
uses a range of survey tools and approach-
es to gather input from Edmontonians.

To view and complete these surveys as
they appear please visit and bookmark:
Edmonton.ca/Surveys

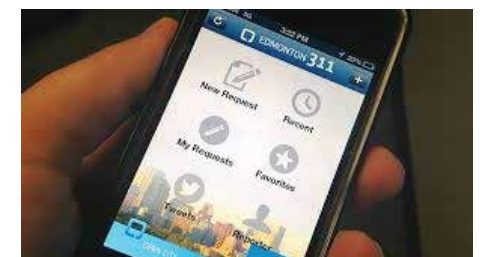
Edmonton 311 App

The City of Edmonton has provided an app
for smartphones.

With the 311 app Edmonton residents are
able to report: potholes, damaged side-
walks, 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.






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

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

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

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



My greatest adventure

Try Alpha

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

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

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

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

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

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

 Watch Bear Grylls' Story
TryAlpha.ca



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


Hours:
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Tue: 9am-6pm
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KC Trojans Soccer Association

FREE Backpack*



Accepting registrations for U5-U17 and adult teams

Tryouts

March 11-28

Register at

KCTROJANS.com



Club soccer at its best!
Moms and Dads have asked so we answer
U5 to U10 NO TRYOUTS
everyone gets a spot.

* Free soccer backpack for all new registrants, U-9 and up only, that are on a team. A free backpack for your soccer journey and somewhere to put your kit. \$100 value.

KC Soccer will reveal a New Look in the Fall of 2017. The new look will give a better feel and love for the game and better ways to support your favorite elite

KC Trojans is a Premier Edmonton Club Soccer Association with a long-standing tradition of excellence. We offer a variety of child, youth and adult programs in addition to technical partnerships focused on skill development.

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

Thank you Casino volunteers!

Thank you to everyone who responded to our plea for volunteers for our community casino.

And a BIG thank you to Isabella Pierce for taking charge of the casino and raising even more money on behalf of Gold Bar Community; you are SUPER!

The money awarded from this casino will help keep Gold Bar a vibrant community.

Gold Bar Communications

To submit an item to the next SEV email SondiAmber@gmail.com by Sunday, Mar.19.

Annual General Meeting

All residents of Gold Bar are invited to attend to discover what is being worked on in our community and to enjoy some refreshments. Monday, April 10 at 7pm in the Gold Bar Hall

Three Exercise Classes Offerings

a.Body Barre

***Wednesdays

9-10am, Feb 22 – March 22***

\$12/drop-in. Moderate to advanced fitness level. Each class we'll target your arms, core, glutes, and legs in a balanced workout designed to help your body build and keep its lean muscle, raise your heart rate, and improve your mind-body connection. Please bring a mat and a water bottle. Instructor: Jennifer Sloan, BEd.; AFLCA Group Fitness Leader; MOC Barre Method Instructor



b.Strength, Sweat & Stretch

***Mondays 5:15 - 6:15pm, \$12 drop-in

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

Instructor Colleen Wagner, 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 - 8pm Feb 23 – Mar 23

\$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!

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

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

Upcoming Bingo Dates



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

FORT ROAD BINGO

Wednesday, April 12 - Afternoon & Evening

PARKWAY BINGO

Sunday, March 12 - Evening & Late Nite

Sunday, April 9 - Evening & Late Nite



Friendship & Fun Across the Board.

Games Night

Saturday, March 25 6 - 9:30pm @ Gold Bar Hall

All ages welcome! Bring some friends, or prepare to meet some new ones, and bring your own games. Childcare is available at the hall. There will be two game rooms, and snacks will be available as well. [Please note the date change from the community e-newsletter – this is the correct info.]

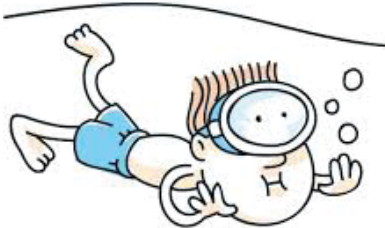
Ice Rink Update

It doesn't look like the ice rink is going to happen this season but the community will be sending out a survey to get a feel for the level of interest in making it happen next winter. Please contact Tammy to find out how you can help: tschatull@gmail.com

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

On the second Tuesday of the month you can receive a FREE hot beverage (coffee, tea or hot chocolate) at Blues Java between the hours of 7-11am.

Please bring your card, or you can use cash to buy one there! This is offered the second Tuesday of every month.

There is something for everyone in the Gold Bar community!

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.

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.

4 Surprising Benefits of Volunteering: Feel Healthier and Happier!

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

Volunteering as a family
Children watch everything you do. By giving back to the community, you show them first-hand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

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FREE COMMUNITY BABY /TODDLER AND ME PROGRAMS

CONFIRM BY EMAIL fcssdodie@shaw.ca

Infants can Talk with Their Hands (SIGN LANGUAGE) Fulton Child Care 10310 – 56 Street (West Doors)	Tuesdays Jan. 10, 17, 24, 31 Feb. 7, 14, 21, 28 March 7, 14, 21 April 4, 11, 18, 25 May 9, 16, 23, 30 9:45-10:30
Movers and Shakers Drop in indoor Play Program This is a great program for preschool children	Wednesdays Jan. 11 – Feb. 15 March 1 – April 26 (excluding March 29) May 3 – June 7 9:30 – 10:30
BABY YOGA Fulton Place Community Hall 6115 – Fulton Rd	Wednesday's Jan 11 – March 22 April 8 – May 31 2:00 – 3:00

FREE Evening Workshops

10310- 56 St (West Doors)


Supper and child care will be Available

CONFIRM BY EMAIL fcssdodie@shaw.ca

Tax Seminar Presented by Dara Schaaf BAppBA, CAP, CGA from Koshman and Schaff LLP Chartered Professional Accountants	Wednesday March 1, 2017 6:00-8:00pm
Sleep Time Struggles Presented by	Wednesday March 8, 2017 6:00-8:15pm

Fulton Child Care Community Playschool's Open House.

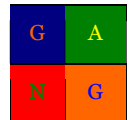
March 16, 2017 from 5:45-6:45pm, at 10310-56 Street (west doors).
Our Playschool is for children ages 3-4, and it runs from 9-11am
every Tuesday and Thursday mornings. \$100/month. Please call
780-465-4383 ext.24 to register.



Saturday, April 22 FABULOUS FABRIC FRENZY

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

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



Learn More About Us:
EdmGrandmothers.org
StephenLewisFoundation.org

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

Strathearn United Church
8510 – 95 Avenue
Edmonton

Admission \$1

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

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

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



Holyrood Community League	Contacts	
President:	Wendy	president@holyroodcommunity.org
Vice President:	Claire	vicepresident@holyroodcommunity.org
Treasurer:	Dianne	treasurer@holyroodcommunity.org
Secretary:	Marjorie	secretary@holyroodcommunity.org
Programs:	Justine	programs@holyroodcommunity.org
Memberships:	Jennifer	memberships@holyroodcommunity.org
Facilities:	VACANT	facilities@holyroodcommunity.org
Communications:	VACANT	communications@holyroodcommunity.org
Social:	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

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

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

Where: SEESA boardroom
When: March 20, 2017 6:30 pm

AGM

Holyrood AGM

Wed, April 26th, 7-9pm
Save the date! More details to come

Holyrood Cooperative Playschool

Our 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 [hcpregistrar@gmail.com](mailto:hcpsregistrar@gmail.com)

Paint Classes With Local Artist

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

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

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

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

Check out Jeanette's work at www.somefineart.com or Instagram @some_fineart

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

You must pre-register by emailing programs@holyroodcommunity.org

Bench Project

Great neighborhoods need great spaces!

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

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

Just email us at the address below and tell us who you are, your address, and your phone number for us to call you to sort out logistics. We can't guarantee a bench for everyone who contacts us (we will review all applications to make sure the benches are equally spaced throughout the community) but the chances are good.

The bench needs to be located at the front of the house on the boulevard. We suggest painting or decorating your bench to make it look unique and inviting. You would need to make it obvious that the bench is for everybody by putting a sign saying something like "Feel free to sit" and keep the bench and surrounding area clean and accessible all year long.

Contact us and we'd be happy to give you a bench. Bravo for benches!
kimberly@seesa.ca

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

Help us have a voice!

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

We need a Communications Director to oversee the league's vital 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.

Outdoor Soccer Registration

Late Registration Day is
Sunday March 12th
1:00 pm – 5:00 pm
Ottewell Community League

You must register online (starting February 1st) at emsasoccerportal.com then attend the late registration day.

Print forms and bring to registration day 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.

Want to be a Soccer Referee?

The Holyrood Soccer Committee is looking for outdoor soccer referees for the upcoming sea-son.

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 soc-cer@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



Kefir Madness

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

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

MILK KEFIR
Thursday March 16
7:00 – 8:30 pm
Holyrood Community League
\$30

KOMBUCHA
Thursday March 23
7:00 – 8:30 pm
Holyrood Community League
\$30

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

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

Dipping Into Online Knowledge

Surfing online can help you navigate parenthood, changing relationships and your family's health. Here are some of the benefits of connecting online:

Find (reliable) knowledge

From your child's developing brain to his budding literacy skills, you can learn all about his development and health online. Tapping into such information—and 60 per cent of new moms do—can help you understand what's normal and when to get professional help.

"Take many things you find online with a grain of salt," says Michelle Hagen, AHS manager of social media. She encourages advice-seeking parents to consider the sources. Look for familiar and reliable sources such as government agencies, health providers, education and non-profit organizations with current information. Sites such as Health Canada, My Health Alberta and Apple Magazine have carefully reviewed evidence-based information. Regardless of where you find it, online information is never a substitute for speaking with a health-care professional.

Connect to community

Social connections are important to our health. Dads are starting to benefit from growing social communities, says Patrick Dillon, the provincial coordinator of the Alberta Father Involvement Initiative. "Dads are seeing examples of good dads and positive parenting and they're getting affirmation that they're doing OK."

When children have stable and supportive relationships in their home and community, it lays the groundwork for their positive mental and emotional health and reduces their parents' depression, anxiety and social isolation.

Many groups, such as Parent Link, exist both online and in the community. Their online presence is often an introduction to the many community programs they offer families, such as parent playgroups that focus on lifelong skills such as singing, playing, reading and talking.

"Ultimately, it's who we connect with and how we choose to connect that informs our lives as parents," says Dillon. For a list of AHS's social media accounts, visit albertahealthservices.ca/socialmedia

— reprinted from *Apple magazine*

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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.

League Contacts

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

To contact us, please do so by email or by leaving a message at 780 466 7383. Like and follow us for the most up to date news. Search Idylwylde Community League on Facebook and @IdylwyldeCL on Twitter.

You can also visit us at www.idylwylde.org 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

With spring just about ready to burst out, we are getting ready to start up the 2017 season of the community garden. Please Contact us at gardenidylwylde@gmail.com if you would like to join our awesome crew for the coming season! Please watch our fa-cebook to dates for the first garden meeting coming soon.

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.

Beginners to Intermediates Yoga

Instructor: Susan Lobkowicz

Mondays: 7pm-830pm

Start date: February 27, 2017

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

Chair Yoga

Instructor: Susan Lobkowicz

Thursdays: 10:15 am- 11:15 am

Start date: February 23, 2017

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

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!



Movie Night at Idylwylde!

The movie "Up" will be playing at the next Idylwylde movie taking place March 18th at 6:00 pm. We will be accepting donations for the park redevelopment. We hope to see you there.



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 in your 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 811 or visit www.myhealth.ab.ca.

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.	VACANT		
Summer Programs	VACANT		
Capital Projects	Gary	780-466-7591	
Grant Applications	VACANT		
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Rob	780-707-8204	
Publicity/Website	Martine	780-466-9444	publicity@kenilworthcommunity.com

Representatives

Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Ladies Aux.	Jean	780-469-4669	
Ladies Aux.	VACANT		
Neighbourhood Watch	Gladys	780-466-1688	
Playschool	Diandra	780-244-5986	diandralharding@gmail.com
Toddler Time	Angela	780-935-3404	angela.feehan@gmail.com
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

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

Annual General Meeting, Monday, March 13 @ 7:00 p.m.

Budget, elections of open executive positions, information about projects for the year; meet your neighbours, become involved in your community. Refreshments and Royal Pizza after the meeting. Hope to see you there!

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

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

New Volunteer Opportunities

Many opportunities are available: Soccer Director, Adult Programs, Children's Programs, Summer Programs, Grant Applications, Bingo Alternate, Babysitting Registry. If you are interested in helping out with the Soccer Director position, we have one volunteer willing to co-direct. Please contact Meghan @780-450-0534 or email president@kenilworthcommunity.com.

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary Community League Membership. This is a great way to meet community residents and contribute to your community.

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

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

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

Sand Box

Sand Box is back at Kenilworth Community. If you notice that it is empty, please call Dan at 780 469-2019. Please keep lid closed to prevent rain and snow getting into the sand.

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:
March 18th, 4:30
April 25th, 4:30
May 13th, 10:30
June 4th, 10:30
June 30th, 4:30

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

COME JOIN US! Strength/Cardio class

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

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

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

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

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



I've Outgrown It Sale

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

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

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

KCL Adult Spring
Steak & Shrimp BBQ



Saturday May 13, 2017

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

Community
Garage Sale



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

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

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

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

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

Toddler Time

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

Babysitting Registry

If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry. Call Sheri at 780-466-9444 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.

Memberships

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

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

For more information contact Barb @ 466-2360.

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



Ben Henderson
Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

STORM SOCCER CLUB

PREMIER



SOCCER

FEBRUARY IS OUTDOOR SOCCER REGISTRATION MONTH!

REGISTER ONLINE at emsasoccerportal.com

Then attend

Storm Registration & Tryouts



South Soccer Centre - 6520 Roper Road

March 7 & 9	6:30 - 7:30 pm	U10 Boys	Field 12
March 9	7:30 - 8:30 pm	U10 Girls	Field 12
March 20 & 22	6 - 7 pm	U12 Boys & Girls	Field 10 & 11
March 20 & 22	7 - 8 pm	U12 Boys & Girls	Field 10 & 11
March 20 & 22	8 - 9 pm	U12 Boys & Girls	Field 10 & 11
March 20 & 22	9 - 10 pm	U12 Boys & Girls	Field 11

*Please arrive 30 minutes prior to tryout time with registration forms, payments, government issued ID, and community league membership.
*Mandatory for all players to attend each tryout date.

TRAINING PLAYERS FOR SUCCESS!

Visit Our Website For Details:

www.emsasoutheast.com



Ottewell Community League Executive and Board Members

Executive:

President – Corinne

Vice President – Bri

Secretary – Sandra

Treasurer - Cindy

Board Members:

Bingo Co- Chair – Kyla

Casino Chair – Vacant

Rentals - Tim

Grants – OPEN

Bylaws – OPEN

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

Indoor and Outdoor Soccer Director – Glen

Parent and Tot Team Lead – Bri

Summer Playground Chair – Colleen

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

Playschool Chair - Andrew

Rink Chair – Cory

Maintenance Chair – Frank

Civic and City Liason Chair - Matt

Membership Chair – Russ

Communications Chair – Matt

SECLA Rep – Lori

EFCL Rep – Corinne

East Park Baseball – Clarence

All Positions are volunteer positions.

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

Ottewell Community League

5920 – 93a ave

Edmonton, Alberta

T6B 0X2

Cooking Classes With Chef Sally

Spiced Chickpea Bites, Warm Beet and Paneer Salad, Easy Butter Chicken, Pilau Rice and more.

SPRING BRUNCH: Sunday March 26 (1 to 4.30 pm)

Menu TBA.

WHERE: Ottewell Community Hall, 5920 93A Avenue.

COST: \$105 per class. SPACES: 8

INCLUDES: Lots of good eating, samples of wine, a recipe handout and a resource list.

PAYMENT: Cheque, cash or email transfer.

Cheques should be made payable to Sally Vaughan-Johnston.

Send or drop off at my home at

388 Clareview Road

Edmonton, T5A 4G6.

CANCELLATION POLICY: Please note that, just like most theatres and sporting venues, I do not issue refunds. If you are unable to attend a class you are welcome to send a friend in your place.

Sally Vaughan-Johnston: 780 461 4238

780 655 0020 (cell) svaughanj@shaw.ca

24 Southeast Voice

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. Mondays at 9:05am – Fitness kickboxing Wednesdays at 9:05am – Interval style bootcamp & circuit training

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

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 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

OCLP is still accepting registrations for the 2017/2018 school year. We run out of Braemar School, and are running a 2 or 3 day/week program. Registration forms can be printed off from OCLP.ca 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.

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

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 March 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!

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



Jazz and Reflections

Jazz and Reflections is a series of five Sunday afternoon concerts featuring some of Edmonton and area's best known musical talents.

Each week, beginning April 2 and ending May 7 (note-no concert on April 16, Easter Sunday), will feature a different performer and/or group.

Come and hear the musical stylings of the Allen Jacobson Trio and the Mallory Chipman Trio. Returning to J&R is the ever-popular PJ Perry Quartet, the Kent Sangster Quartet and Don Berner this time pairing up with Charlie Austin.

The 1 ½ hour long program will include a short Reflection followed by a brief intermission.

Admission is by donation at the door.

All concerts begin at 3:30 pm at Ottewell United Church, 6611-93A Ave, Edmonton.

We are wheelchair accessible on the south-east side of the building.

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.

Ottewell United Church
Presents

Jazz and Reflections

An afternoon of jazz and spiritual reflection

Sunday afternoons, 3:30-5:00pm at

Ottewell United Church

6611-93A Ave, Edmonton

April 2- Allen Jacobson Trio

April 9- P J Perry Quartet

April 23- Mallory Chipman Trio

April 30- Don Berner & Charlie Austin

May 7- Kent Sangster Quartet

Admission by Donation at the door

These concerts are sponsored in part by Ottewell United Church, the Edmonton Musicians' Association through the Recording Industries Music Performance Trust Fund and people like you. Thank You!



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Easy courses from
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Board of Directors

- President — Jenny
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- Secretary — Alicia
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- Social director — Yasir
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- 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

Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website www.edmontonpolice.ca/reportacrimeonline

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress.

For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS has developed the Neighborhood Crime Mapping Website for the public to view crime in neighbourhoods across the city. <http://crimemapping.edmontonpolice.ca/>

By accessing this timely information on reported crime, you will be able to know what is happening in your neighbourhood.

By knowing what is going on, we can work together to reduce and prevent crime.

For more information about community policing, visit www.edmontonpolice.ca/communitypolicing.aspx

It's Official - We're Building a Hall in 2017!

In late November of last year, the Strathearn Building Committee held a public tender for construction of the Strathearn Hall.

Due to the competitive construction market and steps taken by the committee to reduce costs in the hall, the construction contract was awarded to Southwark, a commercial construction and project management firm.



Southwark beat prices submitted by thirteen other firms and meets all licensing, bonding and contract requirements.

Southwark president Karl Sibbons is no stranger to community projects – his firm has been heavily involved in supporting the nearby Edmonton Ski Club.

Southwark's commitment to volunteer-run organizations, and familiarity with the Strathearn area gave Sibbons full confidence that his company would be successful.

Originally from the UK, Sibbons named the firm after the Southwark borough of central London, and though it's spelled with a W, the correct pronunciation is closer to "Suthark."

The firm has committed to begin construction by late spring and complete the hall by December 15.

Before beginning construction, the building committee will review prices for several optional changes priced as part of the tender, and decide on the final details including flooring, kitchen cabinets, masonry finishing and paint.

Although the contract is signed, Strathearn still needs your help!

The construction contract amount does not include any allowance for furniture (such as tables and chairs), millwork (such as built-in storage shelves), or a contingency amount to cover unforeseen problems such as poor soil conditions, underground utility conflicts, or vandalism during construction.

For more information on how you can support the hall, please contact Strathearn Community League president Jenny McAlister at president@strathearncommunityleague.org.

We sincerely thank everyone who has contributed to the hall. Donations of more than \$500 will be recognized on a donor sculpture by artist James Hebers. The sculpture, which will have a prominent location inside the new hall, is made of wood slats and takes the physical shape of our neighbourhood.

While the upcoming construction is exciting, we'd like to remind everyone not to enter the construction area once the construction fence goes up.

Even though it may look safe, there can be sharp objects, uncovered openings, or loose material on the jobsite.

Road Sign Design Competition Call for Entries

Open to all, the first (and only) Strathearn Streetblade Design Competition is looking for entries!

Select a shape, and try your hand at designing a custom graphic for Strathearn's streetlight-mounted road signs, which will remain in use until 2067.

Open to all, the streetblade design competition has a \$250 prize for the entry selected by our talented jury of three Strathearn locals.

Our jury includes resident Erik Backstrom, who currently leads the City of Edmonton's redevelopment planning team and has a master's degree in planning; resident Tai Ziola, who is a principal and architect at Newstudio Architecture and was the host of the 2016 Strathearn Jane's Walk; and business owner Dave Jackson, who is part owner of The Wired Cup, a Strathearn institution (and home of Wired Wednesdays) for more than 10 years.

There is no cost to enter, and you can enter as many different ideas as you want.

Entries can be submitted via email, using the competition brief available on our website at strathearncommunityleague.org.

The submission deadline is March 31, 2017.

Thinking of buying or selling?



Alex Ward, Realtor

Tel: 780-438-2500

Cell: 780-267-2625

Email: alexward@realtyexecutives.com

11058 51 Avenue

Thank you for the opportunity
to EARN your business!



Community Soccer Late Registration

Community soccer registration is in full swing. The SE Zone Late Registration is Sunday, March 12 from 1 p.m. to 5 p.m. at Ottewell Hall, 5920 93A Ave.

Strathearn community soccer co-ordinator Niki Lefebvre offers an update on registrations, “So far I have enough kids for one U6 team. Strathearn usually has two U6 teams and one U8, so that’s what I’m planning for.”

As usual, Strathearn home field will be on the east side of Gabrielle Roy School and the season will begin around May 1, depending on the weather.

A big thank you to Niki Lefebvre for coordinating this excellent community program again this year.

For a great snapshot of the community soccer program, check this link to the Bonnie Doon Community Soccer page: bonnie-doon.ca/soccer.html

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 the in-person registration on March 12.
- After you’ve registered online, you MUST attend the in-person registration with the following:
 - o two printed copies of your online registration summary from the portal
 - o proof of age
 - o a current community league membership (you can purchase this at time of registration if required)
 - o proof of payment (if you paid by credit card, it will indicate this on your online registration summary) or can pay by cash or cheque
 - o volunteer deposit cheque
 - o 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.



Working Close to Home

Strathearn is a great neighbourhood for a lot of reasons. Some of those reasons are abstract – it’s a friendly and welcoming community. Other reasons are more straightforward – cafes, churches, convenience stores and other services are all within our boundaries.

Compact neighbourhoods such as Strathearn, which have a mix of retail and commercial space, are considered to be “location efficient.” Simply defined, efficient locations are places where people can, live, work and play without a heavy reliance on personal transportation.

And for some of our neighbours who are looking to ditch commuting to work all together, Strathearn is just about perfect.

Six months ago, when Karen MacDonald was looking for a spot to hang her shingle as a mortgage broker for Dominion Lending Centres (9410 91 St.) She had some pretty strict criteria.

“I wanted to be able to walk to work,” says MacDonald. She and her family moved to Strathearn from Sherwood Park three and a half years ago. With a son enrolled at University of Alberta and a penchant for running and mountain biking, Strathearn suited them perfectly.

MacDonald looked around for an office and even considered space in Bonnie Doon near the Bul Go Gi House Restaurant but, she admits that, “on a cold morning the temptation to hop in the car would have been tough to overcome.”

When office space came available a couple doors down from The Wired Cup, MacDonald knew she had found the perfect spot. With her office just steps away from her front door, MacDonald has stitched together two components of her life into the fabric of her community.

The balance between working life and home life is what Strathearn resident Craig Boa is after.

As a successful small businessman, Boa can attest to the long hours away from home required to get his downtown location up and running.

So when considering an expansion of his business Boa, is planning for a spot right here in the neighbourhood.

“It would be great to be able to walk home and let the dog out even,” says Boa.

Using your neighbourhood stores and services is good for all of us. It emboldens hard working, independent business owners and can inspire others to take a chance on Strathearn as a place for their small business.



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.



Community Sandbox Program Returns

Score one for the people. The ill-considered decision to centralize community sandboxes at five city roadway maintenance yards has been reversed after many complaints from citizens.

If you need traction sand for your steps, sidewalk, driveway, and such, you can find free sand in a green bin behind the Strathearn Community League rink shack.

If you happen to notice it running low, feel free to call 311 and let them know it’s time for a refill.

March Programs

Swimming

Free family swimming/workouts at Commonwealth Leisure Centre Saturdays, 5 p.m. to 7 p.m. and Hardisty Leisure Centre Sundays, 1:15 p.m. to 2:45 p.m. (Strathearn Community League membership required)

Strathearn Stay and Play

All caregivers of preschool children are welcome to join this parent and tot group on Fridays from 9 a.m. to 11 a.m. at the Strathearn Hall (8777 96 Ave). Connect with other caregivers in your neighbourhood, and enjoy coffee and light refreshments.

Strathearn A.V. Club - Altman vs. Anderson

The first double bill for Strathearn A.V. Club is a battle of the ensemble cast films. Can you spot the similarities between Magnolia and Short Cuts? Join us for a back to back screening of arguably the best work from these two Hollywood titans. The March meeting is scheduled for Saturday, March 18 at 7 p.m. at the Strathearn Community Hall (8777 96 Ave). Admission is free and everyone is welcome to this 18+ event.

Toonie Thursday

The second Thursday of the month is Community League Happy Hour at Juniper Cafe & Bistro (9514 87 St.) Enjoy a beer or glass of wine for a toonie from 4 p.m. to 6 p.m. Upcoming dates –March 9 and April 13 (Strathearn Community League membership required)

Wired Wednesday

The first Wednesday of the month enjoy a free beverage on Strathearn Community League from 7:30 a.m. to 11 a.m. at The Wired Cup (9418 91 St.). The next Wired Wednesday is April 5. (Strathearn Community League membership required)

INVENTORY SHORTAGE!!!! THE TIME TO LIST IS NOW!

**Call The Dunham
Team Today
780 - 466- 0418**
Office

**Greg
Dunham**
780-964-1469 (cell)
greg8dunham@gmail.com
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