

SOUTHEAST VOICE

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

July 2018



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Greater Hardisty Community Sustainability Coalition

It took some intensive preparation, late night editing and a rehearsal session at our local public library but, on June 5, nine members of the Greater Hardisty Community Sustainability Coalition delivered a memorable presentation to the city's Urban Planning Committee and took their questions afterward. The team then retreated to the "bleachers" and watched as something historic seemed to unfold. Although Administration's message to council was that the 101 Corridor was "Stable", the community response was "Yes, but we want change, not the status quo, we want renewal and not a basic re-paving."

As the full morning of deliberations drew to a close, it seemed apparent our message resonated. "Advance the capital profiling for consideration in the upcoming budget cycle", Sarah Hamilton motioned, thereby maintaining the momentum volunteers helped sustain. The vote was unanimous.



Before the civic election forum, at a community league filled to capacity, we made it clear that urban renewal was an important topic for the electorate. We now have a golden opportunity for a World Class Urban Avenue, designed with our input, to suite our needs and aspirations. If you have a passion for building community, for networking the team that can propel this initiative to the next level, contact the Coalition today at ghcscollection@gmail.com or any of our local community leagues.

The Coalition would like to thank the many community leaders, agencies - everyone who took the time to express their support with letters to Council, social media, word-of-mouth, as well as attending and presenting to the Urban Planning Committee.

To stay up to date with what's happening next, visit and LIKE us on Facebook at... facebook.com/greaterhardisty Or... Search the web for... #greaterhardisty

Call For Artists for the 7th Annual Strathearn Art Walk



Illustrators, Photographers, Painters, DIYers, Needleworkers, Metalsmiths, Jewellers and Crafters! Come join us for Strathearn's Annual Art & Music Festival on Saturday September 8th, 2018 Noon - 7PM! Edmonton's art and culture scene is thriving, and this is a great opportunity for you to express your creativity and skill. The Art Walk is here to give both experienced and new artists a place to showcase their work in a wide variety of media.

Last year, the Strathearn Art Walk hosted over 230 artists and more than 6,000 visitors attended the event in that single day. With live music, a variety of food, local coffee and beer gardens featuring new and exciting offerings, the Art Walk creates a wonderful, lively atmosphere for artists and customers alike.



Registration is now open online at <http://www.strathearnartwalk.com/registration/>. The fee for each artist is \$70. This payment will guarantee you a spot in our diverse line up (spots fill up fast!). Additional information is included in our artist guide, which is also available online.

We are thrilled and honoured to be hosting another great Edmonton Festival this summer. We look forward to meeting new artists and visitors, and welcoming those who come back year after year to Art Walk, this fall!

Do you have more questions? Get in touch! Please email us at info@strathearnartwalk.com or visit us on one of our social media platforms: Facebook at facebook.com/strathearnartwalk, Instagram: @strathearnartwalk or Twitter @strathearncl to stay up to date on our latest announcements.



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Authorized by the Edmonton - Gold Bar UCP Constituency Association

For more on David see page

SECLA BOARD

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
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Capilano	Shelley Svidal	capilanorep@secla.ca
Cloverdale	Reg Kontz	cloverdalerep@secla.ca
Forest Terrace Heights (Chair)	Connie Lussier	fthrep@secla.ca
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Kenilworth	Kevin Stefanyk	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

SEEECCC or Southeast Edmonton Early Childhood Community Coalition



At the park, playground, and beach this summer, children will exercise their bodies and their emotions. You can help them do both.

Babies naturally feel happy, sad, angry, and fearful. Smiling, hugging, and soothing them when they laugh or cry help their brains make connections and make you both feel good!

Do you sing "If you're happy and you know it, clap your hands..." smile and clap for "happy," frown and stomp your feet for "angry," brush away tears for "sad," widen eyes and raise eyebrows for "surprised" with toddlers? When you do, you're helping them "name" their feelings, a big part of their emotional development.

To learn more about emotions and children, check out www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/emotional-development,

Here is a link from the Edmonton Public Library on resources on emotional development <https://bit.ly/212LqbW>

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

For more info, go to... www.earlychildhoodedm.ca/southeast
or... www.facebook.com/SEEECCC/

Vacant Lots for Urban Agriculture

The City of Edmonton will be offering new opportunities to garden on City land for the 2018 growing season. This is part of a pilot program to test out a Vacant Lot Cultivation Licence. We are looking for conscientious gardeners who want to cultivate food or flowers on municipal land, between April 1 to October 31, 2018.

The online application and Vacant Lot Cultivation Pilot Rules & Guidelines are available.

For additional information, please visit: www.edmonton.ca/city_government/initiatives_innovation/food_and_agriculture/vacant-lot-inventory-urban-agriculture.aspx



Summer Starts at Edmonton Public Library

Summer Starts at EPL runs from June 23 - August 25 and offers games, prizes and activities to encourage kids to read, create and explore during the summer months. Our summer program incorporates the TD Summer Reading Club, which is a national program for kids held by Canadian public libraries. Children of all ages are invited to join in the fun. Research proves reading over the summer helps kids when they return to school, and strong literacy skills help everyone through life.

Visit any EPL branch to sign up for our summer reading and activity challenge! We'll give you a prize ballot when you complete six hours of reading and you'll be able to make your own button! Here are some of the prizes you can enter to win this summer:

- Nintendo Switch prize package including Labo
- Edmonton Eskimos prizes
- Recreation centre prize packages
- Completion prize from Panago Pizza
- Books, gift cards and much more!
- Remember, the more you read the more chances you have to win!

Featured Summer Starts at EPL programs in July at the **Capilano Branch** include:

African Dance and Drum with Masani and Bill (all ages) – Tuesday, July 3, 2:00-3:00pm

Dinosaur Party (kids 3-8) – Friday, July 6, 2:00-2:45pm

Story House with Tololwa Mollel (all ages) – Tuesday, July 10, 2:00-3:00pm



Hogwarts Party (kids 6-12) – Friday, July 20, 2:00-3:00pm

Bad Art (kids 9-12) – Monday, July 30, 2:00-3:00pm

Featured Summer Starts at EPL programs in July at the **Idylwyld Branch** include:

Buffalo – Bison – Paskwa Moostooos (all ages) on July 20, 3:30-4:30pm

Create your own video game: Bloxels builder (ages 9-12) from July 24-27 3:30-4:30pm

À vos marques, prêts, coloriez! (3 à 5 ans) le 6 juillet à 14h : Un tourbillon de bleu, un soupçon de rouge, une trace de vert! Découvrir tous les mystères de la couleur et exprimer ses vraies couleurs!

La fête des marionnettes (6 à 12 ans) le 17 juillet à 10h30: La scène t'appartient! Crée ta propre marionnette et monte un spectacle!

La science glui-gluante (6 à 12 ans) le 31 juillet à 10h30 : Devenir collant, gluant, et scientifique tout en créant du slime.

For more information please contact the Capilano branch at (780) 496-1802 or the Idylwyld branch at (780) 496-1808. View our full calendar of events online at epl.ca or come in to pick up a paper copy of our summer program calendar with complete activity listings.

community centre

in partnership with...

Ottewell Neighbours Soccer Drop-In

Sundays at 2pm
at Braemar Field
9359 - 67a Street

Open to all ages and skill levels

Seniors' Morning Out

at Ottewell Hall

All Seniors are welcome!

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

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League Contacts

President	Anita	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
Vice President	Leigh	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
Secretary	Alison	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	Wendy	programs@avonmore.org	Grants	Scott	grant@avonmore.org
Soccer	Lyne/Boris	sports@avonmore.org	Communications	Sarah	communications@avonmore.org
Civics	Norm	civics@avonmore.org	Rink	Vacant	rinkcoordinator@avonmore.org

Diversi-Tea

Join us at Metro Continuing Education (at Avonmore School) July 6 at 12:00 p.m.-2:30 p.m. Learn about tea rituals from around the world. Metro students will provide tea and snacks from their home countries.



Avonmore Concert Series

We had a successful concert season and are looking ahead to more in the fall. Visit our Facebook Page: 'Avonmore Concert Series' or e-mail avonmoreconcertseries@gmail.com to be kept updated.



LRT Construction Safety

There have been many concerns raised about the safety around the LRT construction, especially around 76 ave and 83 st. If you have concerns about this or any other area, please email vicepresident@avonmore.org.

Glow Yoga Kids Camp



Glow Yoga Kids will be hosting a Girls only yoga camp for ages 4-10yrs at Avonmore Community Hall 7902-73 Ave

July 23-July 27, 9:00 a.m.-3:30 p.m.

Super fun and unique way to spend a week this summer. Enjoy friendship, yoga games, creativity, imaginative play, acrobatics, relaxation, etc.. Cost is \$250 for week

Register online at www.glowyogakids.com/summer-camp-registration.html

Summer Fun Camps



**WHEN SCHOOL IS OUT,
CAMP IS IN!**

The Avonmore League is offering two camps at Avonmore Hall. Each one involves a little bit of everything: Cooking, art, science, movie making and so much more. Each camp runs 10:00 a.m. - 4:00 p.m. daily. Email: jkonrad8@icloud.com for more information or to register.

A Little Bit of This | July 16 - 18 | 3 days

This camp includes a bowling trip at Bonnie Doon Lanes. Fee: \$100.00 or \$80.00 for Avonmore Community League Members.

A Little Bit of That | August 7-10 | 4 days

This camp includes a trip to the TELUS World Of Science. Fee: \$150.00 or \$130.00 for Avonmore Community League members.

Avonmore Green Shack

July 3-August 23 Monday-Friday 2:30 p.m- 6:00 p.m. (Flying Eagle will be on site August 20-22)

Free program that targets children ages 6-12yrs. Come join us for games, crafts, sports and more!

Avonmore Yoga

Unlimited Pass for May and June = \$80.00

Drop ins - \$15.00

Tuesdays and Wednesdays - May 1 to June 19, 6:30 - 8:00 PM

For more info and to register contact Anita - president@avonmore.org

Community Playschool

Drop-In Days

We are offering summertime drop in days:

- July 5th, July 23th, July 31st, Aug 2nd
- Session time: 9:00AM -12:00 NOON
- \$15.00 per session
- Snacks included

For more info email playschool@avonmore.org.

Come join us in September of 2018 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 programming 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)

Shinny Hockey

Continues into September. Thursdays 9:45p.m. at Argyll Arena. Contact Boris at sports@avonmore.org

Garden Club

July 28 9:00 a.m. - 4:00 p.m. ANNUAL AVONMORE GARDEN TOUR

This is a full day event that includes a walking tour of both master- pieces and works in progress in our neighbourhood. It's a fun day that will leave you inspired and full of ideas. All surrounding residents are welcome to join. Contact Anita for details at president@avonmore.org

Avonmore Book Club

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

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!

Community Swim

Commonwealth Pool (until August 28, 2018) 11000 Stadium Road

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

Hardisty Pool (until June 24, 2018) 10535-65 Street

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

Outdoor Pools are free all day

Parent & Tots

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 parentandtot@avonmore.org. Located at Avonmore Hall: 7902 - 73rd Ave NW.

Bus Routes

There is a lot of change to our public transportation systems right now. The ETS is looking at removing many of the bus routes that go through Avonmore.

Please take a look at the changes at https://www.edmonton.ca/projects_plans/transit/bus-network-redesign.aspx

Possible Youth Club

We are looking into starting a older kids/ youth-oriented club. If you know of someone who would be interested or have any ideas on programming, please contact vice-president@avonmore.org

COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Emily	780 566-7669
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	Jean	780 863-0914
Programs	Kristin	780 238-7795
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Michelle	780 466-1017
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Renovations	Darren	780 466-1380
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 Soccer	Shauna D	780 966-3205
SECLA	Shelley	780 462-4599
City – NRC	Tyler	780 690-8613
Meetings are held every 3rd Wed of the month 7:30 p.m. - Sept – June		

Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is

80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at www.capilano.info.

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!

Capilano Community is on Facebook “Like Us”

Capilano Babysitting Registry

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



Thank you Michelle and Shawna!

The Capilano Community League (CCL) would like to express our heartfelt gratitude to Michelle Ware for the commitment and dedication she has put in over the past several years as the League's Treasurer. The Treasurer is a very involved volunteer position requiring time, attention to detail, and initiative. Michelle stepped up to the plate and has gone above and beyond to always ensure the League's finances are in order and well managed. In preparation for the transition to a new Treasurer, Michelle diligently recruited and identified possible volunteers to fill the role, trained our new Treasurer and organized all of the appropriate information to support a seamless transition. We also want to recognize Michelle's willingness to support all of the league's activities; she frequently stretched beyond the role of Treasurer to pitch in and support all of our activities and operations. Michelle, the community and the league is very grateful for the commitment you have made to our success. While Michelle is moving on as our Treasurer we are pleased to share that she will continue to maintain an active role with our league as both our bookkeeper and website administrator.

The CCL would also like to share our appreciation for another of its valuable volunteers, Shawna Forgrave, our memberships



director. Shawna has dedicated over 14 years to promoting and fostering the CCL. During this time she put in numerous hours organizing membership drives, building relationships with nearby businesses, and selling memberships at various events. In addition to the time and effort she has contributed to promoting the league, she made time to train our new memberships director ensuring transfer of knowledge and our ongoing success. Not only did Shawna manage the league's memberships she also readily contributed to the range of events offered within our community. Thank you Shawna for your commitment to our league - you will be missed.

FREE Swimming at City's Outdoor Pools!

This coming summer, all outdoor swimming pools are open from approximately the May long weekend to the September long weekend (weather permitting) and offer FREE access for the entire 2018 season.

Please note: Closures are determined by temperature (below 18°C), extreme weather (stormy, heavy rain, lightning / thunder), and bookings. Outdoor pool status is updated daily at 10am and 2pm.

Capilano Community Memberships

Need a Capilano Community Membership? Contact Jean at 780-863-0914. As well, memberships are available at TGP Your Gold Bar Grocer (5036 – 106 Ave, 780-469-2535) and at Servus Credit Union at Capilano Mall.

CCL Program Director Needed!

This volunteer position is responsible for planning and coordinating all non-city community program offerings for Capilano Community League (CCL). You will also work with a program committee to implement the program plan. If interested or have questions please contact Kris at K_cramer@telus.net or 780-720-9003.

Casino Aug. 5 & 6 Volunteers required!

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

2018 Capilano SUMMER Green Shack Program

The Green Shack program is back at Capilano Community Park (10810 – 54 St.) for summer 2018. The Green Shack playground program will be available
---Monday-Friday from July 3 - August 23.

“Get Active” Summer Camp – Capilano Hall

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

Dates: July 9-13, 2018

Ages: 8-12 years old

Description: Want to learn fun and exciting ways to keep active? Enjoy a week of meeting new friends, playing team sports, and trying new activities. You will go rock

---Hours: 2:30-6 p.m.

A playground leader will deliver FREE playground programs for children 6-12 years old that includes drop in sports, games, activities, and crafts.

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

To learn more or to register, call 311 or go online at www.edmonton.ca/eReg.

Update on 101 Avenue Redevelopment

The redevelopment of 101 Avenue crossed another hurdle on June 5, 2018, with the City of Edmonton's Urban Planning Committee (UPC) voting at their regular meeting that day to have the Civic Administration develop a capital budget profile for the project to be considered by Council this fall for inclusion in the 2019-2022 City capital budget.

Residents of the 5 communities in Greater Hardisty (Forest Heights, Terrace Heights, Fulton Place, Capilano and Gold Bar) may recall the fanfare with which the City initiated the 101 Avenue Corridor Study in 2016. The study was originally intended as a pilot project to support ELEVATE, a City Council initiative aimed at engaging community organizations in the creation of physical and social environments within their own communities that would meet all of their needs during their entire lifetime. The aspirations of ELEVATE also intersected with the goals of the Greater Hardisty Community Sustainability Coalition (GHSCS), a grassroots group originally organized in 2014 to stop local school closures in the Hardisty area.

Through 2 workshops at Forest Heights Elementary School in July and September of 2016, planners from the City sought input from Hardisty residents on measures that should be taken to revitalize the 101 Avenue corridor from 50 Street in the east to 79 Street in the west. Supplemented with additional Pop-up Engagements throughout the community that summer, both workshops were lively affairs and each drew over 200 participants. City planning staff then used the comments from residents to develop a draft concept for the 101 Avenue corridor which was then refined and presented back to the community at an open house in early 2017. That event also drew over 200 participants.

In draft form, the corridor study was completed in mid 2017 and contained a multitude of redevelopment recommendations aimed at revitalizing 101 Avenue, including:

--redesigning the roadway, including the intersections at Terrace Road and 84 Street, to reduce the number of vehicle lanes and adding a separated bike lane on each side;

--support for more medium density residential development along the corridor to provide

diverse housing for seniors, families, etc.;

--ensuring commercial developments are easy to walk to, attractive and provide services for residents; and

--increasing area accessibility, including making better use of Fulton Ravine, for people walking, biking and taking transit.

Since its completion however, the study draft has languished on the shelf, thus prompting Ben Henderson, the Councillor for Ward 8, to request an update report in early 2018, on its status from the Civic Administration. That report, publicly released on May 31, was considered at the City's Urban Planning Committee meeting on June 5. In addition to the 4 regular members of the UPC, the Councillors from 6 other Wards also attended the meeting.

The Administration's report recommended against taking any immediate action on 101 Avenue and argued that its priority for redevelopment should await the identification of a nodes and corridors network for the City as an element of the next Municipal Development Plan (MDP) slated for completion in 2020. MDPs, written every 10 years, are planning documents intended to guide municipal growth over the succeeding decade. Moreover, the update report also indicated that since 101 Avenue is not considered to be a designated Main Street, like Jasper Avenue or Whyte Avenue, the limited capital funding available may preclude the City from being able to move forward with its redevelopment.

In opposition to the Administration's update report, the GHSCS registered a block of residents to speak in favour of taking action on the study at the UPC meeting. Speaking for GHSCS were: Jill Schlender (Capilano), Miles Berry (Fulton Place), Sheila Thompson (Fulton Place), Connie Lussier (Terrace Heights), Sharon Whillans (Terrace Heights), the Reverend Jonathan Crane (St. Augustine's Anglican Church), Angela Mao (Forest Heights), Abigail, Sarah and Rebecca Lechelt (Terrace Heights) and Allan Yee (Capilano). Each speaker spent their allotted 5 minutes concentrating on a specific aspect of the study background and corridor needs, including the last 4 successive decades of residential population decline in Hardisty,

Capilano Playschool Accepting Registrations

Registrations are being accepted for the upcoming school year. We offer a choice of Healthy Apple (health and wellness) or Christian program. Morning classes are two or three days a week. Classes are for 3 and 4-year olds and include a "Learn Through Play" philosophy that helps children learn 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).

For more information on our parent cooperative playschool, or to get a registration package, contact Marzena at 780-802-9307 or capilano-playschool@hotmail.com; check out our website www.capilanoplayschool.com; or find us on Facebook! Hurry as space is limited!

Summer Camps at Capilano Tennis Club

The Capilano Tennis Club is on a mission to build a stronger community by connecting players of all ages! As well as adult lessons, we offer summer camps for ages 5 – 18 years.

You can still register your child for our summer camps! They consist of 4 x 50-minute group sessions in a week (Mon-Thurs), starting the week of July 9, 2018. The cost is \$40 per week.

Discounts are offered for Capilano Tennis Club members, St. Gabriel School students and Suzuki School students. For more information and to register, go to www.capilano-tennis.ca

Save the Date: Capilano Playschool 6th Annual Splash/Slide Fundraiser!

Saturday, November 17
7:30 pm - 10:30 pm

West Edmonton
Mall Waterpark

Support your
community play-
school and enjoy a fun
family night at the wa-
terpark at a great price!

Early bird tickets are just \$13 until October 12! This event sells out every year!

For more information, or to purchase tickets, call 780-802-9307.



Thank You Andy Verhagen from Capilano Playschool

Capilano Playschool would like to extend a HUGE thank you to Andy Verhagen of Remax Reality for his generous donation to Capilano Playschool. It will be used towards activities for our year end party.

For more information on our parent cooperative playschool, or to get a registration package, please contact Marzena at 780-802-9307 or capilanoplayschool@hotmail.com; check out our website www.capilanoplayschool.com; or find us on Facebook! Hurry as space is limited!



the need for additional senior housing options in the area as a catalyst for housing stock turnover in Hardisty, how engaged residents were in providing input into the corridor study, the potential of the area for redevelopment, the current unsafe nature of 101 Avenue for pedestrians and cyclists, the need for affordable housing in the area, and ways to make the 101 Avenue corridor more kid friendly as well as increasing the accessibility of the area for pedestrians and cyclists through the construction of additional urban infrastructure. The GHSCS's request at the end of their block speaking time was for the Urban Planning Committee to direct the Administration to develop a capital budget profile for implementing the corridor study to be brought back for this fall's budget debate. Two outside speakers, Ryan Eldick, a planning consultant with Invistec, and Kirsten Goa, a community public engagement activist, also spoke to UPC in favour of the City supporting implementation of the corridor study's recommendations.

In the end, following debate and questions

asked by various Councillors of the registered speakers as well as the Civic Administration, the Urban Planning Committee did pass a motion to have the Administration bring forward a budget profile to Council this fall for moving forward with the 101 Avenue Corridor Study. A second motion was also carried to have the Administration prepare another report by mid October on opportunities to advance short term actions to move the 101 Avenue corridor vision forward. In the interim, members of the GHSCS continue to discuss ways to continue the momentum on the 101 Avenue redevelopment project and ensure that it actually be approved this fall for inclusion in the City's 2019-2022 capital budget.

The minutes for the June 5 Urban Planning Committee meeting can be viewed on the City's website at: https://www.edmonton.ca/city_government/council_committee_meetings/transportation-committee-agendas-minutes.aspx. In the accompanying video, the discussion on the 101 Avenue redevelopment project runs from the 39:00 minute mark to about the 3 hour and 3:00 minute mark.

CCL BOARD CONTACT LIST

President/Reg	president@cloverdalecommunity.com
Past President/Vacant	pastpresident@cloverdalecommunity.com
Vice President/Dan	vicepresident@cloverdalecommunity.com
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Treasurer/Jackie	treasurer@cloverdalecommunity.com
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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

Cloverdale Casino

Mark your calendars to volunteer for the upcoming Cloverdale Casino on September 6 and 7, 2018 at Casino Edmonton (Argyll) at 7055 Argyll Rd NW. Our casino is a 2 day event that runs from 9:00 a.m. until 4:00 a.m. We need up to 48 volunteers in various positions. Many Cloverdale residents have already signed up, but there are still some vacancies.

The casino is an important source of revenue for the Cloverdale Community League. It's a great opportunity to get acquainted with new neighbour sand catch up with old friends. Contact our Casino Coordinator, Bev Bennett at casino@cloverdalecommunity.com to sign up for volunteer time slots that are still available. See you at the casino!

(CCL) Annual General Meeting (AGM)

The next CCL Annual General meeting is scheduled for 7:00 PM on Monday, September 24, 2018 at the CCL hall. Join your friends and neighbours to celebrate the achievements of the last year. Find out about plans for the coming year. The AGM is a great opportunity to find out about the community building efforts of the CCL and how you and your family can make a contribution



to making Cloverdale the wonderful, liveable community it is.

(CCL) Board of Directors Vacancies

The CCL board prides itself succession planning and renewal. New volunteers bring new ideas and new perspectives. The CCL prides itself on being an open and inclusive organization and we value fresh faces around the board table. We're currently accepting nominations for the following two-year terms:

- Secretary
- Treasurer (financial background preferred, but not necessary)
- Civics

- Programme
- EFMF Liaison Chairperson
- Communications

We've already received nominations for the EFMF Liaison Chairperson and Communications. However, there are still several interesting and exciting opportunities. Please contact Reg at president@cloverdalecommunity.com to find out more about these opportunities, position description and time commitments. We're looking forward to getting you involved.

Spray Park

The best way to stay cool during the summer months is to head to one of the City's free, drop in water play features. The Cloverdale spray park operates from May 25 to

September 18, 2018 from 9:00 AM to 9:00 PM, depending on the weather. The spray park is located next to the Cloverdale Playground at 9411 97 Avenue.

The Pop-Up Playground

Pop Up Play is an exciting opportunity for kids to enjoy access to high quality recreation programming in their own neighbourhood. Join in games, sports, crafts, music, drama and special events 2 days a week at each location. Look out for the colourful Pop Up Play flags flying at the Cloverdale Playground at Gallagher Park, 9411 97 Avenue.

If there's a game or activity you'd like to play, just ask the Program Leader. They are there to make your summer a fun one!

Ages: 6 - 12 years (children under 6 must be supervised by a parent or guardian)

Dates: Tuesday and Thursday, July 3 to August 23 from 2:30 PM to 6:00 PM (except during the Edmonton Folk Music Festival, August 9 -12, 2018)

Cost: Free!

Children are free to come and go as they please from our Pop Up Play Programs.

Programs are led by staff who:



Ensure participants play safely. Parents are responsible for their children at all times and must be available in the event of an emergency.

Are easily identifiable by their blue shirts and name tags.

May be assisted by volunteer Leaders in Training.

Have completed a security clearance process, are trained in First Aid and are certified specialists in FUN!

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Position Group A

GEF Seniors Housing is the largest provider of affordable supportive living residence for low income seniors in Alberta. As a leading provider of safe, affordable, quality accommodations, we offer competitive salaries & excellent working conditions for our team of employees.

Details: The casual Position Group A role offers a flexible role in a variety of jobs and departments, such as the dining room, kitchen, and housekeeping areas. Depending on your interests, training can be provided.

Schedule: There are no regularly scheduled shifts offered; however, a variety of shifts are available that can be accepted or declined based on your availability. These shifts can vary from 3 to 8 hours, in the morning, day, evenings, nights, and weekends.

Pay Scale: \$14.70 - \$19.75 per hour

Location: Ottewell Place, 6207 – 92 Avenue, Edmonton, AB, T6B 0S3 and various locations throughout Edmonton

Typical Duties:

Dining Room Attendant: Greeting residents, serving meals and beverages, setting tables, cleaning, assisting residents at the buffet table as needed, assisting with meal attendance checks, and other site specific duties as assigned.

Housekeeper: Cleaning resident's rooms, dusting, making beds, cleaning bathrooms and common areas. Disinfecting, floor care, laundry, restocking supply areas, and other site specific duties as assigned.

Kitchen Aide: Food preparation, portioning and labeling food, cleaning food areas, dining areas, and equipment. Kitchen duties include: dishwashing, cleaning kitchen area, preparing beverages, sandwiches, salads and snacks, peeling and chopping vegetables, setting and clearing dining room tables, and other site specific duties as assigned.

Experience/Education Preferences:

- Strong English communication skills, both written and verbal
- Experience in the area(s) of cleaning, serving meals, baking, cooking is an asset

Other Requirements:

- Strong customer service skills including the ability to interact with seniors in a respectful manner
- Ability to work independently, as well as a team
- Ability to demonstrate responsible judgement in problem solving

Please send your resume quoting job posting number

(O50) PGA 5 open until filled to:

**Human Resources, GEF Seniors Housing
14220-109 Avenue, Edmonton, AB T5N 4B3
Fax: 780-482-4054 | Email: jobs@gef.org**

The successful applicant will be required to undergo a criminal records check.

BOARD CONTACTS

President	Rae	916-8145	President@forestterrace.org
Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Curtis		Secretary@forestterrace.org
Treasurer	Michelle		Treasurer@forestterrace.org
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Programs	Sarah		Programs@forestterrace.org
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Casino	Anna	485-6099	Casino@forestterrace.org
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Indoor Soccer	Kelly		Safety@forestterrace.org
Civics	Julie	952-5196	Civics@forestterrace.org
Marketing	Joanne		Marketing@forestterrace.org
ACE	CoraLee		ACE@forestterrace.org

Membership perk alerts

Our monthly community coffee date at Second Cup is on hiatus for now. Thanks to those who have supported it for the past year.

Our latest perk for members of Forest Terrace Heights Community League is a 10-per-cent discount from Premier Painting on all their painting and staining services. Call 780-721-4771 or visit premierpaintingyeg.com.

Members get free membership in the Edmonton Tool Library, too! This allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools for a week at a time. To claim your membership, visit the tool library location at the Bellevue Community Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card.

Once a month, we randomly select a community-league member to receive a free bouquet of fresh flowers from Grower Direct, our neighbourhood florist at 7231 101 Ave.

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

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

have free admission again this summer, from May to September.

Members get a discount on rental of our community hall, now with a new sound system. It's 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 at forestterrace.org.

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

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

Pick up a membership anytime at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or online at efcl.org/membership. 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 Sonya at membership@forestterrace.org to find out how.

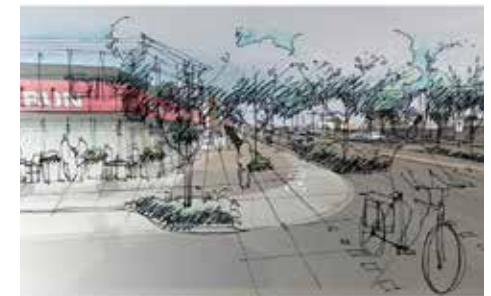
101 Avenue redesign

101 Avenue redesign one step closer
Thanks in part to a well-organized lobby from residents of Forest Terrace Heights, city council's urban planning committee agreed June 5 to take the first steps to redesign the 101 Avenue corridor.

The committee asked city staff to prepare planning and design documents by the fall.

Coun. Ben Henderson came to the league's annual general meeting later the same day to provide an update. He said the avenue was initially designed as the main road into town, but no longer serves that purpose. Instead, it has become a busy thoroughfare through mostly residential neighbourhoods.

"I don't think that we have too many other roads like this, that were designed for



one purpose," Henderson told the committee earlier in the day, as reported by Global Edmonton. "That purpose is no longer really functioning, which creates this opportunity to reimagine it."

Committee chair, Coun. Michael Walters, said it was good to work with a united community that welcomes change and greater density.

"What this was today was a group of citizens that have been working in the aftermath of a bunch of school closures, to reimagine their neighbourhood, and to own up to the question, how do we get more young families into our neighbourhood? How do we increase density in our neighbourhood in a way that people can get behind?"

City staff will do more public consultation over the next few months before making recommendations.

For more information about the 101 Avenue project, visit edmonton.ca and search for "101 Avenue."



Residents taste the Heights

Residents taste the Heights at annual meeting (with 2018 volunteers of the year.jpg)

At this year's Annual General Meeting on June 5, board members, volunteers and residents had a chance to sample food from a number of local eateries. We're grateful to the following for their tasty donations: Cartago, Domino's Pizza, Fargos, H&W Produce, Panago Pizza, Pho Viet-Sub & Bubble Tea, Starbucks, Subway Cafe and Thiên Ân.

Two board members were honoured for their long service: outgoing membership director CoraLee Lechelt and outgoing civics director Angela Mao.

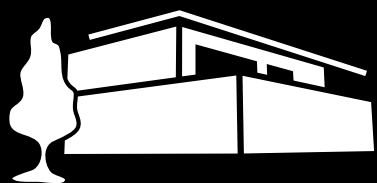
JoAnne McRae was named the non-board volunteer of the year. And the overall volunteer of the year was Kerry Powell, board member and editor of the league's online newsletter and Southeast Voice contributions.

A thank you to volunteers (with 2018 volunteer recognition 2018)



An enthusiastic group gathered June 9 at Biera in the Ritchie Market for this year's volunteer appreciation evening. The food

was ample and delicious. Party-goers also got to sample beers from Blind Enthusiasm Brewing Company.



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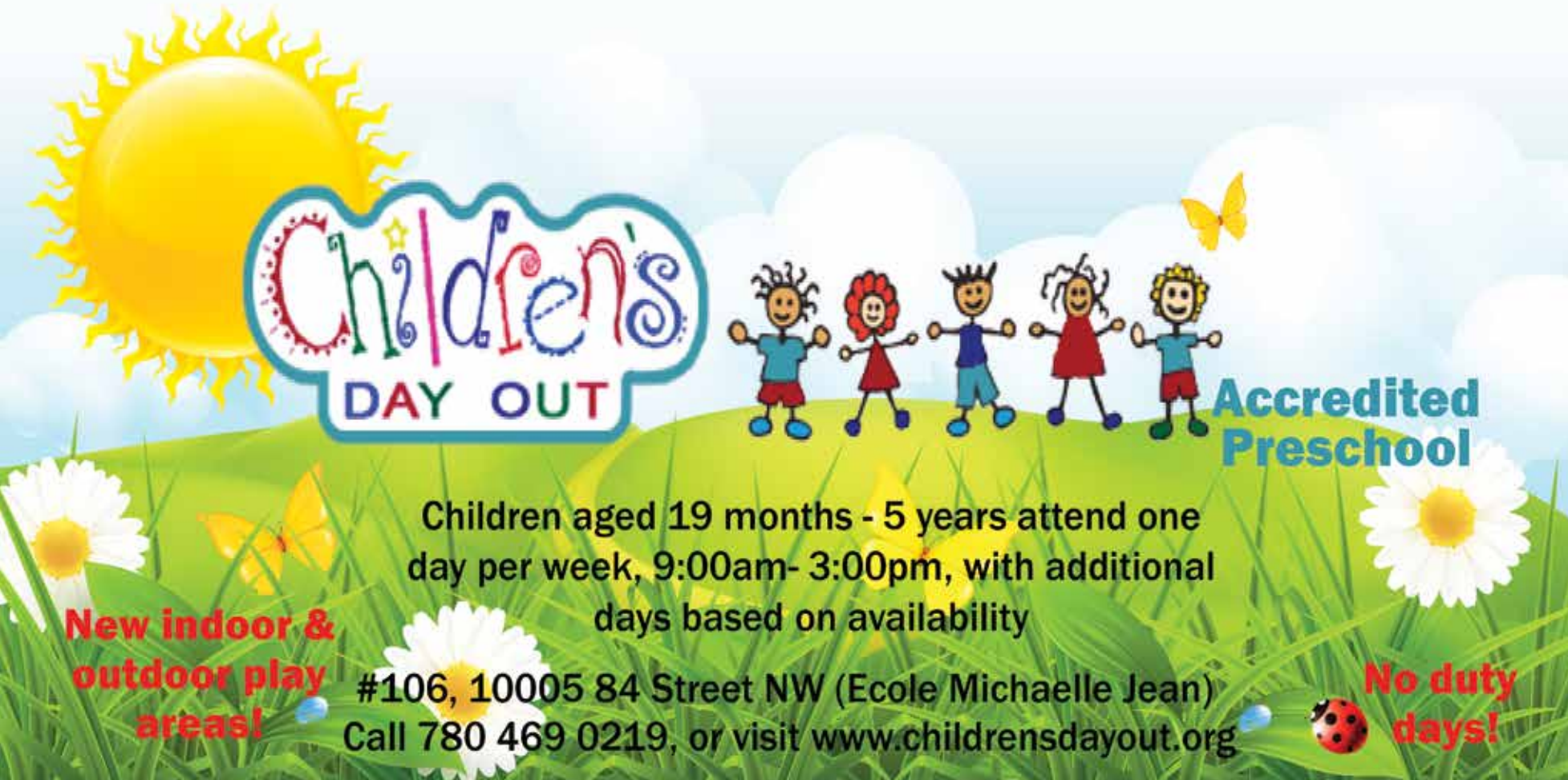
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Next meeting

Please join us at our next community league meeting on Tuesday, September 4, at 7 p.m. at the hall, 10150 80 St NW. Everyone is welcome.

Indoor soccer

Registration is in September. Date and time TBD.

Programs at the community hall, 10150 80 St.

Zumba continues every Wednesday at 7 p.m. until July 11. After that, check the community league calendar at forestterrace.org for the next session. Register on Eventbrite. Questions about Zumba? Contact Mary at Mary.Jaya@gmail.com. Questions about registration? Contact programs@ForestTerrace.org.

High Fitness continues Thursdays at 7 p.m. until July 26 for \$11/class for members; \$13/class for non-members. Register on Eventbrite. Email Angela at angbfit@gmail.com with any High Fitness questions or programs@forestterrace.org with registration issues.

Pilates: Check the community league calendar at forestterrace.org for classes starting in the fall.

The Emotions of Food

We all have a relationship with food. It's a necessity of life that nourishes us. It may also bring us joy as it can delight the senses and stir pleasurable emotions. Some people may have an unhealthy relationship with food that can trap them in an emotional cycle of anxiety and shame.

"One estimate I've seen is that as much as 65 per cent of the population has some dissatisfaction in the way they manage their eating," says Mallory Becker, an Edmonton-based registered psychologist with an interest in eating disorders.

"This can range from life-threatening conditions such as anorexia nervosa, to situations where people feel a lot of guilt about missing the eating goals they've set for themselves. They get caught up in an idealized picture of what they think they should be doing, then crash when they've failed to meet those unrealistic goals."

One way to improve your relationship with food is to be more aware of your eating habits and understand what triggers you to reach for a tub of ice cream or bag of chips.

Small changes in your daily habits can lead to positive results. Instead of being constantly (and somewhat mindlessly) glued to a screen, you can reclaim your place in "the here and now" by conscious deep breathing, mindful eating, or using time to plan some healthy meals.

"For long-term success, it's better to set reasonable goals and look at healthy eating as a lifestyle change. Self-compassion is very important," Becker says.



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All types of play build skills

Play is the foundation on which children build lifelong skills and positive relationships with themselves and others.

Who will be the princess and who will be the pony? How will we get across this lava to safety? In a make-believe world, those kinds of big, creative decisions build healthy bodies and minds. Children learn to build and explore their world and their relationships with others.

"Children are usually told to brush their teeth and go to school, where to sit, which clothes to wear and when to go to bed," says Laura Crawford, program facilitator with Alberta Health Services' Early Childhood program. "Play lets them take the lead. It helps them balance those daily routines and unwind by doing things the way they want to."

When kids lead play, they develop self-esteem and confidence. They learn to be

creative and solve problems; their language skills grow. And when they name objects and describe their feelings, they make vital brain-cell connections that support learning and understanding.

Children play in different ways. Active play is running, jumping, kicking, throwing and catching. It gives children the chance to explore how their body moves, and move in increasingly complex ways. Pretend play is using imagination and acting out scenes and situations. It lays the foundation for language, literacy and problem-solving.

Creative play is making arts and crafts, building sandcastles and more. It lets children use their hands and minds to create. And it helps them learn to express themselves and tune their fine motor skills. Play can also provide a valuable emotional release. Children may not always have the words to express

their feelings, but they can express them by playing a role, drawing a picture or telling a story. By playing together, kids learn to empathize with others and understand the give-and-take of relationships.

"The play experience helps children to broaden their understanding of the world. They learn how to get along with others, share, make friends, take turns and express themselves and their ideas," Crawford says.

"Play is the foundation on which children build lifelong skills and positive relationships with others and themselves. They need to play every day."

Read the full article in Apple magazine's fall 2017 issue on applemag.ca.

To find out more about "What's your balance?" visit ahs.ca/whatsyourbalance. You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance

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Edmonton - Gold Bar United Conservative Party Constituency Association has announced David C. Dorward as their nominated candidate for the 2019 Provincial Election.

David has served as MLA in Edmonton - Gold Bar from 2012 - 2015. He served as the Associate Minister of Aboriginal relations in the Alberta Cabinet. He is a graduate of N.A.I.T and the University of Alberta.

A true people person, his passion to help others has compelled him to contribute to the community through:

- Serving on local and provincial boards
- Coaching youth basketball for over 12 years, David also organized the basketball program for many of the communities in Gold Bar
- Founding and leading the raising of \$38M for and building the Saville Community Sports Centre (GO Centre), the largest community and sport centre of its type in North America
- Serving as the United Way Director of Finance and Administration
- Serving as a board member and past President of the Children's Ability Fund, an organization that provides specialized equipment to improve the lives of people with disabilities
- Serving as Treasurer of the Edmonton Police Foundation; and participating for many years with Scouts Canada including as a trainer for 3 years.



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MLA Edmonton-Gold Bar

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- Participate in local community events
- Share ideas

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Community Contacts

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PRESIDENT@FULTONPLACE.ORG
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780-504-1896

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780-289-0077

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Seniors Liason - Miles- info@fultonplace.org

Community Ice Rink- Shawn
outdooriceinc@gmail.com

Babysitting Registry- Ruth info@fultonplace.org

Southeast Voice Submissions-
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Relationships build good mental health

Resiliency helps with life's bumps and potholes

A child's foundation for good mental health is built early in life through his experiences, including his relationships with his parents, family, caregivers, teachers and other children.

These relationships are essential to his development and help him build resiliency—the ability to bounce back from setbacks and cope with life's ups and downs. Resiliency is built by certain skills such as problem solving, empathy and emotional regulation, which is the ability to show emotions in ways that won't hurt oneself or others.

A child with resiliency is able to react confidently, positively and adapt well to change when he hits bumps and potholes on the road of life. Resilience is also a buffer against the harmful effects of adverse childhood experiences.

"Our mental health depends on our relationships with other people from the very beginning," says Dr. Carole-Anne Hapchyn, an infant psychiatrist in Edmonton and a clinical professor of psychiatry and pediatrics at the University of Alberta.

"When you are resilient, you've got more in the bank to cope," she says. It's like a scale, with the positive things in a child's life going to one side of the scale and the negative going to the other side. Resilience is the movable tipping point that gives a child the ability to have positive experiences outweigh the negative.

One of the best ways to build up the positive side of the scale is through serve and return interactions (see page 11). The key to this back-and-forth communication is watching for and responding to children's cues, Hapchyn says. "Be sensitive and observant to what children are trying to tell you."

Serve and return helps build a strong relationship between an adult and child, creating an emotional bond that gives that child the strength, trust and security he needs.

Read the full article in Apple magazine's special reprint edition 2015 issue on applemag.ca.

To find out more about 'What's your balance?' visit ahs.ca/whatsyourbalance. You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance

Hall Rental



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

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

Fitness Classes

Fitness Kickboxing Mondays 9am

Bootcamp & Circuit Training Wednesday 9am

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

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Ben Henderson
Councillor, Ward 8

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President	Adam	780-406-9758
Vice-President	Jamie	780-803-0422
Secretary	Tammy	tschatull@gmail.com
Hall Rentals	Liisa	goldbarhallrentals@gmail.com
Social Director	Ronda	780-966-3096
Memberships	Amy	780-668-6836
Finances and Fundraising:		
Financial Director	Andrew	andrewroycemason@gmail.com
Treasurer	Nicole	780-440-2017
Bingo Director	Lorie	780-447-1110
Fort Rd. Director	Jessica	780-756-9182
Parkway Director	Charlene	charlenelazenby@gmail.com
Casino Director	Isabella	780-466-3895
Communications & Programming:		
E-newsletter/SEV	VACANT	VACANT
Sign Director	Lindsay	lindsaykocil@me.com
Programs	Sharon	780-710-4303
Green Shack	Kelly	780-434-6533
Craft Show	Pat	p.chmilar@icloud.com
EPCOR Liason	Rhae	780-966-6218

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

Games Night PLUS supper

Friday, June 29th @ Gold Bar Hall
Beef on a bun meal at 6:00 pm. Please bring a potluck side.

Board games and Ping-Pong from 7 - 10 pm. Come out to celebrate the beginning of summer!

River Rafting

Sunday, July 29th

9:00 am - 11:30 am

Tickets \$10 at Eventbrite.ca

Come join other members of our community for a 1.5-hour Sunday morning rafting trip on the North Saskatchewan River. Led by River Watch, a non-profit organization who specializes in rafting and education. Tickets are \$10 a person payable through Eventbrite, <https://www.eventbrite.com/e/river-rafting-tickets-47141254762>. Meet at Capilano Park at 9:00 am (Take 50 St north to river and turn left into parking lot, down by the boat launch). Ride a school bus to Dawson Park where you will float down the river back to your car at the Capilano Park boat launch. 24 spots for adults who are willing to paddle and 21 spots for youth or adults who are unable to paddle. You must bring your own PFD for any child under 12 (You can rent them from Totem). Event will happen rain or shine but will be canceled and refunded in the event of a thunderstorm. This opportunity was made possible through River Watch's River Ambassador Program. Questions email sharon.harker@gmail.com

Mom and Me Fitness Class

Summer Session - Held Outside

Mondays and Thursdays

July 9/12 - Aug 20/23

\$140 twice/week, \$70 once/week or \$12 drop - in

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

Volunteer needed: Communications

If you know how to make use of clip art and are interested in helping members of Gold Bar Community stay informed of events in their community, please consider joining the Gold Bar executive as the Communications Director. This position entails attending the monthly meeting (first Monday each month), collecting and submitting info to the Southeast News (10 times/year) and posting on our page on Facebook (weekly). There are also 281 people subscribed to receive electronic emails through MailChimp, which is a super user-friendly program (sent out maybe 3 times/year). I am resigning after 14 years working with many wonderful volunteers on the Gold Bar Community Executive and would love to teach you this job! Email me sondiamber@gmail.com. Thanks!

Gold Bar Green Shack!

July 3 - August 23

Monday - Friday 10:00am - 1:30pm

This is a FREE drop-in program sponsored by our city and supported by our Community League. Our Program Leader will be at the playground to organize games, crafts, sports, activities, and special events for kids aged 6-12. Children under the age of 6 are welcome, but must be supervised by a parent or guardian at all times.

It's a great opportunity for friends to meet up at the park and be led in fun adventures. If you have a fun game you want to share, let the Program leader know - they are there to make your summer fun!

Flying Eagle will be on site August 20-22. Special staff will come out and share Aboriginal games and activities to accentuate the program. It's a really great way of acknowledging we are on Treaty 6 Territory and sharing some culture.

Community Fun Day

Save the Date of Saturday, September 22 for another free breakfast, and fun for all from the greater Hardisty Area. Details in the graphic in Gold Bar's section.

Gold Bar Green Shack ICE CREAM SOCIAL

Wednesday July 4, 11:30 - 1:30

We will start the summer off in style!

Bring your lunch and friends - we will provide ice cream and a slip 'n' slide!

SEV Submissions



Email sondiamber@gmail.com to submit info to this publication by 29 JULY 2018.

Our Condolences

It is with sadness on May 15, Tom Cork, a long time resident of Gold Bar, passed away. Tom and Gerry Cork lived in Gold Bar from the late '50s until 2008, when Tom moved to Grace Garden Court. Tom was very instrumental in coaching many sports, but mainly hockey and baseball, in the late '60s and '70s and he continued to watch community sports for many years. He will be missed.

An invite to Capilano, Forest Terrace Heights, Fulton Place and Gold Bar community residents to the eighth annual Community Fun Day

greater Hardisty
community fun day

Saturday, September 22 10-2pm

Gold Bar 2018
Community League
4620 105 Avenue

- 10am FREE **pancake breakfast**
- 11am + 2pm **Dynamo Dogs** Agility Demo
- **Cash BBQ** by Young Life
- **Kid Craft Zone** (sponsored by Andy Verhagen)
- **Petting Zoo**
- **Bouncy things**
- Donate to **Food Bank** to be entered in a draw.

A big **THANKS** for financial support and displays to Strathcona Industrial Association, Celanese, Enbridge, Epcor and Imperial Oil.

Imperial EPCOR
Strathcona Industrial Association Celanese ENBRIDGE



Gold Bar Playground Celebration and BBQ

Students of Gold Bar Elementary School and children from the greater community are enjoying the new playground in Gold Bar's schoolyard.

Join us for a Ribbon Cutting Ceremony and BBQ to celebrate this wonderful addition to the area!

Thursday, September 13, 2018

Ribbon Ceremony @ 5pm

BBQ to follow

This is also part of Gold Bar School's Wel-

come Back Celebration.

Parents and students will be meeting teachers and seeing the newly renovated general office, as well as all of the new furniture that Gold

Bar is receiving from the school board. We are so proud of our school and happy to share it with everyone. It is our hope that community members will take a moment to walk through the school and see some of these impressive changes.

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! Registrations are being ac-

cepted for 3 and 4 year olds. Classes are 3 days a week- Monday/Wednesday/Friday or 2 days a week- Monday/Wednesday. For more information or for a registration form, please call Lindsay at 780 708 3461 or email goldbarpreschoolparents@gmail.com

Upcoming Bingo Dates

To volunteer at bingo, call Lorie @ 780-447-1110 (Please note that Lorna has resigned from this position after MANY years of service. THANK YOU, Lorna!).

Fort Road Bingo:

Tuesday July 24th - afternoon and evening

PARKWAY BINGO

Monday, July 16, 2018 - Evening & Late Nite

Saturday, August 18, 2018 - Evening & Late Nite

Monday, September 3, 2018 - Evening & Late Nite - Anniversary Special

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. And on the second Tuesday of every month, with your membership card, you can receive a FREE

hot beverage (coffee, tea or hot chocolate) at Blues Java café between the hours of 7 - 11 am. Please bring your card. You can purchase memberships at Blues Java Cafe or at the Gold Bar TGP. Adults/family: \$20 and Seniors: \$5

Ask Charles

My real estate agent gave me a comparative market analysis when we set the listing price for my home, but now a buyer's lender wants an appraisal done on the property. What's the difference?

That's a good question. There are some very important distinctions between a comparative market analysis (CMA) and an appraisal.

A CMA is a method of property valuation real estate professionals use to estimate the value of residential properties; a CMA provides a range of value. This helps sellers set a listing price for their property. CMAs examine the prices at which similar properties in the same area have recently sold.

A real estate appraisal, on the other hand, is a formal, impartial estimate or opinion of value, usually in writing, of a specific property, as of a specific date, which is supported by the presentation and analysis of relevant data pertinent to a property. Appraisals provide a defined value for the property, rather than a range as in a CMA.


Real estate appraisers in Alberta need a licence as an appraiser from the Real Estate Council of Alberta. They require special training and experience before they become full appraisers. Their methods for providing an appraisal go beyond using the sold prices of similar properties to arrive at an appropriate listing price.

When a real estate professional provides a CMA to a seller or potential seller, they need to ensure the seller understands the following: it hasn't been prepared by a licensed real estate appraiser; it doesn't comply with appraisal standards; no one should rely on it as an appraisal; and, it can't be used for financing, civil proceedings, income tax purposes, or financial reporting purposes.

The only thing a CMA is supposed to be used for is to help set a listing price. That's why a buyer's lender may want to do an independent appraisal on a property. Simply put, the lender wants to make sure the property is worth what the buyer is paying for it. Just because other homes nearby have sold for a similar amount, it doesn't mean a lender will be satisfied the home is worth what the buyer is paying for it.


If the buyer were to default on the mortgage and the property were to go into foreclosure, the lender wants to make sure it can recoup the money it has lent on the property. The lender will be more confident in its lending by reviewing an appraisal for the property.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of 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. To submit a question, email askcharles@reca.ca.




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Linda Duncan

Member of Parliament
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Holyrood Community League Contacts

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Casino Coordinator	Justine	casino@holyroodcommunity.org
Soccer Coordinator	Jared	soccer@holyroodcommunity.org
Playschool Coordinator	Jessica/Melissa	playschool@holyroodcommunity.org
Playgroup Coordinator	Jessica	playgroup@holyroodcommunity.org

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.

Connect Bonnie Doon/Bonnie Doon Mall

Morguard Developments has applied to rezone the Bonnie Doon Centre shopping mall site, and the nearby property at 8715 85 Street and 8420 85 Street. The proposed upzoning would allow for a high-density, mixed-use, transit-oriented development.

Through a robust engagement process, Morguard has sought insights of surrounding communities to help create a vision for the site. Following the second city held, public open house at on May 16th, Morguard Developments continued to seek public feedback by re-opening their "Inspiration Center" located inside Bonnie Doon Mall during "Bonnie Fest" on June 2nd.

Information on this redevelopment is available online at <https://connectbonnie-doon.com>



For updates and to learn more on neighborhood developments, please check out the HDC's website <https://holyrooddevcomm.wordpress.com/>

The Holyrood Development Committee is a subcommittee of the Holyrood Community League. We ask that community members wishing to continue to support us purchase a 2018/2019 Holyrood Community League membership. Your membership not only helps to support the league, but provides you with access to community programs and events!

Green Shack

This free, drop in program is led by City of Edmonton staff. Each day will be filled with games, sports, crafts, music, drama and special events. Come join in the fun!

Ages 6 - 12 years

Located at the Holyrood Park/Playground

Program runs July 4th - August 24th, 2018

Monday - Friday, 10:30 am to 1:30 pm

HDC Updates

Holyrood Gardens

Since its ratification in April, 2017; The Holyrood Development Committee has devoted the majority of its time and resources to the Holyrood Gardens project. Thousands of volunteer hours have been spent on this specific development. Community members provided generous donations to reimburse costs incurred and provide additional resources. The truly generous and caring nature of our community was also showcased by stakeholders who contributed prize donations, meeting spaces and sponsorship letters.

At the Public Hearing in November, City Council voted that the proposal be sent back for rework. The Holyrood Development Committee, City Planning and Regency Developments engaged from early 2018 to redesign and refine the Holyrood Gardens proposal. On May 2, Regency presented their revised proposal to the community at a public open house. It was clear that the developer's proposal was not in line with the community vision or the Holyrood Development Committee's feedback. Many articles emerged such as the CTV news' story 'A step backwards: Holyrood residents disappointed with developer's new design' <https://edmonton.ctvnews.ca/a-step-backwards-holyrood-residents-disappointed-with-developer-s-new-design-1.3913855> As detailed in the Edmonton Journal article, 'City committee rejects reworked plan for Holyrood Gardens development' <http://edmonton-journal.com/business/commercial-real-estate/city-committee-rejects-reworked-plan-for-holyrood-gardens-development>, the Edmonton Design Committee felt that the revised proposal was aimed at providing density rather than a creative design.

The week following the May 2nd Holyrood Gardens open house, Regency Developments chose to revise and submit a new version of the proposal. The HDC asked that developer consider the recommendations and suggestions made by the Edmonton Design Committee on May 1st, 2018 while making changes to the proposal. The HDC also asked that Regency take the revised proposal to the Edmonton Design Committee for review.

The revised proposal was brought back to the EDC on June 5th, 2018. After the review, the EDC provided another lengthy letter that outlined many of the same concerns they had

Thank You To Our Casino Volunteers

A big thank you to all our recent casino volunteers and to Stephen, our fabulous volunteer coordinator. We truly appreciate you all volunteering your time.

Funds raised from the casino will help us maintain our facilities, fund programs and events as well as help build our new rink.

with the previous proposal from May. The EDC's recommendation, was again, one of non-support. The EDC acknowledged and appreciated that the project had evolved since May, but felt that the developer was attempting to buffer the existing neighborhood from the development rather than integrate the development with the surrounding communities. The committee felt that significant refinement and/or redesign of the project was still needed. Their comments from June 5th can be reviewed by searching **Edmonton Design Committee June 5 2018 minutes** on the City of Edmonton's site <https://www.edmonton.ca/>

The HDC additionally asked that the developer bring the new proposal forward and share it with the community. As there was insufficient time to hold a Public Open House to collect feedback on the proposal, an Information Session was held on June 27th, 2018 in the Holyrood School Gymnasium. The Information Session provided information on the most current version of the proposal for anyone wishing to write letters to City Council or speak at the Public Hearing. The HDC printed and delivered flyers to homes in Holyrood and Strathearn to encourage community members to attend both the Public Information Session and the Public Hearing.

Upon reviewing the final version of the DC2, the HDC felt that substantial changes to the proposal were still required. The Holyrood Development Committee referred back to the expert advice of the Edmonton Design Committee and decided to take a formal position of non-support on the application.

The revised proposal was scheduled to be heard at Public Hearing on July 9, 2018. Please visit the HDC's website to find out what happened.

8302 95 Avenue

Urbis Developments has submitted an application to rezone 8302 95 Ave (East of St. Luke's Church). The proposed DC2 is based off of the RA7 zone with some minor changes, taking in to account the Transit Oriented Development zone. Urbis Developments, and their consultants met with members of HDC and representatives from the church prior to submitting the application. The developer sought and incorporated feedback from the HDC. The developer has provided the HDC with an information package with details of the proposed development, see HDC's website for more information.

Idylwylde Community League Contacts

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Garden	Epiphany	gardenidylwylde@gmail.com
Facilities	Vacant	
Social	Vacant	
Publicity	Vacant	

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.

Program Calendar: 2018 Spring Classes

Our programs have wrapped for the spring session. Please message us if you have any ideas for new classes for the fall.

Little Free Library

Our Little Free Library is now up and running over at 7932 83 Avenue, come a grab a new, exciting book, or drop off one of your favorites!

Annual General Meeting

It's that time of the year again! Only July 10th, come to the hall at 6:30 for dinner and we'll start the meeting at 7. Come find out what we've been doing and what's in store for

the next year. We are in need of some more hands to help direct the league going forward. Let us help match your availability, interests and skills with opportunities to get involved.

Pots of Color and Ice Cream Social

Our second ever Pots of Color event was a huge success! We ran out of pots and plants early this year and handed out a record amount of ice cream. A big thanks goes out to our volunteers for this event and Loida Lumanlan from Re/Max for sponsoring the event.

Cheery Tomato Community Garden

We are always looking for new gardeners. Please Contact us at gardenidylwylde@gmail.com if you would like to join our awesome gardening crew!

Hall Rentals

We are taking a hiatus from renting our hall until we find a new rental coordinator, please contact Kate if you have any questions.

Parents &Tots Group



Our Parents and Tots Group has wrapped up for the year. A big thank you goes out to Nicole for running the group another year!

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: 5:00pm - 7:00pm

Start Date: September 30, 2018

End Date: August 25, 2018

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Capilano Farmers' Market

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beginning June 2**

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9:30 am to 3:00 pm

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CONTACT US!

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

Hall Rental requests: rentals@kenilworthcommunity.com

Keep Current on our website: www.kenilworthcommunity.com and on Facebook!

Next Executive Meeting: Monday, September 10th @ 7:00pm

Southeast Voice Newsletter Deadlines

Submissions for the August/September, 2018 issue of the Southeast Voice is due Thursday, July 26th, 2018. Send all announcements to publicity@kenilworthcommunity.com.

Save the Date

Halloween Family Dance Oct 26

General Meeting Nov 12

Chili Supper/Sleigh Ride Nov 30

Outdoor Pools

The City of Edmonton outdoor pools will be free again for the summer of 2018! See https://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx for more info.

Responsible Dog Ownership

Many residents of Kenilworth enjoy their family dog. That enjoyment is also attached to responsibility not only to your dog, but to your neighbours as well. As such, being a good neighbour is important in our community. Please be respectful and responsible by:

1. Keeping your dog on a leash and off private property. Extending lanyard leashes allow your dog some freedom, but that freedom is not at the expense of someone else's property.

2. Not allowing your dog to "No. 1" on private property such as trees, hedges, bushes, flowers etc.

3. Making sure you "scoop"! Dog ownership and "scooping" go hand in hand. It's not ok to leave it for your neighbor to deal with. Also, don't leave your "scoop" in someone else's trash can or on top of someone's trash bags. Take it home and dispose of safely.

4. Staying off of school grounds, sports fields and playgrounds in Kenilworth. This bylaw infraction will cost you \$100.00 if you are caught by animal control.

5. Minimizing barking. The City of Edmonton website indicates that "Barking is natural for dogs when they are bored, lonely or want to alert their owners of something. However, excessive barking can disturb and upset your neighbours. Make sure your dog is a good neighbour by addressing excessive barking through dog training, socializing, exercising and family interaction".

Let's keep Kenilworth a great community for all. For more information please refer to the City of Edmonton website.

Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your event. 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. To book the hall, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

Spring BBQ & Dance

Once again, a full house of over 120 friends and neighbors got together to enjoy this year's Kenilworth Spring BBQ.

A big thank you to all those who volunteered the night before and the day of, to make this such a great community event. As always, a fantastic job by Glen and John cooking the steaks just right.

A special thanks to the Ottewell TGP for the great quality steaks and for their support of this event.

Richard

Senior's Lunch & Laugh

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

Mark your calendars for July 11th, August 8th, & September 12th, 2018

12 - 2PM At Kenilworth Community Hall
7104 87 Ave

\$5 Lunch + FREE dessert and coffee

Confirm your attendance with Loida 780 953-1062 loida@loidahomes.ca

Toddler Time

Toddler Time will wrap up for the summer on May 28th and will resume on September 10th. Contact Angela with questions: angela.feehan@gmail.com

KCL Membership BBQ

Sunday, September 9, 12p.m. – 3 p.m. @ Kenilworth Hall

Come and enjoy the afternoon with family and fellow community residents. Events featured will be Glitter Tattoo Artist, Balloon Man, and a Bouncy Obstacle Course.

Sign up for Kenilworth Programs and get your 2018-19 Membership. Enjoy good food, meet your neighbours, and get involved in your community.

Free Family Fun!

IT TAKES A VILLAGE

Thank you to everyone who came out for our AGM on July 11 and everyone who worked hard at our Big Bin event and hall chair cleaning! It really does take a village to run a community league and without our team none of our programs or events would be possible.

As well thank you to all the people in the community who look out for each other, take care of each other and are mindful of things like dog walking bylaws and cleaning up garbage around our homes and schools. We are all in this together and our community is only as strong as we are together!

Have you ever wondered what skills you have to share or how you might be of value in your community? Do you have an idea for programs, events or positive change within the community and at the hall? Are you looking for somewhere to volunteer even as little as one hour a month? Do you have questions regarding your membership or its benefits?

Contact membership@kenilworthcommunity.com or call Rebecca at 780-982-5885 and she will be happy to help you experience what being involved in the community has to offer. Anytime you need a membership renewed call or email her!

Christmas in July STAMP-A-STACK

10 Christmas Cards or More

Workshop to be held at Kenilworth Hall, 7104-87 Ave

Thursday, July 12, 2018, 6:30 to 9:30 p.m.

Join the fun at the 13th Annual "Christmas in July" workshop.

The event fee is \$28 for 10 cards or \$50 for 20 cards and payable by June 30th.

To register, contact Rhonda at 780-469-0010.

Supplies to bring: SNAIL or other double sided adhesive.

Spray Deck Hours

May 17 - Sept. 17th, 9am - 9pm daily

I've Outgrown it Sale

Saturday, September 22, 2018

10:00 a.m. – 1:00 p.m.

Admission is free

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

Or sell your gently loved, but outgrown clothing, toys, etc.

For more information or to rent a table (\$25 or 2 tables for \$40), contact Becky at becky-closson@hotmail.com or 780-760-3208.

IMPORTANT POSITION NEEDS FILLING!

Kenilworth Community Secretary We need to fill this position as soon as possible. The duties involved preparing the agenda and taking minutes at the meetings. There are 9 monthly meetings on the second Monday of the month with no meetings in December, July, and August. There is a template for the agenda and everyone submits their reports before the meeting so it is a matter of organizing the information.

If this position is for you and you are interested in contributing to your community, then please contact our President, Ian, at president@kenilworthcommunity.com

Kenilworth Ice Path

Many Kenilworth families and neighbouring communities enjoyed the Ice Path at Kenilworth Community. The cost for the Ice Path is \$26 000. Kenilworth can no longer provide the funds for this project as out regular rink costs around \$20 000. In order for the Ice Path to continue, we need to raise the funds in the next four months. Charitable receipts are available, so consider Kenilworth for your charity of choice. A letter can be provided to approach businesses or individuals. Any donation amount is appreciated. Let's work together to make this dream a reality!!

Annual Golf Tournament & Steak BBQ

Kenilworth Community League will be holding their Annual Golf Tournament and Steak BBQ on Saturday, August 25, 2018.

This Texas scramble style 9 hole golf tournament is being held at Triple Creek Golf Course with the BBQ being held back at the Kenilworth Hall.

Register early to ensure your spot.

Tickets are \$30 for Golf/Supper. For tickets or to donate prizes - please contact Ken at 780-915-8144 or by email at kbalcom33@gmail.com

Dino Mites @ KCL

Neighbourhood Summer Day Camp

July 3 - 6, 2018, 9:00 am - 11:30 am

Ages 3 - 5, \$67, Course Code 625924

To register, call 311, online at ereg.edmonton.ca, or in person at any City of Edmonton Recreation Centre

Explore the adventurous world of dinosaurs. From the gentle giants

to the fierce meat-eaters, learn all about these prehistoric creatures

while playing games, making crafts, singing songs and listening to stories.



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CONCRETE AND STEEL | UNDERGROUND PARKING
OVERSIZED OUTDOOR LIVING SPACE | PENTHOUSE UNITS
STARTING AT \$315,000

780.221.8444

Memberships

Have a New Neighbor? Are You New to Kenilworth?

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

Don't have your 2018/2019 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors.

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

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

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 totalbalanceperson@altraining@gmail.com to register.

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 September 2018 and January 2019. For more information or to register your child, please contact Becky at 780-760-3208 or by email beckyclosson@hotmail.com.

Pop-Up Play

July 3 - August 23
Tuesday & Thursdays only
10:00 am to 1:30 pm
City of Edmonton Free Program

Bingo Volunteers Needed!

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

Next Bingos:

July 15, 2018, Sunday, 10:30am - 3:30pm
August 6, 2018, Monday, 10:30am - 3:30pm

August 15, 2018, Wednesday, 4:30pm - 11:30pm

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

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.

Adult Badminton

Adult badminton runs on Tuesdays and Thursdays at 7:00 p.m. 9PM at Kenilworth School (7005 89 Avenue), starting the third week of September to the end of May.

This is a social badminton club rather than an intensely competitive club. There are three courts at the school, so a maximum of twelve players can be playing at one time. We have a rotation system of play, so players do not pick and choose their teammates or opponents. The club is not equipped to train beginners, but you don't need a lot of experience at the game to become a member, although there are some experienced and competitive players in our club.

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

VOLUNTEER OPPORTUNITIES

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

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

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

Games, crafts, sports, outdoor cooking, and much more!

Targeted for ages 6-12 but all children accompanied by an adult are welcome

Ottewell Community League Executive & Board Members

Executive:

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

Board Members:

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

History of Ottewell Committee –

(Looking for more members
of this Committee)

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

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

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

OCL Board Meetings

Tuesday, June 19 at 6:30 sharp!

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

Help Out OCL and Edmonton Folk Fest

Volunteers are needed to help direct and control the flow of taxi traffic in the area.

By volunteering your time, OCL will receive an honorarium and YOU will receive a FREE ticket to the Folk Fest - it's a win-win! Be prepared to do a lot of walking, so wear comfy shoes and dress for the weather.

Duties include:

Checking parking passes
Directing patrons and taxi drivers
Ensuring the taxi line moves smoothly

For more information or to sign up, go to:
<https://www.volunteersignup.org/TYQKJ>

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

We will take July off from meeting formally, but will regroup August 21 at 6:30 sharp.



The Green Shack Program is Back



Ottewell Community League is excited to welcome back The Edmonton Green Shack Program. Join in games, sports, crafts, music, drama, and special events. You'll find a list of upcoming activities and special events posted on the side of the Green Shack each week. If there's a game or activity that you'd like to play, just ask the Program Leader.

Summer programs run from Mon-Fri, July 30 – Aug 3, from 2:30 to 6:00 pm

Ages: 6-12 years (children under 6 must be supervised by a parent or guardian) Cost: FREE

Ball Hockey at OCL Rink

The rink is open for street hockey or roller hockey. Please use at your own risk!

We will do our best to keep it clean of any debris. When it rains it does become the Ottewell Pool. Brooms will be provided to those that would like to sweep the rink.

Send your request to ottewell2212@gmail.com

Ottewell Community League Playschool

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

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

Free Community Swim & Gym for League Members

Access to any of the recreation centers are for the entire facility. So if you do not want to go swimming, you could go work out or do any of the drop-in activities there. The outdoor pools will be opening soon! Community League members have access to all outdoor swimming pools for FREE! check out the city website... https://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx

Saturdays, 5-7 pm at Commonwealth Fitness Centre.

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

Baseball at Ottewell



The City of Edmonton rents the Ball Diamonds to many groups. We encourage many users of the Ottewell Park Land, as a busy park is great for our community growth. BUT, remember you are guests and we would like you to help take care of our Park Land. This year we are adding a Porta Potty on the north side of the batting cage. Ball players please use it.

Please report any issues with the park land to the city of Edmonton by calling 311. Help take care of our community, by picking up after yourself at the soccer field and the park. Ottewell Neighbours thank you!

Purchase Your 2017-18 Community League Membership

NEW Memberships have arrived!
SUPPORT OTTEWELL COMMUNITY LEAGUE

Take pride in your neighborhood and purchase your OCL membership! Support your Ottewell Community! Enjoy the many benefits and discounts including...

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

Go to www.Ottewell.org for updates on great opportunities for our community members.

Purchase your membership at the Sport Shack, TGP and New option - Servus Credit Union Branch in Capilano Mall, or the on-line option at: www.efcl.org/membership.

Memberships run from Sept. 1 to Aug. 31
Family: \$25 / Single Adult: \$10 / Seniors: \$5

Baby! Baby! Baby!



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

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

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

Sizzling Summer Chef



NEIGHBOURHOOD SUMMER DAY CAMP

Kids ages 6 - 12 will mix, measure, cook and eat. We will make special treats and get to munch on them with our new found friends. Children will cook up healthy snacks, while getting to participate in a variety of other camp activities. Cost: \$78.00

July 23 - 27, 1:30 PM - 4:00 PM

To Register:

Call 311

Online at ereg.edmonton.ca

In person at any city Recreation Centre

OCL Movie Night is Returning



JUMANJI with ROBIN WILLIAMS
Friday, August 24 at Dusk, at the Ottewell Hall Park. Come to the park to see all the action and animals on the big screen!

COST: FREE for OCL Members, a Loo-
nie for non-members. Memberships will be
on sale on site, along with concession and
movie treats!

Watch our Facebook Events page for
updates.

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 com-
munity functions.

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

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

Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material, which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate.

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Ottewell Community League Social Media

Follow us on www.Facebook.com/OttewellCommunityLeague or email ottewell2212@gmail.com and let us know what you are up to in your community!

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

Seniors' Morning Out at Ottewell Hall

Seniors' Morning Out
at Ottewell Hall

All Seniors are welcome!

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

SOMETHING NEW!

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

Enjoy coffee/tea and treats along with time for some conversation and companionship. All Seniors are welcome! Tell your friends and neighbors.

Next Morning Out dates are...
July 10th and Aug 14th
10 AM to 11:30 AM

BACK ON TRACK
SPECIALIZED FITNESS AND WELLNESS SOLUTIONS

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!

in partnership with... **OCL OTTEWELL COMMUNITY LEAGUE**

Ottewell Neighbours Soccer Drop-In
Sundays at 2pm
at Braemar Field
9359 - 67a Street

Open to all ages and skill levels

Strathearn Community League Contacts

Position	Name	Email
President	Yasir Syed	president@strathearncommunityleague.org
Vice President	Chris Samuel	vicepresident@strathearncommunityleague.org
Treasurer	Jason Ruhl	treasurer@strathearncommunityleague.org
Secretary	Leah Poetzsch	secretary@strathearncommunityleague.org
Membership	Alicia Lewis	membership@strathearncommunityleague.org
Building & Grounds	Scott Killips	grounds@strathearncommunityleague.org
Social Director	Erin Turnell	socialdirector@strathearncommunityleague.org
Communications	Andy Reid	communications@strathearncommunityleague.org
Programs	Andrew Struthers	programs@strathearncommunityleague.org
Hall Rental Coordinator	Melissa Mrzljak	hall@strathearncommunityleague.org
Member at Large	Nadine Meikle	nadine@strathearncommunityleague.org
Member at Large	James Kosowan	
Member at Large	Evan Joyes	

New Members Join the Community Board

At the Strathearn AGM back on 4th June, among the annual reviews of the main positions in the Community League Board, there were also some new faces to add to the board. Please welcome Erin Turnell (Social Director), James Kosowan (Member at Large) and Evan Joyes (Member at Large) as part of your Community League Board.

Also, congratulations are in order for Chris Samuel who, after a sterling job over the past year as Social Director, has now been named the new Vice President.

For those leaving the board, Niels and Marshall, thanks for all your hard work over the past year. We look forward to seeing you out and about, or at our next Strathearn event!!

If you'd like to hear about what's happening on the board of directors or have something that you'd like to discuss, then please feel free to come to the board meetings. They're held on the first Thursday of the month September through June, at 7pm in the Community Hall.

Happy Gardening!



After a lot of hard work by many volunteers, the Strathearn Community Garden is ready for planting. Sixteen raised beds filled with nutrient-rich soil are now in place at the north end of the hockey rink. The compost bin is ready to go and the tool shed arrives on June 18. This marks the completion of phase

one of the project.

What the garden needs now is donations of hand tools that will be shared by all growers. Small trowels, water cans and snips are needed. If you have tools you'd like to donate, please contact Leah (leah.poet@yahoo.ca or 780-965-6067).



Call For Artists for the 7th annual Strathearn Art Walk



Illustrators, Photographers, Painters, DIYers, Needleworkers, Metalsmiths, Jewellers and Crafters! Come join us for Strathearn's Annual Art & Music Festival on Saturday September 8th, 2018 Noon – 7PM! Edmonton's art and culture scene is thriving, and this is a great opportunity for you to express your creativity and skill. The Art Walk is here to give both experienced and new artists a place to showcase their work in a wide variety of media.

Last year, the Strathearn Art Walk hosted over 230 artists and more than 6,000 visitors attended the event in that single day. With live music, a variety of food, local coffee and beer gardens featuring new and exciting offerings, the Art Walk creates a wonderful, lively atmosphere for artists and customers alike.

Registration is now open online at <http://www.strathearnartwalk.com/artists/>.

The fee for each artist is \$70. This payment will guarantee you a spot in our diverse line up (spots fill up fast!). Additional information is included in our artist guide, which is also available online.

We are thrilled and honoured to be hosting another great Edmonton Festival this summer. We look forward to meeting new artists and visitors, and welcoming those who come back year after year to Art Walk, this fall!

Do you have more questions? Get in touch! Please email us at info@strathearnartwalk.com or visit us on one of our social media platforms: Facebook at facebook.com/strathearnartwalk/, Instagram @[strathearnartwalk](https://instagram.com/strathearnartwalk/) or Twitter @[strathearncl](https://twitter.com/strathearncl) to stay up to date on our latest announcements.

New BBQ Fundraiser Success

Further to the BBQ donation drive in mid June, Strathearn Board is pleased to announce that we hit our target of \$1500!!

Thanks to all those who donated, especially Paul Blais and his team for their generous contribution.

Keep and eye out for the shiny new gas hook up BBQ on the North side of the building. Just in time for summer!!

Buy Your 2018/2019 Strathearn Community League Membership Today

2018/2019 Strathearn Community League memberships are now 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.

You can now buy your membership online at strathearncl.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.

Community League Programs



(Strathearn Community League membership required)

Buy one Get one free at Prospects Baseball!!

Just show your Strathearn CL Membership when you buy your tickets you'll get another free!

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 – July 4, August 1 and September 5.

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 – July 12, and August 9 and September 13.

Free Family Swim Times

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

One of Edmonton's Hidden Treasures



The Orchid Collection at the Muttart. Do you find orchids fascinating?

Did you know one the top ten orchid collections in North America is right here in Edmonton?

Can I tell you more?

The Orchid Species Preservation Foundation (OSPF) is a non-profit, charitable, volunteer foundation that has been in partnership with City of Edmonton since 1991. We own and co-manage with the Muttart staff the orchid collection housed at the Muttart Conservatory. The collection holds approximately 4,500 plants representing 170 genera and 1200 species of orchids from around the globe.

The collection is kept in a purpose built orchid greenhouse at the back of the Muttart Conservatory highlighted in yellow in the picture opposite. It was built by the OSPF and

Muttart and was officially opened in 2004. It is off limits to the general public and as such only a fraction of the plants are on display in the tropical and temperate pyramids on any given day. The collection has grown through generous donations of plants by many orchid growers and by purchasing new species at orchid shows.

Some flowers are very large, but many are miniscule often the size of your pinkie finger-nail or even smaller.

The OSPF also has an Orchid Resource Centre located at 4457 99th Street that houses our propagation facility where we grow orchids from seeds, our library, office, demonstration area for talks and potting session and workshop for building displays and promotional materials.

In addition to caring for the orchids at the Muttart, the OSPF also uses the collection



to educate our youth. In schools, the OSPF takes examples of orchids into the class and gives talks tailored to the grade level and requests from the teachers. We have engaged students from grade 4 to grade 12 in art as well as science classes. We allow the students to touch the plants, smell them and even dissect some the main parts of the plant to see how they work. The students invariably go home with a orchid that they have potted.

At the University level, we have partnered with MacEwan University on several projects. One was taking advantage of our unique collection of Masdevallia and Dracula orchids to extract DNA and search the DNA structure for a sequence that can be used to positively identify a species when not in bloom.

We have also expanded this partnership to include the Wagner Natural Area Society, the Foundation for Orchid Research and Conservation and the Smithsonian's North American Orchid Conservation Centre to investigate Canada's native orchids and explore if we can successfully propagate and grow our native species in the lab and then transplant them back into the wild.

Yes, Alberta has 28 native orchids and some like the yellow lady slipper you can grow in your garden. They are available in the local garden centres or speciality native orchid growers like Shawn Hillis in Calgary (www.gardenslippers.com)

PLEASE DO NOT take them from the wild.

Other ways the OSPF tries to make the collection more accessible to the public is by attending orchid shows and also putting on our own orchid exhibit in the fall. Orchid Shows tend to be focus on flower judging and awards and our orchid exhibit tends to focus on showing the diversity of the orchids and



engaging our youth with the hope of igniting a passion for these unusual plants.

We also like to tour parties around the collection. In past we have tour school groups, university groups, orchid judges, president of the American Orchid Society, senior's groups. During the summer on the second Wednesday of the month, the OSPF gives an orchid related talk as part of the Muttart's Adult Only Evenings. The talk is then followed by a tour of the orchid greenhouse.

If you would like to know more about the OSPF and the orchid collection or explore volunteer opportunities, would like us to come and talk to your group or school or arrange for your group to tour the collection. Please drop us a line at ospf@orchidspecies.ca or if you prefer mail our office address is 4457 99th Street NW Edmonton, Alberta, T6E 5B6

Thank you
Dave Nixon
President OSPF



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.

Call The Dunham Team Today

780 - 466 - 0418
(Office)

**Greg
Dunham**

780 - 964 - 1469
(Cell)

gdunham@telus.net

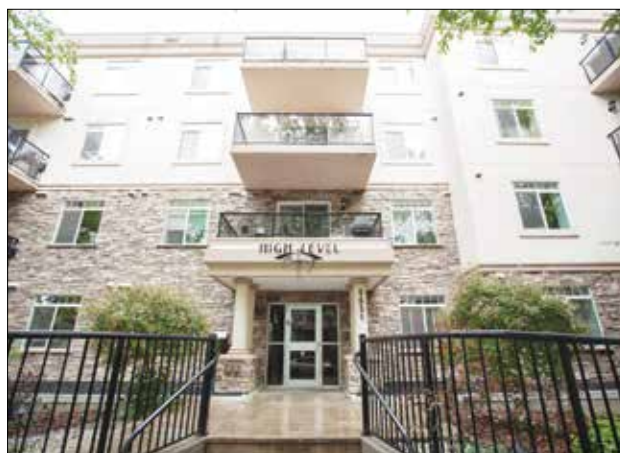
- Specializing in South East Edmonton
- Investment properties
- Most clients are repeat and referrals
- FREE market evaluations



Fulton Place: 1300 sq ft Bungalow, Upgrades Include Kitchen and Bathrooms.



Brander Gardens: Facing Green Space, 4 Bedroom, 3 Bathroom, Double Attached Garage, Walking Distance to Fort Edmonton & Ravine.



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



Ritchie: Character Bungalow, 24 x 26 Garage, Redevelopment Options.



Downtown Condo: Alta Vista South, Contemporary Finishings, In-suite Laundry, Underground Parking. Perfect for the Single Professionals.



Downtown Condo: Victoria Park Tower, One Bedroom Entry Level Unit With Scenic View of River Valley and Golf Course.