

# SOUTHEAST VOICE

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

November 2018



Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

## “Fun on 101” was Lots of Fun!



After a two-week postponement due to snow on September 16, the “Fun on 101” event took place on Sunday, September 30. It was still cold, but the sun was bright! There were fun activities and food provided by Glen the Balloon Guy, Happiness Crew accordion band, CommuniTEA Infusion and YoungLife. The City of Edmonton set up 101 Ave display stations and received lots of great feedback from area residents. The Capilano Library and Telus had tents set up, and there was also a pet parade, bouncy castle, bike decorating and a bike parade, and lots of free draws for great prizes.

Thank you so much to the following businesses that provided donations and/or participated in this event:

A&W, Albertino Liquor, ATB, City of Edmonton, Capilano Library, Dominos Pizza, EFCL, Fast Trax, Friendly Nails, G&E Phar-

macy, Greenbank Vet clinic, Grower Direct, Marked Improvement, Natural Power Chinese Herbal, Real Deals, Safeway, Second Cup, Servus Credit Union, Shoppers Drug Mart, Studio Post, Sweet Legs, Telus, Thien An Restaurant and Veritas Management. Special thanks also to local area residents who volunteered their time, community leagues for their ongoing support, and to Councillor Henderson for being a judge for the pet parade! Community initiatives such as this would not be possible without these combined efforts!

Tentative plans are underway for another community event on 101 Avenue in the spring 2019. If you would like to participate or to receive updates about this, LIKE the Greater Hardisty Community Sustainability Coalition Facebook Page #greaterhardisty, or email directly to: [ghescoalition@gmail.com](mailto:ghescoalition@gmail.com).

## Save the Dates - Support 101 Avenue!

**Show your support for 101 Ave. development!**

**November 13th** - The City of Edmonton's Urban Planning Committee will consider the implementation of short term actions to move the vision forward prioritizing active transportation on 101 Avenue.

Location: River Valley Room, City Hall  
Time: Morning (from 9:30 a.m.)

**November 15th** - City Council holds a Public Hearing its proposed 2019-2022 Capital Budget, which has 101 Avenue listed as a project for funding.

Location: City Hall, Time: from 1:30 p.m.  
To receive updates, or get involved, LIKE the Greater Hardisty Community Sustainability Coalition Facebook page, or email directly to: [ghescoalition@gmail.com](mailto:ghescoalition@gmail.com).



## Edmonton Bus Network Redesign

Edmonton's bus routes will be changing. The new network focuses on connecting people to places and to each other.

The Bus Network Redesign is the first major action coming out of the Transit Strategy. The proposed new bus network, built with input from thousands of Edmontonians, reflects residents' priorities by delivering a bus service that meets the needs of more people.

In spring 2018, you told us what you liked and what you would change in the draft bus network plan.

In phase 1, our transit planners created the draft bus network based on the principles in the Transit Strategy. We gathered feedback from many Edmontonians in April through June to make sure the new network would bring you to the places you want to go. Our transit planners used this feedback to further refine the bus network.

Over the past few months, our transit planning team refined the draft bus network that was presented to you in spring 2018. The team altered the bus routes so that the majority of people will be within a five to seven-minute walk to a transit stop and some routes were re-adjusted to connect to important community destinations.

Before we finalize the revised network, we want to check in one last time to confirm the changes reflect the spirit of what you told us.

Until December 9, you have the opportunity to fill out an online survey or attend one of 13 workshops including a South East one:

Monday, November 26, 3 - 7 pm at Idylwylde Library (Bonnie Doon), 8310 88 Ave

For additional information, please visit the following link:

[https://www.edmonton.ca/projects\\_plans/transit/bus-network-redesign.aspx](https://www.edmonton.ca/projects_plans/transit/bus-network-redesign.aspx)



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Capilano	VACANT	<a href="mailto:capilanorep@secla.ca">capilanorep@secla.ca</a>
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Forest Terrace Heights (Chair)	Connie	<a href="mailto:fthrep@secla.ca">fthrep@secla.ca</a>
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Idylwyld	Bridget	<a href="mailto:idylwylderep@secla.ca">idylwylderep@secla.ca</a>
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Ottewell	Glen	<a href="mailto:ottewellrep@secla.ca">ottewellrep@secla.ca</a>
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Treasurer	Michael	<a href="mailto:treasurer@secla.ca">treasurer@secla.ca</a>
Secretary	Jamie	<a href="mailto:secretary@secla.ca">secretary@secla.ca</a>

## We're on The Move!

It's the final countdown until we officially move from our existing location (Capilano Mall) to our brand new, beautiful space located at 9915 67 Street NW.

A new library complete with serene views and natural light will be a place Capilano residents can call their own Thursday, Nov. 8. The new Edmonton Public Library Capilano Branch will be a ground-floor location at 9915 67 Street NW, which will help overcome accessibility challenges of the current site on the second floor of Capilano Mall. The new branch will serve approximately 198,000 visitors annually.

Edmonton's Fulton Ravine will border the new library. The 60-meter wide forested area will divide the property into an east side facing 67 Street and a west side facing Terrace Road NW. Beyond the beautiful setting, visitors to the branch will have access to the ravine zone – a seated study space featuring the ravine as a backdrop. Community rooms with private and semi-private meeting and study spaces will also offer this view.


### New Branch Hours

As of Thursday, Nov. 8 our branch hours will change to the following:

Monday - Thursday: 10 am - 9 pm  
Friday - Saturday: 10 am - 6 pm  
Sunday: 1 pm - 5 pm


Please contact Capilano Branch staff if you have any questions.  
<https://www.epl.ca/cpl-contacts/>





Emergency Medical Services

## Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

### Hazards

- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

### Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



## "Tell Me a Story, Please!"


A familiar request from a young child. One that can lead to special time together with a parent or grandparent, especially when it goes along with a cuddle at bedtime.

Asking a child to tell you the story or telling it together can lead to giggles from everyone.

Recently, a study has shown added benefits to these lovely moments when you talk with a child about the story and take turns adding details about what happens next. Researchers recorded parents with their toddlers for six months. They found that children whose parents spent more time engaging them in conversation had better communication skills than their peers 10 years later.

[www.cbc.ca/news/health/literacy-preschool-parents-pediatric-1.4817374](http://www.cbc.ca/news/health/literacy-preschool-parents-pediatric-1.4817374)

For more ideas about helping children develop communication skills, check out



this great list of resources that Shannon Clarke, Community Librarian at Capilano has shared: [www.bit.ly/ECDCCommunicationSkills](http://www.bit.ly/ECDCCommunicationSkills)

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

[www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast)  
[www.facebook.com/SEEECCC/](https://www.facebook.com/SEEECCC/)



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### Reduce your monthly expenses with:

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### Information Sessions

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

### Information Sessions

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

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

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

**ChristensonGroup.ca**





## AVONMORE BOARD

President	Anita	president@avonmore.org	Babysitting	Cheryl
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Soccer	Lyne/			
Boris	sports@avonmore.org	Communications	Sarah	
Civics	Norm	civics@avonmore.org	Rink	Vacant

## Avonmore Concert Series

Next Concert is Joe Gilday on Nov 24. Visit and like our Facebook Page: 'Avonmore Concert Series' or e-mail avonmoreconcertseries@gmail.com to be kept updated.

## LRT Construction Safety

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

## Gingerbread Workshop

Join us for a fun filled day of designing and building your own gingerbread house, while enjoying refreshments, live music and the company of your neighbours. November 17 from 1-4 pm at Avonmore School. Cost: \$25 per kit.

To register, email grants@avonmore.org or through <http://avonmoregingerbreadworkshop.eventbrite.com/>

## Community Potluck and Holiday Caroling

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

## Avonmore Garden Club

While our Gardens are sleeping, join us online on facebook-- Avonmore Garden Club.

## Avonmore Parent & Tot Program

This FREE drop-in program The Avonmore parent and tot group runs every Thursday from 10-12 at the community hall. We do a mix of free play activities and arts and crafts. Our group has a mix of small babies and toddlers, so there is someone for everyone to play with. Coffee and tea provided. For more info, check out our Facebook group by searching "Avonmore parent and tot group" or email

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

## Lego Club

Our next Lego Club is Tuesday, November 13 at the Community Hall from 3:30 to 5:00 pm. Children are welcome to come and build with us! Lego donations (used or new) are always gratefully accepted.

## Bus Routes

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

Please take a look at the changes at [https://www.edmonton.ca/projects\\_plans/transit/bus-network-redesign.aspx](https://www.edmonton.ca/projects_plans/transit/bus-network-redesign.aspx)

## Pottery Painting Night

Avonmore Community League and Crankpots invite you to a neighbourhood family and friends night out. We will be offering plates, cups, bowls or Christmas ornaments for painting. Prices start at \$12 each. \*Evening, Times to be confirmed. November 29.

For more information check Avonmore's facebook page or email Jamie at playschool@avonmore.org

## Community Playschool

**Limited spaces still available!**

Come join us in September of 2018 for a year of fun and exciting playschool experience. Classes run Monday-Friday; you can sign up for 2 days a week up to 5 days a week.

Playschool hours 9:00 a.m. - 11:30 a.m. Small class sizes, with lots of one on one instruction, hands-on learning and music sessions, brought to us by our two great music teachers.

Enriching great little minds more and more each day.

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

## Avonmore Community Swim

Commonwealth Pool 11000 Stadium Road Saturdays, 5:00 p.m. - 7:00 p.m. Hardisty Pool 10535-65 Street Sundays, 1:15 p.m. - 2:45 p.m.

## Abundant Communities Edmonton Support Team

**ACE Support Team member:**

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

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

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

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

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

## Community Coffee and Conversation

Community Coffee and Conversation at the Avonmore Community Hall

Saturday Mornings at the hall 9:00 to 11:00 - November 10 and 24

Come for coffee and continental breakfast. Stay for the conversations!

November 10: Growing Together

9:00 to 10:00: Coffee and conversation: displays and conversations about gardens and green spaces in Avonmore

10:00 to 11:00: Presentations and conversations on the theme of preserving and

enhancing growing/green space, shared garden space (private) and potential for a community garden and/or other shared spaces.

November 24: A Say in Our Future

9:00 to 10:00: Coffee and conversations: displays and conversations about engaging in shaping the future of our community

10:00 to 10:30: Presentation by Chelsey Jersak, planning consultant, on Building a Community Vision - How Communities Can Have a Voice in Development.

## Babysitting Registry

Avonmore Community 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 cre-

dentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and your experience caring for children. Don't forget to provide your phone number!

**Red Cross Babysitting Safety Course**

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

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

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

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

## 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 Yoga

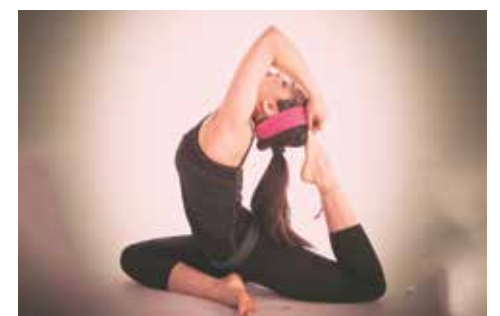
The Fall Yoga session will run Tuesdays and Wednesday from October 2 to December 19th. For more information and to register, contact Anita at president@avonmore.org.

The cost is \$ 120.00 for the full session of 12 classes for members of any community league in Edmonton (\$135 for non-members). The drop-in fee is \$15/class.

Tuesday Classes: 6:30 to 8:00 p.m. Instructor: Emily McNicoll

Wednesday Classes: 5:45 to 7:15 p.m. and 7:30 to 9:00 p.m. Instructor: Tori Lunden

These classes are a unique opportunity to experience both the benefits of yoga and of being in a community. The instructors get



to know you and your needs then tailor the classes accordingly. You also get to know your classmates. The before class chats are a great way transition from a busy day to the peacefulness of yoga.

## Avonmore Book Club

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

at president@avonmore.org

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

## CAPILANO BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
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Secretary	Laura	780 982-9876
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Memberships	Jean	780 863-0914
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Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Michelle	780 466-1017
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Renovations	Darren	780 466-1380
Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Jaret	780 720-5582
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	VACANT	
City – NRC	Tyler	780 690-8613

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

## Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a

large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80.

Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-

members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at [www.capilano.info](http://www.capilano.info).

## Need a Capilano Community Membership?

Contact Jean at 780-863-0914.

As well, memberships are available at:

--TGP Your Gold Bar Grocer, 5036 – 106 Avenue, Edmonton. Contact TGP at 780-469-2535 or visit [www.goldbar.tgp.ca](http://www.goldbar.tgp.ca) for store hours (Cash only).

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Avenue, Edmonton (Cash only)

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

Thanks to TGP Your Gold Bar Grocer and Servus Credit Union for supporting our community!

Benefits of Your Community League Membership include:

--A community group able to address the concerns of residents and

whose main priority is the well being of the community.

--Opportunity to enroll children in area sports and recreational programs (Membership is mandatory to join).

--Summer play-ground programs and playground supervision.

--Capilano Community Hall rental discount.

--Capilano Community Big Bin Event access

--Capilano Tennis club eligibility.

--Affiliation with the Neighborhood Watch and the Edmonton Safe Parent programs.

--Free indoor swimming at Hard-

isty. (Contact pool for times)

--Free outdoor swimming at Mill-creek and other pools. (Contact pool for times)

--Free indoor skating at various arenas. (Contact for times)

--Use of Capilano community outdoor skating facilities.

--City of Edmonton Community League Wellness Program (Community League Members receive discounts on City

of Edmonton passes). Check out: [https://www.edmonton.ca/activities\\_parks\\_recreation/community-league-wellness-program.aspx](https://www.edmonton.ca/activities_parks_recreation/community-league-wellness-program.aspx)



## Capilano Community League Sign Rental

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

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

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

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

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

## 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](mailto:K_cramer@telus.net) or 780-720-9003.

## FREE Swim for Capilano Community Members

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

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

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

## Volunteer Opportunity – SECLA Rep



Capilano Community League is seeking a Capilano resident to represent it on the board of directors of the South East Community Leagues Association (SECLA). SECLA, which consists of 11 community leagues in central southeast Edmonton, seeks to strengthen community networks by providing a forum for collaboration, discussion and the sharing of information. It also provides funding for the Southeast Voice community newspaper. The board typically meets the fourth Thursday of each month for two hours. If you are interested in this volunteer opportunity, please contact Kris Cramer at 780-720-9003.

## Capilano Community's "Light December Lights"

Come Celebrate with Capilano Neighbours & Friends!

A Friday evening with horse sleigh rides, Christmas treats, crafts, a family skate and much more!

WHEN: Friday, December 7, 2018 from 6-8 p.m.

WHERE: Capilano Community League Hall (10810-54 St.)

\*\*FREE and ALL are WELCOME!\*\*

Any questions, text Heather at 780-818-1456

## Thefts from garages are a problem

Here are some things you can do to secure your garage and vehicle:

-Always lock your vehicle if you park outside.

-Never leave a garage door opener or spare keys in your vehicle.

-Remove all valuable from your vehicle, including cell phones, laptops, wallets, purses, cash, sunglasses and spare change.

-Always lock the side door on your garage.

Learn more at [www.edmontonpolice.ca/crimeprevention.aspx](http://www.edmontonpolice.ca/crimeprevention.aspx)

## Capilano Community is on Facebook "Like Us"

## 5th Annual Capilano Artisan CRAFT SALE

WHEN: Saturday December 1, 2018

TIME: 10 a.m. – 3 p.m.

WHERE: Capilano Community Hall (10810-54 St.)

Come celebrate your local artisans from the greater Capilano community. You may be surprised what creative genius may live down your street! Visit with your neighbours while sipping hot cider and shopping local!

Vendors will be showcasing: jewelry, handmade reclaimed furniture, felt art, crochet and knitting, fused glass, baking and much more! Hope to see you there!

## Save Gold Bar Park Alliance – Update

EPCOR is proposing to reroute and construct a major sewage trunk line to Gold Bar Park. If this proposal is approved by our City Council, it will result in rezoning of River Valley Parkland and a major increase in sewage volumes at the Gold Bar Sewage Treatment Facility. On Friday, November 16 all City residents are invited to attend the Utility Committee Meeting at City Hall where our city councillors will be reviewing and discussing EPCOR's expansion proposal. Email [goldbarparkalliance@gmail.com](mailto:goldbarparkalliance@gmail.com) for more information or find Save Gold Bar Park Alliance on Facebook.



# Capilano Playschool – Free Trial Class January 23



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

We still have SPOTS AVAILABLE in our Tuesday/Thursday Christian class!

If you think your little one might be ready to start playschool next year, we are offering a free trial class Wednesday, January 23, 2019 from 6 – 6:30 p.m. and then starting registration with an Open House from 6:30 – 7:30 .p.m on the same night. We are located in Hardisty School (10534-62 street).

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

## Bootcamp and Stretch

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

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

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

Costs: \$70 one day or \$140 both days for CCL members. \$77/\$156 non CCL members. Or 5 passes available for \$60. Mix of strength and cardio with a long stretch at the end – everything can be modified and adapted for all fitness levels or special considerations.

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



## Capilano Playschool 6th Annual Splash & Slide Fundraiser – selling out!



Saturday, November 17 from 7:30 p.m. - 10:30 p.m.

West Edmonton Mall Waterpark


Support your community playschool and enjoy a fun family night at the waterpark at a great price! Tickets are only \$15 now, \$18 at the door! This event sells out every year!

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

## Babysitters are available for YOU!

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






YMCA

YMCA Family Resource Centre  
Boyle Street Plaza

**Drop In YOGA**  
Tues/Thur 5pm-6pm  
Thur 10am-11am  
Cost \$10/class  
U/G Parking \$1/hr  
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## Special Meeting - Cloverdale Community League

### Calling All Volunteers!

The Cloverdale Community League (CCL) still needs to fill a number of critical positions on its board of directors following the AGM last September.

We're still looking for neighbours to fill the following two-year term positions:

Vice President

Treasurer

Civics

Programs

Garden Club chair

The CCL is holding a Special Meeting to fill

these vacancies at 2:30, November 18, 2018.

Plan to attend! Put your talents and time to use helping to create the liveable and desirable neighbourhood we all value. We need creative, interested and enthusiastic volunteers to provide leadership and guidance to the CCL in order to continue to deliver the many programmes and services our neighbours value. Remember - many hands make light work!

Contact Reg at <president@cloverdalecommunity.com> to learn more about these wonderful opportunities.

## City of Edmonton Bus Network Redesign

You've got an opportunity to make your voice heard on the City of Edmonton (CoE) bus network redesign. The CoE is hosting public input sessions and an on-line survey to allow you to provide feedback on the current draft plan. Details are available at <[https://www.edmonton.ca/projects\\_plans/transit/bus-network-redesign.aspx](https://www.edmonton.ca/projects_plans/transit/bus-network-redesign.aspx)>. According to the CoE, this is the most extensive bus network redesign in 20 years. The intention is to implement the new bus network in 2020.



The current draft plan will impact Cloverdale in several ways:

The 85 bus route along 98 Avenue will be eliminated when the plan becomes operational in 2020.

It appears that the 112 and 8 bus routes which currently have stops near Connors Road and Cloverdale Hill Road will also be eliminated in 2020 and may be replaced by the P2 line.

The Valley Line LRT is scheduled to become operational in 2020.

It also appears that some of the neighbourhoods east of Cloverdale (i.e. those in the SECLA catchment area) may also see reductions in bus service. ETS will be doing extra planning to deal with the 'First km/Last km' connectivity issues. This stage will be critical for Cloverdale, other communities and transit users with limited mobility and other concerns.

While the current bus service in Cloverdale leaves much to be desired, the current proposal only provides LRT service and, for those so inclined, a bus route at the top of Cloverdale Hill Road.

It's likely that the LRT will operate at a higher frequency than the current buses. However, the Muttart station is located at the extreme west end of the neighbourhood. This may pose accessibility issues to Cloverdale residents with limited mobility and those who have young children and use strollers. Depending on the time of year, it

may be time consuming and unsafe to trudge from 91 Street or 92 Street to the Muttart LRT station and back. Is this the best bus network design for Cloverdale?

What do you value in terms of an accessible, effective, efficient and affordable transit system?

Cloverdale residents are urged to participate in the bus route redesign process so that Cloverdale continues to be served by effective public transit.

Get involved and make your voice heard!

## New Residents Reception

Through the Abundant Community Edmonton initiative, the Cloverdale Community League (CCL) is hosting a New Resident Reception at the Cloverdale Community League hall at 9411 97 Avenue from 1:00 PM to 2:30 PM on Nov. 18.

Meet the CCL executive

Meet your neighbours

Find out what makes Cloverdale one of the most livable communities in Edmonton

Learn about fitness programmes, social events, Women and Wine nights, co-ed Ping Pong, community relations regarding the Edmonton Folk Music Festival and the Accidental Beach, the 'greening' of the CCL hall, the outdoor rink, the indoor playgroup, book club and more.

RSVP contact Marilyn at 780.468.7199 or <[neighbourhoodconnector@cloverdalecommunity.com](mailto:neighbourhoodconnector@cloverdalecommunity.com)>

## Effective Meetings Workshop

Meetings - love 'em or hate 'em, we spend a lot of our lives in meetings. Ever wondered what it would take to make meetings more productive and effective? What to learn skills to make meeting more productive, less time consuming, more fun and more effective?

The Cloverdale Community League (CCL) is hosting an 'Effective Meetings' workshop on Wednesday, November 14, 2018 at 7:00 PM. The session will be conducted by Gordon Sheppard, professional development trainer and speaker. The 75 minute session is open to up to CCL members and up to two (2) participants from the various condominium associations in Cloverdale and up to two



(2) community league board members within the SECLA area.

To register contact Janet at <[rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com)>



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Able to work under pressure and excellent attention to detail with ability to prioritize multiple requirements and deadlines.

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**Education:** Related education is an asset, minimum two years experience in a professional reception role with a multi-line switchboard and general administrative duties, knowledge of office specific software

**Salary range:** \$18. to \$22 per hour

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Dr. Greg Pickering [resolution.services@shaw.ca](mailto:resolution.services@shaw.ca)

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## Forest terrace Heights Board

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Vice President	Jeremy	644-0772	VP@forestterrace.org
Secretary	Curtis		Secretary@forestterrace.org
Treasurer	Michelle		Treasurer@forestterrace.org
Hall Rental	Molly	466-0585	Molly@forestterrace.org
Maintenance	Ryan		Maintenance2@forestterrace.org
Programs	Sarah		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	Sec1a@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	Sonya		Membership@forestterrace.org
Website	Tyler		Web@forestterrace.org
Sign	Anj		Signs@forestterrace.org
News Editor	Kerry		Newsletter@forestterrace.org
Volunteers	Nicole		Volunteers@forestterrace.org
Events	Kathleen		Events@forestterrace.org
Civics	Julie		Civics@forestterrace.org
Marketing	Kelly		Marketing@forestterrace.org

## Spooktacular costume party

We had an amazing turnout at our children's Halloween party Oct. 28, with more than 75 kids and adults attending.

The kids made monster popcorn hands and candy-coated brownies, and crafted ghosts, jack-o'-lanterns, witches and vampires.

The party was attended by witches, ninjas, a giant baby, unicorns, ladybugs, princesses and superheroes.



## Join our new civics committee

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

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

and bike lanes); environment and safety.

The first major projects the committee will consider are the 101 Avenue redesign and the old Patricia Motel redevelopment. Depending on the interests of the committee members, we could also look at other opportunities, such as figuring out how to turn one of our vacant gas station sites along 101 Avenue into a small park or other amenity.

The time commitment would be one evening meeting per month, as well as a periodic email exchange,

es, to discuss civics-related issues and plan engagement events in the community with the support of the board.

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

## Nothing but Fun on 101

In spite of the cold weather, the Fun on 101 event on Sept. 30 was lots of fun. City planning staff received more than 80 responses to their survey regarding actions to prioritize on 101 Avenue. Another 20 people who attended indicated that they would fill out the online survey. The staff will provide their report and public feedback to city council's urban planning committee on Nov. 13.

Thanks to our community league president, Rae Hall; Coun. Ben Henderson, and Pam Price from Greenbank Veterinary Services for judging the pet parade. We had hot

dogs provided by YoungLife, and coffee, hot chocolate and roasted marshmallows, which were all very welcome on this cool day. The bouncy castle and Glen the Balloon Guy were very popular with the kids. We were happy to have the CommuniTEA Infusion mobile tea van participate in the event, providing hot tea and free buttons to attendees. Thanks to everyone who came out!



## Did someone say membership perks?

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

**Don't miss out on all these perks and discounts:**

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. Congratulations to our latest winner, Alanna Brochu, pictured above.

Free swims at Hardisty Pool every Sunday from 1:15 to 2:45 p.m., and every Saturday from 5 to 7 p.m. at Commonwealth Fitness Centre, shown above. At Com-



monwealth, you can also use the gym.

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

Free membership in the Edmonton Tool Library, which 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. To make the process faster, complete the membership application online and review the release of liability waiver and borrowing policy.

Show your card at Real Deals, the home decor store at 7115 101

Ave, and receive 10-per-cent off!

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.

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

**Here's how to buy your membership:**

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

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

## Programs at the hall, 10150 80 St.

### Pilates on the Mat

Fridays, 9:15-10:30 a.m. until Dec. 7. Drop in for \$10 per class. For all fitness levels. Each class will work to balance all muscle groups' strength and flexibility with emphasis on challenging the core muscles with each movement. A challenging but safe method to sculpt your body and feel increased agility in your everyday movements.

Email Instructor Kelly at kbray2@telus.net or call her at 780-983-5403 for more information or to register.

### Zumba!

Next session runs Wednesdays, 7-8 p.m. until Dec. 12. \$9/class for

members. \$12/class for non-members plus Eventbrite fees.

Come join Mary, a licensed Zumba instructor for adults and children, to experience her class for yourself. You can take back positive energy, vitality and renewed spirit. Every class feels like a party!

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

Registration is via Eventbrite. Look for the link on the events calendar at forestterrace.org or the league Facebook page.

## Ready, set, bake!

Start planning for our Christmas Cookie Exchange on Tuesday, Dec. 18, from 7 to 9 p.m. at the hall. Watch our Facebook page for more details.



## Next meeting

Please join us at an upcoming community league meeting. They're held the first Tuesday of the month at 7 p.m. at the hall, 10150 80 St NW. Everyone is welcome.



# Fulton Place

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

## Community Contacts

**PRESIDENT- MIKE**

PRESIDENT@FULTONPLACE.ORG 780-886-7794

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

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

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

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

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

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

**Seniors Liason – Miles**  
info@fultonplace.org

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

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

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

## Morning Fitness



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

## Hall Rental

The hall is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league members. To book the hall please contact sherry-lynn@fultonplace.org or call the Hall at 780.466.8140 and leave a message.

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## Strength and Balance to Prevent Falls

Falls are the leading cause of injury among older adults. Our bodies naturally change with age which affects how we feel, move, and behave. The older we get, the greater the risk of falling. There's no doubt falls can have devastating consequences such as injury, chronic pain and a reduced quality of life, but by taking action you can prevent it from happening to you.

Most falls can be avoided by taking steps to reduce the risks. Seniors can prevent falls by identifying reasons related to their health or environment that could cause them to fall. Having your medications reviewed yearly, visiting your eye doctor for an annual checkup, wearing supportive foot wear, and making your home safer by removing tripping hazards and improving lighting are all great things you can do. So is challenging your balance, building strength, and being active.

November is Falls Prevention month across Canada and this year's campaign focuses on the fact that you're never too old to start being active and no matter what your abilities are today, you can always improve your strength and balance to prevent a fall.

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Older adults with muscle weakness are 4-5 times more likely to fall, so aim for 30 minutes or more of physical activity at least 5 days each week. Walking, dancing, swimming and gardening are great ways to be active. Work on your balance by controlling your movements. Try reaching while standing, toe and heel raises, stepping in different directions, step ups or half squats. Yoga and tai chi are also great activities to try. Build strength by doing exercises for your leg muscles. Use bands, weights, or your own body weight to do things like hamstring curls and side leg lifts.

Choose something you like to do as you are more likely to stick to it.

Remember, it's never too late to start being active!

To find out more about keeping active and falls prevention for older adults visit the Finding Balance campaign and My Health Alberta.

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Moms are welcome to come with babies and kids.

Mondays and Thursdays, Nov 5/8 to Dec 17/20 (sans Nov 12); 9:30-10:30am. \$60 Mon/ \$70 Thurs; \$130 both days

## Community Games Nights

### Last Friday of every month

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

Dates: Nov 30 7:00 – 10:00pm

Jan 25 6:00 – 10:00pm (pot-luck)

Feb 22 7:00 – 10:00pm

Mar 22 6:00 – 10:00pm (pot-luck) this is not the last Friday, we're avoiding spring break

Apr 26 7:00 – 10:00 pm

May 31 6:00 – 10:00 pm (pot-luck)

June 28 7:00 -10:00 pm (games night and campfire)

## Gold Bar Preschool



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

## Craft Sale



December 1, 2018

10 am - 3 pm

Free entry, Unique Items, Concession, Local Crafters and Artists

## Hatha Yoga

Mondays 7 - 8:15 pm

Session Sept 17 – Nov 26

Cost: \$30 for the last 3 classes, or \$12 for drop-in.

Using medium strength exercises, breath work, and meditation, our goal is for you to leave more flexible, focused, and relaxed.

## GF Family Christmas Party



Sunday, December 16, 2018

Gold Bar Community Hall

4620 105 Avenue

1:30pm-4:30pm

3:00pm Juggling act

GF snacks, crafts & glitter tattoos

3:30 Santa visit

## EPCOR UPDATES:

-With all the changes taking place at the EPCOR Gold Bar Wastewater Treatment Plant on 50th Street, we encourage you to stay informed and take advantage of our Community League EPCOR LIASON. Our liaison meets with the EPCOR Committee twice a year and there is still time to provide your input for the next meeting.

-EPCOR Land Swap proposal

-EPCOR facility upgrades for reroute of major sewer line

- EPCOR recycling waste to make fertilizer

Despite the weather Community Fun Day was a big success. Thank you to our sponsors and for all of our community who came out.

## Gold Bar Winter Green Shack

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

Location: Gold Bar Playground 4620 – 105 Avenue

Dates: December 1 – 22, 2018

Days & Times: Mondays/Wednesdays

3:30 – 6 and Saturdays 1 – 5.

Hope to see you there!

## Community Martial Arts Classes

Every Thursday at the hall

Youth and Family Class: 6:00 – 7:00 pm, ages 7 – 107

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

Kobudo Weapons Based Class: 8:00 – 9:00 pm, ages 13 +

Your registration fee allows you to enroll in all three classes.

Gold Bar Hall has the unique opportunity to start a non-profit community martial arts program. Jamie Hanlon has been teaching for 30 years and holds a 5th degree black belt. He practices Okinawan Karate, check out his website at [www.kaizendojo.ca](http://www.kaizendojo.ca). You are always welcome to come and try a class for free.

### Cost:

1 person \$90/3 months

2 people \$165/3 months

983 people \$225/3 months

Family of four + \$300/3 months

Community League membership \$20 Family/Adult, \$5 Senior

Ryukyu Karatedo Kobudo Kenkyukai Alberta Society membership \$20/year

Last class for 2018 is December 20. Classes will resume Jan 10. Fees will be prorated depending on when you start.

Show your membership card at Hardisty Pool on Sundays from 1:15- 2:45pm to participate in a community Swim. On the second Tuesday of every month, show your



membership card at Blues Java Café to receive a FREE hot Beverage (coffee, tea, and hot chocolate) between the hours of 7- 11am. Please Remember Your Card. If you're interested in helping out your community by selling memberships, we have short and long routes available. You can purchase memberships at Blues Java Café or Call Amy Cooper 780- 668-6836. Adults/Family \$20 and seniors \$5. Thank you to Gold bar TGP and Blues Java Café for supporting

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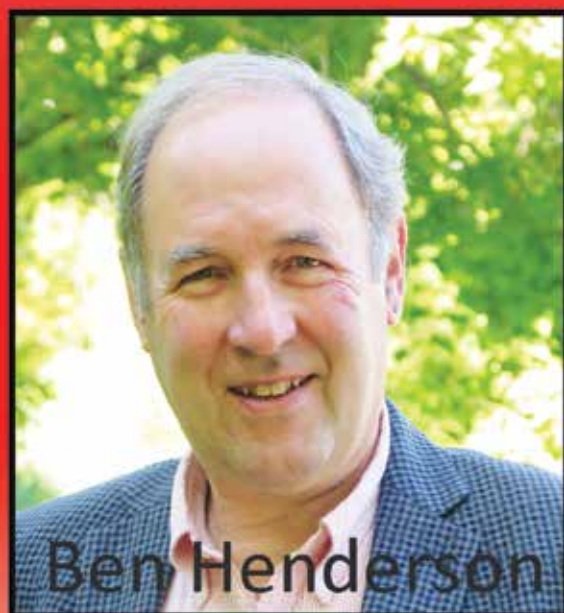
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# Happy Holidays!



**Ben Henderson**

City Councillor for Ward 8

[ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca)

780-496-8146



## Work With Us!

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

We are looking for a number of individuals that are interested in a flexible role, providing shift coverage for kitchen, dining room, and housekeeping positions across our different locations throughout Edmonton.

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

**Pay Scale:** \$15.20 - \$20.25 per hour

### Experience/Education Preferences:

- Strong English communication skills (both written and verbal) and customer service skills.
- Experience in the area(s) of cleaning, hospitality, serving, and food preparation
- Ability to demonstrate responsible judgement in problem solving, work independently as well as in a team, interact with everyone in a respectful manner.

Please send your resume to quoting Job Posting "PGA" to:  
Human Resources, GEF Seniors Housing,  
14220-109 Avenue, Edmonton, AB T5N 4B3  
Fax: 780-482-4054 | Email: [jobs@gef.org](mailto:jobs@gef.org)

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

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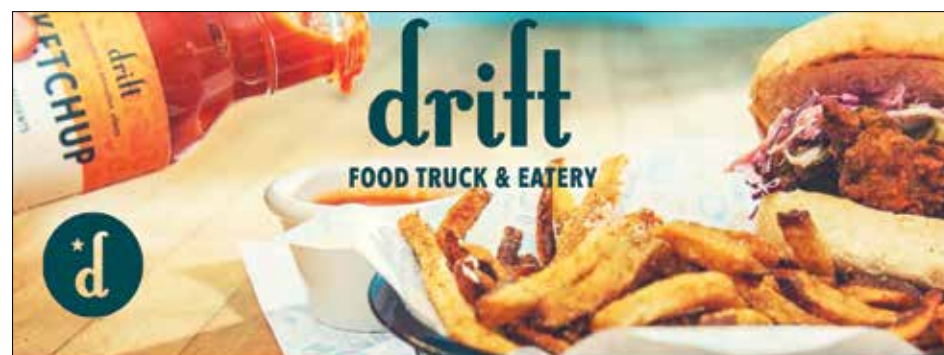
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# Remembrance DAY



**OPEN ALL SEASON inside the  
Shamrock Curling Club**

*October - March*

**Monday - Thursday 5:00-8:30pm**

**Fridays 4:30-10:00pm**

**Saturday & Sunday hours vary**

check out our concession inside the club, and  
enjoy the selection of craft beers in the lounge!

*public welcome, family friendly,  
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## HOLYROOD BOARD

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

Website: [www.holyroodcommunity.org](http://www.holyroodcommunity.org) Twitter: @HolyroodCL  
Facebook: Holyrood Community League

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

## Programs

### Free Community Swim

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

### Hardisty Leisure Centre

Sundays, 1:15 - 2:45 PM

### Commonwealth Community Recreation Centre

Saturdays, 5:00 - 7:00 pm

## Drop-in Playgroup

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

Thursdays, 9:00 - 11:00 AM

Holyrood Community League

Contact Jessica at [playgroup@holyroodcommunity.org](mailto:playgroup@holyroodcommunity.org) for additional information.

## Volunteers Needed!

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

### Program Director

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

### Social Director

Manages all matters related to the social activities of the league, including Big Bin rental, dances, parties, barbecues and other special

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

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

## Ruth's Yoga



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

7:00 - 8:15 PM

Holyrood Community League

For more information, or to register call Ruth at 780-237-6730 or email [ruthe.sjoberg@gmail.com](mailto:ruthe.sjoberg@gmail.com).

## Step into winter

When it comes to choosing a practical pair of winter boots, it's important to think about more than style. Look for a winter temperature rating to ensure the pair you pick is warm, and shop for a comfortable pair with anti-slip soles, too.

Cathy Harbidge, Calgary Fall Prevention Clinic coordinator with Alberta Health Services, says it's important to look for boots with:

Adequate support through the sole and around the ankles

High-traction anti-slip soles

The correct size. If they're too big, you may twist an ankle or even have your boots fall off when you're walking

Adjustable laces or laces with a zipper. Sometimes people's feet swell, Harbidge says, so laces allow you to adjust the boots for comfort.

Harbidge also recommends shopping for footwear later in the day, when your feet are likely at their biggest. Have de-icer on hand for sidewalks and steps to reduce the risk of falling, and try attaching anti-slip shoe grips to the exterior of your boots to increase traction if you're walking on a lot of ice.

For independent third-party ratings on specific winter boot brands, go to [www.rate-my-treads.com](http://www.rate-my-treads.com).

Excerpted from the Fall 2018 issue of Apple magazine, on newsstands now. For a free subscription, email [apple.mag@ahs.ca](mailto:apple.mag@ahs.ca)

## Get ready for winter

Here are tips for getting your home, yard and car ready for the snow.

Inside your home: It's time to get your furnace and fireplaces cleaned, and ensure they're in working order. Install a carbon monoxide detector, or double-check that the one you have still works. Check weatherstripping on doors for cracks and replace if necessary. (Remind your landlord if you rent.)

In the yard: Put away garden hoses. Rake leaves and put up your Christmas lights be-

fore the snow falls. Buy de-icer or sand for your sidewalks, and book a snow removal service if you don't like shovelling.

Car care: Install winter tires. Replace broken wiper blades and add winter windshield washer fluid to your car's reservoir. Check the battery. Ensure your car has an emergency kit, and add a shovel and a sleeping bag to your trunk, in case you get stranded or stuck.

Excerpted from the Fall 2018 issue of Apple magazine, on newsstands now. For a free subscription, email [apple.mag@ahs.ca](mailto:apple.mag@ahs.ca)



## IDYLWYLDE BOARD

President	Kate	presidentidylwylde@gmail.com
Vice President	David	vpidylwylde@gmail.com
Treasurer	Monique	treasureridylwylde@gmail.com
Secretary	Corrina	secretaryidylwylde@gmail.com
Casino/SECLA	Bridget	casinoidylwylde@gmail.com
Civics	Lee	civicsidylwylde@gmail.com
Programming	Kamila	kamilaidylwylde@gmail.com
Membership	Michelle	membershipidylwylde@gmail.com
Garden	Epiphany	gardenidylwylde@gmail.com
Facilities	Stuart	facilitiesidylwylde@gmail.com
Social	Mick	socialidylwylde@gmail.com
Publicity	Rachel	communicationsidylwylde@gmail.com

**Purchase your 18/19 membership online at efcl.org!**  
**To contact us, please do so by email or by leaving a message at 780 466-7383.**  
**Like and follow us for the most up to date news. Search "Idylwylde Community League" on Facebook and @IdylwyldeCL on Twitter.**  
**Also make sure to visit us at www.idylwylde.org and sign up for our monthly e-newsletter.**

## Monthly Community Meetings

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

## Ol' Fashioned Sunday Fun Day!!

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

Sunday, January 13, 2019

1:30 to 3:30 pm at the Hall (8631 81 Street)

## Cheery Tomato Community Garden

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

## Little Free Library

"A room without books is like a body without a soul."

- Marcus Tullius Cicero

Walter, our local librarian wants you to take his books to fill your shelves! Visit our Little Free Library over at 7932 83 Avenue, come a grab an exciting book from the collection, or drop off one of your favorites that you think someone else may enjoy!

## Make It or Mend It

Hey Idylwylde! Get-It-Done with some coffee and conversation!

We know sometimes you need a little nudge to get that handwork project finished...or started. Dust it off and bring it to the hall to work on (art, craft, clothing repair, etc.) You might even get a little help, if you need it.

No project? No problem! Hanging out is welcome and you might just find some inspiration in what your neighbors are doing. As always-no charge, and family friendly.

Saturdays: 10:30 a.m. to noon

Start date: October 13, 2018

End date: December 8, 2018

No meeting November 10, 2018

## Community League Swim

Bring your ICL membership card to get in FREE at these locations and times:

Commonwealth Community Recreation Centre (11000 Stadium Road)

Saturdays: 5:00pm - 7:00pm

Start Date: September 8, 2018

End Date: August 31, 2019

**\*\*Note: Commonwealth will be closed November 24th and 25th for the Grey Cup\*\***

Hardisty Leisure Centre (10535 65 Street)

Sundays: 1:15 pm - 2:45 pm

Starts Date: September 9, 2018

End Date: June 23, 2019

## CLEANING WOES?



## IT'S TIME FOR A DOG WASH STATION

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## Program Calendar: 2018 Fall Classes

Classes are FREE for ICL members. Make sure to show your card to the instructor, ya know, so we don't have to ask and make it weird.

Membership cards should be purchased ahead of time from Michelle or [efcl.org](http://efcl.org), but we may have a few kicking around for purchase at classes.

### Pilates Mat Class – Mondays

Instructor: Kelly Bray

Mondays: 7:00 pm - 8:15 pm

Start date: September 17, 2018

End date: December 3, 2018

(No class on October 8 and November 12)

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

### Fall into Fitness Class – Wednesdays

Instructor: Kelly Bray

Wednesdays: 7:00 pm - 8:15 pm

Start date: September 19, 2018

End date: December 5, 2018

(No class on October 31)

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!

### Chair Yoga – Thursdays



Instructor: Susan Lobkowicz

Thursday: 10:00 am - 11:00 am

Start date: September 27, 2018

End date: November 29, 2018

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

### Vinyasa Flow Yoga – Saturdays

Instructor: Sarah Wallace-Nordin

Saturday: 8:45 am - 9:45 am

Start date: October 13, 2018

End date: December 8, 2018

(No class on November 10)

A flow style class that combines sun salutations with a variety of postures to gain strength and flexibility while focusing the mind. In this class we will work the body to build heat while matching our movement with our breath. Open to beginners as well as those who wish to deepen their yoga practice. Please bring a yoga mat, any helpful yoga props you may have (i.e. blocks, bolsters), a towel, and water. All levels welcome.

## Talking about Cannabis

Although cannabis is now legal for those 18+, there are health risks. It's important that Albertans consider these risks and how use of cannabis can impact their day-to-day life, well-being and long-term health. With so much confusing information out there, AHS wants to clear the air and talk about what cannabis legalization means for you, the health risks that come with use, and what you can do to lower your risk if you choose to use.

There are many short and long-term effects of cannabis use. Some key effects include:

Cannabis use can impact brain development, especially in those under 25 because, up until that point, the brain is still developing.

Cannabis can also create lasting impacts that stay with you for life. It could affect your attention, judgment, decision making and ability to learn.

And if you choose to use, choose lower-risk products, avoid mixing with alcohol, tobacco or other drugs, and do not use and drive. Also, be aware:

Cannabis is much more potent product than it has been in past

Cannabis affects everyone in different ways. Use as little as you can and wait to see how you react.

Effects can be felt within seconds to minutes of smoking, vaporizing or dabbing cannabis and can last up to 24 hours.

When eating/drinking cannabis it can take several hours to feel the full effect. Start with a small amount and wait for several hours before you take anymore.

Talking to young adults and youth under 18

Have conversations early that reflect your own values toward the use of drugs and other substances such as alcohol and cigarettes.

It's important to talk about the risks that come with using cannabis before 25. Until

## Ol' Fashioned Sunday Fun Day!



Sunday, January 13, 2019

Idylwylde Community Hall - 8631 81 Street

1:30 - 3:30 pm

Enjoy an afternoon of winter activities!



**Outdoor Fun Fire pit & S'mores**



**Skating Jam Can Curling**

**Hot Chocolate Indoor Crafts**



Free & Fun for the whole family!



## Hall Rentals

Do you long for the days when you used to visit the Bonnie Doon Blockbuster? Well, instead of movies, we rent a hall, and we are looking for a community minded volunteer rental coordinator to look after all things rental. What we do is pretty special, in that

we offer reduced rates to people who live within Idylwylde, so you can host a larger than life function, right in your proverbial back yard. If this sounds like something you could help with, get in touch with our fearless leader Kate!



then, the brain isn't fully developed and cannabis use can lead to problems that impact memory, learning, attention, judgment and decision making.

A good approach is to understand the facts. Taking anything that changes the way you think, act and feel could have consequences on major life areas. This could include poor performance in school and dropping out of things you enjoy.

If you know someone who is under 18, and they're using or considering using cannabis,

encourage them to think about where they do it, who they are with, why they are using, and what they are doing while using.

Remember this. Whether or not they express it, youth and teens care about your opinion. It matters and can help with decision making.

If you have children

Consider how to keep children safe in relation to cannabis:

Do not smoke cannabis in the home or around children

Keep cannabis and all drugs (alcohol, tobacco and tobacco-like products) locked up, out of sight, out of reach and in their original containers

If a child is exposed to cannabis and shows signs of distress, contact Poison & Drug Information Service (PADIS) (toll free 1-800-332-1414) or Health Link (call 811 or 1-866-408-5465 for internet phone users).

For more parenting resources, please visit Healthy Parents, Healthy Children.



## KCL League Contacts

### Executive

<b>President</b>	Ian	780-717-3578	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President	Irene	780-695-2009	<a href="mailto:vicepresident@kenilworthcommunity.com">vicepresident@kenilworthcommunity.com</a>
Secretary	Maren	780-709-2770	<a href="mailto:secretary@kenilworthcommunity.com">secretary@kenilworthcommunity.com</a>
Treasurer	Colleen	780-469-7661	<a href="mailto:treasurer@kenilworthcommunity.com">treasurer@kenilworthcommunity.com</a>
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Membership	Rebecca	780-982-5885	<a href="mailto:membership@kenilworthcommunity.com">membership@kenilworthcommunity.com</a>
Senior Programs	Loida	780-953-1062	<a href="mailto:loida@loidahomes.ca">loida@loidahomes.ca</a>
Children's Prog.	VACANT		
Summer Programs	Alma	780-469-2019	
Capital Projects	VACANT		
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	587-985-2970	
Publicity/Website	Martine	780-995-8884	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>

### Representatives

Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Neighbourhood Watch	VACANT		
Playschool	Becky	780-760-3208	<a href="mailto:beckyclosson@hotmail.com">beckyclosson@hotmail.com</a>
Toddler Time	Angela	780-935-3404	<a href="mailto:angela.feehan@gmail.com">angela.feehan@gmail.com</a>
Caretaker	Terri	780-466-6980	
Hall Rentals	Al/Liz	780-469-1711	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>

## CONTACT US!

General inquiries & Publicity Requests (SEV & Website): [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com)  
Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)  
Keep Current on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com) and on Facebook!

## General Meeting,

**Monday November 19th @7pm**

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 November 19th @ 7 pm.

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

## Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)  
**Members Non-Members**

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate \$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

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

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



## Kenilworth Ice Path

Call to action for all community members! We have almost reached our financial goal to be able to have our super popular ICE PATH again this year but we need your help!

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

Here's where you come in! As a community league member you and your family receive free access to the path all winter long! If you have used and love the ice path in the past please consider making a dona-

tion to this awesome project. If every community member helped with as little as 20\$ we will reach our goal, and if you can share more please do! Every little bit helps.

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

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

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

Sincerely, KCL

## Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings, starting September 10th, 2018, from 10-11:30. Free drop-in play time/socialization for children 0-5yrs. This program started back up in 2015 with a laid back atmosphere of unstructured play. It is run by volunteers and

facilitated by a mom with a background in child language development and children's mental health. Opportunities for new volunteers to help with facilitation and organizing structured activities. Coffee and tea provided. Contact Angela with questions: [angela.feehan@gmail.com](mailto:angela.feehan@gmail.com)

## KENILWORTH PLAYSCHOOL

Kenilworth Playschool is a non-profit, parent co-operative playschool for 3 and 4-year old children. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall. We have a bright, clean facility with a large play area and kitchen. We are proud to provide children with positive interactions with peers, daily theme based lessons, fun field trips, science experiments, cooking in

our kitchen, park or gym time, games, books, songs and so much more. Our goal is to give your child a fun and positive experience that will prepare them for Kindergarten.

We are currently accepting registrations for September 2018 and January 2019. For more information or to register your child, please contact Becky at 780-760-3208 or by email [beckyclosson@hotmail.com](mailto:beckyclosson@hotmail.com).

## 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:

November 14, 2018, Wednesday, 4:30pm – 11:30pm

November 30, 2018, Friday, 4:30pm – 11:30pm

December 22, 2018, Saturday, 10:30am – 3:30pm

January 5, 2019, Saturday, 10:30am – 3:30pm

February 9, 2019, Saturday, 4:30pm - 11:30pm

February 26, 2019, Tuesday, 4:30pm - 11:30pm

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

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

## COME JOIN US! Strength/Cardio class

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

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

Come join us for a fun, effective and

sweaty class :)

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

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

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



Seniors' Lunch & Laugh



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

Mark your calendars for November 14th & December 12th, 2018

12 - 1:30PM At Kenilworth Community Hall 7104 87 Ave

\$5 Lunch + FREE dessert and coffee  
Confirm your attendance with Cathy 780-433-5377

Adult Badminton

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

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



VOLUNTEER OPPORTUNITIES



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

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a

complimentary Community League Membership. This is a great way to meet community residents and contribute to your community.

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

Memberships

Have a New Neighbor? Are You New to Kenilworth? We would like the opportunity to welcome all newcomers into the neighborhood. If you know of any recent arrivals, or if you are one yourself, please call Rebecca @ 780-982-5885. We will deliver a free Community League membership along with information about all the activities this League offers. Don't have your 2018/2019 membership yet? Memberships



are \$20 and \$15 for Individuals and Seniors. Memberships are also available at the Sport Shack, 8170 - 50 St, and at Ottewell TGP (receive a \$5.00 TGP in-store coupon with membership purchase).

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

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.



Annual Sleigh Ride and Chili Supper

Friday, November 30th  
Kenilworth community Hall  
7104 - 87 Avenue  
5:30 - 7:30 P.M.

FREE Event with a Food Bank Donation

Enjoy Chili Supper, Hotdogs  
Christmas music, Sleigh Rides  
Christmas Crafts  
Fun for the Whole Family!

Southeast Voice Newsletter Deadlines

Submissions for the December 2018/January 2019 issue of the Southeast Voice is due Thursday, November 22nd, 2018. Send all announcements to publicity@kenilworth-community.com.

Ask about discounts that can help you save.

**Molly Book**  
Edmonton Calgary Trail Agency  
5474 Calgary Trail  
(587) 405-1315  
mbook@allstate.ca

Call me for a free, no-obligation quote.

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**The King's University Christmas Gift Sale**

More than 65 vendors!  
Artisan, Hand Crafted and Manufactured Goods

**NOV 17 10 AM - 3 PM**  
**9125 - 50 Street NW**

Admission By Donation  
**KINGSU.CA**

**Jenny McAlister**  
**Registered Psychologist**

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

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

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

**311, 6220 Fulton Road NW**

**Fulton Place**

Fulton Court, Top Floor 2 bdrm, 2 bath park view apartment style home. Open LR & DR, lrg kitchen, UG parking, several great amenities.  
Listed at \$283,500 E4130101

**6608 - 86 Avenue NW**

**Kenilworth**

Handy Man special 3 + 4 bdrm, 2 bath home overlooking the school. Siding, Insulation, Mechanical & some concrete already done. Open LR & DR  
Listed at \$299,800 E4131356

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

Not intended to solicit properties already under contract.



## Executive & Board Members

### Executive:

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

### Board Members:

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

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

Indoor & Outdoor Soccer Director – Tena

Summer Playground Director – Colleen

Social Team – Bri & Colleen

Playschool Rep - Tyler

Rink Chair – Cory

Maintenance – Frank

Membership Director – Russ

Communications – Sandra C

Website – Tim

EFCL Rep – Corinne

All Positions are volunteer 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



## Baby! Baby! Baby!

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

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

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

## OCL Board Meetings

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

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

Next board meeting on Nov. 20th at 6:30 p.m. sharp!

## Ottewell Hosts Crime Prevention Session

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

## OCL 3rd Annual HOLIDAY MARKET



Come out to purchase your Christmas gifts for that special someone!

Saturday, Nov. 17 and Sunday, Nov. 18, 10am - 4pm

We have over 25 Crafters that will share their unique wares and talents. Find a unique item for that hard to buy for person on your list or treat yourself to something nice.

Entry fee is \$2, plus you receive a special gift from OCL. The concession will be open too, provided by the Ottewell Girl Guides

\*\* First 25 shoppers each day receive a special gift! \*\*

Watch for more information on our Facebook events page or the OCL website.



## Seniors' Morning Out at Ottewell Hall

All Seniors are welcome!

We are inviting our Ottewell seniors to get together at the Hall (5920 – 93A Ave.) the 2nd Tuesday of the each month. Come and enjoy a time of conversation and getting to know each other better at our Seniors' Morning Out.

ing Out.

Enjoy coffee/tea and treats along with time for some conversation and companionship. Tell your friends and neighbors.

Next Morning Out dates are...

Nov 13, and Dec 11 - 10 AM to 11:30 AM

## OCL Rink Opening Date

The projected rink opening date is December 12th.

### OCL Rink Attendants Needed!

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

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



## OCL Christmas Ladies Night

### ORNAMENT EXCHANGE

You've done lots of shopping, you've stood in long lines and now it's time for the girls to relax with a glass-full of wine!

Friday, November 30th at 8 PM at Ottewell Hall. Cost \$10.00

Wear your Classic Christmas Sweater... we will be taking a group photo! Most classic sweater will win a prize! BUT we are all winners as will be playing "Rob your Neighbour" so bring an ornament that is no more than \$10 in value.

Cash Bar on site with our Ottewell Signature Christmas Drink

Appetizers will be provided, with a few sweet treats

Go to eventbrite to register - <http://ocl-ladies-ornament-christmas-exchange.eventbrite.ca>

## ZUMBA

Zumba is back at OCL Mondays - come on out have some fun with our Zumba Team.

12 week class starting Monday, September 10 - 7pm (1 hour session)

Registration for this class will begin at 6 pm at the hall. OCL Members fee \$100 and Non-Members \$120. Drop-in fee is \$15 per class (we accept, Credit/Debit Cards and Cash).

## YOGA

It is time to get back into our Zen ~ Thursdays

Our Yoga instructor Rebecca is back to provide us with

destressing our week. 10-week Class Starting Thursdays beginning on September 20 - 7pm start (1.5 hour session)

Registration for this class will be hosted at 6pm on Thursday the 20th.

OCL Members fee \$65 and Non-Members \$75, Drop-ins are welcome too at a cost of \$10 per class (we accept, Credit/Debit Cards and Cash).



## Free Community Swim & Gym for League Members

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

The outdoor pools will be opening soon! Community League members have access to all outdoor swimming pools for FREE! check out the city website... [https://www.edmonton.ca/activities\\_parks\\_recreation/outdoor-pools.aspx](https://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx)

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

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



Ottewell Community League Social Media

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



Ottewell Community League Playschool

The playschool is still accepting registrations for 2018/2019 school year, although there is limited space available. For information about the playschool please contact Kirsten or Tyler at: kirstentylerpeter@gmail.com or find us on Facebook at: facebook.com/ottewellplayschool.

Influenza Season

Influenza is a real threat. It's also preventable. Influenza immunization are free of charge, to all Albertans six months of age and older. It's the most effective means of reducing your risk of influenza. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses. Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary,

Rent The Ottewell Hall



This well-maintained 1900 sq ft beautiful hall accommodates up to 120 seated guests and is perfect for wedding banquets, parties, family gatherings, board meetings and community functions. Mention that you saw our ad in the Southeast Voice and we'll give you a discount on your next rental of the hall. For details regarding renting our hall, go to.... Ottewell.org/hall-rental. See our availability calendar, fill out our rental form, or call: Tim at 780-908-5249.

know this: last season, influenza vaccine cut Albertan's risk of influenza by about 42%. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death. For more information on the influenza program, including AHS public immunization clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

# Fall Clothing Drive

in support of

## BOYLEstreet

COMMUNITY SERVICES

October 29 - November 12

Please help those in need by donating new or gently used items to

### JU·NI·PER

cafe & bistro

9514 87 St. NW

Socks, Mitts, Hats, Underwear & Warm Clothing

Why is the NDP Socializing Seniors Care?

Continuing care for seniors includes home living, supportive living and long-term care. Seniors want to live in their homes as long as possible. They also want a strong home care option for health care. Beds are urgently needed to bring down long wait times, and we're going to need more beds as our population ages.

The Alberta Supportive Living Initiative (ASLI) that was created by the former Conservative government included 31 new projects. They were approved just before the last election. One of the best things about the ASLI was that new beds were mainly financed by the private sector, not taxpayers. About three-quarters of the cost of those 2,000 new beds will be paid for by private companies, while the government covers operating costs. This works very well for seniors, the companies, and taxpayers.

In October the NDP government quietly announced they're ditching this proven approach. Instead, they're launching a new program to build seniors beds that excludes private companies. Details are sketchy, including how many beds will be built, but one thing's for sure: taxpayers will foot the bill. That is on top of the \$100 billion in debt that the NDP have already forecast. We've seen this repeatedly from this NDP government. They've moved to socialize medical labs and hospital linen services for example. This is a very costly approach. Allowing the private sector to finance and build seniors beds is much less expensive for the senior, more efficient and quicker in delivery than when the government does it.



Authorized by the Gold Bar UCP Constituency Association 780.463.1502

Charity Sale for the Education of Poor in Haiti

The Sisters of the Holy Cross are holding a Charity Sale to raise funds for the education of the poor in Haiti. 9003 - 88 Avenue 780-469-1954

Friday, November 23, 2018 from 7:00 to 9:00 p.m. Saturday, November 24, 2018 from 10:00 a.m. to 8:00 p.m. Sunday, November 25, 2018 from 10:00 a.m. to 3:00 p.m.

Shift Work Sleep Tips

Sleep and safety go hand in hand. Maintaining healthy sleep and bedtime routines can help you to mitigate the challenges of a variable sleep pattern due to shift work. It's important to get adequate sleep while adapting to night shifts or rotating shifts. Here are some tips to improve your quality of sleep and alertness: **Getting ready for bed:** • Include relaxation into your daily routine and make it a priority. • Avoid using light-emitting devices (e.g. tablets, smartphones) for at least one hour before bedtime. • If you're a light sleeper, try using earplugs, a white noise machine, an eye mask or blackout curtains. • Keep your bedroom comfortable, quiet, dark and cool, ideally between 17-20 degrees Celsius. **At work:** • When it's time to be alert, maximize your exposure to daylight or another bright light

source to give your body the cue it needs. • Where possible, keep your work area brightly lit. • Get some exercise and eat light, healthy meals and snacks during your shift. • Ask for rotating shifts so that new shifts start later than your previous ones. **After work:** After a night shift, wear sunglasses to help keep your body from getting further cues to be alert because of being exposed to daylight. • To reduce the risk of drowsy driving (especially after a night shift), find alternate ways of getting home; get a ride, take a cab or public transit or use a ridesharing service. • Avoid running errands or doing chores after your evening or night shift. These types of activities keep you more alert and are best done after you've met your need for sleep. • Avoid caffeine or other stimulants when you're preparing for sleep. Discover the routine that works for you and stick to it, even on your days off work.



## STRATHEARN BOARD

Position	Email
President	<a href="mailto:president@strathearncommunityleague.org">president@strathearncommunityleague.org</a>
Vice President	<a href="mailto:vicepresident@strathearncommunityleague.org">vicepresident@strathearncommunityleague.org</a>
Treasurer	<a href="mailto:treasurer@strathearncommunityleague.org">treasurer@strathearncommunityleague.org</a>
Secretary	<a href="mailto:secretary@strathearncommunityleague.org">secretary@strathearncommunityleague.org</a>
Membership	<a href="mailto:membership@strathearncommunityleague.org">membership@strathearncommunityleague.org</a>
Building & Grounds	<a href="mailto:grounds@strathearncommunityleague.org">grounds@strathearncommunityleague.org</a>
Social Director	<a href="mailto:socialdirector@strathearncommunityleague.org">socialdirector@strathearncommunityleague.org</a>
Communications	<a href="mailto:communications@strathearncommunityleague.org">communications@strathearncommunityleague.org</a>
Programs	<a href="mailto:programs@strathearncommunityleague.org">programs@strathearncommunityleague.org</a>
Hall Rental Coordinator	<a href="mailto:hall@strathearncommunityleague.org">hall@strathearncommunityleague.org</a>
Member at Large	<a href="mailto:nadine@strathearncommunityleague.org">nadine@strathearncommunityleague.org</a>
Member at Large	<a href="mailto:james@strathearncommunityleague.org">james@strathearncommunityleague.org</a>
Member at Large	<a href="mailto:evan@strathearncommunityleague.org">evan@strathearncommunityleague.org</a>

### BARRE CLASS WITH KIM

Saturday mornings from 9:30-10:30  
at the new Strathearn Community Hall (9511-90 Street)



October 13 to December 1, 2018 (8 Sessions)

Edmonton Community League Members = \$70, Non-Community League Members = \$80  
Drop in fee = \$15

To register contact Erin at [erin@strathearncommunityleague.org](mailto:erin@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 STRATHEARN BUILDING SOCIETY:

Mail a cheque made out to the Strathearn Building Society to:

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

Or contact [treasurer@strathearncommunityleague.org](mailto:treasurer@strathearncommunityleague.org) to arrange to drop off a donation.



## Buy Your 2018/2019 Strathearn League Membership Today

2018/2019 Strathearn Community League memberships are now up for sale. Memberships are valid from August through August.

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

Here's where to buy your membership:

- Ralph's Convenience Store, 9508 87 St.
- Massage Therapy Supply Outlet, 9206 95 Ave.

- Juniper Cafe and Bistro, 9514 87 St.
- Strathearn Heights Apartments, 8768 96 Ave.

You can now buy your membership online at [strathearncl.org!!](http://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.

## Fall Clothing Drive

Urbis Developments and the Clare Packer Realty Group are teaming up to support Boyle Street Community Services with a Fall Clothing Drive. From October 29 to November 12, they will be collecting the following items at Juniper Café and Bistro, 9514 87 St. NW. Please ensure items are new or gently used, where applicable.

- Winter clothing items including coats, hats, mitts and scarves
- Underwear (all ages)
- Socks (all ages)
- Diapers and Pull Ups (especially sizes 4, 5, and 6)
- Baby formula
- Personal hygiene items

Boyle Street Community Services works to serve, support, and empower individuals to escape poverty and homelessness in Edmonton. They provide 39 services and programs to over 9000 individuals each year. Help support their efforts and those in need in preparation for the winter months.

## Community League Programs

(Strathearn Community League membership required)

### Wired Wednesday

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

Upcoming dates – November 7th, December 5th & January 2nd.

### Toonie Thursday

The second Thursday of the month is Community League Happy Hour at Juniper Café & Bistro (9514 87 St.). Enjoy a beer or glass of wine for a toonie from 4 p.m. to 6 p.m.

Upcoming dates – November 8th, December 13th & January 10th.

### Free Family Swim Times

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

## Ice Rink Call for Volunteers

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

But, our iconic community ice rink doesn't run itself. We're looking for volunteers to help flood the ice and get the rink up and running as winter sets in.

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

## Community League Events

### Strathearn Stay and Play

Strathearn Stay and Play is weekly on Fridays, 9am - 11am. Caregivers and all pre-school age children are welcome at the new Strathearn Hall (9511 90st). A big thanks to community member Jason for shepherding the group during the long construction period. And a big welcome to Pam who will be taking over volunteer hosting duties. This is a great opportunity to socialize with other parents and caregivers.

### Bridge Club / Family Games Night

From first-timers interested in learning to play Bridge to experienced players hungry for the challenge of new opponents we have a wide range of experience in our group. All welcome. This is a monthly meet-up. Check [strathearncl.org](http://strathearncl.org) for further dates.

The first Family Games Night for the Fall will be held on November 15, 6:30pm at the Strathearn Hall. It will be a humdinger as we're going to fire up the BIG screen for some console video game action. There will also be a variety of board games available for playing and you're welcome to bring along one of your favourites. All welcome with children under of the age of 12 requiring adult supervision.

### Strathearn A.V. Club

The Strathearn A.V. Club is a free program of film screenings, book discussions and music listening for adults at the Strathearn Hall (9511 90st). All 18 years and older are welcome to attend.

Nov. 22, Rock n' Roll Bookclub, 7pm - "Beautiful Scars" by Tom Wilson, "How Music Works", by David Byrne. Read one or read both and join us for heavy discussion and light snacks.

## Fitness Classes

Whether it's Barre, Table Tennis or Hula Hoop, there's something for everyone at Strathearn Community Hall.

Saturday morning Barre class with Kim is the perfect way to start your weekend. Tuesday Table Tennis is just \$2 per person and welcomes all ages and abilities on the first and third Tuesday of the month. Nicole hosts the ever popular Yoga on Monday nights with potential for more dates to be added. Watch this space!!

Dagny from Citrus Circles has a double Hula Hoop session every Wednesday evening for beginners and advanced flow right afterwards.

For more information on the classes being offered at the hall visit [strathearncl.org](http://strathearncl.org).

Did we mention that you can use your membership from any other community league to receive the same discounted rate? We're all friends here!!

We're always looking for programming ideas or suggestions to best utilize our new hall. If you have specific activities (and willing and able hosts!!) in mind then please let Erin, our Programs Director, know at [erin@strathearncommunityleague.org](mailto:erin@strathearncommunityleague.org).



**Call The Dunham  
Team Today  
780-466-0418  
Office**

***Greg  
Dunham***  
780-964-1469 (cell)  
greg8dunham@gmail.com  
gdunham@telus.net

- **FREE** Market evaluation
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- Investment Properties



**Gold Bar:** 1000 sq ft Bungalow, 3 Bedrooms Upstairs, 2 Bathrooms, OVERSIZED DOUBLE GARAGE with 220, RV Parking, Great starter Home. MLS # E4132949



**Fulton Place:** 1325 sq ft Bungalow, New Kitchen, 2 New Bathrooms, New Main Floor Paint & Flooring. GREAT BANG FOR THE BUCK! MLS # E4131683



**Ottewell:** 1250 sq ft Bungalow, Oversized Double Heated Garage, Main Floor Laundry, Numerous Upgrades, 4 Season Sunroom, GARDENERS PARADISE, Super Clean, Quick Possession. MLS# E4125424.



**Blackmud Creek:** Half Duplex, 3 Bedrooms, 3 Bathrooms, Finished Basement, Fully Fenced Yard, Attached Garage.