

# SOUTHEAST VOICE

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

October 2017



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

## Ottewell Seniors' Harvest Tea

Sunday, October 22, 2017



*It's that time of year again!* Fall brings us the Harvest, and that brings pies...and that means it's time for our **10th annual Senior's Harvest Tea at Ottewell.**

Seniors from the Ottewell Community are invited to come together for an afternoon social at the Ottewell Community League hall on Sunday October 22nd where you will be treated to Harvest treats and Tea (and coffee or juice). If you've attended in the past, you know we make some pretty awesome pies!

*Please join us between 1:00 and 3:00 pm.*

This will be a wonderful opportunity to join friends and neighbours from Ottewell for a relaxing visit. If you haven't attended before, we really encourage you to come this year! We are looking forward to seeing you!

## Strathearn Art Walk 2017

This year's sixth annual Strathearn Art Walk proved to be bigger and better than ever before, with over 220 artists and an estimated 6,000 attendees!



We would like to thank all of our artists, volunteers, and supporters for making this event come alive.

The Strathearn Committee strive to create a festival where art and community come together, and we thank each and every one of our participants for being a part of that.

With the continued support of our wonderful artists and volunteers, we were able to make this event possible. We're excited to look into ways to make it even better in the future, so stay tuned!

*Until next year!*  
*The Strathearn Art Walk Committee*



## Candidate Forum for Ward 8



**Tuesday, October 10**

**7 – 9pm**

**Fulton Place Community League Hall  
(6115 Fulton Road)**

**Theme: Mature Neighbourhood Lifecycles: Adapting to Growth**

Questions on this theme have been sent to all the Ward 8 Candidates, who will deliver their responses at the Forum. Due to the large number of Candidates, there will be limited time for audience questions.

This forum will provide an opportunity to hear from each of the Ward 8 Candidates on how they plan to address challenges we face in the Greater Hardisty area, in order to make an informed decision on Election Day (October 16, 2017).

**Refreshments provided!!**



*Organized by the Greater Hardisty Community Sustainability Coalition, a non-profit, grassroots volunteer group interested in shaping community renewal in Capilano, Gold Bar, Fulton Place, Forest Heights, and Terrace Heights.*

More details and RSVP at <http://Ward8HardistyForum.eventbrite.ca>. RSVP is not necessary but will help us estimate numbers.



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COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Elizabeth Descheneaux	avonmorerep@secla.ca
Capilano	Shelley Svidal	capilanorep@secla.ca
Forest Terrace Heights (Chair)	Connie Lussier	fthrep@secla.ca
Fulton Place	Miles Berry	fultonplacerep@secla.ca
Goldbar	Jamie Melnyk	goldbarrep@secla.ca
Holyrood	Claire Smith	holyroodrep@secla.ca
Idylwyld	Bridget Flannigan	idylwylderep@secla.ca
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

## FREE Childhood Learning Workshops

**Saturday, Oct 14th, from 8:45am - Noon**  
**St. Anthony Meeting Centre (10425 - 84 Ave.)**

The morning will include a coalition update as well as an opportunity for parents, day home providers, childcare professionals, preschool teachers, preschool and childcare board members, and anyone else interested in the early years to attend various workshop sessions.

Topics include:

- Backdoor Physical Literacy: Outdoor Play in the Backyard
- Board Development
- Brain Architecture Game
- Exploring Options for Childcare
- Centre for Family Literacy Hands On Learning Sessions
- Running a Preschool Board 101
- Licensing

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

Communication skills are very important for young children.

After all, through communicating children can express needs and wants directly and reasonably, tell stories and say words clearly, take part in imaginative play, and have an age appropriate understanding of the world.

For more info go to...  
[www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast)

Registration for this free event opened on September 1 and spots are filling fast!

To register contact Jenny at...  
[jenny.samm@outlook.com](mailto:jenny.samm@outlook.com) or call 780-435-6328

## James Kosowan

FOR EDMONTON CITY COUNCIL

**WARD 8**



**As a longtime resident of Ward 8, I will be a tireless advocate on the issues directly affecting us:**

- Respecting Mature Neighbourhoods
- Empowering Communities
- Protecting Greenspace

**Contact me to find out more about my campaign:**

☎ 780-752-7778  
✉ [contact@jameskosowan.ca](mailto:contact@jameskosowan.ca)  
📱 @JamesKosowan  
📺 James Kosowan for Ward 8

**[www.jameskosowan.ca](http://www.jameskosowan.ca)**

### NEIGHBOURHOOD RECREATION EXPERIENCES

## YOUTH LEADERSHIP TRAINING

Are you between the ages of 13-17 and are interested in leading recreation programming? This session will go over how to plan and lead recreation activities for both drop-in and registered programs in your community. You can expect fun as you receive great interactive leadership training to help you discover your inner leader and prepare you for volunteering with children.

**To Register:**

- Click, Book! ON
- Eventbrite.com > Search Youth Leadership Training ON
- Call Cara Rose @ 780-496-2979 OR
- E-mail: [cara.rose@edmonton.ca](mailto:cara.rose@edmonton.ca)

**Date:** Saturday October 21, 2017  
**Time:** 1:00 pm - 4:00 pm  
**Location:** Parkallen Community League  
6510 111 Street NW

### By NEIGHBOURHOOD RECREATION EXPERIENCES

Are you between the ages of 13-17 and are interested in leading recreation programming? This session will go over how to plan and lead recreation activities for both drop-in and registered programs in your community. You can expect fun as you receive great interactive leadership training to help you discover your inner leader and prepare you for volunteering with children.

**Saturday October 21, 2017**  
**RSVP: by October 14**  
**1:00 pm—4:00 pm**  
**Parkallen Community League**  
**6510 111 Street NW**



**TO REGISTER:**  
Eventbrite.com > Search:  
“Youth Leadership Training”  
Or Call: Cara Rose @ 780-496-2979  
E-mail: [cara.rose@edmonton.ca](mailto:cara.rose@edmonton.ca)

### NEIGHBOURHOOD RECREATION EXPERIENCES

## OPEN HOUSE

**6:00 - 8:00pm on Tuesday, October 17, 2017**  
**Circle Square Professional Building**

**RSVP by October 10**  
**Eventbrite.com > Search NRE Open House**  
**Or Call Cara Rose @ 780-496-2979**

The City of Edmonton offers free equipment loaning to not-for-profit organizations and community groups. Come learn about our equipment loaning process in person and try out a selection of available equipment.

**Tuesday, October 17, 2017**  
**RSVP: by October 10**  
**Drop In: 6:00-8:00pm**  
**Formal Presentation: 7:00pm**  
**Circle Square Professional Building**  
**11808 St. Albert Trail NW**

**TO REGISTER:**  
Eventbrite.com > Search: “NRE Open House”  
Or Call: Cara Rose @ 780-496-2979  
E-mail: [cara.rose@edmonton.ca](mailto:cara.rose@edmonton.ca)



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**Kirsten Goa**  
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587.598.GOA8 (4628) [www.kirstengoa.ca](http://www.kirstengoa.ca)

Kirsten brings people together to take action on issues that matter. A lifelong resident of Ward 8, she understands and can mobilize the power of our communities to create resilient neighbourhoods and a vibrant city.



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[heidi.bside@gmail.com](mailto:heidi.bside@gmail.com)



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<p><b>FRANK VANDERBLEEK</b> REALTOR® 780.431.5600 <a href="mailto:Frank@royallepage.ca">Frank@royallepage.ca</a> <a href="http://FranklyTheBest.ca">FranklyTheBest.ca</a></p> <p><small>Not intended to solicit properties already under contract.</small></p>		



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Learn more at [cdlhomes.com](http://cdlhomes.com)



# Avonmore

7902 - 73 Avenue  
(780) 465 - 1941  
avonmore.org

## 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

The Avonmore Garden Club is an enthusiastic group of locals who like to get their hands dirty and find creative ways to enhance their yards and gardens.

For more information contact Anita at (780) 462-4439 or director3@avonmore.org

## 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.



## Need A Babysitter? Or Looking For A Babysitting Job?

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

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

For Teens Seeking Babysitting Work: email Cheryl.

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

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

Don't forget to provide your phone number!

## Avonmore Lego Club Halloween Party

Join us for Lego Club Halloween Party on Oct 17 from 3:30 p.m. - 5:00 p.m. at Avonmore Community Hall 7902-73 Ave. Dress up in your favourite Lego Character, play Halloween Lego games and have an awesome time; all while playing Lego! Email Jamie playschool@avonmore.org if you have any questions.

## Pancakes in the Park

Our 2nd annual Pancakes in the Park event was held on Saturday, September 16th and was a huge success! Special thanks to the entertaining Hailey Benedict (@thatsmehaileyb) who performed some modern coun-try/pop music for everyone. Thank you also to our dedicated sponsors Catfish Coffee, Alberta Pork, Bonnie Doon Safeway, Sawmill Banquet and Catering, Ernest's at NAIT and the City of Edmonton.

For those of you unable to make it to the event to purchase your membership, they are available for purchase at Dairy Queen on the corner of 75 St and 76 Ave. like to thank Hailey Benedict.

## Community Playschool

Come join us for a year of fun and exciting playschool experience. Classes run Monday-Friday; you can sign up for 2 days a week up to 5 days a week.

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

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

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



## Avonmore Needs Rink Volunteers

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

## Avonmore Winter Shinny Hockey

Winter shinny hockey will start in October at Kenilworth arena on Friday evenings.

Players can come from any community. For more information email Boris at sports@avonmore.org



## Avonmore Book Club

If you enjoy reading, the Avonmore Book Club would love to have you. The Club meets on Sunday evenings every 4 - 6 weeks. Members take turns picking books and hosting meetings. New members welcome from any community. For more information contact Anita at (780) 462-4439 or director3@avonmore.org



## Avonmore Yoga

Yoga Fall Session Tuesdays and Wednesdays - October 3 to December 20, 2017 Tuesdays and Wednesdays 6:30 to 8:00 p.m. at the Avonmore Community Hall

\$100.00 fee for 12 classes on either Tuesday or Wednesday. Drop-ins welcome @ \$14.00 per class.

For more information contact Anita at (780) 462 4439 or director3@avonmore.org.





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## Teen Driver Safety

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development. It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit:

<http://www.albertahealthservices.ca/injprev/Page4880.aspx>

Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car.

It is also important to check tires, adjust seats and rear-view mirrors before driving. Remind your teen to buckle up, no matter how short the drive. It is the law.

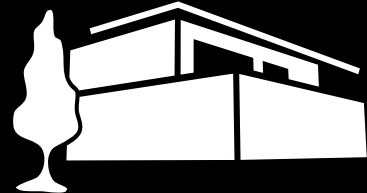


Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving.

Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

- 1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and be respectful of other drivers and pedestrians on the road.
- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and speak with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things.

This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.



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# 6S

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## Edmonton Municipal Election October 16, 2017

### Who can vote?

***Do I have to be on the voter's list to vote? I have not been enumerated yet. Can I vote?***

There is no voter's list in Edmonton for City Council and School Board Trustee elections. Voters must provide authorized identification at the voting station, such as an Alberta driver's license or an Alberta Identification Card.

In addition, all voters are required to sign a statement (Form 8 - Voting Register) when they attend the voting station to confirm they meet the qualifications required to vote.

To be eligible to vote, you must:

- present authorized identification
- be at least 18 years of age
- be a Canadian citizen
- be a resident of a ward within the city of Edmonton on Election Day (October 16, 2017)
- have resided in Alberta for the six consecutive months immediately preceding the election (April 10, 2017)
- not have already voted in the current election

All voters must sign the voting register stating that they meet these qualifications and provide satisfactory authorized identification before they will be given a ballot.



## League Board

President	Kris	780 720-9003
Past President	Bill	780 469-5744
Vice President	Derek	780 919-5421
Treasurer	Michelle	780 466-1017
Secretary	Laura	780 982-9876
Hall Rental	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 babysitting needs.

If you love babysitting, have taken the babysitting course, and you live in the Capilano neighbourhood or a surrounding community, sign up now! Parents who need someone skilled, dedicated, and responsible to care for their loved ones, sign up now!

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

## Playschool - WEM SPLASH 'n SLIDE Tickets only \$12 until Oct. 16

Capilano Playschool is hosting their 5th annual "Splash and Slide" fundraiser!

**When: Saturday November 18, 2017 7:30 p.m. - 10:30 p.m.**

**Where: West Edmonton Mall Waterpark**

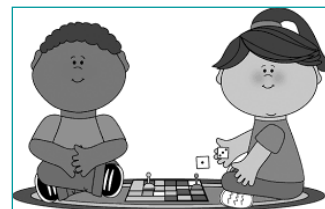
Early bird tickets are just \$12 until October 16! This event sells out every year! For more information or to purchase tickets, contact Amy at 780-668-6836.

## Playschool Spots Available

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 Mandy!

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



## Capilano Winter Green Shack

**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.

## 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!

## You're Invited!!

Join us in the gym for our 4th Annual

# Fall Fun Family Dance

**Thursday, October 26th**  
**from 6:00 - 8:00 pm**

It's a fun-filled evening of dancing, face painting, & concession!

Tickets \$5.00 each in the office or at the door - 2 and under free.

Call or email Lisa Leflar for more information  
780.468.2598 or [leflar@suzukischool.ca](mailto:leflar@suzukischool.ca)



## Community League Sign Rental

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

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

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

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

## 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!

## 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 Capilano Community Members

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

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

The indoor community swim program runs from the second weekend in September until the end of June.

Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

## Be a Community Park Helper!

We can keep our park clean and safe with everyone's help. Please use the litter bins and encourage others to do so.

Sand on the sidewalk is slippery – if you are feeling ambitious and know that you are going to be hanging out at the park for some time while your children play, then feel free to bring a broom and sweep the sidewalks.

It's great exercise! Thank you to those who have already been helping to keep our park safe and clean!

Also, it is wonderful to see the spray deck being used on warm days – what a great addition it has been to our Park! However, please consider refraining from pressing the spray deck “on sensor” if you or your children are not planning on going into the water on a cooler day.

For health reasons (children sometimes drink it), the water flowing out of the spray deck is fresh water (not recycled). Only press if you're going in! Thanks!

CAPILANO CHRISTIAN ASSEMBLY PRESENTS

# WEAR AND WARES

FAMILY & SMALL HOUSEHOLD ITEM EXCHANGE

## SATURDAY NOVEMBER 5, 2016

FROM 11:00AM TO 1:30PM

**DONATION DROP-OFF ON FRIDAY NOVEMBER 4, FROM 2PM - 8PM @ CCA.**  
Items donated must be in clean & good useable condition. Donations may include clothes, accessories, small household items, small sports equipment, linens, toys, & childrens books.  
**NOT ACCEPTED:** Large household items, appliances, fitness equipment, electronics, cribs, strollers, high chairs, baby car seats, etc.

For more information, contact the church office at 780-469-7801 or mail@capilano.org

CAPILANO CHRISTIAN ASSEMBLY  
9333 50 ST  
EDMONTON  
T6B 2L5

## Cyclocross Race at Capilano Community Park

The redbike cycling club and the Edmonton Road and Track Club is promoting cycling in Alberta by organizing a weekend of cyclocross racing at Capilano Community Park (10810-54 St.) on OCTOBER 21 and 22.

The races start at 9:00a.m. and end at 4:30p.m. both days, so come by and enjoy the spectator friendly format of cyclocross racing.

We will have bouncy castles, cow bells, and plenty of racers to cheer for. Have questions?

Email dr.jung@shaw.ca to learn more!



## Hope Afternoon of Arts Saturday, October 21 at 1:30 p.m.

Come and join us at Hope Lutheran Church at 5104 – 106 Ave on Saturday, October 21 for a celebration of music, drama, visual art, literature, film, and dance.

The concert portion of the afternoon starts at 1:30 p.m. with an opportunity to view the visual art and enjoy some homemade goodies after the program.

There will also be children's activities at this family friendly event! This year we are especially excited to welcome a Hawaiian Liturgical Dance Group under the direction of Sandra Thomsen.

For more information about the Afternoon of Arts contact 780-466-8502, email hope-lutheran@shaw.ca or check out Hope's website at www.hope-lutheran.ca.



## Cloverdale CL Contacts

POSITION	NAME	EMAIL
President	Reg	<a href="mailto:president@cloverdalecommunity.com">president@cloverdalecommunity.com</a>
Past President	Susan	<a href="mailto:pastpresident@cloverdalecommunity.com">pastpresident@cloverdalecommunity.com</a>
Vice President	Bonnie	<a href="mailto:vicepresident@cloverdalecommunity.com">vicepresident@cloverdalecommunity.com</a>
Secretary	Liam	<a href="mailto:secretary@cloverdalecommunity.com">secretary@cloverdalecommunity.com</a>
Treasurer	Jackie	<a href="mailto:tresurer@cloverdalecommunity.com">tresurer@cloverdalecommunity.com</a>
Communications	Kim	<a href="mailto:communications@cloverdalecommunity.com">communications@cloverdalecommunity.com</a>
Civics Director	Eli	<a href="mailto:civicsdirector@cloverdalecommunity.com">civicsdirector@cloverdalecommunity.com</a>
Folk Fest Liaison	Sandy	<a href="mailto:folkfest_liaison@cloverdalecommunity.com">folkfest_liaison@cloverdalecommunity.com</a>
Social Director	Bob	<a href="mailto:socialdirector@cloverdalecommunity.com">socialdirector@cloverdalecommunity.com</a>

## STANDING COMMITTEE

Casino	Bev & Shane	<a href="mailto:casino@cloverdalecommunity.com">casino@cloverdalecommunity.com</a>
Ski Club Liaison	Chris	<a href="mailto:skiclub_chair@cloverdalecommunity.com">skiclub_chair@cloverdalecommunity.com</a>
Membership	Karen	<a href="mailto:membership@cloverdalecommunity.com">membership@cloverdalecommunity.com</a>
Seniors Director	Karen	<a href="mailto:seniors@cloverdalecommunity.com">seniors@cloverdalecommunity.com</a>
Flood Mitigation	Eric	<a href="mailto:floodmitigation_chair@cloverdalecommunity.com">floodmitigation_chair@cloverdalecommunity.com</a>
Community Garden	Shelley	<a href="mailto:communitygarden_chair@cloverdalecommunity.com">communitygarden_chair@cloverdalecommunity.com</a>
LRT Co-Chair	Paul	<a href="mailto:lrtcommittee_cochair@cloverdalecommunity.com">lrtcommittee_cochair@cloverdalecommunity.com</a>

For Hall Rentals contact Janet Hardy @ [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com)

For Cloverdale Chronicle submissions please email: [cloverdalechronicle@gmail.com](mailto:cloverdalechronicle@gmail.com)

## BOOK CLOVERDALE HALL TODAY!

We have the perfect space for your summer and fall parties! Not too early to start planning Thanksgiving and Christmas parties either!

Cloverdale Hall is the perfect venue!

Room to move, party, mingle or just chill out. All the amenities needed to host your special event! Email Janet and hold your date. [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com)



## Just a few things happening in Cloverdale!

*Come join the fun!*

### Sportball is back!

Tuesday's October 10-November 28 at 9:45-10:30am for the morning class and 6-6:45pm for the evening class. Ages 2.5-5 years. Contact [sportball@cloverdalecommunity.com](mailto:sportball@cloverdalecommunity.com) for prices and registration

**Yoga** Tuesday at 8pm and Friday at 9:45 am

**Barre classes** Monday at 7pm and 8:15pm Thursdays

**Zumba** Thursdays @ 7pm

**Zumba Kids** Thursdays @ 6:15pm

**Zumbini** Mondays @ 5:45pm This one is for mom and baby!

**Contact** [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com) for prices and registration

## SAVE The Date!

### OCTOBER 29th

Cloverdale Halloween Party!  
Details to come.



## Home & Property Safety

There has been a spate of break-ins in Cloverdale in recent weeks.

According to the City of Edmonton Crime Map (<http://crimemapping.edmontonpolice.ca/>) there were 12 thefts reported in Cloverdale over the past 60 days – two thefts from vehicles and 10 break-ins to garages or homes.

By comparison, there were 24 similar reports in Riverdale, 6 in Rosedale, 10 in Strathearn and 32 in Bonnie Doon. All these communities differ from Cloverdale in a number of ways, but they shed some light on the situation and may provide some perspective.

Now that most of us are back from vacation and kids are returning to school, we need to continue to be vigilant and aware of what's going on in our neighbourhood.

The Edmonton Police Service (EPS) has a number of articles on its website that may provide tips on how to protecting our homes and vehicles and well as information about community, personal and family safety.

Check out the following site <http://www.edmontonpolice.ca/CrimePrevention/HomePropertySafety.aspx>. The drop down menu has lots of practical tips including specific information about garage security.

The Abundant Community Initiative that is gaining traction in Cloverdale is also a great way to get to know one another.

Being able to put names to faces fosters relationship building and contributes to neighbourhood well-being and safety. Reaching out to your Block Connector is another way to build safety into our community.

*Reg Kontz, President  
Cloverdale Community League*

## JOB OPPORTUNITY IN CLOVERDALE

Cloverdale Community League is currently seeking a resident of our neighbourhood for the role of Neighbourhood Connector. This is a paid, part time position with an expected contribution of 10 hours per week, and is expected to last for 6 months, based on currently available grant funding.

The purpose of this role is to support the implementation of the Abundant Community Program in our neighbourhood, an Asset Based Community Development program intended to develop and promote a vibrant neighbourhood life, while reducing social isolation. The Neighbourhood Connector is responsible for identifying, mobilizing, encouraging and supporting the Block Connectors. For more information on this program, please click on the following link: [https://www.edmonton.ca/programs\\_services/for\\_communities/abundant-community-edmonton.aspx](https://www.edmonton.ca/programs_services/for_communities/abundant-community-edmonton.aspx).

Responsibilities of the Neighbourhood Connector may include:

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

As a potential Neighbourhood Connector, you have:

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

Please email resumes to [president@cloverdalecommunity.com](mailto:president@cloverdalecommunity.com). Closing date for applications is October 10, 2017. Cloverdale Community League would sincerely like to thank all applicants for their interest. Together we can turn strangers into neighbours.



# Community Day with a Canadian Red and White Theme!



We had our annual Community Days event on Saturday September 23rd and it was a blast.

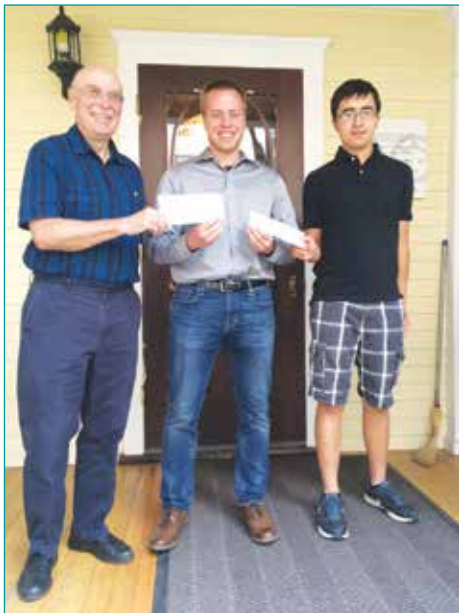
The clouds disappeared in time for the fun! The kids enjoyed balloon animals, a bouncy castle, a visit from the fireman with the fire truck and a wonderful play! The adults visited with their friends and neighbours while eating some delicious BBQ items!

Wonderful wrap up to summer!

## Concession Donation

Reg Kontz, President of Cloverdale Community League and Damian Trueman, Concession student leader & 9 of the concession Kids made their cheque presentations to the Kids With Cancer Society.

The concessions kids donated \$307.88 (5% of their profits) & Cloverdale Community League Match this amount.





# Linda Duncan

Member of Parliament  
Edmonton Strathcona

Contact my constituency office  
for assistance with:

- Employment Insurance
- Old Age Pensions
- Income Tax
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404  
linda.duncan.c1@parl.gc.ca  
10049 81 Avenue  
(entrance on 101 Street)

Assistance également  
disponible en français.

www.LindaDuncanMP.ca  
f t LindaDuncanMP



## Suicide: Reach Out and Save Lives: Understand the Signs

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

Suicide is a preventable tragedy that starts with recognizing the warning signs and taking them seriously:

- Talking about suicide or a plan
- Giving away personal possessions
- Visiting or calling people to say goodbye
- Making statements about hopelessness, helplessness or worthlessness
- Loss of interest in previously enjoyed activities
- Personality changes, including lack of self care/neglect of self
- Increase in drug and alcohol use or risk taking behaviour
- Becoming cheerful after a period of depression, which may mean the individual has already made the decision to escape their problems through suicide

Suicidal people are in pain and want their pain to end, but do not necessarily want to die.

Asking someone directly if they are suicidal does not put the idea in their head. In fact, talking openly to someone who may be suicidal can provide relief. Being aware of these signs and starting the conversation lets the person know you care and can make a difference so they can get the help they need.

If you or someone you know needs help, please call Health Link at 811.



## League Contacts

<b>President</b>	Rae	<b>916-8145</b>	President@forestterrace.org
<b>Vice President</b>	Jeremy	<b>644-0772</b>	VP@forestterrace.org
<b>Secretary</b>	<b>VACANT</b>		Secretary@forestterrace.org
<b>Treasurer</b>	Michelle		Treasurer@forestterrace.org
<b>Hall Rental</b>	Molly		Hall@forestterrace.org
<b>Maintenance</b>	Ryan		Maintenance@forestterrace.org
<b>Programs</b>	<b>VACANT</b>		Programs@forestterrace.org
<b>Rink</b>	<b>VACANT</b>		Rink@forestterrace.org
<b>Bingo</b>	Heather	<b>466-0015</b>	Bingo@forestterrace.org
<b>Seniors</b>	<b>VACANT</b>		Seniors@forestterrace.org
<b>SECLA Rep</b>	Connie	<b>462-1442</b>	SECLA@forestterrace.org
<b>Soccer</b>	Kelly	<b>224-4024</b>	Soccer@forestterrace.org
<b>Babysitting</b>	Anna	<b>485-6099</b>	Babysitting@forestterrace.org
<b>Casino</b>	Anna	<b>485-6099</b>	Casino@forestterrace.org
<b>Grants</b>	Bonnie		Grants@forestterrace.org
<b>Memberships</b>	CoraLee	<b>430-4307</b>	Membership@forestterrace.org
<b>Website</b>	Tyler		Web@forestterrace.org
<b>Sign</b>	Angela/Daniel		Signs@forestterrace.org
<b>News Editor</b>	Kerry		Newsletter@forestterrace.org
<b>Volunteer Coordinator</b>	Nicole P		Volunteers@forestterrace.org
<b>Events</b>	Kathleen		Events@forestterrace.org
<b>Safety</b>	<b>VACANT</b>		Safety@forestterrace.org
<b>Civics</b>	Angela	<b>885-9529</b>	Civics@forestterrace.org
<b>Marketing</b>	Kelly	<b>224-4024</b>	Marketing@forestterrace.org

## Looking for a Volunteer Opportunity?

**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 (ie. flooding, patching, clearing snow), attends monthly meetings (first Tuesday each month except July and August). 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, attends monthly meetings.

To volunteer for any of the above positions, please email [board@forestterrace.org](mailto:board@forestterrace.org).



## Indoor bootcamp

Indoor bootcamp started up again in September. It's a great option if you're looking to start a fitness regime or if you're already working out. Bring a yoga mat, weights for your level, indoor shoes and water.

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. Six-week session as low as \$45.

Contact Sharon for more information at [cs.weber@shaw.ca](mailto:cs.weber@shaw.ca) or 780-270-5273.

## Zumba-rrific!

Whether you're a seasoned dancer or new to Zumba, come join Mary's class and leave with positive energy and renewed spirit – every class feels like a party!

Wednesdays, 7-8 p.m. Register on Eventbrite: \$10/drop-in class. Discount for members from any community league.

Questions? Contact Mary at [Mary.Jaya@gmail.com](mailto:Mary.Jaya@gmail.com).

## Pilates on the Ball is back

Pilates is a gentle form of exercise for people of all ages and physical capabilities. The majority of our workout is done with/on the large Swiss Ball used by many physical therapists. It feels like exercising on a waterbed!

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

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

## Run Club

continues Mondays 6-7 p.m.  
Run up to five kilometres along the trails in our neighbourhood with seasoned volunteers. Rain, snow or shine, meet at the hall promptly at 6 p.m. Runs will continue as long as interested community members attend.

Questions? Email  
[President@ForestTerrace.org](mailto:President@ForestTerrace.org).

## Free community swims

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

At Commonwealth Leisure Centre, you can use the gym, running track, fitness centre, pool, hot tub and sauna for free every Saturday from 5 to 7 p.m.

## Membership & Benefits

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



Members get a discount on rental of our newly renovated community hall, a perfect location for children's 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](http://forestterrace.org).

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. The next ones are Oct. 8 and 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.


Memberships expired at the end of August, so don't forget to purchase your new one to continue to receive discounts and free admissions. Buy one at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW), any Servus Credit Union or online at [efcl.org/membership](http://efcl.org/membership). Families pay \$30, individuals \$15, and seniors just \$10.

Contact our membership coordinator Cora Lee at [membership@forestterrace.org](mailto:membership@forestterrace.org) or 780-430-4307 to find out more about the benefits of membership.



## Forest Terrace Heights Community Groups/Workshops



Interested in taking part in a community games night, cycling group, or gardening club?

This fall, Forest Terrace Heights wants to support neighbours looking to kick-start or join any sort of group or workshop. The possibilities are endless, but some of the popular suggestions have been: yoga, group walks, parent get-togethers, computer workshops, history clubs, etc.

If you're interested or would like more information, please email [ace@forestterrace.org](mailto:ace@forestterrace.org) or call Julie at 780-952-5196.



# Halloween Costume Party

— For kids! —

october 28

Forest Terrace Heights hall  
10150 80 St  
Watch Facebook for updates.

Greetingstation.com

## Who will you vote for?

Don't forget to vote in Edmonton's civic election on Monday, Oct. 16! Local elections are so interesting because our mayor and twelve ward councillors make decisions that directly impact our daily lives.

Whether you are concerned about snow-plowing, transit, back-alley renewal, the pace and nature of redevelopment, property taxes, homelessness, affordable housing, or safe injection sites, your ward councillor's vote is one of thirteen that determine the city's direction for the next four years. If your concern is education, your vote for an Edmonton Public School or Edmonton Catholic School trustee will affect our next generation.

Closer to home, our next council will be considering the fate of the 101st Avenue Corridor Study, incentives that support commercial reinvestment, any rezoning proposals, and of course, infill.

What are your priorities and concerns? Which candidates align most closely with you? Now is the time to engage.

**The Greater Hardisty Community Sustainability Coalition is hosting a forum for Ward 8 candidates at Fulton Place Community League, 6115 Fulton Road on Tuesday, Oct. 10 from 7 to 9 p.m.**

Visit [Ward8HardistyForum.eventbrite.ca](http://Ward8HardistyForum.eventbrite.ca) for more details or to RSVP. RSVP is not necessary but would help organizers estimate numbers for seats and snacks.

We hope you will take the chance to get to know the candidates and cast your vote on Oct. 16.



## Healthy Halloween

Halloween is a time that children get excited about dressing up as their favourite character and stocking up on candy. Read on for tips to make your Halloween festivities healthier for your family and others.

For your family:

- Work out a plan with your children and discuss how to enjoy their candy and to decide what they can do with the extra. Use your best judgment based on their personality and eating habits.
- Limit the amount of candy your children collect by limiting the number of houses they visit, or the amount of time they spend Trick-or-Treating.
- Always keep safety in mind. Keep only items that are unopened and in their original wrapping.
- Trade candy for non-food items like bouncy balls, pencils or tattoos.
- Know how much candy was collected and store it out of sight. Having candy visible makes it more likely that you or your children will eat it.
- Use Halloween candy for craft projects.



For others:

- Hand out stickers, temporary tattoos, bubbles or Halloween themed pencils.
- Offer healthier food options like small bags of flavoured rice cakes or pretzels, boxes of lower sugar cereal, pre-packaged cheese sticks, higher fibre granola bars, or bottles of water.
- Avoid bringing leftover candy to school.

You and your family can enjoy a healthy Halloween! Continue healthy eating and active living habits during the Halloween season.

For more ideas on healthy eating please visit: [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca).



## 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 .

## Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14. AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

## Volunteer for Your Community League

On behalf of the Fulton Place Community League (FPCL) I wanted to send a note to our members regarding community events and positions open on the community league executive.

If you or anyone you know is interested in helping plan an event for our community we would be excited to work with you and provide the financial backing and support needed. All event ideas are welcome, and could include smaller or larger events (movie nights, skating parties, Halloween parties, Canada Day events, etc.). If you have any interest in planning an event or would like to discuss events you'd like to see please send an email to president@fultonplace.org and I'll be in touch.

Additionally, there are a number of positions that are not currently filled on the FPCL board, including:

- **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

## 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 Albertan's risk of 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, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.



- **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.

If you or anyone you know has an interest in becoming a member of the community league board please send an email to me at president@fultonplace.org and we'll get in touch.

*Mike Reimer, President*  
president@fultonplace.org



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

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

**100-8925 82 Avenue**  
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# Gold Bar

4620 - 105 Avenue  
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## GOLD BAR EXECUTIVE

President	Adam	780-406-9758
Vice-President	Jamie	780-803-0422
Secretary	Tammy	tschatull@gmail.com
Hall Rentals	Liisa	goldbarhallrentals@gmail.com
Social Director	Ronda	780-966-3096
Memberships	Amy	780-668-6836
Babysitting	Lil	780-466-4060
<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, Oct.22.

## Upcoming Bingo Dates

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

### FORT ROAD BINGO

Sunday, October 29, 2017- Afternoon & Evening

Saturday, December 2, 2017 - Afternoon & Evening

### PARKWAY BINGO

Wednesday, October 25, 2017 - Evening & Late Nite

Thursday, November 23, 2017 - Evening & Late Nite

Saturday, December 16, 2017- Evening & Late Nite

## Greater Hardisty Community Fun Day

Thank you to all who attended, to the superstars who volunteered, to the companies who contributed funding, and to Ronda for organising the whole party. We live in a super community!



## Assistant Social Events Volunteer Still Needed

Have you been reading this little blurb month after month and thinking that you could surely help, but maybe someone else will step up to the plate?

Well, they haven't, so why don't you email me at sondiamber@gmail.com and let's work on making Gold Bar community even greater!

We're looking for someone to run smaller social events throughout the year, or be part of a social events committee (there is already one person who responded with interest to be on the committee).

## Gold Bar Craft Show

The craft show is back!! Please attend on Saturday, December 2 from 10 am - 4 pm at Gold Bar Hall.

## A Green Shack Thank You

What a fun summer! A big THANK YOU to our Green Shack leader for playing with our community kids at the playground all summer.

Kids participated in a variety of games, sports, crafts and so much more.

**THANK YOU** to the City of Edmonton & Gold Bar Community League for valuing the Green Shack Program in our neighborhood.

**THANK YOU** to the parents/guardians who took their kids to the park or encouraged them to go and enjoy all the fun the Green Shack had to offer.

Without them, we wouldn't have this great opportunity coming into our neighborhood.

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# Gold Bar Preschool

Did you miss signing up your child for preschool? You are in luck because there are still openings here. This is a parent cooperative program that offers morning classes for children aged 3 years to kindergarten, located in Gold Bar Elementary School at 10524 46 Street NW.

Want further details? Email Goldbarpreschoolparents@gmail.com phone Lindsay at 780-708-3461, or visit GoldBarPreschool.ca

# Community League Memberships

Our new CL membership director is looking for 15 more VOLUNTEERS to sell 2017/18 community memberships this September. Most routes take less than 90 minutes to cover. If you are interested in helping out your community, please call Amy (780) 668-6836. Please support the canvassers that come to your door. You can also purchase the memberships at Blues Java cafe or at Gold Bar TGP.

Adults/family- \$20  
Seniors \$5

# Games Night

Last Friday of every month  
Friday, October 27, 6:00 - 9:00pm  
At the Gold Bar Community Hall  
Bring a game and a snack to share. All ages are welcome.

# Rink Update

There will be two rinks in Gold Bar this winter! Both the hockey rink and recreational rink will be flooded. A big thank you to Tammy Schatull for puzzling out what needed to be done and finding kind companies to get the work done. The plumbing for the hose is being worked on, as well as new lighting is being installed.



# Exercise Classes!

First of all, the Stretch and Strength class that was scheduled for Mondays 5:30 - 6:30pm had no participants so it has been cancelled for this session. People have requested evening classes, and beginner classes so we'd like to know what isn't working. If you are interested in an evening beginner class, can you email Sharon. Harker@gmail.com and tell her what time would work for you, or what doesn't work about the current class?



## NEW Mom and Me Fitness Class

Mondays 9:30-10:30am  
Session one: September 11- November 7 (excluding Oct.9, Drop-in: \$12/class.)  
Session two: 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 lisashortenfitness@gmail.com or on Facebook.

## Body Barre

Wednesdays 9:00 - 10:00am  
September 13 - November 1  
At the Gold Bar Community Hall

Moderate to advanced fitness levels  
Drop-in for \$12  
Instructor: Jen Sloan  
Contact: 780-710-4303

# Nature Nights

*Fridays from 6:11 – 7:11pm until October 27*

Jenny Samm from Fulton is kindly organising nature nights once again, and is inviting everyone to join in at Gold Bar Park on Friday evenings for a chance to experience nature.

There will be no agenda for the nature time so sometimes we might end up going for a walk along the path by the river, or through the trees.

Please come join us for some time in nature – all are welcome so please invite your friends, relatives, neighbors, etc.

Meet at the washroom building at Gold Bar Park (straight north on 50 street and take your last right before the river to travel down a road that passes by the water treatment plant and then you will arrive at the Gold Bar Park parking lot) ready to leave at 6:11pm.

# Three Opportunities to Vote

The Edmonton Election for Mayor, City Councillors and School Board Trustees takes place this October and there are three easy ways to cast your vote!

- 1) Advance Vote.
- 2) On Election Day - Monday, October 16, 2017 - Cast your ballot at the voting station designated for your home anytime between 9 a.m. and 8 p.m. A "Where to Vote" card will arrive in your mail in early October with information about your voting station, or use the online Where to Vote tool on the Edmonton Elections website to find your voting station and candidate list. Go online and try it out: [www.edmonton.ca/election](http://www.edmonton.ca/election)
- 3) Special (Mail-in) Ballot- The final way to vote is intended for people who will be out of town on Election Day, who are unable to get to a voting station, or who are election and campaign workers. If you fall into one of these groups, you can request a Special (Mail-in) Ballot. Visit the Edmonton Elections website for more information and to apply: [www.edmonton.ca/SpecialBallot](http://www.edmonton.ca/SpecialBallot) tion or 780-442- VOTE (8683)

# Breast Cancer Screening

Every October during breast cancer awareness month, women are reminded to get checked for breast cancer. That's because breast cancer is still a problem in Alberta and the most common type of cancer for women.

In fact, 1 out of every 8 women will be diagnosed in her lifetime. And each day a woman in Alberta will die from the disease. But breast cancer doesn't have to be a death sentence.

If we can catch it early, we can treat it and beat it.

Screening mammograms are a way to do just that. Using special x-rays of the breast that check for signs, they can help find breast cancer 2-3 years before it can be felt by a woman or her doctor.

Mammograms are the best test we have for breast cancer, and the only test that has been shown to lower the chance of dying by 30%. Thanks in part to screening mammograms, most women (almost 90%) are now surviving breast cancer.

Should you get a mammogram? Women 50 to 74 should plan to have a mammogram once every 2 years, and can self-refer. Women in their 40's can speak to their doctor, and get a referral for their first screening mammogram.

Screening mammograms are available at many clinics in Alberta.

To find the closest screening mammography centre near you, call Health Link at 811 or Screening Programs at 1-866-727-3926.

Screen Test is a service that brings free screening mammograms to rural communities with two mobile clinics. To find out when the next clinic is in your area, call 1-800-667-0604 (toll free).

What else can you do to prevent breast cancer?

You can talk to your doctor about your family history of breast cancer and know your risk.

Know how your breasts normally look and feel, and get them checked if you find anything unusual.

And of course a healthy lifestyle is important. Limiting alcohol, smoking and drinking can also help lower your risk.

Prevention is the best protection. A screening mammogram can save your life. Get a screening mammogram in October.

To find out more about breast cancer screening in Alberta, visit [www.screeningforlife.ca](http://www.screeningforlife.ca).

## Holyrood Community League Contacts

President	Wendy	<a href="mailto:president@holyroodcommunity.org">president@holyroodcommunity.org</a>
Vice President	Claire	<a href="mailto:vicepresident@holyroodcommunity.org">vicepresident@holyroodcommunity.org</a>
Treasurer	Dianne	<a href="mailto:treasurer@holyroodcommunity.org">treasurer@holyroodcommunity.org</a>
Secretary	Marjorie	<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	VACANT	<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	Jamie	<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

### Cooperative Playschool

The Holyrood Cooperative Playschool has one vacancy available. This program focuses on learning through play, and is designed for children aged 3-5.

Mondays and Fridays

9:00 - 11:15 AM

For more details please contact [hcpregistrar@gmail.com](mailto:hcpsregistrar@gmail.com), or visit the website [www.holyroodplayschool.ca](http://www.holyroodplayschool.ca).

### Drop-in Playgroup

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

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

Thursdays

9:00 - 11:00 AM

Holyrood Community League

Contact Jessica at

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

## Free Community Swim



Your current community membership allows you FREE access to Commonwealth Rec Centre and Hardisty Leisure Centre. Don't forget to pack your membership card!

### Commonwealth Community Recreation Centre

Saturdays

Starting in October - TBA

5:00 - 7:00 PM

### Hardisty Leisure Centre

Sundays

Starting September 10th

1:15 - 2:45 PM

### 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).



## Volunteers Needed!

If you're a proud Holyroodian who'd like to volunteer some time to our great community, then we might have a spot for you. Being a Holyrood Community League board member is fun, rewarding and a great way to feel connected to your community!

### Facilities Director

We are also looking for a new board member to act as Facilities Director. This vital volunteer oversees the physical operation of the Holyrood Community Hall and Rink Building. The league is currently moving to a model of paid facility management, so the Facility Director has a significantly reduced role from past years. The Director acts as the board's liaison with our paid facility management contractor, who is responsible for ongoing maintenance, repairs and upgrades to our buildings.

Because of the reduction in duties, the Facilities Director also oversees maintenance and upgrades to the league's outdoor assets, including our skating rink, parking lot and the grounds immediately surrounding our buildings (our "licensed area").

Estimated time commitment: three hours per week, plus approximately four hours per month to prepare for and attend monthly board meetings.

## Holyrood Development Committee

### Updates

The Public Hearing for Regency's proposal to redevelop Holyrood Gardens was scheduled for September 11, 2017. Resident turnout was strong, with 29 speakers signed up to speak from the community! All proposed zoning changes are slotted at the end of City Council's biweekly public hearings, however, and council was not even able to start discussing this proposal before the scheduled end of the meeting. After a tense discussion regarding Regency's announcement of their need to complete utility construction before LRT construction starts on March 1, council voted to postpone the hearing until November. It was a long night, with many of us waiting the entire 9 hours, but the rescheduled hearing will provide time to reassess the proposal.

Since then, HDC has continued to work on communicating with council and Planning -

Please contact Wendy Weir [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org) to discuss how this might be a good volunteer opportunity for you!

### Casino Coordinator

The next Holyrood Community League Casino will be held in April, May or June of 2018.

We are looking for a volunteer to oversee the application process 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 [programs@holyroodcommunity.org](mailto:programs@holyroodcommunity.org).

### Soccer Coordinators

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

- **Equipment Coordinator:** overseeing equipment handouts, returns, maintenance, and purchasing.

- **Referee Coordinator:** maintenance, communication, assignment, and payment of referees for Holyrood soccer games.

Both positions require minimal time commitment 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](mailto:soccer@holyroodcommunity.org).

follow the updates online at

<https://holyrooddevcomm.wordpress.com/>

**Please continue to speak up and engage! Here are ways you can help:**

- Attend a Candidate Forum and ask questions. Engage candidates on Twitter and Facebook.

- Write to the City Manager and request that the Holyrood Gardens proposal be sent back for further planning, better public engagement, and review by the Edmonton Design Committee.

- Sign up to speak at the rescheduled public hearing! Look for more information in the Southeast Voice, our website, Facebook or Twitter.

- Donate to the Holyrood Development Committee! Your contributions will help us to identify better urban design solutions, prepare presentations to City Council, and to continue to engage residents. Drop a cheque off at Holyrood Community League!



## 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:lbrkt@gmail.com">lbrkt@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).

## Cheery Tomato Community Garden

Another successful garden season comes to a close. Thanks to everyone that helped out please email [gardenidylwylde@gmail.com](mailto:gardenidylwylde@gmail.com) to see how you can get involved next year.

## 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.

• **Commonwealth Community Recreation Centre**  
(11000 Stadium Road)  
Saturdays: 5:00 pm - 7:00 pm  
Start Date: September 30, 2017  
End Date: September 1, 2018

Note: No swim on November 11, 2017

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

## 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!

## 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 Note: No class on October 9, 2017 Continues in May 2018

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

• **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!

• **Chair Yoga** Instructor: Susan Lobkowicz Thursday: 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 Merchant & Corrina Mak  
Thursday: 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!



## KCL League Contacts

### Executive

President	Ian	780-717-3578	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President			<a href="mailto:vicepresident@kenilworthcommunity.com">vicepresident@kenilworthcommunity.com</a>
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
<b>Weekend</b> (Fri.pm – Sun.pm)	\$450.00	\$550.00

<b>Day Rate</b>	\$300.00	\$385.00
-----------------	----------	----------

<b>Damage Deposit</b>	\$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 October 2017

### 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, KCLEdmonton**

**Next Executive Meeting, Monday, December 11 @ 7:00pm**

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

**Southeast Voice Newsletter Deadlines**  
Submissions for the **November 2017 issue of the Southeast Voice is due Thursday, October 19, 2017.**

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

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

## 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 September 2017 or 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 will start on September 24th, running 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:

October 24, Tuesday, 4:30pm – 11:30pm  
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 [totalbalancepersonal-training@gmail.com](mailto:totalbalancepersonal-training@gmail.com) to register.





## 4th Annual Halloween Family Dance

**Friday, October 27th,  
6:30-8:30pm  
Cost: FREE!**

Costume prizes (2 per category)  
Ages 0-4  
Ages 5-8  
Ages 9-13  
Ages 14 & up  
First 100 kids will receive a treat bag  
All children must be accompanied by an adult



## 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).

**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, starting September 11th, 2017, from 10-11:30. Free drop-in play time/socialization for children 0-5yrs.

This program started back up in 2015 with a laid back atmosphere of unstructured play.

It is run by volunteers and facilitated by a mom with a background in child language development and children's mental health.

Opportunities for new volunteers to help with facilitation and organizing structured activities. Coffee and tea provided.

Contact Angela with questions:  
[angela.feehan@gmail.com](mailto:angela.feehan@gmail.com)

## Scrapbooking/Card-making Garage Sale

Kenilworth Hall, 7104-87 Avenue

**Saturday, October 21 at 10 to 2:00 p.m.**

Great bargains for you for your next projects!

## Volunteer Opportunities

Many opportunities are available: Soccer Director, Adult Programs, Children's Programs, Summer 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.

## Kenilworth Golf Tournament

Another fun Kenilworth Golf Tournament and BBQ was held on Saturday, August 26, 2017 at the Triple Creek Golf Course.

As always – a big thank you to the volunteers who make this event possible! Thanks as well to our sponsors: Ottewell TGP, Consolidated Gypsum, Don Marshall, Mike Cousens, Glen Gibson, Furlong Plumbing, Painting by Sophia Inc., Bartle and Gibson, All Weather Windows, Superstore, George

@Scorpion Auto, Century Hospitality Group, Pinnacle Business Services, Miller Thomson Lawyers and Rosenau Trucking.

Hope to see everyone at next year's golf tournament on August 25, 2018 and don't forget to mark the spring BBQ on your calendar for May 12, 2018.

Congratulations to this year's winners:



**1st**  
Terry Harnack,  
Jordan Harnack,  
Perry Harnack and  
Andy Vandal.



**2nd**  
Shirley Palmer,  
Barb Andrews,  
Wendy Mang and  
Lorraine Zacharias.

## Back to School Lunches

Healthy school lunches and snacks give children and youth energy and the nutrition they need for proper growth and development. Without healthy food, children may feel tired, have difficulty concentrating and may not have the energy they need to learn and play at school.

Here are some tips to make healthy school lunches to fuel your child throughout their day.

1. Involve your kids. Let them help plan and prepare their lunches.
  - Set aside time to make lunches a team effort. Making lunch can be fun and allow time to spend together. This can be a part of your family's routine; once the kids are home from school, or right after supper.
2. Bored with sandwiches? Switch it up. Use the same filling, but change the grain product. You can have more than a week's variety!
  - Try using whole grain wraps, pitas, small bagels, English muffins, flatbread, naan bread or buns. Having some of these choices in the freezer can make it easy to switch up and help with reducing food waste.
  - Use hummus, tzatziki (cucumber yogurt spread), guacamole, or salsa as a sandwich spread to add flavour and variety.
3. Are sandwiches not an option? Try these instead:
  - Chili or stew (in insulated container) with grated cheese
  - Whole grain crackers, cheese, and carrot sticks and snap peas with hummus.
  - Oatmeal with fruit and nuts
  - Salad with meat or beans and grated cheese.
  - Fruit salad with cottage cheese and whole grain roll.
4. Make vegetables and fruit easy to eat. Prepare enough vegetables and fruit for a few days or the week instead of doing this every day. Some kids enjoy dips with their vegetables or fruit.
5. Include at least three of the food groups from Canada's Food Guide  
Aim to include a food choice from at least three of the four food groups from Eating Well with Canada's Food Guide for a balanced and healthy meal. Keep servings sizes appropriate for your child's age/appetite.



## 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 of this Committee)

**Indoor and Outdoor Soccer Director** – Glen

**Parent and Tot Team Lead** – Bri

**Summer Playground Chair** – Colleen

**Social Team** – Lori, Bri, Colleen

**Playschool Chair** - Andrew

**Rink Chair** – Cory

**Maintenance Chair** – Frank

**Civic & City Liason Chair** - OPEN

**Membership Chair** – Russ

**Communications Chair** – Tim

**SECLA Rep** – Lori

**EFCL Rep** – Corinne

**East Park Baseball** – Clarence

All Positions are volunteer positions. Please send all inquiries via email to [ottewell2212@gmail.com](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 October 17 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](mailto: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.

## Clara Tyner Playground Renewal

The Clara Tyner Playground at 9420 - Ottewell Road has been a terrific playground for many years. Now it's time to start planning how we will replace the aging structure.

Please drop in to the **Ottewell Community Hall on October 10th between 6:30 and 8:00 pm** to add to the idea board and provide feedback on what the updated playground should include and how it should look. Everyone is welcome!

For project details and more information, please contact Jen at 780-433-7097 or email [ClaraTynerPlayground@gmail.com](mailto:ClaraTynerPlayground@gmail.com)

## Outdoor Movie Night

"BACK TO THE FUTURE" movie night was a huge success!

We have decided that OCL will host **OUT-DOOR MOVIE NIGHT** annually! WATCH our WEB PAGE for more info on our next Ottewell Community Movie NIGHT!

Thank you to our Sponsors!  
**Servus Credit Union**  
**Chargers Football Club**

## 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!

## Halloween Drop-In at the Hall



Drop by Ottewell Hall while trick-or-treating on Oct 31st, Halloween Night, to get your free goodie bag and take your Halloween picture in our photo booth. **Have a safe and Happy Halloween!**

## Seniors' Harvest Tea Sunday, October 22, 2017

It's that time of year again! Fall brings us the Harvest, and that brings pies...and that means it's time for our 10th annual Senior's Harvest Tea at Ottewell.

Seniors from the Ottewell Community are invited to come together for an afternoon social at the Ottewell community league hall on Sunday October 22nd where you will be treated to Harvest treats and Tea (coffee or juice). If you've attended in the past you know we make some pretty awesome pies!

Please join us between 1:00 and 3:00 pm. This will be a wonderful opportunity to join friends and neighbours from Ottewell for a relaxing visit. If you haven't attended before we encourage you to come this year!

We are looking forward to seeing you!

## 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.

*Southeast Voice*



# 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.

# 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)

## 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)!

## 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://facebook.com/ottewellplayschool))





## Board of Directors

- **President** – Yasir
- **Vice-President** – Meghan
- **Treasurer** – Jason
- **Secretary** – Leah
- **Grounds and Buildings** – Scott
- **Social Director** – Chris
- **Membership** – Alicia
- **Communications** – Niels and Andy
- **Program Director** – Andrew
- **Member-at-large** – Nadine
- **Member-at-large** – Daniel

Web: [strathearncommunityleague.org](http://strathearncommunityleague.org)  
Twitter: @StrathearnCL  
Facebook: Strathearn Community League

## Buy Your Strathearn Community League Membership Today

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. Contact membership@strathearncommunityleague.org.

Here's where to buy your membership:

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

Or email membership@strathearncommunityleague.org.

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

## Strathearn Trivia Night

*What year was Google founded? Who is the tallest player in the NHL? Where was the donair invented?*

On Thursday, November 2nd, the Strathearn Community League is hosting a trivia night at the Juniper cafe and bistro.

Come meet your neighbors and have a chance to prove your trivia mastery. Great prizes are yours for the taking!

Everyone is welcome, and Strathearn community league members can show their membership for even more great deals.

For more info, contact Chris Samuel at [chris.samuel@gmail.com](mailto:chris.samuel@gmail.com).

**Strathearn Trivia Night**  
**November 2nd, 2017 (7:00pm-9:00pm)**  
**Juniper Cafe (9514 87 St NW)**

## Community League 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 - Oct. 4th and Nov 1st.

## Taking Shape: The walls are going up...

Now that the walls of the new hall have been erected, it is getting easier to see exactly what the new hall will look like once complete.

The hall's exterior skin will be the next piece to be installed – The masonry, made of compressed and kiln-fired aggregate in a dark grey colour. This product is durable and water resistant, and its smooth burnished finish will give the hall a refined look while protecting against damage.

The northwest faces of the hall are covered in cement fibre siding, commonly used on both houses and commercial buildings. Giving the appearance of traditional wood lap siding, cement fibre is rot resistant and also will not burn. The appearance of siding was selected in order to blend the hall with the surrounding residences.

The hall's metal roof will be installed soon! Metal was selected as the roof finish for its long service life, its resistance to fire and wind, and its durability specifically underneath many of the large overhanging trees in Silver Heights Park. The same metal finish then wraps down the face of the building, to the top of the masonry finish.

Once our outside is well underway, the interior doors and frames will be installed, with one notable exception: The washrooms! Instead of doors on our public washrooms, the building committee planned for a U shaped washroom entrance, making access to the washrooms easier for everyone, including children and those with reduced mobility. This door free entrance is similar to washrooms in larger facilities, including the airport, the Shaw conference centre, and Northlands.

It is taking shape and turning into a beautiful building but don't let this progress fool you, we are still actively fundraising to reach our target and be able to fully complete the new hall and furnish it.

Watch your mailboxes in the coming month for a donation card. Please consider joining with us in financially supporting the new community hall.



## MANHEIM IS HIRING Part-Time Block Clerks

APPLY ONLINE:  
[jobs.manheim.com](http://jobs.manheim.com)  
Search Keyword  
"Edmonton Block"



Manheim is an Equal Opportunity Female/  
Minority/Disabled/Veteran Employer.



**ELECT✓ Rob Bernshaw**

**YOUR VOICE**  
**WARD 8**



**ON OCTOBER 16th Vote ROB BERNSHAW WARD 8**

**Rob will respect TAXPAYER dollars!**

**Rob will protect SENIORS!**

**Rob will work to end closed door meetings!**

**Rob will represent everyone, not just a few!**

**If you want integrity, transparency, ethical representation, VOTE ROB BERNSHAW**

**Contact Rob**

**phone 587-782-5197**

**email [info@robbernshaw.com](mailto:info@robbernshaw.com)**

**Web [robbernshaw.com](http://robbernshaw.com)**



Ask Charles

*I made an offer on my dream home and stopped looking at other properties. My offer was not accepted, and I later learned the house was already conditionally sold at the time I made my offer. Doesn't the seller have to tell me the house is conditionally sold before I make an offer?*



No. Sellers do not have to disclose to buyers if their property is conditionally sold to another buyer.

Sellers are in the driver's seat when it comes to disclosing the status of their property's listing, and that includes whether they disclose when it is conditionally sold. If the seller instructs their agent not to disclose to buyers that their property is conditionally sold, the seller's agent must follow those instructions.

Remember that conditionally sold is not the same thing as sold. If the conditional offer falls through, the seller has to begin the process of attracting potential buyers again. But, if they continue to market the home while it is conditionally sold, they increase their chances of having a backup offer from another buyer in the event the first buyers don't waive their conditions.

I understand this was your dream home, you stopped looking at other properties once you made your offer, and it's frustrating to not get the home, but your agent should have advised you of the possibility of the property being conditionally sold. In doing so, they could have also advised you of possible other courses of action.

While a seller isn't required to disclose that their property is conditionally sold, your agent can always ask if it is. In that case, the seller has two options – they can instruct their agent to answer the question – and if doing so, they must answer it honestly and not lie. Or, they can instruct their agent to refuse to answer. If the seller's agent refuses to answer the question, you can probably read between the lines. Choosing not to answer the question can be an answer in itself.

So, what do you do in the event you find a home you want to see, but you're worried about it being conditionally sold?

If you love the home, go see it even if it is conditionally sold. This way, if the first conditional sale falls through, you'll be prepared to make an offer right away. Or, even submit an offer as a backup so that it's considered as soon as the first sale falls through.

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



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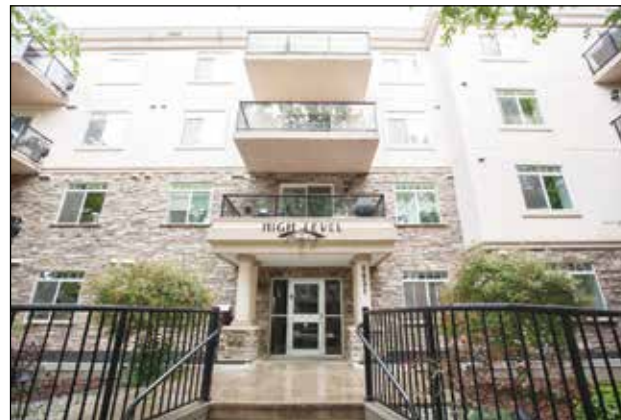
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