

# SOUTHEAST VOICE

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

April 2019



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## Save Gold Bar Park Alliance (SGBPA)

We are a diverse group of citizens and River-valley park-users who are concerned about EPCOR's intention to rezone River Valley parkland to expand its sewage treatment functions and bring a large sewage trunkline into Gold Bar Park, despite better options for managing the wastewater processing needs of a growing city - now and into the future.

SGBPA encourages all citizens concerned about EPCOR's proposal for major expansion of the Gold Bar Wastewater Treatment Plant to speak with their provincial candidates for the upcoming election and their city councillor. SGBPA recently met with both David Dorward (UCP) and Marlin Schmidt (NDP) to 1. confirm the unsuitability of Gold Bar Park as a destination for major sewage ex-

pansion and 2. ensure they were aware of the long-standing plan to construct the new South Edmonton Sanitary Sewage (SESS) trunkline to the rurally-located Alberta Capital Region Wastewater Treatment Facility. The City of Edmonton's original plan to build the SESS to the Alberta Capital Region Wastewater Treatment Facility continues to be the obvious best decision to mitigate negative impacts on our citizens' quality of life and to prevent future rezoning of our river valley parkland and connected trail system.

Contact [goldbarparkalliance@gmail.com](mailto:goldbarparkalliance@gmail.com) for more information or if you would like to volunteer with our group in our efforts to protect Gold Bar Park. We'd love to hear from you.

## New Connections for Southeast Seniors



The Capilano library is excited to welcome seniors of all ages to our new weekly Seniors' Drop-In. Every Friday afternoon between 1:30-3:00pm, drop by the new library (9915 67 Street) for free coffee and cookies and an opportunity to meet other seniors. Join in some activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community. You might even look out the windows of our beautiful, bright new program room to spot a long-eared owl or pileated woodpecker hanging out in the trees. Contact [shannon.clarke@epl.ca](mailto:shannon.clarke@epl.ca) if you have

questions or ideas.

Or, if mornings work better, the Idylwylde (Bonnie Doon) library continues to offer Seniors' Drop-In on Tuesdays from 10:30am-12:00pm, and Films at the Library (with coffee, cookies, and discussion) on the third Wednesday of each month starting at 10:30 a.m.

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](http://epl.ca) or come in to pick up a paper copy of our program calendar with complete activity listings.



SAVE THE DATE!

## FULTON RAVINE CLEANUP IN TERRACE HEIGHTS

SAT MAY 4, 2019 10:30 TIL NOON

**Location:** Fulton Ravine south of 101 Ave  
**Meeting point:** in the park, near entrance to the Capilano library

To beat the brambles in the ravine, it's best to wear long-sleeves, tight weave pants (jeans), and sturdy footwear. Work gloves are helpful. Rubber gloves and bags will be provided.

info: [connie@forestterrace.org](mailto:connie@forestterrace.org)  
or 780-462-1442



light refreshments  
provided



REGISTER  
NOW!

Saturday, April 27th  
Doors open at 7:00 PM  
At the Ottewell Hall - 5920 93A Ave.



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780-463-1502

Authorized by the David Dorward Campaign 780-463-1502



## SEV SECLA Board Contact List

COMMUNITY LEAGUE	Representative	Publication Email
Avonmore	Anita	<a href="mailto:avonmorerep@secla.ca">avonmorerep@secla.ca</a>
Capilano	Monte	<a href="mailto:capilanorep@secla.ca">capilanorep@secla.ca</a>
Cloverdale	Reg	<a href="mailto:cloverdalerep@secla.ca">cloverdalerep@secla.ca</a>
Forest Terrace Heights (Chair)	Connie	<a href="mailto:ftprep@secla.ca">ftprep@secla.ca</a>
Fulton Place	Miles	<a href="mailto:fultonplacerep@secla.ca">fultonplacerep@secla.ca</a>
Gold Bar	Jamie	<a href="mailto:goldbarrep@secla.ca">goldbarrep@secla.ca</a>
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Ottewell	Glen	<a href="mailto:ottewellrep@secla.ca">ottewellrep@secla.ca</a>
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Treasurer	Michael	<a href="mailto:treasurer@secla.ca">treasurer@secla.ca</a>
Secretary	Jamie	<a href="mailto:secretary@secla.ca">secretary@secla.ca</a>
SECLA SEV Liaison	Tim	<a href="mailto:SEVliaison@secla.ca">SEVliaison@secla.ca</a>

## Early Childhood Community Coalition

Children's experiences from birth to five affect their health, success in school and in life.

Poverty can cause lasting damage! One in seven Edmontonians, including 42,000 children, live in poverty.

This election, ask all provincial candidates how they will continue to reduce poverty for our most vulnerable children and families. How will they support early learning and development for all our children? All Edmonton early childhood coalitions are asking them, too. Find our letter and question cards on <http://www.earlychildhoodedm.ca/>.

The South East Edmonton Early Childhood Community Coalition is a volunteer group of community members.

To register for our annual I Am A Parent workshop, Saturday, April 27, email: [se.coalition2@gmail.com](mailto:se.coalition2@gmail.com).

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



## Advance Care Planning

We may all experience a time when someone we love has an accident, injury or disease that takes away their ability to speak for themselves. When that happens, would you or your loved ones know what they wanted for care?

It's important to have a will in case of death, but it's also important to have an ad-

vance care plan so loved ones know what you want and take the guess work out for your healthcare team if it was needed.

You should plan a time to ask the people you love to talk about their care wishes. It's a time to put those you love at ease if something were to happen to you. It's a day to plan

and talk about the "what if".

Yes, it's an awkward conversation for many, but a very important one to have. Anyone over the age of 18 may want to consider having an advance care plan, as it's not just for people who have already had something tragic happen; it's for every adult.

Take the guess work out. Take control of the conversation. Take action on your care wishes.

For tools to start this conversation, visit [conversationsmatter.ca](http://conversationsmatter.ca). There you will find resources, documents, videos and other information to guide you in the conversation.



## Suzuki Charter School

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# April 17, 2019 7 pm

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register now

# 780.468.2598



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



## FREE Children's Program!

The C.O.W. Bus is back at Ottewell  
Community Hall!

Come see the bus that's painted like a cow and  
bring your children 0-6 years old.

**Time: Every Friday from 11 am until 12:30 pm**

- Listen to stories and songs
- Explore activities on the bus
- Borrow up to 6 books (no fines or fees!)
- Weekly book giveaways!



For more information contact  
Centre for Family Literacy  
780-421-7323 or [www.familit.ca](http://www.familit.ca)

# Ottewell Driving Range

**4205 - 102 Ave.**

(just north of Baseline off 50 St. Behind curling club)

**tel: (780) 469-8404 em:ottewellcc@shaw.ca**

(Book your private function at the Ottewell)



### Hours of Operation

Mon-Fri 11am to dusk

Sat, Sun & Holidays 10am to dusk

## Happy Hour

We offer \$6 buckets Monday through Friday 1-4 PM.  
After that, make sure you stop in for a visit at the Beer  
Gardens to take advantage of our happy hour 4-7 PM.



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## Annual General Meeting

Annual General Meeting – April 25

The Annual General Meeting (AGM) for the Avonmore Community League (ACL) is set for 7:00 p.m. on April 25th at the Hall. All members of ACL and the community are encouraged to attend. Memberships will be available at the door. This is your chance to hear what the League has accomplished in the past year and to have input into plans and priorities for the coming year. A detailed agenda and reports will be provided by e-mail, on the website and on Facebook. Come support the services

your community provides: your hall, ice rink, soccer program, yoga, playschool, summer kid camps and adult events, free swim times, concerts, family parties and other events year-round. Your board needs you for several vital roles. Positions up for election are vice president, treasurer, membership director, social/program director, sports director and facilities manager and directors at large. Sharing these keeps Avonmore's programs and facilities going. Save the date! Questions or concerns contact [president@avonmore.org](mailto:president@avonmore.org).

## Avonmore Garden Club

Coming events:

**April 27, 2019:** Tour of Arch Greenhouses

**May 25, 2019:** Plants and Perennial Exchange

**June 21, 2019:** Friday night at a member's garden

**July 27, 2019:** Yard and Garden Tour

**August 16:** Friday night at member's garden

## Playschool

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.



We welcome you to email us to set up a time to meet with our teachers, and view our new revamped space and discover more about our learning through play programming.

We look forward to meeting with you! For more information please contact our Playschool Teacher Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org)

## Avonmore Summer Camps

Avonmore Summer Camp Dates are July 9-10-11 & August 7-8-9 at the Avonmore Community Hall

Camps run 9:30am-3:30pm daily

Registration start May 1st

Keep a watch for more info coming on facebook and in the Avonmore Community Newsletter

## City of Edmonton Summer Camp

A City of Edmonton Community Day-camp entitled "Out of this World" will be run out of Avonmore Hall between 9 am and 11:30 am on the week of August 12 through 16, 2019. 4 - 6 year olds will make spaceship crafts, and explore the

cosmos with songs, games, and activities. Come learn about stars, planets, the Milky Way, and more in a week that will be truly out of this world! \$95, registration through 311 or online at [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca)

## Drop-in Music Class

Free Drop in Music Classes for 1-5 years of age. Come join us for ½ hour of music, dancing and discovering new instruments at the hall.

Next Dates: Monday April 29th - 10:30am (please note this is a change of date) and Wednesday June 5th - 11:00am

## Paint Night

Are you looking to get creative in 2019? Join us on Saturday, April 27th from 7-9pm for some painting with friends and neighbours while enjoying a cold beverage from our cash bar.

\$40 per participant. To register go to [PaintNightAvonmore.eventbrite.com](http://PaintNightAvonmore.eventbrite.com). For more information contact Tanya at [hallrental@avonmore.org](mailto:hallrental@avonmore.org).



## Spring/Summer Shiny hockey

If you like to play competitive and fun hockey then this is the place to play.

Contact Boris at [sports@avonmore.org](mailto:sports@avonmore.org) for full details.

When: Thursdays, starting April 4th  
Where: Argyll Arena  
Time: 9:45 pm to 11:15 pm

## Wednesday Drop-in Walking and Wellness

Wednesdays: May 1 to June 26 – 7:00 to 8:30 p.m. Free

Join your neighbours for a walk around the neighbourhood and the ravine. Everyone welcome. Walking poles are available for those who would like to try them out.

Depending on the weather and the interests of the group we may occasionally swap for a game of Bocce Ball or another fun fitness activity.

For more information contact Anita – president@avonmore.org

## Avonmore Yoga

Yoga Classes are offered at the hall. Spring Session: Tuesday classes are at 6:30 from April 30 to June 25 with instruction Emily McNicol. Cost of the session is \$100.00 for 9 classes, or \$15/class drop in. For more information and to register contact Anita at [president@avonmore.org](mailto:president@avonmore.org)

## Free Community Swim

**Commonwealth Pool** (until August 28, 2019) 11000 Stadium Road

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

**Hardisty Pool** (until June 24, 2019) 10535-65 Street

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

Free to Avonmore Community League Members with valid 2018/19 membership card! Phone 311 or check [www.edmonton.ca](http://www.edmonton.ca) for updates on closures before you go.

## Lego Club

The next meetings of the Lego Club are Tuesday, April 2 and May 28 from 3:30 to 5:00.

Channeling all the master builders in Avonmore. This is a free program for school age children to come after school and enjoy playing with Lego (we provide the Lego) and participate in different Lego related challenges. Drinks and popcorn are provided. If you have any Lego you would like to donate to the club please email [playschool@avonmore.org](mailto:playschool@avonmore.org) to make arrangement for pick up or drop off.

## Avonmore Parent & Tot Program

This FREE drop-in program runs every Thursday from 9:30-11:30 at the community hall. Please check the facebook group or email for closures over the holiday season. We do a mix of free

play activities and arts and crafts. Our group has a mix of small babies and toddlers, so there is someone for everyone to play with. Coffee and tea provided. For more info, check out our Facebook group by searching "Avonmore parent and tot group" or email [parentandtot@avonmore.org](mailto:parentandtot@avonmore.org). Located at Avonmore Hall: 7902 - 73rd Ave NW.



## 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](mailto:president@avonmore.org). There is also the option of making a new club on a different evening if there is interest!

## Avonmore Hall Rental



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

## Babysitting Registry



Avonmore Community League is pleased to offer Our Babysitter Registry to help match community members with qualified babysitters. **For Parents Seeking Babysitters:** email Cheryl at [admin@avonmore.org](mailto:admin@avonmore.org) and she can provide you with a list of teens seeking babysitting work.

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

## COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Kyle	780-446-3121
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Marzena	780 909-5886
CCL Programs	Maria	780 984-6839
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
Maintenance	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	Monte	780-243-7547
City – NRC	Tyler	780 690-8613

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

## Capilano Community is on Facebook “Like Us”

## Total Body Fitness Class

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: March 5/7 – April 23/25, 2019

Note: Next session starting May 7-9 (possibly outdoor depending on interest)

Costs: \$80 Tuesdays/\$80 Thursdays or \$160 both days for CCL members.

\$88 Tuesdays/\$88 Thursdays or \$176 both days for non-CCL members.

5 passes available. \$55 for CCL members. \$60 for non-CCL members.

This class combines cardio, strength and a extra long stretch time for a total body workout. This is a 70 minute class. This class is suitable for all fitness levels as all things can be modified. With a community, low pressure atmosphere it's a fun class especially if you come with a friend.

Bring a yoga mat and a water bottle!

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

## Yoga at Capilano Community Hall

Hatha Flow class - suitable for all levels

Thursday evenings 8:30 p.m.-9:30 p.m.

8-week Session

April 25 – June 20, 2019 (May 23 no class)

Price \$100

Please visit [www.yogawithdayna.ca](http://www.yogawithdayna.ca) for more information and/or to register!

## Choose Capilano Hall for Your Special Event

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

## Annual General Meeting

When: Wednesday May 15, 2019 7:30 p.m.

Where: Capilano Community League Hall 10810 - 54 Street

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

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

## Babysitters are available for YOU!

Hey Capilano community!

Not enough hours in the day? Kids going a little stir crazy? We've got a list of babysitters in your area that would love to hangout with your littles. Email [capilanobabysitting@gmail.com](mailto:capilanobabysitting@gmail.com) for more info!

## Capilano Community Seniors' Spring Tea

Enjoy a FREE lunch with fellow seniors from Capilano community at our community hall (10810-54 St.).

Date: Sunday May 5, 2019

Time: 12:30 – 2:30 p.m.

Presenters:

--Terry Lynn Perron: A Closer Look at Capilano's Feathered Friends

--Bob Layton from 630 CHED

--Detective Fisher from the Edmonton Police Service: Neighbourhood Safety, Seniors' Safety and Fraud

Afternoon music provided by students from Suzuki Charter School

RSVP by May 1, 2019. Contact Jean at 780-863-0914 or Heather at 780-818-1456

## Spring Tai Chi Chih

### Capilano Community Hall

Start: Six-week class begins: Monday April 1, 2019

Day/time: Mondays from 12:00 p.m. – 1:00 p.m.

Location: Capilano Community Hall (10810 – 54 Street)

Cost: \$75

Tai Chi Chih is an ancient mind-body art form known for its healing and rejuvenating effect. The series of 20 energizing movements have been known to improve mental and physical well-being, balance, increase energy and provide relief from pain and stress. Class is suitable for all ages and abilities. It is also suitable if you have taken it before as you will always learn more and deepen your understanding.

Sharon Melvin is the Accredited Tai Chi Chih Instructor. For more information and to register, check out [www.relaxwithtaichi.com](http://www.relaxwithtaichi.com)



## Need a Capilano Community Membership?

Contact Jean at 780-863-0914.

As well, memberships are available at:

--“All Care Pharmacy” located at 5016 - 106 Ave. Contact the pharmacy at 780-244-2737 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 “All Care Pharmacy” and Servus Credit Union for supporting our community!

## Capilano Community League Sign Rental

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

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

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

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

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

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

## Capilano Tennis Club

### Open House April 28

Players Wanted at the Capilano Tennis Club!

Join the Capilano Tennis Club and have access to four courts, a ball machine, fun club nights and tournaments for all ages and skill levels. Plus, members save on:

--After school programs offered in May and June

--Summer camps offered in July and August

--Junior and Adult lessons

Membership prices are:

--Family membership: \$210.00

--Adult membership: \$145.00

--Senior membership: \$135.00

--Senior couple membership: \$205.00

--Junior membership: \$45.00

All members must have a valid Edmonton Community League membership. All memberships except Juniors include a volunteer deposit of \$50. Adult members receive a refund of up to \$10/hour for volunteer work completed. For family memberships with 1 adult, volunteer refund is \$10 per hour. For senior couples or family memberships with 2 adults, 10 hours of volunteer work are required for full refund. The Capilano Tennis Club is located next to the Capilano Community Hall at 10810 54 Street.

For more information and to REGISTER, visit [CapilanoTennis.ca](http://CapilanoTennis.ca)

OR join us at our Open House SUNDAY APRIL 28, 2019 (12 – 5 p.m.)





## Capilano Preschool (non-parented) Soccer Registration

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

**Start:** Tuesday May 7 or Thursday May 9, 2019

**End:** Tuesday June 11 or Thursday June 13, 2019

**Cost:** \$70/child

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

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

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

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

**REGISTRATION:** Register opens February 1, 2019 online at Capilano Community League website ([www.capilano.info](http://www.capilano.info)). Look for online registration form under Preschool Soccer. Registration is limited and first come first serve.

## Capilano Ball Hockey (non-parented) Registration

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

**Dates:** Saturday April 27 – June 8, 2019 (no class May long weekend)

**Group 1:** 4-6 year olds (including Gr. 1

students)

**Time:** 9 – 10 a.m.

**Group 2:** 7-12 year olds

**Time:** 10 – 11 a.m.

**Cost:** \$70/child

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

**REGISTRATION:** Registration opens online February 1, 2019 at Capilano Community League website ([www.capilano.info](http://www.capilano.info)). Look for online form under Ball Hockey.

## Gardening Workshops - Dates Set!

-- Children's Eco Series/ Bee Keeping--

May 18 (1-3 p.m.) at Capilano Community Hall (10810-54 Street)

Let your little ones learn about gardening, green living and the important role of bees with some crafts, games and some hands on planting.

-- Gardening Café

May 19 (1-4 p.m.) at Capilano Community Hall (10810-54 Street)

Come out and meet your neighbours and learn about different types of gardening from our community members. Enjoy some snacks and refreshments and an afternoon of learning. Anyone interested in hosting a topic, please connect with Maria or Marzena.



-- Composting Workshop

June 1 (1-3 p.m.) at Fulton Place Sunshine Garden (corner of Fulton Road and 62 Street)

Learn from the experts at the Sunshine Garden the fundamentals of composting. In addition to learning about composting it's a great opportunity to socialize with community members and explore the beautiful community garden.

**REGISTRATION** coming soon! Please connect with Maria 984-6839 or Marzena 909-5886 for more information or to get involved.

## Thank you from Hardisty Gymnastics Club!

Thank you everyone for a great 2018/19 season! The coaches look forward to seeing you again in October. Registration for the Fall session will open in September.

## Capilano Community Wide Garage Sale – June 8!

Save the Date: June 8, 2019

Planning a garage sale this summer?

Why not participate in our "community wide" garage sale?

Details to follow soon.

For inquiries please contact Marzena at 780-909-5886 or [zena823@shaw.ca](mailto:zena823@shaw.ca)

## 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.

## Capilano Playschool – Accepting Registrations!

Capilano Playschool is accepting registrations for the 2019/2020 school year. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week. All classes are for 3 and 4-year olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through physical activity, art and

crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

For more information on our parent co-operative playschool, or to get a registration package, please contact Marzena at 780-802-9307 or [capilanoplayschool@hotmail.com](mailto:capilanoplayschool@hotmail.com), check out our website [www.capilanoplayschool.com](http://www.capilanoplayschool.com) or find us on Facebook! Hurry as space is limited!

## Capilano BIG BIN Event for Community League Members – June 16

**Date:** Sunday June 16, 2018

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

**Cost:** FREE to all Community League Members

Over 60 years old and need a hand getting stuff to the Big Bin for disposal?? Please call

Derek at 780-919-5421 to coordinate FREE Pickups.

**Please note:** ITEMS WILL ONLY BE ACCEPTED FROM CAPILANO COMMUNITY LEAGUE (CCL) MEMBERS- please bring your valid CCL membership card, or buy one onsite.

## "Nature Friends" Summer Camp – Capilano Hall

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

Dates: August 19-23, 2019

Ages: 6-12 years old

Cost: \$188

Course Code: 657285

Description: Have fun being green this summer! Explore your community and the

nature spaces that it has to offer. Go on nature walks, play nature games outside, and have a picnic in the park with your new friends. Each day you will create a new environmentally friendly craft, and to wrap up the week, you will enjoy a field trip!

To learn more or to register, call 311, go online at [www.movelearnplay.edmonton.ca](http://www.movelearnplay.edmonton.ca) or In person at any City of Edmonton Recreation and Leisure Centre.

### Ottewell Dental Clinic

Dr. Brian Zwicker DDS and Associates - General Dentists

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## Board Member Contact Sheet

Position	Name & E-mail
President	Name: Reg
	Email: president@cloverdalecommunity.com
Past-President	Name: Vacant
	Email: pastpresident@cloverdalecommunity.com
Vice-President	Name: Lisa
	Email: vicepresident@cloverdalecommunity.com
Secretary	Name: Liam
	Email: secretary@cloverdalecommunity.com
Treasurer	Name: Regan
	Email: treasurer@cloverdalecommunity.com
Civics Director	Name: Tim
	Email: civicsdirector@cloverdalecommunity.com
Folk Festival Liaison Director	Name: Sandy
	Email: folkfest_liaison@cloverdalecommunity.com
Communications Director	Name: Caitlin
	Email: communications@cloverdalecommunity.com
Social Director	Name: Bob
	Email: socialdirector@cloverdalecommunity.com
Program Director	Name: Vacant
	Email: programmedirector@cloverdalecommunity.com
Membership	Name: Karen
	Email: membership@cloverdalecommunity.com
Committee Leads	
Casino Coordinators	Name: Bev and Shane
	Email: casino@cloverdalecommunity.com
Edmonton Ski Club Liaison	Name: Chris
	Email: skiclub_chair@cloverdalecommunity.com
Flood Mitigation	Name: Eric
	Email: floodmitigation_chair@cloverdalecommunity.com
Community Garden (CCGC) Chair	Name: Kelsey
	Email: communitygarden_chair@cloverdalecommunity.com
Seniors	Name: Karen
	Email: seniors@cloverdalecommunity.com
LRT Citizens Committee	Name: Paul
	Email: lrtcommittee_cochair@cloverdalecommunity.com
Gallagher Park Master Plan	Name: Paul
	Email: lrtcommittee_cochair@cloverdalecommunity.com
Abundant Community - Neighbourhood Connectors	Name: Marilyn
	Email: neighbourhoodconnector@cloverdalecommunity.com
Hall Manager	
Hall Rentals	Name: Janet
	E-mail: rentals@cloverdalecommunity.com

## Mark Your Calendar!

Mark your calendars and get ready to join the neighbourhood at the following activities at the Cloverdale Community League Hall, 9411 97 Avenue. Check the Cloverdale Community League (CCL) website for regular updates.

- **Spring Wine Not #9** Friday, April 12, 2019: This is gathering is perennial favourite. Join friends and neighbours for fun, food, wine and entertainment. The fun begins at 8 PM! Be sure to RSVP Bob, the CCL's social director, at <socialdirector@cloverdalecommunity.com> so that we're well prepared for our guests.

- **Cloverdale Community Garden Spring Fling Potluck Brunch:** 11 AM, Sunday, April 14, 2019. Calling all Green Thumbs! Get together with the other novice and veteran Cloverdale gardeners to get a start on the 2019 gardening season. You'll be able to sign up for a pot and volunteer for one of several teams that help keep the garden in fine shape. This is a potluck event. Bring your favourite brunch dish and celebrate the start of the 2019 garden season. Stay tuned for updates.

- **Eggstravaganza:** 11 AM to noon, Sunday, April 21, 2019. This one is for the kids and the kids at heart. It's a family friendly event. Join in the Cloverdale Community League annual celebration and get in on the fun and games. - Sunday May 26 - River Valley Clean Up.

- **River Valley Clean Up & Big Bin Event:** Sunday, May 26, 2019. Join your neighbours for a pancake breakfast and then head out into Gallagher Park and the Cloverdale neighbourhood to clean up the grunge left behind by the receding snow. This is a fami-

ly friendly event. Enjoy some great food and the great outdoors as we tidy up the neighbourhood after a long hard winter. We'll also have dumpsters on site for the second annual Big Bin Event to help you with your spring-cleaning! Non-hazardous household material, yard and garden waste will be accepted. No mattresses or hazardous goods please. Last year 51 Cloverdale households participated. We collected over 3600 kg of material. Can we top that in 2019?

- **Community League Celebration & Eco Solar Tour:** Sunday, June 2, 2019 noon to 6:00 PM. We're planning a community party at the hall to celebrate the completion of our energy efficiency upgrades and new deck. The hall will also be a host site on the 20th Annual Eco Solar Tour < <http://www.eco-solar.ca/> >. There will be food, games and activities for children. We'll have displays of our energy efficiency technologies in the hall and other displays to peak your curiosity about energy efficiency for your home. Stay tuned for more information!

- **Community League Day:** Saturday, September 21, 2019. More details will be available.

- **Cloverdale Community League Annual General Meeting:** Monday, September 23, 2019 at 7:00 PM at the CCL hall. Join the community to make decisions for the future, hear reports from the board about the past year and volunteer to get involved on the board.

- **CCL Halloween Party:** Sunday, October 27, 2019
- **CCL Christmas Party:** Sunday, December 7, 2019

## Volunteer Opportunities

### Cloverdale Community League Board of Directors

Volunteers are the heart and soul of the Cloverdale Community League! We're looking for volunteers to fill a number of positions on the board at the AGM on September 23, 2019. The time commitment for each position varies, but we try to keep it manageable. Family, work and volunteer life balance is important. These positions will be open for elections in September:

- President
- Edmonton Ski Club Liaison Chairperson

- Social Director
- Programme Director
- Membership Director
- Seniors Director

The work is satisfying and rewarding. It's an opportunity to share your skills and learn new ones. It's an opportunity to meet your neighbours, focus on developing the assets of Cloverdale and give back to the neighbourhood. For more information, including job descriptions, contact Reg at <president@cloverdalecommunity.com>.

## Message From the Board

Check out this section, the March 2019 issue of The Cloverdale Chronicle, the Cloverdale Community League website for the latest news about the current programme offerings from the Cloverdale Community League and other news.

You'll find a range of activities and events for children and adults. These activities are a great opportunities to stretch your social, mental and physical skills. All programmes

will be starting in the CCL hall in April 2019. There are lots of choices on offer. Spring is definitely in the air, so while you're outdoors say "Hi!" to your neighbours.

Celebrate the arrival of spring with three special events in April at the hall:

- **Spring Wine Not #9** at 8:00 PM on Friday, April 12, 2019
- **Garden Club Spring Brunch** at 11:00 AM on Sunday, April 14, 2019

- **Eggstravaganza** at 11:00 AM on Sunday, April 21, 2019

On May 26, 2019 meet at the hall for a pancake breakfast and then join in for the annual River Valley Clean Up when we help clean up the debris left behind by the retreating snow. We'll also be holding the second annual **Big Bin Event** at the hall. Stay tuned for deals.

On June 2, 2019 the CCL will have a party to celebrate the completion of our project. It

will be an opportunity to showcase our accomplishment, have food, activities for kids, entertainment and fun and kick back a bit. The CCL will also be host site for the 20th annual Eco Solar Tour. There will be various displays on energy efficiency technology. Stay tuned for updates.

*All the Best*

*Your Cloverdale Community League Board*



## Book Cloverdale Hall Today!

We have the perfect space for your spring and summer parties! We're located in the park like setting of Gallagher Park with access to year round recreation opportunities. We offer great scenic backdrops for your photos and memories. Whether it is a wedding, family reunion or a BBQ, let us be your hosts at our great facility!

The Cloverdale Community League hall is the perfect venue! Room to move, party, mingle or just chill out. The hall has all the amenities, including Internet access, needed to host your special event!

The hall has recently been renovated. We got a new wrap around deck and the hall is completely accessible. Other upgrades for your comfort include a range of energy efficiency technology, including solar panels! Go Green at your next event at the Cloverdale Community League hall.

Whether it's a business meeting or a social, the Cloverdale Community League can accommodate your gathering. Email Janet to book a date and view the hall: [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com).

## Spring has Sprung... And guess what else is popping out?

**Our neighbours** ... they are coming out to enjoy the sunshine with their children and their dogs or just for a jog. Time to reconnect. How? Well, have you noticed some NEW neighbours? Perhaps you can introduce yourself and learn more about them.

**Get to know your Neighbours.** Do you know that Cloverdale has Block Point persons that want to know if you are new to our hood? We want to help you get comfortable here, take part in free programming at the hall and find ways that you can feel welcome. They are also key to planning Block Parties and this warm weather means those will be happening soon.

If you don't know who is your Block Point person, drop a note to Marilyn at [neighbourhoodconnector@cloverdalecommunity.com](mailto:neighbourhoodconnector@cloverdalecommunity.com) and I will get you connected. If you live in one of the many multi-family condos in our area, we want to talk to you about becoming a Block Connector – a neighbourhood point person.

We are looking for more community-minded folks to create a more neighbourly community and we want to get to know you.

And speaking of being neighbourly – the first Wednesday evening of the month is Women & Wine, where one Cloverdale neighbour will host a casual gathering where the ladies bring their own wine and a glass and meet one another.

April 3 is our next event and it's a chance to reach out to that new neighbour. A message will go shortly as to the host (perhaps you want to offer the next one?)

Spring is also the time we do cleanup ... Our spring cleaning uncovers lots of things, some of which we no longer want. Mark your calendar for May 26 for not only our neighbourhood cleanup but also the Big Bin event, where you can bring your large unwanted stuff (except mattresses) to be carted away for free. Start planning now. It feels so good to get rid of it.

## Cloverdale Community League

### Message From the Board

Check out this section, the March 2019 issue of The Cloverdale Chronicle, the Cloverdale Community League website for the latest news about the current programme offerings from the Cloverdale Community League and other news.

You'll find a range of activities and events for children and adults. These activities are a great opportunities to stretch your social, mental and physical skills. All programmes will be starting in the CCL hall in April 2019. There are lots of choices on offer. Spring is definitely in the air, so while you're outdoors say "Hi!" to your neighbours.

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All the Best

Your Cloverdale Community League Board

## Tool Library

One of the benefits of a Cloverdale Community League membership is that it opens the treasure chest of the Edmonton Tool Library to you. The Edmonton Tool Library < <http://www.edmontontoollibrary.ca> > is located at the Bellevue Community Hall, 7308

112 Avenue. It has a wide range of hand, power and garden tools available for your use. As a Cloverdale Community League member you're able to make use of the great community resource.

## Spring Programmes at Cloverdale Community League

All Programmes start April 2019

A minimum of 6 participants is required for all classes. Classes are free to Cloverdale Community League members.

Please register for all classes in advance at: [< rentals@cloverdalecommunity.com >](mailto:rentals@cloverdalecommunity.com)

### Mondays:

- Zumbini with Mariela, certified Zumba instructor: 5:15 pm-6:00 pm, 6 weeks, starting April 15 to May 27. No class May 20th. Zumba with your little one! Dance, sing and play with your little one! \$40 for Bundle supplies.

- Barre Class with Kim Ashley, AFLCA instructor: 7pm-8pm, 8 weeks starting April 8th to June 3rd. No class May 20th. Less impact than a boot camp. It infuses elements of dance, and ballet, to achieve beautiful healthy bodies, while improving postural balance, flexibility, coordination, and grace. A pair of dumbbells and a yoga mat will be required. Athletic shoes and light comfy clothing should be worn.

### Tuesdays:

- Urban Poling Club meets at the hall at 9:45 am for a one-hour local pole walk.

- Soccer Sport ball for preschool children. Outdoors. 6 weeks starting May 7th to June 18th. No class on May 21st.

9:15 am - 9:45 am, 16 mo. – 2yr come out and play soccer activities with your preschooler.

9:45 am -10:30 am, 2 - 3 ½ year-old.

10:30 am - 11:30 am, 3 ½ - 5yr.

Each child receives a jersey, socks and soccer ball!

Cost: \$40 for Cloverdale Community League members; \$160 for non-members.

- Evening Sport ball: This is a 6-week session starting May 7th to June 18th. No class on May 21st.

5:00 pm -5:45 pm for ages 2 – 3 ½ years;

5:45 pm - 6:45 pm for 3 ½ to 5 years old;

6:45 pm - 7:45 pm for 5 to 7years old.

Each child receives a jersey, socks and soccer ball!

Cost: \$40 for Cloverdale Community League members; \$160 for non-members.

NEW to Cloverdale Community League! "STRONG by Zumba" is a high-intensity interval tempo 60 minute workout. It's a full-body, bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises. Unlike your traditional boot camp classes, the music is the heart of the workout, and every movement you do will be to the beat of the music. 6:15 pm to 7:15 pm, April 9th to June 4th. 8 week class = incredible results.

- Yoga with Kerri Gladwin: Hatha yoga. 8 pm to 9pm. Starting April 9th. 4-week



session. 4 weeks with Sub ending May 28th with a variety of relaxing, stretching, strengthening poses. Bring a yoga mat and wear yoga clothing.

### Wednesdays:

- Pilates: 9:30 am -10:30 am. 8 weeks with Lynn L. Bring your yoga mat, runners, water bottle and fitness clothing. Starting Wed April 10th to May 29th.

Ping-Pong Club: Bring your inside runners and enjoy Ping-Pong. 7 pm to 9 pm. Any skill level. Any age.

- Games Club: Bring along your games and your friends of any age. 7 pm to 9pm. Play in the hall or lounge. (Executive meetings once monthly, on the second Wednesday of the month in the lounge.)

### Thursdays:

- Indoor Playgroup: 10:30 am to 12:00 pm. Drop in with your preschooler. Coffee, toys, and socialize.

- Zumba kids with Mariela: 6:15 pm to 7 pm. April 11th to June 6th. No class May 23rd. Kids channel their energy into great dance moves.

- Barre Class with Cat Lam, AFLCA instructor: 7:30 pm to 8:30 pm. Starting April 11th to May 30th, 8 weeks. A pair of dumbbells and a yoga mat will be required. Athletic shoes and light comfy clothing should be worn, and bring along water for hydration!

### Fridays:

- Yoga with Kerri Gladwin: 9:45 am to 10:45 am. Starting April 12th to May 31st, 8 weeks. Hatha yoga with a variety of relaxing, stretching, strengthening poses. Instruction provided for chair yoga. Bring yoga matt and wear loose yoga clothing.

### Sundays:

- Adult Learn to Dance with International Ballroom Dancer Cecilia: 7:30 pm to 8:30 pm. Starting at April 14th to June 9th. No class May 19th. An hour for teaching & optional ½ -hour practice after for those who want to stay. Line dance warm up exercise. The popular dances taught will be jive, cha-cha, rumba for Latin's and waltz, foxtrot, tango, quickstep for Standards. Partners will be optional. The main thing is to learn good basics so after a few lessons and practices we can attend real dances together.

## Indoor Playgroup

Come and enjoy playtime at the hall! Indoor playgroup runs on Thursdays from 10 am to 12:00 pm. Drop in with your preschooler. Enjoy coffee with your neighbours while the kids play! It's great way for parents and children to meet new friends. No cost for this program.





# Hi, I'm **Diana Ly** and I am running to be your next MLA.

## ■ **Economic Development**

Creating opportunities for diverse economic development

## ■ **Relevant Education**

Ensuring education is relevant, supported, and prepares our future leaders

## ■ **Family Support Systems**

Advocating for families and ensuring support systems including affordable childcare

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   /votedianaly  [diana.ly@albertaparty.ca](mailto:diana.ly@albertaparty.ca)





## Community Contacts

<b>President</b>	Rae	President@forestterrace.org
<b>Vice President</b>	Jeremy	VP@forestterrace.org
<b>Secretary</b>	Curtis	Secretary@forestterrace.org
<b>Treasurer</b>	Michelle	Treasurer@forestterrace.org
<b>Hall Rental</b>	Molly	Hall@forestterrace.org
<b>Maintenance</b>	Ryan	Maintenance@forestterrace.org
<b>Programs</b>	Sarah	Programs@forestterrace.org
<b>Rinks</b>	Scott	Rink@forestterrace.org
<b>SECLA Rep</b>	Connie	SECLA@forestterrace.org
<b>Outdoor Soccer</b>	Kelly	Soccer@forestterrace.org
<b>Babysitting</b>	Anna	Babysitting@forestterrace.org
<b>Casino</b>	Anna	Casino@forestterrace.org
<b>Grants</b>	<b>VACANT</b>	
<b>Memberships</b>	Sonya	Membership@forestterrace.org
<b>Website</b>	Curtis	Web@forestterrace.org
<b>Signs</b>	Anj	Signs@forestterrace.org
<b>Newsletter Editor</b>	Kerry	Newsletter@forestterrace.org
<b>Events</b>	Kathleen	Events@forestterrace.org
<b>Indoor Soccer</b>	Kelly	Safety@forestterrace.org
<b>Civics</b>	Julie	Civics@forestterrace.org
<b>Marketing</b>	Joanne	Marketing@forestterrace.org
<b>ACE</b>	CoraLee	ACE@forestterrace.org

## Save the date for our Big Bin Event April 27

One of the great perks of membership in the Forest Terrace Heights community league is our annual Big Bin Event, where you can get rid of large, unwanted items for free.

Thanks to Legend Automotive, 7110 98 Ave NW, for hosting us once again, on Saturday, April 27, from 10 a.m. to noon or until the bin is full.

Bring things that are too big for regular garbage collection, such as:

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

Items containing concrete or

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

Community league memberships are required to use the big bin and will be sold at the event. To volunteer, please email events@forestterrace.org.

## Community Garden update

Be sure to check out our community garden this growing season and start dreaming about what you'll plant in your plot next year. The Heights Community Garden is on 104A Avenue and 75th Street, on the west side of the footbridge over Wayne Gretzky Drive. All plots are spoken for this year, but organizers are hoping to expand, so let them know if you're interested. All you need is a community league membership and a \$20 plot-rental fee. Email garden@forestterrace.org to get on the waiting list!

## Now recruiting casino volunteers

Thank you to those who have already volunteered for our 2019 casino fundraiser May 11 and 12 at Casino Edmonton, 7055 Argyll Road.

We still have openings for the evening shift on Sunday, May 12. Each volunteer receives a meal and a \$100 voucher that can be put towards programs and services offered by dozens of different non-profit organizations.

For more information or to volunteer, contact casino@forestterrace.org.



## Zumba, Wednesdays, 7 to 8 p.m., until May 1

Come join Mary, a licensed Zumba instructor for adults and children, and take away positive energy, vitality and renewed spirit. Every class feels like a party!

Registration is via Eventbrite. Look for the link on the events calendar at forestterrace.org or the league Facebook page. \$9/class for members. \$12/class for non-mem-

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

## Grants director needed

We're sorry to say our grants director Bonnie is stepping down in June after four years of service to the community. Please consider whether you or someone you know might be interested in the position, which involves applying for a couple of grants in the early spring each year, grant reporting and attendance at monthly board meetings. Email president@forestterrace.org for more information.

## Next board meeting May 7



The community league board meets on the first Tuesday of every month at 7 p.m. at the hall, 10150 80 St NW. Watch the league Facebook page for details of our annual general meeting June 4. As always, everyone is welcome.

## NEIGHBOURHOOD SUMMER DAYCAMP

A TASTE OF CAMP				
DATE	TIME	AGES	COURSE CODE	COST
Monday - Friday July 22-July 26	9:00AM - 4:00PM	8-12 years	657262	\$174
Forest/Terrace Heights Community League				
10150 - 80 Street				

Do you want to come to camp, but don't know which theme to try? This is the camp for you! You will get a taste of all sorts of camp fun. From making small snacks, cooking over a campfire, crafting, and playing outdoor games, you will get the chance to discover what your favorite activity is in this "theme a day" program. You will even get to end your camp adventure with a fun-filled field trip!



## Don't miss out on membership perks

Don't miss out on all the benefits you can enjoy with a membership in the Forest Terrace Heights community league:

We offer free swims at Hardisty Pool every Sunday from 1:15 to 2:45 p.m., and every Saturday from 5 to 7 p.m. at Commonwealth Fitness Centre. At Commonwealth, you can also use the gym.

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

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

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

Free membership in the Edmonton Tool Library 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 edmontontool-library.weebly.com and review the release of liability waiver and borrowing policy.

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

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

Families can purchase or renew their membership for just \$30; individual memberships are \$15; seniors pay \$10; and, if you're new to Forest or Terrace Heights or you've never had a membership before, your first year is free! Buy online at efcl.org/membership; contact our membership director at membership@forestterrace.org or 780-463-1613 (this is the only option for free memberships; or purchase in person 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.



## 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  
babysitter@fultonplace.org
- **Southeast Voice Submissions**-  
Joshua [info@fultonplace.org](mailto:info@fultonplace.org)

## Hall Rental

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



## 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](mailto:ann@yourinertia.com) or 780.719.2897

## RED CROSS BABYSITTING AND FIRST AID COURSE

Sponsored by Fulton Place Community League

**Sunday May 26, 2019**

**9:00 am – 5:00 pm**

Fulton Place Community Hall: 6115 Fulton Road, Edmonton

### Do you want to babysit?

### Do you stay home alone?

**Newly Revised Course Includes Greater Emphasis on First Aid Skills!**

- What to do - and who to call - in an emergency
- Home safety tips and accident prevention
- Responsibilities of a babysitter
- How to care for babies and toddlers
- Dealing with discipline problems
- Fire safety and Poison Prevention
- Basic First Aid, Choking First Aid and CPR
- Proper use of EpiPen and Inhaler

**All the safety and first-aid that a babysitter or someone staying home alone needs to know, presented in a fun, hands-on workshop!**

**Registrants receive Red Cross Babysitters Manual.**

**FOR:** Girls and Boys ages 11 and up (by end of May 2019)

**COST:** \$75.00 including GST

Note: Current Fulton Place Community League Members qualify for \$20.00 subsidy

**BRING:** Lunch, pencil, large floppy doll/teddy (must lay flat), water bottle and indoor shoes

**RED CROSS CERTIFICATE CARD ISSUED UPON SUCCESSFUL COMPLETION**

**Be confident. Be prepared. Be safe.**

For more information contact Ruth at: [babysitter@fultonplace.org](mailto:babysitter@fultonplace.org) or (780) 465-0550.

## Set your calendars - the Fulton Place Garden Tour in its 5th Year

**Tuesday, June 18 and Wednesday, June 19, 5:30-8:00 pm**

We are presently looking for gardens to include on our fifth annual tour. If you are interested in showing your garden this year, or would like to nominate a garden to include on the tour, please contact Sheila at 780-468-9218 or [hawthorn@telus.net](mailto:hawthorn@telus.net). There are also volunteer opportunities available.

Greater Hardisty is home to a very successful community garden – The Sunshine Garden. It has brought together many groups

with a positive common purpose. An off-shoot of the Sunshine Garden is its annual fund-raiser, the Fulton Place Garden Tour. The Garden Tour is both a 'fund-raiser' and a 'friend-raiser'.

Meet your neighbors and talk gardening

Explore a variety of gardens

Learn what grows well here

Get design and planting ideas

Enjoy the beauty of Fulton Place gardens

Both garden hosts and volunteers are invited to a special garden party pre-tour as a thank-you for their support.



## DISCOVER SCIENCE



DATE	TIME	AGES	COURSE CODE	COST
Monday - Friday August 26-August 30	9:00AM - 4:00PM	6-9 years	657436	\$174

### Fulton Place Community League

6115 Fulton Road

Conduct your own science experiments as you find answers to questions that have always made you wonder why. Play science games, make explosively fun crafts like Elephant's Toothpaste, learn about space, and more! You will get to enjoy a field trip during the week as well.

**Registration Now Open!**

**To Register:**

- Call 311
- Online at [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca)
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Fulton Place Community League for access to their facility.



## Gardener's Swap & Sale

**Saturday, May 25, 2019, 9am – Noon**

Join us on Saturday, May 25th, for our annual spring gardener's swap and sale, held at the Fulton Place Community League Hall (6115 Fulton Rd), between 9am and noon. Bring any plants (indoor or outdoor), bulbs, perennials, tools, magazines, books, etc. and receive points that you can use to purchase something someone else has brought to the swap meet. If you have

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

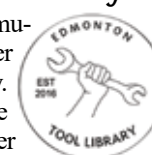
## Community Swimming

**Hardisty Swimming Pool**

Fulton Place Community League Members enjoy free swimming on Sundays from 1:15-2:45, September 1 to June 22.

## Edmonton Tool Library

Your Fulton Place Community League is now a member of the Edmonton Tool Library. With your Community League Membership card or number you get year-round access to their inventory of tools and you can borrow up to 8 tools at a time for a one-week rental period. The inventory is located at Bellevue Community Hall, 7308 112 Avenue NW. Visit the website inventory at [edmontontoollibrary.ca](http://edmontontoollibrary.ca)



## Casino Volunteers Needed

We need volunteers for the Casino Fundraiser on June 12 & 13, 2019 at Century Casino. Proceeds from the Casino are the primary source of income for supporting various programs, operating the hall and outdoor rink facilities. We need 40 volunteers to fill all the positions so please help out if you are able. Contact Rick Meger at 780-463-4333 or [rvmeger@telus.net](mailto:rvmeger@telus.net) to sign up and receive further information.

## Ravine Clean Up

Saturday May 11, 10:00 to 1:00. Meet at 6336 Fulton Drive. For more information please contact Maggie at 780 465 2368 or [maggiewnichol@gmail.com](mailto:maggiewnichol@gmail.com)



## Workshops and Programs for Parenting

To register for all programs and/or workshops please contact Jessica Mantel at 780-667-4383 or fcssdodie@shaw.ca

### • *Infants Can Talk with Their Hands Sign language program*

- Tuesdays 9:15 - 9:45am  
- April 30 - May 28 (Omit May 21st)



- Fulton Place Community League  
6115 Fulton Rd

### • *Baby and Me Yoga*



- Wednesdays from 2:00 - 3:00pm  
- April 10 - May 29  
- Fulton Place Community League  
6115 Fulton Rd

### • *Coping With Toddler Behaviours*

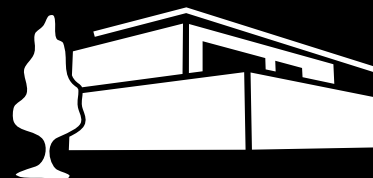


- Thursdays:  
6:30 - 8:30pm  
- April 4 - May 30  
- Fulton Child Care Association  
10310 56 St  
(West Doors)

Parents of toddlers (12 to 36 months) will explore how their parenting style, their relationship with their child, and their child's personality can all shape their toddlers behaviour. Parents will also explore ideas to prevent challenging situations from happening and ways to respond to challenging toddler behaviours. Group members will view videos of common parenting challenges then spend time having problem solving discussions and doing skill building exercises together.

**Please note:** parents are expected to complete homework tasks that give them a chance to practice what they are learning.

- To Register please contact Winifred with KARA Family Resource Centre 587-525-6679  
- For Child Care please contact Jessica with Fulton Child Care Association at 780-667-4383, or fcssdodie@shaw.ca



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## Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	<a href="mailto:adamrompfer@yahoo.ca">adamrompfer@yahoo.ca</a>
*Vice President	Jamie Melnyk	<a href="mailto:jamie21_twitcher@hotmail.com">jamie21_twitcher@hotmail.com</a>
*Secretary	Tammy Schatull	<a href="mailto:goldbarsecretary1@gmail.com">goldbarsecretary1@gmail.com</a>
*Treasurer	Nicole Kraychy	<a href="mailto:nicolegoldbar@live.com">nicolegoldbar@live.com</a>
Bingo Director - Fort Road	Jessica Negrey	<a href="mailto:negrey@shaw.ca">negrey@shaw.ca</a>
Bingo Director - Parkway	Charlene Lazenby	<a href="mailto:charnelazenby@gmail.com">charnelazenby@gmail.com</a>
Bingo Worker Director	Lorie Smith	<a href="mailto:loriesmih@gmail.com">loriesmih@gmail.com</a>
Casino Director	Isabella Pierce	<a href="mailto:bella.edm@shaw.ca">bella.edm@shaw.ca</a>
Communications Director	Lisa Shorten	<a href="mailto:brian.lisa.shorten@gmail.com">brian.lisa.shorten@gmail.com</a>
Community Liaison	Rhae Hansen	<a href="mailto:gbcl.liaison@gmail.com">gbcl.liaison@gmail.com</a>
Director At Large	Pat Chmilar	<a href="mailto:p.chmilar@icloud.com">p.chmilar@icloud.com</a>
Director at Large	Cody Charlene	<a href="mailto:codycharlene86@gmail.com">codycharlene86@gmail.com</a>
Financial Director	Andrew Mason	<a href="mailto:andrewroycemason@gmail.com">andrewroycemason@gmail.com</a>
Green Shack Program Director	Vacant	
Hall Manager	Liisa Armstrong	<a href="mailto:goldbarhallrentals@gmail.com">goldbarhallrentals@gmail.com</a>
Membership Director	Amy Cooper	<a href="mailto:Amycooper88@outlook.com">Amycooper88@outlook.com</a>
Programming Director	Sharon Harker	<a href="mailto:gbhallfun@gmail.com">gbhallfun@gmail.com</a>
Rink Manager	Heather Hopgood	<a href="mailto:hhopgood@shaw.ca">hhopgood@shaw.ca</a>
Sign Director	Lindsay Kocil	<a href="mailto:lindsaykocil@me.com">lindsaykocil@me.com</a>
Social Director	Ronda Lisowski	<a href="mailto:magicianronda@gmail.com">magicianronda@gmail.com</a>

## Okinawan Karate Dojo

Monday and Thursday Evenings  
Train at Beverly Heights Hall on Mondays  
and Gold Bar Hall on Thursdays

Family Class (age 7+) 6:00-7:00 pm  
Adult Class (age 13+) 7:00-8:00 pm  
Kobudo (Weapons) Class: 8:00-9:00 pm  
Your registration fee gives unlimited access to all 3 classes on both nights

### Fees: Jan - April

- 1 person \$30/month
- 2 people \$55/month
- 3 people \$75/month
- 4 people or more \$100/month
- Never too late to register
- Memberships Required
- Any CL membership
- \$60 annually / person for dojo related memberships

Classes will continue from May to August. Fees will be half price.

For more info [www.kaizendojo.ca](http://www.kaizendojo.ca)  
to register email [gbhallfun@gmail.com](mailto:gbhallfun@gmail.com)

## BINGO!!!!

If you would like to volunteer to work any of our community bingos, please contact Lorie Smith @ 780-447-1110. These events generate revenue for our community.

Upcoming Dates At Parkway Bingo Hall:  
Wed. April 10 evening/late night

## Preschool

Gold Bar Preschool is now open for registration for the September 2019 school year! We are a non-profit, community based preschool in Gold bar Elementary school. We offers a creative and stimulating program for 3-5 year olds. Classes are on monday/Wednesday/Friday mornings from 9am-

## Mom and Me Fitness Class

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play, be in the stroller or be worn. Bring a yoga mat, water, and anything your kids need.

This class runs Monday's and Thursdays (not April 22) from 930-1030am at Gold Bar Community Hall.

This session runs from March 4/7- April 15/25, although you're welcome to join anytime. A new session will start in May and we will be outdoors at the playground (weather permitting)

Contact Lisa to register or with any questions.

Mondays \$70, Thursdays \$80, 5 pass \$55 or drop in \$12.

Facebook.com/lisashortenfitness or email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com)

Sat. April 27 afternoon  
Thurs. May 30 evening/late night  
Tuesday June 25 evening/late night  
Upcoming Dates @ Fort Road Bingo Hall:  
Thurs. April 11 afternoon/evening  
Friday May 31 afternoon/evening  
Sat. June 22 afternoon/evening

11:30am. We focus on child led exploration, early literacy, fine and gross motor play and lots of outdoor activities around our school and out in the river valley! Visit our website [www.goldbarpreschool.ca](http://www.goldbarpreschool.ca) or email for more information [goldbarpreschoolparents@gmail.com](mailto:goldbarpreschoolparents@gmail.com)

## Yoga

Current Session: ends April 29

Next Session: May 6 – June 26

\*no yoga on Easter Monday or Victoria Day

New Instructor: Nancy Conlin

Certified yoga teacher with 20 years of teaching experience

**Active Hatha Yoga:** a focus on increasing strength and flexibility while calming the mind. Mondays 7:00 - 8:15 pm. Tuesdays

9:45 - 11:00 am.

**Restorative Hatha Yoga:** more time with each pose to get that deep stretch allowing the body to restore and renew. Wednesdays 8:00 – 9:15 pm.

**Cost:** \$80 for 8 classes, \$55 for 5 classes or \$15 drop in fee. Plus proof of any CL membership. Your registration allows you to attend all three classes. For information or to register email [gbhallfun@gmail.com](mailto:gbhallfun@gmail.com)

## Goldbar Community Memberships Available Now!

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP (5010-106Ave), ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82St) come check out these wonderful business and pick up your community membership. Show your membership card at Hardisty Pool on Sundays from 1:15- 2:45pm to participate in a community Swim. On the second Tuesday of every month, show your membership

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

## Bob Ross Paint Party

Friday May 3

7:00 – 9:30 pm

@ Gold Bar Hall \$40 per person  
to register email [gbhallfun@gmail.com](mailto:gbhallfun@gmail.com)

Bob Ross was the creator and host of “The Joy of Painting”, a television program that aired from 1983 to 1994 on PBS. He was famous for his chill vibe and positive catchphrases. Local artist, Jeanette Spencer will teach us how to use oil paints. We'll watch some Bob Ross, talk like Bob Ross and encourage you to dress like Bob Ross. ~ “In painting, you have unlimited power. You have the ability to move mountains. You can bend rivers. But when I get home, the only thing I have power over is the garbage.” *Bob Ross*

## Games Night

April 26 – pot luck 6:00 to 10:00 pm.

The CL will provide Beef on a Bun at the potluck.

May 31 – 6:00 to 10:00 pm hot dogs and popcorn. Extra fun planned for young and old.

For more info em: [gbhallfun@gmail.com](mailto:gbhallfun@gmail.com)

## Community Garden

Come garden with us! Mount Carmel Bible College (4725-106 Ave) has plots available in our community garden for \$25 each. Contact Jeannie at 780-465-3015 or [mail@mountcarmel.net](mailto:mail@mountcarmel.net) to claim a plot or for more details.

NEIGHBOURHOOD SUMMER DAYCAMP

# COOKING UP A STORY



DATE	TIME	AGES	COURSE CODE	COST
Monday - Friday July 29-August 2	1:30PM - 4:00PM	4-6 years	657272	\$98

**Gold Bar Community League**

4620 – 105 Avenue

Find yourself in the delicious world of storytelling! Our daily snack recipes will be inspired by the stories we read. In addition to cooking, participants will enjoy a cup of games, a tablespoon of songs, and a pinch of crafts. It's a recipe for fun. Every day is a new adventure!

Registration Now Open!

To Register:

- Call 311
- Online at [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca)
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Gold Bar Community League for access to their facility!







## Holyrood Community League Contacts

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

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

## 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 [ruthe.sjoberg@gmail.com](mailto:ruthe.sjoberg@gmail.com).

### -Drop-in Playgroup

Thursdays, 9:00 - 11:00 AM

Fellowship Hall (downstairs) at The First Church Of God (9224 - 82 St NW)

Parents, guardians, and caregivers are welcome to drop in and socialize while their little ones (0-6 years) play. This FREE pro-



gram is a great way to meet other families in our neighbourhood!

**Playgroup has moved locations!** We would like to thank the First Church of God for extending their newly renovated Fellowship Hall to our playgroup. Playgroup will now be held downstairs at the church hall. The church is also kind enough to provide space to the Holyrood Development Committee for their regular meetings.

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

## "Holyrood How-To": The AGM

1. Mark your calendar for Thursday, April 25 from 7 - 9 pm.

2. When the evening arrives, walk, ride, drive or glide over to the Holyrood Community Hall.

3. Sign in and pick up your complimentary 2019/20 Holyrood Community League membership.

5. Grab a refreshing beverage and snack.

6. Chat with friends, neighbours and board members; peruse the displays and review our fascinating literature (Annual Report, Financial Statements, etc)

7. Learn about the Holyrood Community Garden project, and pick up your free garden seeds.

8. Consider joining our new Social Committee.

9. Find a seat for the General Meeting (7:15 - 8:30 pm).

10. Refill your food and drinks; ask your burning questions.

11. Help elect our new board for 2019/20.

12. Head home by 9:00 pm, knowing you've supported your league and helped make Holyrood even better by your participation!

## 2019/20 Board - Now Recruiting

The following board director positions will be up for election at our April 25 AGM:

President

Vice President

Programs Director

Communications Director

Develop new skills, make friends, help build community in your neighbourhood. Maybe now is the time to volunteer!

Check our website for more details, and contact Wendy at [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org) if you are interested.

## Rink Construction Zone

Big thanks are due to Andrew, Randall and Travis for pulling together our amazing rink season this winter! It was better than we could have expected, especially last fall when we were facing construction delays and a late-season change of ice making services.

Our Rink Rebuild project is still not complete, though. Because of permit delays, we were unable to get the grading and landscape remediation work done on the site before winter arrived. The process of grading the rink surface to level, back-filling the many post holes, fixing damage from heavy equipment, and re-sodding the rink surface

will begin in the spring.

The construction safety fencing around the project site will remain up, likely through the summer, to allow this work to proceed and give time for the sod to take. We are aware the fencing sustained a fair bit of damage through the winter, and will have it repaired and strengthened shortly.

Please do your part by respecting the orange fence and staying out of the area until the fence comes down. Pass this message on to your children too. The orange fence is not something to be climbed on, and the old rink site is not a safe place to play!

## Playschool Teacher Needed

Holyrood Cooperative Playschool (HCPS) is a parent-run cooperative program of the Holyrood Community League (HCL) that operates in the Holyrood Community Hall at 9411 Holyrood Rd. For more information about our program please visit our website: [www.holyroodplayschool.ca](http://www.holyroodplayschool.ca).

We are looking to hire a new teacher for the 2019/2020 school year. This position will be part-time, and hours of work are Monday, Wednesday, Friday 8:30-11:30am, with

an additional 2-3 hours of preparation and emails each week (total of 11-12 hrs/wk).

The position will run from September 2019 to June 2020, but some preparation time and attendance at our Annual General Meeting (AGM) in August 2019 will be required. Training with the current teacher in May or June 2019 will be available for the successful candidate.

See the HCL website for full posting. Applications due April 26, 2019.

## Holyrood Social Club

Have you noticed that the social events have been a bit "thin on the ground" in Holyrood lately?

The reason for this sad situation is that our Social Director position has been vacant since last April. Boo hoo.

But hope is on the horizon! We have a very-sociable new Social Director, Jeremiah, and he'll be reviving the Holyrood Social Committee, which unfortunately never quite got off the ground a few years back.

The committee will start up in early May, and is open to anyone interested in helping to plan community events (parties, BBQs, pub nights, family games, Big Bin events, coffee get-togethers, concerts, rummage sales... you name it).

If you'd like to see more fun stuff in Holyrood, this is your chance! Contact Jeremiah [social@holyroodcommunity.org](mailto:social@holyroodcommunity.org) for more information, or sign up at our AGM on April 25th.





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**KELLY GRANT**  
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**for more information**  
**780-233-9939 (Cell)**



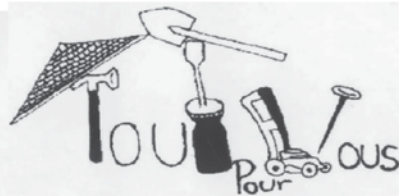
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Email: [jeandani@telusplanet.net](mailto:jeandani@telusplanet.net)

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## Idylwylde Community League Contacts

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

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

## Spring into Fitness Class

### Wednesdays

Instructor: Kelly Bray  
Time: 7:00 pm - 8:15 pm  
Start date: May 1, 2019  
End date: June 26, 2019

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after

class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment.

A pair of runners, a mat and a water bottle is all you need. Dress comfortably as you are going to sweat!

## Pilates Mat Class – Mondays

Instructor: Kelly Bray  
Time: 7:00 pm - 8:15 pm  
Start date: April 29, 2019  
End date: June 24, 2019

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 bal-

ance approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. The heavy emphasis on abdominal strengthening is a necessity and the class is designed for every fitness level. Kelly Bray is a certified Pilates instructor and have many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

## AGM and Idylwylde Park Grand Opening

Save the date - June 23rd, 2019. After years of fundraising, and a year of construction, the Idylwylde Park is nearing completion! Keep tuned for more details of this historic event.

## Casino Volunteers Needed

We are looking for volunteers to work our Casino on June 2nd and 3rd. These casinos are very important as they provide the funding that allows us to keep our programs and events affordable, which is something we strongly believe in. Please contact Bridget if you can help out.

## Social Events in Idylwylde

Our social chair would love some help in pulling off some great events this year. Do you have great ideas? Do you love planning? Are you just plain old happy with pitching in? Email Mick if you would like to help bring the community together. Time required can be flexible!

## Community League Swim

Bring your ICL membership card to get in FREE at these locations and times:  
**Commonwealth Community Recreation Centre** (11000 Stadium Road)  
Saturdays: 5:00pm - 7:00pm  
Start Date: September 8, 2018  
End Date: August 31, 2019  
**Hardisty Leisure Centre** (10535 65 Street)  
Sundays: 1:15 pm - 2:45 pm  
Starts Date: September 9, 2018  
End Date: June 23, 2019

## Little Free Library



Spring has sprung! Bust out of your winter blues and take a quick stroll and visit our Little Free Library over at 7932 83 Avenue. Grab an exciting book from the collection, or drop off one of your favorites that you think someone else may enjoy. Nothing better than reading a new favorite hearing the sounds of the birds (and construction) outside!

## Cheery Tomato Community Garden

A new growing season is just around the corner. If you would like to turn your thumbs green this summer, contact us at [gardenidylwylde@gmail.com](mailto:gardenidylwylde@gmail.com) and we'll let you know how you can be involved with our amazing little community garden.

## Monthly Community 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!

## Big Bin Event and Yard Sale

Brace yourselves, big bins are coming! On May 25th, we will be hosting another Idylwylde big bin event. This event is open to residents of Idylwylde and community league memberships are required to take advantage of the local bins. We also pair our big bin event with a donation supplied yard sale. All proceeds will go towards helping our league provide the programming we do at an affordable cost. If you have some free time to help with this event, please let Mick know.

Watch our Facebook page, as well as your mailbox, for more information including times and what you can/can't bring to the big bins!

## Program Calendar 2019

Classes are FREE for ICL members. Make sure to show your card to the instructor.

Membership cards should be purchased ahead of time from Michelle or [efcl.org](http://efcl.org) or at classes.

## Hall Rentals

We are looking for a community minded volunteer rental coordinator to look after all things rental. What we do is pretty special, in that we offer reduced rates to people who live within Idylwylde, so you can host a larger than life function, right in your neighborhood. If this sounds like something you could help with, get in touch with Kate.

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## KCL Contacts

### Executive

President	Ian	780-717-3578	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President	Irene	780-695-2009	<a href="mailto:vicepresident@kenilworthcommunity.com">vicepresident@kenilworthcommunity.com</a>
Secretary	Maren	780-709-2770	<a href="mailto:secretary@kenilworthcommunity.com">secretary@kenilworthcommunity.com</a>
Treasurer	Colleen	780-469-7661	<a href="mailto:treasurer@kenilworthcommunity.com">treasurer@kenilworthcommunity.com</a>
Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Membership	Rebecca	780-982-5885	<a href="mailto:membership@kenilworthcommunity.com">membership@kenilworthcommunity.com</a>
Senior Programs	Loida	780-953-1062	<a href="mailto:loida@loidahomes.ca">loida@loidahomes.ca</a>
Children's Prog.	VACANT		
Summer Programs	Alma	780-469-2019	
Capital Projects	VACANT		
Grant Applications	Aly	780-700-3676	
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	<a href="mailto:bonnielq@telus.net">bonnielq@telus.net</a>
SECLA	Kevin	587-985-2970	
Publicity/Website	Jason	780-619-2094	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>

### Representatives

Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Neighbourhood Watch	VACANT		
Playschool	Becky	780-760-3208	<a href="mailto:beckyclosson@hotmail.com">beckyclosson@hotmail.com</a>
Toddler Time	Angela	780-935-3404	<a href="mailto:angela.feehan@gmail.com">angela.feehan@gmail.com</a>
Caretaker	Terri	780-466-8980	
Hall Rentals	Al/Liz	780-469-1711	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>

## CONTACT US!

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

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

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

**Executive Meeting,** Monday, April 8th @7pm

### Southeast Voice Newsletter Deadlines

Submissions for the May issue of the Southeast Voice is due Thursday, April 18th, 2019. Send all announcements to [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com).

## Senior's Lunch & Laugh

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

Mark your calendars for April 10th  
12 - 1:30PM At Kenilworth Community Hall 7104 87 Ave

\$5 Lunch + FREE dessert and coffee

Confirm your attendance with Kathy at 780-433-5377.

## Hall Rental Rates

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

**Hall Rental Rates:** (Seating 160)

*Members Non-Members*

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

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

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

## Adult Badminton

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

## Kenilworth Playschool's I've Outgrown It Sale

Saturday, April 6th, 10am - 1pm

KCL Hall, 7104 - 87 Ave

Come shop for amazing deals on gently used kids clothing, toys, baby equipment & more.

Tables are 1 for \$25 or 2 for \$40

Email [beckyclosson@hotmail.com](mailto:beckyclosson@hotmail.com) for more info.

## Adult Spring Steak & Shrimp BBQ

Saturday, May 11, 2019

Cocktails 5:00 p.m.

Dinner 6:00 p.m.

\$25 per person. Tickets: call 780 469-2019 or email [akessel@shaw.ca](mailto:akessel@shaw.ca)

First come, First served! 26 tickets out of 100 already sold!!

Sold out every year!

## Big Bin Event

Saturday, - June 8, 9am - 2pm

**Materials accepted:**

Couches, chairs, mattresses, and other household furniture items too large for curbside pickup

Fridges, freezers, washers, dryers and other large household appliances (will be recycled)

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

## 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

## Kenilworth Playschool Registration Night

Kenilworth is a non-profit, parent co-operative playschool for 3 & 4 year olds. Meet on Tuesday and Thursday morning at KCL. Bright clean facility with large play area and kitchen. Children are provided with positive interactions with peers, daily theme based lessons, fun field trips, science experiments, cooking in the kitchen, park or gym time, games, books, songs, and so much more. The goal is to give your child a fun and positive experience that will prepare them for Kindergarten.

Thursday, April 25, 2019

6:00 – 7:00 p.m.

Kenilworth Hall

For more info contact Becky at 780 760-3208 or email [beckyclosson@hotmail.com](mailto:beckyclosson@hotmail.com)

## Save the date

General Meeting – June 10; Golf Tournament & Steak Supper - August 24th

### Materials Not Accepted:

Commercial Waste

Household Hazardous Waste like paint, varnish, household cleaners, or batteries.

(Please take to an Eco Station. They will be accepted at no cost.)

For residents with current Kenilworth memberships only.

KCL Memberships (2019-20) will be sold on site for \$20.


## VOLUNTEER OPPORTUNITIES

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

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

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

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



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## Christmas in July, STAMP-A-STACK

10 Christmas Cards or More  
Workshop to be held at Kenilworth Hall  
7104-87 Ave  
Thursday, July 18, 2019  
6:30 to 9:30 p.m.

Join the fun at the 14th Annual "Christmas in July" workshop. Create your holiday cards in the midst of summer and have one less thing to do when the season is upon us! I will design the cards and cut the card stock so you can create as many cards as you would

like.

The registration fee varies:

- \$28 for 10 cards (Beginners and casual stampers)

- \$50 for 20 cards (Intermediate)

- \$75 for 30 cards (Avid stampers)

Payment is required by June 30th.

Supplies to bring: Snail adhesive or other double sided adhesive and scissors.

To register contact Rhonda at 780-469-0010.

## 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, 2019. For more information or to register your child, please contact Becky at 780-760-3208 or by email beccyclosson@hotmail.com.

## Babysitting Registry

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

## Casino

Casino Dates are July 6 and 7 at Argyll Casino ABS.

This is a big portion of our revenue for Kenilworth Community League so please consider supporting the community by volunteering for a position at the casino.

Positions need to be filled by May 1. Call or text Bonnie at 780-668-2827 or email: bonnielg@telus.net

## 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 Indi-

viduals 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). Starting May 1, Anvil Coffee House has graciously offered to carry our memberships. Servus Credit Unions will also carry community league memberships, however there is an additional \$5 service charge.

Need one RIGHT NOW! Go to [www.efcl.org](http://www.efcl.org) and purchase one online!

## Bingo Volunteers Needed!



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

**Next Bingos:**

April 28, 2019, Sunday, 10:30am - 3:30pm  
May 18, 2019, Saturday, 4:30pm - 11:30pm

June 1, 2019, Saturday, 10:30am - 3:30pm  
June 19, 2019, Wednesday, 4:30pm - 11:30pm

July 9, 2019, Tuesday, 4:30pm - 11:30pm  
August 11, Sunday, 10:30am - 3:30pm  
see website <http://www.kenilworthcommunity.com/bingo/> for more dates in 2019

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

## Time to Reserve Your Spring Clean-up

You can ask for the full package or choose from the following a la carte services:

**Power Rake, Aeration, Garden Bed/Hedge Blow out, First Mow & Trim**



- Fertilization & Weed Control
- Gutter Clean /Repairs
- Parking Lot Sweeping
- Tree & Brush Trims
- Concrete Pavers
- Power Wash, Homes & Decks
- Fence Repair /Replacement
- All Small jobs
- Debris /Junk Removal
- Litter clean Ups
- Over Seeding & Sod Replacement
- Appliance Pick ups
- Drywall Repairs/Replacement
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# Ben Henderson

## Councillor, Ward 8

## Contact me on city issues

[ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca) | 496-8146

## COME JOIN US! Veronica Fitness

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

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

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

Bring a yoga mat, light weights, and a water bottle.

Classes taught by Veronica Kubicek, a certified Personal Trainer.

We run 6 week sessions for \$75. Drop-ins are also welcome for \$15.

Cash or Cheque accepted. Cheques are to be made out to Kenilworth Community League.

Please email Veronica at [veronica.flux@gmail.com](mailto:veronica.flux@gmail.com) to register.

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Ask Charles

I interviewed a real estate agent who said now is the time to sell because average sale prices in my city rose 15% last month – but the last newspaper article I saw said sales are way down. How is this possible?

It’s possible because your real estate agent was likely referring to something completely different than what the newspaper article is describing. While both were referring to conditions in your real estate market, they were looking at different measures of those conditions.

The average selling price is the total dollar volume of all property sales divided by the number of property sales. Average dollar values can be skewed if there is a particularly expensive or particularly cheap property that sells in the time period in question. Imagine in one month, there are four homes that sell for \$200,000, but a fifth home sells for \$1.5-million – the average sale price of the homes that month is \$460,000, even though only one home sold for more than \$400,000.

Now imagine that in the prior month the number of homes sold was the same but the fifth home sold for \$200,000 not \$1.5-million. That month’s average price would be \$200,000.

A single expensive home sale can make the average sale price rise significantly.




When they refer to sales being “way down,” they’re likely referring to the number of sales. And yes, it’s possible to have a higher average price this month over last, but still have lower sales. Take the example above, but change it so that only two home sales occur – one at \$200,000, and one at \$1-million. The number of sales is much lower (2), but the average price is \$600,000.

There are many things to consider when someone is talking about the state of the market, whether average prices or number of home sales. Remember, all real estate is local. The average price in Calgary doesn’t tell you anything about current values in a specific neighbourhood or on your street – and there are wide variations in prices across a city.

Just as the average temperature in Canada tells you nothing about how you should dress for the day, the average house price over a set period of time doesn’t tell you how much your home is going to sell for.

Any time you look at housing statistics, you can’t do so in isolation. Take in as much information as you can, and look to your real estate professional for market advice and information—but keep in mind that nobody has a crystal ball about what the market will do next.

*“Ask Charles” is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*



# Window & Balcony Safety

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

### Windows and screens

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

### Balconies

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

### Further prevention tips

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

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

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

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

Sports and self-esteem

Youth learn the confidence to move

When kids play sports—whether in an organized lacrosse league or just kicking a ball around the park with friends—they benefit beyond building a stronger body. They’re building stronger mental health as well.

Participating in sports has strong positive effects on self-esteem, concluded researchers at Carleton University who studied about 400 boys and girls in Grades 5 to 8.

“People participate in sports for different reasons, but ultimately it’s all around making kids better, healthier people,” says Lea Norris of Sport for Life, a non-profit that aims to improve the health of Canadians. “The self-confidence, mental health, ability to socialize—that sense of social belonging is huge—as

well as leadership and resiliency—all those pieces fall into place when kids play sports.”

Kids can pick from a wide range of sports—everything from fencing to rock climbing—but not every activity can fit their family. Finances, transportation and schedules can all be a barrier to children developing their physical skills.

“If you don’t have that foundation of movement skills you may be less likely to have that confidence to move,” Norris says. Just riding a bike or playing catch with family in the early elementary years can help your kids develop the motor skills—and feelings of competence—to help them play when they’re older.

Developing those early movement skills is

especially important for girls because they’re more likely to quit a sport. “When girls start to drop out at 12, 13 or 14, it’s really hard to get them back,” says Norris. “You can offer every type of activity possible in high school, but those girls have left. We want them to stay in long enough to get the benefits of sports.”

You don’t have to enroll your young girls and boys in tennis lessons or suit them up with expensive hockey equipment. “Get them out in a nonthreatening environment with their friends or the family to try something new,” says Norris. Throw a Frisbee or a football around. Try playing tag or going for regular family bike rides.

“The important thing,” she says, “is to move.”



## Your most important relationship is with you

Your most important lifelong relationship is with you. Your circumstances and the messages you tell yourself influence how you navigate that relationship.

If your circumstances include an unhealthy relationship or poor work-life balance, you may need to make some life decisions that lead you in a more positive direction. If you have a relentless inner critic who continually finds fault, you may need to learn how to exercise some self-compassion.

Practising self-acceptance and positive self-talk are surefire ways to build your self-worth.

Here are six proven ways to build a strong foundation of self-worth.

Acknowledge your thoughts. Our thoughts can greatly influence our approach to life. Mindfulness meditation, and mindfulness in general, are great ways to get in touch with negative self-talk. Acknowledging your thoughts goes a long way toward loosening their grip.

Cut yourself some slack. Adopting a more accepting and encouraging approach to yourself can uncover more rewarding paths to travel in life. Be a nicer person—to you. And avoid comparing yourself, or your success, to others.

Connect with others. We learn more about ourselves by connecting with others. And others can influence how we feel about ourselves—good or bad. Surrounding yourself

with positive people creates a strong network that can support and encourage you.

Take care of the basics. Making self-care a priority sends you an important subliminal message—your well-being is important, because you're worth it. Strive for a healthy lifestyle that's fuelled by healthy eating, regular activity and adequate sleep. Carve out time to de-stress, enjoy hobbies, spend time with positive people, or simply take a bath. You'll reap the rewards in better self-esteem and better health.

Go out on a limb. Taking risks fosters continual learning and growth. When you succeed, you gain self-confidence. When you fail, you learn to reflect on what you can do differently and practise self-compassion.

Build yourself a trophy case. Track your successes—this can be as simple as jotting them down in a notebook or adding them into your smartphone. Then, take a moment every week to review and genuinely savour what you've achieved. You'll be surprised at how you'll start to notice all your accomplishments—both large and small.

Read the full article in Apple magazine's fall 2017 issue on [applemag.ca](http://applemag.ca).

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

## Ask Charles

I saw on the news that fraudsters are being charged with unlicensed real estate trading. Why do you need a licence to buy or sell property?

First things first. You don't need a licence to buy or sell property; consumers are always free to buy or sell their own property. When you need a licence, though, is when you're helping someone else buy or sell property.

The individuals you've seen in the news are people who are not licensed as real estate professionals, who say they will help consumers buy and sell property, but instead, they are actually participating in various fraud schemes. That's why they're in the news.

Still, unlicensed trading in real estate remains a serious issue and not just because of the fraud that sometimes results. Under the Real Estate Act of Alberta, anyone trading in real estate, dealing in mortgages, performing real estate appraisals, or providing property management services requires a licence from the Real Estate Council of Alberta (RECA). It's the law.

Buying a home is one of the largest financial commitments most people will ever make. Why would you want to trust that transaction with someone who doesn't have education, experience, and a regulatory body behind them?

When you hire a licensed real estate professional, you can trust they've completed pre-licensing education, their background has been reviewed, they carry errors and omissions insurance, they're required to complete ongoing education, and you can feel confident that a regulatory body will hold them accountable for their actions. All real estate licensees are required to carry errors and omissions insurance, and there's a Consumer Protection Fund available in the very rare event a consumer suffers a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member.

Think about it, you don't want people



driving on the road who don't have a driver's licence, right? If someone has a driver's licence, it means they passed a competency test, and there's an unwritten agreement that they'll follow the rules of the road. If they don't, they can be fined or even lose their licence. The same thing applies to licensed real estate professionals. If they violate the rules, RECA has the authority to discipline them, which can include licence suspension or cancellation.

When someone doesn't have a real estate licence, and represents a consumer in a real estate deal, the consumer has no assurances that the person has knowledge or training, and there's nowhere to go – other than Court – if something goes wrong.

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

## Get by with a little help from your friends

Your social circle can add health and happiness to your life

Good friends influence our lives, shaping how we feel, think and act. They know our dreams and fears. They cheered when we won that school race and rallied when we lost a high school sweetheart. They toasted our first promotion and flew back for our wedding.

It's our friends—the ones we turn to when we need a favour, a shoulder to lean on, some advice or well-earned praise—who benefit our health the most. Caring friends not only help us cope better emotionally, but evidence shows these strong bonds help us manage anxiety or grief by lowering our blood pressure and heart rate and decreasing the stress hormone cortisol.

Janet Halberg, who moved several times because of her husband's job, learned how to meet people and make friends. "It's not easy

putting yourself out there, but you have to remember that you're not the only one (looking)."

As a gardener and self-described dog person, Halberg always found a local gardening group or dog club to join. She also volunteered for various groups and made a point of meeting her neighbours. After her divorce at 55, Halberg joined a gym, took up golf and began playing bridge with colleagues from work.

Beyond personal interests, your community centre, local library, place of worship or favourite charity are other places to meet people. There is no prescribed quota on friends. Some prefer one or two close friends to confide in, while others enjoy more casual connections with a diverse group of friends.

Making friends may seem daunting, but those new friendships could be a source of health and happiness for decades to come.

Are you a **veteran or family member** of a veteran?  
Do you have **problems sleeping**?  
If so- this research study is for you.

We are recruiting veterans and their family members to test the impact of self-applied hand Shiatsu on sleep. This technique is drug free and has no cost. Participants can withdraw from the study before completion and will be compensated for parking. This study is funded by Veterans Affairs Canada, supported by the Royal Canadian Legion Alberta- NWT Command, has been approved by the Canadian Institute for Military and Veterans Research (CIMVHR), and the Health Research Ethics Board of the University of Alberta.

To learn more email Dr. Cary Brown, Faculty of Rehabilitation Medicine, University of Alberta at [cary.brown@ualberta.ca](mailto:cary.brown@ualberta.ca).



**UNIVERSITY OF ALBERTA**  
**FACULTY OF REHABILITATION MEDICINE**  
Department of Occupational Therapy





# ***UCP announces it will create a new Provincial Park in Edmonton's North Saskatchewan River Valley***

For some time now I've been working on a holistic approach to the preservation of our river valley. I have been focusing on what we can do to proactively protect the river valley for generations to come—our river valley is a 50–100 year need.

I'm excited to inform you that a government formed by the UCP will create a new provincial park in the Big Island area, and will take action to protect the river valley from industrial development in order to preserve and enhance the recreational potential of valley parklands. This announcement was made Saturday, March 16, 2019. The UCP will transform 100 kilometers of river valley into an extraordinary park that becomes the single, unifying and defining characteristic of the "Common Sense Conservation Plan". A UCP government will protect our river valley from heavy industrialization, preserving it for our children's children to play in and for animals to roam.



**If you support David, consider:**  
Volunteering for the Campaign ■ Taking a sign ■ Donating

**CAMPAIGN OFFICE** 9243 – 50 STREET, UNIT 4, EDMONTON, AB

For information on David, please visit his website at  
**[www.VoteDorward.ca](http://www.VoteDorward.ca)**

**David Dorward**  
***A Heart for People. The Experience to Lead.***  
UCP MLA CANDIDATE FOR EDMONTON–GOLD BAR

**P: 780.463.1502**  
**E: [david@votedorward.ca](mailto:david@votedorward.ca)**

**United Conservatives**  
**Alberta Strong & Free**

*Authorized by the David Dorward Campaign 780-463-1502*



## Executive & Board Members

### Executive:

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

### Board Members:

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

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

**Indoor & Outdoor Soccer Director**  
Tena

**Summer Playground Director**  
Colleen

**Social Team** – Bri & Colleen  
**Playschool Rep** - Tyler  
**Rink Chair** – Rebecca  
**Maintenance** – Frank

**Membership Director** – Russ  
**Communications** – Sandra C  
**Website** – Tim  
**EFCL Rep** – Corinne

All Positions are volunteer positions.  
Please send all inquiries via email to:  
[ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) or call:  
**780-469-0093** (leave a message and  
someone will return your call)  
**Ottewell Community League**  
5920 – 93a Ave. NW  
Edmonton, AB T6B 0X2

## OCL Board Meetings



**NOTE: due to the Election, April's OCL MEETING IS MOVED to Tuesday April 23, 6:30 PM at 6:30 p.m. sharp!**

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

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

## ZUMBA

Ottewell Community's Who Wants to Get Strong & Zumba--Two Different Classes Starting April 1 for 10 weeks for a Spring Tune Up - get ready for those Summer Bodies.

Come out get your Zumba on for ten weeks of 1-hour sessions. This fun energetic class will help you feel good and get some groove on! OR... come to our NEW Afternoon Zumba Class, great for the beginner!

**Afternoon Strong Class with Amanda**  
Mondays, April 1 - June 10, 12:45 - 1:45 PM

(excluding Easter Monday; April 22)

**Zumba Evening Class** : Instructors

Gicelle & Mariel 7:00 – 8:00 PM

Come out Ottewell and get Active!

2 instructors - 2 Fitness Classes - 2 Times the Fun!

Drop-in participants welcome anytime.

OCL Members fee \$100 and Non-Members \$120 (we accept, Credit/Debit Cards and Cash). Drop-in fee is \$15 per class.

Please contact [Emilio.Zumba@shaw.ca](mailto:Emilio.Zumba@shaw.ca) to pre-register.

## Baby! Baby! Baby!

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

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

Babysitters, if you would like to add your name to our list send your name, contact information and qualifications to [ottewellsocial@gmail.com](mailto:ottewellsocial@gmail.com).



## Clothing Swap Ladies Night

**Every second Tuesday of the month at 7:00 PM**

Bring your clean, gently used women's clothing and accessories to a night out! With "Tidying Up" new on Netflix, purging our closets seems to be a high priority! Start the new year off with getting rid of the old and finding great new items to add to your collection. Don't have any to bring? Come for the food, drinks and free clothing anyways! We will love to have you there!

neighbourHouse, 6811- 92 A. Avenue (come in the back door)

## YOGA at OCL



**•Gentle Yoga with Movement & Nutrition**  
(8-week session) on Thursdays

May 2 to June 20 from 7:00pm to 8:30pm

All that you need is a mat and prepare to find your Zen Place.

Cost for this 8-week session:

OCL members - \$80

Non OCL members - \$90

To register please email... [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com)

Inquiries regarding this session email our instructor - [rebeccamanchul@gmail.com](mailto:rebeccamanchul@gmail.com)

**•Laughing Yoga Class**

Wine Wednesday on May 8 from 7:00pm to 8:30pm

Relax, stretch, laugh and enjoy a glass of wine while doing yoga.

Cost for this class:

\$20 for OCL members

\$25 for Non OCL members

Register for the fun class

at [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com)

**•Yoga for Gardeners at Ottewell Hall!**

Saturday, June 1 from 1:00pm to 3:00pm

Working in the dirt in our Gardens is good for the soul but hard on our backs. This session will help you prepare yourself those hours of bending and stretching.

Cost for this class:

OCL members - \$20

Non-OCL members - \$25

Register by emailing:

[ottewell2212@gmail.com](mailto:ottewell2212@gmail.com)

Inquiries regarding this session contact: [rebeccamanchul@gmail.com](mailto:rebeccamanchul@gmail.com)

## Check Out Upcoming Events!



**APRIL 20 - OCL Annual Easter Egg Hunt**

See our Web page and Facebook to register for this event. We are sure to sell out fast, special guest, Buster Bunny!

**APRIL 27 - Ottewell's 5th Open Stage Night**

Go to [ottewell.org](http://ottewell.org) to register as a performer right away as space is limited!

## Free Community Swim & Gym for League Members

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

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

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

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

## Ottewell Community League on Facebook

Follow us on [www.Facebook.com/OttewellCommunityLeague](http://www.Facebook.com/OttewellCommunityLeague) to keep up to date on what's happening in our community!

## Ottewell Community League Playschool

Our community runs a vibrant and dynamic Playschool program for kids aged 3-5 at Braemar School. Kids have the opportunity to learn through play and hands-on lessons in a kind and creative environment. The program includes fun and educational field trips as well as in-class demonstrations and is a wonderful place for kids to make new friends and prepare for their school years.

Registrations are still being accepted for the 2019/2020 school year, please email - [playschoolOCL@gmail.com](mailto:playschoolOCL@gmail.com) for more information.

## July 15-19 - City of Edmonton Summer Camps are Here!

Register by Calling 311, or in person at any City of Edmonton Recreation and Leisure Center.

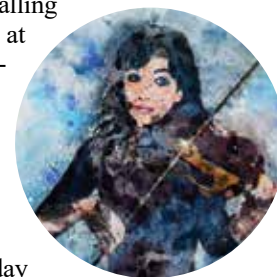
In your Community - Ottewell Young at Art

Monday - Friday  
July 15 - July 19 (9am to 11:30 am)

4 - 6 years Course Code: 657312 - Cost \$95

Young Artists will love creating their own masterpieces by molding clay, smearing paint and squishing dough. Please be sure to bring a paint shirt to wear over your clothes.

To see more summer programs in your area on-line at: [www.movelearnplay.edmonton.ca](http://www.movelearnplay.edmonton.ca)





## MAY 3 - Cinco de Mayo

Come out from 8 PM to 1 AM for a Mexican fiesta with your neighbors and friends at Ottewell Community Hall! At this 18+ event there will be a CASH BAR with margaritas & buckets of beer, a TACO BAR serving Mexican food, and fun activities throughout the evening.

OCL members \$10 and non OCL members \$15. Purchase your tickets at...  
www.eventbrite.ca/e/cinco-de-mayo-at-ocl-tickets-58412346902.



With your ticket purchase you will get a signature Ottewell Margarita as well as your name entered for a door prize. We look forward to seeing you!



## MAY 5 - Essential Oils 101

Join us from 1 - 4 PM at Ottewell Hall. \$10.00 per person which includes Roller Ball. To Register please email: HereToThrive@gmail.com

## May 25 - Big Bin Event



Clean Up Ottewell on Saturday - 9am to 3pm

(Ottewell Community Parking Lot)

In order to participate in this Big Bin Event - you must show your valid Ottewell Community Membership Card. This is a spring time event to help our community clean up and shine.

**Accepted Materials** at this BIG BIN EVENT Only:

Couches, chairs, mattresses, and other household furniture items too large for curbside pickup

Fridges, freezers, washers, dryers and other large household appliances (will be recycled)

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

**Non-Accepted Materials** - Commercial Waste - Household Hazardous Waste - please take to an Eco Station. They will be accepted at no cost.

## Oral Health: it's about more than the Mouth



Did you know that a healthy mouth is also an important part of your overall health?

Anyone who has experienced poor oral health can attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being.

On the other hand, health conditions can affect oral health. For example, diabetes increases the risk of gum disease while gum disease can make diabetes harder to manage.

Gum disease, along with tooth decay and oral cancer are common chronic oral diseases. They share common risk factors with other chronic diseases including, heart disease, respiratory illness, diabetes and other cancers.

The good news? Making healthy lifestyle choices helps prevent and manage oral diseases while impacting other chronic diseases. Eat more fruits and vegetables, use less sugar, drink less alcohol, and choose to be tobacco free. For good oral hygiene brush with a fluoride toothpaste and floss daily. Visit your dentist regularly.

For more information on oral health, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth).

## Aug 6-9 - Skateboard 202

Register by Calling 311

Or, in person at any City of Edmonton Recreation and Leisure Centers

In your Community - Fulton Ravine Skateboard Park - Terrace Road.

Tuesday - Friday August 6 - 9 (9am - 11:30am)

8 - 12 years course code: 657460 - Cost \$60

Does your child know the basics of Skateboarding? Then register them to learn and practice new tricks. We will also review the basics skills. Certified skateboard helmet is required.

Ottewell United Church  
Presents  
**Jazz and Reflections**  
An afternoon of jazz and spiritual reflection  
Sunday afternoons, 3:30-5:00pm at  
Ottewell United Church  
6611-93A Ave, Edmonton

March 31 - Kent Sangster Quartet  
April 7 - Mboya Nicholson Trio  
April 14 - Sandro Dominelli Trio  
April 28 - Shelley Jones Trio  
May 5 - Don Berner Trio

Admission by Donation at the door

These concerts are sponsored in part by Ottewell United Church, the Edmonton Musicians' Association through the Recording Industries Music Performance Trust Fund and people like you.

Thank You!

**SATURDAY MAY 4** 9:00 am - 3:30 pm  
**FABULOUS FABRIC FRENZY**  
Admission \$2

New Location: Hardisty School,  
10534 62 Street, Edmonton

All proceeds benefit the Grandmothers Campaign of the Stephen Lewis Foundation.

THE GANG  
Grandmothers of Alberta  
for a New Generation  
[edmgrandmothers.org](http://edmgrandmothers.org)  
Facebook: EdmontonGrannies

Fantastic selection of fabric, yarn and notions  
Bargains Galore!

To donate, contact  
Phyllis 780-469-6327  
Ev 780-434-0825  
Judy 780-434-0036

## Podiatric foot care!

780-466-5290

Dr. Jeannette Furtak, DPM  
#302 Capilano Centre  
9945 - 50 Street

- \* Nails, callous, heel pain, toe problems
- \* Custom-made foot orthotics
- \* Diabetic foot care
- \* Appointments Mon - Sat

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



## Board Members Names and Emails

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Yasir	president@strathearncl.org
Treasurer	Jason	treasurer@strathearncl.org
Secretary	Leah	secretary@strathearncl.org
Membership	Alicia	membership@strathearncl.org
Building & Grounds	Jeff	grounds@strathearncl.org
Social Director	Andrew	events@strathearncl.org
Communications	Andy	communications@strathearncl.org
Programs	Erin	programs@strathearncl.org
Hall Rental Coordinator	Darrah & Ben	hall@strathearncl.org
Soccer Director	David	play@strathearncl.org
Member at Large	Nadine	
Member at Large	James	
Member at Large	Evan	

We've updated our email addresses to simplify your emails!! See below for the updates!

## Next series of programs at SCL!

(Registration by email at [programs@strathearncl.org](mailto:programs@strathearncl.org))

### Yoga with Nicole:

The next yoga session with Nicole starting April 22nd for 10 weeks.

Monday's 8:30-9:30 pm.

\$100 for community members.

\$122 for non members.

\$15 drop in

For any questions, please email [nicwood@gmail.com](mailto:nicwood@gmail.com) or [programs@strathearncl.org](mailto:programs@strathearncl.org)

### Barre Class with Kim:

Saturday Mornings from 9:30-10:30am

\$15 (drop in)

## New Hall Fundraising

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

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

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

Strathearn Community League

P.O. Box 68064

162 Bonnie Doon Mall

Edmonton, AB T6C 4N6

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



**Kompany Family Theatre & Strathearn Community League** PRESENT

# KIDLIBS

## DROP-IN DRAMA CLASSES

**Sundays: 4:30 - 6:00 p.m. (March 3 to June 23\*)**  
**Strathearn Community Hall: 9511 90 St., Edmonton**  
**Ages: 7yrs & up**  
**Drop-in Fee: \$5.00, Strathearn League members Free!**  
**Instructors: Josh Languedoc & TJ Eggleston**

\*Note: There will be no classes during Easter & Victoria Day weekends.

**KIDLIBS** is a kid-driven approach to improvisational & sketch theatre. Classes will be full of drama games & activities with plenty of opportunities to create & perform.

**For more information contact:**  
**Jan Taylor ([kompany@telus.net](mailto:kompany@telus.net))**

**Activities:** FUN, STORY TELLING, GAMES, IMAGINATION, IMPROV, PERFORMING, SKETCH

We are grateful for the support of: 

Is a not for profit organization dedicated to providing quality professional theatre for children and families as well as the creation and development of new works.  
<http://www.kompanyfamilytheatre.com/>

## Strathearn Events

### Kompany Family Theatre and SCL present KidLibs

If you haven't checked out KidsLibs yet, what are you waiting for? Sundays 4:30 - 6pm at Strathearn Community Hall, Kompany Family Theatre hosts KidLibs Drop-in Drama Classes for the 7+ set. It's a kid driven approach to improv and sketch theatre.

Classes are filled with drama games and plenty of opportunity to create and perform. With professional instruction these classes are free for Strathearn Community League members and \$5 for those from outside the community. Classes are well attended but there is always room for more.

### Strathearn A.V. Club Updates

- Rock 'n Roll BookClub will meet one last time before summer break. Thurs. May 23. 7:30 pm, the titles up for discussion will be announced the last week of March. If you're interested in a list of the books we've read so far this year please contact [events@strathearncl.org](mailto:events@strathearncl.org)

[hearnccl.org](http://strathearncl.org).

- The last feature in the "Films of Ellen Barkin" series will happen Thurs. April 18, 7:30 pm. We will be showing her second feature film "Tender Mercies" starring Robert Duvall and Tess Harper. 18+, no charge, all welcome.

### Strathearn Stay 'n Play

With the playgrounds still a bit soggy be sure to join Justina every Friday morning 9am - 11am at the Strathearn Community Hall (9511 90 st) for Strathearn Stay 'n Play. Lots of toys, games and good cheer for babies, pre-schoolers and their caregivers. Couple dates to keep in mind: - Fri. Mar. 29 we'll be cleaning the toys, all volunteer help appreciated.

- Fri. April 26 Strathearn Stay 'n Play hosts the Knitters Exchange - bring your old wool for swapping with others, bring a project that might have you stuck to get some advice,



or just bring your knitting and enjoy some pancakes and coffee in the company of your neighbours.

### Volunteers Needed

A great way to meet new people and give back to your neighbourhood is by volunteering with the league.

Here are some dates upcoming that require your help. For more information contact [events@strathearncl.org](mailto:events@strathearncl.org) :

April 14 - New Hall Deep Cleaning. We're starting at 10am sharp and as in all things many

hands make light work. Help us get the nooks and crannies spic and span for the summer rental season. Join us for an hour or as long as you can.

May 25 - Playground Clean-up. Join us at 10am sharp for a thorough cleansing of the playground, sand, and surrounding outdoor area. Please bring work gloves and a rake if

you can spare one. Join us for an hour or as long as you can.

June 27 - Green Shack Shaker. This will be our tenth annual last-day-of-school BBQ. We have a variety of positions available from 4pm - 7pm. Please contact us if you are able to spare some time.

### Concert Announcement

Friday May 31, 8pm Strathearn Artwalk presents Cam Penner and Jon Wood as they continue the At War With Reason tour. Strathearn Community Hall (9511 90st) doors at 7:30, tickets \$20 on sale at [eventbrite.ca](http://eventbrite.ca) or at the door.

"There's mystery and menace, love and humility, savage blues and tender romances, sounds one can imagine primitive humans heard, allied with tribal ritual chain gang hollers, delta moans and sylvan murmurs all summoned up by these two Canadians armed with two guitars, a drum kit and tape loops" - Blabbersmoke UK





# ST. GABRIEL

## CATHOLIC ELEMENTARY SCHOOL

PRE-KINDERGARTEN TO GRADE 6

- YMCA Childcare (On-site)
- Nature Kindergarten (Pending Approval)
- IB Primary Years Programme (Candidate)
- Smart Technology • Amazing Clubs
- Daily Physical Education (Two gyms!)

### REGISTER TODAY!

FOR A **PERSONAL TOUR**  
PLEASE CALL **780 466-0220**



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# Easter at McDougall United Church

*"In The Heart Of The City"*

<p><b>Palm Sunday</b> Sunday, April 14 10:30 a.m. Procession of the Palms</p> <p><b>Maundy Thursday</b> Recalling the Last Supper Thursday, April 18 7 p.m.</p> <p><b>Outdoor Way of the Cross</b> Good Friday, April 19 10 a.m. Gather at Immigration Hall, 100 St. &amp; 105 Ave.</p> <p><b>Good Friday Service</b> Friday, April 19 2 p.m. Gathering at the Cross</p>	<p><b>Holy Saturday</b> Saturday, April 20 3 p.m. A Contemporary Meditation of Music and Reflection</p> <p><b>Easter Sunrise Service &amp; Breakfast</b> Sunday, April 21 6:30 a.m. Please use south door 10086 Macdonald Dr.</p> <p><b>Easter Celebration</b> Sunday, April 21 10:30 a.m. Brass Quintet and McDougall Choir</p>
--	--

**10025 – 101 Street & Macdonald Drive**  
Phone 780-428-1818  
[www.mcdougallunited.com](http://www.mcdougallunited.com)

AMERICANA/FOLK/ROCKN'ROLL ARTISTS  
**CAM PENNER & JON WOOD**  
AT WAR WITH REASON TOUR

# FRIDAY MAY 31

## STRATHEARN LEAGUE

### COMMUNITY HALL

9511-90ST NW  
DOORS 7:30 TICKETS \$20 ON SALE AT EVENTBRITE.CA OR AT THE DOOR

*"There's mystery and magic, love and humility, savage blues and tender romance, soundscapes can imagine primitive humans heard, allied with tribal ritual and choir going holler, cello moans and wailing marmoset all summoned up by these two Canadians armed with two guitars, a drum kit and rope loops." -Stabaterra makes Us*



Art Walk

## Buy Your Community League Membership Today

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

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

Here's where to buy your membership:

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

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

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

## 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 – April 3rd, May 1st & June 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 toonie from 4 p.m. to 6 p.m.

Upcoming dates – May 9th & June 13th.

### Free Family Swim Times

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



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

***Greg  
Dunham***

**780-964-1469  
(cell)**

**gdunham@telus.net**

• **FREE**

Market evaluation

- Specializing in  
South East Edmonton
- Investment  
Properties



**encore** 



**Queen Alexandra:** Redevelopment Opportunity, RF3 Lot 33 ft x 132 ft,  
*Priced to Sell \$319,900.*



**Hazeldean:** 3 + 1 Bedrooms, 2 Bathrooms, Second kitchen, South backyard,  
Oversized Double Garage.