

# SOUTHEAST VOICE

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

July 2019



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## Cloverdale Community League Celebrates Project Completion and Hosts Eco Solar Tour

Over 200 friends and family gathered at the Cloverdale Community League hall on June 2, 2019. Thanks to the many volunteers and contributors that made the event possible! This \$370,000 energy efficiency renovation touched virtually every corner of the building and will have a lasting impact on the community league.



Over the course of two years, the Cloverdale Community League (CCL) took steps to increase the comfort of the hall, reduce energy consumption and increase the life of the building that was constructed in 1986. Attic insulation increased from R23 to R66. New windows and doors and draft-proofing dramatically reduced drafts in the hall. The new HVAC system and LED lights replaced the original equipment from the 1980s and reduced the amount of energy needed to heat and light the hall. A new metal roof replaced the tired and worn asphalt shingles. The 19.2 kW solar panel system is estimated to supply about 70% of the electrical consumption of the hall. In fact, since August 2018, the solar panel system has produced renewable power equal to about 50% of the CCL's hall electrical consumption in 2016.

Inside the hall, community league volunteers fielded questions about the hall renovations, since much of the work was behind the scenes and not easily accessible to the public. Staff from the Edmonton Public Library was on hand with their Home Energy Kits and lots of resources to help educate homeowners about energy efficiency technology. The City of Edmonton staff provided information about the City's Climate Transition Strategy. Staff from Carbon Busters/C>Returns, the CCL's project managers was also on hand to provide technical information about the various features of

the renovations. The Edmonton Federation of Community Leagues also provided information about their "Green Leagues" programmes.

Outdoors there was plenty to see and do on the new composite material deck as well. Electric Vehicle Association of Alberta volunteers shared their knowledge and expertise and showed off various electric vehicles. The Art Gallery of Alberta staff helped youngsters complete wonderful art creations with found materials. Foundary Real Estate with their popcorn machine and the Ohana Donuterie food truck were on hand to energize the kids at the bouncy castle.

The CCL's project was funded in part from generous grants from the City of Edmonton, the Province of Alberta, the Alberta Eco Trust and the Municipal Climate Change Action Centre (MCCAC), in addition to the CCL's own funds.

Councillor Scott McKeen and MLA, Marlin Schmidt were on hand to congratulate the CCL on its achievement.

The CCL is proud of our achievement. A lot of time and effort went into project planning, writing grant submissions, project management and execution. We've worked incredibly hard to breath new life into the hall and to make it more energy efficient and comfortable. All that effort is now paying dividends.

Thanks again to everyone who had a hand in making it possible!

### Community Hall Upgrades

#### PLUG THE HOLES

- Upgrade all the weather stripping and insulation
- Fix any exterior damage
- Seal major leaks in hall
- Caulk cracks and gaps
- Replace vapour barrier

## GOALS

#### IMPROVE ENERGY EFFICIENCY

- Install high-eff. furnaces
- Replace lights with LED
- Replace hot water heater
- Upgrade control systems
- Optimize ventilation system
- Install air source heat pump

#### HARVEST THE SUN

- Re-roof community hall
- Install the solar panels
- generate income from excess solar panel energy

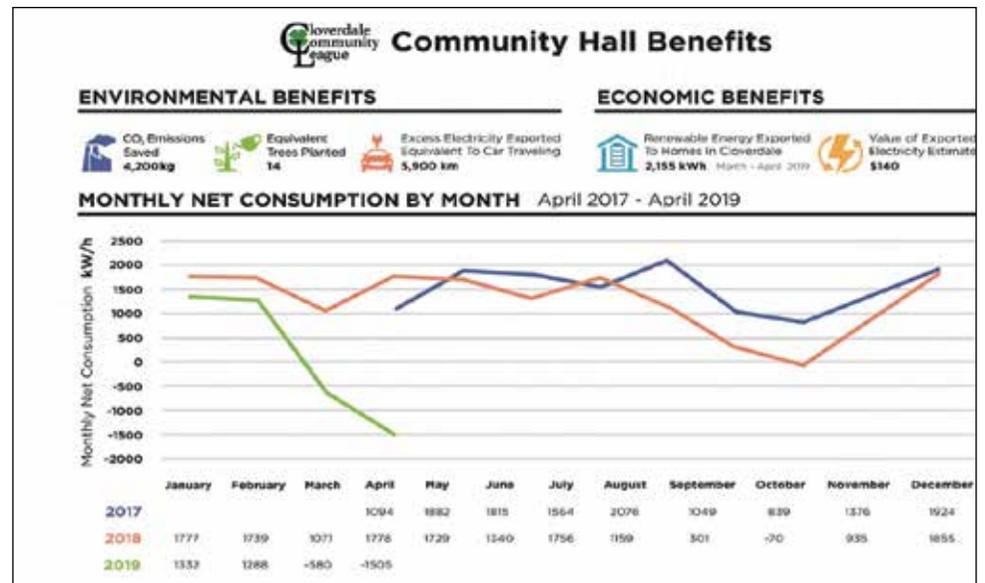
### OUTCOMES

#### SOCIAL RESPONSIBILITY

- Improve general air quality
- Decrease carbon footprint
- Help environment for future
- Set example of green energy

- Extend life cycle of hall and all of the equipment
- Be a learning resource for local community
- Increased comfort for occupants of the building
- Reduce the dependency on non-renewable energy

- Decreased day to day operating expenses for hall
- Increased awareness of green energy options
- Show proactive approach to reduce carbon footprint
- Reinvest money into other community programmes



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## SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	<a href="mailto:avonmorerep@secla.ca">avonmorerep@secla.ca</a>
Capilano	Monte	<a href="mailto:capilanorep@secla.ca">capilanorep@secla.ca</a>
Cloverdale	Reg	<a href="mailto:cloverdalerep@secla.ca">cloverdalerep@secla.ca</a>
Forest Terrace Heights (Chair)	Connie	<a href="mailto:fthref@secla.ca">fthref@secla.ca</a>
Fulton Place	Miles	<a href="mailto:fultonplacerep@secla.ca">fultonplacerep@secla.ca</a>
Gold Bar	Jamie	<a href="mailto:goldbarrep@secla.ca">goldbarrep@secla.ca</a>
Holyrood (Vice-Chair)	Claire	<a href="mailto:holyroodrep@secla.ca">holyroodrep@secla.ca</a>
Idylwyld	Bridget	<a href="mailto:idylwylderep@secla.ca">idylwylderep@secla.ca</a>
Kenilworth	Kevin	<a href="mailto:kenilworthrep@secla.ca">kenilworthrep@secla.ca</a>
Ottewell	Glen	<a href="mailto:ottewellrep@secla.ca">ottewellrep@secla.ca</a>
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SECLA SEV Liaison	Tim	<a href="mailto:SEVliaison@secla.ca">SEVliaison@secla.ca</a>

## Safe Water Play for Your Child

Water play, water safety — the dynamic duo that defines summer fun — for you and your child! Splashing, jumping, laughing, sharing space and toys at a spray park. Being soothed and calmed in a tub after a hot, busy day. All safely accomplished with toddlers as you stay within arm's reach. For great books relating to water, check out this list from Shannon Clarke, Community Librarian at Capilano Library: [Bit.ly/eplwaterplay](http://bit.ly/eplwaterplay)

For more information about kids and water, click on:

<https://www.todayparent.com/family/activities/what-toddlers-learn-from-water-play/>  
[https://www.caringforkids.cps.ca/handouts/water\\_safety](https://www.caringforkids.cps.ca/handouts/water_safety)

All Edmonton outdoor public swimming pools are free this summer. For locations and hours of southeast Edmonton spray parks, click on



[www.edmonton.ca/activities\\_parks\\_recreation/spray-parks-water-play.aspx](http://www.edmonton.ca/activities_parks_recreation/spray-parks-water-play.aspx)

The South East Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionately committed to nurturing young children. [www.facebook.com/SEEECCC/](http://www.facebook.com/SEEECCC/)  
[www.earlychildhoodeddm.ca/southeast](http://www.earlychildhoodeddm.ca/southeast)

## City of Edmonton Summer Programs

With hundreds of camps offered across the city in recreation centres, neighbourhoods, and river valley parks, there is always something close to home. With camp themes ranging from sports to outdoor adventure to science to arts, there is sure to be something for every interest.

For Info: <https://movelearnplay.edmonton.ca/SpringGreenShackProgram>

**Spring Green Shack Program**  
Free program for ages: 6-12 years (NOTE: children under 6 must be supervised by a parent or guardian). Join in games, sports, crafts, music, drama and special events. You'll find a list of upcoming activities and special events posted on the side of the Green Shack each week. If there's a game or activity that you'd like to play, just ask the Program Leader. Dates and locations can be found at: [www.edmonton.ca/greenshacks](http://www.edmonton.ca/greenshacks)

### FREE Admission at City Outdoor Pools

The City manages a total of 5 outdoor swimming pools. The outdoor pool season runs from late May to the September long weekend (exact dates to be determined; weather permitting). Admission is FREE of charge for the 2019 season. For additional information, please visit: [www.edmonton.ca/activities\\_parks\\_recreation/outdoor-pools.aspx](http://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx)

**Priceless Fun Guide - Spring & Summer**  
Find FREE or low cost arts and culture, sport and recreation, events, and leisure opportunities. Paper copies are available at recreation & leisure centres, public libraries, and City offices. Downloadable PDF version is available at: [edmonton.ca/programguides](http://edmonton.ca/programguides).

### YEGyouth Summer Events

8 free city-wide youth events, one per week for July and August! For all of the events, you can sign up in advance or simply drop-in and be part of the fun!

For Info: [https://www.edmonton.ca/programs\\_services/for\\_children\\_kids\\_youth/youth-summer-programs.aspx](https://www.edmonton.ca/programs_services/for_children_kids_youth/youth-summer-programs.aspx)

### Free Mulch Program

The City of Edmonton is happy to provide wood chips free to citizens for their yards. Please note the program is dependent on availability of mulch. The wood chips are local, disease free, and a great way to keep moisture in your planting beds. Pick up locations include:

-Ambleside Eco Station -  
14710 Ellerslie Road SW  
-Kennedale Eco Station -  
5355 127 Avenue NW

Please call 311 to ensure there is an adequate supply before making your trip.

## Summer Starts at EPL - June 22 - August 24 2019!

Summer officially starts at Edmonton Public Library on Saturday, June 22nd. The 2019 Summer Reading Club theme is "The Natural World." All branches will be hosting special events to kick off two months of summer library fun.

Kids of all ages can come to any EPL location on June 22nd or later to pick up a free reading log to track their reading and get ideas for fun summer activities to do at the library, at home and in the community. For every six hours children read, they can submit a completed reading log, make a button and enter the draw for amazing prizes. The more you read, the more buttons you collect and the more chances you have to win!

Every week our Summer Starts at EPL mascot, Dwayne The Rock, will be hidden in a new location around the library. Browse around, once you find him tell a staff member where he was hidden and they'll give you a ballot for a chance to win our weekly prize. Come in to any EPL branch to pick up our summer activities



calendar and find out about the exciting classes and events we will feature this summer. From Métis Dancing to Glow Yoga and Children's Theatre productions, there will be something for everyone this summer. We even have Beppie, the 2019 Juno winner for Children's album of the year, booked. Get a taste of her music here: <https://capitalcityrecords.ca/artists/beppie>.

For more info about local branch happenings this summer, see [epl.ca/summerstarts](http://epl.ca/summerstarts) or 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](http://epl.ca) or come in to pick up a paper copy of our program calendar with complete activity listings.

# Ottewell Artisan FARMERS' MARKET



**THURSDAYS 4 - 7:30**



WALDORF SCHOOL GYM

7211 96a AVE

## Fun in The Sun at Ottewell Park

**Fun In The Sun!**

July 14th  
1:00 pm to 4:00 pm

**OCL OTTEWELL**

Join us July 14th from 1:00pm to 4:00pm for an afternoon of games, food and lots of fun. Carnival games, bouncy house, prizes and food. Bring your bathing suit and cool off at our spray park.

Show your current Ottewell membership to receive free game tickets and free food (fee required for non-members). Memberships will be available for purchase.

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**CANADA**

## Green Shack

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

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

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

## Avonmore Garden Club

Annual Yard and Garden Tour July 27th, 2019. For more information contact [president@avonmore.org](mailto:president@avonmore.org) or go the Avonmore Community League or the Avonmore Garden Club pages on Facebook.

## Outdoor Soccer Program

Thanks for the great soccer season everyone! Keep and look out for Indoor Soccer registration sometime in August or September.

## Playschool

Registration for Fall 2019 is being accepted through the summer. For more information please contact our Playschool Teacher Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org)

## Metro DiversiTea (for 2)

When: Friday, July 5th  
Where: In the Avonmore School Gym  
12noon to 1pm - Formal program with guest speakers; followed by Metro student talent portion (Choir, 3 cultural dances, and a cultural fashion show)

1pm to 2pm - DiversiTea (tea and finger foods) from around the world for tasting! During this time one of our students will be playing the piano! An RCMP officer will be there as well as an interactive world map where all guests are welcome to label their home country and places they have traveled.

## Avonmore Casino

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

Over 30 volunteers are still needed for our casino at the beginning of September.

Casinos are a major source of funding for our programs and for maintaining our facilities. Please consider signing up for shift. Volunteers can register or sign-up using the following URL: <https://signup.com/client/invitation2/secure/2775480/false#/invitation> or by contacting Scott at [casino@avonmore.org](mailto:casino@avonmore.org), or [president@avonmore.org](mailto:president@avonmore.org)

## Avonmore Summer Camps

Avonmore Summer Camp Dates are July 9-10-11(Little Bit of Everything) & August 7-8-9 (Re-use Carnival) at the Avonmore Community Hall. Camps run 9:30am-3:30pm daily.

Ages: 5-10. Registration start May 1st. Contact Jamie at [jkonrad8@icloud.com](mailto:jkonrad8@icloud.com) to register.

### Little Bit of Everything

This program is all about choices. Kids choose bins that host a variety of group activities. The cooking bin teaches how to make a special grilled cheese lunch. Other bins will have kids digging for rocks in plaster blocks, creating Lego stop motion movies, or tie-dyeing fabric. Ends with a trip to Bonnie Doon Bowling Lanes.

### Re-use Carnival

This program is all about creating a re-use carnival. Camp starts with a trip to the Edmonton Re-use Center for supplies to make carnival games. Campers then plan and organize their carnival. Friends and family are invited to join the fun on the last day of camp.

## Neighbourhood Watch

Contact [ENW@avonmore.org](mailto:ENW@avonmore.org) to learn more about our neighbourhood watch initiative and to get involved. We need several volunteers (light commitment) to get signs for our neighbourhood!

## Babysitting Registry

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

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

## Online Community

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

Check us out on Twitter and Instagram! Follow us and share any photos or events happening in or around our community and join the conversation using #YEGAvonmore

Twitter: [@AvonmoreLeague](https://twitter.com/AvonmoreLeague)  
Instagram: [avonmoreleague](https://www.instagram.com/avonmoreleague)

## City of Edmonton Summer Camp

A City of Edmonton Community Daycamp entitled "Out of this World" will be run out of Avonmore Hall between 9 am and 11:30 am on the week of August 12 through 16, 2019. 4 - 6-year olds will make spaceship crafts, and explore the cosmos with songs, games, and activities. Come learn about stars, planets, the Milky Way, and more in a week that will be truly out of this world! \$95, registration through 311 or online at [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca)

## Spring/Summer Shiny Hockey

If you would like to play shiny ice hockey during spring and summer, please contact Boris at [sports@avonmore.org](mailto:sports@avonmore.org) for more details.

When: Thursdays

Where: Argyll Arena

Time: 9:45 pm to 11:15 pm

## Free Community Swim

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

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

The City of Edmonton will continue to make outdoor pools free for the 2019 season! Visit [www.edmonton.ca](http://www.edmonton.ca) for more info.

## Avonmore Hall Rental



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

## Abundant Community Edmonton (ACE)

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

## Avonmore Book Club



If you enjoy reading, the Avonmore Book Club would love to have you. The Club meets on Sunday evenings every 4 - 6 weeks. Members take turns picking books and hosting meetings. New members welcome from any community. For more information contact Anita at [president@avonmore.org](mailto:president@avonmore.org)

## Neighbourhood Renewal Final Inspection

Thanks for everyone who diligently reported cracks and chips in their sidewalks and other potential problems and hazards. Also, thanks to Brian and Scott for putting all the information on Goggle maps.

Representatives of the City of Edmonton and Park Paving walked every sidewalk in Avonmore on June 12 and 13th looking for problems. They had the notes and maps provided by us as well. I and another member of the League accompanied them for about half of the time.

You will see symbols and numbers in white paint in the areas where repairs are needed. Repairs will be made by Park Paving in late July or August. If you have questions or concerns send me an e-mail at [president@avonmore.org](mailto:president@avonmore.org) and I will pass it on to the City.

## Avonmore Parent & Tot Program



This FREE drop-in program runs every Thursday from 9:30-11:30 at the community hall. Please check the facebook group or email for closures over the holiday season. We do a mix of free play activities and arts and crafts. Our group has a mix of small babies and toddlers, so there is someone for everyone to play with. Coffee and tea provided. For more info, check out our Facebook group by searching "Avonmore parent and tot group" or email [parentandtot@avonmore.org](mailto:parentandtot@avonmore.org). Located at Avonmore Hall: 7902 - 73rd Ave NW.

# Capilano Farmers' Market

Alberta Approved Farmers' Market



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

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

**WIN \$25 in Farmers' Bucks\***

Draw held monthly.

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



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*More than just a neighbourhood coffee shop*



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### More than Drinks

Although we offer a wide variety of hot and iced drinks, we also provide savoury and sweet food options. So whether you're stopping for your morning coffee, lunch, or an afternoon snack, we've got you covered!  
\*\*vegan and gluten free options always available\*\*

*When you have your next coffee break, please drop-in and visit.*

- Great atmosphere
- Great food
- and of course Great Coffee

**1913 105 St.**

### Hours

M-F: 7am - 9pm  
Weekends: 9am - 4pm

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## COMMUNITY LEAGUE BOARD



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Ice Allocation	Vacant	
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"**



## Capilano Playschool 7th Annual Splash & Slide Fundraiser!

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

**Where:** West Edmonton Mall Waterpark

Support your community playschool and enjoy family fun at the waterpark at a great price!

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

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

## 2019 Capilano SUMMER Green Shack Program

The Green Shack program is back at Capilano Community Park (10810 - 54 St.) for summer 2019. The Green Shack playground program will be available

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

A playground leader will deliver FREE playground programs for children 6-12 years old that includes drop in sports, games, activities, and crafts.

## FREE DROP-IN SUMMER GREEN SHACK

LOCATION	DATES	DAYS	TIMES
Capilano 10810-54 St.	July 2 - August 23	Monday - Friday	2:30 PM - 6:00 PM

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

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

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](http://edmonton.ca/Greenshacks) or call 311

## Wanted - Building and Grounds Director

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

## Capilano Community League Sign Rental

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

Do you have a message for the community, a birthday, anniversary, graduation or special event that you would like advertised? Advertise it on our new changeable sign located at the intersection of 65 St and 108 Ave. Sign rental fees: Community League Members - \$10 (\$15 for non-members).

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

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

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



## Choose Capilano Hall for Your Special Event

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

## Capilano Babysitting Registry - Volunteer Needed!

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

## FREE Swimming at City's Outdoor Pools!

This coming summer, all outdoor swimming pools are open from approximately later May or in June, until the September long weekend (weather permitting) and offer FREE access for the entire 2019 season.

Please note: Closures are determined by temperature (below 18°C), extreme weather (stormy, heavy rain, lightning / thunder), and bookings. Outdoor pool status is updated daily at 10am and 2pm.

## Total Body Fitness - Outdoor Summer Class

Total body fitness, inside the hall, will resume in September 2019.

Please join us at Capilano Community Park for a great outdoor fitness program!

**Day/Time:** Tuesdays and/or Thursdays 7:00 - 8:00 p.m.

**Dates:** July 2 - August 22, 2019 (8 classes)  
**Cost:** \$80 a week for one day/week or \$160 for both days. Or \$55 for a 5 class pass.

Combination of cardio and strength for a full body workout. This could be a family workout if you'd like to bring kids and we can be near the playground. This would be a fun, strength and cardio class using different equipment (like medicine balls and ropes). All things can be adapted and modified for differing fitness levels or injuries.

Contact Lisa for more information or to register (6 people minimum to run class) at [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or 780-221-9857.

## Need a Capilano Community Membership?

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

As well, memberships are available at:  
--"All Care Pharmacy" located at 5016 - 106 Ave. Contact the pharmacy at 780-244-2737 for store hours (Cash only).

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

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

Thanks to "All Care Pharmacy" and Servus Credit Union for supporting our community!

## Thank you Andy Verhagen from Playschool

Capilano Playschool would like to extend a HUGE thank you to Andy Verhagen of Remax Realty for his generous donation to Capilano Playschool. It will be used towards activities for our year end party.

For more information on our parent coopera-

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

## Sports and self-esteem



### Youth learn the confidence to move

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

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

"People participate in sports for different reasons, but ultimately it's all around making kids better, healthier people," says Lea Norris of Sport for Life, a non-profit that aims to improve the health of Canadians. "The self-confidence, mental health, ability to socialize—that sense of social belonging is huge—as well as leadership and resiliency—all those pieces fall into place when kids play sports."

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

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

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

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

"The important thing," she says, "is to move."



## Garden Homes Now Allowed in Southeast Edmonton

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

[info@UrbanMews.ca](mailto:info@UrbanMews.ca)

Tel.: 780-428-7777



More Southeast Edmonton residents now than ever before find themselves in the "sandwich generation" challenged with the responsibility of managing their aging parents' care and, at the same time, still raising their teenage children. The bad news is that, in all likelihood, our parents will find it difficult to find an affordable or suitable retirement home, as waiting lists for seniors' homes continue to grow exponentially.

At the same time, many young Edmonton families find it difficult to keep up with their mortgage payments and the rising cost of living and would welcome some additional income.

There is good news! Edmonton City Council responded to the looming shortage of senior and affordable housing by recently amending land use by-laws for Southeast Edmonton and allowing for development of Garden Homes or Garage Suites in residential backyards. These attractive, self-contained homes, with separate utility metering and separate mailing address can now be built on many lots, allowing seniors to either move into such home in their own yard and rent out their main home, or move into their children's back yard. Also, Garden Homes became a practical housing solution for live-in caregivers, nannies or renters. For many families it's a win/win proposition.

At [UrbanMews.ca](http://UrbanMews.ca) we combined decades of experience in community development, architecture and construction to design attractive, economic, and ecological Garden Homes and above-garage suites to meet the growing demand for such housing. Urban Mews homes can be disability friendly, they exceed all building and energy code requirements and are covered by government approved New Home Warranty. The Urban Mews team designs each home to our client's individual liking and we take care of all municipal permitting and administrative tasks.

In Southeast Edmonton, Garden Homes and Garage Suites fetch as much as \$1,400 in monthly rental revenue. That makes these homes great mortgage payment helpers for younger families or pension supplements for seniors.

Whether it's for your parents, for your teenagers, for rent or simply a guest house or a quiet place to pursue your hobby, you now have an options that you didn't have before. Your backyard can be more useful than you thought. Let's design and craft one in your yard...

Check us out at: [www.UrbanMews.ca](http://www.UrbanMews.ca)



## Ben Henderson

Councillor, Ward 8

**Contact me on city issues**

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

## Board Member Contact Sheet

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

**2018-2019 Board of Directors Contact List  
For South East Voice (SEV); Updated: 2019-06-17**

## Day Camp – Cool Creations (Ages 6 to 9)

Is your child looking to learn new skills and make some really cool creations? Then this is the camp for them. Campers will learn how to tie-dye, and try their hand at concoctions such as homemade chocolates and slime. They will take home a new creation every day! Course #657276 runs from July 8 – 12,

daily from 9 am - 4 pm at the Cloverdale Community League Hall, 9411 97 Avenue. Register with the City of Edmonton: Online at [MoveLearnPlay.edmonton.ca](http://MoveLearnPlay.edmonton.ca); call 311 or 780.422.4311 or in person at any City facility during hours of operation. Cost: \$135 (4 days), \$169 (5 days).

## Spray Park is Open!

A sure sign of summer is the opening of the spray park at the Cloverdale Community League playground and park.

The spray park is a great place for children and parents to meet and enjoy the sunshine. Enjoy!

## Message From the Board

On June 2nd the Cloverdale Community League (CCL) kicked back to celebrate the completion of our energy efficiency renovations and the completion of the new wrap-around and accessible deck. Over 200 friends, neighbours and guests finally got the opportunity to see all the renovations and the positive impact the energy efficiency upgrades have had on the comfort of the hall and our bottom line.

The community celebration was held in conjunction with the 20th annual Eco Solar Home Tour, which gave the CCL the opportunity to showcase the hall renovations to a much wider audience.

The \$370,000 project includes a new HVAC system, hot water heater, extra insulation in the attic and crawl space, LED lights and a more tightly sealed building envelope that features new windows and doors. The new maintenance free metal roof is capped off with a 19.2 kW solar panel system. Since August 2018 the solar panels have provided renewable electricity equal to about 50% of the total electrical consumption in 2016.

A separate project helped the CCL replace the existing deck with new composite material, install new railings and a service ramp. The new deck is completely accessible as well.

Grants from various level of government and other funding bodies helped the CCL complete the projects within our budget. The projects also contributed to the Edmonton economy by providing employment to a number of

businesses based in the city. Thanks to all the volunteers, contractors and funders who shared our vision of an energy efficient and comfortable hall that we all are proud to visit and enjoy.

Thanks to the volunteers who helped plan and organize the CCL Community Celebration. Your ideas, creativity and hard work resulted in a wonderful ‘capstone’ event for the hall renovations.

As we head into the summer watch for information in your mailbox, at the CCL website and our Facebook Page about the seasonal parking programmes for the Accidental Beach and the Edmonton Folk Music Festivals.

The Cloverdale Community AGM will be on Monday, September 23rd. We’re looking forward to seeing you at the meeting.

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

Enjoy your summer and see you around the neighbourhood.

**All the Best**  
*Cloverdale Community League Board*

## Mark Your Calendar!

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

- Cloverdale Community League Annual General Meeting: Monday, September 23,

2019 at 7:00 PM at the CCL hall. Join the community to make decisions for the future, hear reports from the board about the past year and volunteer to get involved on the board.

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

## Summer is here and So Are Neighbourly Block Parties

With the warm weather, everyone is getting out and tending to their yards and generally doing more outside activities. We have at least 35 new families in Cloverdale. Yes it is true. Do you know your new neighbours?

Plan a block party to help make them feel welcome. Your Block Connector or Point Person may be sending out notices. Perhaps you live in a multi-family complex and don’t know if you have a Block Connector. Check with me and I can help coordinate an event for your area or advise who your Block Connector might be.

June 22 – the 96 street folks are having their get together – first in Cloverdale in 2019

thanks to Michelle. June 25 – 96 A street North is having their gathering at the home of Mary and Al.

Most events are potluck and can be very simple or full on meal. Bring out the bocce balls or just have great conversations. The real idea is just to reach out to meet your fellow Cloverdadians.

I challenge each of you to invite and meet at least one new resident.

Let me know when your block/building is having their event.

Marilyn Mucha at [neighbourhoodconnector@cloverdalecommunity.ca](mailto:neighbourhoodconnector@cloverdalecommunity.ca) or 780 901-0323 and I promise to bring a dish and lemonade.



## Pop-up Playground (Ages 6 to 12)

Check out Gallagher Park for exciting summer activities for kids!

The City of Edmonton will be running a Pop-up Playground at the Cloverdale Community League Playground from July 2nd to

August 22nd, Tuesdays and Thursdays from 2:30 PM to 6:00 PM. Keep your eyes peeled for the playground flags. Join in a variety of activities from crafts, games, sports and free play.

## Volunteer Opportunities

Cloverdale Community League Board of Directors

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

- President
- Secretary
- Communications

- Edmonton Ski Club Liaison Chairperson
- Social Director
- Programme Director
- Membership Director
- Seniors Director

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

## Benefits of Cloverdale Community League Membership

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

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

nual Memberships.

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

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

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

## Book Cloverdale Hall Today!



Go 'Clean and Green' at your next family or business function. The newly renovated Cloverdale Community League hall has many of the latest energy efficiency features you could want for a clean and green event.

From LED lights to solar panels, power your next event with renewable energy in a park like setting.

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

The Cloverdale Community League hall

is the perfect venue! Room to move, party, mingle or just chill out. There's plenty of room for 15 to 150 people. The hall has all the amenities, including Internet access, needed to host your special event!

The recent renovations will let you relax and enjoy Gallagher Park from the comfort of our new wrap-around deck. Indoors, a range of energy efficiency renovations will help you socialize or work in comfort. Go Green at your next event at the Cloverdale Community League hall.

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



**LA COLOMBE**  
Centre D'Apprentissage De La Petite Enfance

## La Colombe

Centre d'Apprentissage de la Petite Enfance

- ◆ 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

## Podiatric foot care!

### 780-466-5290

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

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

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





*Beautiful fig tree for sale – healthy starter, 11 large leaves, \$110.*

*Large collection of Hummel figurines for sale.*

*Manitoba artist Peter Ward paintings for sale (1920-2012; naturalist, artist).*

**Call 780-465-4515 for prices**

## Helmet Safety

Choose the right helmet

Before buying a new helmet, consider the following:

- Measure around your head at eyebrow level to know what size of helmet to buy

- Decide what kind of helmet you need: a bike helmet, just for biking, or a multi-sport helmet that is approved for biking and other sports such as skateboarding and in-line skating.

- Try different styles and brands to find the one that fits you best

- Check to make sure the helmet is safety approved for cycling and meets safety standards such as CSA, CPSC, Snell or ASTM.

**Wearing your helmet**

- Make sure the helmet is level from front to back.

- Check that the front edge sits 1 to 2 finger widths above your eyebrows.

- Add or remove sizing pads, or adjust the ring fit system to make the helmet fit snugly.

- Adjust the straps to form a V just below and in front of your earlobes.

- Do up the chinstrap.

- Adjust the chinstrap so there's only one finger-width between your chin and the chinstrap.

- Fit the helmet tighter if it moves when you nod or shake your head.

- Wear your helmet every time you ride your bike.

## Board Members

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

## Big changes on our board

After six years as president, Rae stepped down at our annual general meeting June 4. We're so grateful for her time, commitment and leadership, and happy to have her stay on as a director at large.

Curtis has agreed to take over as president. He joined the board as secretary several months ago and has been a great fit since the beginning.

Three other board members are also departing, and we want to thank Michelle for her service as treasurer, Bonnie for her hard work as grants director and Ryan for his time and effort as building maintenance director.

That leaves us with the following openings.

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

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

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

- Treasurer: Oversees the management and reporting of the community league's finances. All directors are expected to attend board meetings, which are held on the first Tuesday of every month except July and August.

Our next meeting is Tuesday, Sept. 10 at 7 p.m. at the hall, 10150 80 St NW. Everyone is welcome.

## Digital makeover for forestterrace.org

Have you see the league's newly redesigned website? Thanks to Curtis's hard work, it looks great!

Edmonton

# FREE DROP-IN POP-UP PLAY PROGRAM



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

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

Keep your eyes peeled for the colourful pop-up play flags! Two days a week you will get active and experience a variety of crafts, games, sports, and free play. Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information visit:  
edmonton.ca/popupplay  
or call 311.




## 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  
(entrance on 101 Street)

Assistance également  
disponible en français.

www.LindaDuncanMP.ca  
f LindaDuncanMP



## Don't miss out on membership perks

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

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

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

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

Free membership in the Edmonton Tool Library allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools for a week at a time. To claim your membership, visit the tool library location at the Bellevue Community Hall (7308

112 Avenue NW) and bring photo identification and your community league membership card. To make the process faster, complete the membership application at edmontontool-library.weebly.com and review the release of liability waiver and borrowing policy.

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

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

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

online at efcl.org/membership; contact our membership director at membership@forestterrace.org or 780-463-1613 (this is the only option for free memberships; or purchase in person at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or any Edmonton Servus Credit Union branch.



## Community Contacts

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

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

## Hall Rental

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



## Now Welcoming Membership Tour Volunteers

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

## Edmonton Tool Library

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





# FREE DROP-IN POP-UP PLAY PROGRAM



LOCATION	DATES	DAYS	TIMES
Fulton Place 6115 Fulton Rd NW	July 2 – August 22	Tuesday & Thursday	10:00 AM - 1:30 PM

Keep your eyes peeled for the colourful pop-up play flags! Two days a week you will get active and experience a variety of crafts, games, sports, and free play. Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information visit:  
[edmonton.ca/popupplay](http://edmonton.ca/popupplay)  
or call 311.

GET IN TOUCH WITH US

 @Greenshacks

 [Greenshacks@edmonton.ca](mailto:Greenshacks@edmonton.ca)



**LIVE  
ACTIVE**



## DISCOVER SCIENCE



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

**Fulton Place Community League**  
6115 Fulton Road

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

Registration Now Open!

To Register:

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



## Hantavirus Protection

If you're cleaning your yard and find mice, be careful. Hantavirus Pulmonary Syndrome (HPS) is a potentially fatal respiratory illness. It is caused by Hantavirus, a virus found in the saliva, urine and droppings of deer mice.

People can get Hantavirus by breathing in contaminated dust or particles from the mouse urine or droppings, or by being bit by a deer mouse. Symptoms occur two to three weeks after being exposed to the virus. They are similar to the flu and may include headache, fever and chills, muscle aches and shortness of breath, as fluid builds up in the lungs. If you or someone you know shows symptoms and has been exposed to deer mice, seek medical care immediately.

And try to avoid exposure in the first place. "The best way to prevent Hantavirus is

avoiding contact with deer mice. Eliminate their potential food sources. Keep garbage covered in pest-proof containers and set traps to catch rodents at your home and workplace," says Alberta Health Services public health inspector Nicole MacIntyre.

If you have to clean the area where deer mice have been, do not stir up the dust by sweeping or vacuuming the nest or droppings. Wear rubber or vinyl gloves and spray the urine and droppings with a disinfectant. Use paper towel to pick up the waste and dispose of promptly in the garbage.

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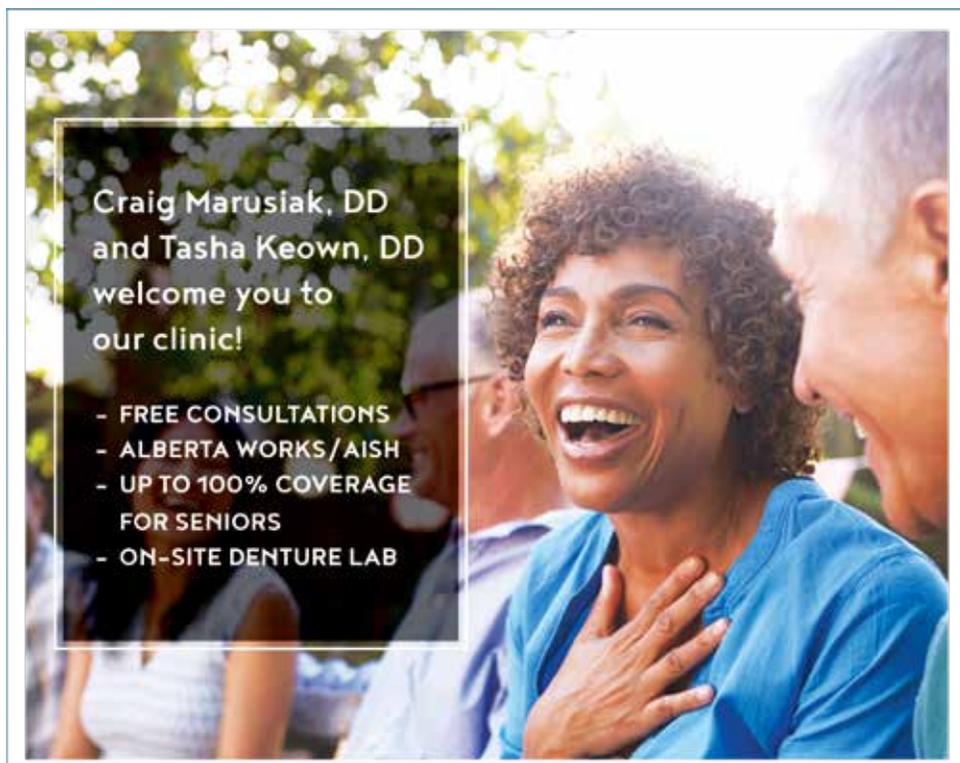
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**My staff and I are at your service. The Edmonton Gold Bar constituency office is here to:**

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

100-8925 82 Avenue  
780.415.1015  
[edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)

**Marlin Schmidt**  
MLA Edmonton-Gold Bar



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*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	charnelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
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Director At Large	Pat Chmilar	p.chmilar@icloud.com
Director at Large	Cody Charlene	codycharlene86@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Joelle Zimmerman	Joelle_zimmerman@gmail.com
OiHall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Sharon Harker	gbhallfun@gmail.com
Rink Manager	Heather Hopgood	hhopgood@shaw.ca
Sign Director	Lindsay Kocil	lindsaykocil@me.com
Social Director	Ronda Lisowski	magicianronda@gmail.com

## Okinawan Karate Dojo

**Monday and Thursday Evenings**  
Train at Beverly Heights Hall on Mondays and Gold Bar Hall on Thursdays  
**Start Date:** Sept 12  
**End Date:** Dec 19  
Family Class (age 7+) 6:00-7:00 pm  
Adult Class (age 13+) 7:00-8:00 pm  
Kobudo (Weapons) Class: 8:00-9:00 pm  
Your registration fee gives access to all 3 classes on both nights  
**Fees:** Sept - December

1 person \$120  
2 people \$220  
3 people \$300  
4 people or more \$400  
Never too late to register. Fees will be prorated.  
**Memberships Required**  
Any CL membership  
\$60 annually / person for dojo related memberships for more info or to register email jamie.hanlon@shaw.ca

## Mom and Me Fitness Class is at the Playground!

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play at the playground, participate in our green shack, be in the stroller or be worn (poor weather we will be in the hall) Bring a yoga mat, water, and anything your kids need. If it's raining or poor weather we will be in the community hall. This class runs Monday's and Thursdays from 930-1030am at Gold Bar Community Hall. This session runs July 4/8 - Aug 19/22 not Aug 5)  
Contact Lisa to register or with any questions. Mondays \$60, Thursdays \$80 (both days \$125), 5 pass \$55 or drop in \$12.  
Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

## Green Shack

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

## Green Shack Ice Cream Social and Carnival

To start the summer off right and meet our Green Shack leader, please join us at the Playground on Monday, July 8 from 10:30am-12:30pm. All community members are welcome!  
Bring a picnic lunch and we will provide dessert. Stick around as long as you like to visit with neighbours and friends. Follow Gold Bar Community League on Facebook or look at our community sign to get updates about this and any other upcoming events at the Green Shack time.

## Potential Gold Bar Wastewater Sewage Expansion Raises Concerns

For over the past 100 years, Edmonton has been slowly removing industry from its Ribbon of Green, the River Valley. In 2017, a management committee (made up of City Administration, EPCOR and private developers) decided to increase sewage processing in Edmonton's River Valley. They decided, without informing or consulting the public, to bring a large sewer trunk line (the South Edmonton Sanitary Sewer, or SESS) through urban residential areas and parkland with the intention of processing more sewage at the Gold Bar Wastewater Treatment Plant.

The decision was contrary to the long-established plan to expand wastewater treatment to the Alberta Capital Region Wastewater plant in Strathcona county. The decision to reroute the SESS was made without any public consultation and in apparent disregard for the concerns of citizens about increased sewage processing in the heart of Gold Bar Park. It also coincided with a recent transfer of drainage operations from the City of Edmonton to EPCOR and appeared to be self-serving.

The Capital Region plant is located on industrial lands, away from residents and with room to expand. The footprint of the Gold Bar plant is adjacent to Gold Bar and Capilano homes and doesn't meet the current industrial setback guidelines. Residents on both sides of the river,

who are already unhappy with the unsightliness and smell from the plant, do not see the wisdom of expanding the Gold Bar plant when a perfectly viable alternative is available.

A diverse group of Edmontonians consisting of area residents, community leagues, park users and river valley conservationists raised the alarm. They organized into a group called the Save Gold Bar Park Alliance (SGBPA) and presented their concerns to the City of Edmonton Utility Council on November 16, 2018. Gold Bar, Highlands, Capilano and Rundle Heights/Beverly Heights community leagues have all signed a memorandum rejecting the decision to bring the SESS into Gold Bar Park.

On Sept 30, 2019, city councilors will meet to discuss whether public consultation and engagement should be held regarding the decision to bring the SESS to Gold Bar.

What can you do to help?

--Contact your community league presidents, city councilors and local MLAs to share your concerns and request thorough public engagement on this important decision.

--Follow the Save Gold Bar Park Alliance on Facebook

--Visit the City of Edmonton's Ribbon of Green website and let your voice be heard.

To request more information, email goldbar-parkalliance@gmail.com.

## Babysitting Registry

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



## BINGO!!!

To volunteer to work one of our community bingos please contact Lorie @ 780-447-1110. These Bingos generate revenue for our community.

Fort Road Bingos:

Sunday, July 14- afternoon/evening

Tuesday, August 27- afternoon/evening

Sunday September 22- afternoon/evening

Parkway Bingo:

Thursday, July 4- evening/late night

Saturday, July 27- afternoon

Sunday, August 4- evening/late night

## Gold Bar Preschool



Gold Bar Preschool is now open for registration for the September 2019 school year! We are a non-profit, community based preschool in Gold bar Elementary school. We offers a creative and stimulating program for 3-5 year olds. Classes are on monday/Wednesday/ Friday mornings from 9am-11:30am. We focus on child led exploration, early literacy, fine and gross motor play and lots of outdoor activities around our school and out in the river valley! Visit our website www.goldbarpreschool.ca or email for more information goldbarpreschoolparents@gmail.com

## Midsummer Mini-Carnival

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

## Hatha Yoga Active

Upcoming Session: Sept 10 - Oct 30

Next Session: Nov 5 - Dec 18

**Tuesdays:** 9:45 - 11:00 am

**Wednesdays:** 8:00 - 9:15 pm

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

**Instructor:** Nancy Conlin nancy\_conlin@hotmail.com

# GOLDBAR COMMUNITY MEMBERSHIPS AVAILABLE NOW!!!!

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

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

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### Ritchie



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

greater Hardisty  
**community fun day**

Saturday,  
**September 21**  
10-2:30pm

@ Gold Bar  
Community League  
4620 105 Avenue

- 10am FREE pancake breakfast in hall
- free BBQ by Young Life, by donation
- Balloon animals and glitter tattoos
- Petting zoo
- Ponies
- Crafts
- Door prizes and giveaways from our sponsors

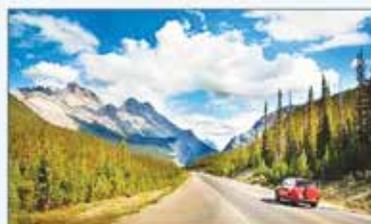
A big THANKS for financial support and displays to Strathcona Industrial Association, Celanese, Enbridge, Epcor and Imperial Oil.



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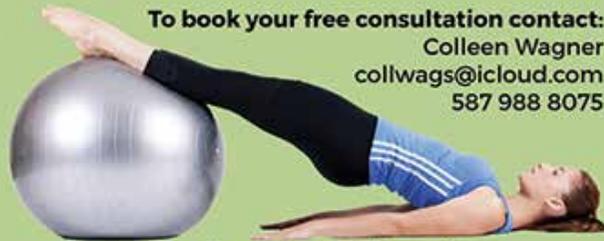
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Past-President	Wendy	<a href="mailto:pastpres@hoyroodcommunity.org">pastpres@hoyroodcommunity.org</a>
Vice President	VACANT	<a href="mailto:vicepresident@holyroodcommunity.org">vicepresident@holyroodcommunity.org</a>
Treasurer	Claire	<a href="mailto:treasurer@holyroodcommunity.org">treasurer@holyroodcommunity.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

Website: [www.holyroodcommunity.org](http://www.holyroodcommunity.org) Twitter: @HolyroodCL Facebook: Holyrood Community League

Purchase memberships at SEESA (9350-82 St), through [efcl.org/membership/](http://efcl.org/membership/), at Servus Credit Union locations, or at most Holyrood Community League events.

Complimentary Memberships are available for newcomers to Holyrood. Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org).

## Respect the Fence!

Sadly, the construction safety fencing around Holyrood's rink site sustained a great deal of damage over the winter months.

As per our building permit, we need to maintain a barrier around the rink construction area.

This is for everyone's safety.

We are currently fixing and reinforcing the fencing - at an additional volunteer & finan-

cial cost to the league. The fence will need to stay up well into the summer months to allow ongoing landscaping and sod work.

Please monitor your children and prevent them from playing on or near the fencing. This means no leaning, poking, pulling, climbing or retrieving wayward balls!

The area inside the fence is still a construction zone, and IS NOT SAFE.

## Communications Director

Do you like to talk and tweet all day?

Can you text, type and update the corner sign display? This could be you writing the SEV so don't delay,

Join our board as comms director today!

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

## NEW! Holyrood Community Garden

Why is a Community Garden important?

- Gardens promote local, organically grown, nutritious food and provide education on where food comes from and how it is grown.

- Improve physical, mental and spiritual health of community members by encouraging low impact outdoor activity.

- Create safer, more vibrant and connected communities.

- Broaden skills and knowledge of gardening, and build lasting relationships.

- Connect diverse populations that exist within a community.

Please join us at one of our upcoming committee meetings, held at SEESA (9350 - 82 Street) 5:30 pm Wednesday, June 26.

For more information email: [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org)

## Summer Greenshack - Holyrood



Runs weekdays July 2 - Aug 22

Mornings 10:00am to 1:30pm

See you out there for some fun in the sun!

## Reuse Fair

Sept 14, 2019, 10am to 3pm

Free event with a BBQ Lunch

Items will be accepted until 12 noon

Location - First Church of God (9224 82 Street)

Call or email for more info: 780-469-2404, [info@firstchog.ca](mailto:info@firstchog.ca)

## Get by with a little help from your friends

Your social circle can add health and happiness to your life

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

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

Janet Halberg, who moved several times because of her husband's job, learned how to meet people and make friends. "It's not easy putting yourself out there, but you have to remember that you're not the only one (looking)."

As a gardener and self-described dog person, Halberg always found a local gardening



group or dog club to join. She also volunteered for various groups and made a point of meeting her neighbours. After her divorce at 55, Halberg joined a gym, took up golf and began playing bridge with colleagues from work.

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

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

## Simple meals are best when arthritis flares up

When your arthritis flares up, it can be tough to eat properly because your medications may upset your stomach.

"When you're not feeling well, you still need to eat. Don't skip meals," says Jennifer Sundberg, a registered dietitian with Alberta Health Services.

Poorly nourished arthritis sufferers, especially seniors, become frailer and at greater risk of falling. Sundberg recommends simple, quick and easy-to-prepare meals when you're feeling unwell, such as oatmeal with nuts, fruit and milk. Try an egg with wholegrain toast, milk and juice, or a salmon sandwich on a wholegrain bun with shredded carrot and lettuce, a glass of milk and a piece of fruit. Even a peanut butter sandwich with a banana and a side of yogurt fits the bill.

### Resources for self-management

- Find information on different types of arthritis and medications, as well as healthy living tips by searching "arthritis" at [my-health.alberta.ca](http://my-health.alberta.ca).

- The Arthritis Society has lots of resources for self-management. <https://www.arthritis.ca/>



- GLA:D Canada (Good Life with Osteoarthritis) offers education and exercise for people with hip and knee osteoarthritis. <https://www.gladcanada.ca>

- Rheuminfo is another leading rheumatology resource for patients and physicians. It is run by a Canadian rheumatologist and a physiotherapist. <https://rheuminfo.com/>

## Board Members

President	Kate	presidentidylwylde@gmail.com
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To contact us, please do so by email or by leaving a message at 780 466 7383.  
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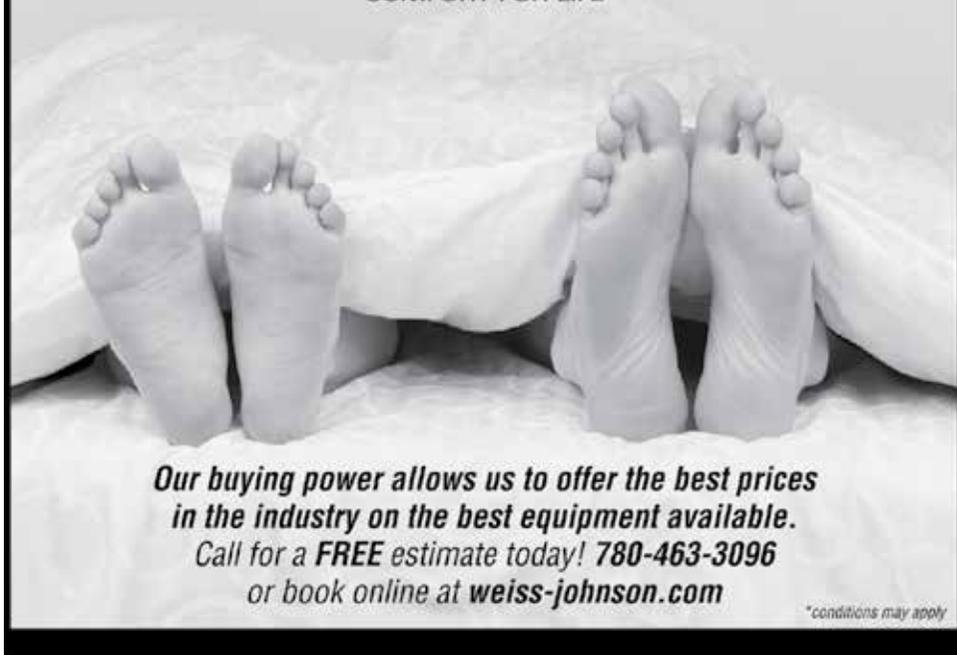
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\*conditions may apply

## Save the Date – Community League Day

The third weekend of September is Community League Day, every year! Mark the date on your calendars and watch our social media and newsletters for information on what will be happening in Idylwylde this year.

## Cheery Tomato Community Garden

Spring has sprung! If you would like to turn your thumbs green this summer, contact us at [gardenidylwylde@gmail.com](mailto:gardenidylwylde@gmail.com) and we'll let you know how you can be involved with our amazing little community garden.

## 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  
End Date: June 23, 2019

## 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!

## Casino Success

Thank you to all the hardworking volunteers that gave up their time to help us pull off another successful casino event at Argyll Casino. And a huge thank you to Bridget for organizing all the volunteers to make sure that the event was successful!

## Program Calendar 2019

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

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

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

## Little Free Library



The trees are blooming, so enjoy our beautiful streets by taking a quick stroll to visit our Little Free Library over at 7932 83 Avenue. Grab an exciting book from the collection or drop off one of your favorites that you think someone else may enjoy. Nothing better than reading a new favorite hearing the sounds of the birds (and construction) outside!

## Hall Rentals

We are looking for a community minded volunteer rental coordinator to look after all things rental. What we do is pretty special, in that we offer reduced rates to people who live within Idylwylde, so you can host a larger than life function, right in your neighborhood. The only catch? We can't do it without your help!!! If this sounds like something you can take on to help the community, get in touch with Kate.

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## CONTACT US!

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

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

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

## Next Meeting, Monday September 9

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

## Southeast Voice Newsletter Deadlines

Submissions for the August/ September issue of the Southeast Voice is due Friday July 19th, 2019. Send all announcements to [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com).

## KCL Membership BBQ

Sunday, September 8  
12 – 3 p.m.

Kenilworth Hall

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

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

Sign up for Kenilworth Programs and get your 2018-19 Membership.

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

## Adult Badminton

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

## Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings, starting September 10th, 2018, from 10-11:30. Free drop-in play time/socialization for children 0-5yrs. This program started back up in 2015 with a laid-back atmosphere of unstructured play. It is run by volunteers and facilitated by a mom with a background in child language development and children's mental health. Opportunities for new volunteers to help with facilitation and organizing structured activities. Coffee and tea provided. Contact Jo Tong [jtong77@gmail.com](mailto:jtong77@gmail.com) with questions



## Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

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

Damage Deposit

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

\$450/weekend \$550/weekend

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

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

## Kenilworth Community League Annual Golf Tournament and BBQ

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

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

Kenilworth Hall.

Tickets are \$30 for Golf/Supper.

Register early to ensure your spot.

For tickets or to donate prizes - please contact Ken at 780-915-8144 or by email at [kbalcom33@gmail.com](mailto:kbalcom33@gmail.com)

## Kenilworth Rink being used as an off-leash dog space

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

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

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

Insurance/ Liability confirmation.

Capital Region health confirmation this is a suitable use City of Edmonton compliance with their bylaws and procedures. KCL Executive hope to have all this information gathered in the next few weeks.

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

## Senior's Trip to Valley Zoo and upcoming events



We had a great time at the zoo. Total of 41 people!

Lunch was provided by Travelling Seniors rep Cathy who met us at the entrance at noon and he group had a great time!

Our 2019-2010 future Kenilworth senior



events in the planning stage include:

Dinner and Movie at KCL hall

Dinner and Music

Trip to Muttart Conservatory

Canada Day Breakfast Celebration

Visit to the City Hall and Hotel MacDonald.

## Christmas in July, STAMP-A-STACK

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

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

would like.

The registration fee varies:

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

\$50 for 20 cards (Intermediate)

\$75 for 30 cards (Avid stampers)

Payment is required by June 30th.

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

To register contact Rhonda @ 780-469-0010.

## KENILWORTH PLAYSCHOOL

Kenilworth Playschool is a non-profit, parent co-operative playschool for 3 and 4-year old children. We meet on Tuesday and Thursday mornings at the Kenilworth Community Hall. We have a bright, clean facility with a large play area and kitchen. We are proud to provide children with positive interactions with peers, daily theme-based lessons, fun field trips, science experiments, cooking in our kitchen, park or gym time, games, books, songs and so much more. Our goal is to give your child a fun and positive experience that will prepare them for Kindergarten. We are currently accepting registrations for September 2019. For more information or to register your child, please contact Elaine Voss at (780) 691-8316 or by email [elaine.voss@shaw.ca](mailto:elaine.voss@shaw.ca).

## VOLUNTEER OPPORTUNITIES

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

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

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

## Babysitting Registry

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

## Memberships

**Have a New Neighbor? Are You New to Kenilworth?**

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

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

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

Servus Credit Unions will also carry community league memberships, however there is an additional \$5 service charge.

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

AIR CONDITIONING - BRAKES - MUFFLERS & CUSTOM EXHAUST - COOLING SYSTEMS

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(and yes that includes oil changes)

## Program Guides

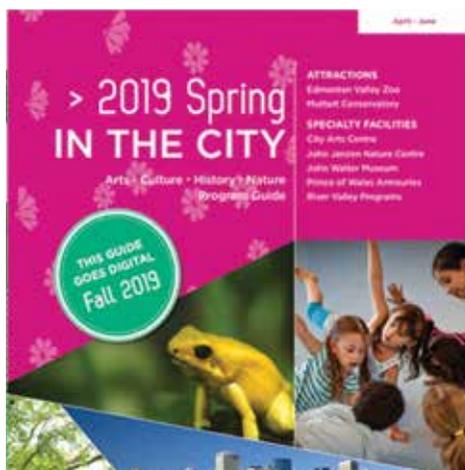
The following City of Edmonton's program guides are available online at

[www.edmonton.ca/programguides](http://www.edmonton.ca/programguides)  
Summer in the City (July-September 2019)  
These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions.

Rec Centres Summer Guide (July-August 2019) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

Summer Day Camps Guide (Summer 2019)  
Your guide to day camps at City of Edmonton facilities and in your neighbourhood.

Recreation Opportunities for People with Disabilities (2018-2019) Recreation and leisure opportunities for people with special needs at locations across the city.



## COME JOIN US! Veronica Fitness



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

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

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

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

Classes taught by Veronica Kubicek, a certified Personal Trainer.

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

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

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

## Host Families Wanted

The English Language School at the University of Alberta welcomes groups of students from international universities during the summer. The groups arrive at various times between June and September. The students usually stay with a host family from one week up to a month.

Students are at least 18 years-old and will be using public transportation to get to campus. Students attend classes Monday to Friday. Host families receive an honorarium of \$850 per month (or \$28 per night).

Open your home to an international student this summer and enjoy a cross-cultural exchange that will provide lasting memories for your family. For more information on becoming a host family this summer, contact Trudy Stevens, at [trudy.stevens@ualberta.ca](mailto:trudy.stevens@ualberta.ca) or by phone at 780.492.0071



## City Services & General Information



Visit [www.edmonton.ca/311](http://www.edmonton.ca/311) or call 311 for information and access to City of Edmonton programs and services such as:

Inspections, licenses, permits  
Comments, commendations, bylaw complaints

Roadway & waste management information  
Program registrations and bookings

Transit information  
311 agents are available 24 hours a day, every day.

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City specialists, or do other business with the City. The operating hours are 8am-4:30pm Monday to Friday. The centre is closed on weekends and statutory holidays.

## Executive & Board Members

### Executive:

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

### Board Members:

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

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

**Indoor & Outdoor Soccer Director** – Tena

**Summer Playground Director** – Colleen

**Social Team** – Bri & Colleen

**Playschool Rep** - Tyler

**Rink Chair** – Rebecca

**Maintenance** – Frank

**Membership Director** – Russ

**Communications**– Sandra C

**Website**– Tim

**EFCL Rep** – Corinne

All Positions are volunteer positions.

Please send all inquiries via email to:

ottewell2212@gmail.com or call: 780-469-0093 (leave a message and someone will return your call)

**Ottewell Community League**

5920 – 93a Ave. NW

Edmonton, AB T6B 0X2

**OCL Board Meetings**

Next Meeting is on Tuesday, July 16 - 6:30 PM sharp!

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

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

## Ottewell Community News and Information Board

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

This bulletin board's purpose is to provide information to our community members. Whether you are hosting a garage sale, lost a pet, or simply want to let others know what's happening in your community, please post your messages here as this is our go-to place for neighborhood information. Then stop by our **Community Information Board** and see what is happening in Ottewell.

## Ottewell Community Park

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

PLEASE DO NOT LEAVE THE GAR-

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

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

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

## Take Care of Our Outdoor Washrooms!

OCL volunteers maintain these washrooms, so please be kind and help us keep our washrooms clean.

Ottewell Community League provides washrooms to use for all our park visitors, and we ask that all users respect our washrooms. If they are abused then we will be forced to close them up and bring in less than desirable porta-potties.

All soap and paper towels have been removed

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

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

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

## Free Community Swim & Gym for League Members

Access to any of the recreation centers are for the entire facility. So if you do not want to go swimming, you could go work out or do any of the drop-in activities there. The outdoor pools will be opening soon! Community League members have access to all outdoor swimming pools for FREE! check

out the city website... [https://www.edmonton.ca/activities\\_parks\\_recreation/outdoor-pools.aspx](https://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx)

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

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

## Baby! Baby! Baby!



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

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

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

## Fun in The Sun



Join us July 14th from 1:00pm to 4:00pm for an afternoon of games, food and loads of fun! Carnival games, bouncy house, prizes and food. Bring your bathing suit and cool off at our spray park.

Show your current Ottewell membership to receive FREE game tickets and FREE food (a fee required for non-members). Memberships will be available for purchase.

## Ottewell on Facebook

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

## Abundant Community Edmonton - Ottewell



### ABUNDANT COMMUNITY

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

### Block Social Challenge

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

## Ottewell Green Shack



Join in on games, sports, crafts, music, drama and special events. A complete list of activities and special events are posted on the side of Green Shacks each week. If there is a game or activity that peaks your child's interest that you would like to have included in programming, just ask the Program Leader.

Program Leaders are easily identified by their blue shirts and may be assisted by volunteer leaders in training.

### All leaders will:

- Have completed a security clearance process, are trained in first aid, and are certified specialists in fun!

- Ensure participants play safely

PARENTS ARE RESPONSIBLE FOR THEIR CHILDREN AT ALL TIMES and must be available in the event of an emergency. Programming will still be available on rainy days, but may be cancelled during severe weather.

## Ottewell Community League Playschool

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

Go to [www.ottewell.org/playschool/](http://www.ottewell.org/playschool/) for details on the playschool program.

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

## City of Edmonton Summer Camps are Here!



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

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

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

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

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

## Skateboard 202



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

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

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

Register by Calling 311

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

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



Emergency  
Medical  
Services

## Heat Related Illness



With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

### Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

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

## Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website [www.edmontonpolice.ca/reportacrimeonline](http://www.edmontonpolice.ca/reportacrimeonline)

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.



For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

## EPS Mobile App

Access everything for the Edmonton Police Service in just a single app on your mobile device. And more! Download on the App Store. Get it on Google play.

Stay connected: Easy access to EPS' Facebook, Twitter, YouTube, Instagram, and Pinterest accounts. Stay informed: Direct route to EPS' media releases, alerts, and crime files.

Stay safe: Report a crime online, locate the station nearest you, and get through the stress of a collision with our handy collision tips. And more!

## Common signs of stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.

At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.

Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.

The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.

You also may notice signs of stress in your thinking, behaviour, or mood. You may:

- Become irritable and intolerant of even minor disturbances.



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## Board Members

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

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

## Call for Artists and Volunteers for the 8th annual Strathearn Art Walk

Illustrators, Photographers, Painters, DIYers, Needleworkers, Metalsmiths, jewellers and Crafters! Come join us for Strathearn's annual Art Walk on Saturday, Sept. 7th, 2019 from noon to 7p.m. Edmonton's art and culture scene is thriving, and this is a great opportunity for you to express your creativity and skill. Is it on your bucket list to try selling your art? Now is your opportunity! The Art Walk is here to give both experienced and new artists a place to showcase their work in a wide variety of media.

Don't wait! Registration is now open online at [strathearnartwalk.com/registration-1](http://strathearnartwalk.com/registration-1). To register, please read through our artist guide that you will find located online. The fee for each artist starts at \$70. This payment will guarantee you a spot in our diverse line up (spots fill up fast!).

We look forward to another fantastic event and are excited to see both new and returning artists and visitors.

Not an artist but you love supporting the arts community? We do too! The Strathearn Art Walk would not be possible without our outstanding volunteers!



On the day of the art walk, we need volunteers to help sell food, beverages, tickets, to help check artists in, set up and tear down the side and keep Art Walk running as smoothly as possible. If you are interested in volunteering, please visit [strathearnartwalk.com/volunteer](http://strathearnartwalk.com/volunteer).

Do you have additional questions? Get in touch! Email us at [info@strathearnartwalk.com](mailto:info@strathearnartwalk.com) or visit us on one of our social media platforms:

Facebook at [facebook.com/strathearnartwalk/](https://facebook.com/strathearnartwalk/), Instagram @[strathearnartwalk](https://instagram.com/strathearnartwalk) or Twitter @[StrathearnArt](https://twitter.com/StrathearnArt) to stay up to date on our latest announcements.

## Buy Your 2018/2019 Strathearn Community League Membership Today

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

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

Here's where to buy your membership:

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

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

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

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

## AGM June 6th Recap

The Strathearn Community League Annual General Meeting was held on 6th June 2019 at 7pm.

The following positions are available on the board of directors:

- Communications
- Buildings & Grounds

Be a part of the community and shape the activities you, your family and your neighbours enjoy!

Please reach out to us if you are interested in either of the positions above!

## Community League Programs

(Strathearn Community League membership required)

### Toonie Thursday

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

### Free Family Swim Times

Commonwealth Community Rec Centre  
Every Saturday 5pm - 7pm

### Hardisty Leisure Center

Every Sunday 1:15pm - 2:45pm



## Strathearn Community Garden Concert Series

Thanks to a TD Parks People Grant, Strathearn Community Garden committee is pleased to announce a Summer long concert series at Silver Heights Park (9511 90st). Come check out our fabulous community garden, enjoy some food, gardening advice, and great live music. Events begin at 5pm with bands at 6:30. No charge, All welcome

### Thurs. June 27

BBQ and Bug Talk  
Band - Party Jacket

### Thurs. July 25

Potluck and Bird Talk  
Band - TBA

### Thurs. Aug 29

BBQ and City Critters  
Band - TBA

TD and Park People are helping to bring

Canadians together in parks because they know that when awesome things happen in our parks people are happier, communities are more connected and cities thrive. Park People supports and mobilizes people to help them activate the power of parks to improve quality of life in cities across Canada.

### Volunteer Appreciation

Strathearn Community League would like to thank all the volunteers who have helped us pull off a great year of programming. Big thanks to those who have taken on a regular commitment to run a program but also those who have shown up to lend a hand to clean up the playground or clean the hall. Many hands make light work and we greatly appreciate all participants at whatever level of support they can offer.

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