

SOUTHEAST VOICE

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

February 2019



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

Community sustainability at risk with school closure

International Baccalaureate program may not be given chance!

Greater Hardisty is once again battling the potential closure of a neighbourhood school and area residents are being asked to stand up and protect the future of their community.

Before Christmas the Edmonton Catholic School District identified St. Gabriel School for potential closure, just five years after agreeing to save the school from consolidation with the new St. Brendan school in Ottewell. Laura Mercier said support from parents and the community in general is needed to rally behind the Capilano-area school that has educated several generations in the area either as elementary or junior high students. "Schools are the backbone of a community," said Mercier, the mother of two boys, who also serves on the boards of both the school's advisory council and Capilano Community League. "Communities with schools are vibrant places to live and are a key attraction for new residents looking to relocate into the area." She said the proposed closure is just another blow to the area which lost its long-time grocery store in December — TGP. "Residents need to stand up for services in their area if they want their communities to thrive," said Mercier.

"This issue matters to everyone, not just current students and

people of Catholic faith," added Kris Cramer, president of the Capilano Community League. She said community members need to consider the impact on the neighbourhood, including the loss of recreational space as well as what the school will be used for after the closure. "This seems to be shortsighted; the demographics in Capilano and surrounding neighbourhoods are changing. Families with younger children are moving in because of our amenities. If we lose a school what will this mean for our community in the future?"

Parents from the elementary school are particularly frustrated that they are battling the closure just before the globally recognized International Baccalaureate Organization's (IB) Primary Years Program (PYP) is poised to officially kick off this fall. IB is known for teaching critical and independent thinking skills with the goal of helping students become well-rounded individuals and engaged world citizens.

"After St. Gabriel was saved from closure in 2014, the school advisory council recognized they had a role to play in rejuvenating interest in the school and suggested ways for the district to boost enrolment at the school," said Mercier. SAC recommended PYP as an opportunity to serve southeast central Edmonton students interested in IB programming. The district sup-

ported the move. In turn, it committed financial support to train at least two different groups of teachers to meet the new guidelines; assigned a teacher to spend a portion of their day as PYP coordinator for several years; made significant changes to the interior design of the school; and hosted other IB PYP schools at St. Gabriel for IB training and share St. Gabriel's PYP progress. Mercier said it's baffling that the district would turn its back on the school just before possible certification in the acclaimed IB program is officially approved this spring. Unfortunately, the transition to PYP was delayed over the last few years due to several unexpected administration changes at the school that had an impact on enrolment, she noted.

The board is expected to vote on school closure in March, just before approval for PYP is anticipated. Anyone interested in the sustainability of their community is encouraged to contact or write letters to area representatives: Edmonton Catholic School District trustee Alene Mutala at alene.mutala@ecsd.net; Edmonton city councillor Ben Henderson at ben.henderson@edmonton.ca; and Gold Bar MLA Marlin Schmidt at edmonton.goldbar@assembly.ab.ca.

For more information on the community's lobbying efforts, contact Mercier at laura.mercier@icloud.com

Funding Approved for Planning and Design of 101 Avenue Redevelopment!

Volunteers from the Greater Hardisty Community Sustainability Coalition (#greaterhardisty) organized to present at the COE Urban Planning Committee in June 2018 and successfully persuaded Councillors to direct Administration to raise a project Capital Profile to include with 2019-22 Capital Budget deliberations. However, as the draft Capital Budget document was released in October, the project was listed without recommended funding attached to it.

In mid November of 2018, as budget deliberations ramped up, Council held a series of well attended non-statutory public hearings lasting over a number of weeks, gathering feedback on both capital and operating budgets. With many members of the Coalition present, Julie Paquette from Forest-Terrace Heights and Drina Schneider from Fulton Place, spoke to the 101 Avenue Redevelopment Project at the hearings, on behalf of the group. Much of the well-reasoned material presented included excellent statistical research Drina had compiled, making the business case for how increased redevelopment investments and improved density management could positively impact city revenues.

Councillor awareness and support for the 101 Avenue Redevelopment Project was already strong, and many commented on the high level of citizen engagement we have shown over the years. Accordingly, during some of the final budget deliberations on 7 December, Councillor Ben Henderson's motion to continue with \$2 Million of capital funding for planning



and design work on 101 Avenue was approved by a vote of 10 to 3.

What impact will this have on plans to the #YEG101 Avenue? When capital funding does become available in a future budget cycle for the reconstruction and repaving of 101 Avenue, the work now has a higher likelihood of proceeding in concert with complete street scape improvements designed to deliver on the extensive visioning already provided by the residents of Greater Hardisty. In short, we are one step closer.

Our team is entirely volunteer led by civic minded folks, passionate about building a functional, connected and healthy community. We are especially interested in conversations about gathering the business community together, targets for housing mix, and planning for a springtime demonstration project related to active transportation. No matter your background or experience, we welcome and need your passion and input as we move forward to further implementation of the 101 Ave corridor Redevelopment.

Please contact us at ghcscollection@gmail.com, to express your interest. Also, please send us a 'like' when you find our Facebook pages: @greaterhardisty or use the hashtag #greaterhardisty when searching or mentioning us on all social media.



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Authorized by the Edmonton - Gold Bar UCP Constituency Association

SEV SECLA Board Contact List

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Fulton Place	Miles	fultonplacerep@secla.ca
Gold Bar	Jamie	goldbarrep@secla.ca
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Treasurer	Michael	treasurer@secla.ca
Secretary	Jamie	secretary@secla.ca
SECLA SEV Liaison	Tim	SEVliaison@secla.ca

City of Edmonton Front Yards in Bloom Winterscape Contest

Now is the time to start thinking about creating beautiful outdoor art this winter. Celebrate the snow in the city and keep your neighbourhood looking great!

Photo submissions will be accepted from January 17 - February 28, 2019 but you don't need to wait to start having fun in the snow. Take a photo of your creation now to save for the contest. Exciting prizes to be won each week, just for submitting!



More info about rules, prizes, and ideas can be found at... https://www.edmonton.ca/programs_services/landscaping_gardening/winterscapes.aspx

Help Toddlers and Pre-Schoolers Make Valentine's Day Cards



They'll learn to identify colours, ignite their creativity, and develop their fine motor skills — and you both share the fun.

Find paper, red, yellow, and blue crayons, and their favourite book. Cuddle and read and ask them to draw an animal or flower from the story, using the crayons and naming the colours. Fold the paper together. Help them sign it and draw a heart. A valentine more meaningful for them and the person who receives it!

For more ideas about art you can make with your children at home. This is a list to

inspire parents, caregivers and educators to create simple and fun art projects with young children. Check out this list of resources that Shannon Clarke, Community Librarian at Capilano has shared: <http://bit.ly/ECDart>

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

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

Toddler biking in the winter!!?

A fantastic way to get your toddler or pre-schooler riding their bike, starting February!

Little Wheels Training is pleased to offer balance bike training classes and fun riding, starting Monday February 25 at Athlone Community League Hall at 13010-129 St. or Tuesday Feb 26 at the Turf Training Centre at 5820-59 Avenue. These 8 class sessions, for ages 2 to 4; start with how to get on, through traffic safety, to lots of fun skills and tricks. Get your little one ready for safe biking this summer with these classes.

Cost is \$80 per set of 8 lessons. Bring your own bike if you wish; a helmet and parent involvement is a must!



FREE "check it out" class, Feb 11 at 10:00 a.m. at Athlone Hall.

Don't have a bike? Rent or purchase through our site. (a balance bike is a very small bike without pedals or training wheels)

Visit www.littlewheelstraining.ca to register; follow us on Facebook for updates.

New Connections for Southeast Seniors

The Capilano library is excited to welcome seniors of all ages to our new weekly Seniors' Drop-In. Every Friday afternoon between

1:30-3:00pm, drop by the new library (9915 67 Street) for free coffee and cookies and an opportunity to meet other seniors. Join in some activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community. You might even look out the windows of our beautiful, bright new program room to spot a long-eared owl or pileated woodpecker hanging out in the trees. Contact shannon.clarke@epl.ca if you have questions or ideas.



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

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

REST. RESTORE. RELAX
ENJOY A DEEPLY NOURISHING TREATMENT OF...
Restorative Yoga, Essential Oils, and Reiki

+February 9th @ 1-3:30PM
 +Ottewell Community Hall
 +To register email: rebeccamanchul@gmail.com
 +\$50/ \$45 with membership
 (Space limited. Registration inc. take home roller bottle.)



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FEBRUARY IS SOCCER REGISTRATION MONTH

Registration for residents of Capilano, Fulton Place and Gold Bar will commence February 1 and is a two-step process:

1. Register online at emasoutheast.com.
2. Attend one of the following in-person registrations:

Saturday, February 9, 2019

10 a.m.–1 p.m.
Fulton Place Hall
6115 Fulton Road

Wednesday, February 20, 2019

6:30–8:30 p.m.
Capilano Hall



10810 54 Street
Please contact hardistysoccer@shaw.ca
if you have any questions

CLOTHING SWAP LADIES NIGHT
February 12 at 7 pm

ladies night

Join us at neighborHouse community centre the second Tuesday of every month

neighbourHouse
6811 - 92 A Avenue

Family Skate
February 15, 6 PM to 9 PM

Come for a skate, enjoy some hot chocolate, and sweet treats, provided by the Ottewell Community League.

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Dr. Brian Zwicker DDS and Associates - General Dentists

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

<p>311, 6220 Fulton Road NW</p>  <p>Fulton Place</p> <p>FULTON COURT, Top Floor 2 bdrm, 2 bath with PARK VIEW. Underground parking & storage. Adult</p> <p>Only with great amenities in the building. Listed at \$269,900 E4130101</p>	<p>6608 - 86 Avenue NW</p>  <p>Kenilworth</p> <p>HANDY MAN SPECIAL 3 + 4 bdrm, 2 bath home with PARK VIEW. Newer Siding, Insulation, Mechanical & some concrete. Listed at \$287,800 E4131356</p>
<p>ROYAL LEPAGE NORALTA REAL ESTATE</p> <p>FRANK VANDERBLEEK REALTOR® 780.431.5600 Frank@royallepage.ca FranklyTheBest.ca</p>  <p>Not intended to solicit properties already under contract.</p>	

Abundant Communities Edmonton Support Team

ACE Support Team member:

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

ACE is an initiative that supports communities in forming strong, caring and supportive blocks and neighbourhoods where

we look out for one another; share our talents, skills and resources with one another; have fun together; and collectively create the neighbourhoods we desire.

The role of the Support Team is to plan the initial steps of implementing ACE in Avonmore, and support the recruitment of a Neighbourhood Connector.

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

Farley McKenzie Family Fun Day

Come out and join us for lots of family fun and activities inside and outside! Including a wagon ride with horses! Feb 17 afternoon at the Community Hall.

Avonmore Garden Club

Coming events:

February 9, 2019: Presentation on Managing Common Pests and Diseases

March 23, 2019: Pruning trees and shrubs and planting recommendations

April 27, 2019: Tour of Arch Greenhouses
May 25, 2019: Plants and Perennial Exchange

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

July 27, 2019: Yard and Garden Tour

August 16: Friday night at member's garden

Rink Shack

The rink is going great, the ice is super! The rink shack is currently open Weekdays 4-8pm and Weekends 12-8pm thanks to our awesome army of volunteers!

We always can use more volunteers to keep the rink shack open in the evenings and on weekends. If you have 2-3 hours to spare once a week, once every two weeks or once a month please let me know. We need people at the rink shack to open it up so skaters can put on their skates and come in to warm up. It also ensures the safety and security of skaters and the property. You can come and skate while you volunteer. We also need a few more volunteers to help with maintenance.

Contact president@avonmore.org if interested.

Avonmore Yoga

Avonmore Yoga Classes will be offered on Tuesday and Wednesday evenings starting January 8 and 9th. Tuesday classes at 6:30 and Wednesday classes at 5:45 p.m. and 7:30 p.m. Cost of the session is \$150.00 for 15 classes.

For more information and to register contact Anita at president@avonmore.org

The fall yoga session ends December 19..
4 Southeast Voice

Seniors Morning Out

Come join us for coffee and conversation Saturday mornings. The next ones are Feb 20 and Mar 20.

Shinny Ice Hockey

Fall/Winter shinny ice hockey at Kenilworth arena on Friday nights. Please contact Boris at sports@avonmore.org for more details.

Outdoor Soccer

Mark your calendars to watch for outdoor soccer registration coming in early February! Build Your Own Terrarium Night Adults of Avonmore! Join us at the hall on Saturday, February 9th 7-9pm to create a beautiful centerpiece just in time for Valentine's Day! Supplies per project provided for \$25 or \$40 depending on size. Registration on Eventbrite

Avonmore Concert Series

Ann Vriend is performing on March 9! More details to follow.

Playschool



Come join us for a fun and exciting playschool experience.

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

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

Small class sizes, with lots of one on one instruction, hands-on learning and music sessions, brought to us by our two great music teachers.

Enriching great little minds more and more each day.

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

Avonmore Book Club

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

president@avonmore.org

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

Avonmore Community Swim

Commonwealth Pool (until August 28)

11000 Stadium Road

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

Hardisty Pool (until June 24)

10535-65 Street

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

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

Avonmore Parent & Tot Program

This FREE drop-in program runs every Thursday from 10-12 at the community hall. Please check the facebook group or email for closures over the holiday season. We do a mix of free play activities and arts and crafts. Our group has a mix of small babies and toddlers,

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

Avonmore Hall Rental

Anyone interested in renting the hall please contact Tanya at (780) 637-5640 or

email hallrental@avonmore.org. Hall address is: 7902 - 73rd Ave NW



Babysitting Registry

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

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

Red Cross Babysitting Safety Course

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

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

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

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



—YOGA WITH KYRA—

Tuesday & Thursday mornings 9:30 - 11:00am

Centre for Spiritual Living (7621-101 Avenue)

Wednesday evening 7:00 - 8:30pm

Eleven Eleven, Sherwood Park (a quick 10 minutes from Capilano mall!)



Try your first class for free!



Full details at yoginikyra.ca

COMMUNITY LEAGUE BOARD



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Southeast Voice	Jill	780 718-7270
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Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Renovations	Darren	780 466-1380
Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Jaret	780 720-5582
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780-243-7547
City - NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook "Like Us"

Hardisty Community Christmas enjoyed by all!

The Hardisty Community Christmas Dinner is becoming a tradition! On December 8 we had our 5th annual Hardisty Community Christmas Meal and served a free wonderful turkey dinner for approximately 250 guests from the community. Sixteen different Christian Churches and organizations as well as South East Seniors Association and Hardisty School provided space, setup and volunteered at this marvelous community dinner. We had a wide range of guests all the way from infants to seniors. It was great for the Hardisty Community to share a meal together. We enjoyed the Salvation Army Band as well as piano music for caroling. Guests and volunteers enjoyed getting to know one another and sharing the Christmas spirit. The many children and adults were all excited about the visit from Santa Claus. We would like to acknowledge donations of the AV services from Skyboat Productions, photography by Jason Kane, coffee from Capilano Starbucks and generous supplies from Capilano Safeway and Capilano Canadian

Tire. Thank you for the excellent turkey, gravy, stuffing and cranberry sauce that was catered by A Capella Catering and for the hardworking volunteer kitchen crew that peeled the potatoes and carrots and provided such a delicious meal.



Guests enjoy dinner at 5th annual Community Christmas Event in the Greater Hardisty Area.

Need a Capilano Community Membership?

Contact Jean at 780-863-0914.
As well, memberships are available at:
--"All Care Pharmacy" located at 5016 - 106 Ave.
Contact the pharmacy at 780-244-2737 for store hours (Cash only).
--Servus Credit Union, Capilano Mall #110, 5615 -

101 Avenue, Edmonton (Cash only)
--Edmonton Federation of Community Leagues (online only). Please note: EFCL adds a \$5.00 admin fee.
Thanks to "All Care Pharmacy" and Servus Credit Union for supporting our community!

February is SOCCER REGISTRATION Month!

Registration for residents of Capilano, Fulton Place and Gold Bar will commence February 1, 2019 and is a two-step process:
1. Register online at www.emsasoutheast.com
2. Attend one of the following in-person registrations:
Saturday, February 9, 2019
10 a.m.-1 p.m.

Fulton Place Hall
6115 Fulton Road
Wednesday, February 20, 2019
6:30-8:30 p.m.
Capilano Hall
10810 54 Street
Please contact hardistysoccer@shaw.ca if you have any questions.

Hardisty Gymnastics Club - Upcoming 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
(7 weeks): Mar. 5, 12, 19, Apr. 2, 9, 16, 23
*no class Mar. 26

Thursdays Gymnastics Classes
(7 weeks): Mar. 7, 14, 21, Apr. 4, 11, 18, 25
*no class Mar. 28

Cost: \$98 per child
-Parent & Tot, 18 mos.-3 yr old: 6:00 - 6:45 p.m. (Tuesdays or Thursdays)
-Preschool 3-5 yr old: 6:00 - 6:45 p.m. (Tuesdays or Thursdays)

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

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

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

****NEW Class!** PHYSICAL EDUCATION for 6-12 year olds on Tuesdays from 6:45-7:45 p.m.

Using gymnastics as the foundation, kids will learn basketball, volleyball, ultimate rubber chicken and more! High energy!
Feb. 19, 26, Mar. 5, 12, 19, Apr. 2, 9, 16, 23

Cost: \$135 per child
REGISTRATION: Register online by visiting Capilano Community League website (www.capilano.info) under the Hardisty Gymnastics Club link.

Babysitters are available for YOU!

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



www.communityleagueneeds.com

Total Body Fitness Class

Please join us at Capilano Community Hall (10810 - 54 St.) for a great fitness program!
Days/Time: Tuesdays and Thursdays, 7:00 p.m. - 8:10 p.m.

Dates: January 8/10 - February 26/28, 2019 (no class Thursday Jan. 17)

Costs: \$80 Tuesdays/\$70 Thursdays or \$150 both days for CCL members.

\$88 Tuesdays/\$77 Thursdays or \$167 both days for non-CCL members.

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

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

Bring a yoga mat and a water bottle!
Contact Lisa for more information or to register at 780-221-9857 or Lisashortenfitness@gmail.com. Check out: Facebook.com/lisashortenfitness

Capilano Preschool Soccer Registration

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

Start: Tuesday May 7 or Thursday May 9, 2019

End: Tuesday June 11 or Thursday June 13, 2019

Cost: \$70/child

Group A: Tuesdays 5:30-6:15

p.m.; **Group B:** Tuesdays 6:15-7 p.m.
Group C: Thursdays 5:30-6:15 p.m.; **Group D:** Thursdays 6:15-7 p.m.

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



Capilano Ball Hockey Registration

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

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

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

Time: 9 – 10 a.m.

Group 2: 7-12 year olds

Time: 10 – 11 a.m.

Cost: \$70/child



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

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

Capilano Community Rink Schedule

The rink is open to the community as listed below. Times may vary depending on weather, ice conditions, holidays and bookings, so please check the schedule in the club house for the latest schedule.

Monday: 4:30 – 8:30 p.m.

Tuesday, Wednesday and Thursday: 4:30 – 6 p.m.

Friday: 4:30 p.m. – 9 p.m.

Saturday and Sunday: 12 p.m. – 8 p.m.

With Mother Nature's cooperation, we are also creating the small RECREATIONAL ice rink beside the hall again, which will always open for skating. We are looking forward to



another great season with family and friends down at the community rink!

Capilano Playschool – Open House March 13

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our teacher! On March 13 from 6–8 p.m., we will be having an open house along with Hardisty school. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week. All classes are for 3 and 4-year olds and include a "Learn Through Play" philosophy that facilitates

children learning letters, numbers, socialization and self-regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

There are currently a few spaces available for children to start playschool immediately as well. For more information or to register your 3 or 4-year-old check out www.capilanoplayschool.com, find us on Facebook or call 780-802-9307.

Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is

80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at www.capilano.info.

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.



Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

Keep learning...
stay connected!

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*Bursaries available for participants in need of financial assistance.

Board Member Contact Sheet

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

Board of Directors Contact List, For South East Voice (SEV), Updated: 2018-11-20

President's Message

The new year always presents an opportunity to look forward, with anticipation, to exciting opportunities. Some of us look at the new year as a blank slate - let's shake off the cobwebs and try something new. It's also a chance to reclaim and celebrate past achievements. Regardless of your point of view, the Cloverdale Community League offers something for everyone. Check out our website (<https://www.cloverdalecommunity.com/>) for a list of programme favourites and some new ventures. We're offering standards like Yoga and Barre for adults and Sportsball for children. A dance class has been introduced on Sunday evenings. Regardless of your abilities, we're sure you'll find something to get you moving and connected with your neighbours.

The Abundant Communities Edmonton (ACE) - Cloverdale continues to connect neighbours and build bridges within Clover-

dale. The connections we make as neighbours helps create safe spaces of children and adults alike. It literally "turns strangers into neighbours". If you're interested in becoming a Block Connector or need more information about Abundant Community, contact Marilyn at neighbourhoodconnector@cloverdalecommunity.com. Marilyn has a resources and contacts to help you connect with the other folks on your block.

Speaking of 'community building', thanks to the volunteers who continue to make and maintain the ice at our outdoor rink. We may not see them then often, because they're hard at work late in the evening, but they're the reason we've got another great season of skating at the rink. Another group of volunteers, helped ring out the old and ring in the new by organizing a Box Day Skating Social complete with fire pit, hot dogs, hot chocolate, skating and shinny. We're grateful to

everyone for creating what may well become an annual tradition. The Edmonton Journal recently featured stories about Edmonton's outdoor rink culture that showcased Cloverdale among other community league. <https://edmontonjournal.com/news/local-news/elise-stolte-i-was-exhausted-today-ice-rink-makers-unsung-heroes-at-community-leagues>.

The Cloverdale Community League has a volunteer opportunity for interested residents. We need a creative individual to guide the programme portfolio for the league. We welcome your ideas and energy to find ways to engage children, youth and adults in activities to challenge us mentally and physically. If you're interested, contact Reg at president@cloverdalecommunity.com for details.

The contract for the demolition and construction of the deck was awarded in Decem-

ber 2018. Demolition and construction of a new deck, using composite materials and new railing are underway. Construction will continue, weather permitting until mid February. Please bear with us during the construction phase. Work is being planned and scheduled to minimize impact on hall users.

Please check the CCL website and the notice board at the hall for regular updates about activities in the neighbourhood. Your CCL board will be planning a number of socials, the annual River Valley Clean-up, another Big Bin Event, and celebration of our energy conservation upgrades. This Grand Opening will be held on June 2, 2019 in conjunction with the 20th Anniversary Eco-Solar Tour < <http://www.ecosolar.ca/>>. Stay tuned for updates on the Gallagher Park Concept Plan and LRT Valley Line construction updates.

R. Kontz
President, Cloverdale Community League

STORM SOCCER CLUB



2019 OUTDOOR SOCCER TRYOUTS

Online registration must be completed **BEFORE** attending Storm Tryouts

Register online at www.emsasoccerportal.com

STORM TRYOUTS APRIL 2-4					
TTC Turf Training Centre					
5820-59 Ave (3 blocks east of Soccer South)					
	FIELD B		FIELD A		
Tuesday April 2nd	6 - 7pm	U9-11G	7:30 - 8:15pm	U9B	
	7 - 8pm	U13G	8:15 - 9:00pm	U11B	
	8 - 9pm	U15G			
	9 - 10pm	U15B			
Wednesday April 3rd	6 - 7pm	U11B	7:30 - 8:15pm	U13G	
	7 - 8pm	U13B	8:15 - 9:00pm	U15G	
	8 - 9pm	U17B			
	9 - 10pm	U17G			
Thursday April 4th	6 - 7pm	U9B	7:30 - 8:15pm	U9-11G	
	7 - 8pm	U13B	8:15 - 9:00pm	U17G	
	8 - 9pm	U15B			
	9 - 10pm	U17B			

*Please arrive **30 minutes prior to tryout times** to register and collect your pinnie

IF YOUR CHILD IS SELECTED TO A STORM TEAM:

Your child must attend a mandatory **Storm Night** where all fees are paid

- ✓ **Storm Fees** are an additional **\$200** on top of the **ESESA soccer registration fees**
- ✓ Uniform and Volunteer Deposits are also due Storm Night
- ✓ There is a mandatory fundraising activity

If you wish for your child to be placed on a **community team** if they are not selected to the Storm Program

you are required to make all your ESESA payments and attend one of the in person registration dates.

Visit our website for details: www.emsasoutheast.com

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Children are not required to be potty-trained

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1 Day Only**

**February 27, 2019
4:30-6:00pm**

For more information please contact us!

Email: info@strathconanurseryschool.com

8530-101 St. Edmonton, Alberta
King Edward Elementary School
Phone: 780-432-9226



Website: www.strathconanurseryschool.com



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Treasurer	Michelle		Treasurer@forestterrace.org
Hall Rental	Molly	780-666-9785	Molly@forestterrace.org
Maintenance	Ryan		Maintenance2@forestterrace.org
Programs	Sarah		Programs@forestterrace.org
Rink	Scott		Rink@forestterrace.org
Bingo	Heather	780-466-0015	Bingo@forestterrace.org
Seniors	Emery		Seniors@forestterrace.org
SECLA Rep	Connie	780-462-1442	Secla@forestterrace.org
Soccer	Kelly/Nicole		Soccer@forestterrace.org
Babysitting	Anna	780-485-6099	Babysitting@forestterrace.org
Casino	Anna	780-485-6099	Casino@forestterrace.org
Grants	Bonnie		Grants@forestterrace.org
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Website	Tyler		Web@forestterrace.org
Sign	Anj		Signs@forestterrace.org
News Editor	Kerry		Newsletter@forestterrace.org
Volunteers	Nicole		Volunteers@forestterrace.org
Events	Kathleen		Events@forestterrace.org
Civics	Julie		Civics@forestterrace.org
Marketing	Kelly		Marketing@forestterrace.org

Don't miss out on membership perks

Once a month, we randomly select a winner from all community-league members to receive a free bouquet of fresh flowers from Grower Direct, our neighbourhood florist at 7231 101 Ave. Pictured to the right, is our December winner, Dianne de Champlain.

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

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

Premier Painting offers a 10-per-cent discount on all their painting and staining ser-



Outdoor soccer registration

Outdoor soccer registration is on Tuesday, Feb. 12, from 6 to 8 p.m. at the Forest Terrace Heights hall. Zone-wide registration is on Saturday, Feb. 23, from 10 a.m. to 2 p.m. at Hazeldean Hall, 9630 66 Ave. NW.

High Fitness



Layton will treat you to an hour of fun and movement every Thursday in February, from 7:30 to 8:30 p.m., at the hall. High Fitness has choreographed workout moves to upbeat popular music that you will know and love. Your heart will be pumping as you move through intervals of cardio, toning, barre, ab and arm tracks. Registration is on Eventbrite; \$8/class for members. \$10/class for non-members, plus Eventbrite fees. Contact Layton at highfitguy@gmail.com for High Fitness questions or programs@forestterrace.org for any registration issues.

Forest Heights playground renewal

A parent committee at Forest Heights elementary school has begun fundraising for a new playground as the existing one is nearing the end of its life. A request for financial assistance was made to the For-

Free yoga!

The league is offering three free yoga sessions in February to gauge interest in an ongoing program. Drop in to the hall at 7 p.m. on Feb. 6, 13 or 20. Classes will be beginner to intermediate Hatha practice with emphasis on alignment in postures, core strength, flexibility and balance as well as concentration and breath control.

Upcoming fitness programs

Wednesday-night Zumba will start up again near the end of March, and Friday-morning Pilates will be back in the spring. For updates, watch the league Facebook page or the events calendar on our website, forestterrace.org, or subscribe to our monthly online newsletter by emailing newsletter@forestterrace.org.

Pancakes and skating!

Community members enjoyed fluffy pancakes and fantastic skating weather at our rink party Jan. 12. We had a great turnout. Sharing a meal and having fun outside with neighbours and friends was a great way to spend a Saturday.



est Terrace Heights community league, and in October, the board voted to contribute \$10,000. The school kindly delivered a collection of thank-you letters from each class.

Now recruiting casino volunteers

The dates for our 2019 casino fundraiser have been set, so we are now recruiting volunteers for the event, May 11 and 12 at Casino Edmonton, 7055 Argyll Road. Each volunteer will receive a meal and a \$100

voucher that can be put towards programs and services offered by dozens of different non-profit organizations. For more information or to volunteer, contact casino@forestterrace.org.

vices. Call 780-721-4771 or visit premierpaintingyeg.com.

Free membership in the Edmonton Tool Library allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools for a week at a time. To claim your membership, visit the tool library location at the Bellevue Community Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card. To make the process faster, complete the membership application at edmontontoollibrary.weebly.com and review the release of liability waiver and borrowing policy.

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

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

Families can purchase or renew their membership for just \$30; individual memberships are \$15; seniors pay \$10; and, if you're new to Forest or Terrace Heights or you've never had a membership before, your first year is free! Here's how to buy:

- Online at efcl.org/membership
- Email our membership director or call her at 780-463-1613 (this is the only option for free memberships).
- At Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or any Edmonton Servus Credit Union branch

Next meeting

Please join us at the next community league board meeting at 7 p.m. on Tuesday, Feb. 5, at the hall, 10150 80 St NW. Everyone is welcome.




FamilyDay
AT THE LEGISLATURE

Monday, February 18
11 a.m. to 4 p.m.

#abfamily |     | assembly.ab.ca



Fulton Place

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

Community Contacts
PRESIDENT- MIKE
PRESIDENT@FULTONPLACE.ORG
780-886-7794

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

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

Communications Director- Joshua
communications@fultonplace.org

Facilities Director- Clayton
info@fultonplace.org

Sunshine Garden- Sherry
fpcgcontact@gmail.com

Seniors Liason – Miles
info@fultonplace.org

Community Ice Rink- Shawn
outdooriceinc@gmail.com

Babysitting Registry-
Ruth info@fultonplace.org

Southeast Voice Submissions-
Joshua info@fultonplace.org

Director- Krystina
krystina@fultonplace.org

FEBRUARY IS SOCCER REGISTRATION MONTH

Registration for residents of Capilano, Fulton Place and Gold Bar will commence February 1 and is a two-step process:

1. Register online at emsasoutheast.com.
2. Attend one of the following in-person registrations:

Saturday, February 9

10 a.m.–1 p.m.
Fulton Place Hall
6115 Fulton Road

Wednesday, February 20

6:30–8:30 p.m.
Capilano Hall
10810 54 Street

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

Hall Rental

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

FREE DROP-IN

WINTER GREEN SHACK



Edmonton

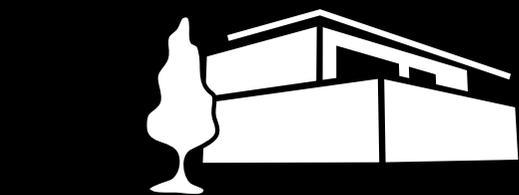
LOCATION	DATES	DAYS	TIMES
Fulton Place 6115 Fulton Rd	February 2 – March 1	Monday Wednesday Saturday	Mon & Wed: 3:30-6:00 PM Sat: 1:00-5:00 PM

Our Green Shack program is now running in select locations in the winter months. Come and join us for games, crafts, sports, outdoor cooking and more!

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.

@GreenShackEdmonton



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FEB.7, 6:30-8 pm
Rio Terrace School
7608-154 St.

FEB.26, 6-7:30 pm
German Club
8310 Roper Rd.

MAR.20, 5-7 pm
Forest Heights School
10304-81 St.

DKKplayschool.org DieKleineKinderschule



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

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

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

 **Honourable Marlin Schmidt
MLA Edmonton-Gold Bar**




Linda Duncan

**Member of Parliament
Edmonton Strathcona**

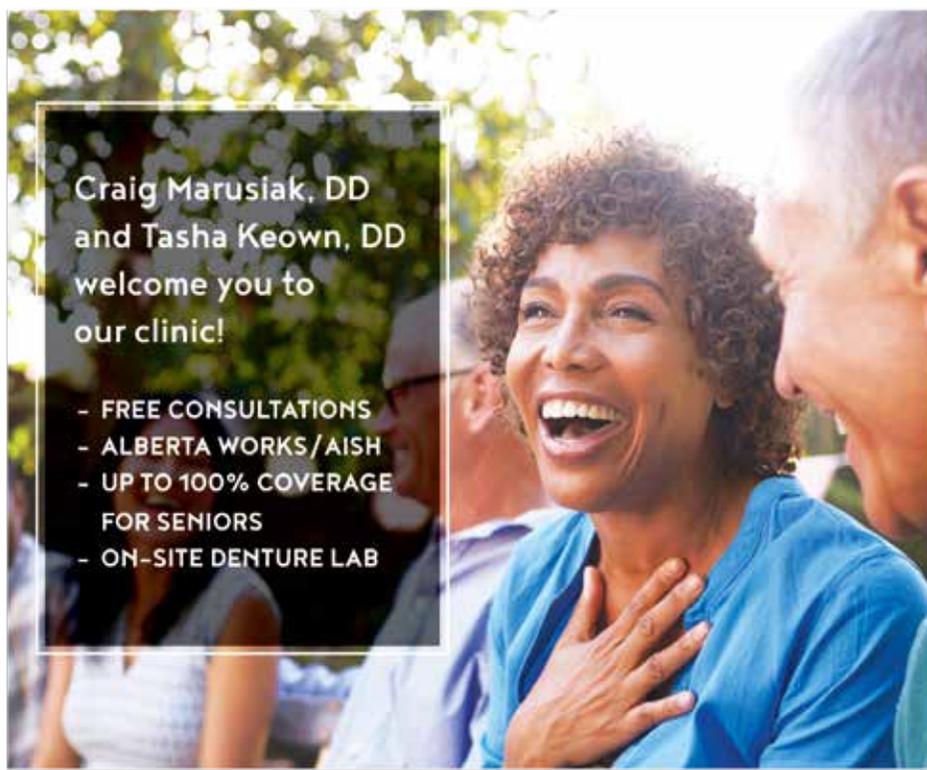
Contact my constituency office for assistance with:

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

**780-495-8404
linda.duncan.c1@parl.gc.ca
10049 81 Avenue
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Sat: By appointment only



Campaign Office Opening

We are pleased to announce the opening of the campaign office for David Dorward on Tuesday, February 19, 2019, from 4:30 pm to 7:00 pm. Please come and meet David and the volunteer team.

CAMPAIGN OFFICE OPENING

David Dorward, UCP MLA Candidate Edmonton-Gold Bar
Tuesday, February 19, 2019 · 4:30 pm to 7:00 pm
9243 - 50 Street, Unit 4, Edmonton, AB

For information on David, please visit his website at www.VoteDorward.ca



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

P: 780.463.1502
E: david@votedorward.ca

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Gold Bar Executive

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

Okinawan Karate Kaizen Dojo

Thursday Evenings
 Family Class (age 7+) 6:00-7:00 pm
 Adult Class (age 13+) 7:00-8:00 pm
 Kobudo (Weapons) Class: 8:00-9:00 pm
 Your registration fee gives unlimited access to all 3 classes
 (age restrictions apply). Starting Jan 28 your class fees allow you to train on Mondays
 at Beverly Heights Hall 4209 111 Ave NW as well as Gold Bar
Fees: Jan - April- 1 person \$120, 2 people \$220, 3 people \$300, 4 people or more \$400
Memberships Required- Any CL membership and \$60 annually / person for dojo related memberships



Uniform Prices - Child \$48-52, Adult \$70-75. To register email gbhallfun@gmail.

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Mom and Me Fitness

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome. Bring a yoga mat, water, and anything your kids need.

This class runs Monday's and Thursdays (not Feb 18) from 930-1030am at Gold Bar Community Hall.

This session is underway and ends Feb 25/28: it will continue March 4/7- April 22/25

Contact Lisa to register for the last 4 weeks (Mon. \$40, Thurs. \$30) 5 pass \$55 or drop in \$12. facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Gold Bar Community League Is In Urgent Need Of Casino Volunteers

For Evening Shifts, February 28 & March 1. Should you be able to help please contact the Casino Director at bella.edm@shaw.ca, subject line - GB 2019 Casino Volunteer, or sign-up directly on the following website: <http://signup.com/go/dCrGRXX>
 Wed 7:45 - 9:00 pm

Goldbar Community Memberships available now!

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

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

Games Night

Feb 22 - 7:00 to 10:00 pm
 March 22 - Pot Luck 6:00 to 10:00 pm
 The CL will provide Beef on a Bun at the

potluck
 For more info contact gbhallfun@gmail.com

Yoga

Current Session: Jan 7 - Feb 27
 Next Session: Mar 4 - April 29
 New Instructor: Nancy Conlin, Certified yoga teacher with 20 years of teaching experience
 Classes Offered
Active Hatha Yoga: a focus on energizing the body, increasing strength and flexibility while calming the mind. Mondays

7- 815am And Tuesdays 9:45-11
Restorative Hatha Yoga: a focus on relaxation, allowing the body to rest, restore and renew. Wed 7:45 - 9:00 pm
 Cost- \$80 for a 8 class punch card, \$55 for a 5 class punch card, \$15 drop in fee, + proof of any CL membership. Your punch card is valid for all three classes. To register email gbhallfun@gmail.com

CONGRATULATIONS TO MITCH ULMER

The Edmonton Minor Soccer Association presented Gold Bar resident Mitch Ulmer with its Volunteer of the Year award at its December 7 gala. The award recognizes Mitch's commitment to and success in

coaching soccer at both the community and the premier level over many seasons. The Gold Bar Community League and Hardisty Soccer also extend their congratulations and thanks.

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- ♦ Accepting children 12 months to 5 years with English parents who want to give their children a chance to learn a second language.
- ♦ Our Learning Through Play program is offered exclusively in French
- ♦ Fully accredited, multicultural daycare in the heart of the French community
- ♦ Subsidy available

Telephone : 780.757.1123
 La Cité Francophone
centre.lacolombe2@gmail.com

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



Holyrood Community League Contacts

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

Website: www.holyroodcommunity.org Twitter: @HolyroodCL

Facebook: Holyrood Community League

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

Drop-in Playgroup

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

Playgroup has moved locations! We would like to thank the First Church of God for extending their newly renovated Fellowship Hall to our playgroup. Playgroup will now

be held downstairs at the church hall. The Church is also kind enough to provide space to the Holyrood Development Committee for their regular meetings.

Thursdays, 9:00 - 11:00 AM

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

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

Programs

Free Community Swim

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

Hardisty Leisure Centre

Sundays, 1:15 - 2:45 PM

Commonwealth Community Recreation Centre

Saturdays, 5:00 - 7:00 pm



Ruth's Yoga

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

7:00 - 8:15 PM

Holyrood Community League

For more information, or to register call Ruth at 780-237-6730 or email ruthes.sjoberg@gmail.com.



Rink Grand Opening



The new Holyrood skating rink is now open! On January 19th we hosted a huge celebration that included a ribbon cutting ceremony, lantern making, mini shinny and s'mores around the fire. There was also a free chili supper, hot chocolate bar - and the highlight of the evening; a spectacular 12 minute fireworks display by Uncle John's Fireworks!

Thank you to all of the volunteers who helped make the rink rebuild happen. And to those who helped make our party such a

smashing success!

If you haven't had a chance yet, come down and check out the new facilities. And don't forget our new snowbank rink, with its lovely park setting behind the rink shack.

Rink shack hours of operation:

Monday through Friday- 5:00 p.m. to 9:00 p.m.

Saturday- 11:00 a.m. to 9:00 p.m.

Sunday- 11:00 a.m. to 7:00 p.m.

For information regarding our rink, email rink@holyroodcommunity.org

Volunteers Needed!

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

Communications Director

Holyrood's Communications Director oversees the league's vital communication initiatives, including our website, social media, e-newsletter and monthly contribution to the Southeast Voice household newspaper.

Additional support in these duties may be provided by community volunteers, so a large part of the Director role is to keep informed of league initiatives and then delegate the communications duties accordingly.

Programs Director

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

Our board meets monthly, with 3-5 hour/week of work outside of board meetings. We offer orientation for new board members (including Google/G Suite) and a supportive environment of mentorship. In addition to their specific duties, all board members are part of the team that sets the vision for the league. At our 10 monthly board meetings and annual planning session, we are all involved in discussing matters of policy, finance, programs, personnel and advocacy. Visit www.holyroodcommunity.org for detailed descriptions. If you are interested in one of these positions and think that it could be a good fit, we would love to meet with you.

Social Director

Let the party begin, we have a new Social Director! The HCL board would like to welcome Jeremiah to the team. Anyone who might be interested in sharing ideas and helping Jeremiah plan events is encouraged to be part of our Social Committee. Contact social@holyroodcommunity.org

Holyrood Community Garden

After many years of saying "Oh, wouldn't it be nice if we had a community garden..." it's time to get the ball rolling on the Holyrood Community Garden!

A committee has been formed including members from SEESA, Holyrood Commu-

nity League, Holyrood After School Care, First Church of God and Holyrood Mennonite Church. "Many hands make light work."

If you are interested in joining the committee please contact Justine at garden@holyroodcommunity.org

HDC Updates

Urbis Developments Proposal - 8302 95 Avenue

The proposed bylaw was approved at Public Hearing on December 10, 2018. HDC representatives were in attendance to speak in favor of the proposal. There was no one opposed to the proposal signed up to speak.

Connect Bonnie Doon

Connect Bonnie Doon held their final public open house on October 17th, 2018; the plan shown included:

Up to 17 towers ranging from 12 to 40 stories (28-126m), as well as some shorter mid-rise buildings

Up to 4030 residential units (325du/h) - originally the developer proposed up to 6000 residential units; the design has evolved to include more office space and less residential

17% open space

140,000m² (1.5M sqft) space for non-residential uses

Public amenity contributions estimated at over \$27M

2.5% family-oriented dwellings

1.25% 3-bedroom units

The Edmonton Design Committee conducted a formal review on November 20th, 2018 and provided a recommendation of support with conditions.

The Committee recommended that the DC text be adjusted to ensure:

That the public art contributions are calculated per phase, but not necessarily

Each phase of development provide open space and public realm.

implemented by phase (ie. can be implemented site-wide).

Inclusion of minimum soil depths for all landscape over structure.

The fundamental structure of the development - including roadways, open space patterns, and the distribution of FAR be set out and not subject to major modification over the duration of the project's phasing.

Minutes from The Edmonton Design review can be found here: https://www.edmonton.ca/city_government/documents/EdmontonDesignCommittee_Minutes_NOV20.pdf

The City of Edmonton is currently reviewing the proposal and working together with the developer to make refinements.

The Holyrood Development Committee has submitted our feedback on the proposal to the city and the developer. The HDC feels that the efforts made by Moreguard Developments and BA Planning to connect, understand, and include community input from the earliest stages have been exceptional. This project should be the guiding example for the way we engage communities to create good developments. Our feedback included a number of suggestions; such as improving pedestrian/cyclist access on the North end of the site- where it will connect to the Holyrood Gardens Development, ensuring that the transit plaza will

have connections to the future Whyte Avenue LRT stop, and increasing the amount of parking for cyclists. The committee also voiced a strong concern surrounding the of lack of family-oriented housing proposed for the site. We believe that this TOD development would ideal to draw families and suggested that family oriented housing on site be increased from 2.5% to closer to 10%. Overall the Committee believes that this development's inclusion of a mix of uses, combined with a focus on active transportation, will make this area a real community hub in South-East Edmonton. The target date for the Public Hearing has yet to be determined but will likely be in April, 2019.

Holyrood Gardens

Regency Developments is applying for a development permit for the entire South half of the Holyrood Gardens site; "Area B".

As part of HDC's suggested amendments that were approved by City Council at the Public Hearing; prior to the development permit being issued for each phase of development, it will be reviewed by the Edmonton Design Committee. The first phase of development was scheduled to be reviewed by The Edmonton Design Committee on January 29th, 2019. The EDC's recommendations can be reviewed by searching "edmonton design committee minutes January 29" on The City of Edmonton's website <https://www.edmonton.ca/>

The HDC is working with Regency on a Good Neighbor Agreement, another condi-



tion of the development permit.

HDC

The Holyrood Development Committee is a subcommittee of the Holyrood Community League. We ask that community members wishing to continue to support us purchase a 2018/2019 Holyrood Community League membership. Your membership not only helps to support the league, but provides you with access to community programs and events. Your membership can be purchased at SEESA (9350-82 St), through efcl.org/membership/, at Servus Credit Union locations, or at most Holyrood Community League events.

Follow HCL on Facebook and Twitter for updates!



Burns and Scalds



Each year, Emergency Medical Services (EMS), respond to emergencies involving young children who have sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

www.albertahealthservices.ca

National Non-Smoking Week: What are your reasons?

Over the past 30 years, Canada has dedicated a week to advocate and promote awareness about the health effects of tobacco. Alberta Health Services (AHS) recognizes National Non-Smoking Week during the week of Sunday January 20th – Saturday January 26th. During this time, we hope to provide information on the resources and support services that are available to access for anyone who is seeking to reduce or quit their tobacco use.

This year, the AHS Tobacco Reduction Program has set the provincial theme as, "What Are Your Reasons?" This theme is a way to highlight the many reasons that individuals choose to reduce or quit their tobacco use. To spark some inspiration and encourage consideration to anyone's tobacco reduction journey, please find the following list of resources and tips to help you think about your reasons to quit.

Considering your personal reasons to quit can help you stick with it as it becomes meaningful for you (i.e. money, health, family, freedom).

Try it first – a "practice quit". Quit for 1, 3, or 5 days. Learn from your experience and then try going longer next time.

Keep track. Use journal or download an

app to track your experience. Reflect on what went well, what was difficult, and how you would improve next time.

Text to quit. Join the Text to Quit Program from AlbertaQuits. To learn more and to register, visit the AlbertaQuits website: www.albertaquits.ca/quitting/text

Speak with someone over the phone, call 1-866-710-QUIT (7848) to receive confidential and non-judgmental support.

Join a group session. QUITCORE is a FREE group program that builds skills in a supportive environment. Sign up for the next group session running in your area by visiting the AlbertaQuits website: www.albertaquits.ca/quitting/support-groups

Order a QuitKit. Call 1-866-710-QUIT to learn more and order one for yourself.

Visit AlbertaQuits website. AlbertaQuits provides an extensive amount of support and tips to quit smoking, including a customized dashboard around your personal experiences of tobacco use. The website also includes an online community forum where people can post their experiences of tried or successful quit attempts, and are ready to support you in your own journey.

So what are your reasons? How will you celebrate National Non-Smoking Week?

Gold Bar Executive

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

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

Program Calendar: 2018 Fall Classes

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

Membership cards should be purchased ahead of time from Michelle or efcl.org, but we may have a few kicking around for purchase at classes.

Chair Yoga – Thursdays

Instructor: Susan Lobkowitz
Time: 10:00 am - 11:00 am
Start date: January 17, 2019
End date: March 14, 2019

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

Vinyasa Flow Yoga – Saturdays

Instructor: Sarah Wallace-Nordin
Time: 10:15 am - 11:15 am
Start date: February 23, 2019
End date: December 8, 2019
(No class on March 9th)

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



Pilates Mat Class – Mondays

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

Pilates is a system of controlled exercises that engage the mind and condition the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up.

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

Fall into Fitness Class – Wednesdays

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

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment.

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

Casino Volunteers Needed

We are looking for volunteers to work our Casino on June 2nd and 3rd. Please contact Bridget if you can help out.

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!

Free Drop-In Learn to Skate

Learn the skills to become active on the ice. Our program is designed around basic skills, movement, participation and fun! You can expect skills for 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.

Learn to skate will run January 7th – February 17th, Tuesdays from 4:30 – 7:30 PM for 6 weeks.

Social Events in Idylwylde

What would you like to see your league offer for social events in Idylwylde? Email Mick with your ideas that will bring the community together.

Beat the Seasonal Blues

Many people feel sluggish in the winter, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond being gloomy. People with SAD can experience depression, fatigue and a lack of motivation. Here are eight ways to brighten your outlook this winter:

- Be active. It relieves stress, builds energy, and increases your resilience.
- Soak up some sun. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine.
- Try artificial light for 30 minutes each morning. Consider a SAD lamp that has 10,000 lux, the measurement of the light's intensity. You'll find them at medical supply stores and many drugstores.
- Take a Vitamin D supplement—3000 IU per day may help lift your mood in winter.
- Eat three healthy meals a day, and have healthy snacks between meals. For information, visit www.healthyeatingstartshere.ca.

Ol' Fashioned Sunday Fun Day!

Many thanks to everyone who came out to join us for winter fun on January 13th. You all made the day a success!

Community League Swim

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

Commonwealth Community Recreation Centre (11000 Stadium Road)

Saturdays: 5:00pm - 7:00pm

Start Date: September 8, 2018

End Date: August 31, 2019

Hardisty Leisure Centre (10535 65 Street)

Sundays: 1:15 pm - 2:45 pm

Starts Date: September 9, 2018

End Date: June 23, 2019

Little Free Library

Cold weather keeping you inside? Talk a quick stroll and visit our Little Free Library over at 7932 83 Avenue, and come a grab an exciting book from the collection, or drop off one of your favorites that you think someone else may enjoy! Then hurry home, stay warm, and get buried in a new favorite!

Hall Rentals

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

Cheery Tomato Community Garden

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



- Stay hydrated. Most adults need nine to 12 cups of water per day.
 - Cut down on alcohol and caffeine. They can worsen SAD symptoms.
 - Try practising mindfulness. Accept your thoughts without judging. Even 15 minutes per day can lift your spirits.
- If you are concerned about your mental health, call Health Link at 811.

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!

Executive Meeting, Monday, February 11th @ 7pm

General Meeting, Monday, March 11th @ 7pm

The following positions are up for re-election this year; Vice President (vacant), Treasurer, Buildings & Grounds, Publicity (available), Seniors Programs and Social Rep (available). Most positions only take a couple hours of your time per month, plus one meeting each month. If you have any interest, or would like to be a part of the vote, come join us!

Refreshments and Royal Pizza will be enjoyed after the meeting.

Southeast Voice Newsletter Deadlines

Submissions for the March 2019 issue of the Southeast Voice is due Thursday, February 21st, 2018. Send all announcements to publicity@kenilworthcommunity.com.

Senior's Lunch & Laugh

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

Mark your calendars for February 13th, March 13th & April 10th

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

\$5 Lunch + FREE dessert and coffee

Confirm your attendance with Cathy 780-433-5377

Adult Badminton

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

Strength/Cardio class

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

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

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

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

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

Please email Kathi at totalbalancepersontraining@gmail.com to register.

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

	<u>Members</u>	<u>Non-Members</u>
Weekend (Fri.pm – Sun.pm)	\$450.00	\$550.00
Day Rate \$300.00	\$385.00	
Damage Deposit		
\$250/day rate	\$550/day rate	
\$450/weekend	\$550/weekend	

Change is a Choice

An interactive evening of dialogue about creating awareness. Learn to become aware of our self-talk and notice what we focus on, so we can make new choices, unlearn old habits and retrain ourselves in powerful new ways.

The Gift of Change – there is an opportunity for you to go in a positive direction, make improvements to yourself, release old negative habits and ways of thinking. We will end the evening with a meditation done by Rebecca Hung.

When: Monday, February 4, 2019 from 7 – 9 p.m.

Where: Kenilworth Community League,

Cost: No Charge

Toddler Time

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

Memberships

Have a New Neighbor? Are You New to Kenilworth?

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

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

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

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

*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 AI @ 780-469-1711.

Please pre-register by calling Betty at 780-468-2942 or emailing wedman.inspiredliving@shaw.ca by Monday, January 28, 2019.

Betty Wedman is a Certified Life Coach in the area of Health & Wellness and has taken training in Cognitive Behaviour as well as Applied Suicide Intervention Skills Training. She has over 8 years experience and has spoken at schools, community groups, churches and conferences.

Rebecca Hung is a Lifestyle Meditation certified instructor and teaches yin, restorative, hatha yoga and reiki. She has been a holistic health practitioner and a member of the National Health Practitioners of Canada for over ten years.

KENILWORTH PLAYSCHOOL

Kenilworth Playschool is a non-profit, parent co-operative playschool for 3 and 4-year old children. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall. We have a bright, clean facility with a large play area and kitchen. We are proud to provide children with positive interactions with peers, daily theme based lessons, fun field trips, science experiments, cooking in our kitchen, park or gym time, games, books, songs and so much more. Our goal is to give your child a fun and positive experience that will prepare them for Kindergarten.

We are currently accepting registrations for September, 2019. For more information or to register your child, please contact Becky at 780-760-3208 or by email beckyclosson@hotmail.com.

Bingo Volunteers Needed!

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

Next Bingos:

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

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

March 14, 2019, Thursday, 4:30pm -

S'More Winter Family Fun

Fire Pit & S'Mores, Snowshoeing, Skating,

Hot Chocolate, Create Winterscapes

Sunday, February 17, 2019, 1:00 - 3:00 p.m.

Kenilworth Community, 7104 - 87 Ave

Scrapbooking/ Cardmaking Garage Sale

Will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, March 9 at 9:30 to 1:00 p.m. Great bargains for you for your next projects!

Kenilworth Playschool's I've Outgrown It Sale

Saturday, April 6th, 10am - 1pm

KCL Hall, 7104 - 87 Ave

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

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

Email beckyclosson@hotmail.com for more info or to book a table.

VOLUNTEER OPPORTUNITIES

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

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

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

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.

EXECUTIVE & BOARD MEMBERS

Executive:

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

BOARD MEMBERS:

Bingo Director – Kyla
Casino – Vacant
Hall Manager– Tim
Grants – OPEN
History of Ottewell Committee -
(Looking for more members of this
Committee)
Indoor & Outdoor
Soccer Director – Tena
Summer Playground Director – Colleen
Social Team – Bri & Colleen
Playschool Rep - Tyler
Rink Chair – Rebecca
Maintenance – Frank
Membership Director – Russ
Communications– Sandra C
Website– Tim
EFCL Rep – Corinne

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

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

Ottewell Community League Social Media

Follow us on www.Facebook.com/OttewellCommunityLeague or email: ottewell2212@gmail.com and let us know if you are having an event that we can share for you on our facebook page.

Ottewell Community League Playschool

Open House - Tuesday, Feb 12
6 PM - 8 PM at Braemar School - 9359
- 67A St.

We invite families interested in enrolling in our Playschool for the fall 2019 school year to join us for an Open House. Parents and children are welcome to come see our classroom, meet our teacher and members of the Playschool Director and Community Executive Members, pick up a registration package and reserve a space. Our Open House date is also the opening date of our Fall 2019 enrollment drive.

For more information, follow us on facebook @ottewellplayschool or email Kirsten or Tyler at: kirstentylerpeteron@gmail.com.

OCL Board Meetings

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

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

Next board meeting on **Feb 19th, 2019** at 6:30 p.m. sharp!



Free Community Swim & Gym for League Members

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

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

Saturdays, 5-7 PM at Commonwealth Fitness Centre.

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

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.

Keeping Our Rink Great for Everyone to Enjoy



The weather doesn't always provide ideal temperatures for healthy and safe ice conditions! Watch our Website and Facebook Page for updates regarding rink closure due to weather conditions.

Also, it's gracious volunteers that give of their own time to supervise the rink shack. Please show your appreciation by saying hello and a thank you! Also help out by scraping the ice, caring for our rink and shack, and all let's work together to keep our Rink facilities great for everyone to enjoy!

Concession open on Wednesdays from 6:30 PM to 8:30 PM. Come out and enjoy some hot chocolate and other treats. - Hosted by the Ottewell Community Girl Guides.

Please watch SEV, our Facebook Events page as well as our OTTEWELL.ORG web site for any information relating to the Rink.

Baby! Baby! Baby!



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

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

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

Outdoor Soccer Registration



It's that time of year already!

Time to get registered so your kids can get out and play ball! Important registration dates to mark on your calendar...

EMSA Soccer Portal opens February 1, 2019.

In-Person Registration at Ottewell Hall - February 26th, 6-8:30 pm

Zone Wide Registration at Bonnie Doon Mall - March 6th, 6-9pm

Late Registration at ESESA Office in South Soccer Centre - March 20th, 5-8pm

Once you have gone online to complete your child's registration, simply attend one of the in-person sessions to complete your paperwork.

Questions can be directed to Soccerottewell@gmail.com

ZUMBA

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

Mondays, January 14 - March 18,
12:45 - 1:45 PM and again at 7:00 - 8:00 PM

Drop-in participants welcome anytime!

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

Please contact Emilio.Zumba@shaw.ca to pre-register.

Save The Date



APRIL 20 - OCL Annual Easter Egg Hunt
More information coming in the near future.

APRIL 27 - Ottewell's 5th Open Stage Night

Go to ottewell.org to register as a performer right away as space is limited!

Clothing Swap Ladies Night



February 12th at 7:00 PM

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

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

February 12th and EVERY 2nd Tuesday of the month following.

Winter Eye Care



Your eyes need extra care in the winter. We asked ophthalmologist Dr. Jessica Ting, from the Eye Institute of Alberta, and optometrist Dr. Scott Lopetinsky for advice to keep your eyes at their best all season long.

Wear sunglasses. In winter, around 80 per cent of the sun's UV rays bounce off the snow and into our eyes. Those UV rays increase the risk of cataracts and macular degeneration. Polarized lenses block harmful rays. If you're skiing or snowboarding, don't forget goggles.

Use good eye drops and turn on the humidifier. Cold, dry winter air can dry your eyes. Ask your eye doctor about lubricating eye drops. Consider getting a humidifier to keep air moist.

Wash your hands. Pinkeye, also known as viral conjunctivitis, is common during flu season and is very contagious. If you have it, avoid touching your eyes and wash your hands often.

If you have non-urgent health questions or concerns, call Health Link at 811 or visit myhealth.alberta.ca

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 Fri.....9:30am – 1am
 Sat.....10:00am – 1am
 Sun.....10:00am – 11:00pm

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Board Members Names and Emails

Position	Name	Email
President	Yasir	president@strathearncommunityleague.org
Vice President	Chris	vicepresident@strathearncommunityleague.org
Treasurer	Jason	treasurer@strathearncommunityleague.org
Secretary	Leah	secretary@strathearncommunityleague.org
Membership	Alicia	membership@strathearncommunityleague.org
Building & Grounds	Scott	grounds@strathearncommunityleague.org
Social Director	Andrew	socialdirector@strathearncommunityleague.org
Communications	Andy	communications@strathearncommunityleague.org
Programs	Erin	programs@strathearncommunityleague.org
Hall Rental Coordinator	Darrah & Ben	hall@strathearncommunityleague.org
Member at Large	Nadine	nadine@strathearncommunityleague.org
Member at Large	James	james@strathearncommunityleague.org
Member at Large	Evan	evan@strathearncommunityleague.org

Buy Your 18/19 Strathearn Membership Today

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

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

Here's where to buy your membership:

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

Ave.

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

Ave.

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

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

Rink News

Learn-To-Skate, drop-in skating lessons are Sun. 10am - 1pm. All skill levels and

ages welcome. We had a great turnout for our first session. Let's keep filling the ice.

Upcoming Events

Come say hello at the Strathearn ArtWalk Tent at Flying Canoe Volant - Jan. 31, Feb. 1, and Feb. 2. We will be promoting Strathearn ArtWalk Sept. 7. You'll love our new swag.

Friday Feb. 1, 9 - 11am Strathearn Stay n'

Play will host "Stay and Play and Pancakes". Join us 9am for Pancakes, coffee and juice. A great chance to catch up with other kids and caregivers in the neighbourhood.

Sunday Feb. 3, 4pm Strathearn Communi-

Hayrides and Hot Chocolates 2019



Strathearn Community League rang in the 2019 with their annual New Years Day Hayrides and Hot Chocolates event. Your new community hall was buzzing with families enjoying chilli, board games, hot chocolate and other treats.

Outdoors, neighbours roasted marshmallows and warmed themselves around the fire pit as they waited to tour our beautiful community from a horse-drawn wagon. A fabu-



lous way to kick off a great year ahead filled with community events, hall programming and community gardening.

Perhaps you've made a resolution to meet some new people in 2019? Join the Strathearn Community League as a volunteer or even a board member and you'll get to know your neighbours and make connections without any interventions from Silicon Valley.

Ice Rink Call for Volunteers

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

But, our iconic community ice rink doesn't run itself.

We're looking for volunteers to help flood the ice and get the rink up and running as winter sets in.

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

Strathearn A.V. Club News

- The next Jamclub Sessions is Thurs. Feb. 21, 7pm at the Strathearn Community Hall. Jamclub Sessions is an all welcome, no-pressure, all-skill-level, jam session for amateur musicians. No shredders. Set list for Jamclub Sessions in Feb.:

You Ain't Goin Nowhere - Bob Dylan

Walking Down the Line - Bob Dylan

Turtles All the Way Down - Sturgill Simpson

Ripple - Grateful Dead

Miss Ohio - Gillian Welch

Mother - Pink Floyd

Bring a tune you'd like the group to work on for our next meet-up. Snacks provided, BYOB, free to attend.

- The next Rock n' Roll Bookclub meet-up is Thurs. Mar. 21, 7pm at the Strathearn Community Hall. We will be discussing two books: Viv Albertine - Clothes, Clothes, Clothes, Music, Music, Music, Boys, Boys, Boys and Tanya Tagaq - Split Tooth. All 18+ are welcome to attend. Snacks provided, BYOB, free to attend.

YOGA WITH NICOLE

Mondays from 8:30-9:30 pm
Starting Monday, January 14 and runs for 12 weeks
Strathearn Community Hall

Strathearn Community Members = \$120
Non-Strathearn Community Members = \$144
Drop in fee = \$15

To register please contact Erin at
Erin@strathearncommunityleague.org

Barre Class with Kim

Saturday Mornings from 9:30-10:30am

Wednesday Evenings from 7-8pm

\$15 (drop in)

If you have never participated in a Barre class, they are so much fun! Less impact than a boot camp and all the rage now. Barre infuses elements of dance, and ballet, to achieve beautiful healthy bodies, while improving postural balance, flexibility, coordination and grace. It strengthens, lengthens, and chisels the body, and each class features an elegant yet energetic combination of movements that improve balance, and challenge the core. You will sweat and have fun at the same time. What have you got to lose... try it? Come out and join Kim Ashley who is AFLCA fitness leader and Barre Certified and will guide you through the best work out to be the best you! Bring your yoga mat or Pilates mat and your water bottle. Bring your 2lb weights if you have them.

New Hall Fundraising

Please consider giving what you can to the Strathearn Building Society to help us complete this important project for the community. Small donations and large donations are

all important as we move towards our goal. So please do good things by giving what you are able. To make a tax-deductible donation to the STRATHEARN BUILDING SOCIETY:

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

Strathearn Community League

P.O. Box 68064

162 Bonnie Doon Mall

Edmonton, AB T6C 4N6

Or contact treasurer@strathearncommunityleague.org to make a donation.



AURORA FLOWREALTS

Sundays
February 17th - March 24th
11:15-12:45

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Next series of programs at SCL!

(Registration by email at erin@strathearncommunityleague.org)
 Hula Hoop with Dagny:
 Aurora Flowrealis hoop classes
 Feb 17, 24th and March 3, 10, 17, and 24 from 1115-1245hr.
 \$120 for non members
 \$100 for members.
 \$25 drop in

Yoga with Nicole

Monday Evenings from 8:30-9:30 pm.
 \$15 (drop in) Practice and all is coming - Patthabi Jois
 This yoga class is a gentle flow class. We will focus on connecting our breath with movement and exploring our physical being in its entirety. The posture sequence will change slightly every week, depending on the needs of the students. This class is suitable for all levels of practitioners, who are looking for balance, strength, flexibility, and overall well being. For any questions, please email nicwood@gmail.com

Community League Programs

(Strathearn Community League membership required)

Wired Wednesday

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

Upcoming dates – February 6th, March 6th & April 3rd.

Toonie Thursday

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

Upcoming dates – February 14th, March 14th & April 11th.

Free Family Swim Times

Commonwealth Community Rec Centre

Every Saturday 5pm - 7pm

Hardisty Leisure Center

Every Sunday 1:15pm - 2:45pm




emsa south east
Mini Community Premier

FEBRUARY IS OUTDOOR SOCCER REGISTRATION MONTH
FOR ALL COMMUNITIES IN THE SOUTHEAST ZONE

Register Online February 1 at emsasoccerportal.com & Attend one of the following Registration Session:

COMMUNITY & SOUTHEAST REGISTRATION DATES				
COMMUNITY	DATE	TIME	LOCATION	ADDRESS
Avonmore	February 21	6:30 – 9:30	Avonmore Hall	7902 – 73 Ave
Bonnie Doon	February 11 & 13	6:00 – 7:30	Bonnie Doon Rink Shack	9240 – 93 St
FT Heights	February 12	6:00 – 8:00	FT Heights Community Hall	10150 – 80 St
Capilano, Fulton Place, Gold Bar	February 9	10:00 – 1:00	Fulton Hall	6115 Fulton Rd
Capilano, Fulton Place, Gold Bar	February 20	6:30 – 8:30	Capilano Hall	10810 – 54 St
Holyrood	February 21	6:00 – 9:00	Holyrood Rink Shack	9411 Holyrood Rd
Ottewell	February 19	6:00 – 8:30	Ottewell Hall	5920 – 93A Ave
Ritchie	February 16	2:30 – 6:00	Ritchie Community Hall	7727 – 98 St
Riverdale	February 16 & 17	12:00 – 2:00	Riverdale Rink Shack	9928 – 92 St
Strathcona	February 12	6:00 – 8:00	Strathcona Community League Hall	10139 – 87 Ave
Hazeldean, Strathearn, Storm and all Southeast Zone Communities	March 6	6:00 – 9:00	Bonnie Doon Mall (Tony Roma's Entrance)	8330 82 Ave
Late Registration – All Southeast Zone Communities	March 20	5:00 – 8:00	South Soccer Center (ESEA Office)	6520 Roper Road

YOU MUST COMPLETE THE ONLINE REGISTRATION & ATTEND THE REGISTRATION SESSION WITH PAYMENT & DEPOSIT
 CHEQUES TO HAVE YOUR CHILD PLACED ON A TEAM.
 VISIT OUR WEBSITE FOR DETAILS www.emsasoutheast.com



Premier Soccer – Storm FC Soccer Club Tryouts
 April 2 – 4
 Turf Training Center: 5820 – 59 Avenue
 Visit our website for STORM FC tryout times:
www.emsasoutheast.com/play/storm-01

Do you need help around the home?

The Seniors Home Supports Program gives seniors referrals to screened businesses which offer:

SNOW REMOVAL
 YARD HELP
 HOME REPAIR
 HOUSEKEEPING
 MOVING HELP
 PERSONAL SERVICES



CONTACT US TO LEARN MORE

Home Supports Coordinator: 587-594-7884
 South East Edmonton Seniors Association

Workshops and Programs for Parenting

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

• Messy Play is Fun Play

- Mondays
 9:30-10:30am
 -Fulton Place Community League
 6115 Fulton Rd
 April 1 – May 13

• Infants Can Talk with Their Hands Sign language program

- Tuesdays 9:15 -9:45am
 - Fulton Place Community League
 6115 Fulton Road
 - February 12 – March 5
 - March 19 – April 16

• Baby and Me Yoga

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

Triple P Seminars

Thursday's March 7, 14, and 21: 6:30-8:30pm:
 Fulton Child Care Association 10310-56st (West Doors). To register call Eri (KARA Family Resource Centre) at 780-478-5396
 To arrange childcare call Jessica at 780-667-4383 or email fcssdodie@shaw.ca

What are Triple P Seminars?

They are for large groups of parents – 20 or more. It's informal, a little like a public forum. There are three seminars in the Triple P series and you can choose to do one, two, or all three:

• **March 7, - The Power of Positive Parenting:** For every parent who thinks: "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour - and see more of the behaviour you like, and less of the behaviour you don't like.

• **March 14, - Raising Confident, Competent Children:** You can help your child become confident and successful - at school and beyond. Find out ways to encourage them to be respectful, considerate, communicate, get along with others, feel good about themselves and become independent problem solvers.

• **March 21, - Raising Resilient Children:** How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions - and deal with them in a healthy way.

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Queen Mary Park: Gorgeous 1950's Bungalow with all its charm, 800 Metre Pie Lot, Many Modern Upgrades.



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