

SOUTHEAST VOICE

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

Aug/Sep 2019



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

Join us for a \$5 DINNER and a MOVIE!!

SENIORS' MOVIE NIGHT

Saturday, September 21, 2019 4 to 8 pm

Kenilworth Community League
7104 87 Avenue

RSVP by September 19

LOIDA LUMANLAN
780.953.1062
loida@loidahomes.ca

Edmonton Jewish Cemetery Tour

Take a free tour and hear about the cemetery's history from the Jewish Cemetery Society's volunteers

[HTTPS://WWW.EDMONTONJEWISHCEMETERY.CA/](https://www.edmontonjewishcemetery.ca/)

AUGUST 15, from 7-8 PM
7622 101 Ave

For more info contact:
civics@forestterrace.org
<https://www.forestterrace.org/>

@Forestterraceheights
@ForestTerrace

An invite to Capilano, Fulton Place and Gold Bar community residents to the 2019 Community Fun Day

greater Hardisty community fun day

Saturday, September 21
10-2:30pm

Gold Bar Community League
4620 105 Avenue

- 10am FREE pancake breakfast in hall
- 11am + 1:30pm Dynamo Dogs Agility Demo
- Cash BBQ by Young Life, by donation
- Kid Craft Zone (sponsored by Andy Verhagen and Gold Bar All Care Pharmacy)
- Balloon animals and glitter tattoos (in school gym)
- Chicken John's Petting Zoo (in school gym)
- Donate to Food Bank to be entered in a draw.

A big THANKS for financial support and displays to Strathcona Industrial Association, Celanese, Enbridge, Epcor and Imperial Oil.

Meet the Makers August 15

Alberta Local Food Event

Ottewell Artisan FARMERS' MARKET

THURSDAYS 4-7:30

WISE WALDORF SCHOOL GYM
7211 96a AVE

#ABLOCALFOODWEEK
www.Ottewell.org/farmersmarket

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market evaluation

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Andy Verhagen
780.907.8202
email.andyv@telus.net

I love referrals they make my world go round!

to view my properties, visit www.andyv.ca

SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmorerep@secla.ca
Capilano	Monte	capilanorep@secla.ca
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Fulton Place	Miles	fultonplacerep@secla.ca
Gold Bar	Jamie	goldbarrep@secla.ca
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Strathearn	James	strathearnrep@secla.ca
Treasurer	Michael	treasurer@secla.ca
Secretary	Jamie	secretary@secla.ca
SECLA SEV Liaison	Tim	SEVliaison@secla.ca

What's the Buzz?! May 26 event – Thanks to all!

The Forest Terrace Heights Civics Committee and the Greater Hardisty Community Sustainability Coalition would like to say a big “thank you” to the staff at Edmonton Public Library’s Capilano branch, as well as all of attendees and presenters who contributed to the fantastic event that was What’s the Buzz?!. The May 26th event was a resounding success, and a wonderful opportunity to hear about the many past, present, and future civic projects affecting the Greater Hardisty area, and gave neighbours an opportunity to meet, ask questions, and discuss their concerns with other community members and the presenters.

We heard very engaging and thoughtful pecha kucha-style presentations from Paths for People, the City of Edmonton’s Waste Management, Infill Development in Edmonton Association (IDEA), the Forest



Terrace Heights Civics Committee, mural artist Theo Harasymiw, and the Save Goldbar Park Alliance, among many others. This event could not have happened without our sponsors: Servus Credit Union, Telus, Andy Verhagen and the City of Edmonton. If you have any questions about civics-related issues in the Hardisty area or are interested in volunteering with either the committee or the coalition, please email civics@forestterrace.org or ghcscollection@gmail.com.

First Day of School

You and your child will soon experience the very first day of school. How can you help make it happy for both of you? Three suggestions to try:

Practice: Begin your early wake-up, shared breakfast time, and morning routine a week before that first day.

Learn: Know the location of your child’s classroom, the teacher’s name, and the names of some other students.

Leave: Introduce your child to the teacher and don’t linger. Offer a confident smile, reassuring hug, and cheerful “See you later!”

For great books about easing your child into “school days”, check out this list from Shannon Clarke, Community Librarian at Capilano Library:

Bit.ly/EPLBackToSchool And Bit.ly/EPLBackToSchool2



For other ideas, check out:
www.todayparent.com/family/how-to-prepare-for-the-first-day-of-kindergarten/
www.healthyparentshealthychildren.ca/im-a-parent/young-children-5-year-olds/starting-school#planning-for-a-good-start-at-school

The South East Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionately committed to nurturing young children. www.facebook.com/SEEECCC/
www.earlychildhoodedm.ca/southeast

Strathearn Artwalk



What's New at the 8th Annual Strathearn Art Walk

Come visit Edmonton’s fastest growing Art & Music Festival this September 7th! From noon to 7 p.m. you’ll be able to view, and purchase, works from a wide variety of artists as Strathearn Community League hosts the biggest Strathearn Art Walk yet. Located along Strathearn Drive between 89 and 91 Streets, this is a great opportunity to come out and support Edmonton’s thriving arts community.

The SECLA stage will be returning this year along with an eclectic slice of the Edmonton music scene. Located front and centre in the Alair Homes Beer Gardens, this year’s lineup of established local musicians, and some scrappy up-and-comers, will be bringing you some remarkable live entertainment while you enjoy beverages from our partners including Blindman Brewing, Strathcona Spirits, Color De Vino, and more. And what goes great with drinks? Food! This year we are excited to bring you more food options than ever before.

With construction season in full-swing, we recommend biking to Art Walk this year. Morguard Investments and Bonnie Doon Centre have you covered if you do, as our Official Bike Lock-Up Sponsor. For our other suggestions on how to plan your trip to Art Walk this year, please check out strathearn-artwalk.com/getting-here.

The Strathearn Art Walk is 100% volunteer powered! We rely on the generosity of local volunteers, and last year over 120 individuals donated their time. This year, with us taking a big leap forward, we are going to need over 200 people to help fill some new and exciting roles with us. Visit strathearn-artwalk.com/volunteer to sign up and help make this great event happen!

Do you have more questions? Get in touch! Visit www.strathearnartwalk.com for more information, or follow us on social media: facebook.com/strathearnartwalk, Instagram: [@strathearnartwalk](https://instagram.com/strathearnartwalk) and Twitter: [@strathearncl](https://twitter.com/strathearncl). And make sure to grab our new Official Program on September 7th, from the URBIS Info Tent.

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

Book Clubs of EPL

If you are looking for ideas of new books to read EPL book clubs are a great place to connect with other readers and explore books outside of your regular reading patterns. It is easy to join online or in person at any EPL branch. You can pick your book club based on the location, or the book you want to read.

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

The upcoming book club titles at Capilano Library are *Big Little Lies* by **Liane Moriarty** for August and *Lost Girls of Paris* by **Pam Jenoff** for September. Come in anytime to pick up the book, and then join us on the fourth Monday of the month (August 29 and September 24th) at 7:00 pm for engaging discussion.

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



Summer Reads

If you are a teen or an adult who can read for seven hours before August 24, come in and sign up for Summer Reads (epl.ca/summer-reads). After completing seven hours of reading and four fun activities you can enter to win awesome prizes like a signed copy of *American Gods* by **Neil Gaiman**, a **Crosley Cruiser Turntable** with a copy of the Capital City Records compilation vinyl and poster, or two tickets to the October 28th Forward Thinking Speaker Series event featuring *Mindhunter* author **John Douglas**. Also, every branch will give out a gift card to a local business in their catchment!

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

HOW TO TRAIN YOUR DRAGON

MOVIE NIGHT
in the park

Sponsored by...

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Ottewell Community League

Friday, August 23 at 9:00 (dusk)



Ottewell Public Curling Club

"Friendliest Curling Club in Town"

Host of Season 3 - Episode 11 Amazing Race Canada!

Open Leagues

No experience necessary — join as a team or individual

Senior Daytime Leagues

Available for men or women — no experience necessary!

Beginner Leagues

NO LATE DRAWS — No experience necessary!

Mixed League

No experience necessary – everyone welcome!

Great night out! No late draws!

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Lessons Available!

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4205 102 Ave NW (Ph) 780-469-8404

(Em) ottewellcc@shaw.ca

(W) www.ottewellcurlingclub.com

Green Shack

July 3 – August 23, Monday to Friday
10:00 – 1:30

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. For more information, please visit Edmonton.ca/Greenshacks or call 311.

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

Avonmore Garden Club

The Avonmore Garden Club is open to all residents of Avonmore and King Edward Park with an interest in “growing stuff.” Our fall events include:

10:00 a.m. October 5, 2019: Native Plant Society – presentation on native plants in the Edmonton area and how they can be used in our yards and gardens.

10:00 a.m. November 16, 2019: Food-4Good – Who they are and what they do.

For more information contact gardenclub@avonmore.org

Indoor Soccer Program

Indoor 2019/2020 registration begins August 1. Go to <https://emsasoccerportal.com> to register or find more information.

Playschool

Registration for Fall 2019 is being accepted through the summer. Parent Meeting for the Playschool is September 10th @ 6:30pm, children are welcome too. Playschool classes begin again on September 16th. For more information please contact our Playschool Teacher Jamie at playschool@avonmore.org

Neighbourhood Watch

The team has been hard at work getting signatures/sign ups from residents who support the program. We are now eligible for 2 additional signs which will be going up at entrances to the neighbourhood in the next few weeks. Contact ENW@avonmore.org to learn more about our neighbourhood watch initiative and to get involved. We need several volunteers (light commitment) to get signs for our neighbourhood!

Avonmore Book Club

If you enjoy reading, the Avonmore Book Club would love to have you. We are currently reading *Blindness* by Jose Saramago. We will be meeting to discuss the book – and other topics – on Sunday, September 8th at 7:00 p.m. New members are welcome from any community. For more information contact Anita at president@avonmore.org

Seniors Programs

Seniors Fitness: The Avonmore Community League is partnering with the South Edmonton Seniors Association (SEESA) to offer a seniors' fitness class at the Avonmore Hall starting in September 2019. The class will be offered on Thursday afternoons. The instructor, Linda Turnbull, will be offering a restorative mix of yoga and Pilates.

Watch for more details in the Fall Avonmore Newsletter and in the next edition of the SE Voice. You can also contact Anita president@avonmore.org. The class will be open to all SEESA members and members of the Avonmore Community League.

Spring/Summer Shinny Hockey

If you would like to play shinny ice hockey during spring and summer. Last day for Spring/Summer hockey is Thursday, August 29. Please contact Boris at sports@avonmore.org for more details.

When: Thursdays

Where: Argyll Arena

Time: 9:45 pm to 11:15 pm

Winter Shinny Hockey

Winter shinny hockey starts in October and will run Fridays at Kenilworth Arena. Please contact Boris at sports@avonmore.org for more details.

Yoga

Pre-Session Classes: Tuesday September 10 and 17 at 6:30 with Emily. \$7:00 drop in fee. A chance to try out our classes if you've never been or a warm up for the fall session if you've missed yoga all summer.

Fall Session: The Fall Yoga session runs Tuesdays and Wednesday starting September 24 and 25 and running until December 16 and 17. For more information and to register, contact Anita at president@avonmore.org.

The cost is \$ 130.00 for the full session of 13 classes for members of any community league in Edmonton (\$145 for non-members). The drop-in fee is \$15/class.

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

Wednesday Classes: 6:00 to 7:15 p.m. and 7:30 to 8:45 p.m. Instructor: Tori Lunden

These classes are a unique opportunity to experience both the benefits of yoga and of being in a community. The instructors get to know you and your needs then tailor the classes accordingly. You also get to know your classmates. The before class chats are a great way transition from a busy day to the peacefulness of yoga.

Community League Day

Join us Saturday, September 21 from 10-1 for a FREE pancake breakfast, LIVE music, bouncy castles, sparkle tattoos, kid's activities, membership sales, and more. Hope to see you there! Contact ace@avonmore.org for more information.

There will be a fee for the whole session as well as a drop-in rate. If you are not familiar with SEESA it is an organization focused on offering persons aged 55 access to social, recreational, and support services that significantly contribute to their quality of life and a referral network to other essential services.

Seniors Coffee: Senior's Morning Coffee will begin again on Wednesday, September 18th from 10:00 to noon. The mornings are a combination of information of interest to seniors and conversation. Come out and give it a try. For more information or if you need a ride contact Anita at president@avonmore.org.

Parent & Tot Program

This free drop-in program runs Thursdays 10am-12pm. Meeting at the Avonmore playground during the summer months for free play and planned activities. Group has a mix of babies, toddlers and pre-schoolers and kids of all ages are welcome. For more information check the facebook group "Avonmore Parent and Tot" or email Yaara at parentandtot@avonmore.org

Abundant Community Edmonton (ACE)

Avonmore has set a goal to help neighbours host at least 10 block parties in the neighbourhood between May 1st and August 31st, 2019. Block parties can be as simple or as complex as you would like them to be. Some examples include a BBQ, a potluck, coffee and donuts, a popsicle party. If you would like to see a block party happen on your block, we invite you to email/call us at ace@avonmore.org or 780-263-9561 for info on what makes a successful block party and the resources you can access to make it a smashing success!

Online Community

Are you on facebook? “Like” Avonmore Community League and join Avonmore Community League Chat to follow what's happening with the Community League and see what your neighbours are talking about. Also available “Avonmore Parent & Tot” and “Avonmore Garden Club”. Come join us!

Check us out on Twitter and Instagram! Follow us and share any photos or events happening in or around our community and join the conversation using #YEGAvonmore
Twitter: [@AvonmoreLeague](https://twitter.com/AvonmoreLeague)
Instagram: [avonmoreleague](https://www.instagram.com/avonmoreleague)

Avonmore Casino

***Urgent* - Volunteers Needed for Avonmore Casino - September 4 and 5**

Thanks to those of you who signed up. This is a major source of funds for the League and your help is much appreciated. We still need 2 people as backups for the late shifts on both September 4 and 5. Contact president@avonmore.org if you can help.

Neighbourhood Renewal Final Inspection

The City of Edmonton and Park Paving completed their inspection of sidewalk cracks and other related issues. Park Paving will be in Avonmore in mid to late August to make the repairs. Timing depends on how much rain we get as Park Paving is in Argyll right now and the wet weather is causing delays there. Some of the problems found and reported are not faults or deficiencies in the work done by Park Paving, however, they will do all the repairs while they are in the neighbourhood.

Free Community Swim

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

Commonwealth Pool (until August 2019)
11000 Stadium Road; Saturdays, 5:00 p.m. - 7:00 p.m.

The City of Edmonton will continue to make outdoor pools free for the 2019 season! Visit www.edmonton.ca for more info.

Avonmore Hall Rental

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

Babysitting Registry

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

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

Avonmore Concert Series

SAVE THE DATE! Avonmore Concert Series will be embarking on another season this fall with our first concert showcasing local artist Braden Gates on October 5th. Gates is a prolific live performer, playing around Edmonton and Western Canada. He often sits with his audience, swapping between guitar and fiddle, cracking jokes as he plays. There's a polish and wisdom to his words that fit well beyond his years. Doors open at 7pm. Show starts at 7:30pm. Cash bar. Tickets \$25. Purchase tickets at <https://braden-gatesavonmore.eventbrite.com>.



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- optional **Life Lease program**
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- Family Party Room
- Guest Suite
- Exercise Room

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780-975-2509

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COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
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Treasurer	Kyle	780 446-3121
Secretary	Laura	780 982-9876
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Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
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	Katie	780 916-4579
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building and Grounds	Vacant	
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Vacant	
Hardisty Gym/Presc. 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"

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.

Need a Capilano Community Membership?

Contact Jean at 780-863-0914. 2019-2020 memberships will be available August 1, 2019.

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

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!

Wanted – Building and Grounds Director

The Building and Grounds Director is responsible for overseeing all maintenance and renovation activities for the buildings and grounds of Capilano Community League. This includes the Hall, the Rink Shack and Tennis Club as well as the parking lot. The rink is maintained by the Rink Manager. The Director is responsible for conducting a schedule of general and regular maintenance (e.g., heating systems, building security, plumbing repairs, snow removal). They are also responsible for identifying and proposing to the Community League Board renovation/repair needs such as system upgrades, roofing, flooring, or painting and where approved, gathering quotes and overseeing contractors. The Director works in collaboration with the Hall and Facilities Managers who play a key role in and will assist with identifying maintenance and renovation needs. The time commitment for this role varies based on the needs at the time but in general is approximately 2 hours/week plus. This is a board position so the Building and Grounds Director is expected to attend regular board meetings (3rd Wednesday of Sept, Oct, Nov, Jan, Feb, March, April, May and June). If interested or have questions please contact Kris at K_cramer@telus.net or 780-720-9003.

Capilano Community League Babysitting Registry – Volunteer Needed!

We need someone to manage our Babysitting Registry. Please contact Kris at 780-720-9003 if you are interested and to learn more.

2019 Capilano Green Shack – until August 22!

The Green Shack program at Capilano Community Park (10810 – 54 St.) for summer 2019 is available

---Monday-Friday from July 2 - August 22. Hours: 2:30-6 p.m.

Onan, our playground leader, is doing a wonderful job delivering FREE playground activities for children 6-12 years old, that include drop in sports, games, activities, and crafts. Younger children welcome to participate with adult supervision.

Another Fun Season

Hardisty Soccer just completed the 2018 outdoor season with 20 teams giving the youth in our communities a great experience. Many thanks to the volunteers, especially the coaches, without whom community soccer would not exist.

Greater Hardisty Community Fun Day – September 21

Date: Saturday September 21

Time: 10 a.m. – 2:30 p.m.

Where: Goldbar Community League (4620 – 105 Ave)

Free pancake breakfast at 10 a.m., and as always, there will be a ton of activities for families.

Please come out and enjoy the event with fellow Greater Hardisty residents!

No Mosquitoes, Rain, or Snow

In a city where it's seemingly winter eight months a year, the benefits of indoor soccer are pretty obvious. Games are short and sweet—one hour of fast-paced, nonstop action.

Indoor soccer registration for the 2019–20 season has commenced. Please complete the online registration at emsasoccerportal.com, and then plan to attend one of the in-person sessions which will be soon confirmed on the soccer portal.

Please contact hardistysoccer@shaw.ca if you have any questions.

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 Bethany at 780-802-9307 or capilanoplayschool@hotmail.com; check out our website at www.capilanoplayschool.com; or find us on Facebook! Hurry as space is limited!

Capilano Playschool 7th Annual Splash & Slide Fundraiser!

Date: Sunday morning November 17, 2019 – arrive before 10:30 a.m. and have the option of staying all day!

Where: West Edmonton Mall Waterpark Support your community playschool and en-

joy family fun at the waterpark at a great price!

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

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

Hardisty School "I've Outgrown it Sale!" September 28

This is a great way to sell your gently used quality children's items up to size 12. Clothing, toys, baby equipment, maternity clothes, books, skates, skis, bikes, games, electronics and older kids stuff is always needed. Tables are only \$40 and you get lots of space! Or just come and SHOP!

Date: Saturday September 28, 2019

Time: 10 a.m. – 1 p.m.

Where: Hardisty School - 10534-62 St.

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

Functional Movement Classes

Begin or continue your movement journey at Capilano Community Hall (10810-54 Street).

These classes are aimed at improving your overall mobility throughout the body. The emphasis of the classes is to build awareness that safely strengthens and balances your musculature while delivering a better functioning body.

Please consider joining Pearl Der in September 2019. For further information on schedule or pricing, please visit www.movementjourney.ca

Total Body Fitness Class

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

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

Dates: September 3/5 – October 24/29, 2019 (no class Oct. 31)

Costs: \$90 Tuesdays/\$80 Thursdays or \$160 both days for CCL members.

\$99 Tuesdays/\$88 Thursdays or \$178 both days for non-CCL members.

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

This class combines cardio, strength and an 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](https://www.facebook.com/lisashortenfitness)

Save the date – Halloween fun October 26!

There will be Halloween fun for children and adults!

When: Friday, Oct 26, 2019

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

Any questions, text Heather at 780-818-1456 or Marzena at 780-909-5886

FREE Swimming at City's Outdoor Pools!



All outdoor swimming pools are open from June until the September long weekend (weather permitting) and offer FREE access for the entire 2019 season.

Please note: Closures are determined by temperature (below 18°C), extreme weather (stormy, heavy rain, lightning / thunder), and bookings.

Outdoor pool status is updated daily at 10am and 2pm.

Fall Tai Chi Chih Class – Capilano Community Hall

Start: Six-week class begins: Thursday September 26, 2019

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

Location: Capilano Community Hall (10810 – 54 Street)

Cost: \$75

Tai Chi is an ancient mind-body art form known for its healing and rejuvenating effect. The series of 20 energizing movements is an effective form of moving meditation that you can do on your own. Benefits include improved mental and physical well-being, improved balance, increased energy and relief from pain and stress. Class is suitable for all ages and abilities. You can benefit from the class if you are a beginner or have taken the class before. You will always learn something new and deepen your experience of this age old healing art.

Call Sharon Melvin (Accredited Instructor) at 780-288-2004 for more information and to register.

Chili Cook-off Saturday October 19!



Date: October 19, 2019

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

Location: Capilano Community Hall

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

\$2 Cash Bar. Adult only event.

Looking for Chili chefs and fun chili tag line. Contact Heather ASAP at 780-818-1456.

Be a Capilano Community Park Helper!

We can keep our park clean and safe with everyone's help. Please use the litter bins and encourage others to do so. Sand on the sidewalk is slippery – if you are feeling ambitious and know that you are going to be hanging out at the park for some time while your children play, then feel free to bring a broom and sweep the sidewalks. It's great exercise! Thank you to those who have already been helping to keep our park safe and clean!

Also, it is wonderful to see the spray deck being used on warm days. However, please consider refraining from pressing the spray deck "on sensor" if you or your children are not planning on going into the water on a cooler day. For health reasons (children sometimes drink it), the water flowing out of the spray deck is fresh water (not recycled). Only press if you're going in! Thanks!

Capilano, Fulton Place & Gold Bar Community Leagues
Present...



Outdoor Movie Night @



Capilano Hall 10810-54 St

Saturday, September 7, 2019

8-11 PM: Movie Will Start at Dusk.

Secret Life of Pets 2

Everyone Is Welcome As This Is A FREE Event!

**Bring Your Blankets,
Pillows, Lawn Chairs &
Enjoy A Family Movie
Under The Stars**

**Food Concession will be
available: hotdogs, popcorn,
chips, drinks & freezies
\$1 EACH**

Let us know if you are planning on coming:
<https://www.eventbrite.com/e/outdoor-movie-night-tickets-65530382137>

Questions call:

Marzena 780-909-5886 or

Maria 780-984-6839



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Mixed, Open, Women, Men, Junior,
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Curling Starts End of September, Hope to See You there!!

Contact us: www.thistlecurling.ab.ca 780 477 8142 thistlecc@shaw.ca

Do you want to sing in a choir? New members are welcome for the 2019/2020 season.



Edmonton Columbian Choirs has 2 choirs for young people that rehearse Tuesday evenings in the Fulton area at Grace United Church. The Young Columbian Choir is for boys and girls aged 6 to 12, and "Vocal Motion" is for ages 12 (grade 7) and up. Also an auditioned group for young adults with choral experience - contact Elaine Dunbar for an audition.

Registration is Tue. Sept. 3, 2019, 6:00 - 8:00 p.m. at
Grace United Church 6215-104 Ave.

For more information, please contact Elaine Dunbar at
780-461-1539, or email: dunbarstudio@gmail.com

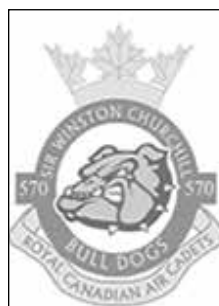
Alzheimer's Awareness Month

September marks Alzheimer's Awareness month, a time designated to raise awareness of the effects and signs of Alzheimer's disease in our loved ones and what we can do to support them.

Alzheimer's disease is the most common type of dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out everyday tasks. It is estimated that by 2038, about one in 10 Albertans over the age of 65 and nearly half over the age of 90 will be living with some form of dementia.

Dementia has certain warning signs. Contact your doctor if you notice a loved one having increased difficulty with any of the following:

- Learning and retaining new information
- Handling complex tasks, like balancing a cheque book
- Knowing what to do when problems come up
- Finding his or her way around familiar places, driving to and from places he or she knows well
- Finding the right words to say what he or she wants to say
- Understanding and responding to what he or she sees and hears
- Acting more irritable or suspicious than usual, or withdrawing from conversation and activity.



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Jefferson Armoury: 11630 – 109 Street NW Edmonton

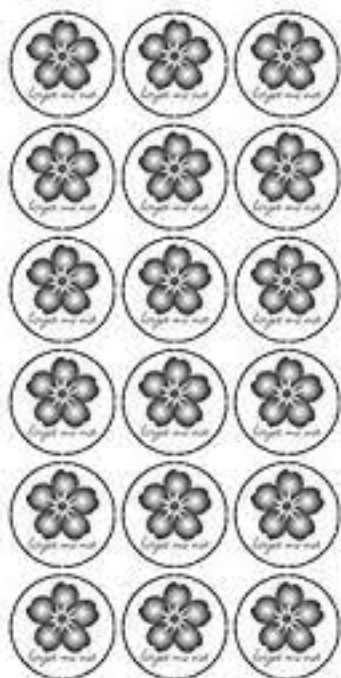
Visit our registration night – Thursday Sept 12, 2019

Opportunities to experience and learn about flight, develop leadership skills, support your community, participate in physical activities, learn outdoor survival skills, attend summer camp, learn an instrument, and so much more!

Come be part of the Bulldog Team!

780-991-3113

www.570squadron.com



Finally, here are some tips in communicating with anyone who may have dementia:

- First, make sure the person does not have a hearing or vision problem. Sometimes a person may not respond to you because he or she cannot hear you. Not being able to see well may make the person more confused, agitated, or withdrawn. If you suspect a problem, have a health professional evaluate the person's hearing and vision.
- Don't argue. Offer reassurance, and try to distract the person or focus his or her attention on something else.
- Use short, simple, familiar words and sentences. Present only one idea at a time. And avoid talking about abstract concepts.
- Explain your actions. Break tasks and instructions into clear, simple steps, offered one step at a time.
- Pay attention to your tone of voice. Be calm and supportive. A person with dementia is still aware of emotions and may become upset upon sensing anger or irritation in your voice.
- Maintain eye contact and use touch to reassure and show that you are listening. Touch may be better understood than words. Holding the person's hand or putting an arm around his or her shoulder may get through when nothing else can.
- Pay attention to the person's tone of voice and gestures for clues as to what the person is feeling. Sometimes the emotion is more important than what is said.
- Do not confront the person about his or her denial of the disease. Arguments will not help either of you.

ments will not help either of you.

- Continue to treat the person with dignity and respect.
- Allow choices in daily activities. Let the person select his or her clothing, activities, and foods. But too many choices can be overwhelming. Offer a choice of two to three options, not the whole range of possibilities.

In Alberta, services are readily available for both those suffering from any form of dementia and their caregivers. The Alzheimer Society of Alberta and the Northwest Territories provide education and ongoing support.

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collwags@icloud.com
587 988 8075

www.back-on-track.ca

Cloverdale Community League Board of Directors

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: Vacant
	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: Vacant
	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

Benefits of Cloverdale Community League Membership

Membership in the Cloverdale Community League is one of the best deals in town. Not only does it open the doors to a lot of neighbourhood-based activities for you and your family, it also provides you with discounts at City of Edmonton recreation facilities. The Community League Wellness Programme offers the following discounts:

Annual Membership - 20% discount on Adult, Family, Child, and Youth/

Senior Annual Memberships.

Multi Admission Pass* - 15% discount on already discounted multi admission pass (5+ visits) *Applies to new purchases only.

Continuous Monthly Membership - 20% discount on an on-going monthly membership.

For more information about Cloverdale Community League membership, please contact Karen at membership@cloverdalecommunity.com.



Message From the Board

The summer has been a busy season for the Cloverdale Community League. Here's a short summary of what's been happening in our neighbourhood:

-Pop-up Picnics are happening every Friday at 5:30 PM (except August 9, 2019, due to the Edmonton Folk Music Festival). Join your neighbours at the gazebo in Gallagher Park for informal gatherings and bocce. Bring your own beverage and some finger food and enjoy our green space and meet new and old friends.

Several blocks have already held **Block Parties** on their streets and several more are planned. These are a great way to meet the neighbours, particularly new folks who may have just moved in. More Block Parties are planned for later in the season.

We hosted a City of Edmonton day camp at the hall in July. Over 20 youngsters from across the city participated in arts and crafts and outdoor activities. The kids learned new skills and made new friends. It was also a great way for us to showcase the hall to their parents.

The hall has been busy with a variety of private bookings. These rentals are an important source of revenue to help offset our operating costs.

-Parking Passes for the 2019 Edmonton Folk Music Festival will be available at the Bennett Centre on Tuesday, August 6th and Wednesday, August 7th. Flyers were distributed to Cloverdale households in July to provide information about picking up these

parking passes. If you have questions about the parking pass protocol, please contact: Cloverdale Folk Festival Liaison & Parking Committee at 780-851-7376 or parking@cloverdalecommunity.com.

-Fall Programs have been planned. Check out the Fall 2019 schedule of activities on these pages and on the Cloverdale Community League website.

The Cloverdale AGM will be at 7:00 PM on Monday, September 23rd at 7:00 PM at the hall. Join your neighbours for reports on the past year, financial reports and elections to the board.

There are several volunteer positions available on the Cloverdale Community League board of directors. Please consider getting involved to help provide these important programmes and services to our neighbours.

Finally, consider doing your part to keep the CCL active, dynamic and responsive to the community. There will be a number of board positions available at our AGM in September. The board is a great group of neighbours that volunteer their time and talent to programme a variety of programmes and activities for all ages and maintain the hall and rink for your benefit. We'd love to have you join us on the board. The work is satisfying, challenging and rewarding.

Have a great and safe summer and "See you On the Hill."

All the Best

Cloverdale Community League Board

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.

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
- Secretary
- Communications

- Edmonton Ski Club Liaison Chairperson
- Garden Club 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>.

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**

Infants are able to use basic sign language skills well before they are able to vocalize their needs and wants through speech. By using both sign language and speech you will not only ease your frustration but also the frustration of your infant. By using sign language you are promoting whole brain development in your infant. This is a 4 week program.

Tuesdays from 9:15 -9:45am
Fulton Place Community League
6115 Fulton Road
October 1 – 22



• **Baby and Me Yoga**



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

• **Messy Play is Fun Play**

This 5 week program is designed mainly for children between the ages of 2 and 5 years of age. During each class we will be exploring different types of messy play as well as open ended art experiences. At the beginning of each class we will come together as a group to participate in a story that relates to the experiences that are out that day. Parents will be given a copy of any of the recipes used during the program so that messy play can be created at home as well!

Mondays from 9:30 -10:30am
Fulton Place Community League
6115 Fulton Road
September 30 – November 4 (Omit Oct. 14)



• **Autism Workshop**

Location: Fulton Child Care Association
10310-56 Street (West Doors)
Thursday October 10, 2019 (subject to change) 6:30 – 8:00pm
To register for workshop, or to arrange childcare, please contact Jessica at 780-667-4383 or fcssdodie@shaw.ca
This workshop is primarily intended for parents, caregivers and professionals. Participants will gain knowledge on the SCERTS model and how it is used to support children and families at home and in the community.

Craig Marusiak, DD
and Tasha Keown, DD
welcome you to
our clinic!

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Emergency
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Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

www.albertahealthservices.ca

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- * 40+ Living



Devonshire



Fall Programme Listing – Cloverdale Community League

Please register for all classes & clubs in advance with the programs administrator rentals@cloverdalecommunity.com

Please note Fall 2019 classes are Free to Cloverdale community league members

Mondays:

Book club is the last Monday of the month Cloverdale ladies meet and enjoy lively discussions about the book selected.

Zumbini with Mariela certified Zumba instructor ... Zumba with your preschool child! Dance, sing and play with your little one! 5: 15-6:00 pm,

\$35 for supplies, 6 weeks starting September 9th– October 28th

(no class on September 23 or October 7th.)

Co-ed Barre Class with Kim Ashley AFLCA instructor 7pm-8pm, 8 weeks starting September 16th– November 18th (no class on Sept.23 or October 7th & Nov 11)

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:

Sport ball for preschool children. 9:15 am-9:45, 16 mo. – 2yr come out and play ball activities with your preschooler with so many different types of balls. 9:45-10:30 2-3.5-year-old, 10:30-11:30, 3 ½ - 5yr, 7 weeks

September 10 – Oct 22. (Cost \$119 non-members)

Urban Poling Club leaves from the hall at 9:45 am for a 1hour local pole walk. Cloverdale has urban poles for members to utilize.

Arts & Crafts Club 1 to 4pm.

Join neighbours in our cozy, south-facing lounge for an afternoon of creativity during the fall and winter months. From sketching to a painted landscape; from card making and scrapbooking to model building; from knitting to leatherwork, there is a space for you. Feel free to exchange ideas and display your craft. Coffee and tea provided. First session begins October 8th. Contact Marji at marjitanter@gmail.com or 780-893-9667 with your questions & ideas.

Tuesdays:

Evening Sport ball 5:00-5:45 pm for ages 2-3 1/2yr, 5:45-6:45 for 3.5-5-year old and 6:45-7:45pm 5-7yr, 7-week session starting September 10-Oct. 22

(Cost \$119 nonmembers.)

Co-ed Yoga 8-9pm Hatha yoga, starting 8-week September 17–Nov. 5th with a variety of relaxing, stretching, strengthening poses. Bring a yoga mat and wear yoga clothing.

Wednesdays:

STRONG by Zumba Back by popular demand new time slot 5:30-6:30 pm a high-intensity interval tempo 60 min workout. It's a full-body, bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises. Unlike your traditional bootcamp classes, the music is the heart of the workout, and every movement you do will be to the beat of the music.

Ping-pong Club Bring your inside runners and enjoy ping pong. 7-9 pm. any skill level and any age starting September 18th.

Games Club Bring along your board games, or hook up to the lounge smart tv. For some game time with Cloverdale members and your friends of any age. 7-9 pm. Play in the hall or lounge. (Executive meetings held in the lounge 2nd Wednesday in the lounge)

Thursdays:

Indoor playgroup 10:30am-12:00 drop in with your preschooler; coffee, toys, and socialize. Starting September 12th.

Zumba kids with Mariela, 4-7 age kids channel their energy into great dance moves 6:15-7pm 8 weeks Sept. 12-Nov 7(no class Halloween)

Zumba juniors with Mariela, channel their energy into great dance moves to learn weekly song routines. 7- 7:45pm with the older experienced children. 8 weeks Sept. 12-Nov 7(no class Halloween)

Thursdays:

Co-ed Barre Class with Cat Lam AFLCA instructor. starting September 5th – October 24th. (8 weeks) new time slot 8 - 9:00 pm. 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:

Co-ed Yoga: Starting Sept 13th – Nov 1st. Hatha yoga with a variety of relaxing, stretching, strengthening poses. Instruction provided for those who prefer to use a chair

are welcome poses will be adapted. 8 weeks 9:45-10:45 am Bring a yoga matt and wear loose yoga clothing.

Sundays:

Adult Social and Line Dance with International Ballroom dancer Cecilia. An hour for teaching & optional 1/2-hour practice after for those who want to stay. 7:30 -8:30 pm line dance warm up exercise. The popular dances taught will be jive, cha-cha, rumba for Latins & waltz, foxtrot, tango, quickstep for Standards. Partners will be optional. The main thing is to learn good basics so after a few lessons & practices, we can attend real dances together. September 8th start.

New Crib and Pub Night

Third Sunday night of each month, 7 to 9:30 pm, beginning October 20th., bring your game board and beverage of choice. If crib is not your game feel free to come with your selection. Questions? Register at marjitanter@gmail.com or 780-883-9667.

Please register for all classes & clubs in advance at rentals@cloverdalecommunity.com

A minimum of 6 participants registered is required to run the free classes at Cloverdale.

Free programming and the continued costs of free programing, will be reviewed at the Cloverdale AGM September 23rd, please come out and be a part of the discussion.

Sign up deadline to register for Programs is August 20th .

Classes and Clubs are Free to Cloverdale community league members for the upcoming Fall 2019session.

Book Cloverdale Hall Today!



Go 'Clean and Green' at your next family or business function. The newly renovated Cloverdale Community League hall has many of the latest energy efficiency features you could want for a clean and green event. From LED lights to solar panels, power your next event with renewable energy in a park like setting.

We have the perfect space for your spring and summer parties! We're centrally located in the heart 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. There's plenty of room for 15 to 150 people. The hall has all the amenities, including Internet access, needed to host your special event!

The recent renovations will let you relax and enjoy Gallagher Park from the comfort of our new wrap-around deck. Indoors, a range of energy efficiency renovations will help you socialize or work in comfort. 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.

Spray Park is Open!

A sure sign of summer is the opening of the spray park at the Cloverdale Community League playground and park. The spray park is a great place for children and parents to meet and enjoy the sunshine. Enjoy!

Pop-up Playground (Ages 6 to 12)



Check out Gallagher Park for exciting summer activities for kids!

The City of Edmonton will be running a Pop-up Playground at the Cloverdale Community League Playground from July 2nd to August 22nd, Tuesdays and Thursdays from 2:30 PM to 6:00 PM. Keep your eyes peeled for the playground flags. Join in a variety of activities from crafts, games, sports and free play.

ANNUAL WAREHOUSE SALE!

50% - 80% Off

BRAND NAME
Women's Fashion,
Accessories, Golf Apparel
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Thur.
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Fri.
Aug 16th
10am – 6pm

Sat.
Aug 17th
10am – 4pm

Back Bay, 9908 71 Ave
(Back Entrance Only)

780 902 4653

Cycling in the City free workshop

Tuesday August 27, 7-9 p.m.

Bike Edmonton project coordinator Molly Turnbull will briefly cover safety, bicycle equipment and maintenance, route-finding and on-road riding techniques. The presentation is 45 minutes, followed by 15 minutes for discussion. Bring your bike because afterwards, rain or shine, we'll head out on a little ride to show you a few good routes in your neighbourhood and offer some road-riding tips. The ride is geared toward adults, but could be suitable for kids in tow or who are eight years and older, if they can ride for an hour with breaks. We'll take an easy pace so everyone can participate even if you haven't cycled much this summer.



This information session is free and open to everyone. Please share with anyone who may be interested in coming.

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:

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

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

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

Free membership in the Edmonton Tool Library 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 Commu-

nity Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card. To make the process faster, complete the membership application at edmontontoollibrary.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.

Aging in Place free workshop

Tuesday, Sept. 24, 7-9 p.m.

Many older adults want to age in place, but have concerns about safety, getting around and other daily activities. Join us to learn about modifications and renovations to allow you to stay in your own home with greater ease and safety. We will have presentations from these experts, as well as snacks, drinks and a door prize:

Al Desrochers, Elite Kitchens Inc., serving the greater Edmonton area for more than 20 years. Specializing in wheelchair accessibility and practicality.

Carol Morhart, Handyman Connection Modifications to improve ease and prevent slips and falls include grab bars in bathrooms; handrails in and outside of the home; or changing out taps and door handles for those with joint pain or limited mobility.

Mike Ekert, Artisons Floor Fashions Ltd., Specializing in accessible showers and transition-free flooring throughout the home, making it safer and easier to get around.

This information session is free and open to everyone. Please share with anyone who may be interested in coming.



Fall fitness programs

Wondering about your favourite Pilates, Zumba and Yoga classes? They're coming soon! Check forestterrace.org or the league Facebook page for start dates and registration information.

Kids Improvisation Workshop

Sunday, Sept. 22, 2-4 p.m.

In this workshop for ages 6 to 13, kids will learn improvisation basics including saying yes, supporting fellow improvisers and listening. Through short-form improv exercises, they will discover more about character, physicality and building an improv scene. It's all about using your imagination to create scenes on the spot!

Instructor Katie Hudson has more than a decade of experience as a theatre director and actor. She is a founding improviser with Grindstone Theatre's The 11 O'clock Number Musical, now in its seventh season. Katie has professionally improvised across Alberta and has performed in Phoenix, AZ and New York, NY. She teaches youth drama and improv at Edmonton Dance Theatre and North Millbourne Community League, and mentors high school students through the Next-fest Performing Arts Company.

Cost is \$10 per child for community league members, \$15 per child for non-members. Maximum 15 participants. Registration via Eventbrite. Watch forestterrace.org for details. Email programs@forestterrace.org with any questions.

Board vacancies

Volunteering as a league board member is a great way to get to know your neighbours and contribute to your community. Plus, we're a lot of fun! We have the following openings available. Please email president@forestterrace.org for more information or to express interest.

Secretary: Prepares the agendas and records the minutes at all meetings.

Building maintenance director: Ensures upkeep of the community hall, by conducting repairs or organizing contractors.

Grants director: Applies for a couple of grants a year; responsible for grant reporting.

Treasurer: Oversees the management and reporting of the community league's finances. Writes and deposits cheques. Annual financial reporting to AGLC, the government of Alberta, and the City of Edmonton. The league hires a bookkeeper to prepare monthly financial statements.

All directors are expected to attend board meetings, which are held on the first Tuesday of every month except July and August.

Our next meeting is Tuesday, Sept. 10 at 7 p.m. at the hall, 10150 80 St NW. Everyone in the community is always welcome. If you think you might want to join the board, please come out to meet us and see how we work.

FREE DROP-IN POP-UP PLAY PROGRAM

LOCATION	DATES	DAYS	TIMES
Forest Heights 10150 - 80 St	July 2 - August 22	Monday & Wednesday	2:30 PM - 6:00 PM

Water play features will be operational seasonally from 9 AM - 9 PM

Keep your eyes peeled for the colourful pop-up play flags! Two days a week you will get active and experience a variety of crafts, games, sports, and free play.

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

FREE DROP-IN SUMMER GREEN SHACK

LOCATION	DATES	DAYS	TIMES
Terrace Heights 9835 71 St	July 2 - August 22	Monday - Friday	2:30 PM - 6:00 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

Live Every Moment



Get outdoors and find the magic in every day! Laurel Crossing, located in Southeast Edmonton, has an abundance of open space, perfect for playing frisbee, learning to ride a bike or having races. With shopping, schools and the Anthony Henday close at hand, you're sure to find sunny adventures in Laurel Crossing.

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Alisha Sabourin, R.Psych

Alisha Sabourin provides counselling and psychotherapy to individuals and couples. Alisha has particular expertise in grief and trauma and is trained in EMDR.

780-995-7011
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(In the Anahata Wellness Studio)

www.strathearnpsychology.com



Jenny McAlister

Registered Psychologist

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Community Contacts

- **PRESIDENT- MIKE**
president@fultonplace.org
780-886-7794
- **VP of League Affairs- Krystina**
vpleagueaffairs@fultonplace.org
780-906-5507
- **VP of Civic Affairs- Gavin**
vpcivicaaffairs@fultonplace.org
780-504-1896
- **Treasurer-**
treasurer@fultonplace.org
- **Communications Director- Joshua**
communications@fultonplace.org

- **Facilities Director- Clayton**
info@fultonplace.org
- **Sunshine Garden- Sherry**
fpcgcontact@gmail.com
- **Seniors Liason – Miles**
info@fultonplace.org
- **Community Ice Rink- Shawn**
outdooriceinc@gmail.com
- **Babysitting Registry- Ruth**
info@fultonplace.org
- **Southeast Voice Submissions-**
Joshua info@fultonplace.org

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.



Now Welcoming Membership Tour Volunteers

The Membership Tour involves selling memberships door-to-door for a small section of the community, usually in the vicinity of your home. The League will supply you with all your materials and instructions on how best to manage memberships sales. Please email info@fultonplace.org if you're interested in joining the Tour.

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



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La Cité Francophone

centre.lacolombe2@gmail.com

120- 8627- 91 Street NW Edmonton, AB, T6C 3N1



Gardener's Swap & Sale

Saturday, September 7, 9 am – noon

Join us on Saturday, September 7 for our annual fall 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.

No Mosquitoes, Rain, or Snow

In a city where it's seemingly winter eight months a year, the benefits of indoor soccer are pretty obvious. Games are short and sweet—one hour of fast-paced, nonstop action. Indoor soccer registration for the 2018–20 season has commenced. Please complete the

online registration at emasoccerportal.com, and then plan to attend one of the in-person sessions which will be confirmed on the soccer portal.

Please contact hardistysoccer@shaw.ca if you have any questions.

Soccer

Hardisty Soccer just completed the 2019 outdoor season with 18 teams giving the youth in our communities a great experience. Many thanks to the volunteers, especially the coaches, without whom community soccer would not exist.



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Gold Bar Executive

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

Green Shack

Our Green Shack program runs July 2 - August 22, from 10:00am-1:30pm, Monday-Friday this summer at Goldbar Playground (105ave and 46st). This is a FREE drop-in program for children ages 6-12 sponsored by the City of Edmonton. Children under the age of six must be supervised by a parent/guardian at all times

Midsummer Mini-Carnival Come on out to Gold Bar playground to join in the fun on Monday, August 12 from 10:30am-12:30pm. We will provide some carnival-themed snacks and games. Everyone is welcome! Check out our green shack program and meet the leader if you haven't yet. Only a couple more weeks left of Green Shack fun!

Games Night

Friday Sept 27 - 6:00 to 10:00 pm
Potluck Supper and food provided by the Community League
For more info contact gbhallfun@gmail.com

Save the date!!

The annual Christmas craft show will be Saturday December 7 at Gold Bar Hall! Free admission, free parking, tons of awesome home made unique crafts, yummy concession!! Fun for everyone!

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.

Fort Road Bingos

Tuesday, August 27- afternoon/evening
Sunday September 22- afternoon/evening

Babysitting Registry

Looking for a neighbourhood sitter? Need a night out or run some errands without kids? Our new babysitting registry will matchup community members with qualified babysitters. If you are a teen with a certified babysitting course or a parentin need of a babysitter and live in the Gold Bar area,email goldbarbabysit@gmail.com for more information.

Hatha Yoga at Gold Bar Community Hall

Summer Yoga: every Wednesday
8:00 - 9:15 pm
\$10 drop in fee

Upcoming Session: Sept 10 - Oct 30

Next Session: Nov 5 - Dec 18

Tuesdays: 9:45 - 11:00 am

Wednesdays: 8:00 - 9:15 pm

Cost: \$80 for 8 classes, \$55 for 5 classes or \$12 drop in

The classes begin with centering and grounding yourself to be present and focused without distraction. Each week I will create themes and bring a variety of practices that encourage our body to relax and find an overall increase of wellbeing. All are invited to come out for a new yoga experience! No previous yoga experience is required.

Send me an email anytime with any questions or requests.

nancy_conlin@hotmail.com

Okinawan Karate Dojo

Monday and Thursday Evenings

Train at Beverly Heights Hall on Mondays and Gold Bar Hall on Thursdays

Start Date: Sept 12

End Date: Dec 19

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 access to all 3 classes on both nights

Fees: Sept - December

1 person \$120

2 people \$220

3 people \$300, 4 people or more \$400

Never too late to register. Fees will be prorated.

Memberships Required

Any CL membership

\$60 annually / person for dojo related memberships

for more info or to register email jamie.hanlon@shaw.ca

Mom and Me Fitness Class is at the Playground!

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 at the playground, participate in our green shack, be in the stroller or be worn (poor weather we will be in the hall) Bring a yoga mat, water, and anything your kids need. If it's raining or poor weather we will be in the community hall.

This class runs Monday's and Thursdays from 930-1030am at Gold Bar Community Hall.

This session runs July 4/8 - Aug 19/22 not Aug 5) next session starting Sept 9/12

Contact Lisa to register or with any questions.

Mondays \$30 (3 classes), Thursdays \$40 (both days \$80), 5 pass \$55 or drop in \$12.

Facebook.com/lisashortenfitness or email lisashortenfitness@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.

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-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 or email for more information goldbarpreschoolparents@gmail.com

Beer, Burgers and Beetles Night

Saturday October 12, Doors open at 6pm, catered supper 630-800, Beatles band 8-11pm. Ticket in sale in September \$20 through Eventbrite. Community Fun Day is our BIGGEST community event of the year! September 21 10-230pm. Petting zoo, balloon animals, glitter tattoos, jumpy things, outdoor music, free pancake breakfast starts at 10 am

at the hall and hotdogs. Goldbar school gym for the crafts and giveaways and members and balloon artists

Thanks to our GOLD sponsors Strathcona Industrial Association, Imperial Oil, Epcor, Enbridge and Calanese

And our SILVER sponsors Telus, All Care Pharmacy, and Andy Verhagen of Remax

Ladies - Interested in Playing Soccer?

The Hurricanes soccer team (ladies 35+) is looking for players to join our team for the upcoming 2019-2020 indoor soccer season. Our team consists of a fun and outgoing group of ladies from the Gold Bar/Holyrood/Ottewell/Capilano area. If you're interested in coming out to get some exercise and have fun time, we'd love to meet you. NO soccer experience necessary. Contact Anne Claridge by email at anclarid@telus.net or at 780-977-7612.

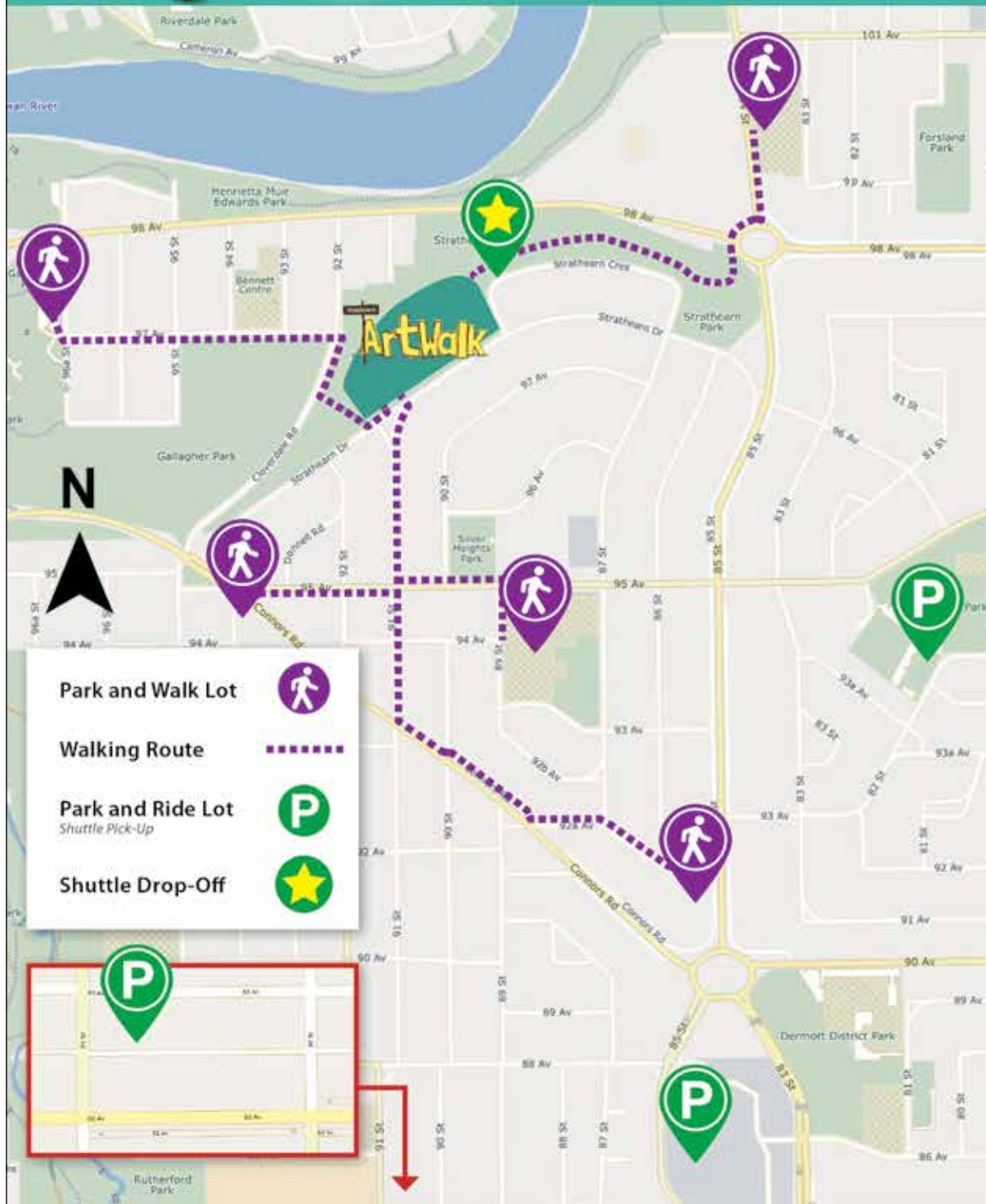


Strathearn

ArtWalk

SEPTEMBER 7

12 – 7 PM



Strathearn Art Walk is a free, family friendly art and music festival in the park along **Strathearn Drive, 89 – 91 streets.**

Plan your visit: parts of 91 street, 95 avenue and Strathearn Drive will be closed to vehicles. We recommend biking, walking, or taking advantage of our free park & ride this year.

Park and Walk:

Park for free and walk to artwalk!

- Muttart Conservatory
9626 96a St
- École Gabrielle-Roy
8728 93 Ave
- École Michaëlle-Jean
10005 84 St
- Central Baptist Church (Connors Road)
9419 95 St
- Church of Jesus Christ of Latter-day Saints
9010 85 St

Park and Ride:

Shuttle every 15 minutes from 11:30 am to 8:30 pm.

Art Walk Shuttle

- French Quarter Lot
91 St at 83 Ave
- South East Edmonton Seniors Association (SEESA) and Holyrood Community League
9350 82 St

Bonnie Doon Centre

- Bonnie Doon Shopping Centre
Northwest corner 88 Ave at 85 St

TransEd Strathearn Shuttle will also stop at Art Walk and the Church of Jesus Christ of Latter-Day Saints from 12-7 p.m.

Art Walk shuttles are provided by TransEd - transedlrt.ca

To learn more visit
strathearnartwalk.com/getting-here



Board Members

President	Larissa	president@holyroodcommunity.org
Past-President	Wendy	pastpres@hoyroodcommunity.org
Vice President	VACANT	vicepresident@holyroodcommunity.org
Treasurer	Claire	treasurer@holyroodcommunity.org
Secretary	Alison	secretary@holyroodcommunity.org
Programs	Kelly	programs@holyroodcommunity.org
Sports & Fitness	Sheryl	sports@holyroodcommunity.org
Memberships	Jessica	memberships@holyroodcommunity.org
Facilities & Grounds	Andrew	facilities@holyroodcommunity.org
Communications	Megan	communications@holyroodcommunity.org
Social	Jeremiah	social@holyroodcommunity.org
Civics	Dave	civics@holyroodcommunity.org
Holyrood Development Committee	Jaime	hdc@holyroodcommunity.org
Community Garden	Justine	garden@holyroodcommunity.org
Rink	Randall	rink@holyroodcommunity.org
Soccer	Jared	soccer@holyroodcommunity.org
Playschool	Jessica	playschool@holyroodcommunity.org
Playgroup	Jessica	playgroup@holyroodcommunity.org
Casino	Alison	casino@holyroodcommunity.org

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

Purchase memberships at SEESA (9350-82 St), through 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.

Reuse Fair

Sept 14, 2019, 10am to 3pm
Free event with a BBQ Lunch
Items will be accepted until 12 noon
Location-First Church of God (9224 82 Str.)
Call or email for more info: 780-469-2404,
info@firstchog.ca

Summer Greenshack - Holyrood

Runs weekdays July 2 - Aug 22
Mornings 10:00am to 1:30pm
See you out there for some fun in the sun!

Capilano Farmers' Market

Alberta Approved Farmers' Market



Open every Saturday
9:30 am to 3:00 pm
Crafts, baking, fresh meat,
eggs, vegetables, honey & more

*Bring this ad to the market and enter for a chance to win \$25 in Farmers' Bucks.

Draw held monthly.

Farmers' Bucks to be used for purchases at the market.

WIN \$25 in Farmers' Bucks*

Capilano Shopping Centre 5004-98 Ave. by Albert's Restaurant

Garden Update - Time to Harvest your Garlic?

Summer is underway and with that the pleasure and excitement of harvesting what we have planted. That garlic that you planted back in the fall is more than likely ready to harvest soon, but how do you know for sure?

Some gardeners like to take the garlic out of the ground when the plant has 3 - 4 green leaves left and the rest are yellow or browning and falling over, but before they are completely dry. You can take a sample if you like before harvesting your entire patch.

Do not harvest if the ground is too wet.

Take time to loosen the soil above the sample bulb.

Do not simply pull upwards, but rather pull gently and at the same time coax the bulb out of the soil with the other hand. The garlic head will be divided into plump cloves and the skin covering the outside of the bulb will be thick, dry and papery.

Do not wash the bulb but carefully remove the excess dirt. You can use that fresh garlic

straight from the garden or you can let it dry and have some for several months.

Dry or 'cure' your garlic in an airy, shady, dry spot for about 3 - 4 weeks. You can hang them upside down on a string in bunches of 4 - 6 bulbs. Make sure all sides get good air circulation. They are cured and ready to store when the wrappers are dry and papery and the roots are dry. Remove any leftover dirt and trim off any roots or leaves. Store them in dark, dry place...they will keep for several months. Enjoy! Stay tuned for the next Garden Tip brought to you by the Holyrood Community Garden Committee.

Interested in helping plan/build a Community Garden in Holyrood? For more details on how you can help please email garden@holyroodcommunity.org or join us at one of our upcoming meetings, held at SEESA (9350 - 82 Street) 5:30 pm

-Wednesday August 28

-Wednesday September 25

Big Bin Event

Holyrood Haul-Away event is back September 21, 2019. We invite you to bring your large items for disposal from 10 am - 2pm where we will have two 30 cu yd bins available for the disposal of furniture and other large items. All you need is a community league membership which will be available to purchase at the event.

Please Bring: couches, chairs, sports equipment, household construction items, other household furniture items that are too large for curb-side pickup. **Please do not bring:** We ask that there be no white goods (appliances), electronics, mattresses, household hazardous materials (paint, propane), commercial construction materials, batteries or tires.

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*conditions may apply

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Treasurer	Monique	treasureridylwylde@gmail.com
Secretary	Corrina	secretaryidylwylde@gmail.com
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Civics	Lee	civicsidylwylde@gmail.com
Programming	Kamila	kamilaidylwylde@gmail.com
Membership	Michelle	membershidylwylde@gmail.com
Garden	Epiphany	gardenidylwylde@gmail.com
Facilities	Stuart	facilitiesidylwylde@gmail.com
Social	Mick	socialidylwylde@gmail.com
Publicity	Rachel	communicationsidylwylde@gmail.com

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



Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

Save the Date – Community League Day

The third weekend of September is Community League Day, every year! This year's events will run from 11am to 3pm at the hall and Idylwylde Park. We will have some bands, and activities for the kids between noon and 2pm. As always, free food and

drinks will be available, along with your 19-20 community league memberships up for purchase. Mark the date on your calendars and watch our social media and newsletters for more information on what will be happening in Idylwylde this year.

AGM and Park Grand Opening

Thanks to everyone who came out for the AGM and Idylwylde Park grand opening! It was easily the biggest turn out at an AGM in the past ten years, and the crowd kept growing for the grand opening.

Elder Joanne Wood said a prayer, performed a smudge, and spoke about this land and her culture. Our MLA, Marlin Schmidt, attended and talked about the funding that the provin-

cial government awarded to make this park possible. Two local Edmonton bands kept us dancing and provided an uplifting soundtrack for the afternoon. Food was shared, along with stories, new and old, and our vision for a community gathering space came to life. You, Idylwylde, made this happen! Thank you so much for believing in our community and working together to build it up!

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

Cheery Tomato Community Garden

It's not too late to join our gardening crew for this year. Contact us at gardenidylwylde@gmail.com and we'll let you know how you can be involved with our amazing little community garden.

Little Free Library



Rain got you down? Grab your umbrella and beat the blues by taking a quick stroll to 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.

Bonnie Doon Playschool



We are very happy to announce that the Bonnie Doon Playschool will be operating out of our hall come September. As Ruthersford School continues to grow, the playschool has had to find a new home. Please be mindful of the little ones as you are travelling around the hall in September.

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!

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. The only catch? We can't do it without your help!!! If this sounds like something you can take on to help the community, get in touch with Kate.

Program Calendar 2019

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

Membership should be purchased ahead of time from Michelle or efcl.org or at classes.

Please note, we will not have any classes running during this summer.

Healthy ideas for back-to-school snacks

Your children are starting back to school this month, and you need healthy ideas for lunches and snacks. Remember that some schools don't allow nuts or peanuts because of allergies. Offer children water when they're thirsty, and vegetables and fruit instead of juice, even if it's 100-per-cent juice.

Choose these healthy snacks every day:

- Fresh or frozen vegetables
- Fresh or frozen fruit
- Fruit cup in fruit juice or water
- Unsweetened applesauce
- Whole grain bread
- Whole grain crackers
- Whole grain naan, roti or pita
- Whole grain tortilla or wrap
- Whole grain cereal
- Hummus
- Eggs
- Nuts or nut butters (check first to see if allowed at school)
- Meat, chicken or fish
- White milk
- Cheese or cheese string
- Fortified plain soy beverage
- Plain yogurt

Choose these snacks some days:

- Flavoured fortified milk or soy beverage, such as chocolate, strawberry or vanilla
- Fruit-flavoured yogurt
- Baked crackers
- Muffin
- Granola bar
- Dried fruit and nut mix

Choose these snacks less often. These snacks are high in sugar, fat and/or salt:

- Candy or fruit gummies
- Potato chips or fried snacks
- Instant dried noodles

Try trendy, healthy food in a bowl

Food in a bowl is trendy and no wonder. What could be more comforting? The circular shape of a bowl represents wholeness, inclusion, protection, timelessness and focus. You can make bowls for one or many, and they can be tailored to dietary needs.

Tips for building healthy bowls: Bowls are a great way to use up vegetables, herbs, meat, fish, chicken, pasta, rice, beans or grains. Add crunch with lettuce. Be inspired by Mexican, Thai, Japanese, vegan or breakfast bowls. Add colour with beets, kale, spaghetti squash, blueberries, pomegranate arils (seeds) or citrus wedges. Use dressings sparingly. Top with seeds, nuts or herbs to heighten flavour.

Lox and Loaded Bowl with Caper, Lemon and Dill Dressing

- ½ cup (125 ml) sweet potato wedges
- ½ teaspoon (2 ml) olive oil
- ½ cup (125 ml) sugar snap peas
- ½ cup (125 ml) asparagus spears
- ½ cup (125 ml) grape tomatoes, halved
- 1 baby cucumber, halved and chopped in thin strips
- 1 cup (250 ml) butter leaf lettuce or mixed greens
- 1 oz (28 g) salmon lox pieces, rolled
- ½ cup (125 ml) no salt added canned chickpeas
- ¼ cup (60 ml) plain yogurt
- ½ tsp (2 ml) olive oil
- 1 Tbsp (15 ml) lemon juice
- 1 tsp (5 ml) lemon zest
- 1 tsp (5 ml) capers (rinsed)
- ¼ tsp (1 ml) dried dill or 1 tsp (5 ml) fresh
- Black pepper, to taste

Toss sweet potato with olive oil. Bake at 350 F (180 C) for 15 minutes. Remove from oven and cool to room temperature. Blanch snap peas and asparagus in pot of boiling water and remove just as they turn bright green. Plunge into ice water. Then dry on paper towel. Arrange lettuce, sweet potato, peas, asparagus, chickpeas, tomato and cucumber in sections around bowl, finishing with lox in the centre. Mix yogurt, olive oil, lemon juice and zest, capers, dill and pepper in a bowl and serve on the side or drizzle over salad as desired. Serves one.



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

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

100-8925 82 Avenue
780.414.1015
edmonton.goldbar@assembly.ab.ca

 **Marlin Schmidt**
MLA Edmonton-Gold Bar



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CONTACT US!

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

Hall Rental requests: rentals@kenilworthcommunity.com

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

Next Meeting, Monday September 9

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

Southeast Voice Newsletter Deadlines

Submissions for the October issue of the Southeast Voice is due Friday, **September 20th**. Send all announcements to publicity@kenilworthcommunity.com.

Kenilworth Rink being used as an off leash dog space

Thank you to the residents of Kenilworth who responded to our survey.

We had 119 responses of which 75% were in favor of our fenced in rink being used as an off leash space during the late summer/ fall months.

We have a bit more work to do before the final decision is made:

Insurance/ Liability confirmation.

Capital Region health confirmation this is a suitable use

City of Edmonton compliance with their bylaws and procedures.

KCL Executive hope to have all this information gathered in the next few weeks.

If you did not have a chance to complete the survey and would like to express your thoughts reach out to vicepresident@kenilworthcommunity.com

Adult Badminton

Adult badminton on Tuesdays and Thursdays at 7:30 p.m. 9:30 p.m. at Kenilworth School (7005 89 Avenue). Starts October 1 to the end of May.

This is a social badminton club rather than an intensely competitive club. There are three

courts at the school, so a maximum of twelve players can be playing at one time. We have a rotation system of play, so players do not pick and choose their team mates or opponents.

The club is not equipped to train beginners, but you don't need a lot of experience at the game to become a member, although there are some experienced and competitive players in our club.

Contact the Kenilworth Badminton Club:

Andy Caine (780-916-8889)-acaine@telusplanet.net or Ray Rideout at 780-405-2770 or Liz Thomas 780-465-5188.

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate \$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

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

Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings, starting September 10th, 2018, from 10-11:30. Free drop-in play time/socialization for children 0-5yrs. This program started back up in 2015 with a laid-back atmosphere of unstructured play. It is run by volunteers and facilitated by a mom with a background in child language development and children's mental health. Opportunities for new volunteers to help with facilitation and organizing structured activities. Coffee and tea provided. Contact Jo Tong

jtong77@gmail.com with questions

KENILWORTH PLAYSCHOOL

Unfortunately we have not been able to secure a teacher for this year's playschool and have had to cancel this important service. We apologize to the parents who signed up this year. If you know any teachers, for more information or to register your child for next year, please contact Elaine Voss at (780) 691-8316 or by email elaine.voss@shaw.ca.

VOLUNTEER OPPORTUNITIES

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

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

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

KCL Membership BBQ

Sunday, September 8

12 – 3 p.m.

Kenilworth Hall

Come and enjoy the afternoon with family and fellow community residents.

Events featured will be Glitter Tattoo Artist, Balloon Man, and a Bouncy Obstacle Course.

Sign up for Kenilworth Programs and get your 2018/2019 Membership.

Enjoy good food, meet your neighbours, and get involved in your community.

Senior's Movie Night

Join us for a \$5 dinner and a movie at Kenilworth Community League on September 21st, 4-8 pm. Please RSVP Loida Lumanlan at 780-953-1062 or loida@loidahomes.ca by September 19th.

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 to register.

Muttart Conservatory Update

For those Community Leagues members who order them for this year passes will be honoured for six months after the Muttart reopens next year. If they re-open as scheduled in January, 2021, they will honor the 2019 passes until July 2021.

Kenilworth Community League Annual Golf Tournament and BBQ

Kenilworth Community League will be holding their Annual Golf Tournament and Steak BBQ on Saturday, August 24, 2019.

This Texas scramble style 9 hole golf tournament is being held at Triple Creek Golf Course with the BBQ being held back at the Kenilworth Hall.

Tickets are \$30 for Golf/Supper.

Register early to ensure your spot.

For tickets or to donate prizes - please contact Ken at 780-915-8144 or by email at kbalcom33@gmail.com

Babysitting Registry

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

Memberships



Have a New Neighbor? Are You New to Kenilworth?

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

Don't have your 2018/2019 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors.

Memberships are available at the Sport Shack, 8170 – 50 St and Anvil Coffee House both of which have graciously offered to carry our memberships since TGP closed down

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

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www.pineboxfunerals.ca



August 25, 2019 is Lemonade Stand Day

Please join the Scott Sibling's Lemonade Stand for the second year in a row as Isabelle, Eloise and Henry Scott work together to raise money for the Stollery Children's Hospital in partnership with Simply Supper Lemonade Stand Day. Last year, with the support of neighbours, family and friends, these young philanthropists raised \$1000! Come on over to 8731 73 Street in Kenilworth between 1:00-3:00 on Sunday, August, 25, 2019 to enjoy a glass of lemonade and support a great cause. We hope to see you there!

**THIS FALL
ELECT**

Heather McPherson

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Contact me to find out more about my campaign, to volunteer, or to order a campaign sign:

✉ heather@edmontonstrathcona.ca
 Instagram HeatherMacNow
 Facebook HeatherMcPhersonNDP
 Twitter @HeatherMNow

www.HeatherMcPherson.ca

NDP

Ottewell

3+2 Bed bungalow, original owner home with numerous updates including siding with insulation underneath, windows, concrete driveway & sidewalks. Fenced yard with a single attached & single detached garage. **\$344,800 E4159262**

6003 - 94B Ave NW

Forest Heights

Raised bung on a tree-lined street. LR, DR, MB & 2nd BR ALL WITH ORIGINAL HW FLOORS. Bsmt has 2nd LR, 2nd KIT & BR. 44x135 lot, fully fenced & landscaped, dble det insulated garage. Many updates over the last several year. **\$344,800 E4165439**

10527 - 80 St NW

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Executive & Board Members

Executive:

President – Corinne
Vice President – Colleen
Secretary – Sandra L
Treasurer – Eric

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 or call: 780-469-0093 (leave a message and someone will return your call)

Ottewell Community League

5920 – 93a Ave. NW

Edmonton, AB T6B 0X2

OCL Board Meetings

Please consider lending a hand in keeping Ottewell Community League VIBRANT and ALIVE! OCL meetings of the Board, and its members, are held every 3rd Tuesday of the month, unless otherwise posted.

COME and JOIN in! Find out what's happening in YOUR Community.

Community News/Information Board

OCL has a large bulletin board outside the community hall, we welcome notices for any items of interest to the Ottewell Community.

This bulletin board's purpose is to provide information to our community members. Whether you are hosting a garage sale, lost a pet, have a service to offer, or are simply want to let others know what's happening in your community, please post your messages here as this is our go-to place for neighborhood information.

Ottewell on Facebook

Follow us on www.Facebook.com/OttewellCommunityLeague to keep up to date on what's happening in our community!

Ottewell Community Park

Summer is BACK, which means more playtime outside. The Ottewell Park had some spring cleanup done by dedicated volunteers spreading mulch and freshening up our space. The city monitors and keeps the spray park going, but did you know that the park is maintained by a small group of volunteers? This group works hard to keep it clean and safe, removing garbage from the park area, so if you have a special gathering in the park, please remember to help make their job easier by picking up all garbage and items when you leave.

PLEASE DO NOT LEAVE THE GAR-

BAGES OVERFLOWING! Kindly dump your garbage in the bin at the far end of the driveway upon leaving the park. The Ottewell Park is a great space to host many celebrations and family picnics, so take care of our park for all of us to enjoy!

Hours: 9AM- 9PM daily (as advised by the City of Edmonton). If you have a problem with the spray park, please contact 311 and advise the City of the issue.

BTW – fourlegged friends are not allowed in the Ottewell Community Park, nor are they allowed to play in the spray park. Please kindly respect the City's Dog Bylaw.

Take Care of Our Outdoor Washrooms!

OCL volunteers maintain these washrooms, so please be kind and help us keep our washrooms clean. Ottewell Community League provides washrooms to use for all our park visitors, and we ask that all users respect our washrooms. If they are abused then we will be forced to close and bring in less than desirable porta-potties. All soap and paper towels have been removed from the men's washroom due

to recent vandalism, and we will be forced to do the same in the lady's if the problem persists. If you see anyone abusing the privilege of our community restrooms, please call the number listed on the door.

HOURS for the Ottewell Park Washrooms
9 AM to 8 PM, 7 days-a-week

(Unless otherwise posted or in inclement weather these hours will change).

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. Community League members have access to outdoor swimming pools for FREE! Check

out the city website: 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

Abundant Community



Ottewell is joining the Abundant Community Edmonton program! This initiative encourages neighbourliness and community. If you want to feel more connected to your neighbours, join us by becoming a Block Connector - someone who is your block's point person, party person, and listener. Watch for Block Connectors to start knocking on your door in the coming months; they'll have official paperwork from the City so you'll know it's them. For more information or to sign up as a Block Connector, go to ottewell.org or email ACEOttewell@gmail.com.

Block Social Challenge

ACE is challenging our neighbourhood to host 10 Block Socials this spring/summer! A Block Social can be smaller than a Block Party, and can be as simple as lemonade and cookies on your front lawn or as elaborate as a giant party on the street! The City of Edmonton provides support for those wanting to host these gatherings. For more information or to get some help, email ACEOttewell@gmail.com.

Ottewell 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.

Go to www.ottewell.org/playschool/ for details on the playschool program.

Registrations are being accepted for the 2019/2020 year, email - playschoolOCL@gmail.com for registration information.

Rent The Ottewell Hall

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

Mention that you saw our ad in the Southeast Voice and we'll give you a discount on your next rental of the hall.

For details regarding renting our hall, go to.... Ottewell.org/hall-rental.

See our availability calendar, fill out



our rental form, or call: Tim at 780-908-5249.

Baby! Baby! Baby!

Need a babysitter for a night out OR for a special event? Contact Ottewell's Babysitting Registry to get a list of local babysitters to choose from. Get to meet and interview babysitters that work for you. We have many amazing babysitters to choose from.



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

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



Come join us at Church United Church for a fun, strength & flexibility building yoga class. All ages and fitness levels are welcome.

Mon & Wed mornings . Classes run from 9:30-10:30 am, followed by fellowship.

Cost: \$60.00 Mondays or Wednesdays or \$120.00 for both days.

Registration for Monday is Sept 9th at @ 9:00am with class starting @ 9:30am

Wednesday is Sept 11 @ 9:00 am with class starting @ 9:30am

Call Corrie @ 780-466-6679 for details.

Healthy celebrations for young children

It's easy to make celebrations with children fun and healthy. Here are a few tips on how you can make healthy foods the easy choice at holiday celebrations, birthday parties and special events. For more ideas, go to healthystartshere.ca.

Try these party ideas

- Decorate using themes or colours.
- Make crafts or play party games.
- Have a theme-based scavenger hunt.
- Sing special songs or read books about your theme.
- On birthdays, have the birthday child be your "special helper" for the day.

Serve fun and healthy foods

- Serve a vegetable or fruit tray with yogurt dip. Arrange the fruit and vegetables in fun shapes or colour-themed trays.
- Plan a "build your own" party. Let each child build their own sandwich, pizza, taco, salad or yogurt parfait from a variety of healthy ingredients.
- Help children make a "Friendship Fruit Salad." Each child can choose a different fruit to add to the salad. Stir it gently and serve.
- Add chunks of melon, slices of citrus fruit or cucumber to a pitcher of water. Call it "Wacky Water" and offer it to party guests to drink.

Source: ahs.ca

Tips on avoiding peanuts and tree nuts

Children with a peanut allergy need to choose peanut-free foods. Children with a tree nut allergy need to choose tree-nut-free foods. Some classrooms, schools and childcare centres ask that children bring foods that are free of peanuts, tree nuts or both.

How can you tell if a food has peanuts or tree nuts in it?

- Food products that contain peanuts are labelled with the word "peanut."
 - Food products that contain tree nuts are labelled with the name of the nut. Common tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pistachios and walnuts.
- If you have a peanut or nut allergy, or have a family member who does:
- Read the entire ingredient list and the "contains" statement on the food label every time you buy a product, because the ingredients may change.



- Avoid foods that have the words "contains" or "may contain" peanuts or tree nuts on the label.
 - Avoid using utensils or cooking equipment that have come in contact with peanuts or tree nuts when making food. Cross contamination is when peanuts or tree nuts are transferred accidentally to another food, object or person. Even a small amount of peanut or tree nuts can cause an allergic reaction.
 - Always carry medication and/or epinephrine auto-injector that can treat an allergic reaction.
 - Ensure family members, school and friends are aware of the allergy.
 - Consider wearing a medical identification bracelet that provides information about the food allergy.
- For more information, search "nut allergies" at ahs.ca.

join us!
Ottewell neighbours Drop-in Soccer

it's free!
Sundays at 1:30
every Sunday starting May 5
at Braemar #4 field
9359 67a St
for more info text Jeremiah 780-919-0414

brought to you by neighbourHouse Community Centre & Ottewell Community League

Join the Air Cadets *Have fun Make friends*

504 Blatchford Field
Royal Canadian Air Cadet Squadron

FREE! Youth ages 12 -18

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Wednesday Evenings
6:30 to 9:30 p.m.
Kingsway Hangar
11410 - Kingsway Ave
504rcacs.ca

Royal Canadian Air Cadets

Board Members Names and Emails

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

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	You?	grounds@strathearncl.org
Social Director	Andrew	events@strathearncl.org
Communications	Angela	communications@strathearncl.org
Programs	Erin	programs@strathearncl.org
Hall Rental Coordinator(s)	Darrah & Ben	hall@strathearncl.org
Soccer Director	David	play@strathearncl.org
Member at Large	Nadine	
Member at Large	James	
Member at Large	Evan	

Community League Programs

(Strathearn Community League membership required)

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.

Free Family Swim Times

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

Strathearn Community Hall Break-Ins

Since completing the new Strathearn Community Hall, we've had several break in attempts: Smashed windows, felt marker on the walls, and most recently, damage to a door lock. These occurrences serve as reminders to everyone to stay vigilant – particularly with fencing due to LRT construction obscuring lines of sight – and report any suspicious activity to police. The Strathearn hall already has high grade security locks and astragals on all exterior doors, which worked together to prevent unauthorized entry to the hall. Strathearn Building Society has recently added several additional cameras to the hall, ensuring that the entire perimeter is covered. Our cameras were supplied by Strathearn Resident Keith Jensen, owner of Crown Automation and a specialist in security camera systems. Using these cameras, we were able



to provide detailed information about the suspect to police, right down to what shoes they were wearing. Recently, we asked the Edmonton Police Service for advice on what we could do to make our hall, and homes and businesses, more secure. Besides cameras, lighting, and security at typical entry points (doors and windows), the community as a whole can be more secure when the whole community is involved. Remember that EPS relies on tips and information from community members like you: any suspicious activity, questions, or concerns can be called in to the non-emergency line at 780-423-4567.

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

Ave.

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

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



Be active this winter and have fun!



The Shamrock Curling Club

Shamrock Curling Club is welcoming new members!

- Weekday morning leagues
- All skill levels welcome
- Learn-to-curl clinics offered



Learn more at www.shamrockcurling.ca
780-466-5789 9330-80 Ave



Suzuki Charter School

A public school committed to Academic, Musical and Leadership Excellence

Currently registering for Grade 5 & 6.

Limited spaces still available!

Accepting Lottery for Preschool and Kindergarten to Grade 4

Everyone welcome!

For more information or to register contact Lisa Leflar by email leflar@suzukischool.ca or by phone at 780.468.2598



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**Call The Dunham
Team Today
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(Office)**

***Greg
Dunham***

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

gdunham@telus.net

• **FREE**

Market evaluation

- Specializing in
South East Edmonton
- Investment
Properties



encore 



Fulton Place: 3+1 Bedroom Bungalow, 2 bathrooms, Maple Hardwood Floors, Fresh Paint, Newer Light Fixtures, White Kitchen, Stainless Steel Appliances, Large Lot, Fully Finished Basement.



King Edward: 3+2 Bedroom Bungalow, 2 Bathrooms, Large Double Garage, Original Owners, Mint Condition.