

SOUTHEAST VOICE

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

October 2018



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

Cloverdale Community League Hall Sustainable Energy Renovations and Upgrades

In November 2016, the Cloverdale Community League membership approved capital improvement projects to replace and upgrade components of the CCL hall to improve energy efficiency, increase the comfort of the hall and reduce operating expenses

After two years of fundraising and hard work, we're seeing the end of the rainbow. We've replaced and upgraded many of the original systems that have served us well since 1986. The new HVAC system includes two new 96% efficient furnaces, new energy efficient Heat Recovery Ventilation (HRV) air exchangers and a Variable Refrigerant Volume (VRV) air conditioning system. The seal of the building envelope was improved with draft proofing throughout the building and the installation of new high efficiency triple-pane coated windows and new doors. Additional energy efficiency upgrades included new LED lights, upgraded insulation in the attic to R-40 and the addition of perimeter insulation in the crawl space. A new hot water heater

with a recirculating pump ensures that hot water gets to where it's needed quickly. Finally, in July the new metal roof was installed and was capped with a 48 panel photovoltaic solar array that's rated at 19.2 kW.

Thanks to the hard work and commitment of the Capital Project Committee members and the continued support and encouragement of the board and community league membership. We overcame obstacles included delays in funding approvals, the weather, and the supply chain. As a result the project has taken longer to complete than we'd hoped. Nevertheless all the elements of the Sustainable Energy Renovations and Upgrades have been installed to our specifications and is still under budget.

In February 2018, students from NAIT's Alternative Energy Technology programme conducted a mid-term energy efficiency assessment at the hall and reported measureable results in reduced energy consumption. We reduced natural gas consumption by 6% in 2017.



We reduced electrical consumption by 9% between 2015-16 and a further 13% from 2016-17. These savings occurred at a time when only a portion of the improvements had been completed. We anticipate that operating costs will decrease further now that the project is completed. Since the PV solar array was commissioned on August 19, 2018, the CCL hall has produced 1.48 MWh of electricity. The environment benefit of this is equivalent to saving over 650 of CO2 or planting more than 2 trees.

A City of Edmonton CLIP grant to enable a second project to replace the deck was approved on August 31, 2018. Plans for this project are currently being finalized.

None of this would have been possible without the dedicated CCL members who volunteered at casinos to raise the necessary capital for the project. As well, the Cloverdale Community League gratefully acknowledges the contribution of the following organizations:

City of Edmonton – CLIP grant
EcoCity Edmonton and the Alberta Eco Trust Foundation

Municipal Climate Change Action Centre for Energy Audit, TAME + funding and the Alberta Municipal Solar Panel rebate

The Province of Alberta – CFEP grant
Without the foresight of the Cloverdale Community League members and the support and encouragement of these funding agencies this dream would not have become a reality.

Ottewell to Host an Extra Life Satellite Event

Ottewell Community League is pleased partner with our resident organizers, Extra Life and The Stollery Children's Hospital to create its own community satellite event being held Nov. 3 from 9 a.m. to Nov. 4 at 9 a.m. at our hall 5920 93A Avenue.

Extra Life unites thousands of gamers around the world to play games in support of their local Children's Miracle Network Hospital. Since its inception in 2008, Extra Life has raised more than \$40 million for sick and injured kids. Sign up today and dedicate a day of play for kids in your community!

Gamers from South East Edmonton Communities and their friends are welcome. All 24-hr gamers must register in advance as

there is limited space available.

Register for Extra Life online: www.extralife.org/team/extralifeottewell

Get your Ottewell Game Day tickets at: www.bitly.com/2QItC4A

Don't want to play for 24hrs? You can still come out and support the event. We have created an opportunity for the community to participate too. Come to the OCL hall and play board games, cards and other activities throughout the day. You can donate to Extra Life and also collect pledges to play.

This family friendly event will run concurrently with the 24-hr gaming and the community is invited to participate. Public games and activities run on Nov 3. from 10 a.m. - 6 p.m.



The concession will be open, come by for a hot dog, play some games and support a great cause (please note the venue will be licensed at 4 pm).

Follow the group on Facebook for all the latest news and information – <https://www.facebook.com/extralifeottewell/>

Got a question? Check our FAQs: www.facebook.com/notes/extra-life-ottewell/extra-life-ottewell-faqs/2320008111366474/

To volunteer or for more information, email: extralifeottewell@gmail.com.



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SECLA BOARD

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
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Fulton Place	Miles	fultonplacerep@secla.ca
Gold Bar	Jamie	goldbarrep@secla.ca
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Ottewell	Glen	ottewellrep@secla.ca
Strathearn (Vice Chair)	Yasir	strathearnrep@secla.ca
Treasurer	Michael	treasurer@secla.ca
Secretary	Jamie	secretary@secla.ca

The 7th Annual Strathearn Art Walk

On September 8, 2018, the community of Strathearn hosted the biggest Strathearn Art Walk to date! What started as a small, local market, has now become the 2nd largest Art Walk in Edmonton. It was a great day celebrating the arts and music community with the backdrop of our beautiful city. This year the event welcomed over 270 artists and it was exciting to see the smiling faces of both new and returning artists! In addition to the artists, the Strathearn Art Walk had a diverse lineup of talented musicians playing throughout the day. The Strathearn Art Walk is a noncurated event that welcomes painters, photographers, illustrators, diyers, and crafters who have a love for the art community in Edmonton.



This annual celebration of art strives to bring out the best in our community and neighbors. It has built upon the idea of bringing people together to celebrate emerging and professional art and music, while having the chance to take home something personal and unique.

The 2018 Strathearn Art Walk featured several new additions this year, including Fat Franks, Juniper Café and Bistro, Nikita's Creamery, District Café and Bistro. This year's features in the beer gardens were all Canadian focused beverages that included Blindman Brewery, Strathcona Spirits, and a variety of BC wines. After the 2017 Art Walk, the need

for a bike lock up area was recognized. Thank you to URBIS Developments for donating to the Art Walk our own safe bike lock up area for visitors to utilize. Two lucky bike riders were the winners of brand new bike locks from Pinhead Locks.

The Art Walk Committee thanks our dedicated volunteers, sponsors, and partners for this annual celebration. The event would not be possible without the generosity of it's supporters! Because this help we are able to provide a low-cost venue for artists, and a free event for visitors to enjoy! Next year event is to be held on September 7th, 2019.

For additional inquiries, please email us at info@strathearnartwalk.com or visit us on Facebook at <https://www.facebook.com/strathearnartwalk/>, Instagram, [@strathearnartwalk](https://www.instagram.com/strathearnartwalk/) or Twitter, <https://twitter.com/StrathearnCL> to stay up to date on our latest announcements.

Photo credit goes to Ezra Comeau, Instagram [@ezrajefrey](https://www.instagram.com/ezrajefrey)

Ottewell Artisan Farmers Market Open House

Join us for this sponsored event which will be set up in an indoor Market style! Our Artisan and Food vendors are excited to meet you and give you samples! This is a free family event.

In order to fulfill our application requirements for an Alberta Approve Farmers Market, we are hosting this event and will include the results in our application. So please come and show us your MARKET love and interest.

This special event will include: Kids colouring contest with prize baskets; Kids crafts & farm games; \$2 Smokie BBQ & all you can eat

Sauerkraut; Bouncy Castles; ATM; Balloon Animals; Face Painting; Popcorn; Samples from all the vendors- Meet the Artisans. Also 50/50 draw

Come one come all! Be prepared for outdoor play for the kids + BBQ outdoors.

LOCATED INSIDE the WALDORF INDEPENDENT SCHOOL of EDMONTON (WISE) Gymnasium, 7211 96 A Ave. Entrance at the main doors to the school. Parking around the school block will be marked.

Thanks for your support!

Seniors' Morning Out at Ottewell Hall



All Seniors are welcome!

2nd Tuesday of Each Month

10 AM to 11:30 AM 5920 - 93A Ave

FRIDAY, OCTOBER 12 - 7pm

Fulton Place Community League Hall - 6115 Fulton Rd



STATUS UPDATE and PANEL DISCUSSION

Supporting Seniors and Future Generations:

"Building Hardisty for a Long Life"

With Celebrity Guest: Rick Newcombe, Grand Master +55 yr Body Builder

COE Councillor Ben Henderson

Forest Garden Supportive Living Builder Rep.

AND OTHER GUESTS - FACILITATED BY Miles Berry (Seniors Liaison, FPCL and #greaterhardisty volunteer)

Book Clubs of EPL

Hidden Figures by Margot Lee Shetterly

If you are looking for some motivation to get reading or looking for ideas for new books to read, EPL book clubs are a great place to connect with other readers and explore books outside of your regular reading patterns.

It is easy to join online or in person at any branch. You can pick your book club based on the location, or the book you want to read.

The October book club choice at Capilano Library is Hidden Figures the multiple award winning, true story of the four African American women mathematicians who helped win the space race, by Margot Lee Shetterly. Come in anytime to pick up the book, and then join us on Monday, October 22 at 7:00 pm for engaging discussion.

Book clubs at the Idylwylde library meet on Monday afternoons and Tuesday evenings (details available on epl.ca).

If you already have a book club but are looking for books to read, you can sign out one of over 100 book club kits (a bag with 10 copies of the same book). For more information on everything to do with book clubs, including tips to start your own, check out: epl.ca/bookclubs/.

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

SEEECCC Southeast Edmonton Early Childhood Community Coalition

What a glorious season to be outside, meeting with friends and their children, at the playground, the park. Scrunching leaves as you walk together, jumping in them as you pile them up. What a great opportunity to encourage and help your child play with other children.

No equipment necessary, teach your toddlers and pre-schoolers to play "The Blob!" Cover your eyes, count to ten, while the children hide. As you find each child, join hands to form "the blob," until you absorb the last child. Ask how everyone feels, what worked for each hiding spot. An inclusive, fun way to help them learn rules, follow instructions, and get along with other children — critical to their social development.

For more ideas, check out this great list of resources that Shannon Clarke, Community Librarian at Capilano has shared:

<https://bit.ly/ECDSocialCompetence>

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
www.facebook.com/SEEECCC/



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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

7902 - 73 Avenue
(780) 465 - 1941
avonmore.org

President	Anita	president@avonmore.org	Babysitting	Cheryl
Vice President	Leigh	vicepresident@avonmore.org	Casino	Elizabeth
Secretary	Alison	secretary@avonmore.org	Sign	Bob
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Hall Rentals	Tanya	hallrental@avonmore.org	Playschool	Jamie
Programs	Wendy	programs@avonmore.org	Grants	Scott
Soccer	Lyne/Boris	sports@avonmore.org	Communications	Sarah
Civics	Norm	civics@avonmore.org	Rink	Vacant

Avonmore Hall Rental

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

Babysitting Registry

We offer a Babysitter Registry to help match community members with qualified babysitters.

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

For Teens Seeking Babysitting Work:

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

Avonmore Parent & Tot Program

This FREE drop-in program The Avonmore parent and tot group runs every Thursday from 10-12 am at the community hall. We are in the hall we do a mix of free play activities and arts and crafts. Our groups has a mix of small babies and toddlers, so

there is someone for everyone to play with. Coffee and tea provided. For more info, check out our Facebook group by searching "Avonmore parent and tot group" or email parentandtot@avonmore.org. Located at Avonmore Hall: 7902 - 73rd Ave NW.

Influenza Season



It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization will be available, starting October 15, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. 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 you'll be exposed to throughout the season.

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,

know this: last season, influenza vaccine cut Albertan's risk of influenza by about 42%. Without immunization, Albertans were completely at risk. And we do mean all Albertans.

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.

Many pharmacists and physician offices are offering influenza immunization this season. Call ahead to ensure availability before visiting.

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.

Prevention is your protection. Get immunized this season.

Avonmore Concert Series

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

LRT Construction Safety

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

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!

Avonmore Yoga

Yoga starts again October 2 and 3. Tuesdays at 6:30 pm and Wednesdays at 5:45 pm and 7:30 pm.

Avonmore Community Playschool

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

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

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

Small class sizes, with lots of one on one instruction, hands-on learning and 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

Socktober Halloween Party

Saturday October 28 from 1-4 pm at the hall.

Join us for Halloween fun for the whole family! We will be collecting new socks for donation to the Mustard Seed. We're looking forward to seeing all the spooktacular costumes!

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Capilano

10810 - 54 Street
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capilano.info

COMMUNITY LEAGUE BOARD



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Vice President	Derek	780 919-5421
Treasurer	VACANT	780 566-7669
Secretary	Laura	780 982-9876
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Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
Programs	Kristin	780 238-7795
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Michelle	780 466-1017
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Renovations	Darren	780 466-1380
Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Jaret	780 720-5582
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	VACANT	780 462-4599
City - NRC	Tyler	780 690-8613

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

Choose Capilano Hall for Your Special Event

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

Capilano Community League Sign Rental

Contact Patrick at: 780-995-8818 or patrick.ccl@shaw.ca
Do you have a message for the community, a birthday, anniversary, graduation or special event that you would like advertised? Advertise it on our new changeable sign located at the intersection of 65 St and 108 Ave.

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

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

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

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

Treasurer Needed!

If you have a passion for numbers and have always wanted to volunteer in your community, here's your chance! Capilano Community League is seeking a new Treasurer commencing immediately.

** No bookkeeping required **

Responsibilities include:

- Attends monthly Board meetings (3rd Wednesday of month from Sept to June)
- Presents reports to the board on the financial state of the community league.
- Acts as signing officer, with another officer, for cheques and other documents.
- Issues cheques for all invoices.
- Make deposits.
- Arranges for annual audit of books.
- Prepares budgets and financial statements.
- Oversees the bookkeeper
- Completes security clearance check.

You will receive training and on-going support.

If you are interested or have questions please contact Kris 780 720 9003 e-mail k_cramer@telus.net



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

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.

Hardisty Gymnastics Club - Fall Classes

Sponsored by Capilano Community League
Offering gymnastics TUESDAY or THURSDAY evenings

Where: Hardisty School (10534-62 St.)
Tuesday Gymnastics Classes (8 weeks): Oct 9, 16, 23, 30, Nov 6, 20, 27, Dec 4

Thursdays Gymnastics Classes (5 weeks): Nov 1, 15, 22, 29, Dec 6

Cost: Tuesdays - \$112 per child, Thursdays - \$70 per child

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

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

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

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

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

Registration: Register online by visiting Capilano Community League website (www.capilano.info) and selecting Fall Gymnastics Registration.

REGISTRATION: Online at Capilano Community league website (www.capilano.info) under the Hardisty Gymnastics tab, or at <https://goo.gl/forms/MhbEachdB7Rgc-zbG2>

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

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 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 playground 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 Hardisty. (Contact pool for times)

-Free outdoor swimming at Millcreek 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

Community Day Thank you!



A huge thank you to Ronda Lisowski, along with Heather Somerville, for all the work you put into organizing and running the Greater Hardisty Community Fun Day on September 22.

Capilano Community is on Facebook "Like Us"



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: September 11/13 – October 30/November 1, 2018

Costs: \$80 one day or \$160 both for CCL members. \$88/\$176 non CCL members

Mix of strength and cardio with a long stretch at the end. Contact Lisa for more information or to register at 780-221-9857 or Lisashortenfitness@gmail.com . Check out: Facebook.com/lisashortenfitness

Chili Cook-off Saturday October 13!

Date: October 13, 2018

Time: Doors Open at 6:30. Tasting begins at 7:00 p.m.

Location: Capilano Community Hall

Tix: \$10 in advance (includes a sampling of each chili and sides)

\$2 Cash Bar. Adult only event.

Looking for Chili chefs and fun chili tag

line. Contact Heather ASAPat 780-818-1456.

Capilano's Little Monsters' Halloween Bash – October 26

Calling all Pirates, Ballerinas, Superheros, Draculas and Witches too.

We've got a spooky party planned just for you!

Family dance, treats, games & fun for the whole family!

Come dressed up in your costumes!

FREE Family Fun for ALL!

WHEN: Friday, Oct 26, 2018 from 6-8 p.m.

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

Any questions, text Heather at 780-818-1456

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

Capilano Playschool 6th Annual Splash & Slide Fundraiser!

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

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

Capilano Playschool – Spots Available!

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!

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

5th Annual Capilano Artisan CRAFT SALE – December 1

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!

What can you do to save our precious River Valley parkland?

--Join our Facebook page at "Save Gold Bar Park Alliance," or add your name to our updates list by contacting goldbarparkalliance@gmail.com

--Follow us on Twitter! @savegoldbar

--Read, sign and share the petition, at Change.org, at "Save Edmonton North Sas-

katchewan River Valley Parkland, STOP Gold Bar Park rezoning."

--Write a letter to your City Councillor about your concerns (a template letter is available – just contact us at goldbarparkalliance@gmail.com).

A Great Tennis Season!



Thank you to all our members for a great tennis season!

You can register anytime for a 12-month membership at www.capilanotennis.ca or join us at our registration day on April 28, 2019.

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.



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EPCOR's Expansion Plans: more than a parking lot?

In April 2018, a group of concerned residents and park-users–Save Gold Bar Park Alliance–began working together to raise awareness of EPCOR's rezoning application for a portion of Gold Bar Park. The application involves rezoning a parkland at the entrance of Gold Bar Park for plant expansion and parking.

Save Gold Bar Park Alliance held community meetings in May and June to share ideas and gain support for preserving parkland for residents and park-users. Members also met with EPCOR and Councillor Ben Henderson to share concerns and pose questions from community, and clarify aspects of EPCOR's expansion plans.

General feedback from attendees included:

--Great concern over the loss of protected parkland including a very popular singletrack trail, Moonraker, which is used by mountain bikers, trail runners, and hikers.

--Questions about whether EPCOR and the City have fully explored alternatives that would allow River Valley parkland to remain undisturbed; for example, using a parking lot within the park that is consistently underused

and available when EPCOR requires parking.

--Concerns about expanded plant operations and the impact of increased traffic, noise, construction, and odour in Gold Bar Park as well as on communities in close proximity to the Gold Bar Plant, both south and north of the River.

--Questions about the rationale for recent changes in City plans regarding future wastewater management for the South East Sanitary Sewer (SESS) trunk line. Recent City documents show a plan to bring a new sewer trunk line to Gold Bar rather than continue with the City's longstanding plan to direct wastewater for new development to the Capital Region Wastewater Treatment Plant, which is located outside City limits, in a non-residential area, and has ample room and zoning for industrial growth.

--A need for more transparency from the City and EPCOR around intended Gold Bar Wastewater Treatment Plant expansion and the City's long term plans for wastewater management of new residential neighbourhoods in southern Edmonton and the proposed annexed areas of Leduc county.

Annual General Meeting Board of Directors Vacancies

Over 40 CCL members met on September 24th for the AGM. The members received reports on successful programmes ranging from the first Big Bin Event, increased neighbourhood connections through Abundant Communities, the Sustainable Energy Retrofits and Hall Upgrades, programmes, rentals, and the Youth Concession at the Edmonton Folk Music Festival. The CCL is in an excellent financial position and the hall has been busy with community programmes and rental.

The one cloud that hovered over the evening was the fact that several board vacancies remain to be filled. The CCL board prides itself succession planning and renewal. New

volunteers bring new ideas and new perspectives. Experienced volunteers bring continuity and insights. Together they build a strong organization.

The CCL prides itself on being an open and inclusive organization and we value fresh faces around the board table. We're need community league members for the following two-year terms:

This is your opportunity to make a difference in your neighbourhood. Please contact Reg at president@cloverdalecommunity.com to find out more about these opportunities, position descriptions and time commitments. We're looking forward to your participation.

• Vice President	• Secretary
• Treasurer	• Civics
• Programme Director	

Removal of 'Accidental Beach' Mitigation Measures

The City of Edmonton has informed the Cloverdale Community League and neighbourhood residents that due to continued high water levels and a decline in temperatures, effective September 26, the City of Edmonton will be removing the temporary mitigation measures that were implemented to minimize impacts of the Accidental Beach for the 2018 season.

Specifically, the following will be removed and/or suspended:

- The seasonal pilot parking program and enforcement will be suspended and signs will be removed from the streets. The Parking Permits that were distributed by the Cloverdale Community League will no longer be valid

- Temporary bollards along 98 Avenue near the pedestrian crossing will be removed to allow for upcoming snow clearing

- Patrols of the area by Peace Officers, Park Rangers and Edmonton Police Service

will be returned to pre Accidental Beach season levels

- Portable toilets, extra garbage cans, on-site signage and bike racks will be removed from the area

A public drop in session will be held on Monday, October 22 at Muttart Conservatory, centre court from 6 p.m. to 8:30 p.m. and an online survey will also be available mid October to the end of October to obtain feedback on the effectiveness of the mitigation measures for 2018 and to gather feedback on what attracted people to the Accidental Beach. This information will be used to inform mitigation measures and planning for 2019 and 2020 if the beach re-emerges.

Information about the drop in session and survey will also be shared via road signs, 311, edmonton.ca/accidentalbeach and through the Cloverdale Community League.

For more information or questions, please contact 311.

Cloverdale Community League Fall 2018 Programmes

Community League programmes started in early September, but there's still time to join you friends and neighbours for a variety of physical and mental workouts and the opportunity to mix and mingle with neighbours. Beat the fall blahs and get active!

FREE to Cloverdale Community League members Programs at Cloverdale:

Please Sign up for the Fall Sessions programs email: rentals@cloverdalecommunity.com

Registration deadline is August 15, 2018
Minimum of 6 participants- Maximum 12
-Zumbinni, Mondays @ 5:15-6 pm (6 weeks)

September 10 - October 15. Parents have fun with preschoolers through play and music games with Mariela Jara. Class bundles must be paid for by each family \$35.

Non-members \$120 plus \$35 bundle cost.

-Barre Class, Mondays @ 7:00-8 pm (8 weeks)

September 10 - November 5 (no class on October 8)

Bring yoga matt, small weights and water. Barre infuses elements of dance and ballet to achieve beautiful healthy bodies, while improving postural balance, flexibility, coordination and grace with a combination of movements that improve balance, and challenge the core, with Kim Ashley. \$72 non-member fee.

-Sportball Tuesdays (12 weeks) Sept.18-Dec. 18th

(omit October 9th and November 13th) non-members \$150

9:15-9:45 am: 16 months - 2 years (PARENTED)

9:45-10:30am: 2-3 ½ years (PARENTED)

10:30-11:30am: 3-5 ½ years (UNPAR-

ENTED)

5:45- 5:30 pm 2- 3 ½ years (PARENTED)

5:45-6:45pm: 3 ½ -5 years (UNPARENTED)

6:45-7:45pm: 5-7 (UNPARENTED)

If there are not enough kids registered to run all the classes, we will run just one option, either the morning or evening.

-Yoga Tuesdays @ 8-9pm. 8 weeks)

September 11 - October 30. Bring your yoga matt for gentle stretching Hatha Yoga with Kerri Gladwin. Ball and blocks (provided) often incorporated into challenging poses. \$72 non-member fee.

-Pilates Plus Wednesdays @ 9:30-10:30 am.

September 12 - October 31. Bring yoga matt, athletic shoes and pair of weights. Join us for a whole-body workout that includes components of cardio, strength and classical mat-Pilates with Lynn Lindsay. \$72 non-member fee.

-Beginner Guitar Class for adults

Wednesday 7:00 pm - 8:15 pm. 5 weeks October 3,17,24,31 and November 7. Bring along your own guitar and be amazed that you can play songs right away. Course cost of \$10 for materials. Bob Z brings his 25+ years of teaching experience. (Guitar rental available \$30)

-Zumba Kids

Thursdays @ 5:45 pm - 6:45pm. September 6 - October 25. Bring inside runners and water bottles and loose clothes for dance moves Zumba style. \$72 non-member fee.

-Zumba Juniors

Thursday @ 6:45 pm - 7:45 pm. September 6 - October 25. For the more experienced Zumba kids. Learn Zumba dance moves and routines. Bring indoor runners and water bottle. \$72 non-member fee.

-Barre Class

Thursdays @ 7:55-8:55 pm. September 6 - October 25th. (8 weeks) Try out our experienced local fitness instructor CAT Lam. Barre class with a focus on muscle toning, endurance training and core, done to upbeat music. Bring water, yoga mat, and light weights. \$72 non-member fee.

-Yoga

Friday @ 9:45 am -10:45 am. September 14 - November 2.

Bring your yoga matt for gentle stretching Hatha Yoga with Kerri Gladwin. Ball and blocks (provided) often incorporated into challenging poses. \$72 non-member fee.

-Clubs

Book Club is ongoing monthly Monday @ 7:30pm.

-Art Club starts Sept 19, 2018; Tuesdays in the lounge 1:30-4:30 pm. Develop the artist in you by joining the CCL Art Club, mentored by Karen McFarlane. Karen will conduct a series of lessons running for the first part of each meeting or will arrange for specialists to come in and demonstrate, as the club might desire. We are also hoping to take part in such activities as gallery visits or art walks and perhaps sketching trips. No prior art lessons required. Just bring whatever you are working on or whatever you might want to learn. Pencil and paper are good to start with. There is no cost other than buying your supplies. For more information, contact Karen McFarlane at 587-524-3560 or kpmcfarlane@shaw.ca.

-Game Club: Drop in at the hall on Wednesday evenings 7-9 pm.! Bring along your favourite game and enjoy the company of other Cloverdale gamers! All ages are welcome. If the lounge is booked, tables



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by email at collwags@icloud.com
or visit www.back-on-track.ca for 2018 program details & schedule

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can be set up in the hall beside Ping-Pong! Starting November 7th.

-Ping-Pong Club: Wednesday night Ping-Pong starts November 7th 7-9pm. Two Ping-Pong tables are available for players of all ages and skills! You get better by playing!

Cloverdale Sustainable Energy Project
See this link for content < <https://efcl.org/events--projects/green-leagues/spotlight-cloverdale/>>

Programmes-

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Events	Kathleen		Events@forestterrace.org
Civics	Julie		Civics@forestterrace.org
Marketing	Kelly		Marketing@forestterrace.org

Next league 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.

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!

Wednesdays, 7-8 p.m. until Oct. 17. \$9/class for members, \$12/class for non-members plus Eventbrite fees. Join in and take away positive energy, vitality and renewed spirit. Register on Eventbrite.

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

-High Fitness

Thursdays, 7-8 p.m. until Oct. 11. \$8/class for members, \$10/class for non-members, plus Eventbrite fees. Join Angela for an hour of fun and movement, with choreographed workout moves to upbeat popular music. Your heart will be pumping as she takes you through intervals of cardio tracks as well as toning, barre, ab and arm tracks. Register on Eventbrite. Cash will not be accepted. Email Instructor Angela at angfit@gmail.com with any High Fitness questions or programs@forestterrace.org with registration issues.

Halloween Costume Party



Please bring your kids in their costumes to a Halloween party at the Forest Terrace Heights Community Hall, 10150 80 St., on Sunday, Oct 28, from 1 to 3:30 p.m. We'll have Halloween activities and treats to enjoy!

It's time to renew your membership

Join Us!

Community League memberships expired at the end of August. Families can purchase or renew for just \$30; individual membership is \$15; seniors are in for \$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:

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

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 at edmontontoollibrary.ca and review the release of liability waiver and borrowing policy.

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.

Show your card at Real Deals, the home decor store at 7115 101 Ave, and receive 10-per-cent off! Check them out at realdeals.net/edmonton.

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

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

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

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

Here's how to buy your membership:

- Online at efcl.org/membership
- Email our membership director or call her at 780-720-7034 (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.



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

Fitness Class – strength & cardio

Join our community group for fun morning fitness! Class sessions run Wednesdays at 9:00am.

Work at your own pace with modifications for all fitness levels—no experience needed!

For questions and registration details contact Ann Lukey at ann@yourinertia.com or 780.719.2897



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 to be scheduled 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 daily 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. If you have questions or concerns about your sleep health, please discuss them with your healthcare practitioner.

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

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

Fitness Classes
Fitness Kickboxing Mondays 9am
Bootcamp & Circuit Training Wednesday 9am



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



Emergency Medical Services



Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

Make ATV all good

If you're an all-terrain vehicle (ATV) driver, it's hard to resist the allure of exploring backcountry trails during the summer. These tips will help newbies and trail veterans alike navigate the ins and outs of ATV safety.

Age limits

Some exceptions apply, but the minimum age by law for operating off-highway vehicles is 14 years. The AHS recommended age is 16.

- Know the risks
- When not used safely, ATV risks include
 - Scrapes and cuts
 - Strains and sprains
 - Broken bones
 - Dislocated joints
 - Bruising
 - Concussions and head injuries
 - Internal injuries.
 - Safety tips



Choose an ATV that's right for your size to reduce a chance of rollover or serious injury.

Wear protective equipment such as an approved ATV helmet, eyewear and gloves.

Wear pants, long sleeves and boots to prevent cuts and scrapes.

Ride during daylight hours, at a safe speed, with other people around.

Carry a first-aid kit with each vehicle.

Don't drive while or after using alcohol or other drugs.

Take a certification course through the Alberta Safety Council.

Visit myhealth.alberta.ca and search for ATV safety.

To find out about 'What's your balance?' visit ahs.ca/whatsyourbalance.

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My staff and I are at your service. The Edmonton Gold Bar constituency office is here to:

- Provide information about provincial government programs & services
- Assist you with questions or difficulties with governmental services
- Participate in local community events
- Share ideas

100-8925 82 Avenue
780.415.1015
edmonton.goldbar@assembly.ab.ca

Honourable Marlin Schmidt
MLA Edmonton-Gold Bar




Linda Duncan

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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

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linda.duncan.c1@parl.gc.ca
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f t LindaDuncanMP

Community League Memberships Benefits

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

Blues Java café between the hours of 7 - 11 am. Please bring your card.

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

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

Mom and me fitness class

@ Gold Bar Community Hall

Monday and/or Thursdays, 9:30-10:30am
SEP 10/13 to OCT 30/NOV 1.

\$12 drop in.

This is a full body workout for all fitness levels with a special focus on pelvic floor wellness. Children and babies are welcome to join their moms. Those without children are welcome to participate, too. Contact Lisa for more info: lisashortenfitness@gmail.com

Hatha Yoga

Monday's 7-8:15 pm

Session Sept 17 - Nov 26

No class on Oct 1, 8 (Thanksgiving) and Nov 5

Cost: \$80 for 8 week session, or pro-rated. \$12 for drop-in fee

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

Community Games Nights

Held at the Gold Bar Hall, usually on the last Friday of the 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 include Beef on a Bun and potluck sides. Please accompany your children if they're younger than 12.

Dates: Sept 28 7:00 - 10:00pm

Oct 26 6:00 - 10:00pm (pot-luck)

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)

8 *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)

Community Martial Arts Classes

Want to try something new? Maybe dust off your previous martial arts training? On Thursday nights 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. Registration and classes was on Thursday Sept. 27, but you are always welcome to come and try a class for free. A Community League membership is required and can be purchased at class (\$20).

Cost: \$30/month per person, \$55 for two people, \$75 for three and \$100 for a family of four+

Club membership: \$20/year

Frequency: Every Thursday from Sept 27 -Dec 20, 2018

Will resume after Christmas break

Classes: 6:00-7:00 Youth/Family Class

7:00-8:00 Adult Class 13+

8:00-9:00 Kobudo Instruction for adults and children 13+ (weapons-based martial arts)

Upcoming Bingo Dates



To volunteer at bingo, call Lorie @ 780-447-1110.

Fort Road Bingo:

Thursday, October 18, 2018 - Afternoon & Evening

Thursday, November 8, 2018 - Afternoon & Evening

PARKWAY BINGO

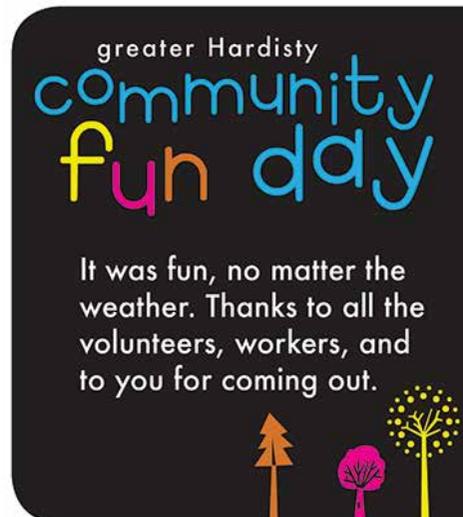
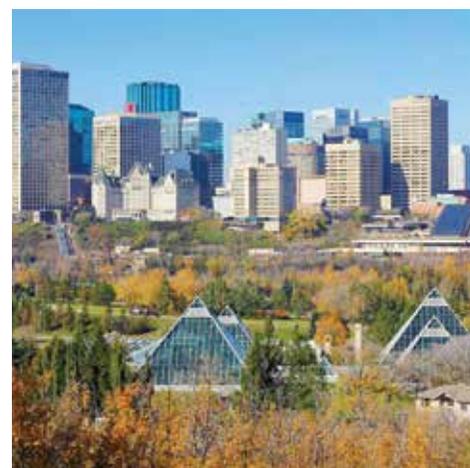
Sunday, October 21, 2018 - Afternoon

Monday, October 29, 2018 - Evening & Late Nite

Saturday, November 17, 2018 - Evening & Late Nite

SEV Submissions

Email sondiamber@gmail.com to submit info to this publication by 28 OCT 2018.



A big THANKS for financial support from the following:



Turkey Tips: Safety At Every Step

'Tis the season for turkey dinners. From grocery store to leftovers, safe food handling practices are key to preventing the spread of harmful bacteria and keeping your feast free of foodborne illness.

Sound like a lot to digest? With these essential turkey tips, we're making it easy to serve up safely.

At the Grocery Store:

Double check the "best before" date to ensure expiration date has not passed.

Place the turkey at the bottom of the cart away from other food.

Ask for the turkey to be bagged separately from all other food.

Keep turkey separate from other bags when transporting from store to home.

Pre-cooking Storage:

Freeze your turkey immediately after returning home from the grocery store if you will be cooking it more than three days after bringing it home.

Refrigerate your turkey immediately upon arriving home from the grocery store if you will be cooking it within three days.

Prevent raw turkey or turkey juices from contaminating other items in your fridge or freezer by ensuring it is stored in a clean plastic container or plastic bag that will hold in any leaking juices and place the turkey on a platter to catch any leaking juices.

Thawing:

Always thaw your turkey in the fridge or by fully immersing it in a sink of cold water. If thawing in the sink, keep the turkey in its original plastic wrap and change the water every 30 minutes to ensure the surface of the turkey remains cold.

Do not thaw turkey at room temperature - it is not safe and could result in the growth of

dangerous bacteria.

Cook turkey immediately after it has thawed.

Cooking:

Turkey must be cooked thoroughly, in the oven, until the meat reaches a minimum internal temperature of 85 degrees Celsius or 185 degrees Fahrenheit.

To ensure the turkey is properly cooked, always use a meat thermometer according to the manufacturer's instructions. Insert the thermometer into the fleshiest part of the thigh, ensuring it is not touching any bones.

Never slow cook a turkey.

Prepare and cook stuffing separately from the turkey.

Serving:

Serve the turkey within 30 minutes of removing from the oven.

Keep hot food hot: hot foods should be kept at a temperature of at least 60 degrees Celsius or 140 degrees Fahrenheit.

Keep cold food cold: cold foods should be kept at a temperature of 4 degrees Celsius or 40 degrees Fahrenheit or lower.

Do not serve food that has been sitting at room temperature for more than two hours.

Leftovers:

Refrigerate all leftovers within two hours of serving.

Leftover meat, stuffing or gravy should be eaten within two or three days of cooking. Any food that will not be consumed within three days should be immediately frozen after cooking.

Yoga and Karate Classes



- Adult Classes
- Children's Classes
- Certified instructors
- Three Edmonton Neighbourhoods

www.ThreeBattles.com



The NDP Social Licence Alberta Never Got

When the voters in Edmonton-Gold Bar decided in 2015 to replace the government and myself with an NDP government, I was disappointed of course but not upset with their decision. In my view, the voters are always right. I was concerned, though, that NDP policies, particularly related to energy and the environment, might add to the problems facing Alberta's economy. Sitting in Cabinet, I had seen how low oil prices and lack of market access were threatening to do serious long-term damage to our economy. I was skeptical that Premier Notley's approach - to win 'social license' for our energy sector and secure new pipelines by shuttering coal power plants, capping oilsands emissions and imposing a carbon tax - would work. But I hoped it would, because without new pipelines and higher prices for our energy products, I feared for Alberta's economic future.

So, I am sorry to say that, after three years of fruitless fighting, last month's court ruling blocking the Trans Mountain pipeline expansion was the last nail in the coffin for the Notley government's energy strategy. Her coalition with her friend Justin Trudeau has done nothing to help Alberta. The Premier has given it her best shot. It's true, she should be applauded for standing up to radical greens in her own NDP party, but the Notley government has failed. In the 2019 election voters will get to choose their government once again. The key ballot question will be which party, which leader, and which MLA, has the best plan to revive confidence and investment in our energy industry and restore our long-term economic growth and prosperity. My party, the United Conservative Party, will take a new and very different approach. First we will scrap the carbon tax which will bring back investment into Alberta. Second, we will stand up to Trudeau to get Alberta's oil to market and to acknowledge that Alberta plays a fundamental role in Canada's overall financial health.

If you want to help, contact me at
david@dorward.ca or 780.463.1502

David Dorward is the United Conservative Party
candidate for the Edmonton-Gold Bar constituency.
Authorized by the Edmonton-Gold Bar UCP Association



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Join us in the gym for our 5th Annual



**Friday, October 26th
from 6:00 - 8:00 pm**



It's a fun-filled evening of dancing, face painting, & concession!

Tickets \$5.00 each in the office or at the door - 2 and under free.



Call or email Lisa Leflar for more information

780.468.2598 or leflar@suzukischool.ca





Holyrood

9411 Holyrood Road

www.holyroodcommunity.org

Twitter: @HolyroodCL

Facebook: Holyrood Community League

Holyrood Community League Contacts

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

Website: www.holyroodcommunity.org Twitter: @HolyroodCL Facebook: Holyrood Community League

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

Volunteers Needed!

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

-Programs Director

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

-Social Director

Manages all matters related to the social activities of the league, including 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 for detailed descriptions.

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
-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 ruthes.sjoberg@gmail.com.

-Drop-in Playgroup

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

Thursdays, 9:00 - 11:00 AM

Holyrood Community League

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

Rink Rebuild Update

We've received our Community League Infrastructure Project Grant, our concept plan has been approved, and our development permit is in progress. Local volunteers put up a fence around the old rink on September 9, closing access in preparation for demolition of the old rink. Jeff Allen Productions will be capturing our progress with a drone!

Our new rink will be rotated 90 degrees and regraded, and our side ice will move to the other side of the hall (not pictured). We expect the new rink to be ready in December.



Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

Idylwyld Community League Contacts

President	Kate	presidentidylwyld@gmail.com
Vice President	David	vpidylwyld@gmail.com
Treasurer	Monique	treasureridylwyld@gmail.com
Secretary	Corrina	secretaryidylwyld@gmail.com
Casino/SECLA	Bridget	casinoidylwyld@gmail.com
Civics	Lee	civicsidylwyld@gmail.com
Programming	Kamila	kamilaidylwyld@gmail.com
Membership	Michelle	membershidylwyld@gmail.com
Garden	Epiphany	gardenidylwyld@gmail.com
Facilities	Stuart	facilitiesidylwyld@gmail.com
Social	Mick	socialidylwyld@gmail.com
Publicity	Rachel	communicationsidylwyld@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 "Idylwyld Community League" on Facebook and @IdylwyldCL on Twitter.

Also make sure to visit us at www.idylwyld.org and sign up for our monthly e-newsletter.

Monthly Meetings

Our board meets the second Tuesday of the month, at 7pm (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!



Community League Day Neighborhood Party!

It was September 15th, the sun obstructed by the cold, wet, snow. Nevertheless, the hardy residents of Idylwyld would not let that interfere with their fun! Picnic tables were moved towards the radiating warmth of the buffet table inside where friends, families and neighbours shared conversation and consumed plenty of hot, homemade soup along with great BBQ fare. The kids enjoyed stories shared by the Idylwyld

Branch of the Edmonton Public Library and adults and children alike lined up to have their faces painted.

Many thanks to our famous local band 100 Mile House (seriously, Google them now!) who entertained us while we ate and visited.

And last but not least, thank you to all of our dedicated Idylwyld friends and neighbours who didn't let the weather scare you. You all made the day a huge success!

Harvest Potluck - Cheery Tomato Community Garden

On October 14th, come and join our hardworking garden crew for their year-end harvest potluck. Bring a dish to share, and be prepared for great conversation around all things planted in the earth. 4:30 pm to 7 pm, be there or be square!

Have you stopped by the community garden lately? Please only pick from the designated "U Pick" bed that the garden crew has graciously grown for us all to enjoy! Get them while you can as they are ready now!

Want to take a bigger share of the bounty? We are always looking for new gardeners. Please Contact us at gardenidylwyld@gmail.com if you would like to join our awesome gardening crew for the next growing season!

Make It or Mend It

Hey Idylwyld! 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



CLEANING WOES?



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Block Party Recap

There was wonderful music, delicious food and drink, great conversation, perfect weather and loads of fun had by all! Thank you to everyone that helped to make it such a marvelous day. If you want more info on that awesome band, you can check them out at The Counterfeit Sheep or Double Double yeg on Facebook. If you are interested in hosting a block party, contact our treasurer Monique and she can set you up with resources to make organizing it easy AND fun.



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 Idylwyld, 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!

Community 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
Hardisty Leisure Centre (10535 65 Street)
Sundays: 1:15 pm - 2:45 pm
Starts Date: September 9, 2018
End Date: June 23, 2019

Healthy Halloween



Halloween is a time that children get excited about dressing up as their favourite character and stocking up on candy. Below are some tips to make your Halloween festivities healthier for your family and others.

For your family:

Work out a plan with your children and discuss how to enjoy their candy and decide what they can do with the extra. Use your best judgment based on their personality and eating habits.

Limit the amount of candy your children collect by limiting the number of houses they visit, or the amount of time they spend Trick-or-Treating.

Always keep safety in mind. Only keep items that are unopened and in their original packaging.

Trade candy for non-food items like bouncy balls and pencils.

Know how much candy was collected and store it out of sight. Having candy visible makes it more likely that you or your children will eat it.

Use Halloween candy for craft projects.

For others:

Hand out stickers or Halloween themed pencils.

Offer healthier food options like small bags of flavoured rice cakes or pretzels, boxes of lower sugar cereal, pre-packaged cheese sticks, higher fibre granola bars, or bottles of water.

Avoid bringing leftover candy to school.

You and your family can enjoy a healthy Halloween! Continue healthy eating and active living habits during the Halloween season.

For more ideas on healthy eating please visit: www.healthyeatingstartthere.ca.

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, 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 has 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 ac-

tivities 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 Lobkowitz

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.

-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!

KCL League Contacts

Executive			
President	Ian	780-717-3578	president@kenilworthcommunity.com
Vice President	Irene	780-695-2009	vicepresident@kenilworthcommunity.com
Secretary	Maren	780-709-2770	secretary@kenilworthcommunity.com
Treasurer	Colleen	780-469-7661	treasurer@kenilworthcommunity.com
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Membership	Rebecca	780-982-5885	membership@kenilworthcommunity.com
Senior Programs	Loida	780-953-1062	loida@loidahomes.ca
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	publicity@kenilworthcommunity.com
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Neighbourhood Watch	VACANT		
Playschool	Becky	780-760-3208	beckyclosson@hotmail.com
Toddler Time	Angela	780-935-3404	angela.feehan@gmail.com
Caretaker	Terri	780-466-6980	
Hall Rentals	Al/Liz	780-469-1711	rentals@kenilworthcommunity.com

CONTACT US!

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

Hall Rental requests: rentals@kenilworthcommunity.com

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

Next Executive Meeting, Monday, October 15th @ 7:00pm

Senior's Lunch & Laugh

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

Mark your calendars for October 10th, 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 Loida 780 953-1062 loida@loidahomes.ca

Scrapbooking/Cardmaking Garage Sale
Scrapbooking/Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, October 20th, 9:30 to 1:00 p.m.

Great bargains for you for your next projects!

Vendors – if you would like to sell your extra supplies such as Stampin' Up, Creative Memories, Michael's, etc, please call Liz at 780 465-5188 to register and pay the \$10 fee for an 8 foot table.

Registration and payment due by September 19th.

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!

General Meeting, Monday November 19th

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.

Southeast Voice Newsletter Deadlines

Submissions for the November, 2018 issue of the Southeast Voice is due Thursday, October 25th, 2018. Send all announcements to publicity@kenilworthcommunity.com.

Pauline Skorobohach

It is with great sadness that we announce that Pauline Skorobohach passed away on Friday, September 21st.

Pauline served for over 30 years as our KCL custodian. She cared for the hall as she would her own home. Not only did she keep the hall spotless but she also worked in the kitchen for every Kenilworth event.

Pauline was a kind, selfless woman with a beautiful soul. Pauline developed many friendships at Kenilworth and will be greatly missed but forever remembered.

As per Pauline's request there will be no funeral, however we want to publicly acknowledge her for her many years of faithful service and friendship. Thank you Pauline. You will be missed.

Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website www.kenilworthcommunity.com
KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
Weekend (Fri.pm – Sun.pm)	\$450.00	\$550.00
Day Rate	\$300.00	\$385.00

Damage Deposit \$250/day rate \$550/day rate
\$450/weekend \$550/weekend

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

Kenilworth Ice Path

Many Kenilworth families and neighbouring communities enjoyed the Ice Path at Kenilworth Community. Fundraising efforts are ongoing, any amount is appreciated. Charitable receipts are available upon request.

Annual Golf Tournament Success!

Another fun Kenilworth Golf Tournament and BBQ was held on Saturday, August 25, 2018 at the Triple Creek Golf Course.

As always – a big thank you to the volunteers who make this event possible!

A special thank you to Mike at TGP Your Ottewell Grocer for the support of this community event. Thanks as well to sponsors: Pinnacle Business Services Ltd., Rexall, Real Canadian Superstore, Canadian Brewhouse, Safeway and Consolidated Gypsum.

Congratulations to this year's winners:

1st – Steve Smith, Bonnie Smith, Mary McLelland and John McLelland

2nd – Yvonne Harvey, Marg Kay, Josh Bentley and Bill Kay.

Hope to see everyone at next year's golf tournament on August 24, 2019 and don't forget to mark the spring BBQ on your calendar for May 11, 2019.



With Great Appreciation and Congratulations

Kenilworth Ladies' Auxiliary was formed on October 23, 1968. Thirty-three ladies gathered at a coffee party at the Kenilworth Community League hall for the purpose of forming a support group for the community league (which had been formed in the fall of 1965).

In the pre-casino and bingo days, outside of memberships and grants, the Auxiliary did most of the fund raising. Funds raised went toward sponsoring sports teams, equipping the community league kitchen and some years later, a building fund was started with auxiliary funds.

The fundraising included raffles, bake sales,

bedding plant sales, and rummage sales (at the Queens Hotel!)

The Auxiliary members also helped with inventories at the hall, proof-reading the Kenilworth Cook Book, and many other events.

The Auxiliary has pretty much retired except for the odd attempt at a reunion. The last two representatives of the Ladies Auxiliary to the KCL Executive were Jean Hall and Florence Cunningham until their retirement in 2016.

Thank you ladies for all your years of dedication, commitment, and hard work.

KCL Membership BBQ

See our website for photos of the event, <http://www.kenilworthcommunity.com/membership-bbq-2018-photos-2/>

5th Annual Family Halloween Dance

Friday, October 26th from 6:30-8:30pm
Costume prizes
Treat bags for the first 100 kids
Concession
Kids must be accompanied by an adult

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.

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

VOLUNTEER OPPORTUNITIES

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

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.

20 Southeast Voice

Giving Back

My name is Linda Warren. Being retired, I am looking to give back to the community by offering my skills on a volunteer (no charge) basis. I love to teach and help others. If you are interested in you or your children learning to sew; having help organizing your household or downsizing it; pursuing your family history or in learning how to work with your computer, contact me and we can discuss in more detail.

I have lived in the Kenilworth Community

for over 38 years. I have served on the KCL Executive as softball coordinator, children's program coordinator, secretary and president. My school volunteer efforts included KCL playschool teacher; Waverley Elementary School lunchroom aid; Kenilworth Junior High School home economics classroom aid and school council representative. Call me at 780-465-4204 or email me at l.warren@shaw.ca.

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.

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 Bingo's:

October 7, 2018, Sunday, 10:30am – 3:30pm
November 14, 2018, Wednesday, 4:30pm – 11:30pm
November 30, 2018, Friday, 4:30pm – 11:30pm

December 22, 2018, Saturday, 10:30am – 3:30pm see website for future 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.

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!



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www.schwabeauto.ca

Executive & Board Members

Executive:

President – Corinne
Vice President – Bri
Secretary – Sandra
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

EFCL Rep – Corinne

All Positions are volunteer positions.

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

Ottewell Community League

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

OCL Board Meetings

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 meetings Oct. 16th and on Nov. 20th at 6:30 p.m. sharp!

The Pancake Breakfast & Membership Drive Was a Hit!

Thank you to all who attended our annual pancake breakfast and membership drive!

Many families came out to enjoy our Pancake Breakfast! We want to extend a thanks to our sponsors which include TGP for the donation of mix and syrup, and hot coffee was provided by Anvil Coffee, which kept our attending neighbours warm on what proved to be a chilly day! Thanks also to Glitter Tattoo and Zoom Foto Booth who provided the take away memories of this day.

A special thank you also goes to our community volunteers! Without your time and dedication, Ottewell would not be the strong vibrant community that it is!

If you did not get your membership, you still can by going to TGP Ottewell, Sports Shack, Servus Credit Union - Capilano Branch, or on-line at www.EFCL.org.

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

OCL Craft NIGHT

Friday November 2
- 7pm to 11pm

For all those Crafters out there save this date with more information to follow. We will be posting on Eventbrite for this fun community event. Watch our Facebook page for further details soon.



OCL Halloween Hand-Out

Wednesday October 31

Come out for a Spooktacular time at the Ottewell Hall on Halloween Night and get your treat! We'll be handing out treats from 6pm to 8pm for all those little Ottewell trick or treaters.

OCL 3rd Annual HOLIDAY MARKET



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

Entry fee is \$2, plus you receive a special gift from OCL.

Come out to purchase your Christmas gifts for that special someone! Crafters 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. The concession will be open too, with proceeds going to the Ottewell Art Project.

If you are a vendor and would like to rent a table for the market please email - ottewell2212@gmail.com. Watch for more information coming out soon on our Facebook events page or the OCL website.

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.

Crime Prevention Information Session

Ottewell Community League is pleased to host a Crime Prevention Information Session with Cst. Castillo of the Edmonton Police Service at the Ottewell Hall on Tuesday, Oct 9th from 6:30 - 8:30 pm.

Cst. Castillo will share tips on theft prevention, the 9pm routine to secure your property, and when and how to report suspicious behaviors.

Residents will also have the opportunity to ask questions following the formal presentation.

The event is free but please RSVP so we have an idea about attendance. You can email ottewell2212@gmail.com or call: 780-469-0093 and leave a message indicating that you wish to come.

OCL Ladies 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!

Please join us for a Ladies Night in on Friday, November 30th at 8pm at Ottewell Hall.

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

This event will be posted on our Facebook Events page with Eventbrite registration.

OCL Rink Opening Date

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.

The projected rink opening date is December 12th. Please watch SEV, our Facebook events page as well as our OTTEWELL.ORG web site for the actual rink opening date and volunteer supervisors information.

Seniors' Morning Out at Ottewell Hall

All Seniors are welcome!

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

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

Next Morning Out dates are...

Oct 9th, Nov 13, and Dec 11 - 10 AM to 11:30 AM

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).

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.

Ottewell Community League Social Media

Follow us on www.Facebook.com/OttewellCommunityLeague 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.



Free Community Swim & Gym for League Members

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

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

Saturdays, 5-7 PM at Commonwealth Fitness Centre.

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

Ottewell United Church
Presents
Jazz and Reflections
An afternoon of jazz and spiritual reflection
Sunday afternoons, 3:30-5:00pm at
Ottewell United Church
8811-93A Ave, Edmonton

September 30 - Shelley Jones Trio
October 14 - Brett Hansen Trio
October 21 - Joel Gray Trio

Admission by Donation at the door

4th OCL Open Stage Night



Come out to enjoy and/or participate in our 4th Open Stage Night on Saturday October 20 at 7:00 PM.

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

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

\$5.00 for adults. OCL Members FREE.

Concession and treats on sale, along with a cash bar

For more information contact Richard Mack at: richardmack@hotmail.ca.

RELATIONSHIP WOES?



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Strathearn Board Members

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

This community league wouldn't run without the commitment of the volunteers below. If you have any comments or suggestions then please contact them here:

Memberships

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

Here's where to buy your membership:

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

• Strathearn Heights Apartments, 8768 96 Ave.

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

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

Community League Events

Strathearn Stay and Play

After a short summer hiatus Strathearn Stay and Play will start weekly gatherings Friday Sept. 28, 9am - 11am. Caregivers and all preschool 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 Justice 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

The first Bridge Club will be held Wednesday, Oct. 18, 7pm at the Strathearn Hall. From first-timers to experienced players we have a wide range of experience in our group. All welcome. This is a monthly meet-up. Check strathearncl.org for further dates.

Due to some scheduling conflicts the first Family Games Night for the Fall won't be held until November 15, 6:30pm at the Strathearn Hall. It will be a humdinger though 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.

Sept. 27, 7pm Film Screening - "The Color of Money", as part of the "Lesser Scorsese" film series

Oct. 25, 7pm Film Screening - "The Big Easy", as part of the "Films of Ellen Barkin" series

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.

weeks. 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.

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 – October 3rd, November 7th & December 5th.

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 toonic from 4 p.m. to 6 p.m.

Upcoming dates – October 11th, November 8th & December 13th.

Free Family Swim Times

Commonwealth Community Rec Centre
Every Saturday 5pm - 7pm

Hardisty Leisure Center

Every Sunday 1:15pm - 2:45pm

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, Scott will be able to provide more details when he has some names.

Community Garden

The results of the Strathearn Community Garden's first year have been well worth the hard work. A HUGE thank you to everyone who helped make the garden happen!!

Planning the Garden

From May 2017-May 2018, The Strathearn Community Garden group completed many applications to the City of Edmonton, created a design, and secured a \$5000 grant from Sustainable Food Edmonton. No other community garden in the city has been able to complete all these steps in one year.

On May 12, 2018, we held a compost fundraiser, where we raised \$3542 for the build. Thank you to all our volunteers and to all

who purchased compost.

Building the Garden

In June we built 16 raised beds and a compost bin. We purchased our shed from Kenilworth Jr. High's shop program and had it towed to the site. A water tank, picnic table, and tree and raspberry seedlings completed phase one of the garden.

The second phase of the garden build occurred in August. We added two more raised beds, stone beds for shared herbs and flowers, a central bird bath, and three benches built by SEESA (Southeast Edmonton Senior's Association). Check out the transformation:

Contact us: strathearngarden@gmail.com

Hall Update

Our New Hall has been growing in popularity since it first opened in April.

Our Scheduled programming has proven very popular also, with Monday yoga running close to capacity (drop-ins always welcome!), Wednesday's double dose of hula and the upcoming Barre class starting on the 13th October have also been a hit! Not to mention A/V

club, Tuesday Table Tennis Club, Friday Stay & Play and Games night to boot!

If you're looking for a space to host an event, then don't hesitate to contact us at hall@strathearncommunityleague.org. Or check the hall calendar at our website strathearncl.org.

All rates and Frequently Asked Questions can be found on the website.

New Hall Fundraising

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

To make a tax-deductible donation to the STRATHEARN BUILDING SOCIETY:

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

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

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

Fitness Classes

Saturday morning Barre class with Kim is the perfect way to start your weekend. Starting on the 13th October with all new pricing. Tuesday Table Tennis is just \$2 per person and welcomes all ages and abilities every 2

weeks. 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.

For more information on the classes being offered at the hall visit 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.

Call The Dunham Team Today

780 - 466 - 0418
(Office)

**Greg
Dunham**

780 - 964 - 1469
(Cell)

gdunham@telus.net

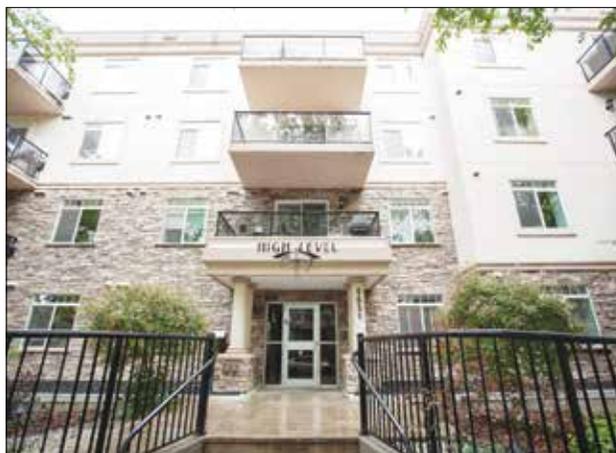
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Garneau Condo: Executive unit, Concrete Construction, 3 BEDROOMS, 2 Bathrooms, 2 Underground Parking Stalls.



Gold Bar: 1000 sq ft Bungalow, 3 Bedrooms upstairs, 2 Bathrooms, OVERSIZED DOUBLE GARAGE with 220, RV parking, Great starter Home.



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



Woodcroft: Semi Bungalow, Legal Basement Suite, 3 Bathrooms, Oversized Double Garage.