

SOUTHEAST VOICE

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

December 2018/January 2019



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Books and Budgets

I am happy to share some good news with everyone. The eagerly anticipated new Capilano Branch of Edmonton Public Library is finally open. The Grand Opening was on November 23rd and I very much enjoyed meeting many of you in our new, beautiful, and accessible building at 9915-67 Street.

In budget news for Ward 8, both the Rollie Miles Athletic Field District Park Renewal and the 101 Avenue Streetscape projects are in the proposed Capital Budget. These projects are currently unfunded and will be part of the dialog during Council budget deliberations. I hope to get support for the next phase of the Rollie Miles Leisure Centre and Park: concept planning and design. That way it could be considered for construction in the next Capital Budget cycle.

My intention is to push for funding to keep the planning and design work going on the 101 Avenue project so it is ready for when the rebuild of the roadway can begin. The community has worked very hard on this and I do not want to see it lose momentum.

Including a shared-use path from Gateway Boulevard to 107 Street, along the rail line the Street Car uses, in the proposed South Side Bike Grid would help advance work on this long awaited route. Folks who use the Strathcona 55 Plus Seniors Facility know the building has space and accessibility limitations for its users. I am determined to keep



the conversation alive on planning for a new facility.

City Council will start weighing priorities on November 28 at 9:30 am in Council Chambers. Members of the public are welcome to attend or you could watch the proceedings through the Council On The Web live streaming service.

Please feel free to contact me anytime at ben.henderson@edmonton.ca or at 780-496-8146. Follow me on Twitter @ben_hen

As of Thursday, Nov. 8 our NEW branch hours are:

Monday - Thursday: 10 a.m. - 9 p.m.

Friday - Saturday: 10 a.m. - 6 p.m.

Sunday: 1 p.m. - 5 p.m.

Hardisty Christmas Dinner

Hardisty Community Christmas Dinner volunteers for 15 different churches and groups are hosting a free Community Christmas Dinner on Saturday, December 8 at Hardisty School (10534 62 St.) from 4:30-6:30 pm. There will be a free dinner, Christmas songs and Carols, activities for the children and even a visit with Santa Claus. To reserve your ticket, please contact



Grace United Church at or grace.united@shaw.ca or 780-466-0916.

Tickets available November 14.

Save Gold Bar Park – Update

On November 16, 2018, the City Councillors on the Utility Committee heard from Edmonton residents strong and collective opposition to the 2017 decision to reroute the South Edmonton Sanitary Sewer (SESS) trunk line to the Gold Bar Wastewater Treatment Plant. Speakers represented the following groups: Edmonton Nordic Ski Club, Edmonton Trail Runners, Highlands Community League, Beverly Community League, Capilano Community League, various other recreational groups and residents from Beverly, Highlands, Gold Bar, Capilano, and Oliver. A couple of engineers with experience in wastewater engineering and safety also spoke about risks, technology and inadequate buffer zones separating the Gold Bar Plant from surrounding recreational areas and residences. The following topics were addressed: the need for transparency from EPCOR and the City; the need for thorough public consultation about the SESS; the “human factor” that is missing in the SESS decision; the great potential our River Valley has for recreation and tourism; the benefits of continuing with the City’s longstanding plan to build the SESS

to the Alberta Capital Region Plant; and, the anticipated negative impacts of bringing the SESS to Gold Bar. The outcome of the meeting was a motion by the Utility Committee: “That Utility Committee recommended: That Administration report to Executive Committee on governance options that provide appropriate City Council oversight, transparency and public input on the operations and decisions made by the SSSF Oversight Committee.” In other words, City Council currently does not influence the decisions made by the SSSF (Sanitary Servicing Strategy Fund), the committee that moved to change the destination of the SESS in 2017. The Utility Committee is recommending changes to the governance of the SSSF committee so that City Council will have input into future decisions, including the SESS destination. This move would allow City Council to apply the rules of transparency and public engagement to future decisions.

Find more information on Facebook at “Save Gold Bar Park Alliance,” or email goldbarparkalliance@gmail.com to have your name added to the mailing list for updates.

101 Avenue Redevelopment Update

The Greater Hardisty Community Sustainability Coalition (GHSCSC) continues to lobby the City on redevelopment of 101 Ave. Two speakers with the Coalition, Julie Paquette and Drina Schneider, made presentations to the City’s Urban Planning Committee meeting on November 13 in support of a report from the Civic Administration on low cost, short term (2 year) actions to move the project forward. Both speakers reiterated the case for continuing City funding on the planning, design and execution of the entire project and presented a compelling business case on how the redevelopment of a number of properties on 101 Avenue would result in a net increase



in their assessment values and thus an ongoing higher tax return on the City’s investment. Copies of the Coalition’s presentations were distributed to all members of Council. GHSCSC speakers also advocated for the 101 Avenue redevelopment in the public sessions on the City budget that were held in mid to late November. To receive updates, or get involved, LIKE the Greater Hardisty Community Sustainability Coalition Facebook page, or email directly to: ghcscoalition@gmail.com. The work to protect our parkland continues. Thanks to all the residents who contacted their City Councillors and/or attended the meeting to show support.



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Edmonton - Gold Bar



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Authorized by the Edmonton - Gold Bar UCP Constituency Association

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“And who are you?”

She might be Alice, or Amira, or Aiyana. He might be Alex, or Aidan, or Ali. No matter the name you've chosen, now your child has a name; An identity. And that is every child's fundamental right. In Alberta and across Canada, we celebrated National Child Day on November 20. But any day of the year, you can help young children understand their identity. Help them feel proud of who they are as a person.

When they're toddlers, tell them the story of their name — what it means, why you chose it. As they grew older, help them learn about some of the other rights shared by all children, all around the world. Check out this link for more information about internation-

ally recognized children's rights.
[www.unicef.ca/sites/default/files/legacy/imce_uploads/UTILITY NAV/TEACHERS/DOCS/GC/CRCPosterEN_FA.pdf](http://www.unicef.ca/sites/default/files/legacy/imce_uploads/UTILITY_NAV/TEACHERS/DOCS/GC/CRCPosterEN_FA.pdf)

And here is a list of resources prepared by Shannon Clarke, Community Librarian at the new Capilano Library to help you explore identity with your child: bit.ly/EPLNCD2018

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

www.earlychildhoodedm.ca/southeast
www.facebook.com/SEEECCC/



Suzuki Charter School Staff & Students wish our Capilano friends and neighbours all the best in the holiday season.

We understand that a heart full of music and love is a happy heart. As part of our active citizenship to support personal and musical excellence at Suzuki, we would love to share the gift of music with you.

Please join us the first Thursday of each month at 9 am for our performance assembly, featuring different instrument groups.

Or join us in the gym at 1 pm on Friday, December 21st for our Annual Sing-A-Long. Carol the afternoon away with us in your favourite pajamas.

Sharing the gift of music

10720 – 54 Street NW www.suzukischool.ca 780.468.2598



SouthEast Community Leagues Association
SECLA.ca



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+February 9th @ 1-3:30PM
+Ottewell Community Hall
+To register email: rebeccamanchul@gmail.com
+\$50/ \$45 with membership
(Space limited. Registration inc. take home roller bottle.)

Y **YMCA Family Resource Centre**

Drop-In Yoga

Tues/Thur 5-6pm
Thur 10-11am



Underground parking \$1/hr - access on 104 Ave between 95 & 96 St

9538 103A Ave

780.426.9265



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- Family Party Room
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Reduce your monthly expenses with:

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Information Sessions

The Christenson Group is pleased to invite you to an information session introducing Southwoods Court North, Phase 1 of Southwoods Village at Hazeldean. Centrally located Southwoods is an energy efficient retirement community that is close to many amenities, walking paths and the Millcreek Ravine.

Information Sessions

are being held at **Southwoods Court North (9430 - 67 Ave, Edmonton).**

Sessions start every **Tuesday at 2 pm with limited seating.**

To reserve a seat or ask about upcoming sessions call Lynne Christenson at **(780) 975-2509** or by email at **LynneC@CDLHomes.com.**

ChristensonGroup.ca



Abundant Communities Edmonton Support Team

ACE Support Team member:

Are you passionate about building community in our neighbourhood? Avonmore Community League is in the process of bringing the Abundant Community Edmonton (ACE) initiative to our neighbourhood and is looking for 4 volunteers to join the ACE Support Team.

ACE is an initiative that supports communities in forming strong, caring and supportive blocks and neighbourhoods where we look out for one another; share our tal-

ents, skills and resources with one another; have fun together; and collectively create the neighbourhoods we desire.

The role of the Support Team is to plan the initial steps of implementing ACE in Avonmore, and support the recruitment of a Neighbourhood Connector. We are hoping to schedule our first Support Team meeting in early November.

If you are intrigued and want to know more, please contact Wendy at programs@avonmore.org.

Community Potluck and Holiday Caroling

Bring your favourite meal and join us for a family holiday potluck in the hall! Wear your warm layers as this will be followed by some carolling in the neighbourhood. Hot chocolate, tea and coffee will be provided. December 15 from 5 - 7:30 pm.

Rink Shack

Depending on the weather the rink may be ready for use by the time you read this message. We need many more volunteers to keep the rink shack open in the evenings and on weekends. If you have 2-3 hours to spare once a week, once every two weeks or once a month please let me know. We need people at the rink shack to open it up so skaters can put on their skates and come in to warm up. It also ensures the safety and security of skaters and the property. You can come and skate while you volunteer. We also need a few more volunteers to help with maintenance.

Contact president@avonmore.org if interested.

Shinny Ice Hockey

Fall/winter shinny ice hockey at Kenilworth arena on Friday nights. Please contact Boris at sports@avonmore.org for more details.

Outdoor Soccer

Mark your calendars to watch for outdoor soccer registration coming in early February!

Playschool

Limited spaces still available!

Come join us in January for a 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 music sessions, brought to us by our two great music teachers.

Enriching great little minds more and more each day.

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

Avonmore Garden Club

While our Gardens are sleeping, join us online on facebook-- Avonmore Garden Club to watch for posts about impromptu Wine and Weeds evenings during the winter. Ask on facebook or email president@avonmore.org for more details.

Coming events:

January 19, 2019: Successes and Misses of 2018 - presentation based on everyone's submission of their stories and pictures from the past garden season. Monique is coordinating - details to follow.

February 9, 2019: Presentation on Managing Common Pests and Diseases

March 23, 2019: Pruning trees and shrubs and planting recommendations

April 27, 2019: Tour of Arch Greenhouses

Build Your Own Terrarium Night

Adults of Avonmore! Join us at the hall on Saturday, February 9th 7-9pm to create a beautiful centrepiece just in time for Valentine's Day! Supplies per project provided for \$25 or \$40 depending on size. Registration on Eventbrite

Avonmore Concert Series

After a successful season showcasing some of Edmonton's best musicians, we are busy planning our 2019 concert season. Keep your eyes on the events section on the 'Avonmore Community League' Facebook page, join our 'Avonmore Concert Series' Facebook group, or email us at avonmore-concertseries@gmail.com. We're hoping to kick off the year with concerts in late January and early March. Hope to see you there!

Avonmore Yoga

Avonmore Yoga Classes will be offered on Tuesday and Wednesday evenings starting January 8 and 9th. Tuesday classes at 6:30 and Wednesday classes at 5:45 p.m. and 7:30 p.m. Cost of the session is \$150.00 for 15 classes. For more information and to register contact Anita at president@avonmore.org

The Fall Yoga session ends December 19th.

Bike Month is Coming!

Avonmore is blessed with an awesome biking area. We'd love to celebrate bike month but we need help to do it! Do you have an idea or connection and can help? Ideas include a bike wash and tune up, road take over, kids bike parade, the sky is the limit!

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 at president@avonmore.org

There is also the option of making a new club on a different evening if there is interest!

Avonmore Community Swim

-Commonwealth Pool 11000 Stadium Road

Saturdays, 5:00 p.m. - 7:00 p.m.

-Hardisty Pool

10535-65 Street

Sundays, 1:15 p.m. - 2:45 p.m.

Free to Avonmore Community League Members with valid 2018/19 membership card! Phone 311 or check www.edmonton.ca for updates on closures before you go.

Avonmore Parent & Tot Program



This FREE drop-in program runs every Thursday from 10-12 at the community hall. Please check the facebook group or email for closures over the holiday season. We do a mix of free play activities and arts and crafts. Our group 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 parentandtot@avonmore.org. Located at Avonmore Hall: 7902 - 73rd Ave.

Hall Rental

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

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 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!

Red Cross Babysitting Safety Course

Saturday Feb 23, 2019 at Avonmore Community Hall Time: 9am-5pm

For Boys or Girls ages 11 & up (must be 11 by the end of March)

Cost \$75 Avonmore Members \$45 (with 5 volunteer hours from child)

If interested or would like to register, please email hallrental@avonmore.org

Strathcona nursery SCHOOL

Welcoming students
from all over

Enrol throughout
the school year

Learn Through Play
Philosophy

2.5 to 5 years

Potty training not
required

Open House & Registration
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www.strathconanurseryschool.com

info@strathconanurseryschool.com

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Soccer Programs	Curtis	780 908-3889
Ice Allocation	Jaret	780 720-5582
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780-243-7547
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook “Like Us”

Bootcamp and Stretch

Please join us at Capilano Community Hall (10810 – 54 Street) for a great fitness program!

Days/Time: Tuesdays and Thursdays, 7:00 p.m. - 8:10 p.m.

Dates: November 6/8 – December 18/20, 2018

Classes will resume January 8/10, 2019

Costs: \$70 one day or \$140 both days for

CCL members. \$77/\$156 non CCL members. Or 5 passes available. Mix of strength and cardio with a long stretch at the end – everything can be modified and adapted for all fitness levels or special considerations.

Contact Lisa for more information or to register at 780-221-9857 or Lisashortenfitness@gmail.com . Check out: Facebook.com/lisashortenfitness

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.

Thank you TGP for your Community Support

We are sad to see TGP Gold Bar closed. Thank you TGP for all the support your provided to our community league and schools over the years, from providing product to

community and school events, having community fund raisers and selling our community league memberships. You will be missed!

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.

Need a Capilano Community Membership?

Contact Jean at 780-863-0914.

As well, memberships are available at:

--“ All Care Pharmacy” located at 5016 - 106 Ave. Contact the pharmacy at 780-244-2737 for store hours (Cash only).

--Servus Credit Union, Capilano Mall #110,

5615 – 101 Avenue, Edmonton (Cash only)

--Edmonton Federation of Community Leagues (online only). Please note: EFCL adds a \$5.00 admin fee.

Thanks to “All Care Pharmacy” and Servus Credit Union for supporting our community!

Capilano Community League Sign Rental

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

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

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

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

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

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 or 780-720-9003.

Babysitters are available for YOU!

There are babysitters in your area that are ready to work! They've been through the babysitting course and, with a little information gathering, we are able to match sitters with families looking. So, look no further and email capilanobabysitting@gmail.com

Functional Movement Classes

Begin or continue your movement journey at Capilano Community Hall (10810-54 Street).

These classes are aimed at improving your overall mobility throughout the body. The emphasis of the classes is to build awareness that safely strengthens and balances your musculature while delivering a better functioning body.

Please consider joining Pearl Der in January 2019! For further information on schedule or pricing, please visit www.movement-journey.ca

Hardisty Gymnastics Club – Winter Classes

Sponsored by Capilano Community League.

Check out these super fun classes!

Offering gymnastics TUESDAY or THURSDAY evenings

Where: Hardisty School (10534-62 St.)

Tuesday Gymnastics Classes (8 weeks): Jan 8, 15, 22, 29, Feb 5, 12, 19, 26

Thursdays Gymnastics Classes (7 weeks): Jan 10, 17, 24, 31, Feb 7, 14, 21

Cost: Tuesdays - \$112 per child, Thursdays - \$98 per child

Parent & Tot, 18 mos.-3 yr old: 6:00 – 6:45 p.m. (Tuesdays or Thursdays)

Preschool 3-5 yr old: 6:00 – 6:45 p.m. (Tuesdays or Thursdays)

Preschool 3-5 yr old: 6:45 – 7:30 p.m. (Tuesdays or Thursdays)

Elementary 6-12 yrs: 6:45 – 7:45 p.m. (Tuesdays or Thursdays)

Elementary 6-12 yrs: 6:00 – 7:00 p.m. (Thursdays only)

REGISTRATION: Register online by visiting Capilano Community League website (www.capilano.info) under the Hardisty Gymnastics Club link.

Yoga at Capilano Community League

Hatha Flow class - suitable for all levels

Thursday evenings 8:30 p.m.-9:30 p.m.

January 10 – February 28, 2019 (8 weeks)

Price \$100. Please visit www.yogawithdayna.ca for more information and/or to register!

Capilano Playschool Free Trial Class January 23

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

We still have spots available!

If you think your little one might be ready to start playschool now or next year, we are offering a free trial class Wednesday, Jan 23/19 from 6–6:30 p.m. and then starting registration with an Open House from 6:30 – 7:30 p.m on the same night. Address: Hardisty School (10534-62 St).

For more information, or to register, please contact Marzena at 780-802-9307 or capilanoplayschool@hotmail.com

Thank you to Splash and Slide Supporters!



Thank you to everyone who helped make the Capilano Playschool 6th Annual “Splash and Slide” Fundraiser a huge success! We would especially like to thank Janelle Bickford and Amy Cooper for their amazing dedication and hard work.

Capilano Community Rink Schedule

The weather has made ice making difficult this year. Once the ice is ready, the rink is open to the community as listed below. Times may vary depending on weather, ice conditions, holidays and bookings, so please check the schedule in the club house for the latest schedule.

Monday: 4:30 – 8:30 p.m.

Tuesday, Wednesday and Thursday: 4:30

– 6 p.m.

Friday: 4:30 p.m. – 9 p.m.

Saturday and Sunday: 12 p.m. – 8 p.m.

With Mother Nature’s cooperation, we are also planning on creating the small RECREATIONAL ice rink beside the hall again, which will always open for skating. We are looking forward to another great season with family and friends down at the community rink!



Jenny McAlister
Registered Psychologist

Jenny McAlister provides counselling, psychotherapy and consultation to individuals, couples, families and groups.

780-554-2258
9407-98 Avenue
(Cloverdale Professional Group)

www.JennyMcAlister.com

Happy Holidays!



City Councillor for Ward 8

ben.henderson@edmonton.ca

780-496-8146

Alberta Election 2019

The 2019 provincial election will be one of the most important in Alberta's history. It is going to determine our fate for the next decade and beyond. Make your voice count by supporting the Edmonton-Gold Bar UCP candidate David Dorward.

Someone who cares.

David has always worked hard to make life better for others. Whether it was in the role of Associate Minister for Aboriginal Relations in Cabinet, when he represented Gold Bar as MLA from 2012 to 2015, or his time in founding and leading the initiative to get the Saville Centre built in 2011.

Someone who gets the job done.

In 2016, David got behind the movement to unite Alberta's two right parties to form the United Conservative Party. A candidate with significant and relevant experience, David will help Leader Jason Kenny and the UCP bring investment back to Alberta, lower taxes and remove the debt that has accumulated under the NDP.

With a background as a Chartered Professional Accountant (CPA) combined with his 3 years of experience at the highest level of financial management in the government, David's influence and experience will help improve life for the communities of Gold-Bar and for all of Alberta with without sacrificing the health care, social services and education that we all care about.

Community first with a vision for Alberta.

We need to make a positive change we can all believe in not only in Edmonton Gold-Bar but also in Alberta. That's why David Dorward is the right choice. A man with experience and focus for getting things done. A leader for Gold-Bar and a strong voice for Alberta.

If you want to help, contact me at david@dorward.ca or 780.463.1502

David Dorward is the United Conservative Party candidate for the Edmonton-Gold Bar constituency. Authorized by the Edmonton-Gold Bar UCP Association



DAVID C. DORWARD

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Edmonton Ski Club Liaison	Chris skiclub_chair@cloverdalecommunity.com
Flood Mitigation	Eric floodmitigation_chair@cloverdalecommunity.com
Community Garden (CCGC) Chair	Danita communitygarden_chair@cloverdalecommunity.com
Seniors	Karen seniors@cloverdalecommunity.com
LRT Citizens Committee	Paul lrtcommittee_cochair@cloverdalecommunity.com
Gallagher Park Master Plan	Paul lrtcommittee_cochair@cloverdalecommunity.com
Abundant Community - Neighbourhood Connectors	Marilyn neighbourhoodconnector@cloverdalecommunity.com
Hall Rentals	Janet rentals@cloverdalecommunity.com

Programs Registration Deadline January 10, 2019

Please register in advance at rentals@cloverdalecommunity.com.

A minimum of 6 participants is required for each program to run.

Free for community league members.

• Mondays:

Zumbinni: January 14-February 25 5:15 pm - 6:00 pm 6 weeks with Mariella certified Zumba instructor. Zumba with your little one! Dance, sing and play with your little one!

Barre Class: January 14-March 25 7 pm-8 pm with Kim Ashley AFLCA instructor. Less impact than a boot camp. Bring light dumbbells and a yoga mat. Wear athletic shoes and light comfy clothing. Bring water!

• Tuesdays:

Urban Poling Club: Meet at the hall at 9:45 am for a one-hour local pole walk.

Sport Ball: January 8 - March 19 Cost \$154 non-members -Come out and play ball activities with your preschoolers with so many different types of balls.

Preschool children

16 mos - 2 yrs 9:15 am - 9:45 am

2-3.5 yrs 9:45 am - 10:30 am

3 ½ - 5 yrs 10:30 am -11:30 am

Evening Sport ball

2 - 3 1/2 yrs 5:00 pm - 5:45 pm

3.5 - 5-yrs 5:45 pm - 6:45 pm

5-7 yrs 6:45 pm - 7:45 pm

Yoga: January 15-March 19 with Kerri Gladwin - 8 pm- 9 pm Hatha yoga focusing on a variety of relaxing, stretching, and strengthening poses. Bring a yoga mat and wear loose yoga clothing.

• Wednesdays:

Pilates: January 16- March 5 9:30-10:30 am with Lynn M. AFCL certified instructor.

Mat, runners, water bottle. Wear loose clothing.

Art club with local artist Karen McFarlane 1:30 pm-4:30 pm. Work on a project of your choosing.

Ping pong Club: 7 pm - 9 pm. Bring your inside runners and enjoy ping pong.

Games Club: 7 pm - 9 pm. Bring along your games and your friends of all ages.

Beginner Guitar Class: January 16-March 7:15 pm - 8:15 pm with Bob Z. 30 yrs. qualified instructor. Bring your guitar. \$10 fee for handouts.

• Thursdays:

Indoor Playgroup: 10:30 am - 12:00 am Drop in with your preschooler for coffee, toys, and socializing.

New **Parkour** January 17 - February 21 3:00 pm - 4:00 pm Parkour combines gymnastics and outdoor running.

Zumba Kids: January 17 - February 21 6:15 pm - 7 pm with certified Zumba instructor Mariella, Kids channel their energy into great dance moves

Zumba Juniors: January 17 - February 21 7:15 pm - 7:50 pm with certified Zumba instructor Mariella, Zumba junior kids channel their energy into great dance routines

Barre Class: January 17 - March 21 7:55 pm - 8:55 pm with Cat Lam AFLCA instructor A pair of light dumbbells and a yoga mat are required. Athletic shoes and light comfy clothing should be worn. Bring water!

• Fridays:

Yoga: January 18- March 22 9:45 -10:45 am with AFCL certified instructor Kerri Gladwin: Hatha yoga focusing on relaxing, stretching, and strengthening poses. Bring a yoga mat and wear loose yoga clothing.

Cloverdale Community League Update

The Community League is heading into the winter season in vibrant and enthusiastic fashion. Over 100 Cloverdale friends and neighbours attended the Hallowe'en party on October 28th. Several social events in December will provide more opportunities for gathering and connecting with our neighbours. The Abundant Community Edmonton (ACE) Neighbourhood Connector organized a New Resident's Reception in November. The experience demonstrated that Cloverdale is a welcoming and inviting neighbourhood. We hope that we can repeat the experiment in the future.

The volunteer rink crew has repaired the boards and started flooding the rink. Mild weather has delayed the rink opening, but we

should be ready when the weather cooperates.

A number Cloverdale residents participated in the city's feedback sessions on the 'Accidental Beach'. The 2018 season had less impact on the neighbourhood than 2017. High water levels and smoke from the BC wildfires dampened attendance. However, we had a chance to test the mitigation measures the city and Cloverdale put in place and are prepared to meet the challenges that may present themselves in 2019.

As you can see, the CCL has another full line up of programmes and activities for all ages.

The Cloverdale Community League wishes everyone a safe, healthy holiday season and best wishes to all in 2019.

Cloverdale Community League Election Update

On November 18 the Community League held a special elections meeting to fill board vacancies. Elected were:

Lisa Neill - Vice President

Regan Schiller - Treasurer

Tim Querengesser - Civics Director

Danita Harty- Chairperson, Garden Club

The board of directors thank all past board members for their dedication and participation. We're delighted to welcome the new members to the team. We look forward to working together for a healthy, strong and vi-

Leadership Opportunity

The Cloverdale Community League (CCL) has an opening on its board of directors for Programme Director. This is a two-year, renewable term that expires in September 2020. The position is part of the Cloverdale Community League executive. The position enables Cloverdale residents to achieve healthy, balanced lifestyles through recreational opportunities, social activities and opportunities for personal and community growth. The position has responsibilities for budget development

and control, prepares and reviews policies and procedures related to programmes. The programme director works with the NRC, the ACE-Cloverdale Neighbourhood Connector to identify programme opportunities, suitable programme leaders and coordinates scheduling and administration with the CCL hall manager. If you're interested in contributing your skills, talent and ideas to benefit the children, youth and adults in Cloverdale, contact Reg at <president@cloverdalecommunity.com>.

Community

Carol Sing!



Sunday, December 16, 2:00 pm

**The Salvation Army Edmonton Temple
9115 - 75 St.**

The Salvation Army Edmonton Temple invites you and your family to join with us Sunday, **December 18th at 2:00 pm** for a wonderful afternoon of Christmas music. Join with us as we celebrate and sing songs of the season accompanied by The Salvation Army Edmonton Temple Brass Band and Choir.

Hot Chocolate, Apple Cider and treats served afterward! **We'd love to see you!**



Forest Terrace Heights BOARD

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Curtis		Secretary@forestterrace.org
Treasurer	Michelle		Treasurer@forestterrace.org
Hall Rental	Molly	983-2860	Hall@forestterrace.org
Maintenance	Ryan		Maintenance@forestterrace.org
Programs	Sarah		Programs@forestterrace.org
Rinks	Scott		Rink@forestterrace.org
SECLA Rep	Connie	462-1442	SECLA@forestterrace.org
Outdoor Soccer	Kelly	224-4024	Soccer@forestterrace.org
Babysitting	Anna	485-6099	Babysitting@forestterrace.org
Casino	Anna	485-6099	Casino@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
Memberships	Sonya	720-7034	Membership@forestterrace.org
Website	Curtis		Web@forestterrace.org
Signs	Anj		Signs@forestterrace.org
News Editor	Kerry		Newsletter@forestterrace.org
Events	Kathleen		Events@forestterrace.org
Indoor Soccer	Kelly		Safety@forestterrace.org
Civics	Julie	952-5196	Civics@forestterrace.org
Marketing	Joanne		Marketing@forestterrace.org
ACE	CoraLee		ACE@forestterrace.org

Join our new civics committee

It's time to get more people, and more diverse voices, involved in planning and development changes in our community. So, the community league is looking for your help to establish a civics committee.

Our civics director Julie is looking for a team of five or six volunteers of diverse ages and backgrounds to advise the board on any planning or development matters that may impact the community, including residential, commercial or other types of development and land-use proposals; parks; pathways; transportation (bus routes and bike lanes); environment and safety.

The first major projects the committee will consider are the 101 Avenue redesign and the old Patricia Motel redevelopment. Depending on the interests of the committee mem-

bers, we could also look at other opportunities, such as figuring out how to turn one of our vacant gas station sites along 101 Avenue into a small park or other amenity.

The time commitment would be one evening meeting per month, as well as a periodic email exchanges, to discuss civics-related issues and plan engagement events in the community with the support of the board.

If you want to stay on top of the changes happening in Forest Terrace Heights and have a real say in creating a healthy, attractive community for present and future residents, please consider joining. Contact Julie at civics@forestterrace.org or 780-952-5196 if you're interested or have questions. And please spread the word to any neighbours you think might want to join.

Pancake Breakfast & Rink Party

Jan. 12

Join your neighbours at the hall for our annual pancake breakfast and skating party, from 10 a.m. to 1 p.m. Watch our Facebook page or the events calendar at forestterrace.org for more details coming soon.



Christmas Cookie Exchange

Tuesday, Dec. 18, 7-9 p.m. at the hall

Bake your favourite cookie, the one you do best. Bring six dozen to exchange and you'll leave with six dozen assorted cookies homemade by your neighbours and friends. What a wonderful way to mingle and share!

Here's how it will work:

-Bring six dozen cookies all of one type. There's no need to individually package or group them. We'll lay them all out on a table and each take two or three cookies of each type as we go around. We will circle the table until all the cookies are gone!

-Cookies should be homemade or from a great bakery – no prepackaged or grocery store cookies.

-This is a holiday cookie exchange so please think festive when you pick your recipe. Save the chocolate chip and peanut butter cookies for another time.

-Cookies only, please. No bars, squares or loaves.



-Bring a couple of large containers to take all your new cookies home.

-If you are open to sharing your amazing recipe, feel free to bring a few copies.

Refreshments will be provided by the community league.

It's free to take part, but you must register in advance. Go to eventbrite.ca and search for "Christmas Cookie Exchange" in Edmonton.

Next meeting



Please join us at the next community league board meeting at 7 p.m. on Tuesday, Jan. 8, at the hall, 10150 80 St NW. Everyone is welcome.

Fitness programs at the hall



Fall classes just finished. For news about programs starting in January, watch the Facebook page or website, forestterrace.org.

Don't miss out on membership perks

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.

-Free swims 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, shown above. At Commonwealth, you can also use the gym.

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

-Premier Painting offers a 10-per-cent discount on all their painting and staining services. Call 780-721-4771 or visit premierpaintingyeg.com.

Free membership in the Edmonton Tool Library allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools for a week at a time. To claim your membership, visit the tool library location at the Bellevue Commu-

nity Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card. To make the process faster, complete the membership application at edmontontoollibrary.weebly.com and review the release of liability waiver and borrowing policy.

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

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

Families can purchase or renew their membership for just \$30; individual memberships are \$15; seniors pay \$10; and, if you're new to Forest or Terrace Heights or you've never had a membership before, your first year is free!

Here's how to buy:

Online at efcl.org/membership

Email our membership director or call her at 780-463-1613 (this is the only option for free memberships).

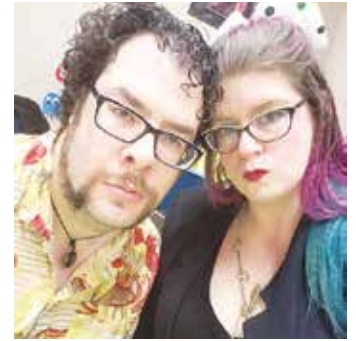
At Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or any Edmonton Servus Credit Union branch

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@fultonplace.org
Community Ice Rink- Shawn
outdooriceinc@gmail.com
Babysitting Registry- Ruth info@fultonplace.org
Southeast Voice Submissions-
Joshua info@fultonplace.org

Fulton Place Community League Volunteer Appreciation Night



October 13th marked the Fulton Place Community League Volunteer Appreciation Night. Over 60 volunteers and their guests got to rock out at the awesome '80s themed party. The hall was decorated with Rubik's Cubes, PacMan, 80's movie posters, My Little Pony toys, VHS cassettes and of course lots of vibrant fluorescent colours. Volunteers were treated to a tasty catered meal and numerous door prizes including the grand prize of a round of golf at Pine Ridge Golf

Resort. The night was capped by a great band, RadioActive, playing only the best music of the 80's. The dance floor was shaking right to the end of the night.

A huge thanks goes to Karen Gurba, the party planner who pulled together the epic night. And thank you to our prize donors, Alberta Blue Cross and Pine Ridge Golf Resort for their contributions in recognizing the selfless time our volunteers put in to make our communities a bet-

ter place to live and play. One of the most important events of the night was the recognizing of the time put in by a long-time volunteer, Sandra Rosychuk. Sandra was awarded the Gilbert Award in honour of the 20-plus years she has been involved in the community league, most recently as sign-rental coordinator. We will miss seeing Sandra at the 4-way stop with her little red wagon keeping our sign up to date! Thank you for all you have done Sandra.

Hall Rental

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 sherry-lynn@

fultonplace.org or call the Hall at 780.466.8140 and leave a message.



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

100-8925 82 Avenue
780.415.1015
edmonton.goldbar@assembly.ab.ca

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

Season's Greetings and Best Wishes for a Happy New Year

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linda.duncan.c1@parl.gc.ca



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Average Single Family Home Sold Price: \$475,519
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Range Single Family Homes Sold: \$185K - \$2.38M
Avg. Single Family Home Sold Days on Market: 44
Total Single Family Homes Sold Sept. - Nov.: 115



Average Condominium Sold Price: \$280,100
Median Condominium Sold Price: \$277,500
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Avg. Condominium Sold Days on Market: 67
Total Condominiums Sold Sept. - Nov.: 20

* STATISTICS from Sept. to Nov. 2018 only. SUBJECT TO CHANGE WITH MARKET CONDITIONS.

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Christmas Music at Noon Benefit Concerts
12 noon - 1 p.m.
Wednesday, December 5
A Jazzy Christmas
Frosty and His Snowmen, a.k.a A/B Trio

Wednesday, December 12
A Celtic Christmas
Keri Lynn Zwicker, harp

Complimentary coffee by Starbucks, hot apple cider, Christmas treats - bring your lunch!

The Benefit Concerts support the E4C School Lunch Program
Admission free.



**Light In The Midst Of Darkness
The Longest Night**
A time of prayer, reflection, remembering, and solace in a quiet space
Thursday, December 20 - 2 p.m.
Chapel/Lounge (please use south entrance 10086 Macdonald Dr.)

Christmas Music Service
Sunday, December 23 - 10:30 a.m.

Christmas Eve Candle Light Service
Monday, December 24 - 7:30 p.m.

New Year's Eve Benefit Concert
7:30 - 10:30 p.m.
A family night of folk music, refreshments, kids activities.
Admission: donations to the Edmonton food Bank

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Mom and Me Fitness Class

Focusing on cardio and strength with a special focus on pelvic floor health. All fitness levels are welcome and everything can be modified for special considerations.

Moms are welcome to come with babies and kids.

Mondays and Thursdays Nov 5/8-dec 17/20 (sans nov 12) 930-1030am. \$60 Mon/\$70 thurs \$130 both days

Classes resume January 7/20- Feb 25/28 (sans Feb 18) \$70 Mondays, \$80 Thursdays or \$150 for both

Membership News

Show your membership card at Hardisty Pool on Sundays from 1:15- 2:45pm to participate in a community Swim. On the second Tuesday of every month, show your membership card at Blues Java Café to receive a FREE hot Beverage (coffee, tea, and hot chocolate) between the hours of 7- 11am. Please Remember Your Card. If you're interested in helping out your community by selling memberships, we have short and long routes available. You can purchase memberships at Blues Java Café or Call Amy Cooper 780- 668-6836. Adults/Family \$20 and seniors \$5. Thank you to Gold bar TGP and Blues Java Café for supporting.

Casino Volunteers



Gold Bar Community League seeks volunteers for their upcoming Casino Fund-raiser on **February 28 & March 1, 2019** at Grand Villa Casino Edmonton. Volunteers will have the opportunity to get involved with their community and also receive an additional benefit from the Community league. If this is something you've never done don't worry there are many different positions and the duties are clearly explained and we have hired personnel that walk you through the jobs. PLEASE SIGN UP AT <http://signup.com/go/dCrGRXX>. Please click on the date. Click the Spot for the job you prefer to work and then check the last column to see if the position is available. If you click on the Job title you will see a complete job description for the position. If you have any questions or need assistance signing up, please don't hesitate to contact our Casino Director at bella.edm@shaw.ca. Please put in the subject line of your email, "GB 2019 Casino Please note: Gold Bar is working on transportation to and from the event for their volunteers so no expense will be incurred for individuals. Details will follow.

GF Christmas Party

Sunday, December 16, 2018

Gold Bar Community Hall

4620 105 Avenue

1:30pm-4:30pm

3:00pm Juggling act

GF snacks, crafts & glitter tattoos

3:30 Santa visit

This event is free! Open to members of Gold Bar community league and members of the Celiac association. Order tickets via <https://gf-family-christmas-party.eventbrite.com/>

Bring membership cards (Celiac Association and Community League) as proof.

Martial Arts Classes

Every Thursday at the hall

Youth/Family Class: 6-7 pm, ages 7 – 107

Adult Class: 7:00 – 8:00 pm, ages 13 +

Kobudo Weapons Class: 8– 9 pm, ages 13 +

Fee allows enrollment in all three classes.

Jamie Hanlon has been teaching for 30 years and holds a 5th degree black belt. Cost: 1 person \$90/3 months--2 people \$165/3 months--3 people \$225/3 months Family of four + \$300/3 months

Community league membership: \$20 Family/Adult, \$5 Senior. Ryukyu Karatedo Kobudo Kenkyukai Alberta Society membership \$20/year. Last class for 2018 is December 20. Classes will resume Jan 10. Fees will be prorated depending on when you start.

Gold Bar Winter Green Shack

Come join us for free winter fun! There will be games, crafts, sports, outdoor cooking and more. The program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. Location: Gold Bar Playground 4620 – 105 Avenue

Dates: December 1 – 22, 2018

Days & Times: Mondays/Wednesdays 3:30 – 6 and Saturday 1 – 5.

Games Nights

Last Friday of every month

Refreshments and games provided. You're also welcome to bring your own games. Many of us are not serious gamers and just come to visit. Every other games night will be a potluck meal with an earlier start time. The League will provide Beef on a Bun. Accompany your children if they're younger than 12.

Jan 25: 6:00 – 10:00pm (pot-luck)

Feb 22: 7:00 – 10:00pm

Gold Bar Preschool

Gold bar preschool still has room for a few more 3-4 year olds. This class has lots of art, outdoor and ravine exploring and learning through play. 2 or 3 days a week. Contact Carley for more information or to register goldbarpreschoolparents@gmail.com

Workshops and Programs for Parenting

To register for all programs and/or Workshops please contact Jessica Mantel at 780-667-4383 or fcssdodie@shaw.ca

• Messy Play is Fun Play



- Mondays
9:30 10:30am

- Fulton Place
Community
League
6115 Fulton Rd

- January 7 – February 11, 2019

• Infants Can Talk with Their Hands Sign language program

- Tuesdays from 9:15 - 9:45am

- Fulton Place
Community
League
6115 Fulton
Road



- January 8 - 29, 2019

- February 12 – March 5, 2019

• Baby and Me Yoga

- Wednesdays from 2:00 - 3:00pm

- Fulton Place Community League
6115 Fulton Road

- January 9-February 27, 2019

• Goodbye Bedtime Battles

Location: Fulton Child Care Association
10310-56st (West Doors)

Thursday January 17, 2019 6:15 – 8:30pm

Register for workshop and to arrange child-care with Jessica at fcssdodie@shaw.ca Bedtimes can be a struggle for your child and family. Come to this **free introductory workshop** to help make bedtimes more peaceful. The workshop is for parents of children 6 months to 5 years of age.



Join other parents and the pediatric Occupational Therapist (OT) to learn more about the many different factors that influence a child's sleep routine, environment, and positive sleep-time associations. Discover how to begin and continue healthy sleep habits. Choose which first step strategies best fit your child and family.



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Holyrood Community League Contacts

President	Wendy	president@holyroodcommunity.org
Vice President	VACANT	vicepresident@holyroodcommunity.org
Treasurer	Claire	treasurer@holyroodcommunity.org
Secretary	Alison	secretary@holyroodcommunity.org
Programs	VACANT	programs@holyroodcommunity.org
Sports & Fitness	Sheryl	sports@holyroodcommunity.org
Memberships	Jessica	memberships@holyroodcommunity.org
Facilities & Grounds	Andrew	facilities@holyroodcommunity.org
Communications	VACANT	communications@holyroodcommunity.org
Social	VACANT	social@holyroodcommunity.org
Civics	Dave	civics@holyroodcommunity.org
Holyrood Development Committee	Jaime	hdc@holyroodcommunity.org
Community Garden	Justine	garden@holyroodcommunity.org
Rink	Randall	rink@holyroodcommunity.org
Soccer	Jared	soccer@holyroodcommunity.org
Playschool	Jessica	playschool@holyroodcommunity.org
Playgroup	Jessica	playgroup@holyroodcommunity.org
Casino	VACANT	casino@holyroodcommunity.org

Website: 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. Purchase memberships at SEESA (9350-82 St), through efcl.org/membership/, at Servus Credit Union locations, or at most Holyrood Community League events.

HDC Updates

Connect Bonnie Doon

Connect Bonnie Doon held their final public open house on October 17; the plan as shown includes:

Up to 17 towers from 12 to 40 stories (28-126m), and some shorter mid-rise buildings
Up to 4030 residential units (325du/h) - originally the developer proposed up to 6000 residential units; the design has evolved to include more office space and less residential
•17% open space • 140,000m² (1.5M sqft)
space for non-residential uses • Public amenity contributions estimated at over \$27M • 2.5% family-oriented dwellings • 1.25% 3-bedroom units

The planned build out is 20-30 years, and more information can be found at <http://connectbonniecoon.com/>. Edmonton Design Committee conducted a formal review on Nov. 20, and the proposal is being reviewed by City Planning. HDC's next step will be to review the proposed DC2 and submit feedback. The proposal will likely go to Public Hearing late January or February.

Urbis Developments Proposal - 8302 95 Ave

HDC has received a draft DC2 from Pario-

Plan. Its highlights include:

- Single building, 12 units, 2 ground units facing 95 Ave •Maximum 16m height •1 bicycle parking spot per unit (in secure facility)

HDC reviewed the plan and has reached out with questions and suggestions, including a push for at least one more family-friendly unit. Otherwise, it looks as a decent design, sensitive to neighbours, and well-scaled. The proposal heads to Public Hearing on Dec.10.

Corner Development at 79 St & 94 Ave

On Nov. 5, an application to rezone the single family dwelling on the corner of 94 Ave and 79 St from RF1 to RF3 multi family housing was approved by Council. The application was not listed on the city's website, and the community league did not receive advance notice. The sign advertising the redevelopment was to face 94 Ave rather than being placed on the corner of 79 St and 94 Ave.

An HDC member happened to be reviewing Public Hearing Agendas when the notice was found. Although we have no major issues with the application we felt a proper procedure to inform the public was lacking. We sent emails to the planner, head of planning and Councilor Ben Henderson to outline the notification issues hoping this does not happen again.

Bus Network Redesign

The City of Edmonton recently announced plans to redesign the bus network. The biggest impacts to Holyrood are around reduced frequencies and formerly direct routes now requiring connections; otherwise coverage is mostly unchanged. Here's how specific routes will change:

Route 85 is disappearing. We have provided feedback that if ETS is no longer serving 98 Ave, that it should partner with Strathcona County Transit to make stops on their routes that run here

Route 112 is replaced with route SE1, which will run between Capilano Transit Centre and Davies Valley Line LRT station via 112 Ave, the Strathearn Valley Line LRT Stop, the French Quarter, Ritchie & Hazeldean. It has a 20 minute frequency during peak hours and a 30 minute frequency otherwise, operating from 5:30 AM to Midnight.

Route 94 is replaced with route SE19, which will run between Capilano and Bonnie Doon. It no longer continues to University; the University connection provided by

high-frequency (10-15min) route F7 which also continues to West Edmonton Mall. SE19 also stops at 75 Street and 90 Avenue, just southeast of Holyrood. It has a 30 minute frequency, operating from 5:30 AM to 10:00 PM.

Route 322 appears to be unaffected, becoming route A322

A new Peak-Hour Express route P2 is added, running between The Meadows and MacEwan University. It stops just outside the LDS church on Connors Road, running on a 10-15 minute frequency.

Route 1 remains mostly unchanged, becoming route F3. It has a 15-minute frequency from 5:00 AM to 10 PM, and a 20-minute frequency from 10:00 PM to Midnight.

More details can be found online at https://www.edmonton.ca/projects_plans/transit/bus-network-redesign.aspx. You

can also explore an interactive map of the new routes at <https://platform.remix.com/map/0ce51b5?latlng=53.53199,-113.45242,z15>.

Programs

Free Community Swim

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

-Hardisty Leisure Centre: Sun., 1:15 -2:45 pm

-Commonwealth Community Recreation Centre: Sat., 5:00 - 7:00 pm

Ruth's Yoga: Join us for yoga on Tuesday nights. The class is designed for all abilities. 7:00 - 8:15 pm; Holyrood Community League

For more information, or to register call Ruth at 780-237-6730 or email ruthes.sjoberg@gmail.com.

Drop-in Playgroup

Parents, guardians, and caregivers are welcome to drop in and socialize while their little ones (0-6 years) play. This FREE program is a great way to meet other neighbourhood families! Thursdays, 9:00 - 11:00 am Holyrood Community League

Contact Jessica at playgroup@holyroodcommunity.org for additional information.

Rink Update

Our rink rebuild is moving along at a great pace. By the time this issue is printed we should have our boards up and hopefully ice started or very shortly after. We are anticipating ice being ready late December. An opening date will be posted on our 95 Ave community sign once we have one.

In the meantime, we ask that people keep out of the fenced area for their own safety.

We are also looking for rink attendants for the season. Anyone 15 and older can apply. Email rink@holyroodcommunity.org to apply, or for any other information regarding our rink.



Volunteers Needed!

We are still looking to fill some crucial roles on our board! Email president@holyroodcommunity.org if any of these positions interest you, or if you would to volunteer in another way.

Communications Director

Holyrood's Communications Director oversees the league's vital communication initiatives, including our website, social media, e-newsletter, corner sign and monthly contribution to the Southeast Voice household newspaper.

Additional support in these duties may be provided by community volunteers, so a large part of the Director role is to keep informed of league initiatives and then delegate the communications duties accordingly.

Programs Director

Oversees the league's regular programs including Play School, Playgroup and Green Shack., and organizes new programs (e.g. Learn to Paint, Babysitting Course, Brewing Probiotic Beverages) according to community interest.

Social Director

Have you noticed that Holyrood seems a little "flat" in the social department lately?

We need a board member to chair our Social Committee, which plans all the fun stuff for the league - parties, barbecues, dances, pub nights, pancake breakfasts, game nights, craft sales, you name it. This position is a great opportunity to have some fun, make new friends and build community in Holyrood.

Our board meets monthly, with 3-5 hour/week of work outside of board meetings. We offer orientation for new board members (including Google/G Suite) and a supportive environment of mentorship. In addition to their specific duties, all board members are part of the team that sets the vision for the league. At our 10 monthly board meetings and annual planning session, we are all involved in discussing matters of policy, finance, programs, personnel and advocacy. Visit www.holyroodcommunity.org for detailed descriptions.

Idylwyld Community League Contacts

President	Kate	presidentidylwyld@gmail.com
Vice President	David	vpidylwyld@gmail.com
Treasurer	Monique	treasureridylwyld@gmail.com
Secretary	Corrina	secretaryidylwyld@gmail.com
Casino/SECLA	Bridget	casinoidylwyld@gmail.com
Civics	Lee	civicsidylwyld@gmail.com
Programming	Kamila	kamilaidylwyld@gmail.com
Membership	Michelle	membershipidylwyld@gmail.com
Garden	Epiphany	gardenidylwyld@gmail.com
Facilities	Stuart	facilitiesidylwyld@gmail.com
Social	Mick	socialidylwyld@gmail.com
Publicity	Rachel	communicationsidylwyld@gmail.com

-Purchase your 18/19 membership online at efcl.org!
 -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 "Idylwyld Community League" on Facebook and @IdylwyldCL on Twitter.
 -Also make sure to visit us at www.idylwyld.org and sign up for our monthly e-newsletter.

Idylwyld Park Update

You may have noticed the construction around the hall the past couple of months. We are happy to report that the renovations are almost complete! Not only have we seen a complete overhaul of the park space, but we have been able to replace the aging sidewalks around the hall as well as retrofit all of our exterior lighting to LED fixtures. Completion has been delayed until the spring due to weather, but we are very excited to unveil our new park, along with the Dermott Park upgrades in the spring!

Monthly Meetings

Our board meets the second Tuesday of the month, at 7pm (though we sometimes take a break around new years and during the summer). Come out and hear what's going on in your community around the round table, where everyone has a voice!

Hall Rentals

We are looking for a community minded volunteer rental coordinator to look after all things rental. What we do is pretty special, in that we offer reduced rates to people who live within Idylwyld, so you can host a larger than life function, right in your neighborhood. If this sounds like something you could help with, get in touch with Kate.

Cheery Tomato Community Garden

Please Contact us at gardenidylwyld@gmail.com if you would like to join our awesome gardening crew for the next growing season!

Little Free Library

Cold weather keeping you inside? Talk a quick stroll and visit our Little Free Library over at 7932 83 Avenue, and come a grab an exciting book from the collection, or drop off one of your favorites that you think someone else may enjoy! Then hurry home, stay warm, and get buried in a new favorite!



Ol' Fashioned Sunday Fun Day!!

Enjoy an afternoon of free winter activities for the whole family with hockey on the rink (bring your sticks), a fire pit with s'mores, skating, jam can curling, winterscaping and more! We will also have some winter crafts and hot chocolate inside for when you want to warm up.

Sunday, January 13, 2019
1:30 to 3:30 pm at the Hall (8631 81 Street)

Community League Swim

Bring your ICL membership card to get in FREE at these locations and times:
 Commonwealth Community Recreation Centre (11000 Stadium Road)
 Saturdays: 5:00pm - 7:00pm
 Start Date: September 8, 2018
 End Date: August 31, 2019
 Hardisty Leisure Centre (10535 65 Street)
 Sundays: 1:15 pm - 2:45 pm
 Starts Date: September 9, 2018
 End Date: June 23, 2019

Ol' Fashioned Sunday Fun Day!

Sunday, January 13, 2019
 Idylwyld Community Hall - 8631 81 Street
 1:30 - 3:30 pm
 Enjoy an afternoon of winter activities!

Outdoor Fun Fire pit & S'mores
 Skating Jam Can Curling
 Hot Chocolate Indoor Crafts

Free & Fun for the whole family!

Pilates

Classes are FREE for ICL members. Make sure to show your card to the instructor when you arrive. Membership cards should be purchased ahead of time from Michelle or efcl.org, we may have a few kicking around for purchase at classes. Pilates Mat Class - Mondays
 Instructor: Kelly Bray
 Mondays: 7:00 pm - 8:15 pm
 Start date: December 10, 2018
 End date: February 4, 2019
 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. Kelly Bray is a certified Pilates instructor and has many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

Free Drop-In Learn to Skate

Learn the skills to become active on the ice. Our program is designed around basic skills, movement, participation and fun! You can expect skills for speed, agility, and control. All of which will give you the skills for other types of skating.

This free program is targeted for children (ages 6-12) and their families, however, all are welcome to attend! Skates and a CSA

approved helmet are required to participate. Programs will cancel at -23°C with wind chill, or if the ice is closed by the facility. For more information, please visit www.edmonton.ca/dropincommunityprograms or call 311.

Learn to skate will run January 7th - February 17th, Tuesdays from 4:30 - 7:30 PM for 6 weeks.

311, 6220 Fulton Road NW



Fulton Court, Top Floor 2 bdrm, 2 bath with Park View. Open LR, DR & kitchen, UG parking & storage, several great amenities.
Listed at \$283,500 E4130101

8408 - 70 Street NW



3+1 BR, Newer kitchen cabinets & counters, two updated baths. HW floors thru-out. FF bsmt. Updated doors, shingles & windows. West back yard. Be Home for Christmas. Listed at \$394,800 E4130586



FRANK VANDERBLEEK
 REALTOR®
 780.431.5600
Frank@royallepage.ca
FranklyTheBest.ca



Not intended to solicit properties already under contract.

Podiatric foot care!

780-466-5290

Dr. Jeannette Furtak, DPM
 #302 Capilano Centre
 9945 - 50 Street

- * Nails, callous, heel pain, toe problems
- * Custom-made foot orthotics
- * Diabetic foot care
- * Appointments Mon - Sat

www.greenwayspodiatric.ca



Senior's Lunch & Laugh

Enjoy an awesome lunch, fellowship with Kenilworth neighbours, share stories, play games, and have fun!

Mark your calendars for January 9, 2019
12 - 1:30PM At Kenilworth Community Hall 7104 87 Ave

\$5 Lunch + FREE dessert and coffee

Confirm your attendance with Cathy 780-433-5377

Bingo Volunteers Needed

Bingos generate an important portion of the Community League's revenue each year. KCL bingos are held at Parkway Bingo Hall, 8775 - 51 Avenue. We really need your help to support Kenilworth and the community programs. Without this revenue we would have to cancel programs or charge for them.

Next Bingos:

December 22, 2018, Saturday,

10:30am - 3:30pm

January 5, 2019, Saturday,

10:30am - 3:30pm

February 9, 2019, Saturday,

4:30pm - 11:30pm

February 26, 2019, Tuesday,

4:30pm - 11:30pm

March 14, 2019, Thursday,

4:30pm - 11:30pm

See website <http://www.kenilworthcommunity.com/bingo/> for more dates in 2019

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

COME JOIN US!

Strength/Cardio class

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

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

Come join us for a fun, effective and sweaty class :)

Every week it's a little different so you don't get bored.

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 totalbalancepersonaltraining@gmail.com to register.

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.

Scrapbooking

Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, March 9 at 9:30 to 1:00 p.m. Great bargains for you for your next projects!

VOLUNTEER OPPORTUNITIES

Many opportunities are available: Soccer Director, Adult Programs, Children's Programs, Capital Projects, Bingo Alternate, Neighbourhood Watch.

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.

Kenilworth Playschool

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 January 2019. For more information or to register your child, please contact Becky at 780-760-3208 or by email beckyclosson@hotmail.com.

Memberships

Have a New Neighbor? Are You New to Kenilworth?

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

Don't have your 2018/2019 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 and purchase one online!

CONTACT US!

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

Hall Rental requests: rentals@kenilworthcommunity.com

- Keep Current on our website www.kenilworthcommunity.com and on Facebook!
-Next Executive Meeting, Monday, January 14th @7pm

-Southeast Voice Newsletter Deadlines

Submissions for the February 2019 issue of the Southeast Voice is due Thursday, January 17th, 2018. Send all announcements to publicity@kenilworthcommunity.com.

Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings, starting September 10th, 2018, 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

Change is a Choice

An interactive evening of dialogue about creating awareness. Learn to become aware of our self-talk and notice what we focus on, so we can make new choices, unlearn old habits and retrain ourselves in powerful new ways.

The Gift of Change - there is an opportunity for you to go in a positive direction, make improvements to yourself, release old negative habits and ways of thinking. We will end the evening with a meditation done by Rebecca Hung.

When: Monday, February 4, 2019 from 7 - 9 p.m.

Where: Kenilworth Community League,
Cost: No Charge

Please pre-register by calling Betty at 780-468-2942 or emailing wedman.inspiredliving@shaw.ca by Monday, January 28, 2019.

Betty Wedman is a Certified Life Coach in the area of Health & Wellness and has taken training in Cognitive Behaviour as well as Applied Suicide Intervention Skills Training. She has over 8 years experience and has spoken at schools, community groups, churches and conferences.

Rebecca Hung is a Lifestyle Meditation certified instructor and teaches yin, restorative, hatha yoga and reiki. She has been a holistic health practitioner and a member of the National Health Practitioners of Canada for over ten years.

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

	<u>Members</u>	<u>Non-Members</u>
Weekend (Fri.pm - Sun.pm)	\$450.00	\$550.00
Day Rate	\$300.00	\$385.00
Damage Deposit	\$250/day rate	\$550/day rate
	\$450/weekend	\$550/weekend

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

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

Kenilworth Ice Path

Call to action for all community members!

We have almost reached our financial goal to be able to have our super popular ICE PATH again this year but we need your help!

The ice path costs the community league over \$20000 every single year to create and maintain for the winter months. We have gotten some generous contributions from neighboring communities and businesses but we are still a few thousand dollars short of our goal.

Here's where you come in! As a community league member you and your family receive free access to the path all winter long! If you have used and love the ice path in the past please consider making a donation to this awesome project. If every community member helped with as little as 20\$ we will reach our goal, and if you can share more please do! Every little bit helps.

As well, if you know of or own a business in the neighbourhood please ask about our advertising opportunities at the ice rink. All of these funds will go to pay for the ice path!

You can email president@kenilworthcommunity.com to arrange for pick up or drop off of your donation. Charitable receipts are available upon request.

Thank you in advance for supporting your community league and our programs in whatever way you can!

Sincerely, KCL

Adult Badminton

Contact the Kenilworth Badminton Club: Andy Caine (780-474-2869) acaine@telusplanet.net, Ray Rideout at 780-466-0072 or Liz Thomas at 780-465-5188.

Executive & Board Members

Executive:

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

Board Members:

Bingo Director – Kyla
Casino – Vacant
Hall Manager – Tim
Grants – OPEN

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

Indoor & Outdoor Soccer Director
– Tena

Summer Playground Director –
Colleen

Social Team – Bri & Colleen

Playschool Rep - Tyler

Rink Chair – Cory

Maintenance – Frank

Membership Director – Russ

Communications – Sandra C

Website – Tim

EFCL Rep – Corinne

All Positions are volunteer posi-
tions. 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

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.

OCL Board Meetings

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! Next board meeting on Jan 15th, 2019 at 6:30 p.m. sharp!

Season's Greetings from Ottewell Community League!



It's time for carols and some snow, also it is the time for being on the go...

So take a moment here and there to show those most special that you care. Take delight in all the fun, spread warm wishes to everyone. Enjoy the season while it's here for its memories will last throughout the year.

Merry Christmas and Happy New Year!

ZUMBA

Come out get your Zumba on for ten weeks of 1-hour sessions. This fun energetic class will help you feel good and get some groove on! OR... come to our NEW Afternoon Zumba Class, great for the beginner!

Mondays, January 14 - March 18,
12:45 - 1:45 PM and again at 7:00 - 8:00 PM

OCL Members fee \$100 and Non-Members \$120 (we accept, Credit/Debit Cards and Cash). Drop-in fee is \$15 per class.

Please contact Emilio.Zumba@shaw.ca to pre-register. If we are not able to get a minimum of 15 participants, we will not be able to host this program.



Ottewell Community League Social Media

Follow us on www.Facebook.com/OttewellCommunityLeague or email ottewell2212@gmail.com and let us know if you are having an event that we can share for you on our social media!

Seniors' Morning Out at Ottewell Hall



All Seniors are welcome!

We are inviting our Ottewell seniors to get together at the Hall (9520 – 93A Ave.) the 2nd Tuesday of the each month. Come and enjoy a time of conversation and getting to know each other better at our Seniors'

Morning Out.

Next Morning Out dates are...

Dec 11 - 10 AM to 11:30 AM

NOTE: We will be discontinuing this after December and will see if there is enough interest in the spring to bring it back.

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.

The outdoor pools will be opening soon! Community League members have access to all outdoor swimming pools for FREE!

check out the city website... https://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx

Saturdays, 5-7 PM at Commonwealth Fitness Centre.

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

Ottewell Hosts Crime Prevention Session

On Oct. 9, OCL hosted a Crime Prevention Information Session. A special thank you to Cst. Castillo and Cst. Fonteyne from the Edmonton Police Service for the interesting and informative presentation. If you missed the session, check out ottewell.org or our Facebook page in the coming weeks, we will be posting information from the session. Thank you also to Anvil Coffee House for providing us with delicious coffee.



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.

Mention that you saw our ad in the Southeast Voice and we'll give you a discount on your next rental of the hall.

For details regarding renting our hall, go to... Ottewell.org/hall-rental. See our availability calendar, fill out our rental form, or call: Tim at 780-908-5249.

OCL Rink Opening Date

The projected rink opening date is ??????

Our Winter Weather is not the ideal temperature for ice! Please watch our Website and Facebook Page for updates.

OCL Rink Attendants Needed! Volunteers are needed to supervise the rink shack for this upcoming season. Give back to the community while having fun on the ice. Please email ottewellODR@gmail.com for more information.

Please watch SEV, our Facebook events page as well as our OTTEWELL.ORG website for the actual rink opening date and volunteer supervisor's information.

Ottewell Community League Playschool

The playschool is still accepting registrations for 2018/2019 school year, although there is limited space available.

For information about the playschool please contact Kirsten or Tyler at: kirstentylerpeterson@gmail.com or find us on Facebook at: facebook.com/ottewellplayschool.

Merry Christmas & Happy New Year!

CONDOS FOR SALE

2 Bedroom or 2 Bedroom "Plus DEN" available



- * Air Conditioned
- * Heated Parking
- * Car Wash
- * Social Room
- * Workshop
- * Library
- * 40+ Living

"FULTON COURT"

WWW.6220FULTONRD.COM

Call **"Craig Stenersen"**
for more information
780-233-9939 (Cell)

WWW.WORKING4U.CA

WHAT'S YOUR HOME WORTH?

Call me for a "Free (No Pressure) Market Evaluation"



"Seniors Real Estate Specialist"



TransEd^{LRT}
VALLEY LINE

STRATHEARN BUSINESSES ARE OPEN!



There are a lot of great local businesses along 95 Avenue,
between 85th Street and 92nd Streets, in the Strathearn
neighbourhood. Be sure to stop by and support them!

For more information about the Valley Line LRT, visit our website transedlrt.ca or contact
us via email at info@transedlrt.ca or by phone 780-224-0964



Ottewell Eye Care and Dr. Greg Hahn welcomes
Dr. Natalie Chai to our practice.



Dr. Chai special interests are:

- Dry Eye Syndrome
- Ortho Keratology/Myopia Control
- Specialty Contact Lenses
- Care of children's vision
- Ocular Disease

Call for an appointment
780-758-0099
ottewelleyecare.ca



Ottewell Eye Care

6126-90 Ave (Ottewell Plaza)
780-758-0099



Looking for that hard to buy person we can provide you a
gift certificate for sunglasses, contact lenses or eyeglasses.

Board Members Names and Emails

President	president@strathearncommunityleague.org
Vice President	vicepresident@strathearncommunityleague.org
Treasurer	treasurer@strathearncommunityleague.org
Secretary	secretary@strathearncommunityleague.org
Membership	membership@strathearncommunityleague.org
Building & Grounds	grounds@strathearncommunityleague.org
Social Director	socialdirector@strathearncommunityleague.org
Communications	communications@strathearncommunityleague.org
Programs	programs@strathearncommunityleague.org
Hall Rental Coordinator	hall@strathearncommunityleague.org
Member at Large	nadine@strathearncommunityleague.org
Member at Large	james@strathearncommunityleague.org
Member at Large	evan@strathearncommunityleague.org

This community league wouldn't run without the commitment of the volunteers below. If you have any comments or suggestions then please contact them here

Next series of programs at SCL!

(Registration by email at erin@strathearncommunityleague.org)

Hula Hoop with Dagny:

3 week mini-series in December (5, 12, & 19).

\$50 (for members)
\$60 (non-members)

\$25 (drop in)

Tricks, Transitions, and Flow mini-series 6:30-8

A bit of everything! In this class we will explore various interesting ways to transition between on and off body hooping or different moves. We'll also dive into our own practice and see where we can open up a more uninhibited flow by combining our own moves we haven't thought to blend before and discovering transitions between them. And with a sprinkle of new tricks along the way, we'll add a little extra flavour to our hoopdance. This class is suitable for someone who has completed a beginner class or has some experience hooping.

Taste of Twins mini-series 8-9:30

If you want to start playing with twin hoops and don't know where to begin, if you have just started exploring twins, or if



you want to clean up your twin game, this is a great class for you. We will be going through drills and exercises to get you more comfortable spinning two hoops, as well as finding accessible twin hoop moves by building on what you already know from your single hoop practice. Not only will you be well on your way to being a dazzling doubles hooper, but you will even see progress in your single hoop flow after improving your coordination and increasing your non-dominant hand and direction skills in this class. No prior twins experience required! Register early as class size is limited.

Celebrate New Years in Strathearn

Strathearn Community League presents our 11th annual Hayrides and Hot Chocolates 12 - 4pm, Tues. Jan. 1, 2019. Skating, chilli, marshmallow roasting, music and of course hot chocolate and hay rides will be on offer for one and all. Join your neighbours, make some new friends and celebrate the New Year in grand community style. This will be the first Hayrides and Hot Chocolates in our new community hall so if you haven't had a chance to check out your new building this would be a great time to learn about all the new programming on offer from your Strathearn Community League.



Harvest Dinner

September 30th saw the Strathearn Community Hall hosting the first annual Harvest Dinner featuring veggies grown in the newly created Strathearn Community garden, live music, and a flower giveaway for guests.

After a busy spring and summer of planning, building, and growing the new Strathearn Community Garden, the garden members and Strathearn Community League celebrated their success with a potluck Harvest Dinner featuring live music, conversation, and delicious food. Members of the community garden prepared a spread of dishes with fresh local produce grown just steps away in the garden itself. These dishes were supplemented with roast turkey and drinks supplied through a Community Investment grant from the City of Edmonton. Open to all community members, both gardeners and residents, over 40 people enjoyed the meal and live musical



performances by Dave von Bieker, Siobhan McKenzie-Uhuad, and Seonidh McKenzie-Uhuad.

Strathearn's new community hall was filled with the smells of roasting veggies, turkey, and pies while the hall itself was decorated in a regalia of cozy fall items, festive food, and fall chrysanthemum flowers. These potted chrysanthemum flowers were offered up to guests to take home as a small gift from the community garden and community league to spread fall cheer and colour throughout the neighbourhood.

This first annual Harvest Dinner provided an opportunity for gardeners and community members to celebrate the success of the first garden season enjoying the fruits of their labour. With amazing food, great music, and good company, the evening was a memorable event to cap off the first year for the Strathearn Community Garden.

Ice Rink Call for volunteers

What better way to be involved in the community and to shake off those winter blues than to come for a skate at the community hall once in a while? The rink was down last winter due to pesky hall construction, but this season it's back with new lights and a brand new skate change area too!

But, our iconic community ice rink

doesn't run itself.

We're looking for volunteers to help flood the ice and get the rink up and running as winter sets in.

If this is something you're interested in helping with, please contact grounds@strathearncommunityleague.org, Scott will be able to provide more details when he has some names.

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 to make a donation.

Yoga with Nicole

12 week session starting Monday, January 14th from 8:30-9:30 pm.

\$120 (community league member)

\$144 (non community league member)

\$15 (drop in)

Practice and all is coming - Patthabi Jois

This yoga class is a gentle flow class. We will focus on connecting our breath with movement and exploring our physical being in its entirety. The posture sequence will change slightly every week, depending on the needs of the students. This class is suitable for all levels of practitioners, who are looking for balance, strength, flexibility, and overall well being. For any questions, please email nicwood@gmail.com

Barre Class with Kim

8-week session starting January 5th from 9:30-10:30

\$70 (community league members)

\$80 (non-community league members)

\$15 (drop in)

If you have never participated in a Barre class, they are so much fun! Less impact than a boot camp and all the rage now. Barre infuses elements of dance, and ballet, to achieve beautiful healthy bodies, while improving postural balance, flexibility, coordination and grace. It strengthens, lengthens, and chisels the body, and each class features an elegant yet energetic combination of movements that improve balance, and challenge the core. You will sweat and have fun at the same time. What have you got to lose... try it? Come out and join Kim Ashley who is AFLCA fitness leader and Barre Certified and will guide you through the best work out to be the best you! Bring your yoga mat or Pilates mat and your water bottle. Bring your 2lb weights if you have them.

Merry Christmas

*Wishing everyone
a Merry Christmas
and a Happy New Year*

Greg Dunham



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