

# SOUTHEAST VOICE

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

May 2019



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## Major Thoroughfare in Southeast to be Closed



TransEd has announced the closure of a major thoroughfare in southeast Edmonton.

95th Avenue, which runs through the entire length of the Strathearn Community, will be closed between 92nd Street and 85th Street in order to facilitate construction of the Valley Line LRT. TransEd is targeting August to re-open the east portion of 95 avenue from 83 to 85 streets, and has set a target of November to fully reopen the avenue to vehicle traffic.

On April 17, TransEd hosted an information session at the Strathearn Community Hall to provide information about the current closure of 95 Avenue. Despite the meeting being held on relatively short notice, over 50 residents attended the information session. During the meeting, Dean Heuman from TransEd outlined steps being taken to support residents and businesses that are being affected by the 95 avenue closure and LRT construction generally.

For the duration of the closure, TransEd will provide a free shuttle to help residents and customers access areas in Strathearn and connect to ETS busses. The shuttle runs from

6am – 7pm, 7 days a week, on an approximately 30 minute interval. TransEd will also install signage that lists businesses by name and provides wayfinding information for access. North-south access will also be maintained for pedestrians and cyclists at several points along 95th Ave.

In September, TransEd will provide a Park & Ride service to Strathearn Art Walk. The Art Walk planning committee is developing a comprehensive plan for traffic this year and looks forward to support from TransEd to implement this park & ride, in an effort to maintain the same level of accessibility to the festival while also reducing non-resident on street parking. For information about accessing Art Walk this year, visit [www.strathearn-artwalk.com](http://www.strathearn-artwalk.com).

During the question and answer portion of the presentation, many residents expressed concerns about the negative impacts the road closure may have on traffic and parking within the community. Residents are encouraged to report any specific concerns regarding the construction process to TransEd directly using the email address: [info@transedlrt.ca](mailto:info@transedlrt.ca).

## WHAT'S THE BUZZ?!

Find out what's happening in our growing community!

MAY 26, 2019

CAPILANO LIBRARY

1:30PM-4:00PM

PRESENTATIONS 2-3PM

[HTTP://COMMUNITYBUZZ.EVENTBRITE.COM/](http://communitybuzz.eventbrite.com/)



### PRESENTATION TOPICS:

Waste Cart Rollout  
Save Gold Bar Park  
101 Ave - Past & Future  
The Patricia Motel  
with more to be announced!

All South East Neighbourhoods are invited!

## What's the Buzz?! Community event

**Date:** Sunday May 26, 2019

**Time:** 1:30 – 4 p.m.

**Location:** Capilano Library

1:30 - 4:00 pm: Bouncy castle and other children's activities, Popcorn Shoppe food truck, and Big Softie mobile ice cream on site

2:00 - 3:00 pm in library Program Room:  
Mini presentations on community topics  
- 101 Avenue history and future redevelopment

- Waste Cart Collection Rollout  
- Save Gold Bar Park Alliance update  
- Patricia Motel

- and more!

3:00 - 4:00 pm: Chance to mingle, chat with speakers, and check out display materials in the Program Room

Learn more online at <http://communitybuzz.eventbrite.com>.

Organized by the Forest Terrace Heights Community League and the Greater Hardisty Community Sustainability Coalition, which is a non-profit, grassroots volunteer group interested in shaping community renewal in Capilano, Gold Bar, Fulton Place, Forest Heights, and Terrace Heights.



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## SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	<a href="mailto:avonmorerep@secla.ca">avonmorerep@secla.ca</a>
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Cloverdale	Reg	<a href="mailto:cloverdalerep@secla.ca">cloverdalerep@secla.ca</a>
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Gold Bar	Jamie	<a href="mailto:goldbarrep@secla.ca">goldbarrep@secla.ca</a>
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SECLA SEV Liaison	Tim	<a href="mailto:SEVliaison@secla.ca">SEVliaison@secla.ca</a>

## Capilano Composting Workshop – Sat. June 1

**TIME:** 1 – 3 p.m.

**WHERE:** Fulton Place Sunshine Garden  
(corner of Fulton Road and 62 Street)

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

Please contact Maria 984-6839 or Marzena 909-5886 for more information, to register or to get involved



## New Connections for Southeast Seniors



The Capilano library is excited to welcome seniors of all ages to our new weekly Seniors' Drop-In. Every Friday afternoon between 1:30-3:00pm, drop by the new library (9915 67 Street) for free coffee and cookies and an opportunity to meet other seniors. Join in some activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community.

You might even look out the windows of our beautiful, bright new program room to spot a long-eared owl or pileated woodpecker hanging out in the trees. Contact [shannon.clarke@epl.ca](mailto:shannon.clarke@epl.ca) if you have ques-

tions or ideas.

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

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

join us!

Ottewell Community Drop-in Soccer

it's free!

Sundays at 1:30pm  
every Sunday Starting May 5, 2019

at Braemar #4 field  
9359 67a St in Ottewell neighbourhood

more info at [www.neighbourHouse.ca](http://www.neighbourHouse.ca)  
or text Jeremiah at 780-919-0414

sponsored by Ottewell Community League & neighbourHouse Community Centre



Centre for  
**Family Literacy**

Literacy Develops in Families First

**FREE Children's Program...**

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

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

**Every Wednesday from 1:00 pm until 2:30 pm**

**January 9- March 20, April 3- June 12**

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



For more information contact

**Centre for Family Literacy**

**780-421-7323 or [www.famlit.ca](http://www.famlit.ca)**





Southwoods  
VILLAGE AT HAZELDEAN



## SOUTHWOODS VILLAGE AT HAZELDEAN HOUSING FOR HEALTH BLOCK PARTY



The University of Alberta's Housing for Health Project brings together multiple sector partners from over 20 organizations in Alberta to work together to improve housing developments for better supporting health and wellbeing of our communities' aging populations. Southwoods is one of two pilot projects provided by Christenson Developments to be used for improving site planning and building design for health and wellbeing.

On May 14th, 2019 we are excited to officially announce the Housing for Health Project with a **family friendly block party kicking off at 5:00pm**. Come out and learn more about this exciting initiative and enjoy food and drinks from local merchants as well as entertainment for all ages.



**When:** May 14  
5:00-7:30pm



**Where:** Hazeldean  
Community Hall  
9630 66 Ave



**More Info:** Call Lynne  
780-975-2509

**ChristensonGroup.ca**





## Important Volunteer Opportunity- CASINO

Save the date: September 4 and 5  
Casino funds are our biggest source of funds so it is very important that we are able to fill all our spots. Mark your calendars and watch for further emails. If you have any questions or want to sign-up contact [volunteer@avonmore.org](mailto:volunteer@avonmore.org) or [president@avonmore.org](mailto:president@avonmore.org)

## Avonmore Book Club

Club meets on Sunday evenings every 4 - 6 weeks. Members take turns picking books and hosting meetings. New members welcome. For more information, contact Anita at [president@avonmore.org](mailto:president@avonmore.org)  
There is also the option of making a new club on a different evening if there is interest!

## Free Community Swim

**Commonwealth Pool** (until August 28, 2019) 11000 Stadium Road  
Saturdays, 5:00 p.m. - 7:00 p.m.  
**Hardisty Pool** (until June 24, 2019) 10535-65 Street  
Sundays, 1:15 p.m. - 2:45 p.m.  
Free to Avonmore Community League Members with valid 2018/19 membership card! Phone 311 or check [www.edmonton.ca](http://www.edmonton.ca) for updates on closures before you go.

## Lego Club

The final meeting of the year for the Lego Club is May 28 from 3:30 to 5:00.



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

## Avonmore Parent & Tot Program

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

## Drop-in Music Class

Free Drop in Music Classes for 1-5 years of age  
Come join us for ½ hour of music, dancing and discovering new instruments at the hall.  
Next Date: Wednesday June 5th - 11:00am

## Spring/Summer Shiny hockey

If you like to play competitive and fun hockey then this is the place to play.  
Contact Boris at [sports@avonmore.org](mailto:sports@avonmore.org) for full details.  
When: Thursdays, starting April 4th  
Where: Argyll Arena  
Time: 9:45 pm to 11:15 pm

## Wednesday Drop-in Walking and Wellness

Wednesdays: May 1 to June 26 - 7:00 to 8:30 p.m. Free  
Join your neighbours for a walk around the neighbourhood and the ravine. Everyone welcome. Walking poles are available for those who would like to try them out. Depending on the weather and the interests of the group we may occasionally swap for a game of Bocce Ball or another fun fitness activity.  
For more information contact Anita - [president@avonmore.org](mailto:president@avonmore.org)

## Avonmore Yoga

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

## 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

## 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 chatting about. Also available "Avonmore Parent & Tot" and "Avonmore Garden Club". Come join us!

## 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!

## Mill Creek Cleanup

May 5 at 10:00 am.  
Meet by the bench on the east side of the toboggan run into the ravine (near the south entrance to the offleash path). Watch for a volunteer with trash bags! Wear your walking shoes or boots and bring work gloves if you have them.

## Block Party Information Night

May 16 7:00-8:00 pm.  
This info session at Avonmore hall is an opportunity for you to learn the key elements of organizing a block party, as well as what resources are available to you through the community league to make it a smashing success. We will have wine and snacks, as well as Howard Lawrence from ACE (Abundant Community Edmonton) with stories of various block parties that have happened in Edmonton over the years. For more information contact Wendy at [ace@avonmore.org](mailto:ace@avonmore.org).

## Outdoor Soccer Program Bottle Drive

Tentatively Scheduled for May 25  
Avonmore's Community Soccer season begins in May. Watch for more details about the annual bottle drive to raise funds for the Avonmore Soccer Program. Funds contribute to the cost of equipment, jerseys and the year-end wrap up party.

## Avonmore Garden Club

Coming events:  
May 25, 2019: Plants and Perennial Exchange  
June 21, 2019: Friday night at a member's garden  
July 27, 2019: Yard and Garden Tour  
August 16: Friday night at member's garden

## 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)



## Playschool

Playschool hours 9:00 a.m. - 11:30 a.m.  
Small class sizes, with lots of one on one instruction, hands-on learning and music sessions, brought to us by our two great music teachers.



Enriching great little minds more and more each day.  
We welcome you to email us to set up a time to meet with our teachers, and view our new revamped space and discover more about our learning through play programming.  
We look forward to meeting with you! For more information please contact our Playschool Teacher Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org)

## Avonmore Summer Camps

Avonmore Summer Camp Dates are July 9-10-11(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-dying 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.

## Babysitting Registry

Avonmore Community League is pleased to offer Our Babysitter Registry to help match community members with qualified babysitters.

**For Parents Seeking Babysitters:** email Cheryl at [admin@avonmore.org](mailto:admin@avonmore.org) and she can provide you with a list of teens seeking babysitting work.

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

## COMMUNITY LEAGUE BOARD

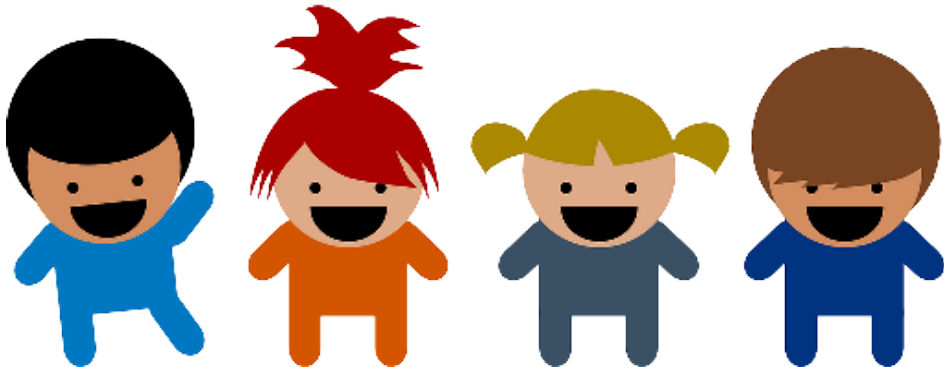


President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Kyle	780-446-3121
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Marzena	780 909-5886
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Michelle	780 466-1017
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Maintenance	Darren	780 466-1380
Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Jaret	780 720-5582
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780-243-7547
City – NRC	Tyler	780 690-8613

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

**Capilano Community is on Facebook “Like Us”**

## Capilano Playschool-Trial Class and Open House May 23



Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our teacher! We are currently accepting registrations for the 2019/2020 school year.

Our next trial class will be Thursday, May 23 from 1 –1:30 p.m. followed by an open house at 1:30–3 p.m. We offer a choice of a Healthy Apple (health and wellness) or a Christian program.

We have both morning and afternoon classes running two or three days per week. All classes are for 3 and 4 year olds and

include a “Learn Through Play” philosophy that facilitates children learning letters, numbers, socialization and self regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

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

## Choose Capilano Hall for Your Special Event

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

## Capilano Community – Annual General Meeting May 15



All members of Capilano Community League are invited to attend our AGM to meet your current board, have your say on the incoming board or volunteer for one of the open positions.

Be part of an engaging, community-minded team. WHEN: Wednesday May 15, 2019 7:30 p.m.

WHERE: Capilano Community League Hall 10810 - 54 Street

WHAT: Annual President’s Report, Treasurer’s Report, Election of Officers

All Capilano Community League members are welcome! FREE Capilano Community League memberships for those that attend!

## Capilano BIG BIN Event

Capilano BIG BIN Event for Community League Members – June 15

**Date:** Saturday June 15, 2019

**Time:** 10 a.m. – 3 p.m.

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

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

Over 65 years old and need a hand getting stuff to the Big Bin for disposal?? Please call Derek at 780-919-5421 to coordinate FREE Pickups.

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

## Need a Capilano Community Membership?



Contact Jean at 780-863-0914.

As well, memberships are available at:

--“ All Care Pharmacy” located at 5016 - 106 Ave. Contact the pharmacy at 780-244-2737 for store hours (Cash only).

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

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

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

## Total Body Fitness Class

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

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

**Dates:** April 30/May2 – June 18/20, 2019 (possibly outdoor depending on interest). You are welcome to join at any point during the session.

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

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

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

This class is suitable for all fitness levels as all things can be modified. With a community, low pressure atmosphere it’s a fun class especially if you come with a friend.

Bring a yoga mat and a water bottle!

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

## 2019 Capilano Summer Green Shack Program

The Green Shack program is back at Capilano Community Park (10810 – 54 St.) for 2019. The Green Shack playground program will be available for neighbourhood children 6-12 years – dates and times to be announced. A playground leader will deliver FREE playground programs for children that includes drop in sports, games, activities, and crafts.



Capilano Community Neighborhood Garage Sale!!

## WE ARE PLANNING A CAPILANO COMMUNITY WIDE GARAGE SALE ON SATURDAY, JUNE 8, 2019

9AM- 3PM

WOULD YOU LIKE TO SIGN UP  
AND PARTICIPATE ON THE  
DAY OF OUR EVENT?

**TO PARTICIPATE REGISTER  
BY JUNE 1, 2019**

FOR MORE INFORMATION  
CALL/ EMAIL  
MARZENA 780-909-5886  
ZENAB23@SHAW.CA

**To have your garage sale advertised as part of  
our event you need a current Capilano  
Community League membership.  
For memberships call Jean 780-863-0914**

**Capilano's Big Bin Event is  
Saturday June 15, 2019**

Capilano Community League  
Presents....

## Children's Gardening/ Eco Series & Bee Keeping Workshop

Saturday, May 18, 2019 1-3PM

### AN AFTERNOON OF FREE FAMILY FUN!!

**Family Gardening**  
Plant a Sunflower, take it home & watch it grow!  
**Learn about crafts from recycled materials**  
**Become an Eco Warrior**  
Learn about bee keeping with Jocelyn & Mike  
**Make your own bee house**  
**Visit with our friends from the Edmonton Public Library**

Register through Eventbrite  
<https://www.eventbrite.com/e/childrens-gardeningeco-series-and-bee-keeping-workshop-tickets-60413167410>

Appropriate for ages 3+. We ask that parents of younger children stay at the hall to assist their children.

**register by May 11th;**  
**questions please contact Maria 780-984-6839**  
**or Marzena 780-909-5886**

## St. Gabriel Closes June 30



The S.ave O.ur S.chool Committee would like to thank all the parents and community members that contributed their time and effort into trying to keep the school open. Your dedication and passion for our community school is a true testament to what a wonderful community Capilano is and how fortunate our children are to be surrounded by such amazing people. A special thank you to Laura M., Kris C., Kerry & Dave M., John H., Jessica W., Jill F., Nancy K., Lorena F., and Jill S. who spent countless hours championing the cause. It has been an honour working alongside you throughout this journey, your amazing efforts will always be appreciated!

## "Nature Friends" Summer Camp – Capilano Hall

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

Dates: August 19-23, 2019

Ages: 6-12 years old; Cost: \$188; Course Code: 657285

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

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

## Babysitters are available for YOU!

Hey Capilano community!

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

## Capilano Tennis Club – Players wanted!

Players Wanted at the Capilano Tennis Club!

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

--After school programs offered in May and June

--Summer camps offered in July and August

--Junior and Adult lessons

Membership prices are:

--Family membership: \$210.00--Adult membership: \$145.00--Senior membership: \$135.00--Senior couple membership: \$205.00--Junior membership: \$45.00

All members must have a valid Edmonton Community League membership. All memberships except Juniors include a volunteer deposit of \$50. Adult members receive a



refund of up to \$10/hour for volunteer work completed. For family memberships with 1 adult, volunteer refund is \$10 per hour. For senior couples or family memberships with 2 adults, 10 hours of volunteer work are required for full refund. The Capilano Tennis Club is located next to the Capilano Community Hall at 10810 54 Street.

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

## Preschool (non-parented) Soccer Registration

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

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

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

**Cost:** \$70/child

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

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

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

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

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

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• Wills and Estates

• Business Law

## Board Member Contact Sheet

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

Hall Manager  
**Cloverdale Community League; 2018-2019 Board of Directors Contact List For South East Voice (SEV); Updated: 2019-04-22**

## Benefits of Cloverdale 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.

## 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.

• **River Valley Clean Up & Big Bin Event:** Sunday, May 26, 2019. Join your neighbours for a pancake breakfast and then head out into Gallagher Park and the Cloverdale neighbourhood to clean up the grunge left behind by the receding snow. This is a family friendly event. Enjoy some great food and the great outdoors as we tidy up the neighbourhood after a long hard winter. We'll also have dumpsters on site for the second annual Big Bin Event to help you with your spring-cleaning! Non-hazardous household material, yard and garden waste will be accepted. No mattresses or hazardous goods please. Last year 51 Cloverdale households participated. We collected over 3600 kg of material. Can we top that in 2019?

• **Community League Celebration & Eco Solar Tour:** Sunday, June 2, 2019 noon

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

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

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

• **CCL Halloween Party:** Sunday, October 27, 2019

• **CCL Christmas Party:** Sunday, December 7, 2019

## Hall Renovations & Eco Solar Tour

Cloverdale Community League Celebrates Hall Renovations & Eco Solar Tour  
June 2, 2019

"In the eight months since the solar panels were commissioned, we have produced approximately 7.95 MWh of electricity."

In November 2016, the members of the Cloverdale Community League (CCL) voted to undertake an ASHRAE Level II energy assessment of our hall that was built in 1986. The assessment provided detailed energy calculations and financial analysis of a range of energy efficient measures. A committee reviewed the options and researched funding opportunities. After considerable research, in November 2016, the committee presented its findings to the membership and proposed a selection of energy efficient measures from the menu of options and a strategy to finance these options. The objectives of the Cloverdale Community League energy efficiency upgrades were to:

- Increase the comfort level of the hall
- Reduce energy loss
- Improve energy efficiency
- Harvest the sun
- Demonstrate environmental and social responsibility

The decision was made to:

- Upgrade exterior doors and window with triple glazed, coated windows
- Draft-proof the perimeter and seal between the building foundation and sill plate.
- Add additional insulation to the attic and install insulation around the perimeter of the crawlspace.
- Replace the 1980s era HVAC system with 96% efficient furnaces, HRV and AC units.

- Replace fluorescent lights with LEDs
  - Install an energy monitoring system.
  - Install 19.2 kW solar panels (and replaced asphalt shingle roof with a metal roof)
- The CCL committed approximately \$42,000 to the project and received approximately \$330,000 in funding through municipal and provincial grants and rebates. The CCL's portion of the capital cost is less than 12% of the cost of the project.

The CCL has demonstrated its environmental and social responsibility by presenting our experience at the EFCL's "Green Leagues" seminars and being a learning site for NAIT's Alternative Energy Technology students. Six homes in Cloverdale have installed solar panels, including four in 2018. The CCL Community Garden has donated over 600 kg of produce to the Edmonton Food Bank as a demonstration of the community's willingness to 'pay forward'.

While it's been a learning curve to understand and manage the more complex and sophisticated HVAC system, we're beginning to see results. In February 2018, while renovations were still underway, the NAIT students reported a 6% reduction of natural gas consumptions and 13% reduction in electrical consumption, months before the PV solar array was commissioned. In the eight months since the solar panels were commissioned (mid August 2018 to April 2019), the solar panels have produced approximately 7.95 MWh of electricity and saved approximately 3116 kg of CO2 emissions (the equivalent of planting more than 10 trees).

(Continued on page 8 - About the solar tour)



Message From the Board



It looks like spring has finally settled into Cloverdale. There's a lot of activity in around the neighbourhood. Now that the children are out and about on their bikes and scooter, please drive with care and caution. Let's make it our responsibility to ensure our streets are safe and welcoming.

Take the time to walk around the neighbourhood, check out the budding trees, the flowers poking through the flowerbeds and the new construction on several of our street. These strolls are a great way to get reacquainted with neighbours after our long winter.

Socializing with friends and neighbours is one of the wonderful things about our small, walkable neighbourhood. Whether it's enjoying food and wine at the recent Spring Wine-Not, or sharing a meal at the Cloverdale Community Garden Club Brunch, we find ways to enjoy one another's company.

We've got a few more occasions for 'neighbourliness' coming up:

- May 26th - The River Valley Clean-

up, Big Bin Event and Pancake Breakfast. Bring your family to help clean up Gallagher Park and bring your household and garden waste to the bins. Save yourself the time and cost of hauling your spring-cleaning debris to the dump. Drop it off at the Big Bins, enjoy breakfast and stay to clean up Gallagher Park.

• June 2nd – **Cloverdale Community Celebration** – help celebrate the completing of our energy efficiency project. Join in activities for children and adults. Take in displays and information on energy efficiency during the Eco Solar Tour <<http://www.ecosolar.ca/>>.

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

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

About the Eco-Solar Home Tour



The Eco-Solar Home Tour Society organizes an annual free tour of homes and businesses that display practical and timely examples of sustainability. The Tour is organized by a group of volunteers who have a passion for the environment and sustainability. Through the tour they can share this passion and educate and encourage others to consider the sustainable choices in new technologies and building practices.

The 20th Eco-Solar Home Tour has 25 of Edmonton's most efficient homes to see this year on Saturday June 1st, and Sunday June 2nd. The tour is free and does not require registration. For times and details go to [www.ecosolar.ca](http://www.ecosolar.ca).

**To Learn More Please Contact:**  
Reg Kontz, President, 780-454-6294  
[president@cloverdalecommunity.com](mailto:president@cloverdalecommunity.com)  
Cloverdale Community League  
Eco Solar Home Tour Site 18; Sunday June 2nd, 2019 (12 noon-4:30 pm)  
<http://ecosolar.ca/edmonton.html>  
Andrew Mills \* President \* Eco Solar Home Tour \* [www.ecosolar.ca](http://www.ecosolar.ca)  
[amills@ecosolar.ca](mailto:amills@ecosolar.ca) \* 780-451-7240 (day-time phone) \* 780-918-3288 (cell)

Book Cloverdale Hall Today!

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. The hall has all the amenities, including Internet access, needed to host your special event!

The hall has recently been renovated. We got a new wrap around deck and the hall is completely accessible.

Other upgrades for your comfort include a range of energy efficiency technology, including solar panels! Go Green at your next event at the Cloverdale Community League hall.



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

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
- 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](mailto:president@cloverdalecommunity.com)>.

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Protecting yourself from allergies



Seasonal allergies occur at the same time of the year, every year. Exposure to pollen and snow mold, a type of fungus on grass after snow melts, may cause allergic symptoms. These symptoms may include itchy and watery eyes, sneezing, headache, fatigue and a runny, stuffy or itchy nose. “Cleaning the inside of your nose with salt water, using a humidifier in the bedroom and taking hot showers may help relieve symptoms,” says Yvonne Ewanicke, a site manager at Health Link. “You can also try taking an over-the-counter antihistamine to relieve symptoms.” If symptoms continue, ask your doctor if immunotherapy or allergy shots might help you. They help prevent and reduce allergies. Visit [myhealth.alberta.ca](http://myhealth.alberta.ca) or call 811 for more information.



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## Community Contacts

President	Rae	President@forestterrace.org
Vice President	Jeremy	VP@forestterrace.org
Secretary	Curtis	Secretary@forestterrace.org
Treasurer	Michelle	Treasurer@forestterrace.org
Hall Rental	Molly	Hall@forestterrace.org
Maintenance	Ryan	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	
Memberships	Sonya	Membership@forestterrace.org
Website	Curtis	Web@forestterrace.org
Signs	Anj	Signs@forestterrace.org
Newsletter Editor	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

### Friday morning Pilates class



Pilates runs on Fridays at 9:15 a.m. at the hall. Check forestterrace.org or the league Facebook page for more details and a link to register.

### Annual General Meeting June 4

Watch the Forest Terrace Heights Facebook page for details of our annual general meeting on June 4 at 7 p.m. at the hall, 10150 80 St NW. As always, everyone is welcome.

### Grants director needed

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



## NEIGHBOURHOOD SUMMER DAYCAMP



# A TASTE OF CAMP



DATE	TIME	AGES	COURSE CODE	COST
Monday - Friday July 22-July 26	9:00AM - 4:00PM	8-12 years	657262	\$174

## Forest/Terrace Heights Community League

10150 - 80 Street

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

Registration Now Open!

To Register:

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

Thank you to the Forest/Terrace Heights Community League for access to their facility



## Don't miss out on membership perks

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

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

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

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

Premier Painting offers a 10-per-cent discount on all their painting and staining services. Call 780-721-4771 or visit [premier-paintingyeg.com](http://premier-paintingyeg.com).

Free membership in the Edmonton Tool Library allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools for a week at a

time. To claim your membership, visit the tool library location at the Bellevue Community Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card. To make the process faster, complete the membership application at [edmontontoollibrary.weebly.com](http://edmontontoollibrary.weebly.com) and review the release of liability waiver and borrowing policy.

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

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

Families can purchase or renew their membership for just \$30; individual memberships are \$15; seniors pay \$10; and, if you're new to Forest or Terrace Heights or you've never had a membership before, your first year is free! Buy online at [efcl.org/membership](http://efcl.org/membership); contact our membership director at [membership@forestterrace.org](mailto:membership@forestterrace.org) or 780-463-1613 (this is the only option for free memberships; or purchase in person at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or any Edmonton Servus Credit Union branch.



## Community Contacts

- **PRESIDENT- MIKE**  
president@fultonplace.org  
780-886-7794
- **VP of League Affairs- Krystina**  
vpleagueaffairs@fultonplace.org  
780-906-5507
- **VP of Civic Affairs- Gavin**  
vpcivicaaffairs@fultonplace.org  
780-504-1896
- **Treasurer- Jeff**  
treasurer@fultonplace.org  
780-289-0077
- **Communications Director- Joshua**  
communications@fultonplace.org
- **Facilities Director- Clayton**  
info@fultonplace.org
- **Sunshine Garden- Sherry**  
fpcgcontact@gmail.com
- **Seniors Liason – Miles**  
info@fultonplace.org
- **Community Ice Rink- Shawn**  
outdooriceinc@gmail.com
- **Babysitting Registry- Ruth**  
babysitter@fultonplace.org
- **Southeast Voice Submissions- Joshua**  
info@fultonplace.org

## Big Bin Event & Community Garage Sale

Saturday June 15, 2019 9am - 3pm Fulton Place Community Hall

This is an outdoor event, weather permitting, & the garage sale will move indoors if weather is an issue.

**Waste Disposal Fee:** available for all community league members, free with FPCL membership. Buy a membership here or at Servus at Capilano Mall, or at Fulton Place Hall on June 15th during the event.

**Garage Sale Table Booking Fee:** \$5 for FPCL members or \$10 for non-members. If

the event moves indoors - space will be limited so only earliest registrants are guaranteed a table. Pre-registration required, please email mike@fultonplace.org.

Bring your household items that are too large for regular garbage collection. Household hazardous waste will not be accepted (items containing freon, concrete, commercial waste, household hazardous waste).

We are seeking a few volunteers to help with this event, please email mike@fultonplace.org if you are interested.

## Casino Volunteers Needed

Fulton Place Community League is seeking volunteers for their Casino Fundraiser on June 12 & 13, 2019 at Century Casino.

Proceeds from the Casino are the primary source of income for the Community League to use towards various programs and for operating the hall and outdoor rink facilities.

We need 40 volunteers to fill all the positions so please help out if you are able. Contact Rick Meger at 780-463-4333 or rvmeger@telus.net to sign up and receive further information.

## Gardener's Swap & Sale

Saturday, May 25, 2019, 9am – Noon

Join us on Saturday, May 25th, for our annual spring gardener's swap and sale, held at the Fulton Place Community League Hall (6115 Fulton Rd), between 9am and noon.

Bring any plants (indoor or outdoor), bulbs, perennials, tools, magazines, books, etc. and receive points that you can use to purchase something someone else has brought to the swap meet. If you have nothing to swap for, any community league membership automatically gets you points or you can purchase points.

Whether this is your 1st or 50th year gardening, come find a hidden treasure, add some new gems to your outdoor oasis, learn

something new or just have fun talking to your neighbours about flowers! Coffee, juice and snacks will be provided. Hope to see you there, rain or shine.



## Fulton Place Ravine Clean Up

Saturday May 4, 10:00 to 1:00. Meet at 6336 Fulton Drive. For more information please contact Maggie at 780-465-2368 or maggiewnichol@gmail.com



## NEIGHBOURHOOD SUMMER DAYCAMP

# DISCOVER SCIENCE



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

## Fulton Place Community League

6115 Fulton Road

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

Registration Now Open!

To Register:

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

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



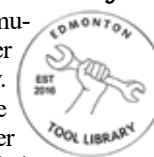
## Community Swimming

*Hardisty Swimming Pool*

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

## Edmonton Tool Library

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



## Hall Rental

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

### *Fitness Class – strength & cardio*

Join our community group for fun morning fitness! Class sessions run Wednesdays at 9:00am.

Work at your own pace with modifications for all fitness levels—no experience needed!

For questions and registration details contact Ann Lukey at [ann@yourinertia.com](mailto:ann@yourinertia.com) or 780.719.2897

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## Gold Bar Executive

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

## Young Life Presents its 8th Annual Garage Sale

The sale will be at Gold Bar Community League 4620-105 Ave, the hall space has been donated for 3 years. All proceeds go towards sending teens to Rock Ridge Canyon, a beautiful camp in Princeton, BC.

Young Life is a non-profit, teen mentorship program that exists in junior highs and senior highs.

The garage sale will run  
Wednesday-Friday 12 pm- 7:30 pm  
Saturday 9:30 am- 7:30 pm  
Sunday 10:30 am- 5 pm  
Sunday 3- 5 pm Everything is 50% off and Fill a box with clothes for \$10

We would love to accept donations everyday starting Monday May 20th noon till 7:30pm at the Hall 4620-105 Ave

Come shop, donate and meet the teens you'll be helping to send to camp! We can't wait to see you. If you have large items that require pick up please call Jorgen at 780-405-5454

## BINGO!!!!

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

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

## Okinawan Karate Dojo

Monday and Thursday Evenings  
Classes are now ½ price for the May – Aug session.

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

\*No Karate on May 23

Family Class (age 7+) 6:00-7:00 pm

Adult Class (age 13+) 7:00-8:00 pm

Kobudo (Weapons) Class: 8:00-9:00 pm

Your registration fee gives unlimited access to all 3 classes on both nights

**Fees:** Jan - April

1 person \$15/month

2 people \$27/month

3 people \$37/month

4 people or more \$50/month

Never too late to register

**Memberships Required**

\$60 annually / person for dojo related memberships

For more info [www.kaizendojo.ca](http://www.kaizendojo.ca)

to register email [gbhallfun@gmail.com](mailto:gbhallfun@gmail.com)

## Yoga

Last class June 26 and then breaks for the summer.

\*No yoga on Victoria Day, May 21, 22, 27, June 10, June 11

New Instructor: Nancy Conlin

Certified yoga teacher with 20 years of teaching experience

**Active Hatha Yoga:** a focus on increasing strength and flexibility while calming the mind. Mondays 7:00 - 8:15 pm. Tuesdays 9:45 - 11:00 am.

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

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

## Mom and Me Fitness Class

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

This class runs Monday's and Thursdays (not May 20) from 930-1030am at Gold Bar Community Hall.

This session runs from April 29/ May 2-June 17/20, although you're welcome to join anytime. A new session will start in May and we will be outdoors at the playground (weather permitting). We will be continuing over the summer, the kids can play at the playground (or greenshake anyone?) while the mom's workout on or next to the playground.

Contact Lisa to register or with any questions.

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

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

## Gold Bar Preschool

The 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](http://www.goldbarpreschool.ca) or email for more information [goldbarpreschoolparents@gmail.com](mailto:goldbarpreschoolparents@gmail.com)

## Save the Date!!

Community Fun Day will be held September 22, 2019

## Goldbar 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.

NEIGHBOURHOOD SUMMER DAYCAMP

## COOKING UP A STORY

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

**Gold Bar Community League**  
4620 - 105 Avenue

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

Registration Now Open!

To Register:

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

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

**Gold Bar COMMUNITY LEAGUE**

## Seniors Tea

FRIDAY, MAY 31, 2019  
1 - 3pm

at the Gold Bar Community Hall  
4620 105 Ave.

*An invitation*  
to everyone 55 and older in  
the Gold Bar Community.  
Invite your neighbours!

## Games Night



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

No more games nights until September

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





## Holyrood Community League Contacts

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

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

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

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

## 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 & financial 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.

## 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.

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

- Gardens create safer, more vibrant and connected communities. They broaden skills and knowledge of gardening, and build lasting relationships.

- Gardens 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, May 22, Wednesday, June 26  
Contact: [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org)

## Holyrood Social Club

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

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

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

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

If you'd like to see more fun stuff in Holyrood, this is your chance! Contact Jeremiah at: [social@holyroodcommunity.org](mailto:social@holyroodcommunity.org).

## Free Community Swim

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

**Hardisty Leisure Centre**

Sundays, 1:15 - 2:45 PM

**Commonwealth Community**

**Recreation Centre**

Saturdays, 5:00 - 7:00 pm

## Drop-in Playgroup

Thursdays, 9:00 - 11:00 AM

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

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

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

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

## Ruth's Yoga



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

7:00 - 8:15 PM

Holyrood Community League

For more information, or to register call Ruth at 780-237-6730 or email [ruth.sjoberg@gmail.com](mailto:ruth.sjoberg@gmail.com).

## Time to Reserve Your Spring Clean-up

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

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Respect your neighbourhood





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ATTN homebuilders & developers: future development project in Holyrood!! 55'x120' corner lot, house and garage ready for demo and rebuild. \$369,900.



**SOLD**

**\*\* SOLD 1<sup>st</sup> WEEK** on the MARKET with **MULTIPLE OFFERS** - 50' x 128' Lot (RF3) - knockdown home in Forest Hts., lot value. List Price: \$349,900.



**SOLD**

**\* SOLD 1<sup>st</sup> WEEK** on the MARKET!! Nicely upgraded bungalow in Fulton Place - double garage, big backyard. Close to Capilano Mall - List Price: \$388,000.



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[leflar@suzukischool.ca](mailto:leflar@suzukischool.ca)

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#ThursdaysTBD  
[assembly.ab.ca/visitorcentre](http://assembly.ab.ca/visitorcentre)





## Idylwylde Executive Contact List

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

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

## Program Calendar 2019

Classes are FREE for ICL members. Make sure to show your card to the instructor. Membership cards should be purchased ahead of time from Michelle or efcl.org or at classes.

### Pilates Mat Class

– Mondays

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

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



### Spring into Fitness Class

– Wednesdays

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



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

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

## 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!



## AGM and Idylwylde Park Grand Opening Celebration

Save the date - June 23rd - 2pm start time! Come learn what your league is up to and hear about ways you can help make our community great! We will start with the AGM and follow up with cake to celebrate the Grand Opening of the freshly revitalized Idylwylde Park!

## Big Bin, Yard Sale, Pots of Colour!!!

On May 25th, three of our favorite events are joining forces for a giant, once a year event!

### Big Bin Event

The annual Idylwylde Big Bin Event will happen from 10am to 1pm on the east side of the rink. Line up starts at 9:45am, NO EARLY BIRDS! Clean up your house, garage, and alley by dropping off your yard waste, appliances, and bulky items. Accepted items will be listed on our Facebook page. ICL memberships are required to drop off items, so make sure you buy yours ahead of time! Absolutely no commercial waste, household hazardous waste, fridges, freezers, air conditioners, computers, televisions, other household electronics or tires.

### Yard Sale

The Yard Sale is made possible by generous donors like YOU! You can drop off your gently used items at the Idylwylde Hall on May 24 from 7pm - 9pm and May 25 from 9am - 10 am.

The Yard Sale will take place at the same time from 10am to 2pm inside of the Idylwylde Hall. All proceeds will go to help operate the ICL and our programs.

### Pots of Colour

To round out the event we have our super popular Pots of Colour from 11am to 1pm inside the rink (access on the west side of the rink.) Let's add some colour to our community! Plant a pot for your front step or balcony. All supplies including plants will be supplied, or bring along last year's pot and fill it up!

## Little Free Library

Spring has sprung! Bust out of your winter blues and take a quick stroll and visit our



Little Free Library over at 7932 83 Avenue. Grab an exciting book from the collection or drop off one of your favorites that you think someone else may enjoy. Nothing better than reading a new favorite hearing the sounds of the birds (and construction) outside!

## Board Positions Available

The board positions of Treasurer and Programming will be up for election at the AGM. We would love to have your help! Volunteering on our board is a great experience where you can help build your community while developing meaningful skills and relationships. If you have questions about either of these positions, or would like to help out in another way, get in touch with Kate.

## Casino Volunteers Needed

We are looking for a few volunteers to be on call as back up for our Casino on June 2nd and 3rd. These casinos are very important as they provide the funding that allows us to keep our programs and events affordable, which is something we strongly believe in. Please contact Bridget if you can be on call in the event that a volunteer can't make it.

## 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  
 End Date: August 31, 2019

**Hardisty Leisure Centre**  
 (10535 65 Street)

Sundays: 1:15 pm - 2:45 pm  
 End Date: June 23, 2019

## Cheery Tomato Community Garden

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



## 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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**Effective April 28, 2019**

As part of the construction of the Valley Line LRT, 95 Avenue will be temporarily closed to vehicle traffic from 85 Street to Connors Road for major work activities.

Pedestrian access will be maintained throughout the closure.

**Strathearn is open for business during construction.**  
**Look for colour-coded wayfinding signs.**

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## KCL Contacts

Executive			
President	Ian	780-717-3578	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
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Bldgs & Grounds	Dan	780-469-2019	
Bldgs & Grounds	Terry	587-983-6848	
Membership	Rebecca	780-982-5885	<a href="mailto:membership@kenilworthcommunity.com">membership@kenilworthcommunity.com</a>
Senior Programs	Loida	780-953-1062	<a href="mailto:loida@loidahomes.ca">loida@loidahomes.ca</a>
Children's Prog.	VACANT		
Summer Programs	Alma	780-469-2019	
Capital Projects	VACANT		
Grant Applications	Aly	780-700-3676	
Soccer	VACANT		
Social	John	780-462-2105	
Bingo	Julia	780-476-2992	
Casino	Bonnie	780-469-1969	<a href="mailto:bonnielg@telus.net">bonnielg@telus.net</a>
SECLA	Kevin	587-985-2970	
Publicity/Website	Jason	780-619-2094	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>
Representatives			
Badminton	Liz	780-465-5188	
Crib Club	Rhys	780-490-0106	
Neighbourhood Watch	VACANT		
Playschool	Jon/Elaine	780-691-8316	<a href="mailto:elaine.voss@shaw.ca">elaine.voss@shaw.ca</a>
Toddler Time	Angela	780-935-3404	<a href="mailto:angela.feehan@gmail.com">angela.feehan@gmail.com</a>
Caretaker	Terri	780-466-6980	
Hall Rentals	Al/Liz	780-469-1711	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>

## CONTACT US!

- General inquiries & Publicity Requests (SEV & Website): [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com)
- Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)

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

Executive Meeting, Monday May 13th, 2019

## Southeast Voice Newsletter Deadlines

Submissions for the June 2019 issue of the Southeast Voice is due Friday May 17th, 2019. Send all announcements to [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com).

## Hall Rental Rates

Kenilworth Community League has a beautiful facility. Photos are available on our website [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com)  
KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
Weekend	\$450.00	\$550.00
Day Rate	\$300.00	\$385.00
Damage Deposit		

\$250/day rate    \$550/day rate  
\$450/weekend    \$550/weekend

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

## Senior's Lunch & Laugh

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

Mark your calendars for May 8.

12 - 1:30PM At Kenilworth Community Hall 7104 87 Ave; \$5 Lunch + FREE dessert and coffee ;Confirm your attendance with Kathy 780-433-5377

## Casino

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

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

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

## Christmas in July, STAMP-A-STACK

10 Christmas Cards or More

Workshop to be held at Kenilworth Hall 7104-87 Ave

Thursday, July 18, 2019

6:30 to 9:30 p.m.

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

The registration fee varies:

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

\$50 for 20 cards (Intermediate)

\$75 for 30 cards (Avid stampers)

Payment is required by June 30th.

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

To register contact Rhonda at 780-469-0010.

## Save the date

General Meeting – June 10

Golf Tournament & Steak Supper -

August 24th

## 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.

## Kenilworth Community Garage Sale

Saturday, May 25, 2019

9:30 A.M. – 3:30 P.M.

Cost of tables inside: \$20.00

Cost of tables outside: \$10.00

Concession on site.

A perfect time to declutter - empty closets, basements, storage areas, etc.

Your clutter could be someone's treasure!

For info email Liz: [kenilworthgaragesale@gmail.com](mailto:kenilworthgaragesale@gmail.com)

## 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.

## Kenilworth Playschool

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

We are currently accepting registrations for September, 2019. For more information or to register your child, please contact Becky at 780-760-3208 or by email [becky-closson@hotmail.com](mailto:becky-closson@hotmail.com).

## Adult Spring Steak & Shrimp BBQ

Saturday, May 11, 2019

Cocktails 5:00 p.m.

Dinner 6:00 p.m.

\$25 per person. Tickets: call 780 469-2019 or email [akesse1@shaw.ca](mailto:akesse1@shaw.ca)

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

Sold out every year!



Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings from 10-11:30. Free drop-in play time/socialization for children 0-5yrs. This program started 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. Coffee and tea provided. Contact Angela with questions: [angela.feehan@gmail.com](mailto:angela.feehan@gmail.com)



Volunteer Opportunities

Many opportunities are available:  
Vice President, Soccer Director, Adult Programs, Children's Programs, Capital Projects, Bingo Alternate, Neighbourhood Watch.  
We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary Community League Membership. This is a great way to meet community residents and contribute to your community.  
Please call Ian @ 780-717-3578 for more info on how you can make a difference in your community.

Babysitting Registry

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

Big Bin Event

Saturday, - June 8, 9am - 2pm  
**Materials accepted:**  
Couches, chairs, mattresses, and other household furniture items too large for curbside pickup  
Fridges, freezers, washers, dryers and other large household appliances (will be recycled)  
Computers, televisions, and other household electronics (will be recycled)  
**Materials Not Accepted:**  
Commercial Waste  
Household Hazardous Waste like paint, varnish, household cleaners, or batteries.  
(Please take to an Eco Station. They will be accepted at no cost.)  
For residents with current Kenilworth memberships only.  
KCL Memberships (2019-20) will be sold on site for \$20.

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.

Bingo Volunteers Needed!

Bingos generate an important portion of the Community League's revenue each year. KCL bingos are held at Parkway Bingo Hall, 8775 - 51 Avenue. We really need your help to support Kenilworth and the community programs. Without this revenue we would have to cancel programs or charge for them.  
**Next Bingos:**  
May 18, 2019, Saturday, 4:30pm - 11:30pm  
June 1, 2019, Saturday, 10:30am - 3:30pm  
June 19, 2019, Wedn., 4:30pm - 11:30pm  
July 9, 2019, Tuesday, 4:30pm - 11:30pm  
August 11, Sunday, 10:30am - 3:30pm  
see website <http://www.kenilworthcommunity.com/bingo/> for more dates in 2019



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

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**Capilano Farmers' Market**  
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9:30 am to 3:00 pm  
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vegetables, honey

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

**Ben Henderson**  
Councillor, Ward 8  
**Contact me on city issues**  
[ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca) | 496-8146



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### Your mental wellbeing check-up



May 6-10, 2019 is Mental Health Week, and a time to remind ourselves to stop and reflect on how we are feeling mentally. We all have mental health, and much like our physical health, we need to take care of it. While mental illness affects 1 in 5 Canadians, mental health affects every one of us.

Alberta Health Services has online resources that can help you in your mental health wellness journey.

Ways to Wellness, a mental health challenge, provides seven different tips and ideas to encourage you to engage in physical activity, eat healthy foods, practice gratitude and have fun as some small steps to improve your mental health and help to reduce stress. Learn more about the simple steps you can take by visiting: <https://www.albertahealthservices.ca/info/Page13769.aspx>

Help in Tough Times [<https://www.albertahealthservices.ca/news/Page13094.aspx>], has resources and services available to help you or someone you know who may be struggling. It has information, resources, tools and important contact information to help you, including self-help tips to ease some of the stress you may be feeling.

If you are struggling, whether it's day to day stresses, a loss of a loved one, home or job, or family crisis, know you are not alone. There are supports in place to help you cope. Help can come in many forms and for some of us we may need more support than others.

For more information on addiction and or mental health services near you, call Health Link at 811 or visit: [ahs.ca/amh](http://ahs.ca/amh).

## Ottewell Dental Clinic

Dr. Brian Zwicker DDS and Associates - General Dentists

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**(780) 465-0505**

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**Happy**  
**Mother's Day**  
**May 12**

### Riverdale



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### Kernohan



2419 - 133 Ave

River Valley Views & Access from this Adult (35+) twnhm w/3 beds, 2 full, 2 half baths & dble att. garage perched on the river valley. Master with ensuite & WI closet. W/O bsmt to covered patio, south facing deck off kitchen with full river view. \$224,000 E4141306

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## Your doctor wants to know your story



In rural Alberta, people look out for each other. Your neighbours know your story. They celebrate success beside you and recognize when you need a hand. Your family doctor or regular healthcare provider can be that same support for your health.

Having an ongoing, trusting relationship with your family doctor or nurse practitioner helps them get to know you and your family. When they know your story, your provider and their team can help you stay healthy and connect you to the right care if you need a little extra support.

Your family physician or nurse practitioner and their team will be your medical home — your home base for health through different stages in your life.

Stay connected to your medical home with these tips:

- Visit your regular family doctor or nurse practitioner when you have a health-related concern or question
- If your regular provider is unavailable, seek care from other members of the team or clinic who will then share information with your regular provider
- If you need urgent medical attention from the emergency department, follow-up with your family doctor to continue any communication or treatment given in the emergency department
- If your medical status changes, book an appointment with your medical home. They will help manage any changes and treatments that may be needed to help you get as healthy as possible quickly

Don't have a family doctor? Two ways to find one:

- Call Health Link at 811
- Visit [albertafindadoctor.ca](http://albertafindadoctor.ca) to search online for a family doctor accepting new patients near you



Emergency  
Medical  
Services



## National Paramedic Services Week

**National Paramedic Services Week is May 26 – June 1, 2019**

National Paramedic Services Week honours the paramedic profession and recognizes the men and women of Emergency Medical Services (EMS) providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme: *"Celebrating Success"*.

Whether directly, or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are nearly 4,500 EMS practitioners and over 550 ambulances in the Alberta Health Services system, province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter (@ahs\_ems) and Facebook (@albertahealthservicesEMS) about events happening in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



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

## 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 work-

place," says Alberta Health Services public health inspector Nicole MacIntyre.

"If there is evidence of rodents, you may need to call a professional exterminator."

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. Thoroughly wash your hands with soap and water once



you're done. For more information, search Hantavirus at [ahs.ca](http://ahs.ca).



## Executive & Board Members

### Executive:

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

### Board Members:

**Bingo Director** – Kyla  
**Casino** – Vacant  
**Hall Manager** – Tim  
**Grants** – OPEN  
**History of Ottewell Committee** –  
(Looking for more members of this Committee)  
**Indoor & Outdoor Soccer Director** – Tena  
**Summer Playground Director** – Colleen  
**Social Team** – Bri & Colleen  
**Playschool Rep** – Tyler  
**Rink Chair** – Rebecca  
**Maintenance** – Frank  
**Membership Director** – Russ  
**Communications** – Sandra C  
**Website** – Tim  
**EFCL Rep** – Corinne  
All positions are volunteer positions. Please send all inquiries via email to: [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) or call: **780-469-0093** (leave a message and someone will return your call)  
**Ottewell Community League**  
93A Ave. NW  
Edmonton, AB T6B 0X2

## Ottewell Community Park

Spring is finally here, which means more play time outside. The Ottewell Park has had some spring cleanup by our volunteers, delivery of mulch for our landscape brings some refreshing to our space. The city will be completing deeper clean of the grass area in the park within the next few weeks.

Did you know that the park is maintained by a small group of volunteers? This group gathers garbage from the park area, removes garbage from the park. So if you have a special gathering in the park, please remember to pick up all items when you leave. 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!

### Community Spray Park

**The Spray Park will open on May 25.**

Regular Hours: 9 am to 9 pm daily  
If you encounter problems at the spray park contact 311 and explain the issue. BTW - 4 legged friends are not allowed in the Ottewell Community Park! Dogs are also NOT allowed to play in the spray park. Please kindly respect the City's Dog Bylaw!

### Please Take Care of Our Outdoor Washrooms

The Community League provides washrooms for our park visitors however, we ask users to respect our washrooms. If not we will have to bring in less than desirable porta-potties.

OCL volunteers maintain the washrooms, so be kind and keep our washrooms clean.

### Washroom Hours Starting May 1

10 to 8pm daily (Unless otherwise posted. If inclement weather these hours will change).

## 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).



During our BIG BIN Event we will be hosting a Community Garage Sale. We will have cars/trucks parked in the rink to sell what they no longer want. All items must be removed at the end of this event! To reserve your spot in the OCL Garage Sale please contact Bri at [oclevents@gmail.com](mailto:oclevents@gmail.com)

The hours for this event will be from 9am - 3pm

If you want to assist Bri with this community event please reach out to her at the email listed above to lend a helping hand.

## Ottewell Community News and Information Board

OCL has a large bulletin board outside the community hall, we welcome notices for any events in the Ottewell Community.

This bulletin board's purpose is to provide information to our community members. Whether you are hosting a garage sale or if you have a service to share, or looking to see what's happening in your community, please post to share as this is our go-to place for community information. Then stop by our Community Information Board and see what is happening in Ottewell.

## Big Bin Event



Clean Up Ottewell on Saturday, May 25 - 9am to 3pm

in the Ottewell Community parking lot

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

**Accepted Materials** at this Big Bin Event include:

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

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

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

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

### CALL OUT TO VOLUNTEERS!

We are looking for volunteers to assist with our BIG BIN event! If you have few hours to spare with directing traffic or lifting items in the Bins would be greatly appreciated. Please contact [oclbigin@gmail.com](mailto:oclbigin@gmail.com) for more details on volunteering.

## OCL Board Meetings & Need for Volunteers

**PLEASE NOTE:** Ottewell Community AGM will be hosted on **May 21st at 6:30pm** at Ottewell Community Hall. Please consider lending a hand in keeping Ottewell Community League VIBRANT and ALIVE! The regular monthly meeting will proceed following our AGM.

### Positions Open:

Vice President  
Treasurer  
(both these positions are a 3-year term)

**We are also seeking volunteers to assist with any of the tasks listed below:**

**-OCL Project Team** - (4 Volunteers)  
Timeline as much as you can give. Ottewell Community League Building needs some tender loving care, if you want to be a part of progress with future changes and upgrades we need you. All plans will be presented to the board for approval, discussion with grant person to ensure we have addressed all possibilities to obtain funds available to us.

### -OCL Movie Night

(3 Volunteers)  
August 25 at dusk OCL Park  
Timeline - 2 months prior to event.

Arrange movie booking, screen rental. Determine if food will be onsite as a perk for OCL community members to attend this FREE Event. Evening of the event volunteers to assist with families' inquiries.

### -OCL Membership Team

(4 Volunteers)  
Timeline in September membership drive, and duties during sports registration in the spring and fall. Objective of the membership team is to communicate the benefits of the OCL membership to our residents; work with the membership director to prepare the event for the membership drive.

### -OCL Small Project Team

(2 Volunteers)  
Ottewell Community Sign Board requires a refresh, the timeline would be determined by the volunteers, as weather permitting. Working with the OCL executive board to determine budget required.

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!



## ZUMBA

Come out and get your Zumba on for ten weeks of 1-hour sessions. This fun energetic class will help you feel good and get some groove on!

Zumba Evening Class : Instructors  
Gicelle & Mariel 7:00 – 8:00 PM  
Come out Ottewell and get Active!

2 instructors lead this great program!  
Drop-in participants welcome anytime.

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

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

## YOGA at OCL

### Gentle Yoga with Movement & Nutrition

(8-week session) on Thursdays

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

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

Cost for this 8-week session

OCL members - \$80

Non-OCL members - \$90

To register please email... ottewell2212@gmail.com

Inquiries regarding this session email our instructor - rebeccamanchul@gmail.com

### Laughing Yoga Class

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

Relax, Stretch, Laugh and enjoy a glass of wine while doing yoga.

### Cost for this class

\$20 for OCL members

\$25 for Non-OCL members

Register for the fun class

ottewell2212@gmail.com

### Yoga for Gardeners at Ottewell Hall!

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

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

### Cost for this class

OCL members - \$20

Non-OCL members - \$25

Register by emailing

ottewell2212@gmail.com

Inquiries regarding this session contact: rebeccamanchul@gmail.com

## 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.

See Ottewell Community Website for details on the Playschool program.

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

## 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.

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## 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

## Clothing Swap Ladies Night

**CLOTHING SWAP LADIES NIGHT**

Every 2nd Tuesday of the month  
at 7:00 PM

*ladies night*

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

**neighbourHouse**  
6811 - 92 A Avenue

**Every 2nd Tuesday of the month at 7:00 PM**

Bring your clean, gently used women's clothing and accessories to a night out! With "Tidying Up" new on Netflix, purging our closets seems to be a high priority! Start the

new year off with getting rid of the old and finding great new items to add to your collection. Don't have any to bring? Come for the food, drinks and free clothing anyways! We will love to have you there! NeighbourHouse, 6811 - 92 A. Avenue (come in the back door)

## Ottewell Community League on Facebook



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

## 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)

## 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).



## Board Members

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

## Strathearn Art Walk, Sept 7th 2019



Are you an artist wanting to showcase your talents? Well mark your calendars for Saturday, September 7th, 2019 from 12 p.m. to 7 p.m., as we are inviting you to join us for the 8th Annual Strathearn Art Walk!

Edmonton's arts and culture scene is thriving, and we strive every year to provide a supportive and inclusive environment for both experienced and new artists to showcase their work. If you are an artisan who has a passion and love for the art community, then we want you involved!

Last year, the Strathearn Art Walk hosted over 270 artists and attracted more than 9,000 visitors. We have also listened to feedback from both artists and attendees and will be implementing some changes this year to enhance the festival experience for everyone. New for 2019 there will be more food trucks, a more interactive tasting experience in the Beer Gardens, and a better navigation system to provide visitors with more information on where to find artists while creating an overall

clearer outline of the festival site for artists and vendors.

Artists registration will open on May 1, 2019 at strathearnartwalk.com and will close when we hit capacity. Registration prices start at \$70 and that includes a 10' x 10' space. Prior to registering, we recommend reading through this year's Artist Guide, located on our website, for more information. New for registration this year, there will be a limited number of spaces for artists to purchase a featured space in our official program. For an additional \$80, these artists will receive a space that includes an image, a 60-word profile write-up, and 3 guaranteed social media advertising posts before the festival.

Do you have any questions? Please do not hesitate to contact us by email at info@strathearnartwalk.com, or visit us on Facebook (@StrathearnArtWalk), Instagram (@StrathearnArtWalk), or Twitter (@StrathearnArt) to stay up to date on our latest announcements.

## Silver Heights Park Clean-Up - Volunteers Needed

Mark your calendars - Sat. May 25, 10am - 3pm we will be getting Silver Heights Park ready for summer. Bring your work gloves and a rake if you can. We will be picking up refuse as well as raking the sand, scrubbing the spray deck and sweeping the basketball court. Meet at the Strathearn Community

Hall. Many hands make light work so join us for any amount of time you can spare. Green Shack Shaker could use your help as well. We have a variety of positions available from 4pm onward, Thurs. June 27. Please contact events@strathearncl.org if you are interested in helping out.

## All Hands on Deck

We are closing in on one full year with our new hall in Strathearn, and without a doubt it has been a great addition to our community. As you might remember reading in past communications, we borrowed some funds to bring the building to its current state of completion. We put in place a straight-forward and achievable plan to pay off this modest debt through ongoing donations, hall rental fees and future casino revenues. Our plan to build and pay for our community hall is working thanks to your support.

The master plan for our hall included the construction of a deck, to be built on the north edge of our hall facing Silver Heights Park and our rink. To make the deck functional, the hall exterior was fitted with audio connections for microphones and speakers for our next outdoor community event. An exterior gas connection was installed to fuel our brand new six burner Weber BBQ when we cook hot dogs and hamburgers in the summers to come, and in winter, access to the rink will be made safer and easier with this deck in place.

During hall construction, Strathearn Building Society was promised a donation for the complete material and labour cost of this deck. Unfortunately, this donation has fallen through. In partnership with the Strathearn Community League, we want to get the deck added to the hall in 2019. To get this deck professionally built and code-approved, we need to raise \$20,000.



We need your donation to get this project activated as soon as possible. As an incentive, the Strathearn Building Society as a registered charity can issue tax receipts for all gifts towards our community hall. Your donation of \$1000 will bring us closer to our goal, and you'll receive a tax receipt that in most cases will reduce your after tax cost to just \$500.

So "All hands on deck!". We need to hear from you if you're able to get behind this project. If you have not given to the hall, this is your chance to get your name added to our donor wall. If you have already given, please consider adding \$500 or \$1000 to help us get the deck built. Please email us at strathearn-buildingsociety@gmail.com for more details and for questions on how you can support this project. Cheques made payable to Strathearn Building Society can be mailed to PO Box 68064, 162 Bonnie Doon Mall, Edmonton Ab T6C 4N6.

**Marshall McAlister**

**President - Strathearn Building Society**

## AGM June 6th

The Strathearn Community League Annual General Meeting will be held on 6th June 2019 at 7pm. All are welcome to attend.

The following positions are available on the board of directors:

- President
- Treasurer
- Membership
- Communications
- Member at Large (1)
- Member at Large (2)
- Buildings & Grounds

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

## Strathearn A.V. Club Updates

**Rock 'n Roll Bookclub** - last meeting before Summer break is May 23, 7:30pm at the Strathearn Community Hall (9511 90st). We are reading Beastie Boys Book. 18+, All welcome, byob. Join us for light snacks and heavy conversation. Bring title suggestions for our September meeting.

**Jam Club** - keep your eyes peeled for the early June date of our next meet up. All amateur musicians welcome.

## Next series of programs at SCL!

(Registration by email at programs@strathearncl.org)

**Yoga with Nicole:**

The next yoga session with Nicole starting April 29th for 9 weeks.

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

\$100 for community members.

\$122 for non members.

\$15 drop in

For any questions, please email nicwood@gmail.com or programs@strathearncl.org

**Barre Class with Kim:**

Saturday Mornings from 9:30-10:30am

\$15 (drop in)

## The Good

Strathearn Community League will be hosting our 10th annual



Green Shack Shaker June 27th, 4pm at Silver Heights Park. Free for the whole family GSS will feature live music, face painting, kids karaoke, 3 on 3 basketball, hula hoop instruction, BBQ, frozen treats, and more. Join us as we celebrate the last day of school and the first day of summer fun in the playground. All welcome.



AMERICANA/FOLK/ROCKN'ROLL ARTISTS  
**CAM PENNER & JON WOOD**  
 AT WAR WITH REASON TOUR  
**FRIDAY MAY 31**  
**STRATHEARN LEAGUE**  
 COMMUNITY HALL  
 9511-90ST NW  
 DOORS 7:30 TICKETS \$20 ON SALE AT EVENTBRITE.CA OR AT THE DOOR

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



Art Walk

www.campenner.com

Kompany Family Theatre & Strathearn COMMUNITY LEAGUE present

# KIDLIBS

## DROP-IN DRAMA CLASSES

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

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

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

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

Fun  
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 GAMES  
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 FUN  
 PERFORMING  
 SKETCH

We are grateful for the support of:

Edmonton Community Foundation, Edmonton Community Foundation, Edmonton Arts Council, Edmonton

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

## The Bad

Strathearn will not be receiving a full Green Shack program for Silver Heights Park this year. According to standards of evaluation Strathearn did not qualify for programming in 2019. Silver Heights Park will be receiving two days a week of Pop Up Play as provided by the city. Those dates will be announced shortly. And surrounding communities such as Holyrood, Bonnie Doon and Idylwyld will have a full morning or afternoon Green Shack - Strathearn kids are welcome to attend.

If you would like to see Green Shack programming restored to Silver Heights Park at the conclusion of 95 ave construction please forward your thoughts to [events@strathearn-cl.org](mailto:events@strathearn-cl.org) for delivery to the city of Edmonton. Also, it is critically important that you fill out the Municipal Census either online or when contacted door to door. These calculations are partially used to determine recreation and other programming priorities.



## The Ugly



With the closure of 95 avenue there is a greater opportunity for either a Street Party or Road Hockey Game (or something of your own creation) on streets abutting the construction. You would only have one end of your street to shut down. So let us help you put lipstick on this 95ave. closure pig - contact [events@strathearn-cl.org](mailto:events@strathearn-cl.org) for information about the Neighbourhood Play Street organizing guide. Of course, this opportunity is available to anyone in the neighbourhood - the Strathearn Community League greatly encourages responsibly organized street party/road play endeavours.

## 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.

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 Cafe and Bistro.

## Community League Programs

(Strathearn Community League membership required)

### Wired Wednesday

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

Upcoming dates - May 1st - This is the Last Wired Wednesday EVER! Thanks so much to all at the wired cup for being a prominent part of the Community League.

### Toonie Thursday

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

Upcoming dates - May 9th, June 13th & July 11th.

### Free Family Swim Times

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



Oral Health

As you get older changes that affect your mouth health can be related to aging, disease or medication. Prevention is always the best way to keep your mouth healthy at any age. A healthy mouth is important for a healthy body and mind.

Remove Plaque Twice a Day

The challenge is to get rid of plaque, the bacteria that collects daily on your teeth and dentures. It leads to tooth decay and gum disease, which are both infections in your mouth. These infections can impact other health conditions like diabetes and heart disease.

Keep up Your Dental Visits

Plan a dental visit every year. As well as looking for plaque, tooth decay and gum disease, your dentist is skilled at observing changes in your mouth that may be related to general health conditions.

Medication Affects your Mouth

Medication that is either prescribed or available off the shelf can have side effects. Side effects can include bleeding or enlarged gums, changes to taste, mouth sores, and dry mouth. Tell your health professional the names of all the medications you take. If you have any side effects they can suggest ways to help. Keeping your mouth clean and healthy is the first step to coping with side effects.

Don't let dental pain, infection or bad breath keep you away from friends and the things you like to do.

Find more information about mouth and dental health information at [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca)

Paws-itive Mental Health

Pets help us feel more connected, relaxed. Pets can be the purr-fect therapist, offering nonjudgmental, unconditional love and support.

Animal-assisted therapy, and simply being with a pet regularly, has long been known to have mental health benefits.

"Pet therapy visits are for many patients, an unexpected and happy event," says Glen Gross, 63, an Alberta Health Services (AHS) volunteer who visits the Royal Alexandra Hospital with his best friend, Border Collie, Misha. "It is our chance to help patients temporarily put aside their worries."

At AHS, there are 295 registered volunteers who join us with their furry companions through various pet therapy and pet visitation programs across the province. These unique volunteers offer a welcome distraction to those in care by providing an opportunity of friendly and comforting social interaction.

Studies have shown that petting an animal can promote relaxation by lowering blood pressure and slowing the heart rate – in any setting, whether in a hospital environment, or in the comfort of your home.

Check out some of our most gentle volunteers and their stories of bringing comfort and joy by visiting [ahs.ca/whatsyourbalance](http://ahs.ca/whatsyourbalance)

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Ask Charles -  
Real Estate Advice



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

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

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

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

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

When you hire a licensed real estate professional, you can trust they've completed pre-licensing education, their background has been reviewed, they carry errors and omissions insurance, they're required to complete ongoing education, and you can

feel confident that a regulatory body will hold them accountable for their actions. All real estate licensees are required to carry errors and omissions insurance, and there's a Consumer Protection Fund available in the very rare event a consumer suffers a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member.

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

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

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

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**Mental Health Awareness**

As a parent, you want your child to thrive, physically and mentally. In the rush of busy days, these resources from Shannon Clarke, Community Librarian at Capilano Library are a good way to approach mental health, for both of you: [www.Bit.ly/EPLMindfulness](http://www.Bit.ly/EPLMindfulness)

But, what cues might alert you to a problem with your child's mental health? Who do you call if you are concerned?

If your child doesn't want to be held, withdraws, cannot be comforted, or loses acquired skills, talk to your pediatrician, family doctor, or call 811. The

Family Centre ([www.the-family-centre.com](http://www.the-family-centre.com)) and CASA, Child, Adolescent, and Family Mental Health ([www.casaservices.org/programs](http://www.casaservices.org/programs)) may also be helpful.

The South East Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionately committed to nurturing young children. Our website also contains links to information on children's mental health, provided by Line Perron, Executive Director, Early Childhood Development Support Services. [www.earlychildhoodedm.ca/southeast](http://www.earlychildhoodedm.ca/southeast)



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