

# SOUTHEAST VOICE

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

April 2018



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

## Seniors' Morning Out

at Ottewell Hall

All Seniors are welcome!

Every 2nd Tuesday of the Month

10 AM to 11:30 AM 5920 - 93A Ave



## HOLYROOD AGM

THURSDAY, APRIL 19

7:00 - 9:00 pm

*Rink Relisted*

*Holyrood Gardens Redevelopment*

*Hall Ownership*

Free 2018-19 memberships for all who attend

Accredited child care provided

Enjoy some refreshments, snacks and socializing with your  
friends and neighbours



**OTL** Open Stage Night  
OTTEWELL

Saturday, April 21  
Doors open at 7:00 PM

At the Ottewell Hall - 5920 93A Ave.



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## SECLA BOARD

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Elizabeth Descheneaux	<a href="mailto:avonmorerep@secla.ca">avonmorerep@secla.ca</a>
Capilano	Shelley Svidal	<a href="mailto:capilanorep@secla.ca">capilanorep@secla.ca</a>
Cloverdale	Reg Kontz	<a href="mailto:cloverdalerep@secla.ca">cloverdalerep@secla.ca</a>
Forest Terrace Heights (Chair)	Connie Lussier	<a href="mailto:fthrep@secla.ca">fthrep@secla.ca</a>
Fulton Place	Miles Berry	<a href="mailto:fultonplacerep@secla.ca">fultonplacerep@secla.ca</a>
Gold Bar	Jamie Melnyk	<a href="mailto:goldbarrep@secla.ca">goldbarrep@secla.ca</a>
Holyrood	Claire Smith	<a href="mailto:holyroodrep@secla.ca">holyroodrep@secla.ca</a>
Idylwyld	Bridget Flanagan	<a href="mailto:idylwylderep@secla.ca">idylwylderep@secla.ca</a>
Kenilworth	Kevin Stefanyk	<a href="mailto:kenilworthrep@secla.ca">kenilworthrep@secla.ca</a>
Ottewell	Glen McMurray	<a href="mailto:ottewellrep@secla.ca">ottewellrep@secla.ca</a>
Strathearn (Vice Chair)	Yasir Syed	<a href="mailto:strathearnrep@secla.ca">strathearnrep@secla.ca</a>
Treasurer	Michael Chen	<a href="mailto:treasurer@secla.ca">treasurer@secla.ca</a>
Secretary	Jamie Melnyk	<a href="mailto:secretary@secla.ca">secretary@secla.ca</a>

## 4th Annual SE Edmonton "I Am A Parent Workshops"

**Saturday, April 28 8:45am - 12:15pm**

Fulton Place Childcare (10310 - 56 St)

The free morning of workshops (with free childcare available) geared toward parents and early childhood professionals also features a fantastic resource fair. Register today by emailing [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca) or calling 780-465-4383 ext. 26 and indicating the 2 sessions you would like to register for (see below) and also if you require childcare.

9:00am - 10:30am Sessions (choose from session 1, 2 or 3)

1 - WHEN A CHILD IS SICK

2- TODDLERS AND TECHNOLOGY

3- SENSORY PLAY / BRAIN DEVELOPMENT

10:45am - 12:15pm Sessions (choose from session 4, 5, or 6)

4- DAD CENTRAL

5- COME PLAY WITH ME

6- BRAIN ARCHITECTURE GAME

SEEECCC(Southeast Edmonton Early Childhood Community Coalition) is a volunteer group of community members who are passionate and committed to nurturing young children in the community. More info: [www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast)

## Suncor connections Keeping you informed

The Suncor Edmonton Refinery would like to notify local residents of maintenance activity that has begun at the refinery and will continue through mid-May. During this time, there will be potential for increased flaring or emissions as process units are shut down and re-started again. There is also potential for increased noise from the site due to maintenance activities. Alberta Environment and regional stakeholders have been informed of this activity.

Please note that during this planned outage there will be additional traffic along Petroleum Way resulting from an increase in workers on our site.

Suncor will work diligently during the shutdown and startup activity to minimize any impact on the community and our neighbours. You can visit Suncor's Facebook or Twitter pages for more information. If you have concerns, please call 780-410-5642.

The Strathcona Industrial Association (SIA) 24 hour telephone message board, called UPDATEline, provides information for the public regarding unusual or non-routine activities at heavy industry operations in east Edmonton and Strathcona County.

For more information, call 1-866-653-9959 or follow @SIA\_Alberta on twitter.

[suncor.com/connections](http://suncor.com/connections)



201802-025



## Are You Ready To Get BACK ON TRACK?

### Personal Training and Functional Fitness Programs:

- One on one or small group training
- Speciality classes in bender ball core stability
- 6-week Healthy Back Program (Edmonton's Only Healthy Back Program Practitioner)
- Zumba Gold
- Pre-post rehab mobility, stability, and strength training
- New Facia (movement posture) assessments
- Workshops available

### Transformation Packages:

- Shift Happens - A 12-week program for those serious about lifestyle, fitness, nutrition, and weight loss.



Contact Personal Trainer & Owner, **Colleen Wagner**  
by phone at **587.988.8075**  
by email at [collwags@icloud.com](mailto:collwags@icloud.com)  
or visit [www.back-on-track.ca](http://www.back-on-track.ca) for 2018 program  
details & schedule

**Book Your FREE Consultation Today!**

## Guided Tree Planting Program

Are you interested in being one of the dedicated volunteers who have helped to grow Edmonton's urban forest! **Guided Planting Events** can help your group meet your environmental and community service targets, while having a fun day in nature!

### Your group will be supplied with:

A Program Leader who will provide you with

A planting demonstration, safety talk and interesting facts about Edmonton's urban forest

Native tree and shrub seedlings  
Planting shovels

### You get to choose:

Size of group (10 to 100 people)  
Planting date based on availability  
Planting site from a list of pre-approved locations

For additional information, please visit the following link: [https://www.edmonton.ca/city\\_government/initiatives\\_innovation/tree-planting-events.aspx](https://www.edmonton.ca/city_government/initiatives_innovation/tree-planting-events.aspx)





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## LEAGUE CONTACTS

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Vice President	Vacant	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
Secretary	Vacant	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	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a>	Grants	Scott	grant@avonmore.org
Rink	Richard/Mathew	rinkcoordinator@avonmore.org	Communications	Vacant	communications@avonmore.org
Soccer	Lyne/Boris	<a href="mailto:sports@avonmore.org">sports@avonmore.org</a>	Volunteers	Ginette	<a href="mailto:Director2@avonmore.org">Director2@avonmore.org</a>
Civics	Norm	civics@avonmore.org			

## Avonmore Community Swim

**Commonwealth Pool** (until August 28, 2018) 11000 Stadium Road  
Saturdays, 6:00 p.m. - 8:00 p.m.  
**Hardisty Pool** (until June 24, 2018)  
10535-65 Street Sundays, 1:15 p.m. - 2:45 p.m.



## Avonmore Drop-in Music Classes

April 19 from 9:15a.m.-9:45a.m. at Avonmore Community Hall 7902-73 Ave  
Email Jamie playschool@avonmore.org if you have any questions.

## Avonmore Yoga

### Yoga Winter Session

Tuesdays and Wednesdays at the Avonmore Community Hall.  
For more information contact Anita director3@avonmore.org or go to avonmore.org

## Avonmore Book Club

Club meets on Sunday evenings every 4 - 6 weeks. Members take turns picking books and hosting meetings. New members welcome. For more information contact Anita director3@avonmore.org



## Avonmore Soccer Season

Will start 1st week of May (weather dependent). Keep an eye out for the Bottle Drive in the 1st couple weeks of May

## Avonmore Concert Series

Check out when our next concert series will be by visiting our Facebook Page: 'Avonmore Concert Series', e-mail [avonmoreconcertseries@gmail.com](mailto:avonmoreconcertseries@gmail.com) or call 780-819-4258.

## Shinny Hockey Spring/Summer

Starts 1st week in April and continues into September. We play Thursday 9:45p.m. at Argyll Arena for more information please email Boris at [sports@avonmore.org](mailto:sports@avonmore.org)

## Avonmore Babysitting Registry

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](mailto: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 AGM – Wine & Cheese Night

Come out for AGM Thursday May 3 at 7:00p.m. at the Avonmore Hall along with wine & cheese.

-Daycare for kids

-Join our exciting Board- positions to be elected: President, Vice President, Secretary, Fundraising & Grants, Civics, Directors at Large

## Avonmore Lego Club

Join us May 1 and May 29 at 3:30p.m.-5:00p.m. at Avonmore Community Hall 7902-73 Ave

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

## Avonmore Garden Club

For more information contact Anita director3@avonmore.org

## 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. 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](mailto:parentandtot@avonmore.org). Located at Avonmore Hall: 7902 - 73rd Ave NW.

## Avonmore Hall Rental

Anyone interested in renting the hall please contact Tanya at (780) 637-5640 or email [hallrental@avonmore.org](mailto:hallrental@avonmore.org). Hall address is: 7902 - 73rd Ave NW

## Avonmore 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](mailto:playschool@avonmore.org)

## Podiatric foot care! 780-466-5290

**Dr. Jeannette Furtak, DPM**  
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- \* **Appointments Mon - Sat**

[www.greenwayspodiatric.ca](http://www.greenwayspodiatric.ca)



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Member of Parliament  
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or call 311

SHARE YOUR VOICE  
SHAPE OUR CITY

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REFINE



## Ben Henderson

Councillor, Ward 8

**Contact me on city issues**

[ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca) | 496-8146



## COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
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Vice President	Derek	780 919-5421
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Secretary	Laura	780 982-9876
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Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
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
City – NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:30 p.m. - Sept – June

## 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).

## Capilano Community League Annual General Meeting

When: Wednesday May 16, 2018  
7:30 p.m.

Where: Capilano Community League Hall 10810 - 54 Street

What's on? Annual President's Report, Treasurer's Report, Election of Officers

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

## Capilano Community Memberships

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

## Capilano Community League Sign Rental

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

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

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

Small business/commercial

## Capilano Babysitting Registry

Attention all parents: If you've ever found yourself stuck for a sitter you should send an email to [capilanobabysitting@gmail.com](mailto:capilanobabysitting@gmail.com)! Its quick and easy to share some info and then who knows, maybe you'll find your family's next favourite babysitter!

advertising - \$25. Guaranteed 3 days.

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

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

## Capilano Community Casino: Aug. 5 & 6, 2018 – Volunteers required!

Volunteers are required to work our casino on August 5 & 6, 2018. Casinos are a key revenue source and a successful event, supported by dedicated volunteers, ensures a sound financial future for the league. To HELP OUT, CONTACT DEREK at 780-919-5421.

## Treasurer Needed!

If you have a passion for numbers and have always wanted to volunteer in your community, here's your chance!

Capilano Community League is seeking a new Treasurer commencing May 2018.

**\*\* No bookkeeping required / plus training and on-going support provided \*\***

Responsibilities include:

--Monthly meeting attendance, September through June annually  
--Review Monthly Financials & present them to the Board at the meetings

--Issue payment cheques required each month, once a month

--Deposits, such as Donations, Account Transfers, Social Fundraising

--Other League proceeds are deposited directly by their respective executive members

--Become the League's new point of contact for all financial concerns or inquiries

--Liase with Bookkeeper monthly

If interested or have questions please call Michelle at 780-466-1017 or e-mail [michelleware@shaw.ca](mailto:michelleware@shaw.ca)



## CCL Program Director Needed!

This volunteer position is responsible for planning and coordinating all non-city community program offerings for Capilano Community League (CCL).

You will also work with a program committee to implement the program plan.

If interested or have questions please contact Kris at [K\\_cramer@telus.net](mailto:K_cramer@telus.net) or 780-720-9003.

## South East Edmonton Community Tennis – Open House April 22

### Players Wanted!

Join the CAPILANO COMMUNITY TENNIS CLUB Sunday April 22 from noon to 5 p.m. for an OPEN HOUSE and REGISTRATION day at Capilano Community Hal (10810-54 Street).

This is a great opportunity to learn more about our after school programs offered in May and June, junior and adult lessons, and

recreational programs. Spend the summer on one of our four courts at club night, with a hitting partner or using our ball machine.

You can register at the open house, or on our website [www.capilanotennis.ca](http://www.capilanotennis.ca).

Membership starts at \$50 for juniors, \$85 for seniors, \$95 for adults and \$155 for families. For a senior, adult or family membership, you are

also required to pay a refundable \$50 volunteer fee and refundable \$20 key fob deposit. A community league membership is also required.

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

## Yoga at Capilano Community League

Hatha Flow class - suitable for all levels  
Thursday evenings 8:30 p.m.-9:30 p.m.  
April 19 - June 21, 2018 (10 weeks)  
Price \$125

Please visit [www.yogawithdayna.ca](http://www.yogawithdayna.ca) for more information and/or to register!

## Capilano Community is on Facebook





## Capilano Playschool – Trial Class & Open House May 12

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our teacher! We are currently accepting registrations for the 2018/2019 school year.

Our next trial class will be Saturday, May 12 from 9:45 a.m. – 10:15 a.m. followed by an open house at 10:15 a.m. – 11:30 a.m. We offer a choice of a Healthy Apple (health and wellness) or a Christian program. We have both morning and afternoon classes running two or three days per week. All classes are for 3 and 4 year olds and include a “Learn Through

Play” philosophy that facilitates children learning letters, numbers, socialization and self regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

There are currently a few spaces available for children to start playschool immediately as well. For more information or to register your 3 or 4-year-old, check out [www.capilanoplayschool.com](http://www.capilanoplayschool.com), find us on Facebook or call 780-802-9307.

## Capilano BIG BIN Event for Community League Members – June 16

**Date:** Saturday June 16, 2018

**Where:** Capilano Community League Parking Lot (10810 - 54 Street)

**Cost:** FREE to all Community League Members

Over 60 years old and need a hand getting stuff to the Big Bin for disposal?? Please call

Derek at 780-919-5421 to coordinate FREE Pickups.

Please note: ITEMS WILL ONLY BE ACCEPTED FROM CAPILANO COMMUNITY LEAGUE (CCL) MEMBERS-please bring your valid CCL membership card, or buy one onsite.

## Capilano Preschool Soccer Registration

Have fun learning to play soccer. Instructed classes are 45 minutes long and specifically developed for 3-5 year olds. Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink.

**Start:** Tuesday May 1 or Thursday May 3, 2018

**End:** Tuesday June 5 or Thursday June 7, 2018

**Cost:** \$70/child

**Group A:** Tuesdays 5:30-6:15 p.m.;

**Group B:** Tuesdays 6:15-7 p.m.;

**Group C:** Thursdays 5:30-6:15 p.m.;

**Group D:** Thursdays 6:15-7 p.m.

**REGISTRATION:** Register opens February 1, 2018 online at Capilano Community League website ([www.capilano.info](http://www.capilano.info)). Registration is limited and first come first serve.

For more information contact Shauna at [canadaplays1@gmail.com](mailto:canadaplays1@gmail.com) or 780-966-3205.

## Capilano Ball Hockey Registration

Kids will enjoy learning stick handling, passing and shooting skills in a small game environment. They will be so busy participating in games developed to improve skills they won't even realize they are learning! Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended.

**Dates:** Saturday April 28 – June 9, 2018

**Group 1:** 4-6 year olds

**Time:** 9 – 10 a.m.

**Group 2:** 7-12 year olds

**Time:** 10 – 11 a.m.

**Cost:** \$70/child

**Where:** Capilano Community League Rink (10810-54 Street)

**REGISTRATION:** Registration opens online February 1, 2018 at Capilano Community League website ([www.capilano.info](http://www.capilano.info)).

For more information contact Shauna at [canadaplays1@gmail.com](mailto:canadaplays1@gmail.com) or 780-966-3205.

## 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.

## “Get Active” Summer Camp – Capilano Hall

Once again, Capilano Community League is pleased to be hosting a City of Edmonton summer day camp at Capilano Community Hall (10810-54 Street).

**Dates:** July 9-13, 2018


**Ages:** 8-12 years old

**Description:** Want to learn fun and exciting ways to keep active? Enjoy a week of meeting new friends, playing team sports, and trying

new activities. You will go rock climbing, swimming at a local pool, and play some active games. Participants will also have the opportunity to partake in a fitness class lead by a special guest instructor.

To learn more or to register, call 311 or go online at [www.edmonton.ca/eReg](http://www.edmonton.ca/eReg).

Registration begins Wednesday March 14, 2018.



# You're Invited!

Suzuki Charter School Students & Staff invite you to join us for our:

## 23rd Annual Spring Concert Celebrating Classical Music and Broadway Musicals


**Thursday, May 3, 2018 @ 6:30 pm**  
Francis Winspear Centre for Music  
Tickets: \$15 Adult (18+) Children Free

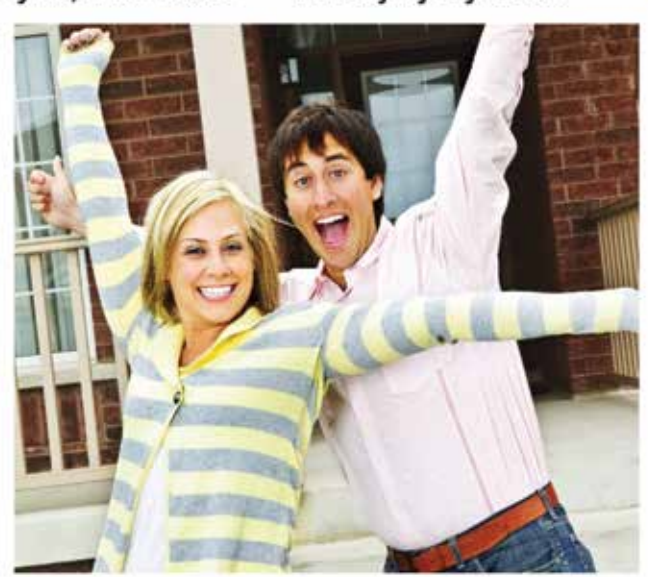
**To order tickets or for more info  
contact Lisa Leflar at 780-468-2598**  
[leflarl@suzukischool.ca](mailto:leflarl@suzukischool.ca)

10720 – 54 Street
[www.suzukischool.ca](http://www.suzukischool.ca)
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## CCL BOARD CONTACT LIST

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Past President/Vacant	pastpresident@cloverdalecommunity.com
Vice President/Dan	vicepresident@cloverdalecommunity.com
Secretary/Liam	secretary@cloverdalecommunity.com
Treasurer/Jackie	treasurer@cloverdalecommunity.com
Communications/Caitlin	communications@cloverdalecommunity.com
Civics Director/Eli	civicsdirector@cloverdalecommunity.com
Folk Fest Liaison/Sandy	folkfest_liaison@cloverdalecommunity.com
Social Director/Bob	socialdirector@cloverdalecommunity.com
Programme Director/Vacant	programmedirector@cloverdalecommunity.com
<b>STANDING COMMITTEE</b>	
Casino/Bev	casino@cloverdalecommunity.com
Ski Club Liaison/Chris	skiclub_chair@cloverdalecommunity.com
Membership/Karen	membership@cloverdalecommunity.com
Seniors Director/Karen	seniors@cloverdalecommunity.com
Flood Mitigation/Eric	floodmitigation_chair@cloverdalecommunity.com
Community Garden/Vacant	communitygarden_chair@cloverdalecommunity.com
LRT Co-Chair/Paul	lrtcommittee_cochair@cloverdalecommunity.com
For Hall Rentals contact Janet rentals@cloverdalecommunity.com	
For Cloverdale Chronicle submissions contact cloverdalechronicle@gmail.com	
For our Abundant Communities contact Marilyn neighbourhoodconnector@cloverdalecommunity.com	

## Programs at Cloverdale:

Zumbinni, Mondays @ 5:30pm; March 12 - April 23 (6 weeks) no class March 26th  
Barre Class, Mondays @ 7pm ; March 19- May 7 (8 weeks)  
Sportball Tuesday @ 9:45 am and 6pm classes end Mar 27; spring session TBA  
Yoga Tuesdays @ 8pm spring session Starts March 13th-May 1st (8 weeks)  
Pilates Plus Wednesdays @ 9:30 am.  
March 14th - May 2 (8 weeks)  
Zumba Kids Thursdays @ 6:15 pm, Spring Session March 22-May 17( no class on March 29th)  
Zumba Adults Thursday @7pm spring session March 22-may 17  
Barre Class Thursdays @ 8:15, New spring Session March 1-April 19th  
Yoga Friday @ 9:45 am Spring session March 9-April 27th  
Please Sign up for the Spring Sessions of the above programs email: rentals@cloverdalecommunity.com  
A minimum of 6 participants- Maximum 12 required for free to cloverdale members Spring classes to continue.  
Drop in at the hall on Wednesday evenings 7-9 pm.! Bring along your favorite GAME and enjoy the company of other cloverdale gamers! All ages welcome. If the lounge is booked, tables can be set up in the hall beside ping pong!  
A new Guitar class is proposed for Tuesdays 7pm. 6 weeks. A Beginner class. Taught by instructor Bob, who has 30 years experience.... You will be playing by the second class.  
Email Janet to show your interest . 6 participants are needed to offer this free class.

## Casino - September 6 and 7, 2018

The Alberta Gaming and Liquor Commission (AGLC) has notified the CCL that our next casino dates will be on September 6 and 7, 2018 at Casino Edmonton, 7055 Argyll Road. Casino's are an important source of revenue for community leagues and Cloverdale is no different. Casino funds help the CCL with needed renovations and upgrades at the hall, pay for instructor fees and help keep the league operating. Once again Bev Bennett will be helping to organize volunteers for the various shifts. Stay tuned for more information from Bev or contact her directly about your availability. You can email Bev at casino@cloverdalecommunity.com.

Sunday, March 25 - Eggstravaganza -This is essentially an Easter Egg hunt for our younger children in Cloverdale. It is coordinated by Tessa Mulcair and usually conducted as an afternoon affair. Please RSVP - contact Familyevents@cloverdalecommunity.com . Lots of fun and games starting at 1:00 pm at the hall.

Saturday, April 14 - Spring Wine Not #7 - I would like the activity for this adult social event to perhaps be an "open stage" and/or "jam session". I would ask anyone willing to perform either solo or with others, to please contact socialdirector@cloverdalecommunity.com and submit their name(s) and indicate what they would like to perform. If we do not have enough interest in the jam session, then another type social activity will be entertained. Please contact the social director by March 31 .

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## Oral Health: it's about more than the Mouth

Did you know that a healthy mouth is also an important part of your overall health? Anyone who has experienced poor oral health can attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being.

On the other hand, health conditions can affect oral health. For example, diabetes increases the risk of gum disease while gum disease can make diabetes harder to manage.

Gum disease, along with tooth decay and oral cancer are common chronic oral diseases. They share common risk factors with other chronic diseases including, heart disease, respiratory illness, diabetes and other cancers.

The good news? Making healthy lifestyle choices helps prevent and manage oral diseases while impacting other chronic diseases. Eat more fruits and vegetables, use less sugar, drink less alcohol, and choose to be tobacco free. For good oral hygiene brush with a fluoride toothpaste and floss daily. Visit your dentist regularly.

For more information on oral health, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth).

## Paying attention to fatigue

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

**Fatigue** can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

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

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

**Anemia** – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells

Heart problems, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body

Metabolic disorders, including diabetes.

## FOREST HEIGHTS CL CONTACTS JAN 2018

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



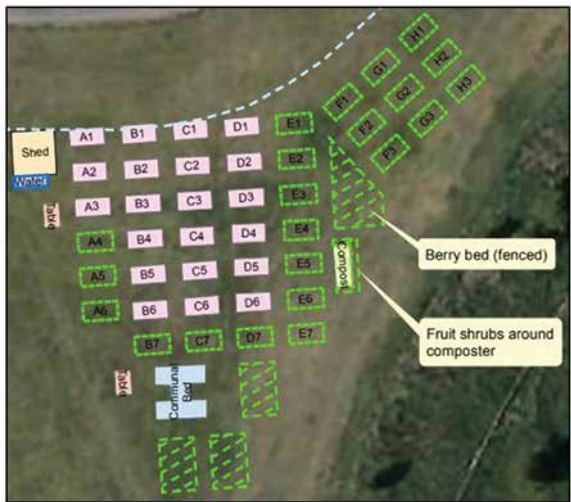
— THE HEIGHTS —  
COMMUNITY GARDEN

## We're Expanding!

The Heights Community Garden is excited to expand in spring 2019 and we want to hear from you!

The below image outlines the current site and the proposed site, including a legend.

Please direct all queries to [Garden@ForestTerrace.org](mailto:Garden@ForestTerrace.org)



22 additional  
garden plots

4 additional  
communal  
plots

Annual fee  
\$30

The Heights Community Garden | 75 St & 104A Ave | Edmonton, Alberta

## Easter party success



We had a fabulous turnout at our annual Easter party March 24, with more than 45 kids coming along with their parents and grandparents. The kids made bunny masks,



coloured beautiful cardboard eggs, and designed chalkboard eggs. The favorite activity was decorating and eating giant Easter cookies.

## Indoor bootcamp

**Mondays until April 16, 7 to 8 p.m. at the hall**

Register on Eventbrite for drop-in classes: \$8 for members, \$10 for non-members, plus registration fee. Contact Sharon for more information at [cs.weber@shaw.ca](mailto:cs.weber@shaw.ca) or 780-270-5273.

## Zumba!

**Wednesdays until April 11, 7 p.m. at the hall**

Join Mary's Zumba class and take away positive energy, vitality and renewed spirit. Every class feels like a party! \$11 for community league members, including from other leagues; \$13 for non-members.

## Big Bin Event May 12

Legend Automotive at 7110 98 Ave NW has kindly donated its lot again for our annual Big Bin Event on May 12 from 10 a.m. to 2 p.m. Bring your household items that are too big for regular garbage collection, such as:

- Couches, chairs, mattresses, and other household furniture
- Washers, dryers and other large household appliances (will be recycled)
- Computers, televisions and other household electronics (will be recycled)

Items containing freon (ie. fridges, freezers, air conditioners, dehumidifiers), items containing concrete, commercial waste or household hazardous waste will not be accepted. Please take household hazardous waste to an Eco Station where it will be accepted at no cost.

Community league membership is required and will be sold at the event.

To volunteer for this event, please email [events@forestterrace.org](mailto:events@forestterrace.org).

## Thanks for a great outdoor skate season

It was a great year at our two community rinks, starting off with new LED high-efficiency lighting, complete with timers, at the Forest Heights rink.

The rinks opened Dec. 23 and closed for the season on March 11. The Terrace Heights rink was expertly maintained and often bustling with activity.

In spite of a lot of snow and stretches of cold temperatures, rink director Scott Book had the Forest Heights rink open for more than 250 hours on 56 days.

Attendance was great at adult co-ed shinny on Sunday nights, averaging 10 players.

The year-end skate on March 11 drew around 50 people including many families. Everyone enjoyed a slushy good time.

Some options under consideration for next year? Kids shinny, a Saturday family skate with music, a 3-on-3 shinny tournament and a family ice dance under the stars. Pond hockey nets and skating aids for the little ones are also on the list of improvements.



FREE DROP-IN

# SPRING GREEN SHACK



Edmonton

LOCATION	DATES	DAYS	TIMES
Terrace Heights 9835 71 Street	March 31 to April 27	Mondays, Wednesdays and Saturdays	Mon & Weds: 3:30-6:00pm Sat: 1:00-5:00pm

Our Green Shack program is now running in select locations in the spring months. Come and join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:  
[edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms)  
or call 311. @GreenShack



## Board vacancies

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

**Sign coordinator:** To change the outdoor community league information signs every few weeks. Each time takes less than two hours. A truck or SUV is handy for transporting the letters.

**Secretary:** Organized with good attention to detail, attends monthly meetings, sends out meeting agenda, minutes and other correspondence in a timely fashion.

**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.

**Safety coordinator:** Focused on promoting a safe neighbourhood; liaison with police and City of Edmonton; organizes safety initiatives.

To volunteer for any position, please email [info@forestterrace.org](mailto:info@forestterrace.org).

## High Fitness

Thursdays until April 26, 7 p.m. at the hall. Join Angela Leavitt for an hour of fun and movement in our new High Fitness class, with choreographed workout moves to upbeat popular music. Your heart will be pumping as she takes you through intervals of cardio tracks as well as toning, barre, ab and arm tracks.

\$11 for community league members, including from other leagues; \$13 for non-members. Register on Eventbrite. Cash will not be accepted.

Email Angela at [angbfit@gmail.com](mailto:angbfit@gmail.com) with any High Fitness questions or programs@forestterrace.org with registration issues.

## Community league membership benefits

Once a month, we randomly select a winner from all community-league members to receive a free bouquet of fresh flowers from Grower Direct, our neighbourhood florist at 7231 101 Ave. February's winner, Donna, was doubly lucky: it was 2-for-1 day so she received two beautiful bouquets!

Show your card at Real Deals, the new home decor store at 7115 101 Ave, and receive 10-per-cent off!

Your membership also gets you a free swim at Hardisty Pool every Sunday from 1:15 to 2:45 p.m., and every Saturday from 5 to 7 p.m. at Commonwealth Fitness Centre. At Commonwealth, you can also use the gym.

**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 April 8 and May 13.

Members get a discount on rental of our community hall, a perfect location for chil-

## Ski Day a snowy success



Our annual Community League Ski Day on March 17 was a wonderful event with a great community feel. Even with the temperature at -20 C with the windchill, more than 100 people took part in a free evening of skiing at Sunridge Ski Area. The instructors went above and beyond with helping new skiers.

dren'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).

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

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

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

New to the neighborhood or know someone who is? We'd love to give a warm welcome with a FREE membership! Contact CoraLee at 780-430-4307.

## Pilates is back!

**Fridays at 9:15 a.m. starting April 27**

Pilates is a gentle form of exercise that can be practised by people of all ages and abilities. Most of our workout is done with/on the large Swiss Balls used by many physiotherapists.

Kelly is a certified instructor who has been teaching for many years. Call her at 780-983-5403 for more information.

## Time to Reserve Your Spring Clean-up

You can ask for the full package or choose from the following a la carte services:

**Power Rake, Aeration, Garden Bed/Hedge Blow out, First Mow & Trim**

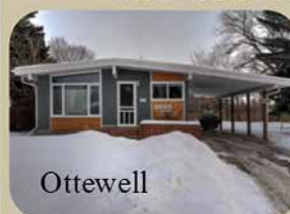


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**6 - 8 pm**

Children aged 19 months - 5 years, attend one day per week, 9 am - 3 pm. Additional days are based on availability.

#106, 10005 84 Street NW  
Call 780 469 0219, or visit [www.childrensdayout.org](http://www.childrensdayout.org)

## Sports and self-esteem

### *Youth learn the confidence to move*

When kids play sports—whether in an organized lacrosse league or just kicking a ball around the park with friends—they benefit beyond building a stronger body. They're building stronger mental health as well.

Participating in sports has strong positive effects on self-esteem, concluded researchers at Carleton University who studied about 400 boys and girls in Grades 5 to 8.

"People participate in sports for different reasons, but ultimately it's all around making kids better, healthier people," says Lea Norris of Sport for Life, a non-profit that aims to improve the health of Canadians. "The self-confidence, mental health, ability to socialize—that sense of social belonging is huge—as well as leadership and resiliency—all those pieces fall into place when kids play sports."

Kids can pick from a wide range of sports—everything from fencing to rock climbing—but not every activity can fit their family. Finances, transportation and schedules can all be a barrier to children developing their physical skills.

"If you don't have that foundation of movement skills you may be less likely to have that confidence to move," Norris says. Just riding a bike or playing catch with family in the early elementary years can help your kids develop the motor skills—and feelings of competence—to help them play when they're older.

Developing those early movement skills is especially important for girls because they're more likely to quit a sport. "When girls start to drop out at 12, 13 or 14, it's really hard to get them back," says Norris. "You can offer every type of activity possible in high school, but those girls have left. We want them to stay in long enough to get the benefits of sports."

You don't have to enroll your young girls and boys in tennis lessons or suit them up with expensive hockey equipment. "Get them out in a nonthreatening environment with their friends or the family to try something new," says Norris. Throw a Frisbee or a football around. Try playing tag or going for regular family bike rides. "The important thing," she says, "is to move."



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TO REGISTER: online at [Facebook.com/EdmontonTemple](https://www.facebook.com/EdmontonTemple), in person, or by phone at 780-469-6846! Registration fee of \$20.00 (includes all materials) must be made before cut-off date to complete registration

REGISTRATION CLOSING FRIDAY, MAY 4 AT NOON

\*CAN'T MAKE THIS DATE? CONTACT US FOR INFO ABOUT FUTURE WORKSHOPS!



## 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

**Seniors Liason -** Miles- info@fulton-  
place.org

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

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

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

## Fulton Place Hall



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.

To Book the Hall please contact info@fultonplace.org for more information.

Fitness Classes

Fitness Kickboxing Mondays 9am

Bootcamp & Circuit Training Wednesday 9am

Join our community group for fun morning fitness! Work at your own pace with modifications for all fitness levels no experience needed! For questions and registration contact ann@yourinertia.com or 780.719.2897



## Join Your Fulton Place Community League

**In-Person Membership Sales:**  
please visit TGP on 106th avenue and 50th street or Servus at Capilano Mall.

**Online Membership Sales** from Edmonton Federation of Community Leagues (note, there is a \$5 administration fee for online purchases).

Questions? Please email info@fultonplace.org

## Volunteer For Your League



If you are interested in helping plan an event for our community we would 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.

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

**Social Director** – organize and execute community events

**Program Director** – organize/coordinate city and league programs in the community

**Sports Director** - promote community soccer, work with ESESA to organize, etc.

**Mike Reimer, President**  
president@fultonplace.org

## Fulton Place Community Garden



## FULTON PLACE COMMUNITY GARDEN

Spring is here and the Sunshine Garden is ramping up for its 4th growing season! Here is what will be “growing on”!

### Garden Plots

We have a couple empty raised garden boxes that need new gardeners! Grow some fresh organic veggies and meet your neighbours. Email fpcgcontact@gmail.com if you are interested in joining us!

Gardeners are accepted on a first come first served basis, and if there is more interest than we have plots available, you will be put on a waiting list. However, you can still join the group by becoming a “Friend of the Garden”.

### Friends of the Garden

Want to be involved but don't necessarily want a garden plot? Become a “Friend of the Garden”! These garden members are part of the group and help maintain the communal areas of the garden (fruit trees, berry shrubs and 8 communal plots). They also take part in the harvest! It is a great way to share gardening knowledge with others, or conversely, to learn about gardening from seasoned gardeners. Join us!

### Wednesday Work Parties

We gather each Wednesday evening at 6:30 pm during the season, to visit, garden, visit some more, and do some work too! It is always a nice social atmosphere and always a lovely time in the garden. Come by and say hi! Anyone is welcome to join us, even if you are not a garden member.

### Fulton Place Garden Tour

Our community has some amazing gardens, and some of the most wonderful spaces are tucked away in the backyards. Join us for the 4th annual Fulton Place Garden Tour. Details and dates to be decided soon, so stay tuned! All proceeds support the Sunshine Garden.

### Kids in the Garden

The Sunshine Garden is also an outdoor classroom! Hardisty students visit the garden in the spring to learn about nature, gardening and growing food. They return in the fall to learn about saving seeds, compost and the harvest. Garden member volunteers host these students share their gardening knowledge. The children of Fulton Childcare Centre also visit the garden all summer and take care of two garden boxes. Children learn about planting seeds, watering and watching things grow. The best part is the harvest!

### Community Space

Neighbours are invited to visit the community garden, chat with our gardeners, sit on the benches or at the picnic tables and enjoy the garden. It is meant to be a community space for everyone. However, unless you are a garden member, please do not pick or harvest the vegetables, as they are grown and tended by individual families. If you would like access to the produce, please consider becoming a garden member!

Come grow with us! Visit [www.fpccommunitygarden.net](http://www.fpccommunitygarden.net) or email [fpcgcontact@gmail.com](mailto:fpcgcontact@gmail.com) for more information or to get involved.

## FULTON PLACE BABYSITTING REGISTRY

Fulton Place Community League maintains a list of teen babysitters located in and around Fulton Place. Upon request we will provide parents and guardians interested in finding a sitter the name and contact information of potential babysitters.

If you are interested in being added to our registry please contact our registry coordinator Ruth at [babysitter@fultonplace.org](mailto:babysitter@fultonplace.org), to obtain a copy of the application form. If you are looking for a sitter please contact Ruth and you will be provided a list of potential sitters from our area.

Please note that we are a registry only and



do not screen clients or sitters. The information gathered and provided is for informational purposes only and should not be considered a recommendation or endorsement of services of any kind, and should not be used in place of your own interview and reference check.



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## Fire Cadet Application Period Now Open!

The Edmonton Fire Cadets program provides a unique opportunity for high school students to build employment skills, learn about Edmonton Fire Rescue Services and develop skills that are essential to becoming a firefighter. Through a balance of classroom and hands-on learning, each Fire Cadet will learn the importance of mental and physical wellness, leadership, community involvement and teamwork.



**Fire Cadet applications are accepted from April 1-30!**  
 Learn more at [edmonton.ca/firecadets](http://edmonton.ca/firecadets).



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

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

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

**Honourable Marlin Schmidt**  
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**Saturday**  
**April 21, 2018**  
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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
Finances and Fundraising:		
Financial Director	Andrew	andrewroycemason@gmail.com
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Fort Rd. Director	Julie	780-719-3017
Parkway Director	Charlene	charlenelazenby@gmail.com
Casino Director	Isabella	780-466-3895
Communications & Programming:		
E-newsletter/SEV	Sondi	sondiamber@gmail.com
Sign Director	Lorie	lsmih@shaw.ca
Programs	Sharon	780-710-4303
Green Shack	Kelly	780-434-6533
Craft Show	Pat	p.chmilar@icloud.com
EPCOR Liason	Rhae	780-966-6218

Community Website: [www.goldbarcl.com](http://www.goldbarcl.com)  
Community Updates: [facebook.com/goldbarcl.com](https://facebook.com/goldbarcl.com)

## Seniors Tea

Friday, May 11, 2018 1-3pm

Every smile tells a story. Let us make yours a bestseller.

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Saturday, May 12, 2018

Gold Bar Community

# spring fling

7pm-midnight

It's gonna be a party!

A magical evening to connect with neighbours and friends (involving an actual magician named Ron Pearson!). Refreshments included in ticket price, plus a cash bar, and music and fun. All adults from Gold Bar community are invited.

**Tickets:** \$11 each on-line until May 10. \$15 at the door. **To purchase:** Go to league website, GOLDBARCL.CA and click "Spring Fling"

## Games Nights

**Friday, April 27, 7 to 10pm**

Last games night before the summer break. Over 40 people attended the February games night: so fun! The ping pong table will be set up again, so come to the Gold Bar Hall to play games, socialize and enjoy some light refreshments. You are welcome to bring a game and even a snack but there will be snacks and games provided, so no pressure. All neighbours and community residents and their friends are invited. All ages welcome although children under 12 should be accompanied by a responsible caregiver.

## Exercise Classes

**1. Hatha Yoga**

Mondays 7-8:15 pm

Classes April 9 -23

Cost \$12 drop-in fee or \$10/class for multiple classes

Bring a yoga mat.

**2. Mom and Me Fitness**

9:30-10:30 am

Mondays and Thursdays

Weeks of April 2 - 23

Cost \$12 drop-in fee or \$10/class for multiple classes

Circuit style class with lots of modifications. Focus on pelvic floor health and wellness. Kids welcome to play, sit in strollers or be worn. Anyone without kids is also welcome. Instructor: Lisa Shorten 780-221-9857 or lisashortenfitness@gmail.com or on Facebook.

## Gold Bar Preschool Registration for 2018-2019

Gold Bar Preschool is a parent cooperative that offers small class sizes located in

Gold Bar Elementary School (10525 - 46 Street). We run a child-led curriculum

focusing on early literacy, STEM, art, sensory exploration and dramatic play- all in a fun interactive way!

We are accepting registration for 3 and 4 year olds. Classes are 3 days a week-

Monday/Wednesday/Friday or 2 days a week- Monday/Wednesday. For more

information or for a registration form, please call Lindsay at 780 708 3461 or email goldbarpreschoolparents@gmail.com

## SEV Submissions

May issue: Email sondiamber@gmail.com to submit info to this publication by 22 APR 2018.

## Upcoming Bingo Dates

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

**FORT ROAD BINGO**

Saturday, April 28, 2018 – Evening

Saturday, May 28, 2018 - Afternoon & Evening

**PARKWAY BINGO**

Sunday, April 15, 2018 - Evening & Late Nite

Tuesday, May 15, 2018 - Evening & Late Nite

Saturday, June 2, 2018 – Afternoon

## Community League Membership Benefits

Join Us!

Show your membership card at Hardisty Pool on Sundays from 1:15 - 2:45 pm

to participate in a community swim. 311 reassured me that there is no planned maintenance closure for Hardisty, at this time. And on the second Tuesday of every month, with your membership card, you can receive a FREE hot beverage (coffee, tea or hot chocolate) at Blues Java café between the hours of 7 - 11 am. Please bring your card.

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

## A New Playground!

Gold Bar Elementary School is anxiously awaiting the construction of a playground! As soon as the snow melts, ground preparations will begin near the southwest corner of the school's tarmac. It will be a wonderful addition to the area for both the students and community members.

Funds to cover the cost of the playground came from a variety of sources. Thank you to all of the family members and friends of students, and staff of Gold Bar School who made an enormous difference when they volunteered at the winter 2017 casino.

We are also thankful to the Government of Alberta for their generous grant through the Community Facility Enhancement Program. And thanks to Imperial Oil for contributing to the quality of life in our community. We are looking forward to seeing the children of Gold Bar School and of the greater community enjoy this space that promotes a healthy and active lifestyle!

## Ice Rink

The Gold Bar ice rink is closed for the season and what a terrific skating season it was! Thank you to all of our wonderful community members that came out to skate, have a chat, or check out the new Gold Bar Rink Shack. All of your comments were appreciated. Also thanks to the Gold Bar Community Executive, Tammy, Don, Dave, Jeff & Mike for all they have done to open, run, and maintain the rink. Skating rink suggestions/comments? Please send to hhopgood@shaw.ca Looking forward to seeing you again in winter 2018 at the Gold Bar Skating Rink!

## GBCL Annual General Meeting



You and all residents of Gold Bar are invited to attend this meeting on

**Thursday, April 21 at 7pm at the Community Hall (4620-105 Ave).**

There will be complimentary cheesecake and coffee served. The reports for the last year will be read and you will get a front row seat to find out what has been accomplished in your community. And if you're interested in getting involved, this is the place to make that happen. Hope to see you there!

## Seniors' Tea

**Friday, May 11 1-3pm @ Gold Bar Community Hall**

If you are a senior citizen living in Gold Bar, mark your calendars for this event! There will be hot beverages, fruit and veggies and delicious squares served up, accompanied by entertainment by the Gold Bar Elementary school choirs (I've heard them perform, and they are excellent). As well, it's a chance to visit with neighbours and meet some new friends.

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## Annual General Meeting

Thursday, April 19  
7:00 – 9:00 pm

Yes, it's that time again! We encourage you to attend this important Holyrood gathering.

Find out what your league's been up to over the past year

Ask questions about issues concerning you

Hear about our plans for the future (rink rebuild and hall ownership)

Help elect our new board

Join us in recognising our fabulous volunteers

Enjoy some wine, hors d'oeuvres and socializing with your friends & neighbours

Free accredited child care provided

Free 2017/18 HCL Memberships to all who attend!

A copy of the meeting agenda will be posted on our website, holyroodcommunity.org. We look forward to seeing you there!



### Friday, June 1

Alternate General Manager 9:30 am - 3:30 pm

Back up Day Workers (4) 9:30 am - 6:30 pm

Back up Night Workers (3) 6:30 pm - 3:30 am

You will be supplied a free meal (of your choice) and snacks during your shift.

Here's how you can sign up:

1. Go to our SignUp at <http://signup.com/go/vTdryXk>

2. Review the options listed and choose the spot(s) you like.

3. Sign up! It's easy - you will NOT need to register an account.

4. If you would prefer not to sign up online then simply email Stephen at [casino@holyroodcommunity.org](mailto:casino@holyroodcommunity.org)

## Holyrood Casino

### May 31 & June 1

We're still looking for volunteers to fill the following positions at Casino Edmonton (7055 Argyll Road).

#### Thursday, May 31

Alternate General Manager 9:30 am - 3:30 pm

Back up Day Workers (4) 9:30 am - 6:30 pm

Banker 6:15 pm - 3:45 am

Cashier (2) 6:30 pm - 3:30 am

Count Room 11:30 pm - 3:30 am

Back up Night Workers (3) 6:30 pm - 3:30 am

## HOLYROOD COMMUNITY LEAGUE CONTACTS

President	Wendy	<a href="mailto:president@holyroodcommunity.org">president@holyroodcommunity.org</a>
Vice President	VACANT	<a href="mailto:vicepresident@holyroodcommunity.org">vicepresident@holyroodcommunity.org</a>
Treasurer	Claire	<a href="mailto:treasurer@holyroodcommunity.org">treasurer@holyroodcommunity.org</a>
Secretary	VACANT	<a href="mailto:secretary@holyroodcommunity.org">secretary@holyroodcommunity.org</a>
Programs	Justine	<a href="mailto:programs@holyroodcommunity.org">programs@holyroodcommunity.org</a>
Memberships	Jessica	<a href="mailto:memberships@holyroodcommunity.org">memberships@holyroodcommunity.org</a>
Facilities & Grounds	Andrew	<a href="mailto:facilities@holyroodcommunity.org">facilities@holyroodcommunity.org</a>
Communications	Jenn	<a href="mailto:communications@holyroodcommunity.org">communications@holyroodcommunity.org</a>
Social	Natasha	<a href="mailto:social@holyroodcommunity.org">social@holyroodcommunity.org</a>
Civics	Dave	<a href="mailto:civics@holyroodcommunity.org">civics@holyroodcommunity.org</a>
Holyrood Development Committee	Jaime	<a href="mailto:hdc@holyroodcommunity.org">hdc@holyroodcommunity.org</a>
Casino Coordinator	Stephen	<a href="mailto:casino@holyroodcommunity.org">casino@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). **Purchase memberships** at SEESA (9350-82 St), through [efcl.org/membership/](http://efcl.org/membership/), at Servus Credit Union locations, or at most Holyrood Community League events.

## Holyrood Development Committee Update

### Holyrood Gardens

HDC continues to work with Regency Developments to address City Council's motion on their Holyrood Gardens proposal - the November 27, 2017 directive will see them work with city administration on floor plates and setbacks, with the community and transportation impacts, and with Edmonton Design Committee on the overall design.

City administration and Regency Developments met with HDC and other community stakeholders to explore transportation-related topics and ways to address both site and neighborhood safety. Conversation has been positive and informative, and discussions are ongoing. HDC and key stakeholders will also attend two design workshops in early April, where we look forward to exploring new and creative ideas to address major community concerns.

Following these workshops, join us for a Holyrood Gardens Community Update:

Thursday, April 12

6:30 – 8:30 pm

South East Edmonton Seniors Association (9350 82 St)

At the Update, we will share crucial information and collect community feedback.



As this may be your last opportunity to provide input on the plan before it is submitted to City Council, plan on attending this important meeting!

### Infinity Capital Developments

Infinity Capital Developments continues to be in contact with the HDC, regarding their redevelopment proposal for a five-story building at 9412 to 9424 on 83 Street. They have drafted a "Good Neighbour Agreement", which sets out the expectations the developer agrees to comply with during construction, including adherence to city bylaws. These agreements identify community concerns, establish how issues will be addressed, and who should be contacted if there are issues. HDC is providing feedback to the developer on the draft agreement.

### DevGroup

DevGroup is looking to develop a multi-unit building on the northwest corner of 95 Avenue and 83 Street. HDC will meet with the developer in late April, and we will provide an update to the community shortly afterwards.

For updates or to learn more, visit our website: <https://holyrooddevcomm.wordpress.com/>



## League Contacts

President	Kate presidentidylwylde@gmail.com
Vice President	Vacant
Treasurer	Monique treasureridylwylde@gmail.com
Secretary	Corrina secretaryidylwylde@gmail.com
Casino/SECLA	Bridget <a href="mailto:flanagan@telusplanet.net">flanagan@telusplanet.net</a>
Social	Laura <a href="mailto:lmurdoch@email.com">lmurdoch@email.com</a>
Programming	Kamila <a href="mailto:kamilaidylwylde@gmail.com">kamilaidylwylde@gmail.com</a>
Facilities	
Publicity	Kelsie <a href="mailto:kelsieromans@gmail.com">kelsieromans@gmail.com</a>
Membership	Michelle <a href="mailto:bluecanary1@hotmail.com">bluecanary1@hotmail.com</a>
Garden	Christin <a href="mailto:gardenidylwylde@gmail.com">gardenidylwylde@gmail.com</a>
Civics	Lee <a href="mailto: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. We are happy to announce our first ever Old Fashioned Sunday Skate followed by a Paint Night in Idylwylde.

## 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).

## Parents & Tots Group

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

## Cheery Tomato Community Garden Meeting

**April 22 from 1-3 pm**  
Please come meet to plan what we will plant this season. Joining the garden is free for all community league members,

you do not need to live in the area to participate. no experience necessary. Message [gardenidylwylde@gmail.com](mailto:gardenidylwylde@gmail.com) if you have any other questions.

## Calendar 2018 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  
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 have many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

### Fall into Fitness Class

Instructor: Kelly Bray  
Wednesday: 7:00 pm - 8:15 pm  
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!

## Community League Swim

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

Hardisty Leisure Centre (10535 65 Street)

Sunday: 1:15 pm - 2:45 pm  
Start Date: September 9, 2017  
End Date: August 25, 2018

## Family Yoga

Instructor: Monique Merchant

Sunday: 10:30 am - 11:30 am

Dates: April 22 and May 27, 2018

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!

## Little Free Library

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

## Memberships Now Available at Servus Credit Union

Memberships can still be purchased through our membership chair, at any program classes or now at Servus Credit Union. For a fee, they can also be purchased at [efcl.org](http://efcl.org)

## Volunteers Needed

Are you looking for an opportunity to develop your skills and volunteer in a way that benefits both you and your community? Contact us to see how we can match your interests and skills! Perhaps you have one hour a month? Five hours a month? Maybe you would like to lead an activity like a craft night or walking/running group once in a while or regularly? Or maybe you have a great social media skills and can help us improve our communication and organization. The possibilities are endless. Communities leagues: Where neighbours meet and great things happen! Send questions and inquiries to [Idylwylde.community.league@gmail.com](mailto:Idylwylde.community.league@gmail.com)



**POTS of COLOUR**  
& Ice Cream Social

Let's add colour to our community!

Plant a pot for your front step/balcony,  
Enjoy an ice cream & visit with your neighbours

Idylwylde Community Hall - 8631 81 Street NW  
Friday, June 1<sup>st</sup>, 2018 6:00 - 8:30 pm

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## KCL League Contacts

### Executive

<b>President</b>	Ian	780-717-3578	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President	Irene		<a href="mailto:vicepresident@kenilworthcommunity.com">vicepresident@kenilworthcommunity.com</a>
Secretary	VACANT		<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	
Membership	Rebecca	780-982-5885	<a href="mailto:membership@kenilworthcommunity.com">membership@kenilworthcommunity.com</a>
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	Kevin		
Publicity/Website	Martine	780-995-8884	<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>

## Kenilworth Community Garage Sale

Saturday May 26, 2018, 9:30 A.M. – 3:30 P.M.

Tables inside: \$20.00 each or two parking stalls outside: \$10.00/ set

Bring your own tables or use your vehicle. (Be prepared for all types of weather.)

Street parking is available. Concession on site.

A perfect time to declutter - empty closets, basements, storage areas, etc.

Your clutter could be someone's treasure!

For info email Liz: [kenilworthgaragesale@gmail.com](mailto:kenilworthgaragesale@gmail.com)

## Babysitting Registry

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

## The Edmonton Tool Library

The Edmonton Tool Library is an independent, not-for-profit society dedicated to providing affordable access to an inventory of over 600 hand, power, and garden tools. You can view and search the inventory on [edmontontoollibrary.ca](http://edmontontoollibrary.ca).

Kenilworth Community League has paid for a Sponsorship program to the Edmonton Tool Library. All members of Kenilworth Community League are eligible for a one-year ETL membership (with proof of community league membership). The Edmonton Tool Library is an independent not-for-profit society run by volunteers.

For more information: [edmontontoollibrary.ca](http://edmontontoollibrary.ca)

Open Saturdays from 1-5 p.m,  
7308 112 Ave NW

## CONTACT US!

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

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

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

Now on Facebook! Like us! & Follow on Twitter, @KCL\_Edmonton

Next Executive Meeting, Monday, April 9th @ 7:00p

Southeast Voice Newsletter Deadlines:

Submissions for the May, 2018 issue of the Southeast Voice is due Thursday, April 19th, 2018. Send all announcements to [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com).

## I've Outgrown It Sale



Saturday, April 21, 2018  
10:00 a.m. – 1:00 p.m.

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

Make room for your growing child's new clothes by selling off their gently loved but outgrown clothing, toys, and equipment.

Call Becky to rent a table (\$25) or for questions at 780 760-3208 or email at [beckyclosson@hotmail.com](mailto:beckyclosson@hotmail.com)

## April Seniors Lunch / Laugh and Learn

April 18, 2018, 12 NOON to 2PM

At Kenilworth Community Hall

7104 87 Ave

\$5 Lunch + FREE German pastries and Philippine snacks

Confirm your attendance with Loida 780-953-1062 or email [loida@loidahomes.ca](mailto:loida@loidahomes.ca)

## Adult Steak & Shrimp BBQ

Cocktails 5:00 p.m.

Dinner 6:00 p.m.

Dance to follow

Tickets \$25 per person

Call Dan @ 780 469-2019 or email: [akessel@shaw.ca](mailto:akessel@shaw.ca)

Limited number of tickets: first come first served! Sold out every year!

## 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)

**Weekend (Fri.pm – Sun.pm)**

Members	Non-Members
\$450.00	\$550.00

**Day Rate**

\$300.00	\$385.00
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**Damage Deposit**

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

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

To book the hall, email is preferred, [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al @ 780-469-1711.

## Kenilworth Playschool Registration Night

Come learn more about our playschool and meet the teacher at our Registration & Information Night.

Thursday, April 26

6:00PM-7:00PM

**Kenilworth Community Hall**

Kenilworth Playschool is a non-profit, parent co-operative playschool for 3 and 4-year old children. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall.

We have a bright, clean facility with a large play area and kitchen. We are proud to provide children with positive interactions with peers, daily theme based lessons, fun field trips, science experiments, cooking in our kitchen, park or gym time, games, books, songs and so much more. Our goal is to give your child a fun and positive experience that will prepare them for Kindergarten.

We are currently accepting registrations for September, 2018. For more information or to register your child, please contact Becky at 780-760-3208 or by email [beckyclosson@hotmail.com](mailto:beckyclosson@hotmail.com).

## Community Swim

Community swim is available at Hardisty Pool on Sundays from 1:15pm – 2:45.

Please bring your community league membership for entry.

## Save the Date!

Big Bin	June 9
General Meeting	June 11
Christmas in July	July 12
Golf Tournament & Steak Supper	Aug 25



## 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)

## Volunteer Opportunities

Many opportunities are available: Secretary, Soccer Director, Adult Programs, Children's Programs, Bingo Alternate.

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

Please call Ian @ 780-717-3578 for more info on how you can make a difference in your community.

## Bingo Volunteers Needed!

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

### Next Bingo's:

April 7, 2018, Saturday, 4:30pm – 11:30pm

May 4, 2018, Friday, 4:30pm – 11:30pm

June 3, 2018, Sunday, 10:30am – 3:30pm

June 13, 2018, Wednesday, 4:30pm – 11:30pm

July 15, 2018, Sunday, 10:30am – 3:30pm

If you

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Julia

at 780-

476-2992.

Please

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## Elves Special Needs Society



At Elves, School means Community for Parents of Children with Special Needs

Elves Special Needs Society offers a school tailored to support children with exceptional needs, from speech or language delays to complex medical needs. At Elves, children access teachers, occupational and physical therapists, speech and language pathologists, registered nurses, and social workers.

For parents, Elves offers a caring and understanding community. Parent, Tina Hartum, describes her experience prior to her daughter attending Elves School Program. "Sara was taken care of, but it didn't give me many means of finding information or meeting different people, or becoming part of a group of parents," says Hartum.

Parents set goals for their children and participate in workshops critical to success.

To learn more about Elves, call 780-454-5310, or visit [www.elves-society.org](http://www.elves-society.org).

## Memberships

Have a New Neighbor? Are You New to Kenilworth?

We would like the opportunity to welcome all newcomers into the neighborhood. If you know of any recent arrivals, or if you are one yourself, please call Rebecca @ 780-982-5885. We will deliver a free Community League membership along with information about all the activities this League offers.

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

Memberships are also available at the Sport Shack, 8170 – 50 St, and at Ottewell TGP (receive a \$5.00 TGP in-store coupon with membership purchase).

Servus Credit Unions will also carry community league memberships, however there is an additional \$5 service charge. Need one RIGHT NOW! Go to [www.efcl.org](http://www.efcl.org) and purchase one online!

## 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.

## 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.

We run 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 [totalbalanceperson-altraining@gmail.com](mailto:totalbalanceperson-altraining@gmail.com) to register.



## Oral Health: it's about more than the Mouth

Did you know that a healthy mouth is also an important part of your overall health? Anyone who has experienced poor oral health can attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being.

On the other hand, health conditions can affect oral health. For example, diabetes increases the risk of gum disease while gum disease can make diabetes harder to manage. Gum disease, along with tooth decay and oral cancer are common chronic oral diseases. They share common risk factors with other chronic diseases including, heart disease, respiratory illness, diabetes and other cancers.

The good news? Making healthy lifestyle choices helps prevent and manage oral diseases while impacting other chronic diseases. Eat more fruits and vegetables, use less sugar, drink less alcohol, and choose to be tobacco free. For good oral hygiene brush with a fluoride toothpaste and floss daily. Visit your dentist regularly.

For more information on oral health, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth).





## Ottewell Community League Executive & Board Members

### Executive:

President – Corinne  
Vice President – Bri  
Secretary – Sandra  
Treasurer – Cindy

### Board Members:

Bingo Co- Chair – Kyla  
Casino Chair – Vacant  
Hall Manager – Tim  
Grants – OPEN  
Bylaws – OPEN

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

Indoor & Outdoor Soccer Director – Tena  
Summer Playground Chair – Colleen  
Social Team – Bri & Colleen  
Playschool Rep – Tyler  
Rink Chair – Cory  
Maintenance – Frank  
Civic & City Liaison Chair – OPEN  
Membership Chair – Russ  
Communications Facebook, Website,  
Twitter – Sandra  
EFCL Rep – Corinne

All Positions are volunteer positions.  
Please send all inquiries via email to:  
**ottewell2212@gmail.com** or call: **780-469-0093** (leave a message and someone will return your call)

**Ottewell Community League**  
5920 – 93a Ave. NW  
Edmonton, AB T6B 0X2

## OCL Board Meetings

**Tuesday April 17 at 6:30 sharp**

Please consider lending a hand in keeping Ottewell Community League VIBRANT and ALIVE! OCL meetings of the Board, and its 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!

## Need Volunteers for Bingos

If you would like to help out and donate some of your time to work at our designated BINGO's 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**

## Seniors' Morning Out at Ottewell Hall



**All Seniors are welcome!**

**Every 2nd Tuesday of the Month**  
**10 AM to 11:30 AM 5920 - 93A Ave**

## Fraud Awareness Workshop

**Could you be the Next Victim? - Fraud Awareness**  
**Tuesday May 29th – 6:30 to 8:30**

Guest Speaker - **Jeremy Nicholls**, Senior Manager Fraud Investigation from **Servus Credit Union** will speak to us and answer questions. **Crystal Johnson**, Branch Manager **Servus Credit Union** Capilano Branch will also provide valuable information.

**This is a FREE Event for all to attend.** Ottewell Community League would like to provide awareness to all our residents to ensure that they do not fall victim to Fraud.

In order to ensure that we have enough chairs and light refreshments prepared for you, please RSVP that you are coming by calling **780-469-0093** or email **Ottewell2212@gmail.com** and in the subject line state: "FRAUD".



## 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 and classes.

Go to **www.Ottewell.org** for updates on great opportunities for our community members. Purchase your membership at the Sport Shack, TGP and New option - Servus Credit Union Branch in Capilano Mall, or the on-line option at: **www.efcl.org/membership**.

**Memberships run annually from Sept. 1 to Aug. 31**  
**Family: \$25 / Single**

**Adult: \$10 /**  
**Seniors: \$5**



## Join the Ottewell Community League Team of Volunteers!



**WANT TO HAVE SOME FUN!!!!?**

**Want to know your neighbour and get involved?**

**Be a part of the community and make a difference?**

Put yourself on the Ottewell Volunteer List. We can contact you when we need help for events or specific tasks. You can help for an hour or two or even help with social media items. Any time is greatly appreciated and desperately needed. We cannot run events and programs without the help of community volunteers. Please help us to keep our community strong and get to know your neighbours.

For more info please email: **Ottewell2212@gmail.com** with "Ottewell Volunteer" in the Subject Line, or fill out the form on our website at: **ottewell.org/volunteer/opportunities/**

## Baby! Baby! Baby!



Need a night out OR have a special event and need a babysitter? Maybe you just want to do some shopping alone. Contact **Ottewell's Babysitting Registry** where we can send you a list of local babysitters to choose from. You will meet and interview with the babysitters that work for you and your family. We have many amazing babysitters to choose from.

To book a babysitter, or if you would like to help out with the babysitting registry, please contact **ottewellsocial@gmail.com**.

Babysitters, if you would like to add your name to our list send your name, contact information and qualifications to **ottewellsocial@gmail.com**.



## Free Community Swim & Gym for League Members

Access to any of the recreation centers are for the entire facility. So if you do not want to go swimming, you could go work out or do any of the drop-in activities there.

**Saturdays, 5-7 PM** at Commonwealth Fitness Centre.

**Sundays, 1:15-2:45 PM** at Hardisty Fitness Centre

## Rent The Ottewell Hall



This well-maintained 1900 sq ft beautiful hall accommodates up to 120 seated guests and is perfect for wedding banquets, parties, family gatherings, board meetings and community functions.

We recently 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.

# Ottewell Dental Clinic

**Dr. Gordon Ludwig & 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)

## Open Stage Night



Come out to enjoy and/or participate in our 3rd **Open Stage Night** on **Saturday April 21 at 7:00 PM**.

We are so proud of the local talent in our communities! Bring your instrument, read a poem, or tell some jokes suitable for this family-oriented evening. Come meet your neighbours and support your Community League.

Go to [ottwell.org](http://ottwell.org) to register as a performer right away as space is limited! Purchase or renew your OCL membership and receive free entry to this talent-filled community event.

**\$5.00 for adults.** OCL Members and kids **under 18 - FREE.**

For more information contact Richard Mack at: ([richardmack@hotmail.ca](mailto:richardmack@hotmail.ca)).

## Ottewell Community League Social Media

Follow us on Twitter @OttewellEvents, Facebook.com/OttewellCommunityCentreEvents or email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) and let us know what you are up to in your community!

Check out our webpage for more info and "Like" our page. Pictures, tweets, comments, your discussion is welcome! Let us know if you are having an event that we can share for you on our social media!

## Ottewell Community League Playschool

We are accepting registrations for the 2018/2019 school year.

For information about the playschool please contact Kirsten or Tyler at: [kirstentylerpeter@gmail.com](mailto:kirstentylerpeter@gmail.com) or find us on Facebook at: [facebook.com/ottewellplayschool](https://www.facebook.com/ottewellplayschool)

## Seniors' Morning Out at Ottewell Hall

SOMETHING NEW!

We are inviting our Ottewell seniors to get together at Ottewell Hall every **2nd Tuesday** of the month. Come and enjoy our first **Seniors' Morning Out at Ottewell Hall**. Enjoy coffee/tea and treats along with time for some conversation and companionship.

Next coffee date in April is **Tuesday, April 10 from 10 AM to 11:30 AM.**

**All Seniors are welcome!**

## Plant Night at OCL

**BUILD YOUR OWN TERRARIUM**  
**Friday April 27 at 7pm**

**Learn how to make a succulent terrarium to take home.** Enjoy a complimentary glass of wine and treats while you socialize and create your plant masterpiece!

**Cost of the class is \$35.00** (includes 6" glass bowl, 2 succulent plants, accessories, and all other materials provided to create your terrarium).

**Space is limited**, so visit [Ottewell.org](http://Ottewell.org) to sign up on eventbrite.



## ZUMBA At Ottewell

**COME OUT AND GET YOUR ZUMBA ON!**

Spring Classes begin **Monday April 23** for a 10 week session, **7:00pm at Ottewell Hall**. Our Instructor, Emilio, is looking forward to another great session this spring!

**\$100** for non-members, **\$90** for OCL members.

Drop in FEE: **\$15.00** (Cash, debit and credit cards accepted)

## Special Thanks!

**SOCCER SPONSORSHIP**

Thank you to the **Al Shamal Shriners** for sponsoring Ottewell Community Soccer Jerseys for our soccer program. We are very thankful for the support we have received.

## YOGA SPECIAL EVENTS - More Events & DATES

**YOGA - MOTHERS DAY RETREAT**  
**Thursday May 3, 7pm**

Join us for an evening of self care. Meditation, relaxation, breathing, restoration poses, and aromatherapy. Take away gift for you Mom!

All Levels welcome, all you need is a mat.  
**\$20** for OCL members and **\$25** for non-members.

**YOGA - STRETCH AND SIP**  
**Thursday May 31, 7pm**

In a comfortable setting, unwind with beginner hatha yoga poses while sipping some delicious wine.

All levels welcome, all you need is a mat.  
**\$25** for OCL members and **\$30** for non-members



## BOARD MEMBERS CONTACT LIST

Position	Name	Email
President	Yasir Syed	<a href="mailto:president@strathearncommunityleague.org">president@strathearncommunityleague.org</a>
Vice President	Marshall McAlister	<a href="mailto:vicepresident@strathearncommunityleague.org">vicepresident@strathearncommunityleague.org</a>
Treasurer	Jason Ruhl	<a href="mailto:treasurer@strathearncommunityleague.org">treasurer@strathearncommunityleague.org</a>
Secretary	Leah Poetzsch	<a href="mailto:secretary@strathearncommunityleague.org">secretary@strathearncommunityleague.org</a>
Membership	Alicia Lewis	<a href="mailto:membership@strathearncommunityleague.org">membership@strathearncommunityleague.org</a>
Building & Grounds	Scott Killips	<a href="mailto:grounds@strathearncommunityleague.org">grounds@strathearncommunityleague.org</a>
Social Director	Chris Samuel	<a href="mailto:socialdirector@strathearncommunityleague.org">socialdirector@strathearncommunityleague.org</a>
Communications	Niels Rasmussen Andy Reid	<a href="mailto:communications@stratherancommunityleague.org">communications@stratherancommunityleague.org</a>
Programs	Andrew Struthers	<a href="mailto:programs@strathearncommunityleague.org">programs@strathearncommunityleague.org</a>
Hall Rental Coordinator	Melissa Mrzljak	<a href="mailto:hall@strathearncommunityleague.org">hall@strathearncommunityleague.org</a>
Member at Large	Nadine Meikle	<a href="mailto:nadine@strathearncommunityleague.org">nadine@strathearncommunityleague.org</a>

## New Hall Fundraising

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

To make a tax-deductible donation to the STRATHEARN BUILDING SOCIETY:

Mail a cheque made out to the Strathearn Building Society to:  
Strathearn Community League  
P.O. Box 68064  
162 Bonnie Doon Mall  
Edmonton, AB T6C 4N6  
Or contact  
[treasurer@strathearncommunityleague.org](mailto:treasurer@strathearncommunityleague.org)  
to arrange to drop off a donation.

## Buy Your 2017/2018 Strathearn Community League Membership Today

2017/2018 Strathearn Community League memberships are still up for sale. Memberships are valid from August through August.

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

### Here's where to buy your membership:

- Ralph's Convenience Store, 9508 87 St.
- Massage Therapy Supply Outlet, 9206

95 Ave.

- Juniper Cafe and Bistro, 9514 87 St.
- Strathearn Heights Apartments, 8768 96 Ave.

Or email [membership@strathearncommunityleague.org](mailto: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 Artist Pursues Everyday Artistry

Many of us can point to a book that had a big influence on us when we were growing up. But for Strathearn artist Stephanie Medford, the Griffin and Sabine books given to her by her mom when she was a kid, changed the shape of her life. She spent hours with the books, mesmerized by Nick Bantock's rich, ethereal artwork and the handwritten letters stuffed in envelopes.

She remembers wanting to be an artist since she was a young child but felt that it wasn't a realistic goal or even a real job. "I spent a long time coming up with something else to do and hated every job I had," she says. It wasn't until she went travelling for a year and spent time thinking about what she wanted in life that she realized she needed to listen to that persistent voice that had always been with her, the one that called her to be an artist.

For the last five years, Stephanie has dedicated more and more time to creating, exhibiting and selling her art. Her main se-



ries, Paper Bodies, is a collection of papier mâché sculptures of human organs—brains, hearts, lungs, eyeballs—which was inspired by a museum exhibit she saw in Philadelphia. The sculptures are colourful and playful and Stephanie hopes they convey the wonder and beauty of the human body.

## Strathearn Community Garden Update



Spring is nearly here, and the community garden group has been hard at work to ensure our community has the means to start building a garden in Silver Heights Park this year. In February, concept plans were submitted to the city and we applied for two grants to secure funding for the garden. We are also holding a compost FUNDRAISER (see advertisement on this page) on May 12, 2018. Please support us! For more information, contact Leah at: [leah.poet@yahoo.ca](mailto:leah.poet@yahoo.ca)

Here is our design for the garden, which will be located north of the ice rink, next to the playground in Silver Heights Park. Thanks to our design team who created this amazing plan for Strathearn!



## Hall Grand Opening Event



We're looking forward to start using the hall and we'd like you to come celebrate with us! On Saturday May 5, Strathearn Community League is hosting a free pancake breakfast, open to all community members. We'll be serving fresh pancakes hot off the griddle, along with juice and coffee, and celebrating the grand opening of the new Strathearn Community Hall. Come see the hall, talk to your neighbours, and hear about the wide range of programs and events we're planning for the hall. See our skate change area, the kitchen, our storage areas for hall user groups, and our outdoor storage. Learn about future projects we have planned, and share your ideas for the hall.

Thanks to Re/Max Edmonton & Area Associates for providing plates and utensils for this event.

The breakfast starts at 9am and is first come, first serve until we run out!

We'll also have members of the Strathearn Building Society available, so please consider making a tax deductible donation to help support the hall.

## Save the Date for the 2018 Jane's Walk

Jane's Walk will be held May 4 to 6, 2018. More information will be available next month and will be found here: <https://janewalksyeg.wordpress.com/>

Collage/papier mâché has a strong pull for Stephanie, partly because drawing and making realistic representations can be scary and hard. Collage allows her to tear things up, be messy and create without focussing on a predetermined outcome. It's also a method featured prominently in the Griffin and Sabine books that captivated her years ago. "Nick Bantock's work has this kind of mystery to it," she says. "The layers and the depth behind it feel like you can get pulled in."

Last September was the first time Stephanie participated as a seller in the Strathearn Art Walk. "It's such a beautiful setting and everybody was so friendly and everybody is there to see the art." It was a good day for her, selling her body part sculptures, calendars featuring photos of the sculptures and small papier mâché birds that she had just started making. "Birds are a little more accessible [than body parts]," she says. "I love birds. I'm doing an unofficial series of all the birds I've identified. I'm a very amateur bird

watcher but I want to sculpt all the birds on my very short list."

Pursuing what you love and bringing in enough money to live on is a tricky balance for many artists. During that revelatory year of travel, Stephanie also figured out that she had a strong desire to help other people live their best lives. She especially wanted to spark and nurture creativity in others. To that end, she has developed workshops and classes on mindful drawing, mixed-media map making and art camp for adults.

Stephanie believes that each of us is called to a creative life and pursuing that call is a vital part of ourselves. As she says on her website, Everyday Artistry ([www.stephmedford.com](http://www.stephmedford.com)), "When we heed the call and journey to find our creative selves, we are able to come home, changed and fulfilled."

by Leslie Stewart

Caption for photo: Artist Stephanie Medford with two of her sculptures from her Body Parts series.



strathearncl.org - Strathearn  
Community League has a new Website!!!

A more streamlined and easier to navigate website has all the latest news and goings on from the Strathearn area and beyond. More updates will be added over time, including hall booking and events calendar. So watch this space! If you have any suggestions or requests then please let us know!!

Community League Programs

(Strathearn Community League membership required)

Wired Wednesday

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

Upcoming dates – Apr 4th, May 2nd, and June 6th.

Toonie Thursday

The second Thursday of the month is

Community League Happy Hour at Juniper Café & Bistro (9514 87 St.). Enjoy a beer or glass of wine for a toonie from 4 p.m. to 6 p.m.

Upcoming dates – Apr 12th, and May 10th, and June 14th.

Free Family Swim Times

Commonwealth Community Rec Centre Every Saturday 5pm - 7pm

Hardisty Leisure Center

Every Sunday 1:15pm - 2:45pm

Silver Heights Park Spring Clean-Up

Saturday May 12, 12 - 3pm will be the fifth annual Silver Heights Park Spring Clean-up. Join the Strathearn community league as we prepare for summer park programming. We'll be getting the playground in shape for Green Shack, cleaning the basketball court and making sure our spray deck is ready to go for summer fun. No need to sign up in advance just show up with some garden gloves and we'll put you to work. Volunteering in your neighbourhood is a great way to end the winter hibernation and meet some new friends. Light refreshments

will be served for volunteers.

Following the park clean-up join the Strathearn ArtWalk as they present John Aram's Musical Mixer. Starting at 4pm three bands rock the new Strathearn Community League Hall for the low, low price of \$10 - ArtWalk beer tent favourites Stovetop, The Misery Mountain Boys (<https://www.facebook.com/miserymountainboys>) and a special guest act. Refreshments will be for sale, all ages welcome. Keep your eyes peeled for where and how to buy advance tickets.

Strathearn Community Garden IS PROUD TO  
PRESENT IT'S FUNDRAISER

COMPOST SALE



One ~40lb bag for \$10,  
3 bags for \$25,  
or 5 bags for \$40

DATE: Saturday, May 12<sup>th</sup> 2018

TIME: 9:00 am – 3:00 pm

LOCATION: 9511 - 90 Street (Strathearn Hall)



Cleanit Greenit Composting System produces a Grade "A" compost, which has achieved the Ecologo certification as an "Environmentally Friendly Product". The compost contains essential nutrients and organic matter and is excellent for lawns and gardens.



You can pre-order your organic soil by calling/emailing:  
Leah: (780) 965-6067 or [leah.poet@yahoo.ca](mailto:leah.poet@yahoo.ca)

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Pharmacist/Owner

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- **FREE** Market evaluation
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**Ottewell:** Facing Island Park, Pie Lot, Full Renovation, Ensuite Bathroom, Oversized Double Garage.



**Terrace Heights:** Facing School Yard, Second Kitchen, Self Contained Living Area, 3 Bedrooms up, Double Garage, Very Clean, QUICK Possession.



**Downtown Condo:** Alta Vista South, Contemporary finishings, In-suite Laundry, Underground Parking. Perfect for the single professionals.



**Garneau Condo:** Executive unit, Concrete Construction, 3 BEDROOMS, 2 Bathrooms, 2 Underground Parking Stalls.