

SOUTHEAST VOICE

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

May 2018



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Your Bus Routes Are Changing

Our city is growing and changing, which means Edmonton's bus routes need to change too. In 2020, the ETS bus network will look completely different. This transformation will introduce new kinds of routes that will help you move across the city more quickly and efficiently.

Routes will be grouped into four types including: frequent bus routes, rapid bus routes, crosstown routes and local routes. Each of these routes will be straighter with less overlap between them. Inner areas of the city will see an increase of service throughout the day

Edmonton Transit Strategy Bus Network Redesign
In 2020, the ETS bus network will look completely different.
Your feedback will help ensure the proposed bus network meets your needs.
Fill out an online survey or attend a public engagement drop-in workshop.

There are many sessions taking place across the city.
For dates, times and locations, visit...
www.edmonton.ca/BusNetworkWorkshops

Greater Hardisty Community Sustainability Coalition South East Community Leagues Association

Your feedback will help ensure the proposed bus network meets your needs. You can fill out an online survey or attend a public engagement drop-in workshop. The next sessions in your area are:

Date: Wednesday, May 16

Time: 3 to 7 pm

Location: Concordia University (Tegler Student Centre)

7128 Ada Boulevard

Date: Saturday, June 2

Time: 10 am to 2 pm

Location: Strathcona Library (Program Room)

8331 104 Street

Date: Thursday, June 7

Time: 3 to 7 pm

Location: La Cite Francophone (Banquet Rooms)

8627 Rue Marie-Anne Gaboury

Date: Saturday, June 9

Time: 11 am 3 pm

Location: Bonnie Doon Mall (Promo Court)

82 Avenue and 83 Street

There are many other sessions taking place across the city. For dates, times and locations, visit... www.edmonton.ca/BusNetworkWorkshops.

Strathearn Community League
New Hall Available to Rent NOW

Strathearn
COMMUNITY HALL

Visit Strathearncl.org for More Info

while outer suburban areas will see more service during rush hour for commuters. Check out the routes maps at www.edmonton.ca/newbusroutes.

In order for the City to provide faster or more frequent service, some people may need to walk up to 10 minutes to get to a bus stop. The City recognizes this is not possible for some residents, so a study is underway to see how other cities manage this situation to ensure most everyone can get to where they are going.

Save the Date! June 5, 2018

Show your support for the 101 Avenue Corridor Study results!

On June 5, a 101 Avenue presentation will be made to the City of Edmonton's Urban Planning Committee and a decision will be made on the priority of this project. Come out and show the City your support for revital-

izing 101 Avenue!

Location: River Valley Room, City Hall

Time: To be determined

For more information, contact ghcscoalition@gmail.com or check out the **Greater Hardisty Community Sustainability Coalition** on Facebook.

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SECLA BOARD

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Elizabeth Descheneaux	avonmorerep@secla.ca
Capilano	Shelley Svidal	capilanorep@secla.ca
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Strathearn (Vice Chair)	Yasir Syed	strathearnrep@secla.ca
Treasurer	Michael Chen	treasurer@secla.ca
Secretary	Jamie Melnyk	secretary@secla.ca

The Profound Impact of Adverse Childhood Experiences (ACEs)



The Alberta Family Wellness Initiative: Where Science Meets Real Life to Improve Outcomes for Children and Families

The Alberta Family Wellness Initiative (www.albertafamilywellness.org) explains that negative, stressful, traumatizing events that occur before age 18 are referred to as adverse childhood experiences (ACEs). ACEs are divided into 10 categories that fall under the umbrellas of abuse, neglect, and household dysfunction. These experiences create toxic stress. Children with ongoing, unmitigated toxic stress develop patterns of adaptive and physiological disruptions that compromise health over the lifespan.

The term ACE has been in use since 1998, when U.S. not-for-profit healthcare consortium Kaiser Permanente published the results of its Adverse Childhood Experiences (ACE) Study, a joint research project with the Centers for Disease Control. This population-based study of more than 18,000 mostly middle-class adults examined the connection between negative early experiences and adult health outcomes; it found that a higher level of exposure to intense childhood stress, triggered by ACEs, had a clear, dose-response relationship to an individual's likelihood of developing physical,

behavioural, and social problems in adulthood.

For people already dealing with chronic health and social problems, an ACE score can help to determine what types of interventions and treatments will be most effective. Some adults with high ACE scores are the parents of young children. In this case, the ACE Questionnaire can determine intervention strategies that treat the parents while preventing their children from experiencing intergenerational abuse, neglect, and dysfunction and having a negative cycle continue to the next generation.

To find out more about the ACE questionnaire go to the AFWI website referenced above or talk to your family doctor. Young children are the future so let's support families and communities in providing safe, loving, and healthy environments where children can reach their full potential.

SEEECCC or Southeast Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionate and committed to nurturing young children in the community. For more info go to: www.earlychildhoodedm.ca/southeast

New Capilano Library Makerspace Discussion

May 24th from 6:30 - 8:30 pm

EPL will be holding an Open House regarding the new **Capilano Library & Makerspace** at the current Capilano branch (200 Capilano Mall, 5615-101 Ave) on Thursday, May 24, 2018 from 6:30pm to 8:30pm. We will be showcasing a few options for the Makerspace, and would love to have EPL customers attend to provide feedback on Makerspace plans. We will also be displaying the floorplans for the new loca-



tion so customers can have a sneak peek at the future **Capilano Library**!

If you have questions or would like more information, please email shannon.clarke@epl.ca

Guided Tree Planting Program

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

Your group will be supplied with:

A Program Leader who will provide you with

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

Native tree and shrub seedlings

Planting shovels

You get to choose:

Size of group (10 to 100 people)

Planting date based on availability

Planting site from a list of pre-approved locations

For additional information, please visit the



following link: www.edmonton.ca/city_government/initiatives_innovation/tree-planting-events.aspx

Vacant Lots for Urban Agriculture



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

The online application and Vacant Lot Cultivation Pilot Rules & Guidelines will be available beginning on March 1, 2018, and applications will be accepted until April 15, 2018.

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

Ask Charles

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

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

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

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

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

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

Make sure any agreements between you and the seller are in writing.

If there is any resistance on the part of the seller, either to fixing the damage or to putting details



and agreements in writing, you need to talk to a lawyer for legal advice.

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

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

POTS of COLOUR & Ice Cream Social



Let's add colour to our community!

Plant a pot for your front step/balcony,

Enjoy an ice cream & visit with your neighbours

Idylwyde Community Hall - 8631 81 Street NW

Friday, June 1st, 2018 6:00 – 8:30 pm

Free & fun! Everyone welcome!

All supplies will be provided.



Rainbow Day Care

7225 Argyll Road

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and
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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	programs@avonmore.org	Grants	Scott	grant@avonmore.org
Rink	Richard /Mathe w	rinkcoordinator@avonmore.org	Communications	Vacant	communications@avonmore.org
Soccer	Lyne/ Boris	sports@avonmore.org	Volunteers	Ginette	Director2@avonmore.org
Civics	Norm	civics@avonmore.org			

Avonmore Concert Series

Check out when our next concert series Saturday June 16 by visiting our Facebook Page: 'Avonmore Concert Series',
e-mail avonmoreconcertseries@gmail.com or call 780-819-4258.

Shinny Hockey Spring/Summer

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

Avonmore Garden Club

MAY 12 -8:30AM - 12:30PM PLANT, POT & GARDEN TOOL EXCHANGE

This is a perfect way to share your extra plants, seeds, pots and unused garden tools and to introduce something new into your yard. Local experts will be on hand to answer your questions and give advice.

Door prizes. Coffee and doughnuts!

8:30 to 11:00 – Plants, seeds, pots and tools accepted at Avonmore Hall. Anyone contributing plants (perennials, bedding plants or house

plants) can take home up to 3 plants. Contact Anita for details at director3@avonmore.org.

JULY 28TH 9:00AM - 4:00PM ANNUAL AVONMORE GARDEN TOUR

This is a full day event that includes a walking tour of both master-pieces and works in progress in our neighbourhood. It's a fun day that will leave you inspired and full of ideas. All surrounding residents are welcome to join. Contact Anita for details at director3@avonmore.org

Avonmore Soccer Season

Will start 1st week of May (weather dependent). Keep an eye out for the Bottle Drive in the 1st couple weeks of May will be posted on our Facebook page

Podiatric foot care! 780-466-5290

Dr. Jeannette Furtak, DPM
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- * Diabetic foot care
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www.greenwayspodiatric.ca



Avonmore Summer Fun Camps

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

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

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

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

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

Thank-you to all who attended and helped out with our recent AGM Wine and Cheese Night! If you were not able to attend but are interested in finding what the League is up to or details about a League position, feel free to contact Anita by emailing secretary@avonmore.org.

Avonmore Drop-in Music Classes

Join us June 8 from 9:15a.m-9:45a.m. and June 8 11:00a.m.-11:30a.m. at Avonmore Community Hall 7902-73 Ave Email playschool@avonmore.org if you have any questions.

Avonmore Book Club

Club meets on Sunday evenings every 4 - 6 weeks. Members take turns picking books and hosting meetings. New members welcome.

Meets next on May 6th and we are currently reading all of the books from Canada Reads:

- American War by Omar El Akkad
- Forgiveness by Mark Sakamoto
- The Boat People by Sharon Bala
- The Marrow Thieves by Cherie Dimaline
- Precious Cargo by Craig Davidson

For more information contact Anita at director3@avonmore.org

Avonmore Lego Club

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

Email [Jamie playschool@avonmore.org](mailto:playschool@avonmore.org) if you have any questions

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 Parent & Tot Program

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

Avonmore Yoga

Unlimited Pass for May and June = \$80.00
Drop ins - \$15.00

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

For more info and to register contact Anita – director3@avonmore.org or go to avonmore.org

Avonmore Community Playschool

Drop-In Days

We are offering summertime drop in days:

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

For more info email playschool@avonmore.org.

Come join us in September of 2018 for a year of fun and exciting playschool experience.

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

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

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

Avonmore Hall Rental

Anyone interested in renting the hall please contact Tanya at (780) 637-5640 or

email hallrental@avonmore.org. Hall address is: 7902 - 73rd Ave NW

Avonmore Babysitting Registry

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

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

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

COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
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Vice President	Derek	780 919-5421
Treasurer	VACANT	
Secretary	Laura	780 982-9876
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Hall Rental	Maria	780 984-6839
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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 Soccer		780 966-3205
SECLA	Shelley	780 462-4599
City - NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:30 p.m. - Sept - June
Capilano Community is on Facebook "Like Us"

CALABRIAN CONCRETE

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Happy Mother's Day!

Choose Capilano Hall for Your Special Event

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

Capilano Playschool - Trial Class & Open House May 12

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

Our next trial class will be Saturday, May 12 from 9:45 a.m. - 10:15 a.m. followed by an open house at 10:15 a.m. - 11:30 a.m. We offer a choice of a Healthy Apple (health and wellness) or a Christian program. We have both morning and afternoon classes running two or three days per week. All classes are for 3 and 4 year olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization and self regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

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

Capilano Preschool Soccer Registration

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

Start: Tuesday May 1 or Thursday May 3, 2018

End: Tuesday June 5 or Thursday June 7, 2018

Cost: \$70/child

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

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

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

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

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

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

CCL Program Director Needed!

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

Capilano Memberships

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

Capilano Community League AGM - May 16

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

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

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

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

Capilano Babysitting Registry

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

Capilano Community League Sign Rental

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

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

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

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

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

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

FREE Swimming at City's Outdoor Pools!

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

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

Capilano BIG BIN Event for Community League Members

Date: Saturday June 16, 2018

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

Cost: FREE to all Community League Members

Over 60 years old and need a hand getting stuff to the Big Bin for disposal?? Please call Derek at 780-919-5421 to coordinate FREE Pickups.

Please note: ITEMS WILL ONLY BE ACCEPTED FROM CAPILANO COMMUNITY LEAGUE (CCL) MEMBERS-please bring your valid CCL membership

“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 ac-



tive 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.

2018 Capilano Summer Green Shack Program

The Green Shack program is back at Capilano Community Park (10810 – 54 St.) for 2018. The Green Shack playground program will be available for neighbourhood children 6-12 years – dates and times to be announced. A playground leader will deliver FREE playground programs for children that includes drop in sports, games, activities, and crafts.



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.



Linda Duncan

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

- Employment Insurance
- Old Age Pensions
- Income Tax
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404

linda.duncan.c1@parl.gc.ca

10049 81 Avenue
(entrance on 101 Street)

Assistance également
disponible en français.

www.LindaDuncanMP.ca

LindaDuncanMP



Edmonton Transit Service | City of Edmonton

Let's talk

about Edmonton's
changing **bus routes**.

From April 12 until June 14, help us refine your future bus network, online or at a community workshop. New bus routes will be shaped by Edmonton's Transit Strategy and your insights.

Find out more at
edmonton.ca/newbusroutes
or call 311

SHARE YOUR VOICE
SHAPE OUR CITY

ETS

REFINE



Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

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 .



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Cloverdale Community Garden Club

Spring weather is finally upon us and the is preparing for it's 4th growing season. On Sunday, April 15, the Garden Club held their Spring Potluck Brunch at the Cloverdale Community Hall. It was attended by past, present and future gardeners. Attendees enjoyed an amazing spread and great conversation. More socials will be held throughout the growing season. All Cloverdale residents are invited to attend.

Our relationship with the Bennett Centre is healthy and thriving, which has helped us to go forward with our plan of harvesting the rainwater from the Bennett Centre roof. With the assistance of the Edmonton School Board we should be in good shape to implement our Sustainable Irrigation System this growing season.

The Cloverdale Community Garden Club mandates that 25% of the growing area must be planted to support the Edmonton Food Bank. As in past years we will be planting a potato crop to help feed those in need.

Our gardeners enjoy the opportunity to plant, dig, eat, and share, but most of all they enjoy the Community aspect of gardening. The garden has been a place where residents have met their neighbours, made new friends and shared good times.

If you would like more information on the



community garden please e-mail Communitygarden_chair@cloverdalecommunity.com.

The garden is a Community gathering place with benches and picnic tables for all Cloverdale residence to enjoy, but please respect that the garden crops belong to individual garden members.

Looking forward to seeing you in the garden.

Submitted by: Shelley Brett, Garden Co-Chair



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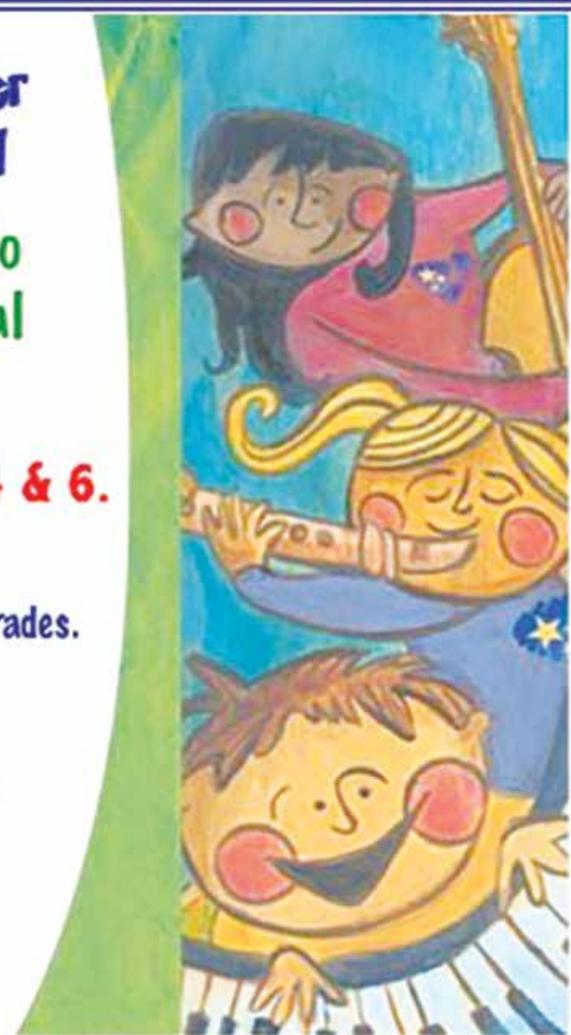
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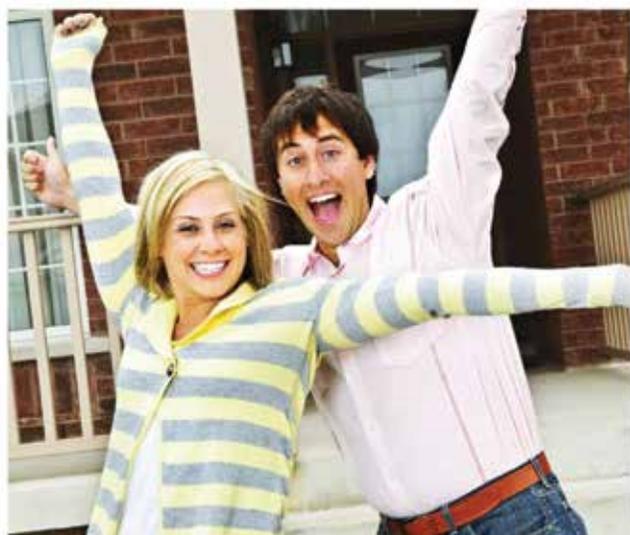
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Reduce alcohol for your health

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

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

Drinking alcohol may:

Harm your liver, pancreas, nervous system, heart, and brain.

Cause high blood pressure, depression, stomach problems, or sexual problems.

Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.

Cause memory loss and affect your ability to think, learn, and reason.

Cause harm to your developing baby (fetus) if you drink during pregnancy.

Lead to problems at work, school, or home.

Increase the risk of car crashes and violent behaviour.

Cause you to develop an alcohol use problem.

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

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

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

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

Keep in mind that a safe amount of alcohol for one person may be too much for another. Because of things like age, sex, weight, and health history, alcohol can affect people differently. If you're an adult who doesn't weigh a lot, is younger than 25 or older than 65, or isn't used to drinking, you need to be even more careful about how much alcohol you drink.

If you choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

Don't drink on an empty stomach.

Drink slowly. Don't have more than 2 standard drinks in any 3-hour period.

Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.

Avoid risky situations and activities.

Don't take over-the-counter or prescription medicines that interact with alcohol.

Limit how much you drink.

If you think you're drinking too much, you might want to cut back.

For more information, and to find an addictions services office near you, call the Addiction Helpline at 1-866-332-2322. It's free, confidential and available 24 hours a day.

FOREST HEIGHTS CL CONTACTS JAN 2018

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

Board vacancies

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

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

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

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

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

To volunteer for any position, please email info@forestterrace.org.

Zumba!

A new session of Mary's Zumba class runs Wednesdays at 7 p.m. until May 23. Another six-week session follows from June 6 to July 11. Community league members pay just \$54 for each session!

Join in and take away positive energy, vitality and renewed spirit. Register on Eventbrite.

Questions about Zumba? Contact Mary at Mary.Jaya@gmail.com. Questions about registration? Contact programs@ForestTerrace.org

Annual General Meeting



Coming up June 5 at the Forest Terrace Heights Community Hall, 10150 80 St NW. Everyone is welcome!

Big Bin Event

May 12, 10 a.m. to 2 p.m.
Legend Automotive, 7110 98 Ave NW

A great perk of community league membership is the opportunity to get rid of your unwanted items at our annual Big Bin Event. Bring things that are too big for regular garbage collection, such as:

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

• Computers, televisions and other household electronics (will be recycled)

Items containing concrete or freon (ie. fridges, freezers, air conditioners, dehumidifiers) will not be accepted, nor will commercial or household hazardous waste. You can take the latter to an Eco Station where it will be accepted at no cost.

Community league membership is required to use the big bin and will be sold at the event.

To volunteer, please email events@forestterrace.org.

Membership = free tools, fresh flowers and discounts

The latest, greatest bonus for members of Forest Terrace Heights community league is free membership to the Edmonton Tool Library. This allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools for a week at a time.

To claim your membership, visit the tool library location at the Bellevue Community Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card.

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

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

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 May 13.

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



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

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

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

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

Pick up a membership anytime at Shaheen Grocery & Bakery (10130 79 St NW), 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 to find out how.

High Fitness

Thursdays at 7 p.m. until June 14, join Angela for an hour of fun and movement, 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.

Register on Eventbrite: \$11 for members; \$13 for non-members. Cash will not be accepted.

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

Pilates is back!

Fridays at 9:15 a.m. at the hall. Pilates is a gentle form of exercise that can be practised by people of all ages and abilities. Most of our workout is done with/on the large Swiss

Balls used by many physiotherapists.

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



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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



Immunization: It's your Armour. Get Protected

Alberta Health Services (AHS) is encouraging parents to learn more about arming their children against disease by visiting immunizealberta.ca.

Developed for Albertan parents, together with Albertan parents, the immunizealberta.ca website provides parents with information and support, as they consider immunization for their children.

With answers just a few clicks away, this website simplifies the search for credible immunization information in the crowded online environment. Common questions, concerns and information requests about vaccine safety, immunization and immunity have all been incorporated into a simple website parents can trust.

In addition to arming children against disease, immunization is also important for adults. Benefiting people of all ages, immunization not only protects individuals – it also arms our communities against disease. As more people are immunized, the risk of disease for everyone is reduced.

Adults need booster doses throughout their lifetime, and people may also need additional vaccines if they have certain health conditions, risks or are travelling out of country.

For more information about immunity, immunization, and how to protect your family, visit www.immunizealberta.ca or call Health Link at 811.

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 Big Bin Event and Community Garage Sale June 16th



Date: Saturday June 16, 2018, 9 am - 2 pm

Where: Fulton Place Community Hall (6115 Fulton Road), outdoor event weather permitting, garage sale will move indoors if weather an issue.

Cost: Waste disposal available for all community league members (free with FPCL membership). Garage sale table booking as per below.

Garage Sale Table Booking: Pre-registration required, email mike@fultonplace.org, cost is \$5 for FPCL members or \$10 for non-members. If event moves indoors - space will be limited so only earliest regis-

trants are guaranteed a table.

Bring your household items that are too large for regular garbage collection. Household hazardous waste will not be accepted (items containing freon, concrete, commercial waste, household hazardous waste).

Please note: Waste disposal will only be accepted from Fulton Place Community League members - please bring your valid FPCL membership card, or you can buy one onsite during the event.

We will need a few volunteers to help with this event, please email mike@fultonplace.org if you are interested in helping out.

Spring 2018 Gardener's Swap Meet and Sale

Saturday, May 26, 2018, 9am – Noon

Join us on Saturday, May 26th, for our annual spring gardener's swap meet and sale, held at the Fulton Place Community League Hall (6115 Fulton Rd), between 9am and noon. Bring any plants (indoor or outdoor), bulbs, perennials, tools, magazines, books, etc. and receive points that you can use to purchase something someone else has brought to the swap meet. If you have

nothing to swap for, any community league membership automatically gets you points or you can purchase points. Whether this is your 1st or 50th year gardening, come find a hidden treasure, add some new gems to your outdoor oasis, learn something new or just have fun talking to your neighbours about flowers! Coffee, juice and snacks will be provided. Hope to see you there, rain or shine.

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.

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Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

www.windowssafety.ca



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Gold Bar

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GOLD BAR EXECUTIVE

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

Community Website: www.goldbarcl.com
Community Updates: facebook.goldbarcl.com

Community Games Nights

We have neighbours interested in keeping games night going right until summer so plan to attend Friday, May 25 and Friday, June 29 from 7-10. Light refreshments, and games provided, but feel free to bring your own. Please accompany your children if they're younger than 12.

Exercise Classes

Hatha Yoga

Mondays 7-8:15 pm
Session May 14-June 25
Cost \$60 for 6 week session, or \$12 drop-in fee
Bring a yoga mat.

Mom and Me Fitness

9:30-10:30 am
Mondays and Thursdays
May 10/14 – June 25/28 (not May 21)
\$140 twice/week, \$60 Mondays, \$80 Thursdays or \$12 drop-in

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

Gold Bar Spring Fling

Finally a party for the adults! Saturday, May 12, 7pm to midnight. Our social director has been working hard to organize a super fun party – you're not going to want to miss this! We want to fill the hall so get your tickets. More details in the graphic on this page.

Big Bin Event



Big Bin Events allow residents to dispose of household items too large for regular collection at no charge. The following is the one closest to home:

May 26-27 9am-5pm @ the Coliseum (Wayne Gretzky Drive (southbound) and 119 Avenue

Materials Accepted: Couches, chairs, mattresses, and other household furniture items too large for curbside pickup, Fridges, freezers, washers, dryers and other large household appliances (will be recycled), Computers, televisions and other household electronics (will be recycled)

Reusable Items: Reuse Centre items will be accepted. Check our list of acceptable items on the City of Edmonton website.

Materials Not Accepted: Commercial Waste, Household Hazardous Waste (please take to an Eco Station. They will be accepted at no cost.)

Residents are reminded to secure their load properly by tying large items to their vehicle and covering loose material with a tarp.



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Seniors' Tea

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

If you are a senior citizen living in Gold Bar, this event is for you! There will be hot beverages, fruit and veggies and delicious squares served up, accompanied by entertainment by the Gold Bar Elementary school choirs (I've heard them perform, and they are excellent) and a dance demo by the Blue Northern Dancers. As well, it's a chance to visit with neighbours and meet some new friends. RSVP to Sondi at sondiamber@gmail.com or leave a message at 780-468-2237 by May 9.

Community League Memberships Benefits

Show your membership card at Hardisty Pool on Sundays from 1:15 - 2:45 pm to participate in a community swim. And on the second Tuesday of every month, with your membership card, you can receive a FREE hot beverage (coffee, tea or hot chocolate) at Blues Java café between the hours of 7 - 11 am. Please bring your card.

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

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

SEV Submissions

Email sondiamber@gmail.com to submit info to this publication by 20 MAY 2018.

Summer Camps

Registration is open. Visit www.edmonton.ca or phone 311 to find out more. There are numerous camps offered at nearby Gold Bar river valley park featuring bike riding, and camp skills.

Gold Bar Preschool Registration for 2018-2019

Gold Bar Preschool is a parent cooperative that offers small class sizes located in Gold Bar Elementary School (10525 - 46 Street). We run a child-led curriculum

focusing on early literacy, STEM, art, sensory exploration and dramatic play- all in a fun interactive way! Registrations are being accepted for 3 and 4 year olds. Classes are 3 days a week- Monday/Wednesday/Friday or 2 days a week- Monday/Wednesday. For more information or for a registration form, please call Lindsay at 780 708 3461 or email goldbarpreschoolparents@gmail.com

Upcoming Bingo Dates

To volunteer at bingo, call Lorie @ 780-447-1110. You can help fund community programs.

FORT ROAD BINGO
Saturday, May 28, 2018 - Afternoon & Evening

PARKWAY BINGO
Tuesday, May 15, 2018 - Evening & Late Nite

Saturday, June 2, 2018 - Afternoon
Monday, July 16, 2018 - Evening & Late Nite

Our condolences to one of our community league executive members, whose mother passed away recently. Dorothy Lazenby (Robbins) passed peacefully on March 25, 2018 with family at her side. Dorothy lived in the Hardisty area for over half a century, and raised her family here.

Saturday, May 12, 2018
spring fling
7pm-midnight

It's gonna be a party!

A magical evening to connect with neighbours and friends (featuring the talented magician Ron Pearson at 7:30pm). Pizza and pop included in ticket price (also a cash bar) and a DJ and fun. Plus a dance demo from Blue Northern Dancers. All adults from Gold Bar community, and friends, are invited.
@ Gold Bar Community Hall
[4620-105 Ave.]

Tickets \$11 each on-line until May 10, \$5 at the door.

Ticket info: Go to league website, goldbarcl.com and click "Spring Fling"

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Paws-itive Mental Health

Pets help us feel more connected, relaxed

Pets can be the purr-fect therapist, offering nonjudgmental, unconditional love and support. Animal-assisted therapy, and simply being with a pet regularly, has long been known to have mental health benefits.

"Pet therapy visits are for many patients, an unexpected and happy event," says Glen Gross, 63, an Alberta Health Services (AHS) volunteer who visits the Royal Alexandra Hospital with his best friend, Border Collie, Misha. "It is our chance to help patients temporarily put aside their worries."

At AHS, there are 295 registered volunteers who join us with their furry companions through various pet therapy and pet visitation programs across the province. These unique volunteers offer a welcome distraction to those in care by providing an opportunity of friendly and comforting social interaction.

Studies have shown that petting an animal can promote relaxation by lowering blood pressure and slowing the heart rate – in any setting, whether in a hospital environment, or in the comfort of your home.

Check out some of our most gentle volunteers and their stories of bringing comfort and joy by visiting ahs.ca/whatsyourbalance, and join them now through June, to share how your pet supports your mental health by posting your photos and stories on social media using the hashtag #AHSwhatsyourbalance.



Holyrood AGM 2018

Our 2018 AGM was a huge success! We got together at Holyrood Community Hall on April 19 - here are the highlights!

We played a game to find out how long people have been living in Holyrood - our winners topped out at 42 years and 60 years!

We've had many successes through the year. Our president, Wendy, has joined the SEESA board as a community liaison. We've run lots of great programs and events, including an extra-long rink season! We've implemented Google Suite within our board and have an active social media presence, including live-tweeting at the Holyrood Gardens Public Hearings in November.

The Holyrood Development Committee is our biggest success story - we changed city policy! The committee continues to work with community feedback on the Holyrood Gardens redevelopment proposal, and they've had positive initial workings with developers looking to build on other, smaller sites in Holyrood. They're also consulting with other communities to help share our success across Edmonton!

Our finances look good from last year, with some minor discrepancies. We spent less on facilities as we didn't hire a facilities manager as planned. We had to replace our porta potty after it was vandalized. We had a longer rink season, with extra maintenance costs. Holyrood Development Committee operations were a big expense mid-year, most of which have been recouped with donations.

For the year ahead, we'll have casino funds (which come every two years) and increased revenue from our tenant rent. We have a maintenance backlog which we plan to catch up on, and we've continued to budget funds for HDC operations.

Rink Rebuild

We are on track to replace our rink - it is over 40 years old, well-loved and well-used. We will be re-aligning it from east-west to north-south, as this causes melting issues in the spring. We've applied for a grant to cover half of our budget, and we're in the final

space of our concept phase. Once the city approves our design, we'll be looking for volunteers - email rink@holyroodcommunity.org if you can help!

Hall Operations

The Holyrood Community Hall was built in 1985-6, to house a daycare as a joint tenant. Since that time, demographics have changed, and the volunteer capacity of our community has arguably changed along with it. The Holyrood Community League continually operates with a deficit of volunteers for key board positions. It has long been a challenge for us to effectively manage our league's extensive physical facilities - a large, high-use hall, a rink and a rink building - while continuing to offer the programs, social events, park developments and community advocacy that are such important parts of our mandate.

The Holyrood neighbourhood already boasts a wealth of community space, including SEESA, our school and the First Church of God. We have begun to ask ourselves whether the league can continue to devote significant volunteer time and financial resources to operate a hall building which has somewhat limited availability to the community, especially when there is so much other public space in Holyrood.

We have decided to work toward a "care-free lease" which would put our tenant, Holyrood After School Care Society, in charge of hall operations/maintenance. The league would continue to operate our rink and rink building, but partner more closely with SEESA, our school and our churches to provide space for community meetings, events, programs and initiatives. We think these partnerships are the way of the future for communities, and will lead to a stronger, more sustainable Holyrood.

We are at the very early stages of this process, and there will be many details to work through. Stay tuned for updates, and contact the board if you would like more information: president@holyroodcommunity.org

Holyrood Lanterns : Holyrood LRT Stop Public Art Workshop

For the Holyrood stop on the Valley Line LRT, artist Adad Hannah is coming to Edmonton to work with community photographers, who will document the textures and colours of the Holyrood neighbourhood. Using an interlocking pentagon shape the community-sourced images will then be installed on glass panels at the new station, turning the transit shelters into four colourful and beautiful lanterns that reflect the diverse makeup of Holyrood. This project will transform the visual experience of Holyrood into a cohesive, permanent artwork that will be visible to all those traveling to or from the community via the new LRT line, local residents and visitors alike.



Free workshops will take place Friday May 18 and Saturday May 19 at Idylwyld public library starting at noon. Contact studio@adad-hannah.com to RSVP or for more info.

HOLYROOD COMMUNITY LEAGUE CONTACTS

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

Holyrood Volunteers

We recognized our volunteers who worked hard to make our soccer, rink/shinny, casino, playgroup, and playschool programs successful through the year... Casey, Shannon, Melissa, Jared, Gina, Michelle, Dave, Morgan, Jessica, and Stephen, thank you from all of us!

We elected some new directors! We're pleased to welcome Alison as our new Secretary, Sheryl as Sports & Fitness Director,

and Megan as Programs Director. We look forward to working with them and getting to know them better!

Justine, our former Programs/Sports Director, has moved to the Director at Large role. We're happy to continue to have her on board!

Finally, we say goodbye to Natasha, our Social Director - we'll miss her energy and we wish her all the best!

Holyrood Casino May 31 and June 1

We are still looking for backup workers in the following positions at Casino Edmonton (7055 Argyll Road). Thanks for signing up!

Thursday, May 31

- Backup Day Workers (3)
9:30 am - 6:30 pm
- Backup Night Workers (3)
6:30 pm - 3:30 am

Friday, June 1

- Alternate General Manager
9:15 am - 6:30 pm
- Backup Day Workers (3)
9:30 am - 6:30 pm
- Backup Night Workers (4)

6:30 pm - 3:30 am

-Alternate General Manager

6:15 pm - 3:45 am

You will be supplied a free meal (of your choice) and snacks during your shift. Here's how to sign up:

1. Go to our SignUp at <http://signup.com/go/vTdryXk>
2. Review the options listed and choose the spot(s) you like.
3. Sign up! It's easy - you will NOT need to register an account.
4. Or you can sign up by emailing Stephen at casino@holyroodcommunity.org

Connect Bonnie Doon/Bonnie Doon Mall

An application has been submitted to rezone the Bonnie Doon Centre shopping mall site, and the nearby property at 8715 85 Street NW and 8420 85 Street NW. The proposed upzoning would allow for a high-density, mixed-use, transit oriented development. This would consist of up to 6,000 units of row housing, mid-rise, and high-rise development, along with up to 93,000 m2 of retail, office, and commercial space. The re-

development will include publicly accessible parks and open space, underground parking, and new streets throughout the site that would provide bicycle lanes and pedestrian priority to the Bonnie Doon LRT stop. The city would like your input on the proposed rezoning. The city will hold an open house will be held Wednesday, May 16, 2018 at La Cité Francophone (8627 91 Street NW). The event will be from 5:00-8:00 pm.

League Contacts

President	Kate presidentidylwyld@gmail.com
Vice President	Vacant
Treasurer	Monique treasureridylwyld@gmail.com
Secretary	Corrina secretaryidylwyld@gmail.com
Casino/SECLA	Bridget flanagan@telusplanet.net
Social	Laura lmurdoch@email.com
Programming	Kamila kamilaidylwyld@gmail.com
Facilities	
Publicity	Kelsie kelsieromans@gmail.com
Membership	Michelle bluecanary1@hotmail.com
Garden	Christin gardenidylwyld@gmail.com
Civics	Lee lbrkt@gmail.com

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

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

You can also visit us at www.idylwyld.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 Idylwyld.

Hall Rentals

Our hall is now available for rent to the residents of Idylwyld, 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 rentidylwyld@gmail.com.

IDYLWYLDE POTS OF COLOUR

June 1, 2018 @ 6 - 830pm

Mark your calendars for the second annual Pots of Colour event happening June 1st. Join in the rink for an evening of ice cream and community. Plant a pot for your front step or balcony. All supplies will be provided.

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 Idylwyld.community.league@gmail.com

Little Free Library

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

Family Yoga

Instructor: Monique Merchant
Sunday: 10:30 am - 11:30 am
Dates: April 22 and May 27, 2018

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

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

Contact monique.merchant@gmail.com for any questions

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

Cheery Tomato Community Garden Meeting

April 22 from 1-3 pm

Please come meet to plan what we will plant this season. Joining the garden is free for all community league mem-

bers, you do not need to live in the area to participate. no experience necessary. Message gardenidylwyld@gmail.com if you have any other questions.

Hall Rentals

Our hall is now available for rent to the residents of Idylwyld, 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 rentidylwyld@gmail.com.

Parents & Tots Group

From October to June

Every Tuesday 9:00 am to 11:00 am at the Idylwyld Community Hall.

Call Nicole at 780-466-5090 for details.

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

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 has many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the

Fall into Fitness Class



Instructor: Kelly Bray
Wednesday: 7:00 pm - 8:15 pm
Continues in May 2018

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

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

Dress comfortably as you are going to sweat!

Community League Swim

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

Hardisty Leisure Centre
(10535 65 Street)

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

Calendar 2018 Classes

Classes are free of charge for Idylwyld 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 Idylwyld Park renewal project. Donations of \$20 or more will be eligible for a City of Edmonton tax receipt.

**SEE A
PLAYGROUND,
SLOW TO 30.**
7:30 am to 9:00 pm
EVERYDAY

VISION
ZERO
EDMONTON

Edmonton

edmonton.ca/why30?

KCL League Contacts

Executive			
President	Ian	780-717-3578	president@kenilworthcommunity.com
Vice President	Irene	780-695-2009	vicepresident@kenilworthcommunity.com
Secretary	VACANT		secretary@kenilworthcommunity.com
Treasurer	Colleen	780-469-7661	treasurer@kenilworthcommunity.com
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Membership	Rebecca	780-982-5885	membership@kenilworthcommunity.com
Senior Programs	Loida	780-953-1062	
Children's Prog.	VACANT		
Summer Programs	Alma	780-469-2019	
Capital Projects	Gary	780-266-4279	
Grant Applications	Aly	780-700-3676	
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	
SECLA	Kevin		
Publicity/Website	Martine	780-995-8884	publicity@kenilworthcommunity.com
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Neighbourhood Watch	VACANT		
Playschool	Becky	780-760-3208	
Toddler Time	Angela	780-935-3404	angela.feehan@gmail.com
Caretaker	Pauline	780-469-7366	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

May Seniors Lunch and Laugh

**Wednesday, May 16, 2018,
12 Noon to 2pm**
At Kenilworth Community Hall 7104 87 Ave
\$5 Lunch + FREE dessert and coffee
Confirm your attendance with Loida 780-953-1062 or email loida@loidahomes.ca
Community Bin Event!
June 9th, 9am - 4pm
Bring your household waste. Bins fill up quickly, come early.
Please be courteous, no large reno dumping or large pieces of concrete.
No hazardous goods or refrigeration equipment.
No dumping after the bins are filled please.
For Kenilworth residents only with current Kenilworth membership.
KCL Memberships (2018-19) will be sold on site for \$20.

Christmas in July STAMP-A-STACK

10 Christmas Cards or More Workshop to be held at Kenilworth Hall, 7104-87 Ave
Thursday, July 12, 2018, 6:30 to 9:30 p.m.
Join the fun at the 13th Annual "Christmas in July" workshop.
The event fee is \$28 for 10 cards or \$50 for 20 cards and payable by June 30th.
To register contact Rhonda at 780-469-0010.
Supplies to bring: SNAIL or other double sided adhesive.

Outdoor Pools

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

CONTACT US!

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

Hall Rental requests: rentals@kenilworthcommunity.com

Keep Current on our website, www.kenilworthcommunity.com

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

Next Executive Meeting, Monday, May 7th @ 7:00pm

Annual General Meeting, Monday, June 11th @ 7:00pm

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. Meet your neighbours and the board of KCL.

Please consider the value of sharing your

ideas for initiatives, events and energy at our General Meeting on Monday June 11th @ 7 pm.

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

IMPORTANT POSITION NEEDS FILLING! The Secretary position on our Executive board is vacant and needs to be filled as soon as possible. We meet once a month with the exception of July, August and December. The main duties would include taking notes at the meetings, preparing the agenda and meeting notes, and assistance with various events throughout the year

Southeast Voice Newsletter Deadlines

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

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
Weekend (Fri.p.m - Sun.p.m)	\$450.00	\$550.00
Day Rate		\$300.00

\$385.00

Damage Deposit \$250/dayrate \$550/dayrate
\$450/weekend \$550/weekend

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

Save the Date:

Golf Tournament & Steak Supper Aug 25
Membership BBQ September (TBD)

Adult Steak & Shrimp BBQ

Saturday, May 12th
Cocktails 5:00 p.m., Dinner 6:00 p.m.
Dance to follow
Tickets \$25 per person
Call Dan @ 780 469-2019 or email: akessel@shaw.ca

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

Dino Mites @ KCL

summer CAMP

Neighbourhood Summer Day Camp

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

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

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

Explore the adventurous world of dinosaurs. From the gentle giants to the fierce meat-eaters, learn all about these prehistoric creatures while playing games, making crafts, singing songs and listening to stories.

Kenilworth Community Garage Sale

**Saturday May 26, 2018,
9:30 am - 3:30 pm**

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

Bring your own tables or use your vehicle. (Be prepared for all types of weather.)
Street parking is available. Concession on site.

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

Your clutter could be someone's treasure!
For info email Liz: kenilworthgarage-sale@gmail.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.

Babysitting Registry

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

The Edmonton Tool Library

The Edmonton Tool Library is an independent, not-for-profit society dedicated to providing affordable access to an inventory of over 600 hand, power, and garden tools. You can view and search the inventory on edmontontoolibrary.ca.

Kenilworth Community League has paid for a Sponsorship program to the Edmonton Tool Li-

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

For more information: edmontontoolibrary.ca

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

Toddler Time



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

VOLUNTEER OPPORTUNITIES

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

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

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

COME JOIN US! Strength/Cardio Class

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

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

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

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

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

Please email Kathi at totalbalancepersonaltraining@gmail.com to register.

Bingo Volunteers Needed!

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

Next Bingos:

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 and purchase one online!



HomeHealth
medical supplies store

Experience the difference
of personalized service



SALE!



Golden Lift Chairs

Want a little something extra from your lift chair? The Signature Series has it all!

The all new Space Saver Series is available in three sizes. This chair glides forward and fits perfectly in almost any room.

Our popular Regal chair offers open arm storage and a fold-able tray.

Fitted to your size with many choices!

Our knowledgeable
staff is always available
to answer your
questions!

Contact Us

7843 - 106 Ave, Edmonton, AB

Phone: 780-469-8499

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Ottewell Community League Executive & Board Members

Executive:

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

Board Members:

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

History of Ottewell Committee -

(Looking for more members
of this Committee)

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

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

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

OCL Board Meetings

Tuesday, May 8 at 6:30 sharp

OUR AGM - Come see what your community board has been involved in.

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!

Free Community Swim & Gym

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

Saturdays, 5-7 PM at Commonwealth Fitness Centre.

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

Rent The Ottewell Hall



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

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

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

Seniors' Morning Out at Ottewell Hall

Seniors' Morning Out at Ottewell Hall



All Seniors are welcome!

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

Fraud Awareness Workshop

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

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

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

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



Purchase Your 2017-18 Community League Membership

SUPPORT OTTEWELL COMMUNITY LEAGUE

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

- Use of local pools free of charge at designated times
- Use of the outdoor community rink, and community skate times at the City's indoor rinks



- Participation at community events and activities

- Access to fitness, recreation events and classes.

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

Memberships run annually from Sept. 1 to Aug. 31

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

SOMETHING NEW!

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

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

Next Morning Out dates are...

May 8th and June 12th
10 AM to 11:30 AM

Baby! Baby! Baby!



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

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

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



Calling all gardeners!

The 120th Ottewell Scout Group is hosting a Compost Fundraising Sale.

The Scouts are excited to shovel Grade "A" environmentally friendly compost. Give them a GREEN hand, by picking up a few bags of nutrient-rich compost that is excellent for gardens and lawns. Funds raised will go towards the 120th Ottewell Scout Group's upcoming activities. Get your

garden ready and support our local Scouts!

When: Saturday, May 12, 2018

9am - 3pm

Where: Ottewell United Church
(6611 -93A Ave)

Cost: Bags are 1 for \$10, 3 for \$25 or 5 for \$40

You can also pre-book your compost by email: 120compost@gmail.com

ZUMBA At Ottewell

COME OUT AND GET YOUR ZUMBA ON!

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

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

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

Ottewell Community League Playschool

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

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

Ottewell Community League Social Media

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

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

Special Thanks!

SOCCER SPONSORSHIP

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

Rent The Ottewell Hall

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

We recently did a complete overhaul and

renovation of our kitchen to serve you better!

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

Talk it out for your mental health

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

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

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

Things to think about before the conversation:

What Kind of Help do I Want From Them?

Just to talk

To find out where you can get more info
Help finding services such as counselling
How Do I Want to Communicate?

- Face-to-face, phone, online, email

Starting the Conversation

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

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

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

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

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

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The Emotions of Food

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

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

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

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

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

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STRATHERN COMMUNITY LEAGUE CONTACTS

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

New Hall Fundraising

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

To make a tax-deductible donation to the STRATHERN 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.

Silver Heights Park Spring Clean-Up

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

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



SCL AGM 4th June 7pm

Strathearn Community League will be holding their Annual General Meeting on 4th June 7pm inside our shiny brand new hall!!

Come along to have your say about the hall, the community, share your thoughts and meet the neighbours!

Want to get involved? Join the energetic and dedicated Community League Board to share ideas and influence what happens in your community! Available positions on the include Member-at-Large & VP.

Get involved!!

Casino Volunteers Needed



Strathearn Community League still needs a handful more volunteers for our Casino dates May 19 and 20, 2018. Head to strathearncl.org for the shift sign-up sheet. The contributions received from the Casino volunteering is the Community League Number 1 source of funding, so we really need your help!!

SCL board member Chris Samuel will be heading up this years' casino volunteer organizing effort after years of dedicated service from former board member Kathryn Dong. "This is an especially important year for our casino as much of this funding will go towards operating the new hall," says Chris.

Volunteering for a shift at the casino is a great opportunity to make a non-monetary contribution to the new hall. Chris, who has lots of experience volunteering for casinos with other non-profit organizations points out the fun and camaraderie that is part of the experience. "The hours may be goofy but it's a great way to meet your neighbours and benefit your community at the same time," says Chris.

Strathearn Community Garden IS PROUD TO PRESENT ITS FUNDRAISER

COMPOST SALE



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

DATE: Saturday, May 12th 2018

TIME: 9:00 am – 3:00 pm

LOCATION: 9511 - 90 Street (Strathearn Hall)



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Leah: (780) 965-6067 or leah.poet@yahoo.ca

Come out and support us!

New Community League Calendar Up and Running

For all the planners out there!! Check the Strathearn CL Calendar for weekly hall events, Community events around the neighbourhood and also hall rental availability.

There's lot coming up so keep an eye on the calendar to make sure you don't miss out!!

SCL Website

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

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



Community League Programs

(Strathearn Community League membership required)

****NEW** - \$10 Prospects Baseball!!**

Just show your Strathearn CL Membership when you buy your tickets and they'll only be \$10 per adult.

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 – May 2nd, June 6th and 4th July.

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 – May 10th, June 14th and 12th July.

Free Family Swim Times

Commonwealth Community Rec Centre
Every Saturday 5pm - 7pm

Hardisty Leisure Center

Every Sunday 1:15pm - 2:45pm

Buy Your 2017/2018 Strathearn Community League Membership Today

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

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

Here's where to buy your membership:

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

You can now buy your membership online at Strathearncl.org!!

Plus, each month, community league



members are entered into a draw for a \$20 gift certificate to either The Wired Cup or Juniper Café and Bistro.

Quitting tobacco

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

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

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

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

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

Being tobacco-free also means you're not exposing loved ones to second-hand and third-hand smoke, and you're setting a posi-

tive example for those around you who may be inspired to quit as well.

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

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

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

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

For more information on supports available to help you quit, visit www.AlbertaQuits.ca or call 1-866-710-QUIT.



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