

SOUTHEAST VOICE

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

February 2018



Published by Calder Publications. For advertising please call 780-434-9732 or email info@communityleagueneews.com

Zone-wide Registration Day

All players must be registered online at EMSA Soccer Portal (<https://emsa-soccerportal.com>) prior to registration. **Saturday, February 24th, 10 am - 2 pm** at Hazeldean Community Hall 9630 66 Ave

- Parent volunteer positions must be selected during the online registration process. There will not be a sign-up sheet at either of the registration days.

- Age groupings have changed to odd ages (U5, U7, U9, etc.). When registering online, players will automatically be enrolled into their age category based on year of birth. For more information on the age categories, playing days, and soccer fees visit <http://emsasoutheast.com>.

We will once again be in need of referees for the outdoor season, as well as a parent volunteer referee coordinator. If you are interested email holyrood@southeastssoccer.ca. There will also be a sign-up sheet at registrations. Referee positions are restricted to active Southeast Zone soccer players.

Holyrood soccer teams do not exist without coaches. Consider signing up to coach or assistant coach your child's team this season. It is a rewarding position, and a great opportunity to stay active and work with kids and families in the community. Coach courses are available through EMSA and ESESA, and are paid for by Edmonton Southeast Soccer.

Contact holyrood@southeastssoccer.ca for more information. Thanks, and see you at registration!

February Is Soccer Registration Month



The 2018 outdoor season is fast approaching with exciting changes, including the launch of a U5 program. Registration for residents of Capilano, Fulton Place and Gold Bar has commenced and is a two-step process:

1. Register online at emsasoutheast.com.

2. Attend one of the following in-person registrations:

**Saturday, February 17
10 a.m.-1 p.m.**

**Fulton Place Hall
6115 Fulton Road
Wednesday, February 21
7-9 p.m.**

**Capilano Hall
10810 54 Street**

Please contact hardistysoccer@shaw.ca if you have any questions.

Greater Hardisty Community Sustainability Coalition

Plan to Attend Our COMMUNITY POTLUCK

Organized by: Greater Hardisty Community Sustainability Coalition

Date: Saturday February 24, 2018

Time: 6 – 8 p.m.

Location: St. Augustine's Church (basement - 6110 Fulton Rd)

FOCUS

1. Where are we at?
2. Advancing 101 Avenue Revitalization
 - The potluck meal will begin at 6pm. While enjoying the meal, there will be updates on area demographics, enrolment at our schools over the past 5 years, crime/safety, Patricia Motel/Forest Gardens condo development, Capilano library, and the 101 Avenue Corridor Study.

- Speakers, including Ward 8 Councillor Ben Henderson, school trustees, and representatives from Edmonton Police and the Capilano Library, will deliver 5-minute updates while the meal is on. Updates will be followed by some table discussion time on how to advance the 101 Avenue revitalization.

- Childcare (movie, pizza and popcorn) will be available upstairs!

- Please bring a potluck item to share and eat in community.

Due to limited capacity, please REGISTER online at www.hardistypotluck.eventbrite.ca or by calling (780) 885-9529. Contact ghcscoalition@gmail.com to get involved with the Coalition.

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

GREATER HARDISTY COMMUNITY SUSTAINABILITY COALITION

presents

Special Speakers & Discussion Forum



Learn and discuss Greater Hardisty's sustainability issues.



PLAN TO ATTEND OUR COMMUNITY POTLUCK

DATE: Saturday, February 24, 2018

TIME: 6 – 8 p.m.

LOCATION: St. Augustine's Church
basement (6110 Fulton Rd)

Please bring a potluck item to share with the community
Childcare (movie, pizza & popcorn) available upstairs

For more info and to REGISTER go to...

www.hardistypotluck.eventbrite.ca

or by calling (780) 885-9529



Greater Hardisty
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free

market evaluation

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Andy Verhagen
780.907.8202
email andyv@telus.net

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RE/MAX Elite

to view my properties, visit www.andyv.ca

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Elizabeth Descheneaux	avonmorerep@secla.ca
Capilano	Shelley Svidal	capilanorep@secla.ca
Cloverdale	Reg Kontz	cloverdalerep@secla.ca
Forest Terrace Heights (Chair)	Connie Lussier	fthref@secla.ca
Fulton Place	Miles Berry	fultonplacerep@secla.ca
Goldbar	Jamie Melnyk	goldbarrep@secla.ca
Holyrood	Claire Smith	holyroodrep@secla.ca
Idylwyld	Bridget Flanagan	idylwylderep@secla.ca
Kenilworth	VACANT	kenilworthrep@secla.ca
Ottewell	Glen McMurray	ottewellrep@secla.ca
Strathearn (Vice Chair)	Yasir Syed	strathearnrep@secla.ca
Treasurer	Michael Chen	treasurer@secla.ca
Secretary	Jamie Melnyk	secretary@secla.ca

Come Ski at the ESC!

Due to generous grant funding from the City of Edmonton and Alberta government, the Edmonton Ski Club will be opening the Family Hill (west portion of the ski area) for 3 days-a-week from February 1st through March 31st! Perfect for spending time as a family, hanging out after school and practicing your ski and snowboarding skills!

Hours of Operation:

Thursday-Friday: 4:30 PM – 9:00 PM

Saturday: 11:00 AM – 5:00 PM

All lift tickets are \$10/day for the rest of the season. Rentals are available!



Reduce alcohol for your health

When you drink alcohol, you may be putting your health and safety at risk.

Your risk of harm increases with each drink that you have. And your risk of harm increases with how often you drink at amounts above the low-risk drinking guidelines, even if you do this only now and then.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.
- Cause high blood pressure, depression, stomach problems, or sexual problems.
- Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
- Cause memory loss and affect your ability to think, learn, and reason.
- Cause harm to your developing baby (fetus) if you drink during pregnancy.
- Lead to problems at work, school, or home.
- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.

In general, limit how much you drink. You can reduce your long-term health risks by drinking no more than Canadian health experts recommend:



- If you're a man, have no more than 3 standard drinks a day on most days and no more than 15 drinks a week.

- If you're a woman, have no more than 2 standard drinks a day on most days and no more than 10 drinks a week.

If you choose to drink, keep the amount of alcohol you drink within the recommended limits. Drinking at the upper limits should only happen once in a while, not every day or week. Plan non-drinking days every week to avoid developing a habit.

Keep in mind that a safe amount of alcohol for one person may be too much for another. Because of things like age, sex, weight, and health history, alcohol can affect people differently.

How Our Young Children Are Doing Developmentally?

EDI DATA AVAILABLE SOON

The Early Development Instrument (EDI) is a questionnaire completed by kindergarten teachers in Alberta every three years that measures children's ability to meet age-appropriate developmental expectations in five general domains: Physical Health and Well, Social Competence, Emotional Maturity, Language and Cognitive, and Communication Skills and General Knowledge.

More information at: www.edi.offordcentre.com

WHAT IS THE EDI DATA FOR S.E. EDMONTON?

The South East Edmonton Early Childhood Coalition (SEEECCC) has received the EDI data from the 2016 province wide collection and overall our children are doing quite well, although 138 of the 552 kindergarten aged children assessed in the SE area are at risk or vulnerable in the domains of social competence and emotional maturity. These areas will be the SEEECCC's focus



for the upcoming year. Go to our website www.earlychildhoodeddm.ca/southeast to see the specifics of the EDI data.

EDI DATA SHARING SESSIONS

Wed, March 7 at 1pm and Mon, March 12 at 7:00 p.m. ALL ARE WELCOME!

Parents, educators, childcare professionals, community members, and anyone interested in the early years are invited to the SE Edmonton EDI Sharing Session on Wednesday, March 7 from 1–3pm or Monday, March 12 from 7 – 9pm at St. Anthony's Centre (10425 – 84 Ave).

Do you think you've got game?



Come find out!

Join us every 2ND Saturday of the month at 7pm at neighbourHouse!

We'll have a wide selection of games to choose from, ranging from classics like Monopoly and Risk to newer games like Ticket to Ride and Codenames. Feel free to bring your favourite game to share. All ages are welcome! Snacks and beverages will be provided.

More information can be found at: www.neighbourhouse.ca.

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



Welcoming children 3-5 years old.
Class is taught in both English & German.
NO previous knowledge of German needed. Subsidy available for eligible families.

OPEN HOUSES

FEB.15, 6-8 pm Rio Terrace School 7608-154 St.	FEB.22, 5:30-7:30 pm German Club 8310 Roper Rd.	MAR.15, 5:30-7:30 pm Forest Heights School 10304-81 St.
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begins here



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RIVERDALE SCHOOL is a small school with big ideas. We offer outstanding K-6 academics enhanced with technology and the fine arts. Located in a safe, beautiful river valley community, 5 blocks from downtown. Perfect for commuting families. Accredited daycare. Excellent extra-curricular activities.

Attend our **OPEN HOUSE, March 07, 2018 6:00-8:00 pm.** Check Riverdale.epsb.ca for details on our kindergarten info-sessions. Call **780.425.7600** for more information or to arrange a tour.

THE SCHOOL WITH A ♥ IN THE ♥ OF EDMONTON

8901-101 Ave. NW, Edmonton, AB T5H 0B1 | riverdale.epsb.ca | facebook.com/RiverdaleSchool

Foresters Toastmaster Club invites you to attend fun, filled and friendly meetings where you can learn and practice communication and leadership skills. We have senior members who can provide mentorship.

We meet at
SEESA 9350 – 82 Street
Edmonton, Alberta
Tuesdays 7 PM to 8:30 PM.





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
or visit www.back-on-track.ca for 2018 program details & schedule

Book Your FREE Consultation Today!



FEBRUARY IS OUTDOOR SOCCER REGISTRATION MONTH

FOR ALL COMMUNITIES IN THE SOUTHEAST ZONE

REGISTER ONLINE FEB. 1: emsasoccerportal.com & Attend 1 Registration Session

COMMUNITY & SOUTHEAST ZONE REGISTRATION DATES				
COMMUNITY	DATE	TIME	LOCATION	ADDRESS
Avonmore	Feb 10	9 am – 12 pm	Avonmore Hall	7902 73 Ave
Bonnie Doon	Feb 12 & 14	6 - 7:30 pm	Bonnie Doon Rink Shack	9240 93 St
Forest/Terrace Heights	Feb 7 & 13	6:30 - 8:30 pm	Forest Heights Hall	10150 80 St
Capilano, Fulton Place, Gold Bar	Feb 17	10 am – 1 pm	Fulton Place Hall	6115 Fulton Rd
Capilano, Fulton Place, Gold Bar	Feb 21	7 – 9 pm	Capilano Hall	10810 54 St
Hazeldean, Holyrood, Ottewell, Ritchie, Riverdale, Strathearn, Strathcona, Storm and all Southeast Communities	Feb 24	10 am-2 pm	Hazeldean Hall	9630 66 Ave

Register online then attend 1 Mandatory Registration Session with the following:

- **PAYMENT** - Pay online with credit card or bring cash or cheque payable to: ESESA.
- **Volunteer (\$150) and Jersey (\$75) deposit** cheques payable to ESESA & post-dated June 1/18
 - 2 copies of your completed online registration forms
 - Government issued ID to verify age of player
- **2017/2018 Community League Membership Card** - begins with #17-____.

• YOU MUST COMPLETE THE ONLINE REGISTRATION & ATTEND THE REGISTRATION SESSION WITH PAYMENT & DEPOSIT CHEQUES TO HAVE YOUR CHILD PLACED ON A TEAM.

VISIT OUR WEBSITE FOR DETAILS:
www.emsasoutheast.com



Premier Soccer - Storm FC Soccer Club Tryouts

APRIL 3 - 5
Turf Training Centre: 5820 59 Ave

VISIT OUR WEBSITE FOR STORM FC TRYOUT TIMES:
www.emsasoutheast.com/play/storm

COME JOIN THE FUN!

LEAGUE CONTACTS

President	Vacant	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
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	programs@avonmore.org			
Grants	Scott	grant@avonmore.org			
Rink	Ri-chard/Mathew	rinkcoordinator@avonmore.org	Communicat.	Vacant	communica-tions@avonmore.org
Soccer	Lyne/				
Boris		sports@avonmore.org			
Volunteers	Ginette	Director2@avonmore.org			
Civics	Norm	civics@avonmore.org			

Farley Mackenzie Family Fun Day

Join us Feb 18 from 12:00p.m.-3:30p.m. at Avonmore Community Hall 7902-73 Ave for a great time with your family – free event

- Sleigh rides & bonfire
- Crafts & face painting (inside)
- Outside games and skating
- Hot food and drinks
- Canadian Maple Shack

Avonmore Red Cross Babysitting Course

All the safety and first-aid that a home-alone / babysitter needs to know in a fun, hands-
Time: 9:00a.m. – 5:00p.m.

For: Girls and boys, ages 11 and up (or 11 by end of March)

Cost: \$71.43 + GST = \$75.00 manual included

Avonmore Members \$45 with 5 volunteer hours from child

Bring: lunch, pencil, water bottle & large floppy doll or teddy/bunny that lays flat, indoor shoes.

Avonmore Drop-in Music Classes

Join us **Feb 8 & 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 Lego Club



Join us **Feb 13 & March 13 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 Outdoor Soccer Registration

Come to Avonmore Hall (7902-73 Ave) on February 10th from 9:00a.m-12:00p.m or to Hazeldean Hall (9630-66 Ave) on February 24th from 10:00a.m.-2:00p.m. to register your child for the Spring Outdoor Community Soccer program. Age Categories: U5 to U19. Registration and soccer information can be found on the Edmonton South East Soccer website emsasoutheast.com. If you have any questions, please email Boris or Lyne at sports@avonmore.org

Avonmore Community Playschool Open House

Come out Wednesday March 7 from 6:00p.m.-7:30p.m.to meet our teacher, view the space & discover more about our learning through play programing. Email Jamie playschool@avonmore.org if you have any questions

Avonmore Concert Series

Juno nominated Canadian, Chloe Albert is prolific multi-instrumental Singer-Song-writer, and an Avonmore resident. With the storytelling ability to rival the great Folk artists, her versatility and bluesy rhythms gives her a rich, authentic sound fitting easily into folk, roots, country, soul and jazz.

Earlybird tickets \$20 (before Feb 28th), \$25 after Feb 28th. Cash bar. For details, visit our Facebook Page: 'Avonmore Concert Series', e-mail avonmoreconcertseries@gmail.com or call 780-819-4258.

Avonmore Winter Shinny Hockey

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

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

Avonmore 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 Community Playschool

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

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

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

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

Enriching great little minds more and more each day

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

Avonmore Yoga



Yoga Winter Session

Tuesdays and Wednesdays at the Avonmore Community Hall.

For more information contact Anita at director3@avonmore.org or go to avonmore.org

Avonmore Garden Club

For more information contact Anita at 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. Located at Avonmore Hall: 7902 - 73rd Ave

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 Hall Rental

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

Avonmore Needs Rink Volunteers

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

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!

-----cut off here ✂-----

A minimum of 12 students is required to run the program, so please clip and return this confirmation to Avonmore Community League 7902-73 Ave mailbox by February 16. If you have any questions, please email hallrental@avonmore.org

YES ! _____ will be participating in the

Canadian Red Cross **Babysitting Safety Course** on **Sat. Feb. 24th**

I have enclosed payment of \$75.00 Non Community Member or \$45 Avonmore Community Member (cheque payable to Avonmore Community League) for the cost of the course and materials.

Avonmore Community Membership # _____

Mailing Address: _____

Phone Number: _____

Email Address: _____

An alternate emergency contact name & number for this day is:

(Parent/Guardian Signature)



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Between Shoppers
and
Second Cup

League Board

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Michelle	780 466-1017
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Vacant	
Programs	Kristin	780 238-7795
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Michelle	780 466-1017
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Renovations	Darren	780 466-1380
Renovations	John	780 466-1017
Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Jaret	780 720-5582
Hardisty Gym/Preschool	Shauna D	780 966-3205
Soccer		
SECLA	Shelley	780 462-4599
Community Services	Lynn	780 496-5926
City - NRC	Tyler	780 690-8613

Meetings are held every third Wednesday 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.

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 is on Facebook "Like Us"

Babysitting Registry Revamped!

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

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

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

To sign up or to get more information please contact Talia at capilanobabysitting@gmail.com.

Play on Ice! February 9

Come join us February 9 at 6:30 p.m. on the Capilano Community Ice to enjoy a unique physical literacy experience on ice: Ice tennis, ice basketball, sledge hockey, games, for new and learning skaters. Skate helpers will be there to teach and share inventive and fun ways for kids to move on their skates and have fun. Participants must have their own skates and a helmet.

DATE: Friday February 9, 2018

TIME: 6:30 - 8:30 p.m.

COST: Free!

WHERE: Capilano Community (10810-54 Street)

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). Registration is limited and first come first serve.

For more information contact Shauna at canadaplays1@gmail.com or 780-966-3205.

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!

February is Soccer REGISTRATION Month

The 2018 outdoor season is fast approaching with exciting changes, including the launch of a U5 program.

Registration for residents of Capilano, Fulton Place and Gold Bar has commenced and is a two-step process:

1. Register online at emsasoutheast.com.
2. Attend one of the following in-person registrations:

Saturday, February 17, 2018
10 a.m.-1 p.m.

Fulton Place Hall (6115 Fulton Road)
Wednesday, February 21, 2018

7-9 p.m.

Capilano Hall (10810 54 Street)

Please contact hardistysoccer@shaw.ca if you have any questions.

Hardisty Gymnastics - Spring Classes

Offering programs TUESDAY or THURSDAY evenings

Where: Hardisty School (10534-62 St.)

Dates: Tuesdays Mar. 6 - Apr. 24 OR Thursdays Mar. 8 - Apr. 26, 2018

Cost: \$91/child

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

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)

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

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

****No classes the week of March 25, 2018**

REGISTRATION: Register online at Capilano Community League website (www.capilano.info) under Hardisty Gymnastics. For information, contact Shauna at 780-966-3205 or canadaplays1@gmail.com.

New Membership Director Needed!

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

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

--Keeping track of all sales of memberships

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

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

--Tally all monies and report to treasurer

--Attend monthly community meetings from September to June (3rd Wednesday)

Mentoring will be provided to the person who takes on this role. To learn more about this position, contact Shawna at 780-490-1931. Getting involved in your community league is a great way to meet your fellow community residents!

Capilano Playschool - Open House March 14



Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our teacher! On March 14 at 6:00 p.m., we will be having an Open House along with Hardisty School. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes 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, find us on **Facebook** or call 780-802-9307.

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).

For more information contact Shauna at canadaplays1@gmail.com or 780-966-3205.

Capilano Community Rink Schedule

Generally, 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 time available.

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.

Additionally, the small RECREATION-AL ice rink is always open for skating, once it is made. What a great way to get some exercise, and enjoy the outdoors with family and friends down at the community rink!

Cardio/Core Stretch & Strength Workouts

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

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

Instructor: Sharon Weber

Contact: Elaine: 780-469-2964

Dates: Classes begin Tuesday Jan. 16 or Thursday Jan. 18, 2018 at 7:00 p.m.

Cost: \$140 for 28 classes (twice weekly)

\$80 for 14 classes (once weekly - either Tues. or Thurs.)

Help put an end to bullying

Bullying is acting in ways that scare or harm another person. Bullying can be a one-time event, but more often occurs over time. Bullying usually starts in elementary school, becomes most common in middle school, and is less common by high school.

Bullying can take many forms, including:

- Physical harm, such as hitting, shoving, or tripping.

- Emotional harm, such as making fun of the way a person acts, looks, or talks. Writing mean things about someone in emails or online journals (blogs) is also bullying.

Girls who bully are more likely to do so in emotional ways. Boys who bully often do so in both physical and emotional ways. For example:

- A girl may form a group and exclude another girl or gossip about her.

- A boy may shove another boy and call him names.

Both boys and girls take part in “cyber-bullying.” This means using high-tech devices to spread rumours or to send hurtful messages or pictures. The damaging effects of emotional bullying is real.

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.

Hardisty School “I’ve Outgrown it Sale!” March 17

This is a great way for you to sell your gently used quality children's items including clothing, strollers, baby equipment, toys, books, games, bikes etc. Tables are only \$40 and you get lots of space!

Date: Saturday March 17, 2018

Time: 10 a.m. – 1 p.m.

Where: Hardisty School - 10534-62 St.

For more information or to reserve a table (\$40), please email deedeeleangreen@gmail.com or call 780-914-6106.

Bullying can be prevented if people pay attention and take action.

If bullying is happening at your child's school, talk to the principal or vice principal. Urge the school to adopt a no-bullying policy. All children should know that those who bully will be disciplined. Children who are bullied should be supported and protected.

As a parent, you can help your child get involved in new hobbies or groups, such as school clubs or church youth groups. Being part of a group can help reduce bullying. Having friends can help a child have a better self-image.

Children can help keep other kids from being bullied. If you are a child, don't let yourself be part of the problem.

- Speak up when you see someone else being picked on. It can help to say something like, “Cut it out. That's not funny.” If this is too hard or scary to do, walk away and tell an adult.

- If someone sends you a mean email about another person, don't forward it to others. Print it out and show it to an adult.

2017 Hardisty Community Christmas Brunch

Wow, we have now celebrated our Fourth annual Community Christmas Event in the Hardisty Area. This year 13 churches/ faith organizations in the Hardisty area organized and served a delicious Christmas brunch on December 9, 2017. We had approximately 220 guests, including 45 children attend. Our guests ranged from babes in arms to seniors, from families to those who may not have a permanent home. They all had a morning filled with music, laughter, a hearty breakfast and a visit from Santa.

Some of the highlights were: watching the Knights of Columbus flip over 600 pancakes, Christmas Caroling, the story of St Nicolas and Santa Claus, music provided by the Salvation Army Brass Ensemble, Santa and the kids (and adults!), and the fellowship and visiting among all the guests. Our MLA Marlin Schmidt gave a greeting as well as served food and our Catholic School board representative Alene Mutala visited with the guests. Thank you to Starbucks for the excellent coffee. We had over 100 volunteers



Guests enjoy Santa's visit at the Fourth annual Community Christmas Event in the Hardisty Area.

from 13 churches/faith organizations who helped out with this event. It was a fun and uplifting event both for our guests and for our numerous volunteers. We were especially thankful that we were able to help those who sometimes are alone at Christmas as well as those who find the season financially difficult.

Community League Wellness Program



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

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

- **Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships**

- **Multi Admission Pass* - 15% discount on our already discounted multi admission pass (5+ visits)**

- **Continuous Monthly Membership - 20% discount off an on-going monthly membership using our convenient Pre-Authorized Debit Program.**

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops. For more information, please call 311 or visit www.edmonton.ca/wellness



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Alberta

HAPPY FAMILY DAY



Linda Duncan

Member of Parliament | Edmonton Strathcona

UPCOMING TOWN HALLS

Town Hall with Linda Duncan MP

Thursday, February 22, 7-8:30 pm
Fulton Place Community Hall,
6115 Fulton Road (104 Ave/62 St)
Come with your questions and concerns
about federal government issues.



Town Hall with Scott Duvall MP: End Pension Theft

Monday, March 5, 7-8:30 pm
McKernan Community Hall,
11341 78 Avenue

NDP MP and Pensions Critic Scott Duvall is doing a cross-country tour to talk about Canada's inadequate bankruptcy laws, which allow failing corporations to take the money intended for their employees pensions and benefits, and use it to pay off CEOs, banks and investors instead. Join Linda and MP Duvall to hear about his plan to fix this, and a discussion about other pension issues.

For more information:

780-495-8404

linda.duncan.c1@parl.gc.ca

www.LindaDuncanMP.ca

[f](#) [t](#) [LindaDuncanMP](#)



FREE COMMUNITY BABY /TODDLER AND ME PROGRAMS

CONFIRM BY EMAIL fcssdodie@shaw.ca

Infants can Talk with Their Hands (SIGN LANGUAGE) Fulton Place Community League 6115 Fulton Road	Tuesday's Feb. 13, 20, 27, March 6 March 20, April 3, 10, 17 May 1, 8, 19, 29 9:15-9:45am
Movers and Shakers Fulton Child Care Association 10310-56 Street (West Doors) Drop in Indoor Play Program This is a great program for preschool children	Wednesday's Feb. 28 - April 11 April 25 - May 30 9:30 - 10:30am
BABY YOGA Fulton Place Community League 6115 Fulton Rd	Wednesday's April 11 - May 30 2:00 - 3:00pm
Music and Movement with Nancy's Notes Fulton Place Community League 6115 Fulton Road	Tuesday's April 3 - May 29 9:45-10:45am

FREE Evening Workshops

10310- 56 St (West Doors)

Light Supper and child care will be Available

CONFIRM BY EMAIL fcssdodie@shaw.ca

Nobody's Perfect Discusses the basics of parenting a young child (0-3).	Thursday's Feb 1 - March 22 (Omit March 1) 6-8pm
Building Communication Together Information from a SLP-Asst. on what strategies can be used with children 0-3.	Tuesday February 13 6:00-8:15pm

CCL BOARD CONTACT LIST AND EMAIL

President/Reg	president@cloverdalecommunity.com
Past President/Sue	pastpresident@cloverdalecommunity.com
Vice President/Dan	vicepresident@cloverdalecommunity.com
Secretary/Liam	secretary@cloverdalecommunity.com
Treasurer/Jackie	treasurer@cloverdalecommunity.com
Communications/Kim	communications@cloverdalecommunity.com
Civics Director/Eli	civicsdirector@cloverdalecommunity.com
Folk Fest Liaison/Sandy	folkfest_liaison@cloverdalecommunity.com
Social Director/Bob	socialdirector@cloverdalecommunity.com
Programme Director/Debbie	programmedirector@cloverdalecommunity.com

STANDING COMMITTEE

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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

Winter WINE Not #6



Cloverdale Community League

invites you to a night of wine, appetizers, fun and socialization with your neighbours!

February 10, 2018
CCL Hall
@ 7:30 pm
\$5.00 per person

**Bring an
appetizer to share**

Wine Tickets - \$3 each or \$10 for 4
(beer will also be available)

Entertainment - Anything Goes Trivia Contest
(Prizes for the winning team)

RSVP
by January 31, 2018

socialdirector@cloverdalecommunity.com

salut!

Volunteers Needed



We are currently looking for people like YOU to volunteer and help plan the 2018 Walk in your community to allow us to do even more in the years to come. Under the guidance of Ovarian Cancer Canada staff, Walk committees design, implement and host their community Walk.

This opportunity is great for individuals who are dedicated, looking for something new, enjoy planning events, want to gain leadership experience and meet new people in their community.

If this sounds like you or someone you know, please email Carrie Mahuran, Walk of Hope Coordinator, at cmahuran@ovariancanada.org or give her a call at 1-877-413-7970 x236. We would love to have you as part of the team!

www.ovariancanada.org

Ask Charles

There was a major hail storm after a seller accepted my offer to purchase their home, and the house needs a new roof. Who is responsible for it?

Until the deal closes and you take possession of the property, the seller is responsible for the property. Any damage to the property or to the items included in the sale, are the sole responsibility of the seller until your purchase funds are transferred and you take possession of the home.

When you take possession, the property – and its inclusions (appliances, etc.) – should be in the same condition as when you viewed it and submitted your offer to purchase.

Even if the property is vacant, and has been for weeks, it is still the seller's responsibility to maintain home insurance on the property.

As the buyer, you should make sure you

arrange for your home insurance to begin on your possession day, even if you aren't moving in right away. As soon as you take possession, insuring the property is your responsibility.

If something such as a hail storm damages the property in the time between the seller accepting your offer and possession day, have your agent talk to the seller's agent to confirm the seller is handling the damage. If the seller confirms they're handling the repairs, you may wish to add an addendum to your accepted offer to purchase that outlines the seller's responsibility to replace the roof prior to possession day, or you may ask the seller to agree to you holding back a small portion of the purchase funds until the roof is repaired. Make sure any agreements between you and the seller are in writing.

If there is any resistance on the part of the

seller, either to fixing the damage or to putting details and agreements in writing, you need to talk to a lawyer for legal advice.

Likewise, if either party wishes to end the transaction in light of the damage done to the property, or if the seller refuses to repair the roof prior to possession, contact a lawyer for legal advice.

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



FOREST HEIGHTS CL CONTACTS

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VACANT	Secretary	
Michelle Brewin	Treasurer	Treasurer@forestterrace.org
Anna Krall	Babysitting	babysitting@forestterrace.org
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Nicole Pasche	Volunteer Coordinator	Volunteers@forestterrace.org
Tyler Brown	Website Coordinator	web@forestterrace.org

Forest Terrace Heights Annual Community League Ski Day



Saturday, Feb. 17, 6-9 p.m., Sunridge Ski Area, 10980 17 St NW

Join us for a free evening of skiing for members of Forest Terrace Heights community league, including ski or snowboard rentals. We will also have four instructors available for the first hour.

Tickets will be on sale until Feb. 11 on Eventbrite. To register, you must have a current community league membership starting with 17-XXXXXX. A \$10 refundable deposit is required to hold each spot. It will be refunded via Eventbrite when you arrive at the ski hill.

Community league members from other leagues are welcome to join us for \$15 plus Eventbrite fees per person.

Volunteer Opportunities

We're looking for help to change the outdoor community league signs every few weeks. Each time takes less than two hours. A truck or SUV is handy for transporting the letters once you've arranged them indoors. For more information or to volunteer, contact Angela at signs@forestterrace.org.

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

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

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 of these positions, please email board@forestterrace.org.

Outdoor Soccer Registration

6:30-8:30 p.m., Wednesday, Feb. 7 and Tuesday, Feb. 13, at the hall, 10150 80 St NW

To register your child for soccer, you must first sign up online at www.emsasoutheast.com and then complete registration in person on one of the nights listed above. For more information, email soccer@forestterrace.org.

The Blanket Exercise



Saturday, Feb. 10, 1-4 p.m. at the hall

The Blanket Exercise is an interactive learning experience that teaches the Indigenous rights history we're rarely taught. Developed in response to the 1996 Report of the Royal Commission on Aboriginal Peoples, which recommended education on Canadian-Indigenous history as one of the key steps to reconciliation, the Blanket Exercise covers more than 500 years of history in this participatory workshop.

Blanket Exercise participants take on the roles of Indigenous peoples in Canada. Standing on blankets that represent the land, they walk through pre-contact, treaty-making, colonization and resistance. They are directed by facilitators representing a narrator and the European colonizers. Participants are drawn into the experience by reading scrolls and carrying cards which ultimately determine their outcomes. By engaging on an emotional and intellectual level, the Blanket Exercise effectively educates and increases empathy. The exercise is followed by a debriefing session in which participants have the opportunity to discuss the experience as a group. This often takes the form of a talking circle.

Space is limited to 30 participants, aged 15 and older. Register in advance on Eventbrite. Please bring a blanket to be used during the exercise. Light refreshments will be served.

Indoor bootcamp

Mondays, 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 or 780-270-5273.

Skating at the Forest Heights and Terrace Heights Rinks

The Terrace Heights rink on 71 Street at 99 Avenue is open to the public daily with automatic rink lights until 9 p.m.

Forest Heights rink hours are Monday to Friday from 5 to 9 p.m., and weekends from noon to 7 p.m.

Shinny hockey is on Fridays from 7:30 to 9 p.m. Adult co-ed shinny is Sundays from 7 to 8:30 p.m.

Cold weather cut-off for the rink house will be -22C or as ice conditions dictate. Check the community league Facebook page to see if the rink is closed.

On Wednesdays until Feb. 21 is the city's Free Learn to Skate program at the Forest Heights rink from 5 to 8:15 p.m., with the rink house opening at 4:45. The City has a -20C weather cancellation policy.

High Fitness

Thursdays, 7 p.m. at the hall

Come 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.

Angela is a wife, mom of four, and lover of all things health and fitness. Over the past 5.5 years, she has become a certified personal trainer, group fitness instructor, pre- and post-natal fitness specialist and High Fitness instructor. She has experienced her own healthy lifestyle and weight-loss transformation and is passionate about motivating others.

Six-week session runs Feb. 8 to March 15. Available to community league members, including from other leagues. Register on Eventbrite. Cash will not be accepted.

Email Angela at angbfit@gmail.com with any High Fitness questions or programs@forestterrace.org with registration issues.

Zumba!

Wednesdays, 7 p.m., March 7 to April 11, at the hall

Join Mary's Zumba class and take away positive energy, vitality and renewed spirit. Every class feels like a party!

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

Six-week session for as low as \$55. Register on Eventbrite. Questions about Zumba? Contact Mary at Mary.Jaya@gmail.com. Questions about registration? Contact Programs@ForestTerrace.org.

Community league membership benefits

Second Sunday at Second Cup: On the second Sunday of every month from 2 to 5 p.m., take your membership card to the Second Cup at 7477 101 Ave. for a free small specialty beverage or a free brewed coffee or tea of any size. Walk-ins only; no drive-thru. Next one is Feb. 11.

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.

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.

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 our website, 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 Rd. offers a 10-per-cent discount on food and beverage when you show your membership card.

Pick up a membership anytime at Shaheen Grocery & Bakery (10130 79 St NW), Grow-

er Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or online at efcl.org/membership. Families pay \$30, individuals \$15, and seniors just \$10.

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 to find out how.



Quitting tobacco

For many people, giving up tobacco is easier said than done. Giving it up may be one of the toughest challenges you face in life, but it will also be one of your most rewarding.

Everyone who uses tobacco can benefit from quitting and gain the health rewards that come with it. When you quit cigarettes and other tobacco products —no matter how old you are—you can decrease your risk of early death, heart attack and stroke, cancer, lung disease and sexual and reproductive problems.

There are other benefits to quitting as well, which are more immediate.

For example, within 20 minutes of quitting smoking, your blood pressure drops to a level similar to what it was before your last cigarette. Within eight hours, the carbon monoxide level drops in your body and the oxygen level in your blood increases to normal. Within 48 hours, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve.

Within a year of quitting smoking, your risk of suffering a smoking-related heart attack is cut in half; so is your chance of getting cancer in your mouth, throat, esophagus, bladder, kidney, and pancreas. And within five years of quitting, you have the same chance of having a stroke as a non-smoker.

Being tobacco-free also means you're not exposing loved ones to second-hand and third-hand smoke, and you're setting a positive example for those around you who may be in-

spired to quit as well.

Those are some pretty big rewards when you think about it, for both yourself and your loved ones!

People use tobacco for different reasons, and there is no shortage of good reasons to quit. Longevity, quality of life, the cost of cigarettes or chewing tobacco, the impact it has on your friends and loved ones: these are all factors that may motivate you. But even with all of the motivation, quitting can still be a difficult process.

The nicotine in tobacco is an extremely addictive substance and when you stop using tobacco, your body starts to recover and you may feel strong symptoms of this recovery. Quitting can be done though! Especially with the right planning, tools and support.

Whether you're just starting to consider quitting smoking, or you've already committed to quitting, the help you are looking for is available from AlbertaQuits. There are a wide range of services to help you quit, including a free online service, a free phone service operated by trained cessation counselors, text support, and a group program called QuitCore that will teach you how to quit and connect you with others who are also quitting.

For more information on supports available to help you quit, visit www.AlbertaQuits.ca or call

1-866-710-QUIT.

Bingo volunteers needed Feb. 24

Bingo volunteers are needed for Feb. 24 from 4:30 to 10 p.m. Volunteers receive a \$75 voucher that can be used at dozens of local organizations or put towards community league fitness classes and hall rentals.

Ask Charles



I just bought a house, and on possession day, I noticed the movable island from the kitchen, which I loved when I viewed the property, was gone. Was the seller allowed to take it with them?

The short answer is yes, the seller was allowed to take the movable island with them. A movable island is an example of an unattached good, which are movable items that are not included in the sale of a property unless agreed to, in writing, by the parties.

Unattached goods include items such as wall art, area rugs, non-built-in appliances such as microwaves, and even curtains. Unless otherwise agreed to, sellers can take movable items from the property before the buyer takes possession.

The opposite of unattached goods are attached goods. Attached goods are items that you cannot remove from a property without causing damage to the property. For example, chandeliers, built-in appliances such as dishwashers, and curtain rods and brackets are attached goods. Unless otherwise agreed to, sellers are expected to leave attached goods behind.

However, the good news for buyers is, if there is something you like in a property you are considering buying, but it's an unattached good, all is not lost. If you want a particular unattached good included in your purchase of the property, list it as an inclusion in your offer to purchase. Now, it's subject to negotiation between you and the seller.

The seller may agree, or they may remove it from the list of inclusions in a counter offer. It is up to the buyer and seller, with the help of their real estate representatives, to negotiate the transaction, and that includes what items are included or not.

When it doubt, write it out. This is the best way to ensure you know what is included when you're purchasing a property. For larger more expensive items, you may wish to include the make, model, and serial number. This may eliminate a seller's urge to switch nice appliances, for example, with less expensive, used items.

Now, what do you do in the event the seller was supposed to leave something behind, but didn't? If you don't find out until after posses-

sion, you need to call your lawyer as it is now a legal issue between you and the seller. Your real estate professional can attempt to discuss the matter with the seller's representative, but if things aren't fixed to your satisfaction, your only recourse is to speak to your lawyer.

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

Fulton Place

6115 Fulton Road
(780) 466-8140
fultonplace.org

Community Contacts

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PRESIDENT@FULTONPLACE.ORG
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780-504-1896

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

Communications Director- Joshua
communications@fultonplace.org

Facilities Director- Clayton
info@fultonplace.org

Sunshine Garden- Sherry
fpcgcontact@gmail.com

Director - Tracy- info@fultonplace.org

Director - Miles- info@fultonplace.org

Community Ice Rink- Shawn
outdooriceinc@gmail.com

Babysitting Registry- Ruth info@
fultonplace.org

Southeast Voice Submissions-
Karen info@fultonplace.org

Rent our sign: sign@fultonplace.org



Fitness Classes at the Fulton hall



Mondays at 9:00am –
Fitness kickboxing
Wednesdays at 9:00am –
Bootcamp & circuit training

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 details contact Ann Lukey at ann@yourinertia.com or 780.719.2897

City Services & General Information

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

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

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

www.communityleagueneeds.com

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Hall Rentals



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

Call us at 780- 466-8140 for prices or to view or book the hall. Please leave a clear, detailed message. Rent Our Sign sign@fultonplace.org?



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GOLD BAR EXECUTIVE

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

Finances and Fundraising:

Financial Director	VACANT	
Treasurer	Nicole	780-440-2017
Bingo Director	Lorna	780-465-5594
Fort Road Director	Julie	780-719-3017
Parkway Director	Charlene	780-468-0033
Casino Director	Isabella	780-466-3895

Communications & Programming:

Newsletter/SEV	Sondi	780-468-2237
Sign Director	Lorie	780-447-1110
Programs	Sharon	780-710-4303
Green Shack	Kelly	780-434-6533

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

Hall rentals: goldbarhallrentals@gmail.com

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

Ice Rink hours

Weather permitting, there are attendants in the rink shack and the outdoor lights are on during the following hours:

Mon-Fri 5-9 • Sat 10-7 • Sun 11-7

Games Night

Friday, 23 February, 7-10pm @ the Gold Bar Community Hall

Come 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. This event is held the last Friday of each month.



50% Off Hall Rentals

During the quieter months of winter, you can rent the hall for half price! February and March will have the discount prices. Please check out the rental calendar on the Gold Bar website, for availability.

SEV Submissions

Email sondiamber@gmail.com to submit information to this publication by 25 FEB 2018.

Upcoming Bingos

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

FORT ROAD BINGO

Tuesday, February 13, 2018 - Afternoon & Evening

Monday, March 19, 2018 - Afternoon & Evening

PARKWAY BINGO

Thursday, February 15, 2018 - Evening & Late Nite

Sunday, March 4, 2018 - Afternoon
Saturday March 24, 2018 - Evening & Late Nite

Exercise Classes

1. [NEW] Hatha YOGA @ Gold Bar Hall
Mondays 7-8:15pm Class will be held on Feb 12, 26, March 12, 19, 26, April 9, 16, 23, and 30. Cost is \$90 for a 9-week session or \$12/drop-in class.

No need to pre-register, fees can be paid at the first class.

Bring a yoga mat and a water bottle. Questions? Call Sharon 780-710-4303.

The class is a gentle introduction to the most basic yoga asana/postures. The poses taught will benefit the student using medium strength exercise. The teacher will incorporate pranayama/breath work and meditation techniques. The goal is to have students leave feeling more flexible, relaxed and mentally focused.

Instructor Fiona Bassie has been a teacher in training with the Yoga Association of Alberta since 2009. She is excited to see the yoga group in Gold Bar grow and evolve in friendship and community.

2. Mom and Me Fitness Class @ Gold Bar Hall

Runs Mondays and [NEW] Thursdays 9:30-10:30am \$12/drop-in

This sessions ends FEB 26 and MAR 1, with new sessions starting the following week. Drop in to check out the class, and then sign up. This is a circuit style class with lots of modifications, and a focus on pelvic floor health, and wellness for all women. Kids are welcome to come play, sit in strollers or be worn. Women without kids are welcome to attend also. Instructor: Lisa Shorten Contact: 780-221-9857 or lisashortenfitness@gmail.com or on Facebook.

3. Body Bar @ Gold Bar Hall

Wednesdays 9-10am \$12/drop-in
This session ends FEB 28, and a new session starting MAR 7.
Moderate to advanced fitness levels. Class is designed to increase strength. Instructor Jen Sloan: 780-710-4303

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.

Please join us February 8 th 4-7pm to view the classroom, see examples of classwork and meet our educator Mrs Brandie

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

Community League Memberships Benefits



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. FEB 8 and MAR 8 are the next two dates. Please bring your card.

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

Adults/family: \$20 and Seniors: \$5

Talk it out for your mental health



It can help to talk with someone about how you're feeling. They can listen to you or help you look at things differently. They might also be able to help you figure out why you feel like you do.

Talking about things can be helpful in itself. Sharing can make you feel less alone and help relieve the stress of coping by yourself. The other person may be able to offer reassurance, support, information, or help you connect with services.

When choosing someone to talk to, look for someone you're comfortable with and trust—will respect your privacy, will take you seriously, and will be understanding and accepting.

Things to think about before the conversation:

What Kind of Help do I Want From Them?

- Just to talk
- To find out where you can get more info
- Help finding services such as counseling

How Do I Want to Communicate?

- Face-to-face

- Phone
- Online
- Email

Starting the Conversation


● Let them know you have something you want to talk about. You might want to write down what you want to say.

● Start by explaining that you need some help with a problem. Think of some examples from your life as this may help them to better understand what's going on.

● If you're not sure how the person will react, try "testing the waters". For example, talk about a story you read in the news and see how the person reacts. This will give you an idea of their views and whether they're likely to be sympathetic.

● You could also start conversation more generally—talk about how you've not been feeling great, rather than saying you're feeling depressed, anxious, or stressed.

Be prepared for a range of different reactions. Remember that someone's first reaction won't be the same as their reaction when they've had time to process what you've said. Life's full of ups and downs, and sharing our experiences with the people who care about us is natural and healthy.



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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
MLA Edmonton-Gold Bar

“LIFE IS BETTER IN GOLD BAR”



The Gold Bar Grand Re-Opening took place on October 6, 2017 after 15 years of work by the building committee with support from the Gold Bar Community League.

Approximately 70 people, corporate and local supporters as well as representatives from all levels of government (municipal, provincial and federal) attended a luncheon held in their honor. Five of the six Community Recreation co-ordinators, from the City of Edmonton, who have worked with Gold Bar over the past 25 years, also attended. Adam Rompfer, Gold Bar President, welcomed all present and then introduced Shaye Ganam who acted as MC for the rest of the afternoon.



Building Committee Members: LtoR Pat Chmilar, Isabella Pierce, David Fraser, Lise Ullman, Laurie Scott, Rich Juchli, Margo LaValley, Adam Rompfer, Hon. Marlin Schmidt, Councillor Ben Henderson
Missing: Lorna Abramic, Murray Badger, Trudy Berry, Diane Brauer, Tim Herbrik, Kerry McKinstry



Councillor Ben Henderson & Laurie Scott, GB Building Comm. Chair



Isabella Pierce, GB Building Comm. Grant & Fundraising Chair



Hon. Marlin Schmidt, MLA Edmonton-Gold Bar



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Adam Rompfer, Gold Bar CL President



Shaye Ganam, MC



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HOLYROOD COMMUNITY LEAGUE CONTACTS

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Civics	Dave	civics@holyroodcommunity.org
Holyrood Development Committee	Jamie	hdc@holyroodcommunity.org
Rink Coordinator	Casey	rink@holyroodcommunity.org
Soccer Coordinator	Jared	soccer@holyroodcommunity.org
Playschool Coordinator	Shannon/Melissa	playschool@holyroodcommunity.org
Playgroup Coordinator	Jessica	playgroup@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.

Slàinte mhòr!



Holyrood celebrated the accomplishments of the Holyrood Development Committee at our Robbie Burns Day event on Saturday, January 27. We packed the community hall to enjoy haggis (piped in and dedicated with Robbie's own ode), a Scotch tasting led by Katherine Irwin, and live music from The Cogs and HDC's own Mike Baran! Visit our Facebook page for video from the event, and read on for HDC's latest update.

Holyrood Casino

May 31 and June 1, 2018

The next Holyrood Casino will be Thursday May 31st and Friday June 1st at Casino Edmonton (7055 Argyll Road). We will need volunteers for both days; day and evening shifts are available.

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

For more details or to sign up, contact Stephen at casino@holyroodcommunity.org.



Holyrood Cooperative Playschool Open House



Thursday Feb 22, 6:30-8pm

Holyrood Community League

Come meet our teacher, assistant and current board members. Submit your registration for the 2018-2019 school year, ask questions and let your kids play!

Registrations for the 2018-2019 year are accepted from February 1-28, however are NOT on a first come-first served basis. For more information or to download a registration form go to the website at www.holyroodplayschool.ca

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

Sundays, 1:15 - 2:45 PM

Commonwealth Community Recreation Centre

Saturdays, 5:00 - 7:00 pm

Fight Slippery Sidewalk Syndrome!

Erratic weather can make walking downright hazardous! It's easy to take care of, though - boxes of free sidewalk sand are located in the Holyrood Community Hall parking lot. Refill your bucket and keep some sand on hand to keep your sidewalk safe!

Volunteer Kudos

Give a hand to our Rink Coordinator, Casey Ydenberg, who is donating his time to oversee Holyrood's rink program this year. This is a new position, and we are grateful to have Casey on board. His generous volunteer contribution allows us to continue providing this vital winter recreation opportunity in our community. Thanks, Casey!

Soccer Update

Believe it or not, the 2018 outdoor soccer season is just a few more cold spells and snowfalls away! See below for important information for the upcoming season.

All players must be registered online at EMSA Soccer Portal (<https://emsasoccer-portal.com>) prior to registration.



Drop-in Playgroup

Parents, guardians, and caregivers are welcome to drop in and socialize while their little ones (0-6 years) play. This FREE program is a great way to meet other families in our neighbourhood!

Thursdays, 9:00 - 11:00 AM

Holyrood Community League

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

Ruth's Yoga

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

7:00 - 8:15 PM

Holyrood Community League

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

Holyrood Development Committee Updates

A big thank-you from the Holyrood Development Committee to all our supporters, and everyone that came out to speak at the November 27 Holyrood Gardens public hearing! The meeting ended in a motion to refer the proposal back to city administration to address tower heights and floorplate size, to work with the community to attempt to mitigate traffic impacts, and to have the proposal reviewed by the Edmonton Design Committee (EDC). Another motion was also passed to require all future Transit Oriented Development proposals to be reviewed by the EDC. Although the motion does not address everything the HDC brought forward on behalf of the community, it does address many concerns, and we look forward to working with city administration and Regency Developments.

Another rezoning proposal is in the works in the area; an open house was held on Wednesday, January 24 at SEESA for a rezoning proposal at 9412, 9418, 9424 and 9420 83 Street. This one looks to transform four aging duplexes into a 5-storey, 50-unit

building, with apartments above ten row-houses, and includes an improved public path to the future LRT. The HDC has been reviewing this proposal and provided feedback. Overall, we feel that there is potential for this development to be a good fit for the neighborhood, though as this development will share the laneway with Holyrood Gardens for parking access, the committee has requested that all parties involved work together to address traffic impacts.

Bonnie Doon Mall is also now in the initial stages of a major redevelopment into a Transit-Oriented Development over the next 30 years. Morguard is seeking input from surrounding communities through an Inspiration Center inside Bonnie Doon Mall near Safeway, online at connectbonniedoon.com, and through an open house at La Cite Francophone on January 30.

You can find more information on all of these at the City of Edmonton website, edmonton.ca, and check the HDC website for updates at holyrooddevcomm.wordpress.com.

Feel better through fitness



Fitness helps you feel better and have more energy for work and leisure time. You'll feel more able to do things like playing with your kids, gardening, dancing, or biking. Children and teenagers who are fit may have more energy and better focus at school.

When you stay active and fit, you burn more calories, even when you're at rest. Being fit lets you do more physical activity. And it lets you exercise harder without as much work. It can also help you manage your weight.

Improving your fitness is good for your heart, lungs, bones, muscles, and joints. And it lowers your risk for falls, heart attack, diabetes, high blood pressure, and some cancers. If you already have one or more of these problems, getting more fit may help you control other health problems and make you feel better.

Being more fit also can help you to sleep better, handle stress better, and keep your

mind sharp.

How much physical activity do you need for health-related fitness?

Experts say your goal should be at least 2½ hours of moderate to vigorous activity each week. It's fine to be active in blocks of 10 minutes or more throughout your day and week. For example, you could:

- Do some sort of moderate aerobic activity, like brisk walking.

- Or do more vigorous activities, like running. This activity makes you breathe harder and have a much faster heartbeat than when you are resting.

Here's an easy way to tell if your exercise is moderate: You're at a moderate level of activity if you can talk but not sing during the activity. If you can't talk while you're doing the activity, you're working too hard.

Children need more activity. Encourage your child (ages 5 to 17) to do moderate to vigorous activity at least 1 hour every day.

Rink Rebuild Summer 2018

"What???" you say, "That rink's easily got another five years left in it!"

Just kidding. Our poor, long-serving Holyrood Rink is obviously many years past its Best Before date, but rejuvenation is on the horizon. We are planning a complete rebuild of the rink structure this summer, to be funded by a combination of league savings and a city infrastructure grant. It's a "big-ticket" project, and we are very excited to finally get going on it!

Stay tuned for more information, and to learn about volunteer opportunities during the demolition and reconstruction phases.



Eating disorders are common but complex



Eating disorders are common and take many forms, such as anorexia, bulimia, or binge eating.

Experts believe that a number of physical, psychological, cultural, and social factors contribute to the development of an eating disorder. Eating disorders are more common in teenage girls and young women, but they can occur at any age and in both sexes.

Eating disorders increase a person's risk of other health problems related to a poor diet. These can include dehydration, malnutrition, menstrual period changes, thinning of the bones (osteoporosis) and, in severe cases, heart and other organ problems.

It can be frightening to realize that someone you care about has an eating disorder. If

you think a friend or loved one has an eating disorder, you can:

- Talk to your friend or loved one. Tell the person that you care and why you are worried.

- Urge them to talk to someone who can help, like a doctor or counsellor. Offer to go along.

- Tell someone who can make a difference, like a parent, teacher, counsellor, or doctor.

The sooner your friend or loved one gets help, the sooner they will be healthy again.

Help is available if you or someone you know is struggling with an eating disorder. You can get more information by calling Health Link at 811 or the Mental Health Helpline at 1-877-303-2642.



League Contacts

President	Kate presidentidylwylde@gmail.com
Vice President	Vacant
Treasurer	Monique treasureridylwylde@gmail.com
Secretary	Corrina secretaryidylwylde@gmail.com
Casino/SECLA	Bridget flanagan@telusplanet.net
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Membership	Michelle bluecanary1@hotmail.com
Garden	Christin gardenidylwylde@gmail.com
Civics	Lee lbrkt@gmail.com

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

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

You can also visit us at www.idylwylde.org and sign up for our e-newsletter. 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.

Parents & Tots Group
From October to June

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

Community League Swim

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

Show your ICL membership card to enter the pool.

Commonwealth Community Recreation Centre (11000 Stadium Road)

Saturdays: 5:00 pm - 7:00 pm

Start Date: September 30, 2017

End Date: September 1, 2018

Hardisty Leisure Centre (10535 65 Street)

Sunday: 1:15 pm - 2:45 pm

Start Date: September 9, 2017

End Date: August 25, 2018

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



Little Free Library

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

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!

FAMILY YOGA

Instructor: Monique Merchant

Sunday: 10:30 am - 11:30 am

Dates: February 25, April 22, 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 for any questions

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

CHAIR YOGA

Instructor: Susan Lobkowitz

Thursday: 10:00 am - 11:00 am

Start date: January 18, 2018

End date: March 29, 2018

This is an accessible yoga class intended for anyone who has a desire to ease back into exercise. Breathing techniques, joint mobilizing exercises, stretches and balancing postures are practiced either sitting in a chair or using the chair as a supportive prop.

Paint Night in Idylwylde



Idylwylde Community League invites you to our:

Paint Night for Adults (age 16+)

February 27, 2018 7:00 pm - 9:00 pm

Idylwylde Community Hall
8631 - 81 Street

Members: \$35 Non-members: \$40

Reserve your spot in person at the Idylwylde **Old-Fashioned Sunday Skate** event on January 21 (Cash or Cheque only) or for more info: iclpaintnight@gmail.com

*Join us for an
Enjoyable evening!*

FREE refreshments will be served

Cheery Tomato Community Garden Facilitator Needed

As the days get longer and the earth begins to wake, it's soon time to think of the upcoming growing season! If you are interested in participating in our free community garden, please email us at gardenidylwylde@gmail.com. Our first garden planning meeting is tentatively on Sunday, March 18, 2018 at the community hall (time to be announced).

This year, we need a garden facilitator, someone who is interested in doing behind the scenes organizing and delegating. If no one is interested in this role, or we do not have enough interested gardeners, we will consider alternative and simpler uses for the garden beds this season.

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.

GENTLE HATHA YOGA CLASS

Instructors: Monique Merchant & Sebastien Bolessa

Monday: 7:00 pm - 8:00 pm

Start date: February 5, 2018

End date: March 26, 2018

(No class on Feb 19 - Family Day)

This class is for the beginner to intermediate. We focus on the whole body and the way we habitually align our bodies to improve the way we move. Emphasis is placed on core strength, flexibility and balance. Classes include joints and glands work, gentle hatha yoga postures and Pranayama (breathing techniques) and end with a relaxation (Savasana) at the end of each class.



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KCL LEAGUE CONTACTS

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Bldgs & Grounds	Terry	587-983-6848	
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Children's Prog.	VACANT		
Summer Programs	Alma	780-469-2019	
Capital Projects	Gary	780-266-4279	
Grant Applications	Aly	780-700-3676	
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	VACANT		
Publicity/Website	Martine	780-466-9444	publicity@kenilworthcommunity.com
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	angela.feehan@gmail.com
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

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

Day Rate \$300.00 \$385.00

Damage Deposit

\$250/day rate \$550/day rate

\$450/weekend \$550/weekend

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

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

Family Ice Trail Marshmallow Melt

Sunday, February 4 12 – 4 p.m.

Bring your skates, come for a fire, endless hot chocolate, and marshmallow roasting.

Annual General Meeting Invite!

Elections for Secretary, vacant position.

Are you interested in developing relationships with your neighbours and community league? Your voice is an important piece of creating a thriving, engaged and welcoming place to live.

Please consider the value of sharing your ideas for initiatives, events and energy with your Kenilworth Community League at our General Meeting on Monday March 12th @ 7 pm.

Meet your neighbours and the board of KCL.

Get your membership and skate tags if you still need.

Have the opportunity to fill a much needed board vacancy or volunteer for ongoing projects and events throughout the year.

Best of all, strengthen your connection to the people we share an awesome community with.

Hope to meet you all soon! Royal Pizza & refreshments will be served after the meeting.

Hot Dig-gity Dog Day

Monday, Feb 19 (Family Day) 12 pm – 2 pm

Bring your skates and enjoy hot chocolate and hot dogs.

Celebrating the Kenilworth Family Ice Trail with gratitude to our sponsors:

Imperial Oil
Outdoor Ice, Inc.
SECLA
City Of Edmonton
Forest/Terrace Heights Community League
Holyrood Community League
Capilano Community League
Fulton Place Community League
Idylwyld Community League
Kenilworth Community League

Scrapbooking/ Card Making Garage Sale

Kenilworth Community Hall, 7104-87 Avenue

Saturday, March 10, 2018 at 9:30 to 1:00 p.m.

Great bargains for you for your next projects!

For info email Liz: kenilworthscrapbooking@gmail.com

Save the Date!

I've Outgrown It Sale April 21
Adult Steak & Shrimp BBQ May 12
KCL Garage Sale May 26
General Meeting June 11
Christmas in July July 12
Golf Tournament & Steak Supper Aug 25

Community Swim

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

Please bring your community league membership for entry.

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 2018. For more information or to register your child, please contact Becky at 780-760-3208 or by email beckyclosson@hotmail.com.

CONTACT US!

General inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com
Hall Rental requests: rentals@kenilworthcommunity.com

Keep Current on our website, www.kenilworthcommunity.com

Now on Facebook! Like us! & Follow on Twitter, @KCL_Edmonton

Annual General Meeting, Monday, March 12th @ 7:00pm
Southeast Voice Newsletter Deadlines

Submissions for the March, 2018 issue of the Southeast Voice is due Thursday, February 15th, 2018. Send all announcements to publicity@kenilworthcommunity.com.

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

VOLUNTEER OPPORTUNITIES

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

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

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

Babysitting Registry

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

Memberships

Have a New Neighbor? Are You New to Kenilworth?

We welcome all newcomers into the neighborhood. If you know of recent arrivals, or you're one yourself, call Rebecca @ 780-982-5885. We will deliver a free membership along with information about all the activities this League offers.

Don't have your 2017/2018 membership? \$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!

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:

March 16, 2018, Friday, 4:30pm – 11:30pm

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

May 4, 2018, Friday, 4:30pm – 11:30pm

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

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

COME JOIN US! Strength/Cardio class

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

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

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

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

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.

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 Fax: (780) 463-0090
 Email: dreno@telus.net
 Web: www.dreno.ca

SOBAN

Sushi & Roll

OPENING EVENT MENU
 Drink: SOJU or SAKE or 2 cans of drink

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

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

7450-82 Ave Edmonton
 ☎ 780-756-7228

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

Keep learning... stay connected!

Expert led, continuing education courses for adults 50 plus who want to keep learning and stay connected.

Edmonton Lifelong Learners Association (ELLA), in partnership with the University of Alberta have scheduled **over 50 expert-led courses** plus a variety of noon-hour presentations during the **2018 Spring Session of April 30 to May 18**. All of them are located at the University of Alberta.

Registration begins **March 13, 2018** and you can participate in the learning and fun for the low-cost of only **\$250***. There are no prerequisites, homework or marks and **everyone is welcome**.

Explore our programs my-ella.com or call 780.492.5055

EDMONTON
lifelong learners
 ASSOCIATION

UNIVERSITY OF ALBERTA
 FACULTY OF EXTENSION

*Bursaries available for participants in need of financial assistance.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack
 (Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Reduce your risk
 Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

www.albertahealthservices.ca

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 Rentals - 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 Chair - Andrew
Rink Chair – Cory
Maintenance Chair – Frank
Civic & City Liaison Chair - OPEN
Membership Chair – Russ
Communications Chair – Tim
EFCL Rep – Corinne
East Park Baseball – Clarence

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

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

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. **Memberships run from Sept. 1
to Aug. 31 each year.**

Purchase your membership at the Sport
Shack, TGP and New option - Servus Credit
Union Branch in Capilano Mall

Or our On-Line option at: [www.efcl.org/
membership](http://www.efcl.org/membership).

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

ZUMBA At Ottewell

NEW YEAR'S SESSION

Classes begin Monday January 22 for a
12 week session, 7:00pm at Ottewell Hall.
Our Instructor, Emilio, is looking forward
to another great session in the new year!

Come out and get your Zumba on!
Drop in FEE: **\$15.00**

(Cash, debit & credit cards accepted)

Beginner Yoga on Thursday Nights

NEW YEAR'S SESSION

**January 18 –
March 15** from



7:00pm - 8:30pm

This 8 week Beginner hatha yoga class is
the perfect introduction to a gentle, sustain-
able yoga practice. It will help you develop
balance, strength and a mind body con-
nection without feeling overwhelmed. In
this class we will take our time to get into
postures, focusing on the basics of hatha
yoga.

We will take extra time to work through
poses to help release the stress that tends
to mount over the week. We will combine
yoga postures and breathing exercises to
strengthen the body and mind, increase
flexibility, mobility and to reduce stress and
calm the mind.

Drop in FEE: \$10.00

(Cash, debit & credit cards accepted)

Join the Ottewell Community League Team of Volunteers!

Are you available, and want to get in-
volved?

Put yourself on the Ottewell Volunteer
List. We can contact you when we need
help for events or specific tasks. Send an
e-mail to: Ottewell2212@gmail.com with
"Ottewell Volunteer" in the Subject Line, or
fill out the form on our website at: [ottewell.
org/volunteer/opportunities/](http://ottewell.org/volunteer/opportunities/)

Volunteers Needed for Our Outdoor Rink



Volunteers Needed for Our Outdoor Rink

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

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

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 con-
tinue to make improvements.

To get on our Bingo volunteer list please
email: oclbingo@gmail.com

OCL Casino Volunteers Needed!

THANK YOU is 2 small words! Ottewell
Community League Casino was held on
December 28 and 29 . This time of year is
busy to say the least without adding any
extra volunteer time. We are so fortunate to
have angels among us to assist when asked
and most of the time when they are not.

Thank you for volunteering and giving
Ottewell Community League the most pre-
cious thing you will ever own – your time
and talent. All the Best in 2018!

Want a night Out and Need a Babysitter?

Need a night out, have a special event
and need a babysitter? Contact **Ottewell
Babysitting Registry** where we can send
you a list of local babysitters to choose
from. You meet and interview with the
babysitters that work for you and your
family.

Contact Colleen at [colleenandtravis@
shaw.ca](mailto:colleenandtravis@shaw.ca) or call **780-406-3603**.

FREE Mommy & Me Group



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

10-12 pm at...

neighbourHouse Community Centre

For more information, or to register,
email: Alisha at: [Oostenbrink.alisha@
gmail.com](mailto:Oostenbrink.alisha@gmail.com)!

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 Fit-
ness Centre

Ottewell Community League Playschool

We are no longer accepting registrations
for the 2017/2018 school year. We will be
having an open house in February for the
2018/2019 school year.

For information about the playschool
please contact Andrew at: [andrew_r_hor-
ton@yahoo.com](mailto:andrew_r_horton@yahoo.com) or find us on Facebook at:
facebook.com/ottewellplayschool

Ottewell Community League Board Meetings

Tuesday February 20, at 6:30 P.M. 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 Tues-
day of the month, unless otherwise posted.
COME and JOIN in! Find out what's hap-
pening in YOUR Community.

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

Ottewell Community League Social Media

Follow us on Twitter @[OttewellEvents](https://twitter.com/OttewellEvents)
and [Facebook.com/OttewellCommunity-
CentreEvents](https://facebook.com/OttewellCommunityCentreEvents) and let us know what you are
up to in your community!

Pictures, tweets, comments, your discus-
sion is welcome! Let us know if you are
having an event and we can share it for you
on social media!

Help Us Keep Our Community Clean

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

Please do what YOU can to help us so we can continue to provide these services.

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. See our availability calendar, fill our rental form, or call: Tim at 780-463-3330.

2018 PROGRAMS AT OCL

It is the start of a New Year at OCL.

- Beginner Yoga
- Spring Garden Class - Date TBD
- ZUMBA

E-mail ottewell2212@gmail.com , or fill out our **Contact Us** form on our web site, if you would like to assist or have an idea for a program. We would like to host many to meet all our members needs. Watch our Web Page and Facebook for updates to our programs.

Mark These Dates

Open Stage Night
Saturday April 21st at 7:00 PM.

SAVE this DATE you won't want to miss this event! We are so proud of the talent with have in our communities. More information coming in the next months SEV. Contact: richardmack@hotmail.com

A flu-free New Year

It's not too late for your influenza immunization

You resolve to start the year healthy. To eat well, be active... but what about your influenza immunization?

Influenza has arrived in Alberta. As of December 18, more than 1,470 cases of influenza have been confirmed in Alberta. Of these cases, 260 have been hospitalized. Tragically, 10 have passed away.

No matter how healthy you think you are, if you haven't been immunized yet this season, you're at risk of contracting influenza too.

The good news? Influenza immunization is still available, free of charge, to all Albertans six months of age and older.

Start your year healthy and stay that way; get immunized today.

For more information, including local clinic schedules, visit www.alberthealthservices.ca/influenza or call Health Link Alberta at 1.866.408.5465.



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

The King's University and Ottewell
Community League Present:

Family Day Skating Party

5920 93a Avenue NW Edmonton
Monday February 19th 2018
1:00 p.m. - 5:00 p.m.

Skate Rentals Available (\$2), Sleigh Rides, Free
Hot Chocolate and Cookies, Live Music, Indoor
and Outdoor Activities,
Food and Drink For Sale (Provided by Coral de
Cuba)

this journey will CHANGE YOUR LIFE

Wake up in a unique summer classroom at Mountain Adventure School

- 11 and 14-day summer programs for high school students.
- Earn school credits and certifications toward a career in camp leadership and guiding.
- This summer camp includes lake and whitewater canoeing, rock climbing and rappelling, back country biking, hiking and wilderness living in an extended river expedition.

Sessions starting in July and August

SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:

Progressive Academy
www.progressiveacademy.ca/mas
780-455-8344



Catch the TRAIN and learn to FLY a PLANE

570 Air Cadet Squadron

Jefferson Armoury - NAIT LRT

11630 109 St.

Edmonton, AB T5G 2T8

(780) 973-4011 ext. 5286

Youth Program for ages 12-18

Aviation, Drill and Deportment, Music (pipes and drums).

Marksmanship, Survival, Physical Fitness.

Glider and Power Scholarships (learn to fly).

International Exchange

Thurs Evenings - 630-915pm

(September-June)

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FREE ACCU-PAC
with a prescription purchase.

Bonnie Doon Mall Redevelopment

The owners of Bonnie Doon Mall, Morguard Investments Ltd, are about to embark on an extensive public engagement process to solicit ideas from the community about redeveloping this massive 12-hectare site.

There are encouraging signs that this will not be the run-of-the-mill sticky-note exercise with residents asked to comment on design plans already completely formulated.

Instead, Morguard has opened an Inspiration Centre at the mall (across from the old M

& M Meats near the Safeway entrance) and are inviting people to come and express their views on the types of housing and amenities that should form the basis of the design criteria.

This proposal is only in the pre-application period, so there will be lots of opportunities for residents to provide meaningful input into the design process and help shape this significant redevelopment to best meet the needs of the community into the foreseeable future.

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:

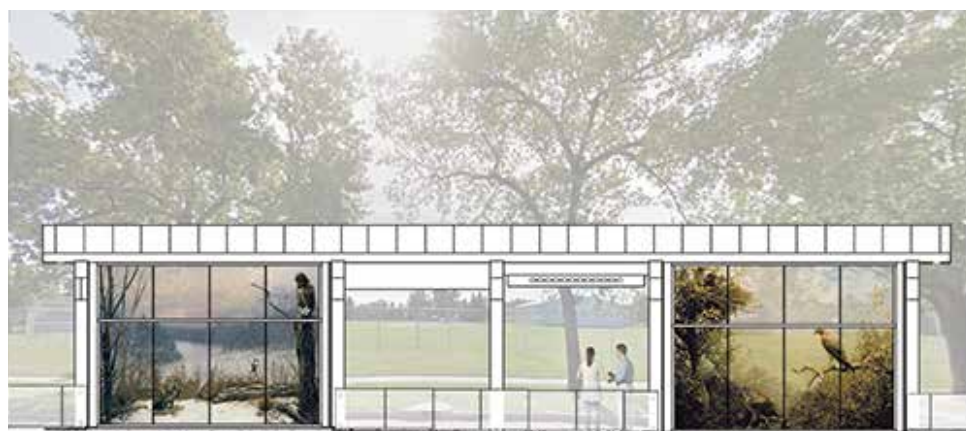
Strathearn Community League
P.O. Box 68064
162 Bonnie Doon Mall
Edmonton, AB T6C 4N6

Or contact treasurer@strathearncommunityleague.org to arrange to drop off a donation.

Do not forget:

Construction of the donor recognition sculpture has begun, so for a limited time, donations over \$500 will be recognized on this unique sculpture. This sculpture, in the shape of the neighbourhood, will be created using brass, copper, walnut and maple and will be large in scale and hold a prominent place inside the new hall. The metal and wood materials take inspiration from Strathearn's identity: Naturally Urban.

Strathearn LRT Art



On Monday January 22, the Edmonton Arts Council announced the public artwork concepts for the Valley Line LRT. The new line will feature 14 public artworks created by local, Canadian, Indigenous, and international artists. The works will be featured at the community stops, stations and other structures. The Strathearn stop will feature a diorama based artwork entitled *Of Birds and Such* created by Public Studio from Toronto. Public Studio creates large-scale public art works, lens-based works, films, and immersive installations. "While Public Studio is behind the concept and installation the actual landscape art and photography appearing will be by Edmonton artists," says Kyle O'Brien of Public Studio. They have been in touch with the Edmonton Nature Club and the Edmonton Area Land Trust in an effort to

engage local artists and acquire the necessary images for the installation.

"Public art is a specific genre that calls for artists who not only have artistic vision, but also skills as architects, engineers, designers, project managers," says Jenna Turner of the Edmonton Arts Council. "Art that exists in the public realm is free and accessible to everyone. Including works by international artists in the City of Edmonton collection allows Edmontonians to enjoy free and accessible art and ideas from a variety of artists," enthuses Turner. The list of artists and their concepts is available from the Edmonton Arts Council website.

* Please note the images used in the concept design from Public Studio accompanying this article are NOT the images which will appear in the final design.

Strathearn LRT Art Public Engagement Event

Public Studio in association with the Strathearn Community League are hosting a public engagement event Saturday, March 10 and Sunday, March 11, 2018 to discuss further the plans for public art installation at the Strathearn Valley Line LRT stop. The full details of the event and Strathearn location are still being determined but representatives from Public Studio will be in attendance to answer questions and listen to community input about their plans. There will be guest speakers, artwork on display, kids activities and a Jane's Walk style neighbourhood hike as part of the event. All are welcome.

Casino Volunteers Needed

Strathearn Community League will need at least 25 volunteers for our casino dates May 19 and 20, 2018. Keep your eyes peeled for a shift sign-up sheet which will soon be circulated to all league members and Strathearn neighbours. SCL board member Chris Samuel will be heading up this year's casino volunteer organizing effort after years of dedicated service from former board member Kathryn Dong. "This is an especially important year for our casino as much of this funding will go towards operating the new hall," says Chris. Volunteering for a shift at the casino is a great opportunity to make a non-monetary contribution to the new hall. Chris, who has lots of experience volunteer-



ing for casinos with other non-profit organizations points out the fun and camaraderie that is part of the experience. "The hours may be goofy but it's a great way to meet your neighbours and benefit your community at the same time," says Chris.

Strathearn Garden Proceeds to Concept Phase

In early January, the Strathearn Community Garden group received news that the City of Edmonton has approved the Strategy Phase application, submitted in 2017.

The group is now working on completing the Concept Phase, which involves designing the garden and determining a budget. The location for the Community Garden will be where the old community hall was

in Silver Heights Park. Thanks to all in the community who have been supportive of the Strathearn Community Garden. We hope to make it a reality in 2018! Keep informed about the garden by visiting the Strathearn Community League Website and Facebook page.

Questions? Please contact Leah at: leah.poet@yahoo.ca

Calling All Soccer Players!!

The 2018 outdoor soccer season is around the corner. On-line registration opened Feb 1, 2018.

Steps for Registration:

Please visit the emsa soccer portal (www.emsasoccerportal.com) to complete the on-line portion of your child's registration.

You must then attend the in-person registration at Hazeldean Hall, 9630-66 Avenue on Feb 24, 2018 from 10 am to 2 pm. Bring TWO copies of your on-line registration summary, registration fee (if not already paid on-line), current community league membership (can purchase at registration if needed), volunteer and jersey deposit checks and proof of age.

Please note that the Alberta Soccer Association voted to change age groups for soccer to Odd numbered Age Groups (U5, U7, U9, U11, U13, U15, U17, U19).

- Similar to U4 soccer in the past, Strathearn is not running a U5 soccer program. There are a couple of communities in the



southeast zone that are likely running a U5 program that your child can join. Please contact Niki Lefebvre at soccer@strathearncommunityleague.org if you are interested in registering your child for U5 soccer.

- U7 will be mixed gender teams and we will be paired with a neighbouring community (likely Bonnie Doon or Riverdale) for our games.

- U9 will be same gender teams. Similar to higher age groups, players in this age group will likely be joined with players in other communities to create separate boys and girls teams.

- U11 age groups and up will run the same as U10 age groups and up have run in the past.

Community
League Programs

(Strathearn Community League membership required)

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 – Feb 8th, Mar 8th, and Apr 12th.

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 –Feb 7th, Mar 7th, and Apr 4th.

Free Family Swim Times
Commonwealth Community Rec Centre
Every Saturday 5pm - 7pm
Hardisty Leisure Center
Every Sunday 1:15pm - 2:45pm



Buy Your 2017/2018
Strathearn Community
League Membership



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.

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.



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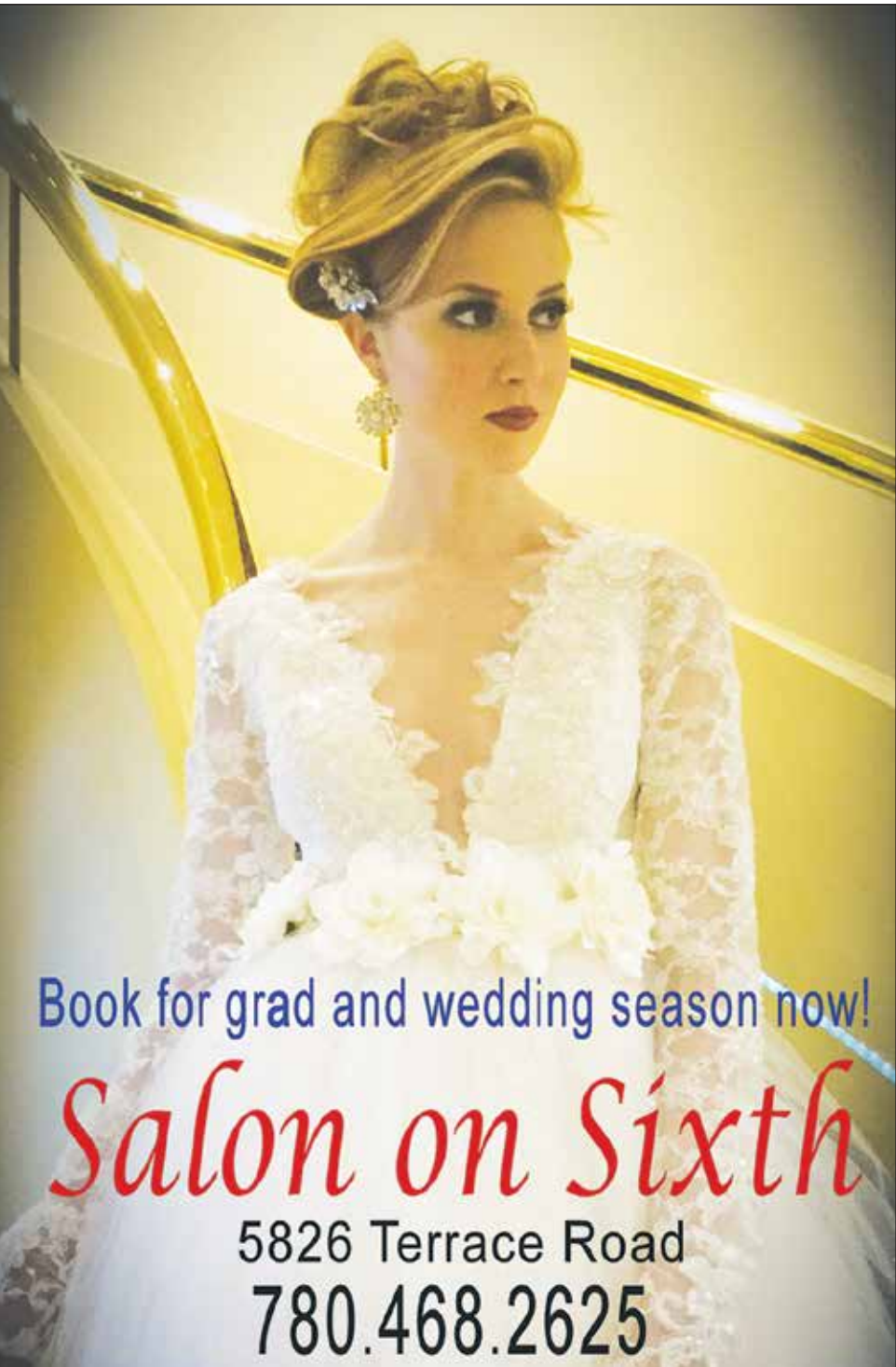
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Downtown Condo: Alta Vista South, Contemporary finishings, In-suite Laundry, Underground Parking. Perfect for the single professionals.



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Riverbend: Renovated top to bottom, 10,000 sq ft lot, Oversized Double attached garage.



King Edward Park: Spectacular starter home, basement is a fully self-contained living area, spacious yard fully fenced.