

SOUTHEAST VOICE

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

May 2017



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Block Party On 101 Ave. Saturday, June 3

This year, as part of the City's 100in1Day initiative, volunteers will be hosting small temporary projects on 101 Avenue. There will be art, plants, and games as like-minded citizens get together to make something special on 101 Ave (~67 Street). Bring some lawn furniture and join the block party! Snacks will be available but you're welcome to bring a food item (potluck-style). Also, as part of a Pot on Every Porch project, bring a pot and you can take a bedding plant or herb for your home. Check out the invitation on page 2 for more info!

Capilano Community League Annual General Meeting

When: May 17th, 2017

Where: Capilano Community League Hall
10810 - 54 Street

What's on? Annual Report, Treasurer's Report, Capilano Community Park Redevelopment update, Capilano Tennis Club Report, Election of Officers

COME OUT TO SEE WHAT IS HAPPENING IN YOUR COMMUNITY. The AGM lasts about one hour, followed by refreshments. ALL ARE WELCOME!

Idylwylde Annual General Meeting

On June 13, we will be hosting our AGM. Come for some supper at 6:30, and our meeting will kick off at 7. The meeting shouldn't last too long, so there will be time to mingle and meet some neighbors after.

We will be looking to fill some board positions as well. The follow positions will be up for election and currently don't have anyone lined up to fill them in: President, Vice President, Treasurer, and Facilities.

The current board has completed an operational manual so those coming into the positions will have a guide of what needs to be done every month. You should also know that we do have a book keeper on staff so the demands of Treasurer position are reduced.

There is a lot of room for great influence with infill, the LRT construction, and 2 park renewals underway. Most importantly, the community league can't run its day to day operations and programs without these important executive positions being filled.

Talk to your friends, family members, and neighbors. If you know of someone that cares about our community, let them know that they can make a difference!

If you have any further questions about any of these positions, or would like to let your name stand in the upcoming election, please contact Marcus at presidentidylwylde@gmail.com

Successful Gold Bar Easter Party

Thank you to our social director (aka Pirate Patty) for the wonderful job she, and her crew, did on the Easter party on Easter weekend. The snow ruined our egg hunt plans, but we filled the hall with delighted children, sparkly tattoos, clever crafts and a truly magical magic show (complete with live bunnies!). Thanks to all who came out.



Ottewell Annual General Meeting

Tuesday May 17, 2017 at 7 PM

Plan to attend the AGM and find out what's been happening in Ottewell. Be a part of a great group of volunteers.

We will have door prizes and treats and sweets to be shared. Hope to see more neighbours attend!



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Strathearn (Vice Chair)	Yasir Syed	strathearnrep@secla.ca
Treasurer	Michael Chen	treasurer@secla.ca
Secretary	Jamie Melnyk	secretary@secla.ca



“Hello, How Are You?”: Combatting Urban Isolation

Andre Picard is Edmonton Public Library's Next Forward Thinking Speaker

EPL is pleased to partner with the City of Edmonton to present Andre Picard - “Hello, How Are You?”: Combatting Urban Isolation on Monday, May 15th at the Chateau Lacombe Hotel.

Andre Picard is a health reporter and columnist for The Globe and Mail who has been honored for his dedication to improving healthcare. He was named Canada's first “Public Health Hero” by the Canadian Public Health Association and as a “Champion of Mental Health” by the Canadian Alliance on Mental Illness and Mental Health. Picard will explore the isolation that often occurs in urban settings and how, as a community, we can come together to build connections. Find out more and get tickets at epl.ca/speakerseries

Featured programs in May at the Capilano Branch include:

- Teen Lounge Jr: Saturday, May 6 at 2:00 p.m.
- Adult Colouring: Thursdays, May 11 and 25 at 7:00 p.m.
- iPad Fun For Beginners: Friday, May 12 at 10:30 a.m.
- Evil Genius Club: Saturday, May 13 at 2:00 p.m.
- LEGO Stop Motion for Kids: Saturday, May 20 at 2:00 p.m.
- School's Out (ages 6-12): Tuesday, May 23 at 1:30 p.m.

When school is out, the library is in. Complete challenges, play games, or learn something new! Discover all the fun activities waiting for you at EPL.

Featured programs in May at the Idylwylde Branch include:

- angue de mon cœur (heure du conte) : Les samedis à 11h00
- Minecraft Club: Wednesday, May 10 at 3:45 p.m.
- Pop-Up Makerspace: Saturdays, May 13 and 27 at 2:00 pm
- Lego at the Library: Saturdays, May 6 and 20 at 2:00 p.m.

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

SEEECCC

Statistics

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

“In Canada, fewer than 5% of children at every socio-economic level are born with known limits to their development. By school age, more than 25% of children are behind where they should be in their physical, social, language or cognitive development. In other words, almost all children are born with a strong potential to grow.” Chief Medical Officer of Health, Alberta Health Services

Provide a supportive, engaging environment for the children in your life – this can make all the difference in the world! For a chance to get some new play ideas and meet other families with children ages 0 - 6, check out the Primrose Family Resource Centre's FREE PURPOSEFUL PLAY WITH ME program on Thursday mornings from 10 – 11:30am at 6311 – 92 Ave that runs every Thursday morning until June 15, 2017.



100in1Day is a community-led festival of urban interventions and placemaking projects that temporarily improve or activate public spaces all over our city. This year 100in1Day will take place on **Saturday, June 3, 2017**.

The event is about exploring what's possible when hundreds of people unite to participate in small initiatives to spark positive change. Edmontonians will share their vision for our city by posting the urban interventions they plan to lead on the 100in1Day Edmonton homepage, participating in workshops, helping to spread the word and, of course, making their ideas happen on the big day.

I'm organizing a 100in1Day project and I would love to get you – friends, neighbours, community members – to visit or participate. Here are the details:

Project Name: **BLOCK PARTY ON 101 AVE! Art, Games, Plants, and Snacks!**
 Organizer Name: **Volunteers from Fulton Place, Gold Bar, Kenilworth, Forest Heights, Terrace Heights, Strathearn. Everyone welcome!**
 Project Location: **101 Ave, ~67 Street (look for signs)**
 Date / Time: **Sat. June 3, 12 - 4pm**
 I'm looking for: ☒ Volunteers ☒ Visitors
 What to Bring: **Optional: Chairs/blanket, food for potluck, pot to take home a plant. We'll provide bedding plants, soil, and limited containers to make your own pot.**
 RSVP / Contact: **101AveBlockParty@gmail.com or (780) 885-9529**
Watch for Facebook event for updates.

If you have questions or comments about this project, please connect with me using the contact info provided above!

Want to learn more about 100in1Day or organize a project of your own?
 Visit makesomethingedmonton.ca/100in1Day



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2017 Big Bin Events

Big Bin Events allow residents to dispose of household items too large for regular collection at no charge.

Accepted Materials

Couches, chairs, mattresses, and other household furniture items too large for curbside pickup
Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
Computers, televisions and other household electronics (will be recycled)

Non-accepted Materials

Commercial Waste

Household Hazardous Waste - please take to an Eco Station. They will be accepted at no cost.

Secure Your Load Properly

Residents are reminded to secure their load properly by tying large items to their vehicle and covering loose material with a tarp.

Reusable Items

If you have items that are in good condition and can be reused, you can donate them. Our online Reuse Directory provides a list of charities and businesses that can reuse many unwanted household items.

Big Bin weekend events are held in various locations throughout the City. All events run from 9am-5pm.

• May 6 & 7

Northlands Coliseum

Wayne Gretzky Drive

(Southbound) & 119 Avenue

• May 13 & 14

The Meadows Recreation Centre

2704 – 17 Street

• May 27 & 28

Ellerslie

2415-101 Street

• June 17 & 18

Commonwealth Stadium

112 Avenue & 90 Street

• Sept 16 & 17

SW District Yard

6609 Gateway Blvd

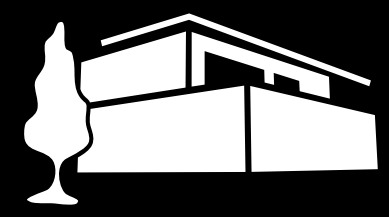
• Sept 23 & 24

Commonwealth Stadium

112 Avenue & 90 Street

Did you know?

The 2016 Big Bin Events had 11,186 visitors and accepted 1,796 tonnes of material.



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League Contacts					
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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 Community Playschool Shadow Day

Thursday, May 25 from 9:30 - 10:30 AM
Avonmore Hall: 7902 - 73rd Ave NW
Come join us from 9:30-10:30am on May 25th to interact with the teachers, learn about our daily routine and participate in a mock playschool day.

For more information or to register for shadow day contact Jamie Konrad by phone (leave a message) at 780-465-1941, or text 780-222-7275 or email playschool@avonmore.org

Walking Club

Join us Mondays 10AM - 12PM for a walk with neighbours. Nordic walking poles (with instruction) are available at no charge. All ages and abilities welcome. Please email Vanessa to register or for more info: director1@avonmore.org



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!

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 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.

Drop-In Lego Club

Tuesday, May 30 from 3:30 - 5 PM
Come channel your master builder! This is a program for school age children to come after school and enjoy playing with Lego (we provide the Lego) and participate in different Lego related challenges. Contact Jamie if you have questions: Jamie Konrad by phone (leave a message) at 780-465-1941, or text 780-222-7275 or email playschool@avonmore.org. Watch for a new session starting up in September!

A BIG THANK YOU TO EVERYONE WHO DONATED LEGO, WE COULDN'T HAVE DONE THIS WITHOUT YOU!

Avonmore Book Club

If you enjoy reading, the Avonmore Book Club would love to have you.

The Club meets on Sunday evenings every 4 to 6 weeks. Members take turns picking books and hosting meetings. New members welcome from any community.

Books we have recently read and rated are: (Scores are out of 5.) The Memory Keeper's Daughter (3.5), Never Let Me Go (3), Where'd You Go Bernadette (4), The Jungle (4) and Drowning Ruth (3) and A Man Called Ove (4.5).

Next Book Club is May 28th and we are reading any or all the books selected for Canada Reads. For more information contact Anita at (780) 462 4439 or director3@avonmore.org.

Avonmore Summer Adventure Camps

For more information or to register please email playschool@avonmore.org and please note that registration for these camps will open up on June 1st and there are limited spots so don't forget to register early.

'The great outdoors' camp - July 10,11,12,13

At the July camp we will be learning about nature and the world around us. We will be planting flowers, playing games outside, learning about all things outdoors, taking a trip to the Mill Creek Ravine, learning about bugs and ending the camp off with a field trip to the Telus World of Science. Ages 6-up.

'A little bit of everything' camp - August 21,22,23,24

At the August camp we will be doing several different fun activities. We will learn about chemical reactions in cooking and having fun making things explode. We will be making Lego stop motion, doing Lego challenges and even art on the side. This is a camp for everyone as there are so many different choices. We will be finishing the summer camp off with a trip to WEM Sea Cavern. Ages 5-up.

Cost: \$150 per camp OR Avonmore Community League members pay \$130.00

Mill Creek Clean-up

SUNDAY, May 7 from 10 AM - 12 PM

- Rain or shine!
- Watch for an Avonmore volunteer handing out bags and other supplies at the toboggan hill (south end of the ravine)



Free Community Swim Times

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

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

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

Giving People a Voice in Mental Health Research

Written By Caitlin Crawshaw

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

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

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

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

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

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

Plant and Perennial Exchange

Saturday, May 27 from 8 AM - 12:30 PM

The Avonmore Garden Club will host a perennial exchange and a gardening resource event at the Community Hall (7902 - 73rd Ave NW). Come and learn more about who we are and what we have planned for the summer.

8-10a.m. Drop off plants or seeds you want to share. Plants & seeds should be labelled and weed-free.

10a.m.-12noon – Pick up perennial and seeds. Talk to local experts. Meet other gardeners. Everyone is welcome!



Avonmore Garden Club

The Avonmore Garden Club is an enthusiastic group of locals who like to like to get their hands dirty and find creative ways to enhance their yards and gardens. We have over 30 active participants and there is always room for more.

Coming Events at Avonmore Hall (7902 - 73rd Ave NW):

May 27 - 8:00 a.m. to 12:30 p.m: Plant and Perennial Exchange

June 10 - 10:00 to noon: Saturday Morning Workshop: TBA

Other Spring and Summer Events Being Planned

April/May: Greenhouse Tour

July: Yard and Garden Tour

For more details on these events go the “Events” section of the Avonmore Facebook page or go to the Avonmore Community League and click on Garden Club under the Programs and Events Section. For more information contact Anita at (780) 462-4439 or director3@avonmore.org



Ask Charles

I heard that if someone calls themselves “contractor,” they don’t need to have a licence to provide property management services. Is that true?

No, that’s not true. The truth is it doesn’t matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The Real Estate Act, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you’re not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA’s website at www.reca.ca.

“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.



League Board

President	Vacant
President (Interim)	Kris 780-720-9003
Past President	Bill 780 469-5744
Vice President	Derek 780 919-5421
Treasurer	Michelle 780 466-1017
Secretary	Laura 780-982-9876
Hall Rental	Kevin L. 780 966-6913
Grants/Planning	Allan 587 989-4031
Casino Coordinator	Derek 780 919-5421
Memberships	Shawna F 780 490-1931
Programs	Kristin 780 238-7795
Social Director	Heather 780 466-1380
Neighborhood Watch	Jeff 780 469-0026
Newsletter	Vacant
Webmaster	Michelle 780 466-1017
Social Media	Jean 780 863-0914
Sign Rental	Patrick 780-995-8818
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.

Capilano Community Memberships

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

Capilano Playschool

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

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

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 League Sign Rental

Contact Patrick at: 780-995-8818 or patrick.ccl@shaw.ca

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

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

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

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

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

Capilano Community Park Redevelopment – Latest News

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

South East Edmonton Community Tennis

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

We after school programs for juniors in May and June, adult programs, and lessons. Beginners aren't just welcome, they're encouraged!

Registration for these programs is available at the club house during open hours. Enjoy the summer on our newly resurfaced courts! Our website CapilanoTennis.ca is currently being redesigned. Please email memberships@capilanotennis.ca if you need more information.



Capilano BIG BIN Event for Community League Members – June 24

Date: Saturday June 24, 2017
Where: Capilano Community League Parking Lot (10810 - 54 Street)
Cost: FREE to all community league members

Learn to Bike and Safety Course

The City of Edmonton will be offering a drop-in Bike Safety Course for ages 3 - 12 years old. All children must have an approved bike helmet to participate in the course.

DATE: Friday, June 2, 4:00-7:00 pm.

LOCATION: Capilano Community League (10810 – 54 St., inside rink enclosure)
Please contact Kristin Baker at kristin.baker@me.com with any questions.

Choose Capilano Hall for Your Special Event

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

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

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

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

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

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

Capilano Community is on Facebook "Like Us"

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

CLOVERDALE

RIVER VALLEY

CLEAN UP

MAY 7 10 AM - 1PM

MEET AT COMMUNITY LEAGUE HALL

BREAKFAST TO ALL PARTICIPANTS.

RSVP
socialdirector@cloverdalecommunity.com
 and also indicate if you are willing volunteer with either
 help set up or clean up.

Folk Fest Concession Program

WANTED.....

We are looking for Cloverdale youth ages 10-16 years to plan, work and run the Concession at the Edmonton Folk Festival in a Junior Achievement Style Program. Great experience for the youth in our community to meet other neighborhood kids and gain valuable work experience.

Qualifications

- Must be an active Cloverdale member
- minimum volunteer parental shifts required

Please submit your interest by June 1st to concession@cloverdalecommunity.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



Neighbourhood Connector

Cloverdale Community League is currently seeking a resident of our neighbourhood for the role of Neighbourhood Connector. This is a paid, part time position with an expected contribution of 10 hours per week, and is expected to last for 12 months.

The purpose of this role is to support the implementation of the Abundant Community Program in our neighbourhood, an Asset Based Community Development program intended to develop and promote a vibrant neighbourhood life, while reducing social isolation. The Neighbourhood Connector is responsible for identifying, mobilizing, encouraging and supporting the Block Connectors.

For more information on this program, please click on the following link: https://www.edmonton.ca/programs_services/for_communities/abundant-community-edmonton.aspx.

Responsibilities of the Neighbourhood Connector may include:

- Various initiation and start up tasks, such as creating a block map for your neighbourhood and working with the neighbourhood support team to select and implement an appropriate database.
- Attending citywide neighbourhood connector gatherings
- Revising the Block Connector Introduction Letter and the Neighbourhood Conversation Guide for your Neighbourhood
- Identifying and orientating new Block Connectors and accompanying them on their first neighbourhood conversations
- Providing ongoing support and encouragement to the Block Connectors
- Ensuring regular and accurate data entry into the selected database
- Supporting the creation of new activity groups of shared interest
- Reporting to the neighbourhood leadership team

As a potential Neighbourhood Connector, you have:

- Existing relationships within the neighbourhood; you are viewed as a local leader and connector
- Confidence and passion to seek out and enlist a Block Connector from each block in the neighbourhood
- Leadership ability to direct and motivate Block Connectors to connect with their whole block
- Tenacity and sufficient organizational skills to engage the entire neighbourhood
- Boldness and social skills to engage any neighbour
- Hospitality to convene the Block Connectors for encouragement and "team support"
- Teaching ability to guide the Block Connectors to competence in initiating conversations
- Interest in the information collected in conversations, to ensure collection and relevant follow-up action
- Care, grace and patience to work with all levels of ability and commitment among Block Connectors
- Communication skills to correspond with Block Connectors, the Support Team and the neighbourhood leadership.

Please email resumes to vicepresident@cloverdalecommunity.com. Closing date for applications is May 15th, 2017. Cloverdale Community League would sincerely like to thank all applicants for their interest; together we can turn strangers into neighbours.

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KEEP IT GREEN

WHEN YOU CLEAN

HOSTED BY:

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TO SUPPORT A SUSTAINABLE WATER COLLECTION SYSTEM. WATER COLLECTED FROM THE BENNETT CENTRE ROOF WILL BE USED TO IRRIGATE THE GROWING AREA WHICH 25% IS DEDICATED TO THE EDMONTON FOOD BANK. FUNDS RAISED WILL BE MATCHED AND DONATED TO THE CANADIAN DIABETES SOCIETY BY VALUE VILLAGE

BRING YOUR ITEMS TO:

CLOVERDALE COMMUNITY HALL

For more info:
www.Cloverdalecommunityleague.com
Facebook: Cloverdale Community Edmonton
Communitygarden_chair@cloverdalecommunity.ca

DATE AND TIME: Drop Off:

MONTHS OF MAY / JUNE
 Wednesday 9:30 – 11:30am
 Saturdays 10:00 – 12:00pm

KEEP YOUR ITEMS OUT OF LANDFILLS WHILE HELPING US RAISE FUNDS

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9:15 - 9:45AM: 16-24MHTS PARENT & CHILD
 9:45 - 10:30AM: 2 - 3.5YRS PARENT & CHILD
 10:30 - 11:30AM: 3.5 - 5YRS COACH & CHILDREN (UNPARENTED)

CLOVERDALE NON-MEMBERS PRICE: \$120+GST
 CLOVERDALE MEMBERS PRICE: \$80+GST

EMAIL sportball@cloverdalecommunity.com TO REGISTER

WWW.SPORTBALL.CA

Mind Body Connection

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

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

On the other hand, constant pain or a health problem like heart disease can affect your emotions.

You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness.

But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

How do your thoughts and feelings affect your health?

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

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

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

For more information on mind body connection, or tips on reducing stress, visit: My Health Alberta at www.myhealth.alberta.ca

From Volunteer Canada

www.volunteer.ca/nvw2017

In 2017, volunteering comes in many forms and is as diverse as Canada itself.

Someone who shovels their neighbour's laneway or who brings a lost pet to the animal shelter is helping to build a stronger community.

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

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

Canadians are involved in communities. Some answers may be obvious, while others may cause you to stop and say: "Volunteering, Eh?"

However you recognize volunteering in 2017, one thing remains timeless...and that is volunteer efforts create positive impact in communities across Canada.

League Contacts

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

Big Bin Event

May 27, 10-2 p.m.
Legends Automotive, 7110 98 Ave.

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

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

We still need volunteers. To sign up, please go to volunteersignup.org/YCYW9 or email events@forestterrace.org.



Annual General Eating

Tuesday, June 6, 6:30-8:30 p.m.
Forest Terrace Heights Hall, 10150 80 Street

This year, we're putting the eating in our annual general meeting! Please bring a finger food to share and stay to hear about our Abundant Community initiative.

Join us for our AGM, meet your current board, have a say in the incoming board, or volunteer for one of the open positions.

Be part of an engaging, community-minded team. There is so much going on in Forest Terrace Heights and you can be part of the growth and development of our great community.

RSVP at <https://fthclagm.eventbrite.ca>.

We're Recruiting

Forest Terrace Heights community league needs a few good volunteers:

Data entry helper: To input data for soccer, memberships and other programs.

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

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

Casual volunteers: Think you could offer an evening or an afternoon here and there, but unsure about a long-term commitment?

We've got a job for you! For example, we need volunteers for the Big Bin event at the end of May.

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

When Neighbours Start Talking, Good Things Happen!

Forest Terrace Heights is partnering with Abundant Community Edmonton to connect residents and encourage neighbourliness.

We'll be making our way around the neighbourhood door-to-door this spring and are looking forward to connecting with you!

If you're interested in becoming involved or learning more about Abundant Community, please contact Julie or Cameron at 780-952-5196, ACE@forestterrace.org or visit edmonton.ca/abundantcommunity.



Membership Benefits



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

Members get a great discount on rental of our refurbished community hall. Rent is \$25/hour and members get the fourth hour free. A full day is \$225, or \$175 for members.

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

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

On the second Sunday of every month from 2 to 5 p.m., take your membership card to the Second Cup at 7477 101 Ave. for a free small specialty beverage or a free brewed coffee or tea of any size. Walk-ins only; no drive-thru. Next one is May 14.

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

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

Memberships can be purchased at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or online at efcl.org/membership. Families pay \$30, individuals \$15, and seniors pay just \$10.

Call our membership coordinator CoraLee at 780-430-4307 to find out more about the benefits of membership. If you are new to the community or you have never owned a community-league membership before, the league is happy to give you one for free, to try out.



We're Going Camping!

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

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

Contact Andrew at camping@forestterrace.org for more information.



Forest Terrace Heights Canada 150 Celebration

Saturday, Aug. 26, 3 to 8 p.m.

We will be celebrating Canada's 150 birthday with a community party on the Headway School grounds at 10435 76 St.

More details to come.

If you would like to help with this event, please contact events@forestterrace.org.

Casino volunteers

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

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

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

Pilates is Back

Pilates is a gentle form of exercise that can be practiced by people of all ages and physical capabilities.

The majority of our workout is done with/on the large Swiss Ball which is used by many physical therapists. It feels like exercising on a waterbed!

Kelly is a certified instructor and has been teaching for many years at fitness centres and community leagues.

\$10/class or \$72 for the nine-week session May 5 to June 30.

Contact Kelly at 780-465-5611 for more information.

Zumba!

Come join our new instructor Mary and experience her Zumba class for yourself!

Take back positive energy, vitality and renewed spirit. Every class feels like a party!

Don't know how to dance? Just move your body and follow Mary's lead. It's easy! We guarantee you will have a blast!

Six-week session May 3 to June 14; no class May 10. Questions? Contact Mary at Mary.Jaya@gmail.com



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Fulton Place Community Contacts

PRESIDENT- MIKE
PRESIDENT@FULTONPLACE.ORG

Vice President League Affairs- Krystina
vpleagueaffairs@fultonplace.org

Vice President Civic Affairs- Gavin
vpcivicaaffairs@fultonplace.org

Treasurer- Jeff
treasurer@fultonplace.org

Communications Director- Joshua
communications@fultonplace.org

Facilities Director-
facilities@fultonplace.org

Director -Tracy
info@fultonplace.org

Director - Miles
info@fultonplace.org



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

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

Parent & Tot Playgroup

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

For more info contact Stacey at 780- 465-9545



Fulton Place Casino

Fulton Place Community League is working a Casino on June 20 & 21, 2017 and needs to recruit 40 volunteers.

If you can work a shift for us, please contact Rick Meger by phone (780-463-4333) or email (rmeger@shaw.ca) by May 15, 2017.

Babysitting Registry

Are you in need of a babysitter? Fulton Place has a registry of qualified sitters in your area. To be added, teens must complete both First Aide/Red Cross Babysitting course. Contact Ruth at 780-465-0550 for more info.

Fulton Little Free Library

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

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

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

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



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, events, activities, and newsletter information about everything Fulton Place has to offer.

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



Spring 2017 Gardener's Swap and Sale Saturday, May 27, 9 am – 12 pm

Join us on Saturday, May 27th for our annual gardener's swap meet and sale, held at the Fulton Place Community League Hall (6115 Fulton Rd), between 9am and noon.

Bring any plants (indoor or outdoor), seedlings, perennials, tools, magazines, books, etc. and receive points that you can use to purchase something someone else has brought to the swap meet. If you have nothing to swap for, any community league membership automatically gets you points or you can purchase points. Whether this is your 1st or 50th year gardening, come find a hidden treasure, add some new gems to your outdoor oasis, learn something new or just have fun talking to your neighbours about flowers! Coffee, juice and snacks will be provided. Hope to see you there, rain or shine.

Paying attention to fatigue

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

Fatigue can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise.

People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

Fatigue brought on by over work or illnesses such as colds or flus often resolves itself on its own without having to see a doctor.

However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

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

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






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

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

**100-8925 82 Avenue
780.414.1015
edmonton.goldbar@assembly.ab.ca**

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

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

Hall rentals: goldbarhallrentals@gmail.com

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

Hall Rental

Our hall manager has been working hard to get rules and prices in place that will best serve and protect this community and its residents. The system continues to improve and we invite you to check out the new rental calendar on the Gold Bar website.

Gold Bar Communications

To submit an item to the next SEV email
SondiAmber@gmail.com by Sunday, May 21.

Community Meeting

Thank you to the community members who attended the AGM; we live in a wonderful community. All residents of Gold Bar are welcome to attend the monthly community league meetings: Upcoming is Monday, May 8 at 7pm in the Gold Bar Hall.

Saturday, June 3 is 100in1Day

or a day to TRANSFORM YOUR CITY. What if hundreds of people united, each taking one small action to improve their city, all on the same day? If you're intrigued by this idea, google "100in1Day – Edmonton". I'm thinking of hosting a bubble blowing block party. Maybe we could fill Gold Bar with bubble blowing block parties on June 3! Fun.

Exercise Class

• Body Barre @ Gold Bar Hall

Runs Wednesdays 9-10am until May 31 \$12/drop-in
Moderate to advanced fitness level. A balanced workout designed to build muscle, raise your heart rate, and improve your mind-body connection. Please bring a mat and a water bottle. Instructor: Jennifer Sloan

Full-day Summer Camp

Jul. 10–14 (Ages 6–9) @ Gold Bar Community League Hall Grab some sneakers for an exciting week filled with all of your child's favourite sports! They can test their skills and learn some new ones as they play awesome cooperative games like soccer, ultimate frisbee and more. There will also be an awesome sports related field trip during the week. To register search course #596276 at www.ereg.ca or call 311. [\$151]

Assistant Social Events Volunteer Needed

Our social events director is committed to creating magical Family Fun Days in Sep and Feb but we're looking for someone to run smaller social events throughout the year. If you are interested in this, or in joining a social events committee, please email sondiamber@gmail.com

Games Nights

Fridays, April 28, May 26, and June 30 6 - 9:30pm @ Gold Bar Hall

More than 40 people attended the last community games night. There were kids, teens, young adults and full-pledged adults, all having fun together. Come check it out, the last Friday of the next 3 months, and bring a game to share.

YL Garage Sale

Young Life invites you to shop at their garage sale May 3-7 at the Gold Bar hall. Have clutter you want out of your house? You may donate items at the hall between 3:00 PM to 9:00 PM, May 1 and 2 (before the sale begins) and items will be also accepted throughout the sale. Young Life is a Christian-based youth group, who frequently help with our community events. For further info email Jorgen jjespersen@younglife.ca

Spring Green Shack Program

Gold Bar community playground is happy to have a Green Shack Program for the entire month of April!

*Mondays and Wednesdays from 3:30-6pm and
Saturdays 1-5pm*

This is a free drop-in program sponsored by our city and supported by our Community League. The Program Leader will be at the playground to organize games, sports, activities, and more for kids aged 6-12.

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

Friday, June 9, 2017 - Afternoon & evening

PARKWAY BINGO

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

Family Paint Night

Saturday, May 27 @ Gold Bar Hall
2:00 - 5:00 pm

Recommended for children 10 and up and instructed by local artist Jeanette Spencer.
\$40/adult, \$30/child.
All supplies provided.

To register email Sharon Harker at sharon.harker@gmail.com

CL MEMBERSHIPS & PERKS

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

- FREE Community Swim: Sundays from 1:15pm - 2:45pm @ Hardisty Pool
- 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.



Ice Rink Survey

Your community could get the rink up and running, or it could put a beach volleyball court into the space. Your executive is here to serve you. They are looking for direction regarding the ice rink. If you have an opinion on this, watch for the survey to be delivered with the Scout bottle drive info, or visit GoldBarCL.com and click on the survey link to fill it out online.

Nature Nights

Join other community members Friday evenings to walk through nature. Starting Friday, April 21 meet at Gold Bar Park (off 50 St, at the end of Gold Bar Park Rd), by the washroom pavilion at 6:11pm to enjoy a 1 hour walk with neighbours. Nature Nights will conclude June 16.



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(the park)

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www.edmonton.ca/publicengagement

PUBLIC INFORMATION SESSIONS (DROP-IN FORMAT):

May 3, 2017 from 5:30 to 8:30 p.m.
Mill Woods Seniors Association (Gym)
2nd Floor, 2610 Hewes Way

May 11, 2017 from 5:30 to 8:30 p.m.
South East Edmonton Seniors Association (Cafeteria)
9350 - 82 Street

May 13, 2017 from 1:00 to 4:00 p.m.
The Meadows Community Recreation Centre (Lobby)
2704 - 17 Street

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Positive habits last a lifetime

When parents and other caregivers have healthy eating habits, that’s what children learn. The eating habits children learn in their early years (birth to six years) last a lifetime.

From a young age, we start to learn about food and eating by watching others. When parents and other caregivers have healthy eating habits, that’s what children learn.

Ellen Parker’s two boys Henry, 3, and Oliver, 5, are learning about healthy foods and healthy eating. She regularly gives them foods such as smoothies with spinach and quinoa and she grates vegetables onto pizzas and into veggie burgers. “They don’t even know that they’re eating healthy food,” she says.

Here are other ways to make healthy eating a habit in your family.

Offer three meals and two to three snacks a day at regular times. Knowing when they’ll be eating next helps kids feel safe and keeps them from wanting to eat throughout the day. If your child refuses to eat during a meal and asks for a snack 20 minutes later, it’s okay to say no. Simply let them know they need to wait until the next meal or snack time.

Offer new foods often. It can take 15 or more tries before your child accepts a new food. Try offering small amounts of new food at the start of meals when your child is most hungry. Include food that your family likes to eat along with new food prepared in different ways.

Offer choices. Try serving your family a variety of colourful vegetables, fruits and other healthy food, and let your child pick their own food from what you serve. Encourage them to take small amounts at first, and offer more if they are still hungry. Think beyond a single meal or snack. Once in a while your child may eat little or nothing at a meal or snack. This is natural. Over time, children usually adjust what they eat at other meals and snacks.

If your child won’t eat meat and alternatives. You could offer different types of fish, poultry and lean meat. You may need to offer them many times and prepare them in different ways. Other tips: try soft meats such as ground meat or poultry, or dice meat into small bites that your child can easily chew. Meat can also be more appealing when you add it to soups, stews or tomato sauces. And you can offer other sources of protein such as tofu, beans and legumes, or fish.

If your child won’t eat vegetables, you can try these tips. Add vegetables such as carrots, zucchini and beets to soups, stews, casseroles, stir fries or sauces. Cook vegetables to different textures and tastes—such as raw or lightly cooked. If you’re worried your child is not getting enough nutrients, talk to your healthcare provider.

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!



Linda Duncan
Member of Parliament
Edmonton Strathcona

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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	Complimentary Memberships: are available for newcomers to Holyrood. Contact our Membership Director at memberships@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	
Twitter:	@HolyroodCL	

JOIN US at our next Board Meeting. Contact Wendy if you would like to volunteer.

Where: Holyrood Community League Hall
When: May 15, 2017 @ 6:30 pm

Free Bike Safety Program

Thursday May 25th
Drop in between 2:30 – 5:30 pm
Holyrood Basketball Courts

Ages 4 - 12 years - 2, 3 or 4 wheels welcome!
Must have a bike and a helmet to participate

Led by City of Edmonton Staff
email programs@holyroodcommunity.org for more detail

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

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.

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



HOLYROOD Holyrood Gardens Redevelopment Update

Rezoning proposal has been submitted to the city; for details and updates see: <http://holyroodcommunity.org/holyrood-gardens-redevelopment/>

Valley Line LRT Update
Lane closure advisories have been posted for areas near Holyrood including Bonnie Doon Traffic Circle; for full list and details visit: <http://transedlrt.ca/advisories/>

Contact civics@holyroodcommunity.org with any questions or concerns.

Holyrood Haul Away

(our neighbourhood bin event) will be held in the fall this year.

We plan to set a date in September, stay tuned!

Holyrood Hose Down

will be held on Saturday, June 3rd.

More details coming soon.

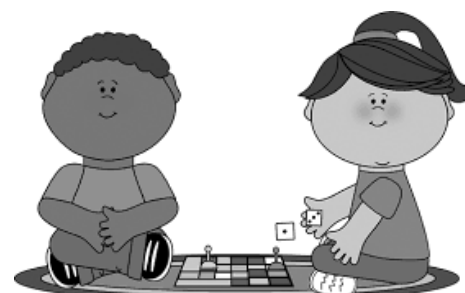
Drop-In Playgroup

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

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

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

Contact Jessica at playgroup@holyroodcommunity.org



Holyrood Civics Update

Recent Development Permit Applications Issued - March 16 for 7915 91 Avenue
Job No 243451314-001
To construct an Accessory Building (rear detached Garage, 7.92m x 6.10m)

In Review - March 22 for 9244 77 Street
Job No 243884625-001
To construct a Second Story and front and rear addition to a Single Detached House (1.82m x 4.88m rear addition, 7.87m x 1.82m front veranda).

Issued - March 28 for 9518 83 Street
Job No 244308521-001
To operate a Minor Home Based Business (Administrative office for a t-shirt printing business - DUSTCUT APPAREL).

New - March 29 for 9263 76 Street
Job No 244449589-001
To construct a 2 storey Accessory Building (Garage Suite on 2nd floor, Garage on main floor; 5.80m x 7.65m) and to demolish the existing rear detached Garage.

Yoga Has Moved To Tuesdays

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

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



Coping with Cancer

April may be best associated with spring, but it's also known as Cancer Awareness Month.

Hearing you or a loved one has cancer can be very difficult. You and your loved ones may be feeling all kinds of emotions. The path ahead may seem confusing and scary. You probably have anxious thoughts swirling around in your head at all hours..

Do any of these sound familiar?

- "I'm afraid of the pain and side effects of treatment."
- "I worry about how cancer will change my relationship with my spouse."
- "Am I going to die?"
- "Who will take care of my family if something happens to me?"
- "Why me?"
- "What if I get well, but the cancer comes back later?"
- "I don't want to be a burden to my friends and family while I'm sick."

Everyone reacts differently. And your feelings and emotions may change often, without warning.

Building resilience

Now is the time to focus on your resilience. Resilience is an "inner strength" that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes.

Part of resilience is how you think. Your mind can have a positive or negative effect on your body. Negative emotions, such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems. But having a positive outlook on life might help you better handle pain or stress than someone who is less hopeful.

Here are some tips for building resilience:

- Accept that things change. Try to look at change as a challenge rather than a threat. You can't change what happens, but you can change how you feel about it.
- See the big picture. Try to look for things to learn. Difficult or emotional situations can teach you about yourself.
- Seek out interactions with people who make you feel better. Develop a support network.
- Take good care of yourself. Take time to do things that you enjoy. Find ways to relax your mind and body.

Dealing with anxiety

Worry and distress may feel like they're taking over your life. But there are many things you can do to lower your anxiety and feel better. Pick one or two to try today.

- Write. Start a journal. Writing about things that are bothering you may help you deal with your feelings.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to. Talking with friends, family, a counsellor, or a member of the clergy about your feelings is a healthy way to relieve stress.
- Exercise. Brisk walking and other forms of exercise, such as yoga can help release pent-up emotions.
- Try guided imagery. Guided imagery helps you use your imagination to take you to a calm, peaceful place. You can do guided imagery on your own. Or you can do it with audio recordings, an instructor, or scripts to lead you through the process.
- Practice gratitude. "Be thankful" might seem like strange advice when you're facing cancer. But gratitude is linked to your sense of well-being, and it can boost the inner strength that helps you bounce back. It works by shifting your attention to the positive things in your life. To practice gratitude, you say "thanks" and you appreciate what's important to you.

Where to get help

It's great to try to find things you can do on your own to feel better. And if you have family and friends who are good listeners, it can help a lot to talk to them about how you're feeling. But not everyone has someone to talk to. And sometimes it's easier to talk to someone who isn't directly affected by your cancer. A counsellor or therapist can help you work through the emotions of cancer. He or she can simply listen to your worries and anything else you feel like talking about.

Different types of counselling include family therapy, couples therapy, group counselling, and individual counselling. Be sure you choose the right counsellor or therapist for your needs. Finding a good fit with a counsellor is important.

Consider joining a cancer support group. It helps to connect with people who are going through the same things you are. Your doctor can help you find a group in your area.

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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, Bonnie Doon, Strathearn, Holyrood and non-profit groups. Please visit our website for more information on renting our hall, including pictures and costs. Inquiries can be sent to rentidylwylde@gmail.com.

Parents & Tots Group

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

Cheery Tomato Community Garden

We are always looking for more helping hands for our community garden. If you would like to join please contact us at gardenidylwylde@gmail.com for the coming season!

Pots of Colour and Ice Cream Social

Friday June 9th is our first ever Pots of Colour and Ice Cream Social. Join us from 6:00PM to 8:30PM. We will be providing pots of many colours to residents to plant their own pot, and place it on their doorstep. Pots, soil, plants, tools and ice cream is free for all!



Program Calendar

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

Family Yoga at Idylwylde Hall

Instructor: Monique Merchant

Sunday, May 14

10:30 - 11:30 am

Come prepared to stretch, laugh, breathe, relax, be silly, connect and have fun with your family and community. This class includes individual, partner and group yoga poses, magical journeys, games and much more. Bring family or a friend because yo-ga is better together! No previews experience required. All ages welcome. Please bring atleast one mat per family and dress in comfortable clothing. Contact Monique at monique.merchant@gmail.com with any questions.

Pilates Mat Class

Instructor: Kelly Bray

Mondays: 7:00 pm - 8:15 pm

Start date: May 1, 2017

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

Spring into Fitness Class

Instructor: Kelly Bray

Wednesdays: 7:00 pm - 8:15 pm

Start date: May 3, 2017

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment. A pair of runners, a mat and a water bottle is all you need. Dress comfortably as you are going to sweat!

Community League Swim

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

Hardisty Leisure Centre (10535 65 Street)

Sunday: 1:15pm - 2:45pm

Start Date: September 11, 2016

End Date: June 25, 2017

Commonwealth Community Recreation Centre
(11000 Stadium Road)

Saturdays: 5:00pm - 7:00pm

Start Date: September 17, 2016

End Date: August 26, 2017

Events in Idylwylde

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

We are looking for ideas to bring the community together.

Email lmurdoch@gmail.com 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

The next Idylwylde Community League movie night is on Saturday May 6th. There will be a pre-movie game of giant snakes and ladders at 5:00PM in the rink followed by The Secret Life of Pets at 6:00PM. We will be collecting donations for the redevelopment of the park beside the hall.

Big Bin and Yard Sale Event

The Idylwylde Community League is organizing another Capital City Clean Up BIG BIN Event on June 3, 2017.

YARD SALE:

Yard Sale Collection:

WHEN: Friday June 2nd from 5PM to 7PM

WHERE: Idylwylde Community Hall.

Yard Sale Event:

WHEN: Saturday June 3rd from 10AM to 2PM

WHERE: Idylwylde Community Hall (8631-81 Street).

Yard Sale will be open to Public!

BIG BIN Clean up

WHEN: June 3rd from 10AM to 2PM

WHERE: ICL Community Hall parking lot at 8631-81 Street

Big Bins Available to Idylwylde Community League members only! Membership will be available for purchase on-site

Materials Collected for the Big Bins:

- Couches, chairs, mattresses, carpeting and other household furniture items too large for curbside pickup.
- Broken toys, home construction/renovation materials, scrap metal
- Large household appliances without CFC's (refrigeration), such as washers and dry-ers
- BBQs, lawnmowers, etc.
- Computers, televisions and other household electronics

Materials that will NOT be accepted in the Big Bins:

- Commercial Waste
- Household Hazardous Waste (items listed on www.edmonton.ca under "Household Hazardous")
- Fridges, freezers or air conditioners
- Tires

KCL League Contacts

Executive

President	Meghan	780-450-0534	president@kenilworthcommunity.com
Vice President	VACANT		
Secretary	Jason	780-394-3902	secretary@kenilworthcommunity.com
Treasurer	Colleen	780-469-7661	treasurer@kenilworthcommunity.com
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Memberships	Barb	780-466-2360	
Adult Programs	Loida	780-953-1062	
Children's Prog.	VACANT		
Summer Programs	VACANT		
Capital Projects	Gary	780-466-7591	
Grant Applications	VACANT		
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Rob	780-707-8204	
Publicity/Website	Martine	780-466-9444	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			
Playschool	VACANT		
Toddler Time	Angela	780-935-3404	angela.feehan@gmail.com
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

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

Day Rate
\$300.00 \$385.00

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

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

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

CONTACT US!

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

Hall Rental requests:
rentals@kenilworthcommunity.com

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

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

Next Executive Meeting, Monday, May 8th @ 7:00 p.m.

Next General Meeting, Monday, June 10th @ 7:00pm

Southeast Voice Newsletter Deadlines
Submissions for the **June 2017 issue of the Southeast Voice is due Thursday, May 18th, 2017.**

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

New Volunteer Opportunities

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

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. Crafts, stories, games, fine motor skills, letter recognition and their sounds are part of our class routine. Our fun and friendly atmosphere will be perfect for your child.

We are currently accepting registrations for September 2017. For more information or to register your child, please email Becky at beckyclosson@hotmail.com.



Kenilworth Casino – July 12 & 13

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

Bingo Volunteers Needed!

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

Next Bingo's:
May 13th, 10:30
June 4th, 10:30
June 30th, 4:30
July 16th, 10:30
Aug 8th, 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.



KCL Adult Spring Steak & Shrimp BBQ



Saturday May 13, 2017

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

Community Garage Sale



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

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

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

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

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

Big Bin Event – June 10 9 – 4 p.m.

Bring your household waste. No hazardous goods or refrigeration equipment.
For residents with current Kenilworth memberships only. KCL Memberships (2017-18) will be sold on site for \$20.

Neighbourhood Watch

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

Toddler Time

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

Babysitting Registry

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

Memberships

Have a New Neighbor? Are You New to Kenilworth?

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

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

For more information contact Barb @ 466-2360.

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

Christmas in July

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

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

Save the Date! Golf Tournament & Steak BBQ – August 26 and Membership BBQ – September 3rd!



Ben Henderson
Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146



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E-Mail Snowclearing@yahoo.ca

Ottewell Community League Executive and Board Members

Executive:

President – Corinne

Vice President – Bri

Secretary – Sandra

Treasurer - Cindy

Board Members:

Bingo Co- Chair – Kyla

Casino Chair – Vacant

Rentals – Tim

Grants – 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, Bri, Colleen

Playschool Chair - Andrew

Rink Chair – Cory

Maintenance Chair – Frank

Civic & City Liason Chair - OPEN

Membership Chair – Russ

Communications Chair – Tim

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 Avenue
Edmonton, Alberta
T6B 0X2

Rent the Hall

This well-maintained 1900 sq ft hall accommodates up to 120 seated guests and is perfect for wedding banquets, parties, family gatherings, board meetings and community functions. Rent includes 15 round and 9 rectangular tables, cushioned chairs, refrigerated bar and full commercial kitchen.

A 10' screen, HDMI LCD projector and PA system are also included. We even did a complete overhaul and renovation of our kitchen to serve you better!

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



Morning Fitness Classes at the Hall

Classes include boot-camp-style and fitness kickboxing. Work at your own pace with modifications for all fitness levels.

Mondays at 9:05 AM – Fitness kickboxing

Wednesdays at 9:05 AM – Bootcamp & circuit training

For questions, session dates and registration details contact Ann Lukey at: ann@yourinertia.com

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.

Upcoming Dates at Parkway Bingo



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

We are still accepting registrations for the 2017/2018 school year, but very few spots are available. Our class maximum is 16, and depending on registrations, we can consider running a second class.

The OCLP.ca website is still down, so please contact Lauren at lauryan@telus.net for registration information. (You can find us on Facebook too at... [facebook.com/ottewellplayschool](https://www.facebook.com/ottewellplayschool))

Ottewell Parent & Tot Group

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

Purchase your 2017-18 Ottewell Community League Membership

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

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

Memberships run from Sept. 1 to Aug. 31 and can be purchased at the Sport Shack, TGP, and On-Line at: www.efcl.org/membership. Cost is \$25 family, \$10 for single, \$10 for adult, and \$5 for seniors.

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!

Join the Ottewell Community League Team of Volunteers!

If you're available, get involved!

Do you want to get involved in Ottewell activities, 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. Send an e-mail to: Ottewell2212@gmail.com with "Ottewell Volunteer" in the Subject Line, or fill out the form on our website at: ottewell.org/volunteer/opportunities/

Provide your contact information and indicate if there's a particular skill you have to offer or area you'd like to volunteer for. Any time you can give is most assuredly welcomed and appreciated!

A Huge Thanks to Our Volunteers!

Thank you Ottewell Volunteers for giving of your time! By doing so, with any job, you simply make all of our loads lighter and smoother. We want you to know that Ottewell Community, and its board, greatly appreciates your kind-heart and generosity to help our community spirit grow stronger with successful results!

Simply put...YOU are one of the reasons Ottewell is a GREAT PLACE to Live and raise a family!

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



Parents Night Out

Do you need an evening out? Maybe go for dinner alone with that special someone? Drop your kids off at Ottewell Hall where they will have an evening of fun and play. Our own Ottewell babysitters will care for the kids (under adult supervision).

Space is limited so register fast.
May 12th, 2017 6:30pm - 9:30pm
\$20.00 (members) \$35.00 (non-members)

Jazz & 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.

Community League Board Meeting

Tuesday May 16 at 7 PM sharp
Please consider lending a hand in keeping Ottewell Community League VIBRANT and ALIVE! OCL meetings of the Board, and it's members, are held every 3rd Tuesday of the month, unless otherwise posted. COME and JOIN in! Find out what's happening in YOUR Community.

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

Locked up Tight and Out of Sight: Safer Homes, Safer Kids

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

Alberta's Poison and Drug Information Service (PADIS) receives over 13,000 calls per year concerning accidental exposure to poisons by children in this age group. Many, if not most, accidental medication poisonings could be prevented by following a few simple steps to make your home safer for your children and small visitors.

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

Advance Care Planning

We may all experience a time when someone we love has an accident, injury or disease that takes away their ability to speak for themselves.

When that happens, would you or your loved ones know what they wanted for care?

It's important to have a will in case of death, but it's also important to have an advance care plan so loved ones know what you want and take the guess work out for your healthcare team if it was needed.

Yes, it's an awkward conversation for many, but a very important one to have.

Anyone over the age of 18 may want to consider having an advance care plan, as it's not just for people who have already had something tragic happen; it's for every adult.

For tools to start this conversation, visit conversationsmatter.ca.

There you will find resources, documents, videos and other information to guide you in the conversation.

www.communityleagueneeds.com

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



Oral Health: It's About More than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health? With April being Oral Health Month, it's a great time to think about the importance of keeping your teeth and gums healthy.

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

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

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

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong..

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

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

For more information on oral health and AHS oral health services, visit www.ahs.ca/oralhealth.

Board of Directors

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

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

Strathearn Community League Annual General Meeting – June 5

Join us to toast the start of construction on our new community hall! Strathearn Community League's annual general meeting takes place June 5 at 8 p.m. at the north edge of Silver Heights Park (see the map).

Interested in volunteering in your community? We're looking for several residents to join the Strathearn Community League Board.

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

Green Shack: On the Move

Strathearn Community League is excited to be hosting Green Shack programming all summer long. One difference from years past is the location. Because of the new hall construction at Silver Heights Park this summer, the Green Shack will be hosted at Ecole Gabrielle-Roy Playground. Thanks to the efforts of the school parent's association and the city, neighbourhood kids will be able to enjoy a summer filled with games, sports, crafts, music, drama and special events. Keep attuned to Strathearn Community League social media and our website at strathearncommunityleague.org for updates on this year's Green Shack Shaker end of school party.

Do great things – Help fund our new hall

Dear Community Member,



We are privileged to live in the beautiful community of Strathearn. We are able to enjoy spectacular views of the city, safe areas for our children and pets to play, and a strong community spirit.

The current Strathearn Community Hall was built in the 1960s and has served our community well for many years. Thousands of pulled pork sandwiches have been eaten during the years of community skates, barbecues, green shack programs, and new years' hayrides.

The time has come to build a new hall that will meet the growing needs of our community for many years to come. As a valued member of the Strathearn community, you can help us realize this dream.

Dedicated community volunteers have been working on this project for more than five years and we are now in the final stages. We are ready to start building.

Strathearn has \$950,000 already committed to the project, and with your support, we will reach our target. We need to raise \$40,000 more over the next few months. All donations are charitable and those over \$500 will be recognized in a unique sculpture, designed and built by a local artist. Most importantly, you'll have a hall that you can enjoy and be proud of for years to come.

Please donate to this important cause in our community. The full fundraising package is available by visiting strathearncommunityleague.org.

Cheques can be made to the Strathearn Building Society and can be mailed to Strathearn Community League
P.O. Box 68064
162 Bonnie Doon Mall
Edmonton, AB T6C 4N6

You can contact Jenny McAlister at president@strathearncommunityleague.org or any member of the Strathearn Community League Board with any questions or to arrange to make your donation.

Thank you!

Jenny McAlister, President, Strathearn Community League, and the Strathearn Building Society and the entire Strathearn Community League Board

Programs

(Strathearn Community League membership required)

Swimming

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

Toonie Thursday

The second Thursday of the month is Community League Happy Hour at Juniper Cafe & Bistro (9514 87 St.) Enjoy a beer or glass of wine for a toonie from 4 p.m. to 6 p.m. Upcoming dates – May 11 and June 8

Wired Wednesday

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

Strathearn Hall Construction Update

Although we are still short of our fundraising goal, the city gave Strathearn the official go-ahead to begin construction of our new hall on March 30.

All of our furniture and equipment was removed from the existing hall over two weekends and is safely stored until construction is complete.

Come to the Strathearn annual general meeting on June 5 to find out what we found in the hall and witness a surprise presentation that we're putting together!

The arrow on the photo shows the location of our AGM, at the north edge of Silver Heights Park.

Construction on the new hall will start very soon, and will be complete before the end of the year. The map of Silver Heights Park shows where construction fencing will be placed by our contractor, Southwark Developments.

Remember that the construction site will be dangerous! Do not enter the site for any reason.

If you see a hazard, contact the Strathearn Building Committee at events@strathearncommunityleague.org and we'll forward your concern to Southwark.

Once construction has started, Southwark will track progress and keep us informed of their work at regular bi-weekly construction progress meetings.

The building committee will attend these meetings and we'll keep you informed about progress being made on our new hall. Follow us on Facebook (@StrathearnCL) and Twitter (@strathearnCL) and check our website for updates and photos of the construction work.



Join Strathearn Art Walk as an Artist or Volunteer

Mark your calendars! After last year's booming success, the Strathearn Art Walk is excited to welcome artists back for registration on Friday, May 5.

Last year, we hosted more than 130 artists and 3,000 attendees, and we hope to make this art walk even bigger!

The 2017 Strathearn Art Walk is scheduled for Saturday, Sept. 9.

To participate, artists must complete the online registration form at strathearnartwalk.com. The artist registration form will launch May 5.

The artist guide, which will provide detailed event information for all vendors, will also be available that day. The registration fee is \$60 and includes a 10'x10' space, a table and a chair.

We welcome all creative Edmontonians, whether you are a painter, sculptor, woodworker, illustrator, jewellery maker or writer (or whether you fall into another category all together)! Volunteer registration opens June 5 at Strathearn's annual general meeting, which takes place at 8 p.m. in Silver Heights Park.

Help us put on the best art walk yet. We need volunteers to help sell 50/50 tickets, to oversee the kids' zone, move materials around the site and to help with site take down.

If you have any questions, please email info@strathearnartwalk.com.

Membership has its Benefits

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

Here's where to buy your membership:

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

Or email membership@strathearncommunityleague.org.

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

Volunteer Profile:

Meet Niki Lefebvre, Soccer Director and Pulled Pork Expert

Tell us about yourself.

Hi everyone! My name is Niki Lefebvre and I volunteer as the soccer director for our community. I am a mother of three girls (5, 9 and 11) and I enjoy running, walking my chocolate lab (Hank), and reading. I have lived in Strathearn with my husband and girls for 11 years.

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

I am new to this role [of soccer director], which I began at the beginning of 2016, so I have now had one full outdoor and indoor season under my belt. I decided to take on this role as I wanted to do something to contribute to our awesome community, and since our family enjoyed the soccer program so much, I figured it was a good fit for me.

What is your favourite Strathearn event?

My favourite event is the Strathearn Art Walk. I love the beautiful setting of the green space on Strathearn Drive with the backdrop of the downtown city line. There are so many great exhibits and there is something for all age groups.

What is your favourite volunteer role in the community?

One of my favourite volunteer roles for the community has been coordinating and cooking the food for the art walk for the last three years. I love the sense of community when several women in Strathearn fire up their crockpots to cook off our famous pulled pork.

What tips can you offer for the outdoor soccer season?

- It's a busy and intense time, but it's short lived so try to put the household chores on the back burner for a few weeks and just enjoy getting out, basking in the sunshine and chatting with your neighbours.
- Crockpot dinners are a lifesaver for soccer game days when you need to get out of the house early for a game.
- Be prepared to play rain or shine. The only time a game is cancelled is if there is a thunderstorm, and the ref makes the call.
- Take a moment to let your coaches know how much you appreciate them! We simply would not have a soccer program without these people giving of their time.

What would you tell a prospective volunteer?

- Even giving a couple of hours of your time is helpful.
- Community events cannot happen without people willing to volunteer.
- It's an awesome feeling to get to know more people in your community. It makes it feel like home!

Studio Theo and Dandi-Lines Art Gallery Share Space in Strathearn

The first thing that strikes you when you emerge from the narrow staircase into Studio Theo is the quality of the light that streams in from the windows that line three sides of the space. A recent edition to the Strathearn neighbourhood, Dandi-Lines Art Gallery and Studio Theo share the space above Ralph's Handi Mart.

Glenise Harvey, the director of Dandi-Lines Art Gallery, loved her work as a Grade 2 teacher for 29 years and had a dream to elevate and celebrate the art of children. Glenise was instrumental in bringing Theodora Harasymiw to her public school as an artist in residence and the pair kept in touch, a relationship that has now blossomed into the collaborative gallery and studio space. Theo graduated with her BFA in painting in 1996 and about 10 years ago was drawn into the world of mosaics when introduced to a pillar that was in need of some decoration. "You don't paint pillars, you mosaic them!" was Theo's response, and she enthusiastically accepted the challenge. She now divides her time between painting and mosaicking, appreciating how the two very different mediums help her to keep a fresh perspective.

Dandi-Lines Art Gallery's first exhibit, "From the Fridge to the Wall," is on display until the end of April. The show celebrates the creativity of kindergarten students, elevating work that often lives on the refrigerator door to beautiful, framed pieces fit for gallery walls.

In addition to sharing a space, Glenise and Theo also share a vision, one of bringing art to as many people as possible and inspiring the artist that exists in each of us. Future plans include art classes in the studio as well as an exhibit titled "In the Hood," which will showcase art created by Strathearn residents.

The gallery and studio are open on Mondays and also by appointment. Website: dandi-linesartgallery.ca Email: info@dandi-linesartgallery.ca Phone: 780.905.7999



Strathearn: A People's History

A group of dedicated volunteers with a love of community history has joined with the Strathearn Community League to chronicle our neighbourhood's past. Do you have a good story to tell about when you moved to Strathearn? Maybe you've got some great old pictures of Strathearn before Connors Road was built? Or something more recent, like your kids playing at Ecole Gabrielle-Roy playground before the renovations?

We want to hear from you. You can contact us on FB (@StrathearnCL) or at history@strathearncommunityleague.org.

Life Between the Corridors: A Strathearn Community Jane's Walk – May 6

Strathearn community Jane's Walk takes place Saturday May 6, from 1 p.m. to 3 p.m. and departs from Silver Heights Park.

On this walk, led by Dr. John Wood and Dr. Michael Ferber of The King's University, we will explore one of Edmonton's classic middle-aged neighbourhoods.

Topics on the walk will cover a broad spectrum but will focus on mammalian habitations (especially humans and rabbits) between the scenic Edmonton River Valley (a wildlife and recreation corridor) and the transportation corridors of Connors Road and the newest LRT route on 85 Street and 95 Avenue.

As we stroll, we'll peek into the cultural, religious, environmental and architectural past, exploring the geography of Strathearn's changing landscapes. Join us to add your voices to the conversation.

Jane's Walks take place around the world the first weekend in May. Jane's Walk is a movement of free, citizen-led walking tours inspired by urbanist and activist Jane Jacobs, who advocated a community-based approach to city building.

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

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