

# SOUTHEAST VOICE

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

November 2017



Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

## Holyrood Development Committee Update

Since the disappointing postponement of the public hearing by City Council on September 11, 2017, your Holyrood Development Committee (HDC) has been hard at work. We produced a "Fast Facts" postcard with information about the Holyrood Gardens redevelopment. HDC members attended many public forums for the Mayoral and Ward Candidates during the election to raise awareness about the redevelopment proposal and concerns around transit oriented development. In addition, one HDC member, Mike Baran, wrote a wonderful song about the development process. All information is accessible on Facebook (@HolyroodDC) and the HDC website ([holyrooddevcomm.wordpress.com](http://holyrooddevcomm.wordpress.com)).

City administration has indicated the public hearing date is likely to be November 17, 2017. We encourage everyone to sign up to speak at the hearing. This is the final and most important step in the development

re-zoning process. We have been told that the hearing is considered part of the engagement process, therefore it is critical we convey that we want to engage. Attendance at the hearing is a factor that City Council considers when making decisions. Attending the hearing lets the City know that you care about this effects of this proposed development. Speaking to City Council ensures they are aware of citizen's concerns. If you are unable to attend the public hearing, you can sign up to have someone else speak on your behalf. You can write a letter and have someone else read it into the record, so that your voice is heard. Your speaker will be limited to 5 minutes. Call 311 for details. If you were signed up to speak at the September public hearing, please indicate that your letter.

HDC will prepare a form letter for community members to send to City Council and our Ward 8 councillor.  
(Holyrood continued on page 2)



**93 Avenue** - HDC demonstrates with parked cars to accurately show the line which will be the future stop line for cars, and the relationship to the proposed parkade access. This image shows that 8 vehicles is all that will fit between the stop line and the proposed parkade access.

## Ottewell's Seniors' Harvest Tea a Huge Success!

We held our 10th annual Seniors' Harvest Tea on October 22nd and were pleased to have such a great turnout of Seniors this year! It was wonderful to see all of you at the event enjoying the wares that were baked special for you. We baked pumpkin, cherry, blueberry and apple pies (from local neighbourhood apples) for the tea.

A huge thank you to our bakers Pauline Gillanders and her daughter Christina, Danah McCabe, Sandra Leclair, Sarah Esch (Heaney) and Renee Lee. A special thanks to Sharon McCabe, Debbie Wood and her daughter Jaimie who helped with the hall set

up, and to Jackie Kanash, Sarah Esch (Heaney), Pauline Gillanders, Shannon Heaney, Renee Lee and our four young Girl Guides for helping on the day of the event. Many hands make light work, and enjoyable time together building community... thank you all for your amazing contributions!

This is a special event to me as it brings friends together to bake and prepare as well as seniors together to share time with each other. It Together we are community! truly is an intergenerational weekend, and always such a pleasure to see you all!

Lori Jeffery-Heaney





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Goldbar	Jamie Melnyk	goldbarrep@secla.ca
Holyrood	Claire Smith	holyroodrep@secla.ca
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Kenilworth	VACANT	kenilworthrep@secla.ca
Ottewell	Lori Jeffery-Heaney	ottewellrep@secla.ca
Strathearn (Vice Chair)	Yasir Syed	strathearnrep@secla.ca
Treasurer	Michael Chen	treasurer@secla.ca
Secretary	Jamie Melnyk	secretary@secla.ca

## Last Chance to Participate in the Capilano Library Public Art Project

**Saturday, November 18,  
12:00-5:00pm  
Capilano Library at  
200 Capilano Mall  
5615-101 AVE**

Over the past five months, the Capilano Library and Edmonton Arts Council artists have been collecting stories and scanning objects from the community to create a unique piece of artwork for the new library.

Saturday, November 18th will be the last scanning session for this project. If you would like to be an active part of a permanent art installation, the artists will be available all afternoon at the Capilano Library to 3D scan everyday objects (no matter how big or small) that have personal value and meaning to you.

The printed 3D scans from these objects will be used create permanent sculptural installations in the new library. We want the library space to reflect our community - your participation is valuable!

For details about the new Capilano Library building, check out [www.epl.ca/capilano-branch](http://www.epl.ca/capilano-branch) and if you have questions or would like more information, please email Shannon at [sclarke@epl.ca](mailto:sclarke@epl.ca).



## SEEECCC

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.

### **FREE WORKSHOP – OUR BRAIN, YOUR GUIDE**

Sponsored by Apple Magazine and The SEEECCC

Saturday, November 18 from 10am – Noon at St. Anthony's Centre (10425 – 84 Ave) Learn how parents and caregivers can build healthy brains.

Dr. Karen Benzies, PhD, professor in the U of C Department of Pediatrics, Faculty of Nursing, and Associate Dean of Research as well as Suzanne Blair, Alberta Health Services Early Childhood Team, will be sharing information about the core story of brain development as well as the importance of positive parenting.

Space is limited so register soon to avoid disappointment by emailing [jenny.samm@outlook.com](mailto:jenny.samm@outlook.com) or calling 780-435-6328.

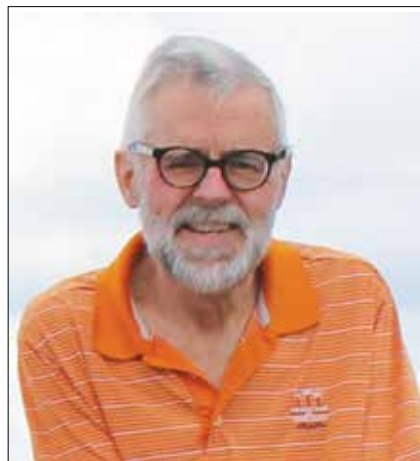
### **FREE PRESCREENING EVENT – FRIDAY, NOVEMBER 24, 10am – 2pm**

SEEECCC is working together with Community Options to offer a FREE Prescreening Event.

Families are invited to bring children ages 2 ½ – 5 to Fulton Place Community Hall (6115 Fulton Road) on Friday, November 24 from 10am – 2pm. Community Options will have certified staff available to do screenings/assessments for children whose parent(s) / guardian(s) would like to check if their child's development, speech, and language abilities are age appropriate.

For more information contact the SEEECCC coalition assistant (Jenny at 780-435-6328 or [jenny.samm@outlook.com](mailto:jenny.samm@outlook.com)).

[www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast)



## Rob McDonald

We were saddened to learn of the passing of Rob McDonald

A long-standing Board Member of SECLA and strong community advocate, Rob was an integral part of SECLA.

He was always willing to lend a hand and contribute to the betterment of our communities and he will be greatly missed!

Our deep condolences to his family, friends and colleagues.

## Holyrood Development Committee Update Continued from Page 1

The letter will be distributed online, so keep your eyes peeled for it!

When the final public hearing date is confirmed, the HDC will distribute a flyer to your mailbox reminding you to voice your opinions about the Holyrood Gardens rezoning proposal. We urge you to write to Council!

Finally, the HDC will host a community information/prep session on November 8th at 7:30pm at the Holyrood Community Hall. This event will give everyone a chance to catch up on the latest news about the redevelopment and an opportunity to practice and refine speeches for the public hearing. Join your neighbours to learn more about the development and hear what the HDC and community speeches will sound like!

There is one more way you can help. Please donate to the HDC Professional Advisors Fund. Your donation will allow us to retain legal and professional advice concerning the development and development process. Your donation will also offset printing costs for flyers and posters. Donate at: [www.tinyurl.com/fundhdc](http://www.tinyurl.com/fundhdc)



**95 Avenue** - As above, the proposed parkade access exit is too close to the intersection to accommodate much of an increase in traffic

**You are invited to our 2017**

**Ladies Ornament Exchange**

**Saturday Nov 25**

**7:00pm - 12:00 am**

**Hosted by Ottewell Community League**

**Join us in the Ottewell Hall at 5920 - 93A Avenue**



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## League Contacts

President	Nathan	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
Vice President	Vacant	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
Secretary	Lori	secretary@avonmore.org	Sign	Bob	Director4@avonmore.org
Treasurer	Ken	treasurer@avonmore.org	Memberships	Lisa	membership@avonmore.org
Hall Rentals	Tanya	hallrental@avonmore.org	Playschool	Jamie	playschool@avonmore.org
Programs	Sherry	programs@avonmore.org	Grants	Scott	grant@avonmore.org
Rink	Vacant	rinkcoordinator@avonmore.org	Communications	Vacant	communications@avonmore.org
Soccer	Lyne/Boris	sports@avonmore.org	Volunteers	Ginette	Director2@avonmore.org
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. Hall address is: 7902 - 73rd Ave NW

## Avonmore PARENT & TOT PROGRAM

This FREE drop-in program The Avonmore parent and tot group runs every Thursday from 10-12 am at the community hall.

When we are in the hall we do a mix of free play activities and arts and crafts. Our groups has a mix of small babies and toddlers, so there is someone for everyone to play with. Coffee and tea provided. For more info, check out our Facebook group by searching "Avonmore parent and tot group" or email Claire at parentandtot@avonmore.org. Located at Avonmore Hall: 7902 - 73rd Ave NW.

## Garden Club

Saturday, November 18, 2017 from 10:00 a.m. to 12:00 p.m. at the Avonmore Hall 7902-73 Ave. Speaker is Morgan Webb who hosts a garden show on 630 CHED at Greenland Garden Center and is co-owner of Seed Check Technologies. His topics is "Zone Envy - Pushing the Boundaries of What Grows in Edmon-ton." The session will conclude with a presentation and discussion on establishing a temporary community garden in Avonmore in 2018 and formation of a planning committee. For more information contact Anita director3@avonmore.org



## 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 at admin@avonmore.org

To help parents find the best fit for their children, provide some information about yourself.

Tell us the neighbourhood you live in, the year you were born, your credentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and your experience caring for children.

Don't forget to provide your phone number!

## Avonmore Drop in Music Classes

Join us Thursday November 16 & December 14, 2017 from 9:15a.m-9:45a.m. at Avonmore Community Hall 7902-73 Email Jamie playschool@avonmore.org if you have any questions.

## Walking Club

Join us Tuesdays 10am - 12pm. Use of nordic walking poles is available at no charge. All ages and abilities welcome. Starts September 12th.

Please email director1@avonmore.org to register or for more information.

## Avonmore Lego Club

Join us Tuesday November 14, 2017 from 3:30 p.m. - 5:00 p.m. at Avonmore Community Hall 7902-73 Ave to channel your inner master builder.

Email Jamie playschool@avonmore.org if you have any questions.

## Community Swim

Clareview Pool (till Dec 9, 2017; see www.avonmore.org for possible extensions) Saturdays, 6:00 p.m. - 8:00 p.m

Hardisty Pool (until June 24, 2018) Sundays, 1:15 p.m. - 2:45 p.m.



## Community Playschool

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

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

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

## Avonmore Family Pottery Painting Night

Join us **Thursday November 30, 2017 from 6:00 p.m. - 9:00 p.m.** at Avonmore Community Hall 7902-73 Ave.

We have joined forces with Crankpots and will be offering plates, cups and bowls to paint for \$10.00 each, as well as Christmas ornaments 1 for 8.00 or 2 for \$15.00. There will be light refreshments and snacks available The pottery will be painted this night and then can be arranged to be picked up 2 weeks later after firing (back in time for the holidays). You can pick up during the morning from 9-12 at the Avonmore Play-school or other arrangements for pick up can be made. Payment can be made on this night by check or cash only, no Debit or Visa. Email Jamie playschool@avonmore.org if you have any questions.

## Avonmore Needs Rink Volunteers

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

## Winter Shinny Hockey

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

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



## Avonmore Book Club

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



## Yoga

### Yoga Fall Session

Tuesdays at 6:30 p.m. to 8:00 p.m. until December 19, 2017 at the Avonmore Community Hall.

Drop ins welcome @ \$15.00 per class. Instructor: Emily McNicoll.

For more information contact Anita director3@avonmore.org

## Avonmore Gingerbread House Event

SATURDAY NOVEMBER 25, 2017 at 1-4pm  
Avonmore School  
7835-76 Ave



**SANTA WORKSHOP EVENT**  
SATURDAY NOVEMBER 25, 2017 at 1-4pm  
Avonmore School  
7835-76 Ave



Join us for a fun filled day of creating and designing your own gingerbread houses. There will be refreshments and entertainment. Space is Limited - please fill out form and pre-pay by Nov 17, 2017.

Please drop off your completed form and payment at Avonmore Hall (7902-73Ave) Mailbox or Email [grants@avonmore.org](mailto:grants@avonmore.org) to arrange a time to meet to drop off your form and payment. Any questions email [grants@avonmore.org](mailto:grants@avonmore.org)

Registration Form

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

How Many Gingerbread Houses: \_\_\_\_\_ \$25/house

How Many will be attending in your group: \_\_\_\_\_

Payment Method ☐ Cash ☐ Check



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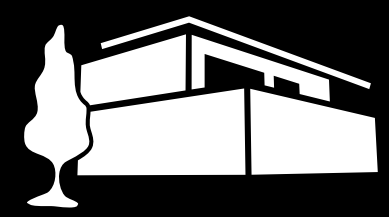
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## FREE Mommy & Me Group

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

10-12 pm at...  
neighbourHouse Community Centre  
For more information, or to register,  
email: Alisha at:  
[Oostenbrink.alisha@gmail.com!](mailto:Oostenbrink.alisha@gmail.com)



## Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

**Annual Pass** – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual

Passes (applies to new purchases only).

**Continuous Monthly Pass** – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

**Multi Admission Pass** – Community League Members receive a 10% on the City's already discounted multi-admission pass (10+ visits)

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms,

## Get Walking this Winter!

If you're looking to maintain an active lifestyle throughout the seasons take advantage of community walking maps. Don't let the colder weather stop you from enjoying your community. Here are some fun facts about winter walking.

1. On average, Edmonton has 325 days a year with some bright sunshine and is considered the third sunniest city in Canada. Walking outdoors in all that sunlight will help your body's production of Vitamin D and the physical activity can help to increase our body's production of endorphins, which naturally makes us feel better!



2. While everyone seems to have a great memory about it being -40 for two months straight the facts are different  
o The 1961-1990 average daily temp in January was -12.5.  
o From 1971 – 2000, the average daily temp in January was -11.7  
o From 1981- 2010, the average daily temperature in January was -10.4  
o In 2013, the average daily temperature in January was -7.8!

**40 below is more folklore than fact.**

3. It takes about 20 minutes to walk 1.5 kilometres and your body will generate it's own heat and burn calories. It takes about the same time to heat up your car and defrost the windshield for that short drive to the local store!

### Some Tips:

- Dressing for any winter activity is all about layering your clothing. If you are planning to walk a good distance, remember that it is important that your first layer wicks moisture away from your skin.

- Winter walking surface conditions can change daily and even by the hour! Walking poles or ski poles and slip on studded winter grips for your boots are the simplest way to ensure better footing! Ask at your local sports store and even some hardware and department stores now carry these items!

If you are interesting in having your own community map you can download a digital copy from [www.edmonton.ca/transportation/cycling\\_walking/community-walking-maps.aspx](http://www.edmonton.ca/transportation/cycling_walking/community-walking-maps.aspx).

## League Board

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Michelle	780 466-1017
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Vacant	
Programs	Kristin	780 238-7795
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Michelle	780 466-1017
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Renovations	Darren	780 466-1380
Renovations	John	780 466-1017
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 Gym/Preschool	Shauna D	780 966-3205
Soccer		
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

Capilano Community is on Facebook "Like Us"

## Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena - 780 909-5886, Maria - 780-984 6839, or visit our website at [www.capilano.info](http://www.capilano.info).

## 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).

## Babysitting Registry Revamped!



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

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

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

To sign up or to get more information please contact Talia at [capilanobabysttng@gmail.com](mailto:capilanobabysttng@gmail.com).

## New Membership Director Needed!

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

--Selling memberships to all in the community who requires one

--Keeping track of all sales of memberships

--Finding canvassers to sell memberships during the month of August/September

--May be required to help sell memberships at sports registrations

--Tally all monies and report to treasurer  
--Attend monthly community meetings from September to June (3rd Wednesday)

Mentoring will be provided to the person who takes on this role.

To learn more about this position, contact Shawna at 780-490-1931. Getting involved in your community league is a great way to meet your fellow community residents!

## 4th Annual Capilano Artisan CRAFT SALE December 2



**WHEN:** Saturday December 2, 2017

**TIME:** 10 a.m. - 3 p.m.

**WHERE:** Capilano Community Hall (10810-54 St.)

Come celebrate your local artisans from the greater Capilano community. You may be surprised what creative genius may live down your street!

Visit with your neighbours while sipping hot cider and shopping local!

Vendors will be showcasing: jewelry, hand-made reclaimed furniture, felt art, crochet and knitting, fused glass, baking and much more!

Hope to see you there!

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

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

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

We are located in Hardisty School (10534-62 street).

For more information, or to register, please contact Marzena at 780-802-9307 or [capilanoplayschool@hotmail.com](mailto:capilanoplayschool@hotmail.com).

## Winter Green Shack - December 2017

**WHEN:** December 9 - 30, 2017

**DAYS/TIMES:** Mondays/Wednesdays 3:30-6 p.m., Saturdays 1-5 p.m.

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

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

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

## Capilano Community's "Light December Lights"- Friday December 1

Come celebrate with Capilano community neighbours, family and friends...

**WHAT:** An evening of family fun with sleigh rides, Xmas treats, warm drinks and family crafts.

Depending on weather and rink conditions, bring your skates and toboggans for some outdoor fun!

**WHEN:** Friday December 1, 2017 6:00 - 8:00 p.m.

**WHERE:** Capilano Community League Hall (10810-54 Street)

FREE and All are welcome.

## Capilano Community League Sign Rental

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

Do you have a message for the community, a birthday, anniversary, graduation or special event that you would like advertised? Advertise it on our new changeable sign located at the intersection of 65 St and 108 Ave. Sign rental fees: Community League Members - \$10 (\$15 for non-members). Small business/commercial advertising - \$25. Guaranteed 3 days.

Please note: small business announcements/advertising also accepted at our discretion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements. Please call as far in advance as possible to avoid disappointment!



## Thank you Norwesco!

Capilano Community league would like to send a whole hearted THANK YOU to Norwesco Industries of Edmonton, and to Doug Schuh whose thoughtfulness helped in securing a section of matting that will be used for a safe walkway for our younger skaters, to get from the rink shack to our recreational ice sheet.

It is community minded companies like Norwesco, who help out with their contributions, that keep Community leagues alive and serving our neighbourhoods.

Thanks again from the Capilano Skating Rink family.

## Hardisty Gymnastics Club News!

Sponsored by Capilano Community League. Fall classes are in full swing at Hardisty Gymnastics Club!

If you missed this session, watch for new start dates for January in the December Southeast Voice.

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

Additional information about the program can be found on the Capilano Community League website at [www.capilano.info](http://www.capilano.info).

## Community Christmas Brunch

The churches in the Hardisty area are hosting a free Community Christmas Brunch on Saturday, December 9 at Hardisty School (10534 – 62 Street) from 10 a.m. - Noon.

There will be a free brunch to enjoy, Christmas songs and carols, activities for the children and even a visit from Santa Claus!

To reserve your ticket, please contact Grace United Church at [grace.united@shaw.ca](mailto:grace.united@shaw.ca) or 780-466-0916. Spots are limited.



## Cardio/Core Stretch & Strength Workouts

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

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

**Instructor:** Sharon Weber  
**Contact:** Elaine: 780-469-2964

**Dates:** Classes begin Tuesday Sept. 12 or Thursday Sept. 14, 2017 at 7:00 p.m.

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



## FREE Swim for 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.



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Edmonton Strathcona

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- Celebratory Messages

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[linda.duncan.c1@parl.gc.ca](mailto:linda.duncan.c1@parl.gc.ca)  
10049 81 Avenue  
(entrance on 101 Street)

Assistance également  
disponible en français.

[www.LindaDuncanMP.ca](http://www.LindaDuncanMP.ca)  
f t LindaDuncanMP





## Cloverdale CL Contacts

### President

president@cloverdalecommunity.com

### Past President

pastpresident@cloverdalecommunity.com

### Vice President

vicepresident@cloverdalecommunity.com

### Secretary

secretary@cloverdalecommunity.com

### Treasurer

treasurer@cloverdalecommunity.com

### Communications

communications@cloverdalecommunity.com

### Civics Director

civicsdirector@cloverdalecommunity.com

### Folk Fest Liaison

folkfest\_liaison@cloverdalecommunity.com

### Social Director

socialdirector@cloverdalecommunity.com

### Programme Director

programdirector@cloverdalecommunity.com

## STANDING COMMITTEES

### Casino

casino@cloverdalecommunity.com

### Ski Club Liaison

skiclub\_chair@cloverdalecommunity.com

### Membership

membership@cloverdalecommunity.com

### Seniors Director

seniors@cloverdalecommunity.com

### Flood Mitigation

floodmitigation\_chair@cloverdalecommunity.com

### Community Garden

communitygarden\_chair@cloverdalecommunity.com

### LRT Co-Chair

lrtcommittee\_cochair@cloverdalecommunity.com

### Hall Rentals

rentals@cloverdalecommunity.com

### Cloverdale Chronicle submissions contact

cloverdalechronicle@gmail.com

### For our Abundant Communities contact

neighbourhoodconnector@cloverdalecommunity.com

## Rent Our Hall

Cloverdale Community Centre is available for all your event needs.

Please contact us for your Birthdays Party, Family Reunion, Wedding, Kids Party or any event. We have a beautiful hall with all the amenities you will need.

Email Janet to book today rentals@cloverdalecommunity.com



## Communications

### Director Needed

#### AUTHORITY

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

#### TERM OF OFFICE

• Term of office is two (2) years.

#### GENERAL DUTIES/REQUIREMENTS

- A director is expected to be fully informed on community league matters and participate in discussions and decisions in matters of policy, finance, programs, personnel and advocacy.
- Commit to the work of the organization.
- Review the board's conduct and monitor its performance to ensure compliance with bylaws and policies.
- Speak positively of the league and assist in developing and maintaining positive relations among the board, committees and communities to enhance the league's mission.
- Orient new board members.
- Prepare for and arrive on time for all required meetings.
- Develop, monitor, review and approve all policies and other recommendations received from the board, its standing committees and staff.
- Review the bylaws and recommend changes to the membership.
- Participate in the development of the league's organizational plan, annual review and budget.
- Approve the budget and other financial matters.
- Prepare and present required reports at board meetings.
- Prepare and present an annual report at the annual general meeting.

#### RESPONSIBILITIES

- Oversees all communications of the community league
- Helps league to develop communications strategies, messaging and branding
- Manages communications team (if applicable)
- Content contributor/editor
- Manages website and social media pages (if applicable).
- Manages all aspects of the production and distribution of newsletter – online or print
- Oversees or produces appropriate advertising/promotional or any other artwork needs for the league
- Works with program and social directors, and others as required, to promote events and initiatives via the various league platforms
- Acts as liaison between league and media to arrange for interviews, create press releases, etc.

## Garden Club Chair Needed

Cloverdale Community League is looking for:  
Cloverdale Community Garden Club Chair position

Community Garden Chair: Chairs meetings; sets the agenda with input from members; represents the Garden Club at the CCL meetings; addresses all community complaints and concerns with the assistance of the Board members as required; informs and cooperates with the Bennett Centre.

Represents the Garden Club on the Board of the CCL and presents the Garden Club report at the CCL AGM.

## Programs

**FREE** for Cloverdale Community members • Fees for Non members. Registrations go to Janet: rentals@cloverdalecommunity.com. Sportball registrations go to Stacey: sportball@cloverdalecommunity.com

### Mondays

- **Zumbinni** starts Oct. 30: 5:45pm to 6:30pm 6-weeks. Non Member \$120.00. Zumba with your little one! Dance and cradle your baby Rock them to sleep while you exercise!
- **Barre Class** starts Nov. 13: 7pm to 8pm 8-weeks. Non member \$72.00. Less impact than a boot camp. It infuses elements of dance to achieve beautiful healthy bodies, while improving postural balance, flexibility, coordination, and grace.

### Tuesdays

- **Sportball** starts Dec. 5: 8-weeks: 9:30- 10:15am 2-3.5 year olds Non member \$72.00 : 6:00- 6:45pm for age 3.5-5 year olds Non member \$96.00  
Sportball offers a variety of multi-sport and sport specific activities designed to teach kids gross motor skills needed to get in the game.
- **Yoga** starts Nov. 7: 7pm to 8pm 8-weeks Non member \$72.00. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.
- **Art Club** starts Nov. 8: 2pm to 4pm -8-weeks Non member \$72.00. Bring your favourite art project and mingle with other local artists! Experience the synergy and fellowship of joining other artists as you work on your own masterpiece. We welcome the novice to most experienced artist. Karen Mc Farlane has been teaching art for many years, and is now retired is co-ordinating this program.

### Wednesdays

- **Ping Pong** Ongoing 7pm to 9pm

### Thursdays

- **Play Group** Ongoing 10am -11:30am
- **Fit for Life** starts Nov. 2 2pm to 3pm 5-weeks Non member \$50.00. Move to the oldies exercising your body for cardio, strength, balance and flexibility for a well-rounded, one-hour workout!
- **Kids Zumba** Starts Nov. 2: 6:15pm to 7pm 8-weeks Non member \$72.00. An aerobic fitness program featuring movements inspired by various styles of Latin American dance.
- **Zumba** Starts Nov. 2: 7pm to 8pm 8-weeks Non member \$72.00. An aerobic fitness program featuring movements inspired by various styles of Latin American dance.
- **Barre Class** Starts Nov. 2: 8:15 to 9:15 8-weeks Non member \$72.00. Less impact than a boot camp. It infuses elements of dance to achieve beautiful healthy bodies, while improving postural balance, flexibility, coordination, and grace.

### Fridays

- **Yoga** starts Nov. 3: 8-weeks 9:45am to 10:45am Non member \$72.00. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

## SAVE THE DATES!

**December 3rd, 2017 (Sunday)**

*Christmas Card making:*

10:00 - 12:00 Parent assisted Children

1:00 - 4:00 Adult Card Making

**December 17, 2017**

*Cloverdale Community League Christmas Party*

Details to come.....



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

## Making Connections

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

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

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

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



## Programs

### *Pilates on the ball*

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

### *Zumba!*

Wednesdays, 7-8 p.m. at the hall. Register on Eventbrite for \$10 drop-in sessions, or, for as little as \$55, register for the next, six-week session starting Nov. 8.

Email Mary.Jaya@gmail.com for more information.

### *Indoor bootcamp*

Mondays from 7 to 8 p.m. at the hall. Register on Eventbrite for drop-in classes: \$10 for members, \$12 for non-members, plus registration fee.

Or register for the next, six-week session starting Nov. 6 for as little as \$45. Contact Sharon for more information at cs.weber@shaw.ca or 780-270-5273.

## Membership Benefits

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

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

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

Second Sunday at Second Cup: On the second Sunday of every month from 2 to 5 p.m., take your membership card to the Second Cup at 7477 101 Ave. for a free small specialty beverage or a free brewed coffee or tea of any size. Walk-ins only; no drive-thru. Next one is Nov. 12.

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

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

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

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

## Volunteer Opportunities

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

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

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

- **Secretary:** Organized with good attention to detail, attends monthly meetings, sends out meeting agenda, minutes and other correspondence in a timely fashion.
- **Rink Director:** Comfortable hiring and managing up to three employees, experience with outdoor rinks (i.e. flooding, patching, clearing snow), attends monthly meetings. Seasonal role from November to April.
- **Program Director:** Highly organized, point of contact for all programs and program inquiries, liaison for City of Edmonton programs, organizes programs including online payments using EventBrite, attends monthly meetings.
- **Seniors Liaison:** Ensures programming and events are inclusive of seniors, reports issues to the city (ie. areas that aren't easily accessible), builds relationship with SEESA, organizes yearly event, attends monthly meetings.
- **Safety coordinator:** Focused on promoting a safe neighbourhood; liaison with police and City of Edmonton; organizes safety initiatives.

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





## Community Contacts

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

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

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

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

**Communications Director-** Joshua  
communications@fultonplace.org

**Facilities Director-** Clayton  
info@fultonplace.org

**Sunshine Garden-** Sherry  
fpcgcontact@gmail.com

**Director - Tracy-** info@fultonplace.org

**Director - Miles-** info@fultonplace.org

**Community Ice Rink-** Shawn  
outdooriceinc@gmail.com

**Babysitting Registry-** Ruth info@  
fultonplace.org

**Southeast Voice Submissions-**  
Karen info@fultonplace.org

## Hall Rentals

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

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

## Babysitting Registry

Are you in need of a babysitter?

Fulton Place has a registry of qualified sitters in your area.

To be added, teens must complete both First Aide/Red Cross Babysitting course.

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

## Join 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 .

## FPCL AGM Reminder

FPCL Annual General Meeting will be held on WEDNESDAY, NOVEMBER 22, 2017  
6:45PM – doors open  
7:00PM – Year in Review and Guest Presentation (tba)  
7:30PM – Elections  
7:45PM – Adjournment of AGM {recess/social}  
8:00PM – Board of Directors Meeting  
9:00PM – Adjournment of board meeting

Refreshments provided

On site childminding is available by contacting info@fultonplace.org with names and ages

### BOARD VACANCIES

- Secretary – meeting minutes/agendas, contact lists, bylaws, etc.
- Ways and Means Director – oversee fundraising, grant applications, etc.
- Membership Director – oversee membership sales and related activities
- Social Director – organize and execute community events
- Program Director – organize/coordinate city run and league run programs in the community
- Sports Director - promote community soccer, work with ESESA to organize, etc.

Email president@fultonplace.org if you have an interest in a Board position or wish to serve as a volunteer in any capacity with Fulton Place Community League. You can also catch up with any of our current Executives listed.

## Community Christmas Brunch

The churches in the Hardisty area are hosting a free Community Christmas Brunch  
**Saturday, December 9th**  
Hardisty School (10534-62 Street)  
from 10am - Noon.

There will be a free brunch to enjoy, Christmas songs and carols, activities for the children and even a visit from Santa Claus!



To reserve your ticket, please contact Grace United Church at grace.united@shaw.ca or 780-466-0916. Spots are limited.

## Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable. Influenza immunization will be made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertans risk of



## Fitness Classes at the Fulton Hall

**Mondays** at 9:00am – Fitness kickboxing  
**Wednesdays** at 9:00am – Boot camp & circuit training

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

For questions and registration details- contact Ann Lukey at ann@yourinertia.com or 780.719.2897

influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season. For more information on the influenza program, visit ahs.ca/influenza or call Health Link at 811.

## Podiatric foot care! 780-466-5290

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

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

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



## GOLD BAR EXECUTIVE

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

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

Hall rentals: goldbarhallrentals@gmail.com

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

## Hall Rental

There is now a Hall Availability Calendar on the Gold-BarCL.com website.

You can go online to see if the hall is available to book for your next event.

## Gold Bar Communications

To submit an item to the next SEV, email SondiAmber@gmail.com by Sunday, Nov.26.

## Upcoming Bingo Dates

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

### FORT ROAD BINGO

Saturday, December 2, 2017 - Afternoon & Evening

### PARKWAY BINGO

Thursday, November 23, 2017 - Evening & Late Nite  
Saturday, December 16, 2017- Evening & Late Nite  
Monday, January 1, 2018 - Afternoon

## Gold Bar Craft Show

Saturday, December 2

10 am - 4 pm

At the Gold Bar Community Hall (4620-105 Avenue)

The Gold Bar craft show is back and bigger and better than ever. Please come to Gold Bar Hall On Saturday, December 2 for an amazing array of various homemade crafts.

We will have over 20 vendors with everything from original photography and artwork to home made cards, jewellery, wood work, quilting, Christmas decorations and so much more! Free admission and free parking.

## Games Night

Last Friday of every month: Friday,  
November 24, 6-9pm

At the Gold Bar Community Hall

Bring a game and a snack to share, or don't as there are snacks and games provided. All ages are welcome.

## Community Rink Update

In case you missed it, there will be two rinks in Gold Bar this winter! The new lighting has been installed by Nisku Rigs Lites, who donated both time and products to the community. The flooring and plumbing is up next. Weather permitting, the rinks will be open in December.

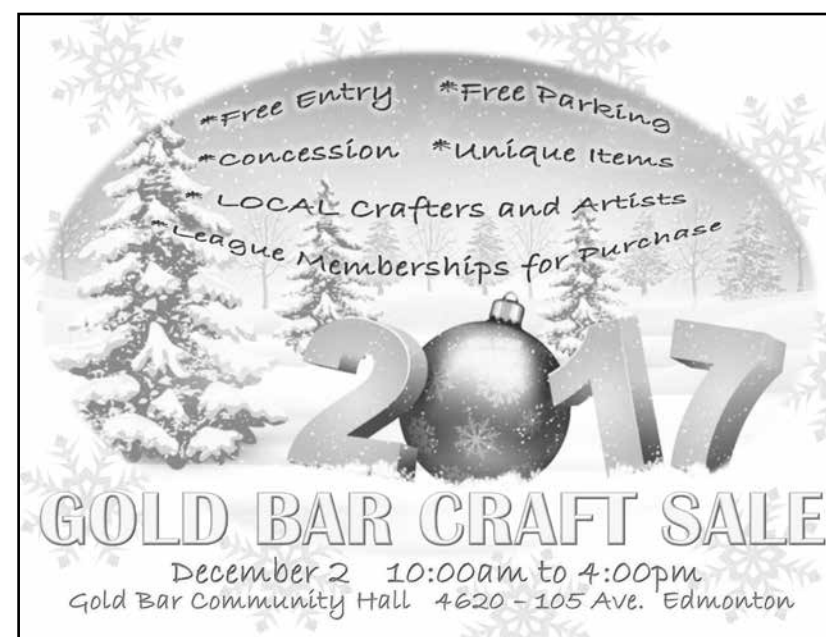
## Community League Memberships

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

Adults/family: \$20

Seniors: \$5

Show your membership card at Hardisty Pool on Sundays from 1:15 - 2:45 pm  
(October 8, 2017 - February 19, 2018) to participate in a (thus far) sparsely attended community swim.



## Exercise Classes!

### • Mom and Me Fitness Class

Mondays 9:30-10:30am

November 13-December 18 (\$60 for 6 class session, Drop-in: \$12/class.)

At the Gold Bar Community Hall

All fitness levels. Bring a mat, water bottle, and your children. If this time works for you, but you don't have children to bring, you are still welcome to attend.

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

### • Body Barre

Wednesdays 9:00 - 10:00am

November 8-December 13 (\$60 for 6 classes, Drop-in: \$12/class)

At the Gold Bar Community Hall

Moderate to advanced fitness levels

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

## Know the Signs of Stroke and What to Do

A stroke is a sudden loss of brain function caused by the interruption of blood flow to the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke). The interruption of blood flow or the rupture of blood vessels causes brain cells (neurons) in the affected area to die. The effects of a stroke depend on where the brain was injured, as well as how much damage occurred. A stroke can impact mobility, sight, memory, speech, reason, and the ability to read and write.

Stroke is a medical emergency. It's crucial to call 911 or get to an emergency department immediately if experiencing signs of a stroke, even if the symptoms pass.

General symptoms of a stroke include:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.

- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

F-A-S-T is a simple way to spot the main symptoms of a stroke.

F = Face. Is it drooping?

A = Arms. Can you raise both?

S = Speech. Is it slurred or jumbled?

T = Time. Don't waste it. Call 911 right away. Acting quickly can improve your survival and recovery.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



6S

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**We Remember**

To honour our service men and women, to thank them for their sacrifice, and to celebrate the gift of freedom they have created for us all, staff and students will be hosting a Remembrance Day ceremony on



**Friday, November 10<sup>th</sup> at 11 am**


in the school gymnasium.

Please join us by 10:45 am.

Poppies are available in the school office.

Donations gratefully accepted.

 *Lest we forget* 



Proud to be part of the Capilano Community





## Holyrood Board Volunteers

Community leagues rely on the service of resident volunteers, and Holyrood has amazing residents! Here are our latest board changes and opportunities.

We're saying goodbye to our treasurer, Di-  
anne, and our secretary, Marjorie. They've  
both worked hard in their roles, and we'll  
miss them! Our Vice President, Claire, has  
generously offered to take over the treasurer  
duties for the remainder of our board year.

We also have some new volunteers! We like  
to welcome Andrew as our facilities director  
(you may know him from the awesome block  
party he hosted on 76 Street this summer).  
We also have a volunteer for our Casino  
Coordinator - thank you to everyone who  
donates their time to enrich the community!

We currently have the following opportuni-  
ties. Volunteering with HCL is a great way  
to make new friends, feel more connected in  
your community, build new skills, and make  
your own unique contribution. What could  
be more rewarding than making a difference  
right in the place where you live?

### Secretary

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

- Notify board members of meetings, com-  
pile agendas, record meeting minutes and cir-  
culate in a timely fashion (using Google Docs  
and our Team Drive), and ensure quorum.
- Manage league record-keeping on our  
Team Drive: bylaws, minutes, motions,  
agreements, etc. Keep board contact infor-  
mation up-to-date with associated organiza-  
tions.

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

### Casino Coordinator - Backup

A volunteer for Casino Coordinator did step  
up, however they may not be available for the  
next Holyrood Community League Casino,  
which will be held in April, May or June of  
2018. We've looking for a backup volunteer  
just in case, to oversee the application pro-  
cess and manage the volunteer coordination  
up to and during the two day/night casino.  
Help with the process will be available from  
the current Casino Coordinator.

The Holyrood Community League cannot  
maintain our facilities or run programs and  
events without casino money!

Contact Justine for more information at pro-  
grams@holyroodcommunity.org.

## Soccer Coordinators

The Holyrood Soccer Organizing Commit-  
tee (HSOC) is still looking for volunteers  
to work alongside the Soccer Coordinator  
to plan and run both the indoor and outdoor  
Community Soccer Programs:

- Equipment Coordinator: overseeing equip-  
ment handouts, returns, maintenance, and  
purchasing.
- Referee Coordinator: maintenance, com-  
munication, assignment, and payment of  
referees for Holyrood soccer games.

Both positions require minimal time com-  
mitment for the indoor season, with a greater  
time commitment required for the outdoor  
season (including the month or two leading  
up to it).

The spring soccer program will not continue  
without these volunteers! Please consider  
stepping up to help.

For more details, contact Jared at soccer@  
holyroodcommunity.org.

November 2017

President	Wendy	<a href="mailto:president@holyroodcommunity.org">president@holyroodcommunity.org</a>
Vice President	VACANT	<a href="mailto:vicepresident@holyroodcommunity.org">vicepresident@holyroodcommunity.org</a>
Treasurer	Claire	<a href="mailto:treasurer@holyroodcommunity.org">treasurer@holyroodcommunity.org</a>
Secretary	VACANT	<a href="mailto:secretary@holyroodcommunity.org">secretary@holyroodcommunity.org</a>
Programs	Justine	<a href="mailto:programs@holyroodcommunity.org">programs@holyroodcommunity.org</a>
Memberships	Jessica	<a href="mailto:memberships@holyroodcommunity.org">memberships@holyroodcommunity.org</a>
Facilities & Grounds	Andrew	<a href="mailto:facilities@holyroodcommunity.org">facilities@holyroodcommunity.org</a>
Communications	Jenn	<a href="mailto:communications@holyroodcommunity.org">communications@holyroodcommunity.org</a>
Social	Natasha	<a href="mailto:social@holyroodcommunity.org">social@holyroodcommunity.org</a>
Civics	Dave	<a href="mailto:civics@holyroodcommunity.org">civics@holyroodcommunity.org</a>
Holyrood Development Committee	Jaime	<a href="mailto:hdc@holyroodcommunity.org">hdc@holyroodcommunity.org</a>
Rink Coordinator	Casey	<a href="mailto:rink@holyroodcommunity.org">rink@holyroodcommunity.org</a>
Soccer Coordinator	Jared	<a href="mailto:soccer@holyroodcommunity.org">soccer@holyroodcommunity.org</a>
Playschool Coordinator	Shannon/Melissa	<a href="mailto:playschool@holyroodcommunity.org">playschool@holyroodcommunity.org</a>
Playgroup Coordinator	Jessica	<a href="mailto:playgroup@holyroodcommunity.org">playgroup@holyroodcommunity.org</a>

**Website:** [www.holyroodcommunity.org](http://www.holyroodcommunity.org)

**Twitter:** @HolyroodCL

**Facebook:** Holyrood Community League

Complimentary Memberships: are available  
for newcomers to Holyrood.

Contact our Membership Director at  
[memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org).

Memberships: purchase at SEESA  
(9350-82 Street) or through  
[efcl.org/membership/](http://efcl.org/membership/) and at most Holyrood  
Community League events.

## Programs

### Drop-in Playgroup

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

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

Thursdays

9:00 - 11:00 AM

Holyrood Community League

Contact Jessica at

[playgroup@holyroodcommunity.org](mailto:playgroup@holyroodcommunity.org).

### Free Community Swim

Your current community membership al-  
lows you FREE access to Hardisty Leisure  
Centre.

Don't forget to pack your membership card!

### Hardisty Leisure Centre

Sundays

1:15 - 2:45 PM

**Commonwealth Community Recreation  
Centre** - Not available until December  
because of maintenance.

16 Southeast Voice

### Ruth's Yoga

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

7:00 - 8:15 PM

Holyrood Community League

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

## New Bottle & Can Recyclers

We've installed bottle & can recyclers on  
some of the garbage cans around our com-  
munity league hall! They're a great solution  
to help keep recyclables out of the landfills.  
Contact the manufacturer for pricing details:  
[https://wishboneltd.com/site-furnishings/  
recycling-stations](https://wishboneltd.com/site-furnishings/recycling-stations)



[www.communityleagueneews.com](http://www.communityleagueneews.com)

## League Contacts

President	Kate presidentidylwylde@gmail.com
Vice President	Vacant
Treasurer	Monique treasureridylwylde@gmail.com
Secretary	Corrina secretaryidylwylde@gmail.com
Casino/SECLA	Bridget <a href="mailto:flanagan@telusplanet.net">flanagan@telusplanet.net</a>
Social	Laura <a href="mailto:lmurdoch@email.com">lmurdoch@email.com</a>
Programming	Kamila <a href="mailto:kamilaidylwylde@gmail.com">kamilaidylwylde@gmail.com</a>
Facilities	
Publicity	Kelsie <a href="mailto:kelsieromans@gmail.com">kelsieromans@gmail.com</a>
Membership	Michelle <a href="mailto:bluecanary1@hotmail.com">bluecanary1@hotmail.com</a>
Garden	Christin <a href="mailto:gardenidylwylde@gmail.com">gardenidylwylde@gmail.com</a>
Civics	Lee <a href="mailto:lbrktt@gmail.com">lbrktt@gmail.com</a>

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

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

You can also visit us at [www.idylwylde.org](http://www.idylwylde.org) and sign up for our e-newsletter

## Hall Rentals

Our hall is now available for rent to the residents of Idylwylde, 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](mailto:rentidylwylde@gmail.com).

## Vice President Needed

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

## Parents & Tots Group

From October to June  
Every Tuesday 9:00 AM to 11:00 AM at the Idylwylde Community Hall.

Call Nicole at 780-466- 5090 for details.

## Community League Swim

Swim is free of charge for Idylwylde Community League (ICL) members.

Show your ICL membership card to enter the pool.

• **Hardisty Leisure Centre** (10535 65 Street)  
Sunday: 1:15 pm - 2:45 pm  
Start Date: September 9, 2017  
End Date: August 25, 2018

## Calendar 2017/18 Classes

Classes are free of charge for Idylwylde Community League members. Please remember to bring your ICL membership card. Membership cards will also be available for purchase at classes. Please consider supporting the Idylwylde Park renewal project. Donations of \$20 or more will be eligible for a City of Edmonton tax receipt.

• **Pilates Mat Class** Instructor: Kelly Bray Monday: 7:00 pm - 8:15 pm Start date: September 18, 2017 End date: December 4, 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 has many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

• **Fall into Fitness Class**  
Instructor: Kelly Bray  
Wednesday: 7:00 pm - 8:15 pm  
End date: December 6, 2017  
Continues in May 2018

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

## Memberships Now Available at Servus Credit Union

Memberships can still be purchased through our membership chair, at any program classes or now at Servus Credit Union.

For a fee, they can also be purchased at [efcl.org](http://efcl.org)

### • Chair Yoga

Instructor: Susan Lobkowicz  
Thursdays: 10:15 am - 11:15 am  
Start date: September 28, 2017 End date: November 30, 2017  
This is an accessible yoga class intended for anyone who has a desire to ease back into exercise. Breathing techniques, joint mobilizing exercises, stretches and balancing postures are practiced either sitting in a chair or using the chair as a supportive prop.

### • Gentle Hatha Yoga Class

Instructors: Monique Merchan & Corrina Mak  
Thursdays: 7:00 pm - 8:00 pm Start date: October 12, 2017 End date: December 7, 2017  
This class is for the beginner to intermediate. We focus on the whole body and the way we habitually align our bodies to improve the way we move. Emphasis is placed on core strength, flexibility and balance. Classes include joints and glands work, gentle hatha yoga postures and Pranayama (breathing techniques) and end with a relaxation (Savasana) at the end of each class.

• **Family Yoga** Instructor: Monique Merchant Sunday: 10:30 am - 11:30 am  
Dates: October 22, November 19, January 21, February 25, April 22, May 27

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

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

Contact [monique.merchant@gmail.com](mailto:monique.merchant@gmail.com) for any questions

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

## Events in Idylwylde

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

We are looking for ideas to bring the community together.

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

## Little Free Library

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





## KCL League Contacts

### Executive

President	Ian	780-717-3578	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President			
Secretary	Jason	780-394-3902	<a href="mailto:secretary@kenilworthcommunity.com">secretary@kenilworthcommunity.com</a>
Treasurer	Colleen	780-469-7661	<a href="mailto:treasurer@kenilworthcommunity.com">treasurer@kenilworthcommunity.com</a>
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Memberships	Rebecca	780-982-5885	
Senior Programs	Loida	780-953-1062	
Children's Prog.	VACANT		
Summer Programs	Alma	780-469-2019	
Capital Projects	Gary	780-266-4279	
Grant Applications	Aly	780-700-3676	
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	VACANT		
Publicity/Website	Martine	780-466-9444	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>

### Representatives

Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Neighbourhood Watch	VACANT		
Playschool	Becky	780-760-3208	
Toddler Time	Angela	780-935-3404	<a href="mailto:angela.feehan@gmail.com">angela.feehan@gmail.com</a>
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>

## Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
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](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al at 780-469-1711.

### CONTACT US!

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

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

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

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

**Next Executive Meeting, Monday, January 8th @ 7:00pm**  
**\*\* Correction: There is no meeting in December \*\***

**Next General Meeting, Monday, November 13, 2017**

**Southeast Voice Newsletter Deadlines**  
Submissions for the **November 2017 issue of the Southeast Voice is due Thursday, November 23, 2017.**

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

## Annual Sleigh Ride and Chili Supper

**Friday, November 24**

Kenilworth community Hall  
7104 – 87 Avenue  
5:30 – 7:30 P.M.

FREE Event with a Food Bank Donation

Enjoy Chili Supper, Hotdogs  
Christmas music, Sleigh Rides  
Christmas Crafts

Fun for the Whole Family!

## Kenilworth Playschool

is a non-profit, parent co-operative play-school for 3 and 4 year olds. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall.

We use a play based, pre-kindergarten curriculum that focuses on physical, social, emotional and cognitive development. 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 January 2018. For more information or to register your child, please email Becky at [beckyclosson@hotmail.com](mailto:beckyclosson@hotmail.com).

## Adult Badminton

Adult badminton Tuesdays and Thursdays at 7:00 PM 9:00 PM

This is a social badminton club rather than an intensely competitive club. There are three courts at the school, so a maximum of twelve players can play at one time. We have a rotation system of play, so players do not pick and choose their team mates or opponents.

The club is not equipped to train beginners, but you don't need a lot of experience at the game to become a member, although there are some experienced and competitive players in our club.

Contact the Kenilworth Badminton Club:  
Andy Caine (780-474-2869)  
[acaine@telusplanet.net](mailto:acaine@telusplanet.net) or Ray Rideout at 780-466-0072.

Community Contact: Liz Thomas  
(780-465-5188)

## 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 Bingos:

November 17, Friday, 4:30pm – 11:30pm  
December 2, Saturday, 10:30am – 3:30pm  
December 17, Sunday, 4:30pm – 11:30pm

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

## COME JOIN US! Strength/Cardio class

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.

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

Please email Kathi at [totalbalancepersonaltraining@gmail.com](mailto:totalbalancepersonaltraining@gmail.com) to register.



# Kenilworth Ice Path

The Ice Path was enjoyed by hundreds of people last winter. The cost was approximately \$26 000. This is in addition to the regular cost of \$20 000 for our regular rink and rink attendants. Needless to say we cannot afford this cost for the Ice Path. We could do the project if we got corporate or personal donations.

If you work for a company or know of a company that might support this project or if you wish to make a donation please email [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com) for more information. Charitable receipts can be issued. There is also an opportunity in place to purchase advertising on our rink boards. Please contact Ian at [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com).

# Memberships

*Have a New Neighbor? Are You New to Kenilworth?*

We would like the opportunity to welcome all newcomers into the neighborhood.

If you know of any recent arrivals, or if you are one yourself, please call Rebecca @ 780-982-5885.

We will deliver a free Community League membership along with information about all the activities this League offers.

Don't have your 2017/2018 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors.

Memberships are also available at the Sport Shack, 8170 – 50 St, and at Ottewell TGP (receive a \$5.00 TGP in-store coupon with membership purchase). Servus Credit Unions will also carry community league memberships, however there is an additional \$5 service charge.

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

# 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](mailto:angela.feehan@gmail.com)

# Volunteer Opportunities

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

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary Community League Membership.

This is a great way to meet community residents and contribute to your community.

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

# 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.

# City Services & General Information

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

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

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



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# Golden Lift Chairs

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Fax: 780-469-8864  
Toll Free: 877-417-9106

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# SOBAN

## Sushi & Roll



# OPENING EVENT MENU

Drink: SOJU or SAKE or 2 cans of drink

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

**Lunch Special : from \$10.50 ~**  
Bento / Roll Combo / Korean food





7450-82 Ave Edmonton  
☎780-756-7228

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



## 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** – OPEN

**Rentals** - Tim

**Grants** – OPEN

**Bylaws** – OPEN

**History of Ottewell Committee** - (Looking for more members for 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](mailto:ottewell2212@gmail.com) or call 780 469 0093 leave a message and someone will return your call.

**Ottewell Community League**

5920 – 93A Avenue

Edmonton, Alberta

T6B 0X2

## 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](http://ottewell.org/hall-rental). See our availability calendar, fill our rental form, or call: Tim at 780-463-3330.

## Community League Board Meetings

Tuesday Nov.20 at 6:30 sharp

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

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

## 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/](http://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!

## Need Volunteers for Bingos

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!

All funds raised support the Ottewell Community improvements. Please help us to raise these funds so we can continue to make improvements.

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

## OCL Casino

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

[www.volunteersignup.org/W8WAR](http://www.volunteersignup.org/W8WAR)  
(Thursday December 28)

[www.volunteersignup.org/DFEPM](http://www.volunteersignup.org/DFEPM)  
(Friday December 29)

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

## Ladies Ornament Exchange

Please Join us for Our Annual Ladies Ornament Exchange on Saturday, November 25th 7:00pm to 12:00am

Christmas comes but once a year and when it does, we gather near to celebrate with holiday cheer!

Good times, good cheer, it's the most wonderful time of the year!

Please bring a wrapped ornament (max value \$10.00) for exchange.

Light lunch will be provided and cash bar available.

**\$10.00** for OCL members and **\$15.00** for non-members.

Tickets through:

Eventbrite - Ottewell Ladies 2017 Ornament Exchange

Or Contact Colleen Rowe for tickets

Ph. 780-406-3603

Txt. 780-466-2252

Em. [Colleenandtravis@shaw.ca](mailto:Colleenandtravis@shaw.ca)

## 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!

## Volunteers Needed for Our Outdoor Rink this Coming Season

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

Please contact [ottewellODR@gmail.com](mailto:ottewellODR@gmail.com) for further details.



## Free Community Swim & Gym

*You must have a community league membership card.*

• **Saturdays, 5-7 PM** 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 PM** at Hardisty Fitness Centre (Swim only).

PLEASE NOTE: The shutdown at Commonwealth has been extended, and we'll share the opening date as soon as we receive it. For the groups that have booked swimming at other facilities during the shutdown we will extend you at the other facilities and send you an amendment to your licence. Once we know the date that Commonwealth will be open, we'll remove all the bookings that didn't happen and send the amendments out, deleting the time that you were not in the pool.

## 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](mailto:lauryan@telus.net) for registration information. (You can find us on Facebook too at... [facebook.com/ottewellplayschool](https://www.facebook.com/ottewellplayschool))

## Purchase Your 2017-18 Community League Membership

### Support Ottewell Community League

Take pride in your neighborhood and purchase your OCL membership! Support your Ottewell Community!

Enjoy the many benefits and discounts including...

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

Go to [www.Ottewell.org](http://www.Ottewell.org) for updates on great opportunities for our community members. Memberships run from Sept. 1 to Aug. 31 each year.

Purchase your membership at the Sport Shack, TGP and a New option - Servus Credit Union Branch in Capilano Mall, or use our On-Line option at: [www.efcl.org/membership](http://www.efcl.org/membership).

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

## FALL PROGRAMS AT OCL

It is the start of our New FALL Session of programs offered at Ottewell Community League.

We are currently looking at adding to our list of programs, please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) if you would like to assist or have an idea for a program.

We would like to host many to meet all our members needs.

### • ZUMBA At Ottewell

Classes begin Monday September 11th 7pm at Ottewell Hall.

Our Instructor Emilio is looking forward to another great fall session!

- OCL member rate for 12 classes is \$100
- Non-member rate for 12 classes is \$120

Cash, debit and credit cards accepted

## Help Us Keep Our Park Clean

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

Every day volunteers open and close the outside washrooms for our community to use. We are one of the very few leagues who have the privilege of an externally accessible washroom. Last year we were forced to close these washrooms due to vandalism, but this year we have taken measures to hopefully keep them open this summer.

Please do what YOU can to help us so we can continue to provide these services to you, our community members. If you are having a picnic, party or other outing please clean up after yourself!. Bring extra bags, or request them using our CONTACT form on the web site.

We can't do this alone and we need to work together as a community so we can all continue to enjoy our playground and spray park!

### • Beginner Yoga

Thursday Nights  
Oct. 5th – Nov. 23rd from 7:00pm - 8:30pm

This 8-week beginner hatha yoga class is the perfect introduction to a gentle, sustainable yoga practice.

It will help you develop balance, strength and a mind body connection without feeling overwhelmed.

In this class we will take our time to get into postures, focusing on the basics of hatha yoga.

We will take extra time to work through poses to help release the stress that tends to mount over the week.

We will combine yoga postures and breathing exercises to strengthen the body and mind, increase flexibility, mobility and to reduce stress and calm the mind.

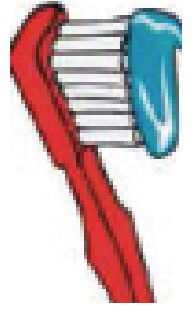
No yoga experience is required!

Cost for this 8 week class is \$65.00 for OCL Members and \$75.00 for non-members. \$15.00 for Drop-In

## Ottewell Dental Clinic

**Dr. Gordon Lodwig & Dr. Brian Zwicker**  
**We Welcome New Patients**

Family dentists providing all general services.  
Insurance billed directly.



6128 - 90 Ave. 780-465-0505  
Mon, Tue & Fri 8-4; Wed & Thur 8-6,  
Saturdays by appointment.



Receive a **FREE**  
Oral B 2000 electric toothbrush  
MSRP \$99  
with an adult check up and cleaning.\*  
\*one/patient/calendar year

[ottewelldental.com](http://ottewelldental.com)

## 2-Day Christmas Variety Gift Show

**November 18th and 19th**

**Holiday Community Craft Fair**

**Saturday,  
November 18th**

**Ottewell Hall 5920 93A Avenue**

**REGISTER YOUR TABLE AS SOON AS POSSIBLE!**

**OTTEWELL COMMUNITY LEAGUE**

**HOME-BASED BUSINESS**

*Holiday Market*

**Sunday Nov 19th  
10am - 3pm**

Entry Fee is a Donation to the Food Bank!

**Register YOUR spot ASAP!**



# Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:



When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;

• On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;

• On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;

• Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;

• Emergency vehicles might use any available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.



## Seniors Housing

[www.gef.org](http://www.gef.org)

### Suites Available Now!



Trinity Hall



Trinity Lutheran



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- Independent Living Apartments for Seniors
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to choose from

**boardwalk**  
communities

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## We Raised the Roof!

The Hall is coming on leaps and bounds! As you can see from the photos, the roof is on and it's really starting to take shape. The large windows of the main room can be seen and the double high ceiling will create a warm, welcoming atmosphere inside. Some of you will have noticed the siding going on most recently, which will seal the building walls. Next will be the windows then the new metal roof. Once watertight we will be able to start on the interiors and make it feel more like our own.

Even with the great progress, we are still in need of funds to complete the hall and furnish it!

Please consider giving what you can to the Strathearn Building Society to help us complete this important project. Small donations and large donations are all important as we move towards our goal. So please do good things by giving what you are able.

To make a tax-deductible donation to the STRATHEARN BUILDING SOCIETY: Mail a cheque made out to the Strathearn Building Society to:

Strathearn Community League  
P.O. Box 68064  
162 Bonnie Doon Mall  
Edmonton, AB T6C 4N6

Or contact treasurer@strathearncommunityleague.org to arrange to drop off a donation. Do not forget:

Donations to the hall over \$500 will be recognized in a unique sculpture, designed by a local artist.

This sculpture, in the shape of the neighbourhood, will be created using brass, copper, walnut and maple and will be large in scale and hold a prominent place inside the new hall. The metal and wood materials take inspiration from Strathearn's identity: Naturally Urban



## Programs

(Strathearn Community League membership required)

### Toonie Thursday

The second Thursday of the month is Community League Happy Hour at Juniper Cafe & Bistro (9514 87 St.) Enjoy a beer or glass of wine for a toonie from 4 p.m. to 6 p.m. Upcoming dates - Oct. 12th and Nov 9th

### 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 - Nov 1st. & Dec 6th

### Free Family Swim Times

Hardisty Leisure Center  
Every Sunday 1:15pm - 2:45pm



## Community League Membership

2017/18 Strathearn Community League memberships are on sale.

Memberships are valid from August through August.

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.

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 to get your membership, you can email membership@strathearncommunityleague.org.

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

## Call for League Programming Ideas

We are only months away from the opening of a new Strathearn Community Hall. The space will afford community members a wonderful opportunity for league programs previously unavailable. We've already heard from some neighbours who would like to see a regular games night.

Of course the successful Strathearn Stay and Play parent and tot group will finally have a permanent home and Strathearn A.V. Club attendees will more comfortably enjoy films and conversation.

What else would you like to see happening in your neighbourhood? We are looking for your ideas. Pilates anyone? How about getting together with other local musicians for a regular jam night?

Please remember, while we are happy to entertain any and all ideas for programming we will also require some help in the form of volunteer commitment in order to establish and maintain the program.

Please forward your programming ideas to Andrew at ajstruthers@gmail.com.

## Alica Lewis - Volunteer Profile

Hi Neighbours,

Perhaps you've recently seen me smiling at your front door, minus the fluffy white pup!

Let me introduce myself; I'm Alicia and I'm the membership director for the Strathearn Community League. I have recently completed the 2017 Fall Strathearn membership drive and I am thrilled to report that our league now has more than 200 members! I have been involved with the community league for 1.5 years now and I have lived in Strathearn for 4 years. I moved to Strathearn because I love older established neighbourhoods as they remind me of growing up in my small hometown. This is also why I joined the community league. I think it is vital to keep the feeling of community alive and a vibrant, thriving community league is an essential way to do this!

My favourite Strathearn event is Hayrides and Hot Chocolate. I really can't think of a better way to bring in the new year then with a fire pit, some hot chocolate and chilli to warm up and activities to warm the body and soul!

My favourite memory of being part of the community league was when we opened the mysterious suitcase at the old hall teardown during this past years' AGM.

## Valley Line LRT Update

Recently, Strathearn's LRT liaison volunteer Dan Jancewicz attended the Fall Community LRT Update meeting. Some construction taking place in and around the neighbourhood was reported.

Here are a few updates for the Fall construction:

- The west side of 85 Street south of 93 Avenue will be rebuilt with fire access and sidewalks. Parking will not be returned.
- Further construction and drainage work will be done on the north section of 85 street north of 93 Avenue as weather permits.
- Construction of the intersection will commence in the traffic circle. There will be some temporary paving to expand the lanes, however, two lanes will remain open while work goes on inside the traffic circle. This work will continue into next spring.
- Preliminary work on the new bridge over Connors Road will begin this fall and winter.

For the most current information in our area visit <http://transedlrt.ca/advisories/>

Community spirit is alive and well in Strathearn and it will FLOURISH with the opening of our new hall! Opening the suitcase was bringing a relic of the past with the unlimited potential of the future, and what we can achieve. please join us!!



Volunteering with the league has been a blast and it will only get better with the new hall as we have some incredible ideas for programming. We would love to hear from residents about more possibilities and then have help to make the possibilities realities!

If I missed you during the membership drive, memberships are always available at Ralph's, Juniper and the Massage Therapy Outlet right beside Lee's Foods.

I hope to see you out and about. I'm always out walking with this fluffy white polar like mascot of Strathearn. His name is Buddy and he wants to meet all of you!!!



# Call The Dunham Team Today

**780 - 466 - 0418**  
(Office)

**Greg Dunham**

**780 - 964 - 1469**  
(Cell)

**greg8dunham@gmail.com**  
**gdunham@telus.net**

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**Beverly:** 50 ft Frontage, 2 Large main floor Bedrooms, Eat-in kitchen, Sunny south yard.



**Capilano Californian:** Larger 2 Bedroom Unit, 2 Bathrooms, In-suite Laundry, Underground Titled Parking, Storage unit, GREAT VALUE!!!



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



**Saskatchewan Drive Condo:** 2 Bedrooms, 2 Bathrooms, In-suite Laundry, Underground Parking & Storage.



**Fulton Place:** Perfect starter home, 3 Bedrooms, 2 Bathrooms, New shingles, Sewer line, High E Furnace, A/C, Original hardwood, Oversized Double Garage.