

# SOUTHEAST VOICE

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

March 2018



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## Capilano Playschool – Open House March 14

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our teacher! On March 14 at 6:00 p.m., we will be having an Open House along with Hardisty School. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week. All classes are for 3 and 4-year olds and include a “Learn Through Play” philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

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

## LATE Outdoor Soccer REGISTRATION

Although February, soccer registration month, has passed it is not too late to be part of the fun. Residents of Capilano, Fulton Place, and Gold Bar can complete the online registration at [emsasoutheast.com](http://emsasoutheast.com) and then e-mail [hardistysoccer@shaw.ca](mailto:hardistysoccer@shaw.ca) for further instructions. Teams will soon be formed and subsequent registrants will be subject to roster availability.

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

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

Or just come and SHOP!

Date: Saturday March 17, 2018

Time: 10 a.m. – 1 p.m.

Where: Hardisty School - 10534-62 St.

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

## Gold Bar Preschool Registration for 2018-2019

Gold Bar Preschool is a parent cooperative that offers small class sizes located in Gold Bar Elementary School (10525 - 46 Street). We run a child-led curriculum focusing on early literacy, STEM, art, sensory exploration and dramatic play- all in a fun interactive way!

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

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

For more information or for a registration form, please call Lindsay at 780 708 3461 or email [goldbarpreschoolparents@gmail.com](mailto:goldbarpreschoolparents@gmail.com)

## Holyrood HDC Update

### Holyrood Gardens

HDC is in the initial stages of working with city administration and Regency Developments to address the referral motion made by City Council for the Holyrood Gardens redevelopment proposal. Council’s motion states that the issues surrounding tower heights and building massing should comply with Edmonton’s Residential Infill Guidelines, and it also directs the developer to work with the community to address and mitigate the site’s traffic impacts. HDC’s goal will be to see a well-thought out proposal addressing these specific items, completed prior to June 25.

We will be engaging in design workshops with the developer to help provide positive, proactive suggestions to address the specifics of the referral motion. In order to help, inform,

and ensure our representation of neighbourhood interests, we will be hosting a community event between workshops. Design workshop dates are being finalized and the date for a community event will be determined soon - this event will likely scheduled at the end of March or the beginning of April. Please check our website for further details (<https://holyrooddevcomm.wordpress.com/>).

### Other Community Developments

Another redevelopment proposal is in the works at 8302 - 95 Avenue NW, which is currently a vacant lot east of St. Luke’s Church. The redevelopment will be a DC2 (Site Specific) based on the RA7 zone. This zone allows up to 16m heights (4 stories), with an estimated 10-11 units on this site. The developer has reached out to us to begin the engagement process. They would like to present it to the community league in April.

## River Valley Clean-up - April 29, 2018

The Cloverdale Community League (CCL) has a great reputation for caring for its environment. Every year adults and children gather at the hall for a pancake breakfast before scouring Gallagher Park and the streets of Cloverdale for debris uncovered by the retreating snow. It’s amazing how much litter and trash we collect every year.

This year we’re looking at upping our game by including a Big Bin and Electronics Collection event at the CCL hall. These neighbourhood collection sites allow CCL members to safely dispose of household items that normally might be too big to go in the regular weekly trash. Hazardous materials are not accepted.

These events are often annual events at other community leagues.

And, if it all comes together, we may also include a CCL hall deck demolition work bee on the same weekend. Hopefully, we can take advantage of the interest in the River Valley Clean-up and the fact that the Big Bin containers are on site to demolish the deck and ramps at the hall and make way for the new deck. Not only could this be a great neighbourhood event, but it could also be a way to reduce the capital cost of the deck renovation project. Who knows, if we’ve got skilled deck builders and the project management skills, we might be able to undertake the deck construction too!



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# South East Community League Association

PO Box 38025  
secla.ca

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

## Help Shape Future Research on Seniors' Health in Alberta

The Scientific Office of the Seniors Health SCNTM is conducting a Research Priority Setting Partnership. The project will gather input from older adults, their caregivers, and clinicians on the issues that they feel are most important for future research in seniors' health.

You can participate by answering a few questions on what you see as the issues most important for future research to address. You can provide your answers online using the survey link found below. Please also share this opportunity with your teams, colleagues, and associates.

Your responses will help to shape the direction of future research on seniors' health



in Alberta. If you are interested or would like more information, please visit the Seniors Health SCN website: ([www.ahs.ca/seniorshhealthscn](http://www.ahs.ca/seniorshhealthscn)) or contact Billy Zhao, Project Coordinator, by telephone (403-944-3274) or email ([bzzhao@ualberta.ca](mailto:bzzhao@ualberta.ca)).

Access the survey here: <https://survey.albertahealthservices.ca/SeniorsPSP>

## SEEECCC

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



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## Teaching Sexual Health

Research shows that parent-child communication about sexual health can influence teen sexual behaviour. In fact, young people who receive health information about all the parts that make up sexuality tend to delay sexual activity and make safer choices.

As a parent, you may not feel comfortable or have the information you need to talk about sexual health with your child. You aren't alone: many parents are anxious about having "those talks".

**We're here to help.**

Alberta Health Services' Teaching Sexual Health website [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca), provides you with information, tools and supports to help you talk with your child about sexual health. The website covers a range of sexual health topics relevant to parents of children from birth to 18 years old like hygiene, values, healthy relationships, sexuality and consent.

Visit [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca) today to help you get ready for the ongoing talks you'll have with your child about sexual health.





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## LEAGUE CONTACTS

President	Vacant	president@avonmore.org	Babysitting	Cheryl	admin@avonmore.org
Vice President	Vacant	vicepresident@avonmore.org	Casino	Elizabeth	programs@avonmore.org
Secretary	Vacant	secretary@avonmore.org	Sign	Bob	Director4@avonmore.org
Treasurer	Ken	treasurer@avonmore.org	Memberships	Lisa	membership@avonmore.org
Hall Rentals	Tanya	hallrental@avonmore.org	Playschool	Jamie	playschool@avonmore.org
Programs	Sherry	<a href="mailto:programs@avonmore.org">programs@avonmore.org</a>	Grants	Scott	grant@avonmore.org
Rink	Richard/Mathew	rinkcoordinator@avonmore.org	Communications	Vacant	communications@avonmore.org
Soccer	Lyne/Boris	<a href="mailto:sports@avonmore.org">sports@avonmore.org</a>	Volunteers	Ginette	<a href="mailto:Director2@avonmore.org">Director2@avonmore.org</a>
Civics	Norm	civics@avonmore.org			

Thanks everyone  
for the volunteer  
and coming out to  
our Farley Mackenzie  
Family Fun Day

## YOGA CLASSES

The Winter Yoga  
Tuesdays and  
Wednesday until  
April 24th. Drop-ins  
welcome \$15.00

For more informa-  
tion contact Anita at  
(780) 222-4482 or at  
director3@avonmore.org

**Tuesday Classes:** 6:30 to 8:00 p.m. In-  
structor: Emily McNicoll

**Wednesday Classes:** 5:45 to 7:15 p.m.  
and 7:30 to 9:00 p.m. Instructor: Tori Lun-  
den

### Zumba Classes

Join a Zumba class with Diane Igcasan at  
Avonmore Community League Hall.

Classes: Mondays: 5:30 - 6:30 p.m.  
Classes end: May 14, 2018

Class registration.

4 weeks = \$35

8 weeks = \$65

12 weeks = \$95

For more information contact Diane at  
780.604.8103 or go to <http://dianeigcasan.zumba.com/>

## Avonmore Community Swim

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

Saturdays, 6:00 p.m. - 8:00 p.m

**Hardisty Pool** (until June 24, 2018)  
10535-65 Street Sundays, 1:15 p.m. - 2:45  
p.m.

## AVONMORE BOOK CLUB



If you enjoy reading, the Avonmore  
Book Club would love to have you. The  
Club meets on Sunday evenings every 4 - 6  
weeks. Next meeting is March 25th. We  
are reading Hidden Figures. For more in-  
formation contact Anita at (780) 222-4482  
or director3@avonmore.org.

## AVONMORE GARDEN CLUB

The Avonmore Garden Club is an en-  
thusiastic group of locals who like to like  
to get their hands dirty and share ways to  
enhance their yards and gardens. We have  
over 40 participants and there is always  
room for more.

Next event: Workshop - March 17th -  
10:00 a.m. to noon - Controlling Pests - at  
the Avonmore Community Hall

For more information contact Anita Lun-  
den at 780 222 4482 or at director3@avon-  
more.org

## Avonmore Drop-in Music Classes

April 19 from 9:15a.m-9:45a.m. at Avon-  
more Community Hall 7902-73 Ave

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

## Avonmore Lego Club

Join us March 13 at 3:30p.m.-5:00p.m. at  
Avonmore Community Hall 7902-73 Ave

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

## Avonmore Concert Series March 24, 2018

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

Tickets \$25. Cash bar. For details, visit  
our Facebook Page: 'Avonmore Concert  
Series', e-mail [avonmoreconcertseries@  
gmail.com](mailto:avonmoreconcertseries@gmail.com) or call 780-819-4258.

## Summer Hockey Shinny

Summer hockey shinny will be start-  
ing in April and go to the end of August.  
We play every Thursday at Argyll Arena.

If you are interested in playing some fun  
and competitive hockey over spring and  
summer please contact Boris at [sports@  
avonmore.org](mailto:sports@avonmore.org) If interested please email  
Boris at [sports@avonmore.org](mailto:sports@avonmore.org)

## Avonmore Babysitting Registry

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

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

For Teens Seeking Babysitting Work:  
email Cheryl. To help parents find the best  
fit for their children, provide some infor-  
mation about yourself. Tell us the neigh-  
bourhood you live in, the year you were  
born, your credentials (Red Cross Baby-  
sitters Certification, First Aid, etc.), your  
availability and your experience caring  
for children. Don't forget to provide your  
phone number!

## Avonmore AGM May 3 at 7:00 p.m.



Avonmore Community Hall 7902-73  
Ave. Avonmore Community League will  
be discussing what has happened in the  
last year, presenting their new budget and  
is excited to have new members join their  
Board with the board elections that will  
take place

## Avonmore Parent & Tot Program

This FREE drop-in program The Avon-  
more parent and tot group runs every  
Thursday from 10-12 am at the commu-  
nity hall. We are in the hall we do a mix  
of free play activities and arts and crafts.  
Our groups has a mix of small babies and  
toddlers, so there is someone for everyone  
to play with. Coffee and tea provided. For  
more info, check out our Facebook group  
by searching "Avonmore parent and tot  
group" or email Claire at [parentandt@  
avonmore.org](mailto:parentandt@avonmore.org). Located at Avonmore Hall:  
7902 - 73rd Ave NW.

## Avonmore Hall Rental

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

## Avonmore Community Playschool

Come join us for a year of fun and excit-  
ing 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 in-  
struction, hands on learning and now we have  
added to the programing music, brought to us  
by our two great music teachers.

Enriching great little minds more and  
more each day

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



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## 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 mort-

gage 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. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.*

## Ask Charles

I've taken possession of my new home, but pictures, sold price, and its address are still on the listing agent's website, advertised as sold. I want them to take down the pictures and address. Can I make them?

It depends if the information they post on their website is personal information or not. Personal information is defined in the Personal Information Protection Act as information about an identifiable individual. This means that if the information could identify you, it's personal information, and someone needs your consent to use it.

In real estate, a picture of the exterior of your house, information about its neighbourhood, and even the address are likely not personal

information. All of that information is readily available on sites such as Google Maps, but the law is less clear when this information is combined with a statement that the property was just sold, and at a certain price.

Though it has not been tested in court yet, this combination of information could be considered personal information. It's because of legal grey areas like this that RECA recommends real estate professionals get written consent from buyers of their listings if they want to continue advertising a sold listing after possession takes place. Once possession takes place, the seller is no longer the person who provides that consent; it's the new owner – the buyer.

If there is any doubt about whether or not there is personal information in an advertisement, real estate professionals should try to get written consent from the property owner before advertising, or don't include the information in the ad.

If you are concerned that a real estate professional's website contains your personal information through posting a sold listing, talk to the real estate professional in question. There are strict confidentiality rules for real estate professionals, and privacy legislation may apply too. You can also bring the issue to the real estate agent's broker.

You may not be able to make a real estate professional take an ad down if it doesn't con-

tain your personal information, but if you're still uncomfortable with it because you believe it shares too much about your property, a true professional should be open to hearing your concerns and working with you to address them.

*"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. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.*

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## League Board

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

Meetings are held every third Wednesday of the month 7:30 p.m. - Sept - June



## Hardisty Gymnastics – Spring Classes

*Sponsored by Capilano Community League*  
Offering programs TUESDAY or THURSDAY evenings

**Where:** Hardisty School (10534-62 St.)

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

**Cost:** \$91/child

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

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

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

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

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

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

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

Capilano Community is on Facebook "Like Us"

## Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena - 780 909-5886, Maria —780-984 6839, or visit our website at [www.capilano.info](http://www.capilano.info).

## "Get Active" Summer Camp – Capilano Hall

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

Dates: July 9-13, 2018

Ages: 8-12 years old

Description: Want to learn fun and exciting ways to keep active? Enjoy a week of meeting new friends, playing team sports, and trying new activities. You will go rock climbing, swimming at a local pool, and play some active games. Participants will also have the opportunity to partake in a fitness class lead by a special guest instructor.

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

Registration begins Wednesday March 14, 2018.

## Capilano Community League Sign Rental

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

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

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

Small business/commercial 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 Memberships

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

## Treasurer Needed!

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

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

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

Responsibilities include:

--Monthly meeting attendance, September through June annually

--Review Monthly Financials & present them to the Board at the meetings

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

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

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

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

--Liase with Bookkeeper monthly

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

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

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

## FREE Swim for Capilano Community Members

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

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

The indoor community swim program runs from the second weekend in September until the end of June. Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

## Babysitting Registry Revamped!

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

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

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

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

## Capilano Ball Hockey Registration

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

Dates: Saturday April 28 – June 9, 2018

Group 1: 4-6 year olds

Time: 9 – 10 a.m.

Group 2: 7-12 year olds

Time: 10 – 11 a.m.

Cost: \$70/child

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

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

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

## Capilano Preschool Soccer Registration

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

Start: Tuesday May 1 or Thursday May 3, 2018

End: Tuesday June 5 or Thursday June 7, 2018

Cost: \$70/child

Group A: Tuesdays 5:30-6:15 p.m.; Group B: Tuesdays 6:15-7 p.m.;

Group C: Thursdays 5:30-6:15 p.m.; Group D: Thursdays 6:15-7 p.m.

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

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

## CCL BOARD CONTACT LIST

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

### STANDING COMMITTEE

Casino/Bev	casino@cloverdalecommunity.com
Ski Club Liaison/Chris	skiclub_chair@cloverdalecommunity.com
Membership/Karen	membership@cloverdalecommunity.com
Seniors Director/Karen	seniors@cloverdalecommunity.com
Flood Mitigation/Eric	floodmitigation_chair@cloverdalecommunity.com
Community Garden/Vacant	communitygarden_chair@cloverdalecommunity.com
LRT Co-Chair/Paul	lrtcommittee_cochair@cloverdalecommunity.com

For Hall Rentals contact Janet rentals@cloverdalecommunity.com  
For Cloverdale Chronicle submissions contact cloverdalechronicle@gmail.com  
For our Abundant Communities contact Marilyn  
neighbourhoodconnector@cloverdalecommunity.com

## Programs at Cloverdale:

Zumbinni, Mondays @ 5:30pm; March 12 - April 23 (6 weeks) no class March 26th  
Barre Class, Mondays @ 7pm ; March 19- May 7 (8 weeks)

Sportball Tuesday @ 9:45 am and 6pm classes end Mar 27; spring session TBA

Yoga Tuesdays @ 8pm spring session Starts March 13th-May 1st (8 weeks)

Pilates Plus Wednesdays @ 9:30 am.

March 14th - May 2 (8 weeks)

Zumba Kids Thursdays @ 6:15 pm, Spring Session March 22-May 17( no class on March 29th)

Zumba Adults Thursday @7pm spring session March 22-may 17

Barre Class Thursdays @ 8:15, New spring Session March 1-April 19th

Yoga Friday @ 9:45 am Spring session March 9-April 27th

Please Sign up for the Spring Sessions of the above programs email: rentals@cloverdalecommunity.com

A minimum of 6 participants- Maximum 12 required for free to cloverdale members Spring classes to continue.

Drop in at the hall on Wednesday evenings 7-9 pm.! Bring along your favorite GAME and enjoy the company of other cloverdale gamers! All ages welcome. If the lounge is booked, tables can be set up in the hall beside ping pong! A new Guitar class is proposed for Tuesdays 7pm. 6 weeks. A Beginner class. Taught by instructor Bob, who has 30 years experience.... You will be playing by the second class.

Email Janet to show your interest . 6 participants are needed to offer this free class.

## Casino - September 6 and 7, 2018

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

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

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

## President's Message

The Cloverdale Community League (CCL) had an incredibly successful 2017 and is enthusiastically looking forward to 2018.

A few highlights from 2017 include:

- Donating 67 kg of potatoes to the Edmonton Food Bank from the Cloverdale Community Garden. In the past three years, the Cloverdale Community Garden has donated 225 kg of fresh potatoes to the Edmonton Food Bank.

- Sixteen youth participated in the 2017 Cloverdale Youth Concession, which operates the Cloverdale Concession at the annual Edmonton Folk Music Festival. The youth decided to donate a 5% of the net profit to the Kids with Cancer Society. The CCL matched the donation for a total contribution of \$615. We're extremely proud of our youth who learned business skills, teamwork, problem solving and the value of philanthropy through their participation.

- Participation in the annual River Valley Clean-up Campaign.

- Increased participation at all CCL events.

- Engaging the City of Edmonton on the construction of the LRT Valley Line and the Gallagher Park Master Plan.

- Launching the Abundant Community Edmonton initiative in Cloverdale. The ten Block Connectors are actively meeting neighbours, compiling an inventory of assets and working at breaking down barriers to social isolation.

- Mitigating challenges created by the popularity of the Temporary Beach on the North Saskatchewan River.

- Progress on our Sustainable Energy Project. In 2016 the CCL completed a comprehensive Energy Assessment of the hall which provided a framework for improving the energy efficiency and comfort of the hall. To date, we've received approximately

\$386,000 in funding from various provincial and municipal sources and our own funding. In 2017 we completed installation of new 96% efficient furnaces, draft proofing and LED lights.

In 2018 we look forward to completing the sustainable energy renovations at the hall. See the 'Sustainable Energy Update' article for more information on the status of the project.

We're also working with the City of Edmonton on a strategy to mitigate the impact of the Temporary Beach and to develop a Residential Parking Programme (RPP) in anticipation of both the beach and the completion of the LRT. Approximately 100 residents attended the RPP Open House on January 14, 2018 to share their views and get more information about the RPP. Community concerns still remain on how to balance community needs for safety and quiet enjoyment of our property with intensified parking from beach visitors and predatory parking when the LRT comes on stream. Residents will have an opportunity, through an 'Expression of Interest', to indicate their support for a RPP in Cloverdale. Details of the RPP are still evolving. The CCL board will be holding a strategic planning retreat in the new year to identify the values of the community, our vision and strategies to build on the assets, vitality and resilience of the neighbourhood.

By the way, membership in the CCL definitely has its benefits. Your CCL membership gives you free admission to CCL programmes. As well, your CCL membership gives you a 20% discount on admissions to Edmonton's world class sports and recreation facilities. For details on that offer go to:

[https://www.edmonton.ca/activities\\_parks\\_recreation/documents/PDF/CommWellnessBrochure.pdf](https://www.edmonton.ca/activities_parks_recreation/documents/PDF/CommWellnessBrochure.pdf)

The CCL board and residences of Cloverdale are looking forward to another exciting year in "The Village in the Park".

## Sustainable Energy Upgrades

On February 23, 2018, the Honourable Marlin Schmidt, MLA-Goldbar, presented a \$125,000 cheque to Jackie Treutler and Reg Kontz of the Cloverdale Community League for the leagues sustainable energy upgrades. The funding, from the Province of Alberta's Community Facility Enhancement Programme (CFEP), will be used to help complete a variety of improvements to the hall. The improvements include draft proofing, triple glazed coated windows, new LED lights, energy efficiency upgrades to the HVAC system that include new 96% efficiency furnaces, heat recovery ventilators (HRV) and air conditioning (VRV), upgraded insulation in the attic and insulation around the perimeter of the crawl-space. Once the roof is replaced, installation of a planned 22.4 kW solar panel system will be installed. The purpose of these improvements are to increase the comfort of the hall, reduce the carbon footprint of the hall, decrease total



energy consumption and offset electricity consumption with renewable solar energy. Total cost of project is estimated at about \$400,000. The project is financed through the Cloverdale Community League's own fundraising efforts and other grants from both the City of Edmonton and other provincial agencies.



## FOREST HEIGHTS CL CONTACTS JAN 2018

Rae Hall	President	president@forestterrace.org
Jeremy Anthony	Vice President	vp@forestterrace.org
VACANT	Secretary	
Michelle Brewin	Treasurer	Treasurer@forestterrace.org
Anna Krall	Babysitting	babysitting@forestterrace.org
Brittany Thomas	Bingo Coordinator	Brittany@forestterrace.org
Anna Krall	Casino Director	Casino@forestterrace.org
VACANT	Community Watch	Safety@forestterrace.org
Kathleen Wolff	Events Coordinator	events@forestterrace.org
Ryan Hazlett	Facility Director 2	
Bonnie MacNeil	Grants Coordinator	Grants@Forestterrace.org
Molly Book	Hall Rental Coordinator	hall@forestterrace.org
Joanne Hall	Marketing Coordinator	Marketing@forestterrace.org
CoraLee Lechelt	Membership Coordinator	Memberships@forestterrace.org
Kerry Powell	Newsletter Editor	Newsletter@forestterrace.org
VACANT	Program Coordinator	programs@forestterrace.org
Scott Book	Rink Manager	Scott@forestterrace.org
Connie Lussier	SECLA Rep	connie@forestterrace.org
VACANT	Seniors Liason	
Angela Mao	Sign Rental	Civics@forestterrace.org
Nicole Pasche	Soccer Co-director	soccer@forestterrace.org
Kelly Hoskins	Soccer Director	Soccer@forestterrace.org
Nicole Pasche	Volunteer Coordinator	Volunteers@forestterrace.org
Tyler Brown	Website Coordinator	web@forestterrace.org

## Community league membership benefits



We have a new offer for members. Show your card at **Real Deals**, the new home decor store at 7115 101 Ave, and receive 10 per cent off!

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

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

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

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

children's birthday parties, family reunions, fundraisers, meetings, exercise classes and more. A four-hour rental is \$110 for non-members and \$80 for members. A full day is \$230 for non-members and \$180 for members. For more information or to book, visit forestterrace.org.

**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 CoraLee at 780-430-4307.

## Volunteer opportunities

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

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

**Program Director:** Highly organized, point of contact for all programs and program inquiries, liaison for City of Edmonton programs, organizes programs including online payments using EventBrite, attends monthly meetings.

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

To volunteer for any of these positions, please email board@forestterrace.org.

## Fitness Programs

**Indoor boot camp: Mondays: 7 to 8 p.m. at the hall**

Register on Eventbrite for drop-in classes: \$8 for members, \$10 for non-members, plus registration fee. No classes on March 26 and April 2.

Contact Sharon for more information at cs.weber@shaw.ca or 780-270-5273.

**Zumba! Wednesdays: 7 p.m. March 7 to April 11, at the hall**

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

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



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

Session runs until March 15. Available to community league members, including from other leagues. Register on Eventbrite. Cash will not be accepted.

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

## Children's Easter Party



Please join us at the hall from 1 to 3 p.m. on Saturday, March 24, for our annual Children's Easter Party. Crafts and activities for all ages.

If you are able to help out, please email events@forestterrace.org.

## Skating at the Forest Heights and Terrace Heights rinks



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

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

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

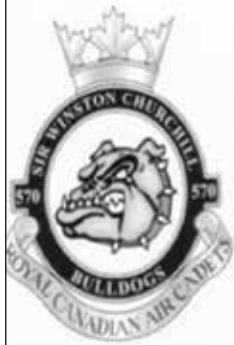
Cold weather cut-off for the rink house will be -22C or as ice conditions dictate. Check the community league Facebook page to see if the rink is closed.

## Bingo volunteers needed April 14



Bingo volunteers are needed April 14 for shifts from 4:30 p.m. to 10 p.m. or to midnight. Volunteers receive one drink and meal at the bingo plus a \$75 voucher that can be used at dozens of local organizations or put towards community league fitness classes and hall rentals. Email Brittany at Bingo@forestterrace.org.





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**Craig Stenersen**  
**780-233-9939 (Cell)**

[WWW.WORKING4U.CA](http://WWW.WORKING4U.CA)

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## Community Contacts

**PRESIDENT:** MIKE  
PRESIDENT@FULTONPLACE.ORG  
780-886-7794

**VP of League Affairs-** Krystina  
vpleagueaffairs@fultonplace.org  
780-906-5507

**VP of Civic Affairs-** Gavin  
vpcivicaaffairs@fultonplace.org  
780-504-1896

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

**Communications Director-** Joshua  
communications@fultonplace.org

**Facilities Director-** Clayton  
info@fultonplace.org

**Sunshine Garden-** Sherry  
fpcgcontact@gmail.com

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

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

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

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

## Fulton Place Hall



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

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

**Fitness Classes**

Fitness Kickboxing Mondays 9am

Bootcamp & Circuit Training Wednesday 9am

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



## Join Your Fulton Place Community League

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

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

Questions? Please email info@fultonplace.org

## FULTON PLACE RINKS

Family skate includes kids' hockey under 16 or with children

Schedule is for boarded hockey rink  
sunday night the lights will be left on for the small rink from 5:00 pm until 8:00pm

Change rooms and boarded skating rink will be closed and locked at regular close time listed 5:00pm

Side rink is for recreational/ family skating at all times (no hockey)

Rinks are operated, 100% by volunteers. please have respect for the volunteers and facility.

Non community members please pay \$2 per person for rink usage.

Skating is free for fulton place community league members. memberships can be bought on site.

Questions or Comments? Please email info@fultonplace.org

## FULTON PLACE SUNSHINE GARDEN

Fulton Place Community Garden is a group of neighbours from the Greater Hardisty Area that aim to cultivate community by growing a garden together! It is a community gathering place where neighbours of all ages can come together to learn, grow and make new friendships. We also aim to demonstrate what a vibrant food garden looks like, to promote local food and urban agriculture. Please visit fpccommunitygarden.net

## Volunteer For Your League

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

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

**Secretary** – meeting minutes/agendas, contact lists, by-laws, etc.

**Ways and Means Director** – oversee fundraising, grant applications, etc.

**Membership Director** – oversee membership sales and related activities

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

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

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

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

## Healthier Eating Habits at Work

Since many waking hours are spent at work-what you eat at work can have a big impact on your health and energy levels. If you are looking for ways to get balance in your eating habits, try one or more of these.

**Boost your Breakfast with Fibre and Protein.** A nutrient-packed breakfast will help you. How can you boost your fibre and protein?

- Choose whole grain cereals, breads.
- Look for cereals and breads that have two grams or more of fibre per serving.
- Try yogurt, cheese, meat, eggs, peanut butter, nuts, seeds, or cooked beans or lentils. Make healthy lunch a habit. Plan ahead and pack a meal with healthy foods from home.

**Try new ideas:**

- Lunch Bowl: brown rice or quinoa, red peppers, avocado, salsa, cheese, and black beans or chicken
- Salad: arugula, strawberries, pears, goat cheese and almonds or pecans. Drizzle with balsamic dressing. Add a whole grain bun



## Are You Ready To Get BACK ON TRACK?

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- One on one or small group training
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### Transformation Packages:

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



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

**Book Your FREE Consultation Today!**

## FULTON PLACE BABYSITTING REGISTRY



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

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

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





Saturday  
April 21, 2018  
9:00 am – 3:30 pm

Strathearn United  
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8510 – 95 Avenue  
Edmonton

Admission \$1

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Phyllis  
780-469-6327 or  
Judy  
780-434-0036

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- Participate in local community events
- Share ideas

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# Gold Bar

4620 - 105 Avenue  
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## GOLD BAR EXECUTIVE

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

## Finances and Fundraising:

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

## Communications & Programming:

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

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

Hall rentals: goldbarhallrentals@gmail.com

Community Website: www.goldbarcl.com

Community Updates: facebook.goldbarcl.com

## Exercise Classes

**[NEW] Hatha YOGA @ Gold Bar Hall**

**Mondays 7-8:15pm**

Class will be held on March 12, 19, 26, April 9, 16, 23, and 30. Cost is \$12 for drop-in.

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

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

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

## 50% off Hall Rentals

During the quieter months of winter, you can rent the hall for half price! March is the last month for this great offer so check out the rental calendar on the Gold Bar website, for availability.

## Community Games Nights

**Friday, March 30, 7 to 10pm**

Come to the Gold Bar Hall to play games, socialize and enjoy some light refreshments. You are welcome to bring a game and even a snack but there will be snacks and games provided, so no pressure. All neighbours and community residents and their friends are invited. All ages welcome although children under 12 should be accompanied by a responsible caregiver.

## Mom and Me Fitness

**Runs Mondays MAR 5-APR 23 and/or [NEW] MAR 8-APR 26 Thursdays 9:30-10:30am \$70 Monday session, \$80 Thursday session, \$12/drop-in**

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

## SEV Submissions

Email sondiamber@gmail.com to submit info to this publication by 25 MAR 2018.

## Upcoming Bingo Dates

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

**FORT ROAD BINGO**

Monday, March 19, 2018 - Afternoon & Evening

Saturday, April 28, 2018 - Evening

**PARKWAY BINGO**

Saturday March 24, 2018 - Evening & Late Nite

Sunday, April 15, 2018 - Evening & Late Nite

## Community League Memberships Benefits

Show your membership card at Hardisty Pool on Sundays from 1:15 - 2:45 pm to participate in a community swim. 311 reassured me that there is no planned maintenance closure for Hardisty, at this time. And on the second Tuesday of every month, with your membership card, you can receive a FREE hot beverage (coffee, tea or hot chocolate) at Blues Java café between the hours of 7 - 11 am. Please bring your card.

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

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



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## Holyrood AGM

**Thursday, April 19**  
**7:00 - 9:00 PM**

### Holyrood Community Hall

Wine, snacks, and babysitting provided!

It's that time again! Holyrood's Annual General Meeting is just around the corner. It's been a big year for us - here are some of our accomplishments:

- We ratified the Holyrood Development Committee to represent community interests with Regency's proposal to redevelop the Holyrood Gardens site on 85 St. HDC put in thousands of hours of research, and made many effective presentations at two Public Hearings in November. Council voted to refer

ular. Our teams give us many reasons to celebrate, including our U-12 girls indoor team who just won gold at city finals!

We rely on volunteers to form our Board and run our events and programs - here are comments from our Directors on why they give!

"I joined HCL as I wanted to feel more connected to the community and wanted to know what's going on in Holyrood and the surrounding areas."

"I enjoy volunteering to help run events, where I get to meet new neighbours and help to create a fun and engaged community."

"I get to help make decisions that impact where I live"

"What do I get out of volunteering in this way? Friendships and social connection (with my neighbours, not people living on the other side of a big city!). Being part of a team, sharing accomplishments. Learning new skills. Fun times and laughs with my fellow board members. The honour of working with a great bunch of people, each with their own gifts to offer."

We'll be looking for some key roles at the AGM! Our board meets monthly, with 3-5 hour/week of work outside of board meetings. We offer orientation for new board members (including Google/G Suite) and a supportive



the proposal to Edmonton Design Committee for their review, and to formalize this requirement for large-scale development and transit-oriented development.

- We enjoyed the sun and the spray at the Holyrood Hose-down in June, hauled away two huge bins' worth of junk in September, and piped in the haggis at our Robbie Burns Day in January!

- We ran over 180 hours of Green Shack programming with the City of Edmonton, including the Flying Eagle Program in July and a winter Green Shack in January.

We had our earliest-ever rink opening in November, and we ran 3 programs: Learn to Skate, Family Shinny, and Thursdays on Ice. We also contributed to Kenilworth's amazing Family Ice Trail.

- We ran several fun indoor programs, such as Brew Your Own Kombucha in March, Mom & Child/Dad & Child paint classes, Yoga with Ruth, and Holyrood Playgroup.

- Our soccer program continues to be pop-

environment of mentorship. In addition to their specific duties, all board members are part of the team that sets the vision for the league. At our 10 monthly board meetings and annual planning session, we are all involved in discussing matters of policy, finance, programs, personnel and advocacy. Visit [www.holyroodcommunity.org](http://www.holyroodcommunity.org) for detailed descriptions.

### Sports Director

Oversees the sports and fitness programs offered by the league, including the Community Soccer program, skating & hockey, fitness classes and community swim program.

### Programs Director

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

### Social Director

Manages all matters related to the social activities of the league, including dances, parties,

## HOLYROOD COMMUNITY LEAGUE CONTACTS

President	Wendy	<a href="mailto:president@holyroodcommunity.org">president@holyroodcommunity.org</a>
Vice President	VACANT	<a href="mailto:vicepresident@holyroodcommunity.org">vicepresident@holyroodcommunity.org</a>
Treasurer	Claire	<a href="mailto:treasurer@holyroodcommunity.org">treasurer@holyroodcommunity.org</a>
Secretary	VACANT	<a href="mailto:secretary@holyroodcommunity.org">secretary@holyroodcommunity.org</a>
Programs	Justine	<a href="mailto:programs@holyroodcommunity.org">programs@holyroodcommunity.org</a>
Memberships	Jessica	<a href="mailto:memberships@holyroodcommunity.org">memberships@holyroodcommunity.org</a>
Facilities & Grounds	Andrew	<a href="mailto:facilities@holyroodcommunity.org">facilities@holyroodcommunity.org</a>
Communications	Jenn	<a href="mailto:communications@holyroodcommunity.org">communications@holyroodcommunity.org</a>
Social	Natasha	<a href="mailto:social@holyroodcommunity.org">social@holyroodcommunity.org</a>
Civics	Dave	<a href="mailto:civics@holyroodcommunity.org">civics@holyroodcommunity.org</a>
Holyrood Development Committee	Jaime	<a href="mailto:hdc@holyroodcommunity.org">hdc@holyroodcommunity.org</a>
Casino Coordinator	Stephen	<a href="mailto:casino@holyroodcommunity.org">casino@holyroodcommunity.org</a>
Rink Coordinator	Casey	<a href="mailto:rink@holyroodcommunity.org">rink@holyroodcommunity.org</a>
Soccer Coordinator	Jared	<a href="mailto:soccer@holyroodcommunity.org">soccer@holyroodcommunity.org</a>
Playschool Coordinator	Shannon/Melissa	<a href="mailto:playschool@holyroodcommunity.org">playschool@holyroodcommunity.org</a>
Playgroup Coordinator	Jessica	<a href="mailto:playgroup@holyroodcommunity.org">playgroup@holyroodcommunity.org</a>

**Website:** [www.holyroodcommunity.org](http://www.holyroodcommunity.org) **Twitter:**

**@HolyroodCL Facebook:** Holyrood Community League

**Complimentary Memberships** are available for newcomers to Holyrood. Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org). **Purchase memberships** at SEESA (9350-82 St), through [efel.org/membership/](http://efel.org/membership/), at Servus Credit Union locations, or at most Holyrood Community League events.

barbecues and other special events. Chairs the league's Social Committee, which plans an annual social calendar, organizes events and recruits volunteers.

### Secretary

Notifies board members of meetings, circulates agendas and ensures quorum. Records all minutes during board and general meetings. Responsible for league record-keeping and information management using Google/G Suite.

### Vice President

Learns the duties and responsibilities of the president, and keeps informed on community league issues. Works closely as an advisor and consultant to the president, and fills the president role in his or her absence.

### Website Coordinator

Updates the league website with programs, events, etc., coordinating with social media and board meeting updates.

Do any of these positions interest you, or would you like to volunteer in another way? Email Wendy, our president, at [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org). She'd love to chat over a coffee with you to give you more information!

### 2018 AGM - Special Topics

We'll also be discussing some special topics at our 2018 AGM:

### Rink Rebuild

We love our rink to bits, but at 35 years old its best before date has definitely passed! We're

rebuilding it this summer, including reorienting it 90 degrees, and we'll be looking for volunteers to help lower our costs. Email [rink@holyroodcommunity.org](mailto:rink@holyroodcommunity.org) and we'll keep you updated as we transition from planning into construction!

### Hall Ownership

Holyrood Community Hall was built to house a child care facility, and it is used by the Holyrood After School Care Society. We are looking into transferring ownership of the hall to HASC, which will allow both of our organizations to better manage our mandates.

## Casino May 31 and June 1, 2018

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

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

Here's how you can sign up in 3 easy steps:

1. Click this link to see our SignUp on SignUp.com: <http://signup.com/go/vTdryXk>

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

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



## League Contacts

President	Kate presidentidylwylde@gmail.com
Vice President	Vacant
Treasurer	Monique treasureridylwylde@gmail.com
Secretary	Corrina secretaryidylwylde@gmail.com
Casino/SECLA	Bridget <a href="mailto:flanagan@telusplanet.net">flanagan@telusplanet.net</a>
Social	Laura <a href="mailto:lmurdoch@email.com">lmurdoch@email.com</a>
Programming	Kamila <a href="mailto:kamilaidylwylde@gmail.com">kamilaidylwylde@gmail.com</a>
Facilities	
Publicity	Kelsie <a href="mailto:kelsieromans@gmail.com">kelsieromans@gmail.com</a>
Membership	Michelle <a href="mailto:bluecanary1@hotmail.com">bluecanary1@hotmail.com</a>
Garden	Christin <a href="mailto:gardenidylwylde@gmail.com">gardenidylwylde@gmail.com</a>
Civics	Lee <a href="mailto:lbrkt@gmail.com">lbrkt@gmail.com</a>

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

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

You can also visit us at [www.idylwylde.org](http://www.idylwylde.org) and sign up for our e-newsletter. We are happy to announce our first ever Old Fashioned Sunday Skate followed by a Paint Night in Idylwylde.

## Hall Rentals

Our hall is now available for rent to the residents of Idylwylde, Bonnie Doon, Strathearn, Holyrood and non-profit groups. Please visit our website for more information on renting our hall, including pictures and costs. Inquiries can be sent to [rentidylwylde@gmail.com](mailto:rentidylwylde@gmail.com).

Parents & Tots Group  
From October to June

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

## Community League Swim

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

Show your ICL membership card to enter the pool.

Commonwealth Community Recreation Centre (11000 Stadium Road)

Saturdays: 5:00 pm - 7:00 pm

Start Date: September 30, 2017

End Date: September 1, 2018

Hardisty Leisure Centre (10535 65 Street)

Sunday: 1:15 pm - 2:45 pm

Start Date: September 9, 2017

End Date: August 25, 2018

## Memberships Now Available at Servus Credit Union

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



## Little Free Library

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

## Calendar 2018 Classes

Classes are free of charge for Idylwylde Community League members. Please remember to bring your ICL membership card. Membership cards will also be available for purchase at classes. Please consider supporting the Idylwylde Park renewal project. Donations of \$20 or more will be eligible for a City of Edmonton tax receipt.

### Pilates Mat Class

Instructor: Kelly Bray

Monday: 7:00 pm - 8:15 pm

Continues in May 2018

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

### FALL INTO FITNESS CLASS

Instructor: Kelly Bray

Wednesday: 7:00 pm - 8:15 pm

Continues in May 2018

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment.

A pair of runners, a mat and a water bottle is all you need.

Dress comfortably as you are going to sweat!

### FAMILY YOGA

Instructor: Monique Merchant

Sunday: 10:30 am - 11:30 am

Dates: February 25, April 22, May 27, 2018

Slow down, connect and have fun with your family and community!

This class includes individual, partner and group yoga poses, games, and much more. Bring family or a friend because yoga is better together!

Contact [monique.merchant@gmail.com](mailto:monique.merchant@gmail.com) for any questions

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

### CHAIR YOGA

Instructor: Susan Lobkowicz

Thursday: 10:00 am - 11:00 am

Start date: January 18, 2018

End date: March 29, 2018

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

## Cheery Tomato Community Garden Facilitator Needed



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

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

## Volunteers Needed



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

### GENTLE HATHA YOGA CLASS

Instructors: Monique Merchant & Sebastien Bolessa

Monday: 7:00 pm - 8:00 pm

Start date: February 5, 2018

End date: March 26, 2018

(No class on Feb 19 - Family Day)

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



## KCL League Contacts

### Executive

<b>President</b>	Ian	780-717-3578	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
<b>Vice President</b>	Irene	780-695-2001	<a href="mailto:vicepresident@kenilworthcommunity.com">vicepresident@kenilworthcommunity.com</a>
<b>Secretary</b>	VACANT		<a href="mailto:secretary@kenilworthcommunity.com">secretary@kenilworthcommunity.com</a>
<b>Treasurer</b>	Colleen	780-469-7661	<a href="mailto:treasurer@kenilworthcommunity.com">treasurer@kenilworthcommunity.com</a>
<b>Bldgs &amp; Grounds</b>	Dan	780-469-2019	
<b>Bldgs &amp; Grounds</b>	Terry	587-983-6848	
<b>Membership</b>	Rebecca	780-982-5885	<a href="mailto:membership@kenilworthcommunity.com">membership@kenilworthcommunity.com</a>
<b>Senior Programs</b>	Loida	780-953-1062	
<b>Children's Prog.</b>	VACANT		
<b>Summer Programs</b>	Alma	780-469-2019	
<b>Capital Projects</b>	Gary	780-266-4279	
<b>Grant Applications</b>	Aly	780-700-3676	
<b>Soccer</b>	VACANT		
<b>Social</b>	John	780-462-2105	
<b>Bingo</b>	Julia	780-476-2992	
<b>Casino</b>	Bonnie	780-469-1969	
<b>SECLA</b>	VACANT		
<b>Publicity/Website</b>	Martine	780-995-8884	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>

### Representatives

<b>Badminton</b>	Liz	780-465-5188	
<b>Crib Club</b>	Rhys	780-490-0106	
<b>Neighbourhood Watch</b>	VACANT		
<b>Playschool</b>	Becky	780-760-3208	
<b>Toddler Time</b>	Angela	780-935-3404	<a href="mailto:angela.feehan@gmail.com">angela.feehan@gmail.com</a>
<b>Caretaker</b>	Pauline	780-469-7366	
<b>Hall Rentals</b>	Al/Liz	780-469-1711	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>

## Kenilworth Community League Annual General Meeting Invite!

Elections this year are for President (currently filled), Secretary (Vacant - require a volunteer).

Non-executive positions that are vacant are Children's Programs, Soccer and SECLA Representative.

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

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

Meet your neighbours and the board of KCL.

Get your membership and skate tags if you still need.

Have the opportunity to fill a much needed



board vacancy or volunteer for ongoing projects and events throughout the year.

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

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

## CONTACT US!

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

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

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

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

Annual General Meeting, Monday, March 12th @ 7:00pm

Southeast Voice Newsletter Deadlines

Submissions for the April, 2018 issue of the Southeast Voice is due Thursday, March 22nd, 2018. Send all announcements to [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com).

## SHOUT OUT to our sponsors for the Kenilworth Family Ice Trail. Another successful year, with thanks to:

Imperial Oil

Outdoor Ice, Inc.

SECLA

City Of Edmonton

Forest/Terrace Heights Community League

Holyrood Community League

Capilano Community League

Fulton Place Community League

Idylwyld Community League

Kenilworth Community League

Scrapbooking/ Card Making Garage Sale

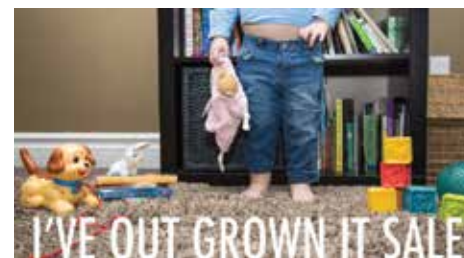
Kenilworth Community Hall, 7104-87 Avenue

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

Great bargains for you for your next projects!

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

## I've Outgrown It Sale



Saturday, April 21, 2018

10:00 a.m. – 1:00 p.m.

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

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

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

## Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com)

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm) \$450.00

\$550.00

Day Rate \$300.00 \$385.00

Damage Deposit \$250/day rate \$550/day rate

\$450/weekend \$550/weekend

\*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details. To book the hall, email is preferred, [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al @ 780-469-1711.

## Kenilworth Playschool Registration Night

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

Thursday, April 26

6:00PM-7:00PM

**Kenilworth Community Hall**

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

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

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

## Community Swim

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

Please bring your community league membership for entry.

## Save the Date!

Adult Steak & Shrimp BBQ May 12

KCL Garage Sale May 26

General Meeting June 11

Christmas in July July 12

Golf Tournament & Steak Supper Aug 25



## Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings, starting September 11th, 2017, from 10-11:30. Free drop-in play time/socialization for children 0-5yrs. This program started back up in 2015 with a laid back atmosphere of unstructured play. It is run by volunteers and facilitated by a mom with a background in child language development and children's mental health. Opportunities for new volunteers to help with facilitation and organizing structured activities. Coffee and tea provided. Contact Angela with questions: angela.feehan@gmail.com

## Bingo Volunteers Needed!

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

### Next Bingo's:

March 16, 2018, Friday, 4:30pm – 11:30pm  
April 7, 2018, Saturday, 4:30pm – 11:30pm  
May 4, 2018, Friday, 4:30pm – 11:30pm  
June 3, 2018, Sunday, 10:30am – 3:30pm  
June 13, 2018, Wednesday, 4:30pm – 11:30pm

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

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

## Memberships

Have a New Neighbor? Are You New to Kenilworth?

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

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

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

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



# Suzuki Charter School

A public school committed to academic, personal & musical excellence.

## Limited spaces still available for Division II!

Accepting Lottery for PreK and all other grades.

Everyone welcome!

For more information please contact

Lisa Leflar

780.468.2598

leflarl@suzukischool.ca

“Learn and Play in Harmony”

10720 - 54 Street
[www.suzukischool.ca](http://www.suzukischool.ca)
780.468.2598



## Scrapbooking/ Card Making Garage Sale

Kenilworth Community Hall,  
7104-87 Avenue  
Saturday, March 10, 2018

9:30 to 1:00 p.m.

Great bargains for you for your next projects!  
For info email Liz: [kenilworthscrapbooking@gmail.com](mailto:kenilworthscrapbooking@gmail.com)



## Babysitting Registry

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

## Volunteer Opportunities

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

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

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

## Strength/Cardio class

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

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

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

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

We run 6 week sessions for \$75. Drop-ins are also welcome for \$15. Cash or Cheque accepted. Cheques are to be made out to Kenilworth Community League.

Please email Kathi at [totalbalanceperson-altraining@gmail.com](mailto:totalbalanceperson-altraining@gmail.com) to register.

## Master Home Renovator

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Fax: (780) 463-0090  
Email: [dreno@telus.net](mailto:dreno@telus.net)  
Web: [www.dreno.ca](http://www.dreno.ca)

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- Satisfied clients in your neighbourhood.... references available.
- Fully licensed and insured.








## Ottewell Community League Executive & Board Members

### Executive:

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

### Board Members:

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

### History of Ottewell Committee -

(Looking for more members  
of this Committee)

Indoor & Outdoor Soccer Director – Tena  
Summer Playground Chair – Colleen  
Social Team – Bri & Colleen  
Playschool Chair - Andrew  
Rink Chair – Cory  
Maintenance Chair – Frank  
Civic & City Liaison Chair - OPEN  
Membership Chair – Russ  
Communications Chair – Tim  
EFCL Rep – Corinne  
East Park Baseball – Clarence

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

## Ottewell Community League Playschool

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

For information about the playschool please contact Andrew at: [andrew\\_r\\_horton@yahoo.com](mailto:andrew_r_horton@yahoo.com) or find us on Facebook at: [facebook.com/ottewellplayschool](https://www.facebook.com/ottewellplayschool)

## Easter Egg Hunt



Mark your date for **Ottewell's Annual Easter Egg Hunt** happening **April 1st** from 1:00-3:00pm. Kids will have lots of fun searching for Easter eggs and exchanging them for a goodie bag.

Get their picture with our very own Easter Bunny and many many treats and surprises.

## Ottewell Community League Board Meetings

**Tuesday March 20, at 6:30 P.M. SHARP!**

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

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

## 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](http://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](http://www.efcl.org/membership).

Memberships run annually from Sept. 1 to Aug. 31

Family: \$25 / Single Adult: \$10 / Seniors: \$5

## Need Volunteers for Bingos

If you would like to help out and donate some of your time to work at our designated BINGO's during the year, it would be truly appreciated! All funds raised support the Ottewell Community improvements. Please help us to raise these funds so we can continue to make improvements.

To get on our Bingo volunteer list please email: [oclbingo@gmail.com](mailto:oclbingo@gmail.com)

## Ottewell Community League Social Media

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

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

## Family Day Skating Party - A SUCCESS!



OCL and Kings College partnered together and put on a fun Family Day skating event on Feb 19. A Great time was had by all! We look forward to doing it again next year!

## Join the Ottewell Community League Team of Volunteers!



### Want to have some FUN!!!!

Want to know your neighbour and get involved?

Be a part of the community and make a difference?

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

For more info please email: [Ottewellsocial@gmail.com](mailto:Ottewellsocial@gmail.com) with "Ottewell Volunteer" in the Subject Line, or fill out the form on our website at: [ottewell.org/volunteer/opportunities/](http://ottewell.org/volunteer/opportunities/)

## STORM SOCCER - Fundraiser



To raise funds raised will be used for tournament travel costs, the U14 Girls, U16 Girls, and U16 Boys STORM Soccer Teams are selling Safeway, Sobeys, Superstore and Save-On-Foods gift cards. Cards can be purchased in the amounts of \$25, \$50 or \$100 with delivery approximately 7-10 days after order date.

**Order Date: March 14th**

Payment: Cash or Cheque (payable to ESE-SA - Edmonton Southeast Soccer Association)

To place your order and arrange for payment prior to the order date, please email: [jdolafson@telus.net](mailto:jdolafson@telus.net)

Thank you for your support of our soccer program!

## 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](mailto: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](mailto:ottewellsocial@gmail.com).

## Free Community Swim & Gym for League Members

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

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

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

## Help Us Keep Our Community Clean

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

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



## Help Us Keep Our Community Clean

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

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

## Rent The Ottewell Hall



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

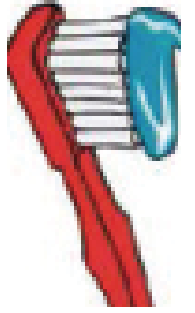
We recently did a complete overhaul and renovation of our kitchen to serve you better!

For details regarding renting our hall, go to.... [Ottewell.org/hall-rental](http://Ottewell.org/hall-rental). See our availability calendar, fill our rental form, or call: Tim at 780-463-3330.

# Ottewell Dental Clinic

**Dr. Gordon Ludwig & Dr. Brian Zwicker**  
**We Welcome New Patients**

Family dentists providing all general services.  
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MSRP \$99  
with an adult check up and cleaning.\*  
\*one/patient/calendar year

[ottewelldental.com](http://ottewelldental.com)

## Open Stage Night



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

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

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

\$5.00 for adults. OCL Members and kids under 18 - FREE. Enjoy a concession and tooney bar.

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

## 2018 Programs at OCL

Ottewell Community League endeavors to host a variety of programs that meet the many and varied needs of our members. Watch our Web Page and Facebook for updates to our many programs.

- Current programs at OCL include:
- Beginner Yoga
- Seniors' Morning Out
- Spring Garden Class (date & time TBD)
- Zumba

If you would like to assist, or have an idea for a program, please email: [ottewellsocial@gmail.com](mailto:ottewellsocial@gmail.com)



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

## Seniors' Morning Out at Ottewell Hall



### SOMETHING NEW!

We are inviting our Ottewell seniors to get together at Ottewell Hall every 2nd Tuesday of the month. Come and enjoy our first Seniors' Morning Out at Ottewell Hall.

**Tuesday March 13 from 10 AM to 11:30 AM.**

Enjoy coffee/tea and treats along with time for some conversation and companionship.

## Beginner Yoga on Thursday Nights - at Ottewell Hall

**January 18 – March 15, 7:00pm - 8:30pm**

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

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

Drop in for \$10.00 (Cash, debit and credit cards accepted)

## Babysitter Training Program



Register for **Kidproof Babysitter Training Program** on **March 10th** from 10am - 5:00pm.

This popular course is packed full of advice, guides, tips, and information based on real life experiences, from kids and experts in the know. Space is limited so register early at [www.kidproofsafety.com](http://www.kidproofsafety.com).

## ZUMBA At Ottewell



### COME OUT AND GET YOUR ZUMBA ON!

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

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



## HALL STATUS UPDATE

Although it's been quiet on the outside, plenty of work is wrapping up on the Strathearn Community Hall on the interior. Ducts, wiring, plumbing and other building services are being connected and finalized, and painting, trim and flooring are underway. Due to the cold weather and snow, work on the metal roofing and fibre cement siding has taken longer than expected. Both power and gas connections were also delayed, requiring temporary heat to be used for more time than we expected.

The contractor has been keeping a close eye on the hall budget and suggested some changes in finishing that will result in cost savings. Through the course of the project, there have been several unforeseen circumstances the building society has had to deal with, bringing us very close to our maximum budget.

Nonetheless, we are confident that the hall project will be successfully completed, and Strathearn Building Society is planning the first event for the hall, recognizing donors to the hall project, on April 30, 2018.

If you'd like an invitation, please contact treasurer@strathearncommunityleague.org to make a donation.

## LRT Art Public Presentation

There will be a public presentation for "Of Birds and Such" Saturday March 10, 11am - 2pm at Gallerie CAVA (9103 95 ave). Members of the Public Studio (publicstudio.ca) team responsible for the commission will be in attendance to host the event. This will be a chance for the neighbourhood to hear about the inspiration for the planned installation and some details as to materials and timelines. Bring your questions and inquires and prepare for a lively conversation about art and the public realm.

## Strathearn Trivia Night



What year was Google founded? Who is the tallest player in the NHL? Where was the donair invented? On Thursday, March 22nd, the Strathearn Community League is hosting our second trivia night at the Juniper Cafe and Bistro.

Come meet your neighbors and have a chance to prove your trivia mastery. Great prizes are yours for the taking! Everyone is welcome, and Strathearn community league members can show their membership for even more great deals. For more info, contact Chris Samuel at chris.samuel@gmail.com.

Strathearn Trivia Night  
March 22nd, 2018 (7:00pm-9:00pm)  
Juniper Cafe (9514 87 St NW)

## New Hall, New Programming

The opening of the new Strathearn Community League hall means an opportunity for new, on-going community programming and the league wants your input. Tentatively, we have fitness classes lined up (Barre Class, Gentle Yoga, Family Zumba), cultural activities (Games Night, Parent and Tot group, Strathearn AV Club) and some less typical ideas for future endeavours (Improv Theatre classes, Ping Pong Club, Junior Achievement class). There will be a mix of paid (discounts for SCL members) and free programs open for everyone.

What we need from the neighbourhood are broad suggestions about the kind of programming you would like to see but also specific considerations such as: How would you like

to see Games Night organized? If it's hosted twice a month perhaps once is a family night and the other an adult only? Should it be organized around specific games? There appears to be neighbourhood interest in a Bridge Club, some have suggested chess. Also, hiring an instructor for a fitness class for example will require a minimum number of participants signed up in advance so your support will be key to maintaining strong schedule of events. Programming will depend on the level of interest from the community so please, let's start the conversation.

Fire off some ideas to our social media channels or contact me through our communications@strathearncommunityleague.org address.

## Community League Programs

*(Strathearn Community League membership required)*

### Wired Wednesday

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

Upcoming dates – Mar 7th, Apr 4th, and May 2nd.

### 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 – Mar 8th, and Apr 12th, and May 10th.

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

## Volunteers Required

Lots of opportunities to volunteer for the betterment of your community are coming available. Saturday May 12, 9 - 3pm the team behind our community garden effort are hosting a compost sale fundraiser. Volunteers are needed in advance as well as on the day of the event so if you're interested please get in touch and we can give you all the details.

Saturday May 12, 12 - 4pm will also be the fifth annual Silver Heights Park Clean-up. Join the community league as we prepare for summer park programming. We'll be getting the playground in shape for Green Shack, cleaning the basketball court and making sure our spray deck is ready to go for summer fun. No need to sign up in advance just show up with some garden gloves and we'll put you to work. Volunteering in your neighbourhood is a great way to end the winter hibernation and meet some new friends.

## New Hall Fundraising

Please consider giving what you can to the Strathearn Building Society to help us complete this 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.

## Community League Membership

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

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

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

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

Or email membership@strathearncommunityleague.org.

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





# Hair Creations celebrates 25 years in Strathearn

Twenty-five years ago, Sheila Dunphy had no interest in striking out on her own as a hair stylist. But, encouraged by a friend, she agreed to take a look at the Hair Creations space in Strathearn. The moment she stepped inside she felt a connection to the place. She left the tour contemplating what it would mean to be an independent stylist. Taking that step was huge for Sheila, a self-described non risk-taker. The first year was stressful and anxiety-filled. Many days passed without a single client, or the only client of the day coming through the door at five o'clock. She recalls delivering pamphlets door-to-door and offering a lot of "deals", often partnering with the esthetician next door on combination specials. At the end of that year, Sheila felt she had enough steady clients to stay the course and in April of 2018, she will celebrate her 25th year in the Hair Creations salon. Our conversation quickly becomes a history of the businesses on 91 Street and the people who have called Strathearn home over the past quarter century. "I always say that our little strip is like Coronation Street—we're a little community in and of itself."

A liveliness comes to Sheila's eyes as she remembers the merchants she's befriended over the years. Jessica the Tailor used to occupy the space at the south end of the block, running the business from the front of the store and living in the back and

basement. Strathearn residents never had to leave the neighbourhood for their dry cleaning as Jessica took care of sending it out and having it returned to her shop. Wing's Supersave was at the north corner of the block for over 20 years. Sheila tells me he was a butcher by trade so he had fresh-cut meat along with fresh produce and he also made really good Chinese food for take-out. She laughs remembering Bernie, the original owner and chef of the Red Ox Inn. He was a character, Sheila says, and people were drawn to the restaurant not just for the best clam chowder in the city, but because of the vitality of the place.

There are several aspects of Hair Creations that set it apart from other salons. For one, Sheila displays and sells original artwork and products created by her clients. It started years ago when a client came to her appointment wearing a denim jacket that she had decorated with liquid embroidery. Sheila loved it and suggested she bring some of her clothing into the salon where others would see it. Today the shop displays and sells handmade beads and jewelry, original design t-shirts and photographs created by her clients.

Spend a little bit of time in Sheila's shop and her love of music becomes apparent. She attends a lot of live-music events and is excited to share her musical finds with her clients. Clients often tell her how much

they like what's playing and want to know more about the artist. One of the things she values about being an independent stylist is that she is in control of the soundtrack! Sheila is also proud to be a member of Green Circle Salons, a company that diverts salon and spa waste from landfill and waterways. Sheila pays to belong to the organization and collects her waste products in specific ways—everything from excess dye to hair clippings to foil wrappers. Materials are repurposed as much as possible. Hair clippings, for instance are used to make booms used for oil spill cleanup. Other materials, like packaging, are recycled. "I've always been concerned about the waste, especially the chemical waste," says Sheila. "When the pamphlet showed up under my door one day, I was ready to sign on."

A gentle, empathetic person, Sheila's connection to and concern for her clients is evident. She has seen her longest-standing client through dating, marriage, the birth of three children and high school graduations. Tears come to her eyes when she tells me of another long-time client who died just before Christmas. "It is more than the art of hair," she says. "You're building a connection with your clients that's like an extension of yourself."



Sheila's sense of humour weaves through our talk. Asked if there's anything more she'd like to accomplish in her business she replies, "I want to become Steel Magnolias. Let's face it, I'm never going to be Dolly Parton, but I want my business to continue for years to come so that I can still keep that hub of networking and connection." She adds that Strathearn has been a wonderful community to work in. There's no doubt that the community is richer for the little oasis she has created on the 91st street strip.

by Leslie Stewart



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



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