

December 2019/ January 2020

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# **SECLA Needs Volunteers for a Casino**

Wed & Thurs, January 15-16, at Casino Edmonton (Argyll) Casino funds are our main source of funding to provide valuable supports to our communities, e.g. SECLA covers the cost of distributing the Southeast Voice to residents in all SECLA area neighbourhoods. We also pay for the new community league flags at the skate park each year, and other small community projects. We hope you can volunteer with us and ask your friends if they want to volunteer with you!

Please contact Connie by email at: fthrep@secla.ca or phone: 780-462-1442.

**NOTE:** You do not NEED to register at **Signup.com** in order to volunteer for the casino.

# **Kenilworth Family Ice Trail**



The ice trail is a winter project that we feel has value for our community, our neighboring communities, and the city. It creates an extra winter recreation opportunity for Edmonton residents, gets people outside and facilitates a vibrant community atmosphere where things are happening during the bleak winter months.

This project represents an extra annual financial investment of at least \$26,000. We have applied for winter city grants as well as grants from other corporations and been nominally successful during the past two years. Our challenge is to make this a sustainable project year after year.

This is where we need your help. We are running a fundraising campaign to make the Ice Trail happen this year. Please consider investing in your community by donating to it. We are a registered charity, so your investment comes right back to you!

There are a few ways you can help:

-If you have a corporate connection that would be interested in sponsoring this project, please forward the contact info to Jason at: publicity@kenilworthcommunity. com. For donations of \$3000 or more, we can even install an ad on the interior boards of our hockey arena if this is desirable.

-Spread the word to your friends and neighbors if they are interested in supporting a local organization.

-Donations can be made by cash or cheque and we are inquiring about e-mail transfers. Please indicate that it is for the ice trail campaign. Charitable receipts are available on request.



RE/MAX

Happy Holidays Here's to a season filled with warmth, comfort and good cheer! Should the new year bring you a change of address, please contact me so that I can assist you.

Andy Verhagen 780-907-8202 www.andyv.ca

# South East Community League Association

PO Box 38025 secla.ca

# **SECLA Board Contacts**

COMMUNITY LEAGUE	REPRESENTATIVE	<b>Publication Email</b>
Avonmore	Anita	avonmorerep@secla.ca
Capilano	Monte	capilanorep@secla.ca
Cloverdale	Reg	cloverdalerep@secla.ca
Forest Terrace Heights (Chair)	Connie	fthrep@secla.ca
Fulton Place	Miles	fultonplacerep@secla.ca
Gold Bar	Jamie	goldbarrep@secla.ca
Holyrood (Vice-Chair)	Claire	holyroodrep@secla.ca
Idylwylde	Bridget	idylwylderep@secla.ca
Kenilworth	Kevin	kenilworthrep@secla.ca
Ottewell	Glen	ottewellrep@secla.ca
Strathearn	James	strathearnrep@secla.ca
Treasurer	Michael	treasurer@secla.ca
Secretary	Jamie	secretary@secla.ca
SECLA SEV Liaison	Tim	SEVliaison@secla.ca

# **The City of Edmonton**

**Equipment Loaning Program** 

If you're planning a holiday or winter event, don't forget that the City has equipment, games and kits that you can borrow for a nominal fee. The fee for loaning equipment is \$5 per kit (plus GST) and the borrowing period is from Wednesday (pick-up) to Tuesday (return). Check out the equipment catalogue by visiting https://tinyurl.com/vcnrv9h. Submit your request at https://tinyurl.com/wf75o5u. Requests can be made as early as three months in advance and up to two weeks prior to the requested dates. Equipment is available on a first come, first served basis.

Year-Round Green Shack

Join in on games, sports, crafts, music,



Come join us at Grace United Church, 6215 -104 Ave, for strength & flexibility building yoga class. All ages and fitness levels are welcome.

Classes run Mon & Wed mornings from

9:30-10:30 am.

Cost is \$60.00 for one day or \$120.00 for both for a 10-week session. New session starting in January.

Call Corrie @ 780-466-6679 for details.

### Awesome Activities for All Ages! Bugs 101 – A Family-Friendly MOOC (Massive Open Online Course)

The University of Alberta is excited to share their latest free online course, Bugs 101, and the library will be participating with some special events.

Capilano Library will be hosting a familyfriendly mini-lecture about Pollinators! Pollinators are crucial components of any ecosystem, and our lives wouldn't be the same without them. Join us for a presentation from a University of Alberta entomologist to learn more about important insect pollinators, how pollination works, and the impact pollinators and pollination have on the world. Saturday, January 11th at 2:00pm

Interested in learning more about bugs? You can find more information about this free course through the University of Alberta at ualberta.ca/admissions-programs/onlinecourses/bugs-101

Grow with MusicBox Children's Charity – New at the Idylwylde Library

Music is a key part of a child's early childhood development. Music nurtures creativity, builds positive relationships and fuels hopes and dreams. Join MusicBox Children's Charity's early childhood education music program for children ages 2-5. MusicBox classes are based on movement and music to enhance your child's physical and intellectual development. Your child will explore different aspects of music and delve into their imagination.

There will be one session on Thursday, December 5th from 6:30-7:30 pm and it will run weekly on Thursday evenings from January to March.

### 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,

# **Getting Your Child to Sleep**

"These dark cold winter months, bears are sleeping soundly in their dens." "Why is my toddler awake again?" OK, maybe you only connect those two thoughts because you're exhausted, desperate for even one complete night's sleep for yourself and your little one!

You are not alone - and help is available! We have ideas to help young children sleep soundly, so both you and your child can benefit from the rest.

We know that sleep affects children's physical and emotional development. This website lists workshops about sleep for parents of young children: https://tinyurl.com/ t2ththr



including tips to start your own, check out: epl.ca/bookclubs/.

The upcoming book club titles at Capilano Library are Burial Rights by Hannah Kent for December and Before We Were Yours by Lisa Wingate for January. Come in anytime to pick up the book, and then join us on the fourth Monday of the month (December 23 and January 27) at 7:00 pm for engaging discussion. Book clubs at the Idylwylde library meet on Monday afternoons and Tuesday evenings (details available on epl.ca). Upcoming titles include Washington Black by Esi Edugyan and The Witches of New York by Ami McKay.

Senior's Drop-In at the Capilano Library Have a coffee, meet other seniors, and join in some fun activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the library and your community. Come into the branch to pick up a schedule of upcoming activities, or give us a call at 780-496-1802. Fridays 1:30pm-3:00pm

Featured Digital Resource: Solaro (Diploma Exams are coming – be prepared!)

An excellent resource for homework help and test preparation, Solaro provides the same great Alberta specific curriculum information you find in the Key and SNAP publications. You can take a quick quiz or create a Solaro account and work through course lessons, reviews and quizzes. If you create an account your lesson progress and results will be tracked to help you. Covers grade 3 through grade 12 Alberta curriculum. This online resource is free to access with your library card, and can be accessed either at the library or remotely from home. Find this resource and other free educational digital content at epl.ca/teen-subject/learn

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

Here's another with practical tips to consider: https://tinyurl.com/tbq3yjt

For bedtime stories you can read with your preschooler, check out this list of books from Shannon Clarke and Dorothy Hamilton, librarians at Capilano Library: bit.ly/ EPL SLEEP

The South East Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionately committed to nurturing young children. We wish everyone a happy, healthy holiday season.

www.facebook.com/SEEECCC/ www.earlychildhoodedm.ca/southeast



drama and special events. A complete list of activities and special events are posted on the side of Green Shacks each week. If there is a game or activity that peaks your child's interest that you would like to have included in programming, just ask the Program Leader. For additional information, please visit https://tinyurl.com/yxmcdolt.



South East Community Leagues Association (SECLA) photo by Monique Raymond

# Buried in bookkeeping? Gina can help.

Let me work hard to save you money. With my Bookkeeping Certificate from NAIT -I can now offer you these great services *without* high accountancy fees:

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- Accounts Receivable/Payable
- ✓ Payroll

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Month/Year end

With me you get someone who is reliable, diligent, friendly and knowledgeable. I work well under deadline and can prioritize and multitask to serve your needs.

Please contact Gina to discuss your requirements: innovatebookkeeping@gmail.com



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.eoldbar@assembly.ab.ca

Marlin Schmidt MLA Edmonton-Gold Bar

# Community League Membership Wellness Benefit



By becoming a member of your community league, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to create an exciting new program. The Community League Wellness Program provides current community league members with admission incentives to enjoy the City's world-class sports and recreation facilities.

All current members of an Edmonton community league with a valid membership card are eligible to participate in the Community League Wellness Program.

### How the Program Works

Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

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

Multi Admission Pass\* - 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Membership - 20% discount off an on-going monthly membership using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the options will be issued a photo access card to be swiped at each admission.

Applies to new purchases only.

For more information about the Community League Wellness Program, please go to https://tinyurl.com/rcggpbb

# Avonmore

# **Opportunity for Rink Maintenance Person**

Avonmore Community League is seeking an individual(s) to maintain our skating rinks (boarded rink and snowbank rink) from December to March (weather dependent). Duties include regular flooding, snow removal, and general rink boards maintenance. Rink maintenance equipment is supplied by the league.

Initial ice creation may be made by another contractor. Compensation is \$20/hr up to a maximum of \$4,000 for the season. To qualify for this contract the applicant must have taken (within the last 2 years) or willing to take the free Ice Making Course offered by the City of Edmonton. It is offered the evening of November 12. If interested and/or for more information, contact Anita at president@avonmore.org.

# **Indoor Soccer Program**

Avonmore will have 3 soccer teams for this coming indoor soccer season. We have a Girls and Boys U13 team as well as a Girls U15 team. Good luck to all our Avonmore soccer teams!

# **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!

# Abundant Community Edmonton (ACE)

Avonmore has set à goal to help neighbours host at least 10 block parties in the neighbourhood in 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!

# **Avonmore Hall Rental**

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

# Avonmore Online History Project

We are looking for pictures and stories from Avonmore's past. To get this project going and show some immediate results we have created a Facebook group where you can post your pictures, tell stories and ask questions. The Facebook group is the first in a series of events and activities. Watch for details.

Find us by going to Facebook and searching for Avonmore History Project. You will be asked to join the group first and then you can post. Hope to meet you there on line.

# **Seniors Programs**

Restorative Yoga and Pilates (+55) Thursdays from 2:30 to 3:30 p.m. September 26 to December 12, 2019: Drop In fee: 10.00: Instructor: Linda Turnbull

This program is offered through a partnership between the South East Edmonton Seniors Association (SEESA) and the Avonmore Community League.

# Playschool

For more information please contact our Playschool Teacher Jamie at playschool@ avonmore.org

### Yoga

*Fall Session:* The Fall Yoga session runs Tuesdays and Wednesdays until December 16 and 17. For more information and to register, contact Anita at president@avonmore. org.

Drop-ins Welcome - \$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 or 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.

# **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

Instagram: avonmoreleague

# 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. 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!

# **Drop-in Music Class**

Free Drop in Music Classes for 1-5 years of age at the Avonmore Hall. This runs November 4th, December 2nd, January 27th, March 9th, May 4th and June 1st from 10-10:30 am (doors open 10 minutes prior). Come join us for ½ hour of music, dancing and discovering new instruments at the hall.

# Winter Shinny hockey



Shinny hockey funs Friday evenings at Kenilworth arena, beginning in October and running until March 2020. This is fun shinny ice hockey and for more details, questions, or to register to play please contact Boris by emailing sports@avonmore.org

# **Avonmore Concert Series**

Avonmore Concert Series will be hosting local country/folk trio "The Carolines" on Saturday, January 25th.

Tickets \$25. Doors open at 7 pm. Show starts at 7:30 pm. Cash bar.

Purchase tickets at https://bradengatesavonmore.eventbrite.com.



# **Avonmore Book Club**

If you enjoy reading, the Avonmore Book Club would love to have you. Our next meeting is December 15 at 7:00 p.m. New members are welcome from any community. For more information contact Anita at president@avonmore.org

# **Neighbourhood Renewal**

Park Paving is not able to complete all the sidewalk and street repairs this fall that were identified in the inspection this summer. They will be returning in the spring to complete the work. Please continue to monitor problems and report them to president@ avonmore.org. This includes concerns about low spots where water pools and ice forms, these will be forward to the City.

# **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 11000 Stadium Rd; Saturdays, 5 p.m. - 7 p.m. until Jan 12 AND on Sundays 1-3 p.m. from Jan 19 onwards.

Hardisty Pool 10535-65 St; Sundays, 1:15 p.m. - 2:45 p.m. until Jan 12.

# Avonmore Parent & Tot Christmas Pajama Party



Parent and tot Christmas pajama party is happening Dec 12th at 10am. we will take a short break from meetings after the party and start up again in the new year.

Check out our Facebook group 'avonmore parent and tot' or email yaara at parentand-tot@avonmore.org for more details.

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# SOUTHWOODS URBAN VILLAGE AT HAZELDEAN





Housing FOR

# Southwoods

- Retirement Living Lodge Program
- \$2,075 per month includes 1 meal daily
- 1 bedroom + den; comes with full kitchen, in suite washer/dryer, spacious balcony

Visit Our Show Homes, 1–5pm daily 9433 – 67A Avenue NW, Edmonton, AB; or phone Lynne 780-975-2509

IMPROVING HEALTH AND

CREATING COMPLETE COMMUNITIES





- 2 + 3 Bedroom Family Townhomes
- Ask about Internet & cable TV incentives
- In-suite washer and dryer
- Near school, daycare and tot lot

Visit Our Rental Office, 1–5pm daily 6621 – 96 Street NW, Edmonton, AB; or phone Diane 780-432-3222

# Proposed Shops

Proposed local boutique shops and cafés will complete your urban village. Just steps from your door at the 4-way stop.





ChristensonGroup.ca

# Capilano

# COMMUNITY

LEAGUE BOARD	溪	COMMUNITY LEAGUE
President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Kyle	780 446-3121
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Marzena	780 909-5886
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Katie	780 916-4579
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building and Grounds	Monika	705 356-7455
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Michelle	780 490-7426
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613
Meetings are held every 3rd Wed of the month 7:30 p.m Sept – June		

# **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 capilanocl.ca.

# **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!

# Capilano Babysitting Registration

Babysitters! Join the Capilano Community League Babysitter Registry. Email capilanobabysitting@gmail.com

Parents! Contact capilanobabysitting@gmail.com to be linked to babysitters in your area.

# **CCL Program Director Needed!**

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

# **Community League** Has a New Website!

Thank you to Tanya Camp of Bucketduck Inc. for her work on giving us a fresh, new look!

Also, thank you to the community members who provided photos of our vibrant community.

The Capilano Community League would also like to give a huge thank you to Andrew Benson, CCL community member and owner of Studio Hazel branding and identity studio, for creating our new community league logo and the branding for our new website! Andrew wonderfully captured the heart of our neighbourhood, the river valley, in his design.

Check out our new website and branding at capilanocl.ca!

# **Capilano Community Outdoor Rink**

With another winter season ahead we are starting to prepare the outdoor rink! If the weather cooperates we hope to have the rink open for mid-December. Our Rink will be open 7 days per week, however, times may vary depending on weather, ice conditions, holidays and bookings, so please check the schedule in the club house for the latest schedule.

We will be accepting recurring Team bookings again this year as well as group bookings. For more information on times and availability please contact Michelle at 780-490-7426.

--Public skating allowing sticks and pucks Monday-Thursday 4:30-6:00 p.m. (this may vary due to availability)

Friday 4:30-9:00 p.m.

Saturday and Sunday 1:30-8:00 p.m.

--Family Skate no sticks or pucks allowed Saturday and Sunday 11:00 a.m.-1:00 p.m.

We will also have small recreational rink just beside the Clubhouse this year! This rink is always open for skating! We are very excited to spend another fun season with all of you! Please come out and enjoy our community rink!

# Hardisty Gymnastics – Winter Classes



Sponsored by Capilano Community League

Check out these super fun gymnastics classes!

Offering gymnastics TUESDAY or THURSDAY evenings

Where: Hardisty School (10534-62 St.) Tuesday Gymnastics Classes (8

weeks): Jan 7, 14, 21, 28 Feb 4, 11, 18, 25 Thursdays Gymnastics Classes (7 weeks): Jan 9, 16, 23, 30 Feb 6, 13, 20

Cost: Tuesdays - \$136 per child, Thursdays - \$119 per child, Sport Academy \$140 per child

- Parent & Tot, 18 mos.-3 yr old: 6:00-6:45 p.m. (Tuesdays or Thursdays)
- Preschool 3-5 yr old: 6:00 6:45 p.m. (Tuesdays or Thursdays)
- Preschool 3-5 yr old: 6:45 7:30 p.m. (Tuesdays)

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

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

Sport Academy 6-12 yrs: 6:45 – 7:45 p.m. (Thursdays)

**REGISTRATION:** Register online by visiting the Capilano Community League website (capilanocl.ca) under the Hardisty Gymnastics Club link or Sport Academy.



780-863-0914. As well, memberships are available at:

--" All Care Pharmacy" located at 5016 - 106 Ave. Contact the pharmacy at 780-244-2737 for store hours (Cash only). Thanks to "All Care Pharmacy" for supporting our community!

**Capilano Community** 

Please look up Capilano Community for

It is a great way for the community to get

is on Facebook!

information out quickly.

the latest events and happenings!

Please "Like" us on Facebook!

**Capilano Community** 

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

--SEESA (South East Edmonton Seniors Association), 9350 - 82 Street. Available at front desk during business hours (Cash only).

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

**TIME**: 2:30 – 5:30 p.m. (10810-54 Street)

6-12) and their families, however, all are welcome to attend!

A CSA approved helmet is mandatory for participation.

Celsius with the wind-chill or if the ice is unusable as deemed by the facility.

For more information, please visit www. edmonton.ca/dropincommunityprograms or call 311.

Come out with your children and see some old friends (or meet new ones!) from your neighbourhood!



Fun and basic skills are the focus of these free drop-in skating sessions delivered by the City. DATES: Sundays - January

12, January 19, January 26, February 2, February 9, and February 16

FREE Learn to Skate –

**Community Rink** 

🕰 CAPILANO

WHERE: Capilano Community Rink

This program is targeted for children (ages

\*Participants must have their own skates.

\*\*The program will cancel at -23 degrees

# Hardisty Gymnastics -**Sport Academy Try it** Night!

Sponsored by Capilano Community League This program is geared to elementary aged children wanting to try a variety of sports: basketball, football, baseball, etc. The TWIST?? Working on individual sport skills while learning the basics of balance, fall and rotations from gymnastics!!

Dates: December 17 or 19, 2019

Times: 6 – 7:45 p.m.

Pre-Register for this FREE session by visiting Capilano Community League website (capilanocl.ca) under Sport Academy.

# **Capilano Playschool** Free Trial Class/Open House Jan 29

Will your child be 3 or 4 this spring? Playschool is a great way for your child to socialize with other kids in the community and enjoy a Learn through Play program with our great teacher Ms. Jo! Spots are available

If you think your little one might be ready to start playschool now or next year, we are offering a free trial class Wednesday, January 29, 2020, from 6 – 6:30 p.m. and then starting registration with an Open House from 6:30 - 7:30 p.m. on the same night. We are located in Hardisty School (10534-62 street). For information/register, contact Bethany at 780-802-9307 or capilanoplayschool@hotmail.com.



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

# **FREE Swim for Members**



NOTE: Due to Hardisty's maintenance closure starting early January 2020, our community swim will switch to Commonwealth for about three months - see schedule below.

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

-Hardisty Leisure Centre from 1:15 to 2:45 p.m. on Sundays (until January 5, 2020)

-Commonwealth Community Recreation Centre from 1 to 3pm on Sundays (January 12 – April 5, 2020)

-Hardisty Leisure Centre from 1:15 to 2:45 p.m. on Sundays (April 12 – June 28, 2020)

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

# Share your Passion!

If you have a passion (sport, health, art, etc.-the possibilities are endless), and would like to share it with your fellow Capilano residents, Capilano Community League would love to hear from you. Come to one of our monthly meetings, or reach out to a board member by phone to see if something could be worked out with the Board's support (use of community facilities, possible funding for supplies, etc.). This could be an opportunity for you to be a lead volunteer for a one-time event in our community, or a longer term program. Come share your passion with others!



AONTO







December 2019/January 2020 Southeast Voice For more info:

edmontonfolkdance@gmail.com

www.edmontoninternationalfolkdancers.ca



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# f 🎽 🕨 💽



Southeast Voice

# Cloverdale

9411 - 97 Avenue (780) 465 - 0306 cloverdalecommunity.com

## **98 AVENUE**

# Attention: Road Closure

On or around November 30, 98 Avenue will be temporarily closed from the James MacDonald Bridge to the Traffic Circle at 98 Ave.

This closure is in order to assure safe passage of the span to the work site for installation.

This closure will last for one night.

This closure is to accommodate the erection of the span that will be going over 98 Avenue. Work will take place between 9:00 p.m. and 6:00 a.m. in order to minimize traffic disruptions. There will be overnight noise associated with this work. For the most current, up-to-date information visit http://transedlrt.ca/advisories/ or email: info@transedlrt.ca or phone 780-224-0964

# Coping with grief during the holiday season

For some, the holidays are a time of joy and reconnection with friends and family.

But if you've suffered a loss, the holiday season can bring up extra feelings of sadness and yearning for your loved one, an object, or a way of life you have lost.

One way that you can cope with your sadness and yearning is to talk about how you feel. Sharing your sadness with people who care about you helps lift the heaviness that sadness often brings.

Other steps you can take to cope with your feelings of sadness and yearning include:

• Look at photos, watch videos or exchange stories with other people about your loss.

• Take part in activities that acknowledge and mark the loss, such as funeral or memorial services after a death. This time of year, some funeral homes and religious institutions offer services to help people grieve, too.

• Surround yourself with people who make you feel safe and support you during your time of grief.

• Actively participate in normal day-today activities. Being active and taking part in daily activities keeps you focused in the present.

• Do something for yourself. Often we are so busy taking care of others we forget to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.

• Make healthy decisions. Get enough

sleep, eat healthy food regularly and if you drink alcohol, limit your intake. The more you take care of yourself, the better you'll be able to get through each day.

• Practice gratitude. Focus on the goodness around you. Thank those who have been caring and kind to youHealth Tools. Send thank-you notes to someone special or record things you are thankful for in a journal.

• Get help if you need it. Holidays can be especially hard if you are already dealing with the death of a beloved family member or pet, or the breakup of a relationship or end of a job. Talk with your family physician or call the Mental Health Helpline at 1-877-303-2642.

Although it may seem that your feelings of sadness and yearning will last forever, remind yourself that these feelings will lessen as time goes by.

**Reacting to others** 

If you find yourself being overly sensitive and easily offended by what other people say and do, you can:

• Pause for a moment before responding to what you consider to be an insensitive comment or action. Keep yourself from becoming preoccupied with thoughts about an insensitive comment. Instead, concentrate on your breathing, count to 10, or recite a short prayer or poem that calms you.

 Remind yourself that you are under stress and not acting as you normally would.
Ask people around you to allow you some

time to adjust to your new life situation.



Please bring an appetizer or dessert. RSVP by emailing: socialdirector@cloverdalecommunity.com Indicate the number in your group, what you are bringing to eat and if you are available to help set up and/or clean up after. Cost is \$10 for adults who are Cloverdale members and it's free for children.



Learn the skills to become active on the ice. Our program is designed around movement, participation and fun! We play games to enhance speed, agility, and control, all of which will give you the skills for other types of skating.

This free program is targeted for children (ages 6-12) and their families, however, all are welcome to attend!

· Skates and a CSA approved helmet are required to participate.

+ Programs will cancel at -23°C with wind chill, or if the ice is closed by the facility.

For more information, please visit www.edmonton.ca/dropincommunityprograms or call 311.



December 2019/January 2020 Southeast Voice

# **Forest Terrace Heights**

Commu	nity L	eague Contacts
President	Curtis	President@forestterrace.org
Vice-president	Jeremy	VP@forestterrace.org
Secretary	Allison	Secretary@forestterrace.org
Treasurer	VACANT	Treasurer@forestterrace.org
Hall Rental	Molly	Hall@forestterrace.org
Maintenance	Simon	Maintenance@forestterrace.org
Programs	Sarah	Programs@forestterrace.org
Rinks	Scott	Rink@forestterrace.org
SECLA Rep	Connie	SECLA@forestterrace.org
Outdoor Soccer	VACANT	Soccer@forestterrace.org
Babysitting	Anna	Babysitting@forestterrace.org
Casino	Anna	Casino@forestterrace.org
Grants	VACANT	Grants@forestterrace.org
Memberships	Sonya	Membership@forestterrace.org
Website	Curtis	Web@forestterrace.org
Signs	Anj	Signs@forestterrace.org
Newsletter	Kerry	Newsletter@forestterrace.org
Events	Kathleen	Events@forestterrace.org
Indoor Soccer	VACANT	Safety@forestterrace.org
Civics	Yvonne	Civics@forestterrace.org
Marketing	Joanne	Marketing@forestterrace.org
ACE	CoraLee	ACE@forestterrace.org
Director at large	Linden	Linden@forestterrace.org

# No Terrace Heights rink

Unfortunately, we won't be able to open the Terrace Heights rink this winter. A longstanding volunteer stepped down and no one has offered to take over. If you're interested, likely for the 2020-21 season, please email rink@forestterrace.org.



We are looking for two volunteers to take over as soccer co-directors in January, in time to kick off the outdoor season. Please contact soccer@forestterrace.org for more information or to express interest.

We also need:

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. Please join us for the first meeting of the new year, on Tuesday, Jan. 7, at 7 p.m. at the hall to see what we're about. And please contact president@forestterrace.org for more information or to express your interest.

# Tea with your neighbours



race Heights. Bring your favourite mug for hot beverages. RSVP for the address, and feel welcome to come over even for part of the time. This is being hosted by neighbours for neighbours as part of the Abundant Community Edmonton initiative, in partnership with Forest Terrace Heights Community League.

If you're interested to know more, contact CoraLee at ACE@forestterrace.org or 780-430-4307.

# Get a membership!

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.

# Membership benefits

Don't miss out on all the benefits that come with a membership in the Forest Terrace Heights community league:

Show your 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.

Once a month, our partnership with Grower Direct means one lucky member gets a bouquet of fresh flowers. This month, our hall rentals director Molly (pictured), had her name drawn from among those who attended the November board meeting. Please join us at our next meeting, 7 p.m. Jan. 7 at the hall, for your chance to win.

Fabutan Capilano offers some great discounts on tanning, spray tans, lash extensions and redlight skin rejuvenation to anyone with proof of league membership.

Members get a discount on rental of our community hall. 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 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



DROP OFF BAKED GOODS: FRIDAY, DEC. 13, 6:30-8 PM OR SATURDAY, DEC. 14, 10-11 AM.

SHOP FOR SWEETS: SATURDAY, DEC. 14, 11 AM-1 PM OR UNTIL WE SELL OUT.

PLEASE **VOLUNTEER** AT VOLUNTEERSIGNUP.ORG/LFH4A



# **Fitness programs**

The last of our yoga classes are on Dec. 9 and 16, then all programs are on hiatus until the new year. Check out the events calendar on our website, forestterrace.org, or visit our Facebook page for information about the next sessions of Pilates, Yoga and High Fitness.



hand, power and yard tools for a week at a time. To claim your membership, visit the tool library location at the Bellevue Community Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card. To make the process faster, go to the edmontontoollibrary. weebly.com to complete the membership application 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.

# **Casino volunteers needed**



The South East Community Leagues Association is seeking volunteers to help with our casino on Jan. 15 and 16, 2020, at Casino Edmonton on Argyll Road.

Casino proceeds are SECLA's main source of funding to provide valuable support to our communities. For example, SECLA covers the cost of distributing the Southeast Voice to residents in all SECLA-area neighbourhoods and pays for the new community league flags at the skate park each year. We hope you can volunteer, and please ask your friends to join you!

To volunteer, contact Connie at Connie@ forestterrace.org or 780-462-1442.

# Save the skate date!



Forest Terrace Heights community league will be hosting free Learn to Skate sessions at the Forest Heights rink, Mondays from 5 to 8 p.m., Jan. 6 to Feb. 16. Watch the website, forestterrace.org, or visit our Facebook page for more information.

# Thanks from the Heights Community Garden



We would like to thank all the wonderful gardeners at The Heights Community Garden for a great year. Special thanks to everyone who filled out the year-end survey. The winner of a free 2020 plot rental was Elissa.

We're looking forward to planning next year. If you would like to rent your own plot or be part of the garden committee, please email garden@forestterrace.org

# **Fulton Place**

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

# **Babysitter Course information**

Does your child stay home alone? Sign him or her up for the next Red Cross Babysitting Course sponsored by Fulton Place Community League. All the safety and first-aid that a babysitter or someone staying home alone needs to know presented in a fun, hands-on workshop! Newly revised, the Babysitting course now has a greater emphasis on First Aid skills. It covers everything from managing difficult behaviours, to essential content on leadership and professional conduct as a babysitter. This updated curriculum, also provides improved learning when it comes to giving appropriate care in the event of an emergency. Some examples of First Aid covered choking (adult/child/baby/alone), are:

CPR (baby/child), illness, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, wound care (i.e. minor cuts and scrapes), splinters and nosebleeds The next course is scheduled on Saturday, February 29, 2020 from 9:00 am - 4:30 pm at Fulton Place Community Hall (6115 Fulton Road).

Cost: \$75 (inc. GST). Subsides for 2019/20 Fulton Place Community League Members upon request.

Child must be 11 years old by February 29 to register.

Don't delay! Limited spots are available. For more information, contact Ruth at babysitter@fultonplace.org

# **Shinny Hockey**

Sunday Night Shinny Time: 9-10:30 pm

- End Date: Sunday March 22
- (NO SHINNY DECEMBER 22 & 29)
- Where: Michael Cameron Arena, 10404 -

56 Street NW

Full Season: \$475 (payable by cash or etransfer)

Payment plans can be arranged. Please email Jorgen Jespersen at jjespersen@younglife.ca to register.

# **Community Swim**

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

Hardisty Leisure Centre will be closed for Maintenance from January 6, 2020 until April 8, 2020.

Our alternative facility will be Commonwealth - Saturday 5pm-7pm - \$10 per session

# Weiss-Johnson HEATING, AIR CONDITIONING

# House Too Cold?...We Can Fix That!

If it's time to replace your home's furnace Weiss-Johnson has the experience and expertise to ensure it's installed right!





12 year parts limited warranty.



Receive a complimentary duct cleaning with the purchase of a new furnace. Call Weiss-Johnson today!

780-463-3096 weiss-johnson.com

\*\*conditions may apply

# Workshops & 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: 9:15 -9:45am Fulton Place Community League

6115 Fulton Road Jan 7 – 28, 2020 • Feb 25 – Mar 17 2020

### Encouraging Clear Speech Workshop Fulton Child Care Association 10310-56 St (West Doors)

Tues Dec 17, 2019; 6:30 - 8:00pm The presenter will be a Speech-language Pathologist Assistant from Alberta Health. During the workshop, you will learn about typical speech sound development, ways to help your child with pronunciation and clarity at daycare and at home. You will be able to ask questions to the presenter. For preschool children (age 3-6) who are putting words into sentences but not speaking clearly. It provides general tips on how to help reduce your child's frustration with speaking, and where to get more help for your child if needed. Participants will receive a Certificate of Attendance at the end of the workshop.

\*This workshop does not provide strategies for stuttering.

• Messy Play is Fun Play This 5 week program is designed for children ages 2 to 5. During each class we will explore 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: 9:30 -10:30am Fulton Place Community League 6115 Fulton Road Jan 6 – Feb 3, 2020 • Feb 10 – Mar 16, 2020

### • Baby and Me Yoga

Moms and Dads! There are many benefits both for the mind and

body by participating in Yoga. This 8 week yoga program is suitable for all levels

and each pose can be altered to suit your needs. Through our yoga program you will have a chance to stretch and strengthen your muscles all while making connections with your little one. Both during and after the program you and your little one will have a chance to meet and socialize with other parents with young children. New moms will need to be 6 weeks postpartum and have clearance from your doctor to resume exercise. • Wednesdays: 2:00 -3:00pm Fulton Place Community League 6115 Fulton Road Jan 8, 2020 – Feb 26, 2020





# Strathearn PSYCHOLOGY

# 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 9536-87 Street (In the Anahata Wellness Studio)

www.strathearnpsychology.com



# Jenny McAlister

# **Registered Psychologist**

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

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

www.JennyMcAlister.com

# CHRISTMAS STOCKING STUFFER FOR AGES 3-8 Children's Book Have fun with your kids while they learn how to be a good person!

Shop at www.pippili.ca

Support a local author!

# Private Voice Lessons

With Singer, Teacher & Health Professional Anna Beaumont

All voices and levels are welcome.

www.annabeaumont.com 780-499-6707 anna.beaumont@gmail.com "Transform your life one note at a time"



# Happy Holidays!



City Councillor for Ward 8 ben.henderson@edmonton.ca 780-496-8146

# **CHRISTMAS DINNER...on a pizza!**



We top our hand-pressed dough with sage cream sauce, seasoned rotisserie turkey, house-made stuffing and Italian cheeses. Served with cranberry sauce and warm turkey gravy. Includes a free TOBLERONE while supplies last!



This Holiday Season, join us for drinks and apps starting at \$4. Sunday to Thursday from 3pm – 6pm & 9pm – close.

> Boston Pizza 780-465-0771 Capilano 5515 101 Ave





# Gold Bar

# **Gold Bar Community League Contacts**

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Cody Charlene	codycharlene86@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
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Joelle Zimmerman	Joelle_zimmerman@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Sharon Harker	gbhallfun@gmail.com
Sign Director	Lindsay Kocil	lindsaykocil@me.com

# **Games Night**

Jan 24 - 6:00 to 10:00 pm (potluck and beef on a bun)

Feb 28 - 7:00 to 10:00 pm (snacks provided by the CL)

Mar 20 - 6:00 to 10:00 pm (potluck and beef on a bun)

April 24 – 7:00 to 10:00 pm (snacks provided by the CL)

May 29 - 6:00 to 10:00 pm (potluck and beef on a bun)

Bring a game to play or try one of the many games provided by the organizers.

For more info contact gbhallfun@gmail.com

# Gold Bar Craft Sale

Come one, come all!!! Gold Bar Craft Sale is back again for another fantastic day of home made gifts from local artisans! 32 tables of crafts, something for everyone! Plus concession and a huge bake table. Tell your friends and neighbors! December 7, 10am-3:00pm. Hall is at 4610 105ave free admission and free parking!

# Save the Date!

**Spring Fling Dinner and Dance** Saturday May 2, 5 – 9 pm

\$20/family \$5/person

Page 14

Dinner includes hot dogs, salad, dessert, coffee/tea, juice and pop. There will be GF options.

Purchase tickets at https://www.eventbrite. com/e/spring-fling-tickets-79931907487

For more info contact Jessica Walker at 587-988-9672 jess.walker28@gmail.com

# Hatha Yoga at Gold Bar Community Hall

Tuesdays 9:45 – 11:00 am Wednesdays 8:00 – 9:15 pm

- Current Session: November 5 December 18 Next Session: Jan 7-Feb 22
- Instructor: Nancy Conlin
- Certified yoga teacher with 20 years of teaching experience

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

Prepaid classes can be used for future sessions.

Class begins with centering and grounding yourself to be present and focused without distraction. Each week the instructor will create themes and bring a variety of practices that encourage relaxation and finding overall wellbeing. No previous yoga experience required. Send an email anytime with questions or requests nancy conlin@hotmail.com

# **Yoga Workshop**

Sunday January 26; 11:30–3:30; Cost: \$40 Workshop includes: yoga and meditation to balance the 7 energy centers in the body. Making a chakra bracelet, snacks and tea. Instructor: Nancy Conlin

# 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. Parkway –

Saturday Dec 28 evening/late night Thursday Jan 30 evening/late night Saturday Feb 22 afternoon Fort Road Wednesday Feb 5 evening/late night

# Okinawan Karate Dojo



**Monday and Thursday Evenings** Train at Beverly Heights Hall on Mondays

and Gold Bar Hall on Thursdays Family Class (age 7+) 6:00-7:00 pm Adult Class (age 13+) 7:00-8:00 pm Kobudo (Weapons) Class: 8:00-9:00 pm Your registration fee gives unlimited ac-

cess to all 3 classes on both nights Fees: Jan - April

### 1 person \$120

- 2 people \$220
- 3 people \$300
- 4 people or more \$400

Never too late to register. Fees will be pro-rated

Memberships Required

Any CL membership accepted \$60 annually / person for dojo related

memberships For more info or to register email gbhall-

fun@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.

WE NEED YOUR HELP!! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU! If you're interested in helping

# Mom and Me Fitness Class



This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play (I have a bin of toys), be worn or in a stroller. Bring a yoga mat, water, and anything

your kids need. This class runs Monday's and Thursdays from 930-1030am.

This session runs until Dec 16/19 the next session is Jan 6/9. -Feb 24/29 (no class family day). Although you can join at any time

Contact Lisa to register or with any questions.

Mondays \$70 (no class Feb 17), Thursdays \$80 (both days \$150), 5 pass \$55 or drop in \$12. Fees will be prorated for late registration.

Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com



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.



# Holyrood

### 9411 Holyrood Road www.holyroodcommunity.org Twitter: @HolyroodCL Facebook: Holyrood Community Leagu

# **Holyrood Community League Contacts**

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
	Alison	casino@holyroodcommunity.org

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.





# **2nd Annual Holyrood Winter Fest**

The date has been set. Join us on January 18th, 4-8pm for horse-drawn sleigh rides, s'mores and fireworks! This year's fest will be celebrating SEESA's 40th anniversary! Come out with the entire family and enjoy a colourful winter party with your neighbours.

have letters sent out to a small radius of your

neighbours, so if you have received a letter, it

# **Nextdoor App**

Many Holyroodians have been receiving generic letters from an app called "Nextdoor", and have been enquiring about it. Nextdoor is a neighbourhood networking app that can be downloaded for free to your phone or computer. It is a community forum that allows your neighbourhood, and your surrounding neighbourhoods, to receive focused information that is relevant to you, straight from your neighbours! Part of the sign in process allows you to choose to

### means one or more of your neighbours have signed up. Many folks in Holyrood have signed up, and our community league is currently us-

and our community league is currently using Nextdoor, and checking out other similar apps such as Comunibee, to find out the best way to communicate with our members. Keep your eyes on the SEV and social media to find out more!

# Babysitter's Registry



Holyrood is starting a baby-sitter's registry in the community for evening and weekend babysitting needs. Sitters must be certified in a babysitter's course, have proof of the course and have guardian permission to be added to the list.

We are looking for a community member who is willing to take on the coordination of the babysitter's registry. Please email programs@holyroodcommunity.org if you are interested in volunteering.

# Holyrood Casino Dates & Volunteers

Holyrood has received its casino date for 2020, which is June 25 - 26th at Pure Casino. We are currently seeking a Casino Coordinator, duties are keeping organized lists of community volunteers, including contact & shift lists. Please contact communications@ holyroodcommunity.org to express your interest in volunteering.

Learn to Skate

Learn to skate will run on the community rink from Tuesday January 7 to Saturday, February 15. Tuesday/Thursday from 4pm - 7pm and Saturday 10am - 1pm (times subject to change depending on City of Edmonton availability).

Gain the skills to become active on the ice! The program is designed around movement, participation and fun! There are games to enhance speed, agility and control, all which will give kids the skills needed for all types of skating.

This program is tailored for children 6-12 years old and their families, however, all are welcome to attend. Skates and a CSA approved helmet are required to participate. Programs will cancel at -23°C with wind chill, or if the ice is closed by the community league.

# Holyrood Holiday Cookie Exchange



Holyrood cookie exchange has been canceled. Sorry!

# Idylwylde

8631 - 81 Street NW (780) 466 - 7383 idylwylde.org

	dylwyl	de Executive
President	Kate	presidentidylwylde@gmail.com
Vice President	David	vpidylwylde@gmail.com
Treasurer	Pat	treasureridylwylde@gmail.com
Secretary	Corrina	secretaryidylwylde@gmail.com
Casino/SECLA	Bridget	casinoidylwylde@gmail.com
Civics	Lee	civicsidylwylde@gmail.com
Programming	Vacant	
Membership	Michelle	membershipidylwylde@gmail.com
Garden	Epiphany	gardenidylwylde@gmail.com
Facilities	Stuart	facilitiesidylwylde@gmail.com
Social	Mick	socialidylwylde@gmail.com
Publicity	Rachel	communicationsidywlylde@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.

# Program Calendar 2019



Classes are FREE for ICL members. Make sure to show your membership card to the instructor. Full schedules can be seen at our website: idywlylde.org

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

### **Pilates Mat Class**

Instructor: Kelly Bray Mondays, 7:00 - 8:15 p.m.

September 16 - December 9

(No class on October 14 and November 11) Pilates is a system of controlled exercises that engage the mind and condition the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balance approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. The heavy emphasis on abdominal strengthening is a necessity and the class is designed for every fitness level. Kelly Bray is a certified Pilates instructor and have many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

**Fall into Fitness Class** Instructor: Kelly Bray

tober 1, 8 & 15 start at 2:00 p.m. No classes November 12 & 19)

**Chair Yoga** 

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

Wednesdays, 7:00 - 8:15 p.m.

September 18 - December 11

A complete conditioning program; an active class that strengthens your body from

head to toe and keeps burning fat even after

class! You'll develop your balance, coordina-

tion, aerobic fitness, strength and flexibility

through resistance training, intervals, power

moves, plyometrics and endurance activities

to help us get and maintain a fit body in a safe

and fun environment. A pair of runners, a mat

and a water bottle is all you need. Dress com-

(Please note, classes on September 24, Oc-

fortably as you are going to sweat!

Instructor: Susan Lobkowicz

September 24 - December 10

Tuesdays, 2 - 3 p.m.

(No class on October 16)

# **Old-fashioned Sunday Funday**



On Sunday January 19, we will be hosting a free event that is sure to be fun for the whole family! We will have a fire bowl with s'mores, hot chocolate, indoor games, jamcan curling, skating and more! The event will run between 1:30pm and 3:30pm, we hope to see you there!

# **Program Chair Needed**

We are in search of a new Program Chair to continue the great work done by our previous chair, Kamila. This position is required to make sure we continue to have community swims, as well as to organize all the free programming that our community has come to love. Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails, and a few hours spent planning and coordinating. If this sounds like something you would be interested, please let Kate know.

# 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 7, 2019 End Date: August 29, 2020 Hardisty Leisure Centre (10535 65 Street) Sundays: 1:15 pm - 2:45 pm Starts Date: September 6, 2019 End Date: June 28, 2020 Hardisty Leisure Centre will be closed for Maintenance from January 6, 2020 until April 8, 2020.

# 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.

# **Dermott District** Park is OPEN

After being delayed by a year due to difficult construction weather, our district park is open! Come take a stroll on the walking loop and try the exercise equipment. Don't forget to bring the young and young at heart to try out some of the new play equipment, too! There will be ongoing construction in the area to finish some of the play equipment in the spring and summer of 2020. Search Dermott District Park on Edmonton.ca for more information.

# Little Free Library

Fall is a great time to take a walk through the community and enjoy the leaves changing color. Take a detour and visit our Little Free Library over at 7932 83 Avenue. Grab an exciting book from the collection or drop off one of your favorites that you think someone else may enjoy.

# **Social Chair Needed**

We are in search of a new Social Chair to continue the great work done by our previous chair, Mick. This position is required to make sure we continue to have community events such as block parties, our annual membership drive, as well as things like the big bin event. Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails, and a few hours spent planning and coordinating. If this sounds like something you would be interested, please let Kate know.

We are also looking for individuals to help with setting up, clean up, or ad-hoc committee work for special events. Send your contact information to socialidylwylde@gmail.com so we can add you to our list of volunteers. No commitment necessary, we will let you know if we need a hand!

# **Cheery Tomato Community Garden**

With the harvest done, and fall setting in, it is time to start planning the garden for next year. Contact us at gardenidylwylde@gmail. com and we'll let you know how you can be involved with our amazing little community garden.

# Monthly **Community Meetings**



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



Join me at my Holiday Open House at my new constituency office!

Thursday, December 19 2 – 5 pm 10045 81 Avenue





Heather McPherson Member of Parliament | Edmonton Strathcona Email: heather.mcpherson@parl.gc.ca | Phone: 780-495-8404



# Ottewell Dental Clinic Dr. Brian Zwicker DDS and Associates - General Dentists WELCOMING NEW PATIENTS!



Comprehensive Family Dental Care Insurances Billed Directly

# FREE ORAL-B 2000 ELECTRIC TOOTHBRUSH

with a New Adult Patient Checkup and Cleaning

# www.ottewelldental.com (780) 465-0505

Mon/Fri 8-4; Tue/Wed/Thur 8-6; Saturdays by Appt

# For All Your Real Estate Needs...



Not intended to solicit properties already under contract.



# Learn to skate... with Figure 8

Registration now open for January classes.

Winter CANSKATE & Learn to Skate Programs for all ages. Kenilworth Arena 8311 68A St NW

Register at FIGURE8SKATING.CA





December 2019/January 2020 Southeast Voice

# Kenilworth

# **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!

# **Regular Meeting**

Monday, January 13 @ 7 p.m.

# **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 \$5
Day Rate \$300.00 \$3
Damage Deposit

\$550.00 \$385.00

\$250/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.

# Save the Date!

December 29th. Games and hot chocolate at the hall!

All ages welcome.

More details to follow

# **Community League Swim**

We now have Community Swim access to Commonwealth Community Recreation Centre (11000 Stadium Road), effective immediately.

Hours are Sundays from 1:00 to 3:00 pm. Bring your KCL membership card to get in FREE at this location and time.

It is shared time (not exclusive), but does include full facility access to the Rec. Centre\*.

\*Full facility access includes those amenities that would normally be accessed through a standard facility admission and access is only permitted during the designated community league hours. For Leisure Centres this does not include access to drop-in programs which require the purchase of a facility plus admission.

Please note that we no longer subscribe to Hardisty Pool.

# **Kenilworth Playschool**

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.

# **Nextdoor App**

Did you receive a generic envelope encouraging you to sign up using an App called "Nextdoor"? Perhaps it seemed mysterious. Fear not. Nextdoor is a neighbourhood networking app that you can download to your smart phone or computer. It allows you to receive more focused information that is relevant to your community. There is an opt-in when you sign up that causes the app to mail out invitations to residences within a small radius of the postal code provided, so if you have received one of these invitations, it means someone in your neighborhood has signed up. If this is a way that you like to get your info, feel free to sign up. Many Kenilworth residents have already done so. We are trying out both Nextdoor and Communibee apps as methods to engage with people. Please be patient with us as we sort all of this out!

# **Rink Attendants Needed**

Kenilworth Community League (KCL) is seeking three (3) Rink Attendants for the 2015-16 skating season. Rink Attendants are casual, seasonal positions, working evening and weekend shifts.

Rink Attendants are responsible for opening and closing ice rink, and maintaining and supervising the rink room during operating hours. Duties include:

• providing assistance as needed to community members using rink,

• ensuring rink room and equipment is maintained and available for skaters,

• verifying skating tags, and providing membership sales to users without current skate tags, and

• light cleaning duties.

No experience necessary, however, attendants must be 18 years of age, and have valid first aid certification and a Police Background Check (note: KCL will cover the costs of first aid certification and police background check for successful candidates).

# Have a New Neighbour? 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!

# Kenilworth Family Ice Trail



The ice trail is a winter project that we feel has value for our community, our neighboring communities, and the city. It creates an extra winter recreation opportunity for Edmonton residents, gets people outside and facilitates a vibrant community atmosphere where things are happening during the bleak winter months.

This project represents an extra annual financial investment of at least \$26,000. We have applied for winter city grants as well as grants from other corporations and been nominally successful during the past two years. Our challenge is to make this a sustainable project year after year.

This is where we need your help. We are running a fundraising campaign and will decide whether to proceed on October 30th. Please note that we are a registered charity. Many of you already donate to charities. Please consider investing in your community by donating to it! Your investment comes right back to you!

There are a few ways you can help:

-If you have a corporate connection that would be interested in sponsoring this project, please forward the contact info to me. For donations of \$3000 or more we can even install an ad on the interior boards of our hockey arena if this is desirable.

-Spread the word to your friends and neighbors if they are interested in supporting a local organization

-Donations can be made by cash or cheque and we are inquiring about e-mail transfers. Please indicate that it is for the ice trail campaign. Charitable receipts are available on request.

# **Toddler Time**



Mondays 10:00 am - 11:30 am

Kenilworth Community League 7104 - 87 Ave.

Starts Sept. 9, 2019

Free drop-in play time for kids 0-5 years old and their caregivers.

A great place to make neighbourhood friends!

Contact Jo for more information. jtong77@gmail.com"

# Scrapbooking/ Cardmaking Garage Sale

Scrapbooking/Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, March 14 at 9:30 to 1:00 p.m. Great bargains for you for your next projects!

# 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

# 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.

### Muttart Conservatory Update For those com-

munity league members who order them for this year, passes



will be honoured for six months after the Muttart reopens next year. If the conservatory re-open as scheduled in January, 2021, it will honor the 2019 passes until July 2021.

# 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.

# **Ask Charles**



I saw an ad saying a real estate professional will buy my house if it's not sold in 90 days. Should I be wary?

Wary might not be the best word, but you do need to make sure you understand the details of the offer. This type of offer is a guaranteed sales agreement, and while there is nothing illegal or wrong with a real estate company offering this kind of arrangement, it is rarely the best option for consumers.

In a guaranteed sales agreement, a real estate brokerage agrees to buy a piece of real estate from a seller at a previously agreed upon price, if it hasn't sold to someone else before a certain date. Only real estate brokerages can offer these agreements, not individual real estate professionals.

If you're selling your home to buy another one, you may be interested in a guaranteed sales agreement for the home you own now. It could help you avoid owning two homes and paying two mortgages. A guaranteed sales agreement might give you the confidence to proceed with your new home purchase before selling your current one.

What sellers need to keep in mind in these arrangements is that the real estate brokerage wants to minimize its risk.

For example, it's rare that a guaranteed purchase price will be based on the property's listing price or the property's market value. In most cases, the brokerage calculates the guaranteed purchase price using a formula where legal fees, carrying cost, and commission on the resale are subtracted from the purchase price. This minimizes the brokerage's risk, but it can also greatly reduce how much that seller receives for their home.

Brokerages that offer guaranteed sales programs are required to have policies for those programs. Those policies should include how the brokerage sets the guaranteed sales price and who is in control of the property's listing price during the listing period; it may not be the seller. It's not unusual for a guaranteed sales agreement to include a clause that requires a seller to lower their listing price during the term of the listing. Remember, your real estate brokerage wants to minimize its risk. It prefers to sell your property to a buyer rather than to use the guaranteed sales agreement, and lowering the listing price can sometimes help that happen.

If your real estate brokerage offers you a

# <section-header>

Kenilworth 7104—87 Ave

January 4—3

Mon and Wed: 3:30-6:00pm

Sat: 1:00-5:00pm

**Community League** 

\* 322

### Get active this winter and learn to kicksled, snowshoe, cook outdoors

and so much more! Join us three days a week for free winter programming!

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

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.

GET IN TOUCH WITH US

@GreenShacks

Greenshack@edmonton.c

guaranteed sale agreement, it's up to you to decide whether you're interested. Before you do, make sure you read and understand all of the fine print.

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



# Ottewell

### Ottewell Board Contacts Executive: President – Corinne Vice President – Colleen Secretary – Sandra L. Treasurer – Eric Board Members:

**Bingo Director** – Kyla Casino – Colleen Hall Manager - Tim Grants – OPEN Big Bin -Building Projects - Lukas History of Ottewell Committee -(Looking for more members of this Committee) Indoor & Outdoor Soccer Director - OPENSummer Playground Director -Colleen Social Team – Many OC Members Playschool Rep – Tyler **Rink Chair** -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 Avenue NW

Edmonton AB T6B 0X2

# Thank you, Casino Volunteers!

Thank you to the volunteers that gave their time to assist with our major fundraiser -CASINO 2019! This fundraiser contributes to upgrades and maintenance of our community building and rinks.

# Thank you, OCL Crafters!

Thank you to all the crafters that participated in our Holiday Market. This year was a huge success! We had over 400 shoppers come to our community hall. We all look forward to 2020 OCL Holiday Market!

# Ottewell Community League on Facebook

Follow us on www.Facebook.com/ OttewellCommunityLeague to keep up to date on what's happening in our community! You can also subscribe to receive all the community league news and event postings via e-mail on our website at Ottewell.org

# Season's Greetings from OCL



To our Ottewell Community Neighbours: Here's a Christmas message Sent especially for you Bringing a wealth of wishesTo last the whole year through

Christmas is a special time That we celebrate each year A time for sharing happiness And much goodwill and cheer! Happy New Year from Ottewell Community League



# **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. There is no meeting in December. The next meeting is on Tuesday, January 21 - 6:30 PM sharp. Come and join in! Find out what's happening in YOUR community.

# After School and Weekend Rink Attendant



The Ottewell Community League is looking for a responsible individual who enjoys the outdoors to fill the position of rink attendant. This individual would open and supervise our rink weekdays 4 – 6pm, Saturday 10am-6pm, and Sunday noon-4pm. This is a paid position and might be suitable for a student. Please submit resume to ottewell2212@gmail.com

# Volunteer with the Ottewell Community League

Are you interested in Volunteering for OCL? WE NEED YOU! We have many opportunities available that include one-time events or a more regular commitment.

• General Volunteer (also known as "call me when you need someone" and if I can help, I will).

• Volunteer Coordination (assist the board with finding/scheduling volunteers for events)

• Project Team (Ottewell Community League Building needs some tender loving care, if you want to be a part of progress with future changes and upgrades, we need you. All plans will be presented to the board for approval).

• Grants (help ensure we have addressed all possibilities to obtain funds available to us).

• Sponsorship Coordination (obtain sponsorship and liaise with sponsors and Communications Director to ensure proper recognition)

• Events Team Lead (organize events team to put on events for the community league)

• Events General Volunteer (help out at various events – shifts are 2-4 hrs)

Please email ottewell2212@gmail.com to inquire about any of these positions. Keep up-to-date on all the events by subscribing to on our Website: ottewell.org, or following us on facebook.com/OttewellEvents.

# Ottewell Ice Rink

We are very excited for the OCL Rink Season. Mother Nature needs to cooperate so that we can begin our flooding process! Our goal is to have our rinks open to the community by December 15, weather permitting. When using the rink, remember to wear your 2019/2020 community skate tags. If you don't have tags yet, don't worry! We can sell you your 2019/2020 OCL community membership, which includes your skate tags.

Volunteers are important! Thank you to the volunteers who help with supervision in the past, and we look forward to working with this season's volunteers. We plan to change hours to ensure the after-school skaters get that opportunity to lace up those skates. If you want to volunteer to supervise the rink, email ottewell2212@gmail.com.

Please watch OCL Facebook and the OCL Website for updates. We will also post at the community hall on our bulletin board of rink date to open along with a schedule for this winter season 2019/2020



# **Ottewell Community League Playschool**

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

Go to www.ottewell.org/playschool/ for details on the playschool program. Registrations are still being accepted for the 2019/2020 school year, email - playschoolO-CL@gmail.com for registration information.

# Magic Paws Dog Grooming

- Proudly Serving The Community For Over 6 Years
- A Home Environment Where Your Pets Are Like My Own

Call Or Text Penny For Your Appointment Today

780-974-1423

South Edmonton facebook.com/magicpawsdogggrooming

# **UPCOMING EVENTS – SAVE THE DATE**

OCL Christmas Craft Night - December 5, 7:00 -11:00

For all you creative crafters, this is the night for you. We will gather to get creative in a great festive setting with the tree a glow to make Christmas Gnomes. In-

struction and supplies by "Two Buds". Discounted rate for OCL membership card holders. Sign up on EventBrite. See Facebook and our website.

# Yoga by the Christmas Tree - December 12, 7:30 - 9:00

Join us for some self-care before the busy hustle bustle of the Holiday Season. Relax in this restorative hatha yoga practice by the glow from the Christmas tree. We will focus



on relaxing poses, breath work with essential oils. Please bring your yoga mat, a blanket and a pillow if you have one available.

- OCL members \$15.00
- Non-members \$20.00

Bring a food bank donation and save \$5 WE will be

### Seniors Tea - Spring of 2020

We will be hosting our Seniors Tea in the Spring of 2020. Watch the website and SEV for more information in the future.

# Abundant Community Edmonton - Ottewell

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,





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

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

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

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



go to ottewell.org or email ACEOttewell@gmail.com.

# **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.

# Ottewell Community Park



Winter is coming very soon!

The city has closed the spray park to prepare for our winter season. The hills in Ottewell Park are perfect for a romp in the snow. We will have our Ice Rinks open for all to enjoy! Watch our Website and Facebook for opening days and times.

Remember that four-legged friends are not allowed in the Ottewell Community Park. Please respect the City's Dog Bylaw.

# Ottewell Community News and 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. Stop by our Community Information Board to see what is happening in Ottewell!

# Family Literacy C.O.W. Bus

The COW Bus will be on a Winter break from December 7 through January 13th. Our last day at Ottewell will be December 6, 2019 and then we will return on January 17th, 2020. Thank you!



# Strathearn

From your friends at the

Strathearn Community League...

**9511 - 90 St** (780) 461 - 9268 **Strathearncl.org** 

**New Year's** 

**Day Family Skate** 

It is with a heavy heart we have to announce

# **SCL Board Members Names and Emails**

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Yasir	vicepresident@strathearncl.org
Treasurer	Jason	treasurer@strathearncl.org
Secretary	Leah	secretary@strathearncl.org
Membership	Jen	membership@strathearncl.org
Building & Grounds	Vacant	grounds@strathearncl.org
Social Director	Andrew	events@strathearncl.org
Communications	Angela & Pam	communications@strathearncl.org
Programs	Erin	programs@strathearncl.org
Hall Rental Coordinators	Darrah & Ben	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org
Member at Large	James	
Member at Large	Andy	
Member at Large	Evan	
Member at Large	Annette	

# **Strathearn Community League - Kids Holiday Party**

Join us Friday, Dec. 6, 1:30pm at the hall for an afternoon of holiday festivities. Games, treats, special guests and a free performance of Kompany Family Theatre holiday production A Very Merry Moosemas - created especially for the very youngest of audiences it is a highly interactive show chock full of holiday stories, songs, adventures and fun... a show for the whole family. All welcome!

# **Strathearn Welcomes The Hair House!**

A couple of months ago, a new hair salon set up shop in the heart of Strathearn. We sat down to meet The Hair House:

1.) Tell us a bit about yourself.

We are located at 9404 91 Street in the Strathearn neighbourhood of Edmonton. Since the 1950's this location has operated as a hair salon.

Michelle Gilewich and Tanya Jarvis are the new proud owners and are dedicated to supporting and mentoring hairstylists to have a successful and fulfilling career. We are also looking to hire some additional hairstylists for our team!

2.) What have been your impressions of the community so far?

The Strathearn Community has been so welcoming to us so far! We would like to invite residents to the area to stop by the salon so we can meet you and you can see our salon. Thank you to our neighbours who have



3.) How are you dealing with the LRT construction?

We don't know any different!

4.) Is there anything else you would like to tell the community?

The Hair House is having an Open House on Saturday, December 14th from 1-3 pm and we invite everyone to pop by for a drink and some cheer! Welcome home!

# **Hall Rentals**

Rent the Strathearn Community Hall for your next function!

Just in time for the holidays, we are excited to highlight a new feature for renters at Strathearn Community Hall: you can now wirelessly connect your Apple, Windows, Android or other device to our projector or music system and share your screen, or play music over our speakers.

Renting the hall for a meeting? Share up to

4 screens simultaneously. Birthday party? Invite out of town guests to say happy birthday by sharing a videoconference.

Thanks to neighbourhood IT specialist Robert for getting this feature set up for us! We are constantly looking for ways to improve the community hall.

If you would like to rent the hall, make a suggestion, or volunteer to help us implement the next big idea, contact us at hall@ strathearncl.org



Note: Please contact us if you would like to request a fee waiver or reduction!

# Strathearn A.V. Club News Jam Club

🐼 Militagion ESMANATE

Next Jam is Thursday, Dec. 12, 8pm at the Hall. Jam club is a gentle, happy place for all amateur musicians to join and try some new tunes. Songs being worked on presently include:

You're So Bad - Tom Petty

Jolene - Dolly Parton

Ms. Ohio - Gillian Welch

8 Days a Week - The Beatles 18+. All skill levels welcome. Please ar-

rive on time to secure your spot, as this group comfortably fits 10 - 12 participants.

### Film Club

The A.V. Club presents The Commitments by Alan Parker, Thursday, Dec 19, 8pm at the Hall. All 18+ welcome. No charge. First dibs on popcorn if you've read the book version by Roddy Doyle. This is part of the Rock 'n Roll Books to Film Series being presented throughout the year.

### Rock 'n Roll Bookclub

By the time you're reading this, we would have met to discuss Hunger Makes Me a Modern Girl by Carrie Brownstein. I'll guarantee it was a great meeting. Watch this space and check Strathearn Community League social media for an update about which book and date have been chosen for our January 2020 meeting. Join us for light snacks and heavy conversation.

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December 2019/January 2020

# Spread joy, not germs: stay healthy this holiday season



'Tis the season of fun holiday get-togethers but unfortunately it's also the season for not-so-joyful germs. With seasonal illness circulating, remember to protect your health and prevent illness.

Get immunized: Immunization is one of the most effective ways of protecting yourself against influenza viruses already circulating in our communities. It's not too late to be immunized. Vaccine continues to be offered to all Albertans (six months of age and older), free of charge. Remember: it takes up to two weeks after receiving your influenza immunization to be protected against influenza, so make plans to get your vaccine today! For more information, visit www.albertahealthservices.ca/influenza or call Health Link at 811.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.

Clean your hands: Using soap and warm water wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Clean or dirty: always try to keep your hands and fingers away from your eyes, nose and mouth.

Stay home if you are sick: If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

Mind your food prep: If you are sick, do not prepare food for anyone, until fully recovered. When you are cooking, always keep safe food handling practices top of mind. To help you with the turkey task, follow AHS' Turkey Tips: www.albertahealthservices.ca/turkeytips.asp

Around the house: Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bow on a hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all. Always thank others for declining invites due to illness.

Year-round: Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and don't drink and drive.

For more information on these and other wellness topics, visit www.myhealth.alberta. ca, or call Health Link at 811.



Emergency Medical Services

# Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, rewarm the affected area through skin to skin contact (i.e. hand covering tips of ears).

# Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

# Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

### www.albertahealthservices.ca

# Tips to stay stress-free during the holiday season

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may not be able to avoid stressful situations during the holidays. But you can plan to respond to them in a healthy way.

Here are some ideas:

Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget. It's OK to tell your child that a certain toy costs too much.

Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and

share your feelings. Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.

Share the tasks. You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.

Learn to say no. This will give you more time to say "yes" to events that you do want to attend.

Be realistic. Focus on the traditions that make holidays special for you and your family. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's OK to set limits on your time at events and visits. Take breaks from group activities. Pay attention to your own needs and feelings. Spend a little time by yourself if you can. Meditate, or do some relaxation breathing. Go for a short walk.

Keep a regular sleep, meal, and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.

Get support if you need it. Holidays can sometimes trigger depression. They can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. You may feel embarrassed to ask for help, or you may think that you'll get over "the blues" on your own. But most people need treatment to get better. Talk with your doctor about counselling and medicine for depression. Call The Dunham Team Today 780-466-0418 (Office)

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

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**King Edward Park:** 2 Story, ½ block to ravine, facing playground, modern open concept, full 2 bedroom suite, NOT A SKINNY HOUSE. MLS # E4176907



**Gold Bar:** 2 Story, Over 2000 sq ft, 6 bedrooms, 4 bathrooms, ensuite off the master bedroom, double garage, RV parking, NEWER furnaces, A/C, shingles, all appliances, flooring, interior paint, shows fantastic. MLS# E4178422



**Strathcona**: Magnificent city view, top floor, 2 bedrooms, 2 bathrooms, ensuite bathroom, insuite laundry, underground parking.