

SOUTHEAST VOICE

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

November 2019



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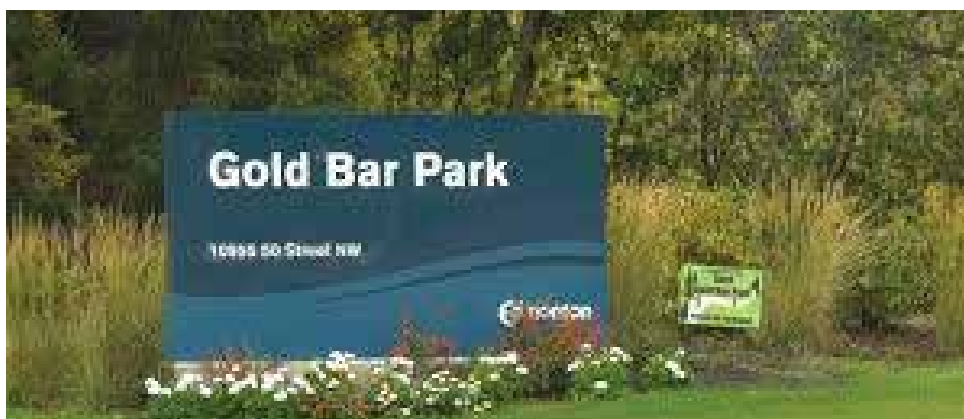
City Council votes to revisit proposed sewage trunk line expansion to Gold Bar Park

Save Gold Bar Park is pleased to share that on September 30, 2019, our city councillors passed a motion to re-examine the decision to bring a future major sanitary sewage trunk-line to Gold Bar Park. This trunk-line was intended to go to the rurally-located Alberta Capital Region Plant but a decision made by City Administration and private developers in 2017 changed the destination of the trunk-line to Gold Bar Wastewater Treatment Plant.

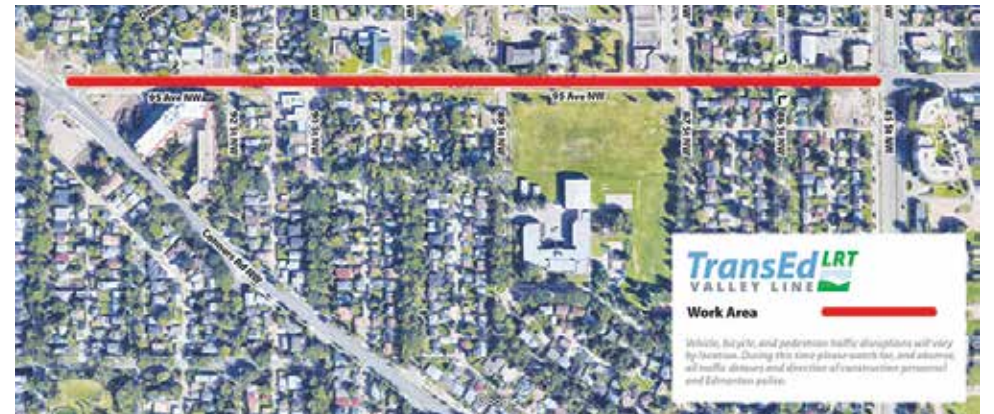
City Council's September 30th motion requires City Administration to report back to City Council in October of 2020. City Administration has been directed to come back to City Council

with a new decision-making process to ensure appropriate oversight from elected officials, transparency, and public engagement on this significant river valley decision and future decisions. Save Gold Bar Park Alliance would like to extend their warmest thanks and appreciation to all of the citizens, stakeholder groups, and provincial representatives who attended the September 30 meeting and shared their concerns with City Council.

Note: City Council is comprised of our elected councillors and the mayor while City Administration is comprised of non-elected city officials, managers, and employees.



Night Work on 95 Avenue Until the End of the Construction Season!



TransEd crews will be working overnight along 95 Avenue, between Connors Road and 85 Street. The majority of work will still occur during daytime hours (7:00 a.m. to 9:00 p.m.) and crews will endeavor to complete the noisiest work before 11:00 p.m. However, in order to complete the road-work by the end of construction season this year, night work is necessary to ensure that all the underground work is complete before crews can pave the roads. To accommodate this work, the public will be impacted in the

following areas: Night work on 95 Avenue between Connors Road and 85 Street.

Pedestrian access will be maintained.

TransEd will obtain an overnight road-work permit so that work can take place during nighttime hours. *City of Edmonton Bylaw C14600". For the most current, up-to-date information please visit <http://transedlrt.ca/advisories/>. To receive updates, sign up for their newsletter at: www.transedlrt.ca, or Contact them at: info@transedlrt.ca or by phone (780) 224-0964.

SECLA Needs Volunteers for a Casino

Wed & Thurs, January 15-16, at Casino Edmonton (Argyll)

Casino funds are our main source of funding to provide valuable supports to our communities, e.g. SECLA covers the cost of distributing the Southeast Voice to residents in all SECLA area neighbourhoods. We also pay for the new community league flags at the skate park each year, and other small

community projects. We hope you can volunteer with us and ask your friends if they want to volunteer with you!

Please contact Connie by email at: Connie@forestterrace.org or phone: 780-462-1442. Or sign up online at: <https://signup.com/go/FnPgK> NOTE: You do not NEED to register at Signup.com in order to volunteer for the casino.



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SECLA Board Contacts

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

Becoming a Dad Can Be Daunting!

You proudly push the stroller at the park, grin and cradle your infant at the coffeeshop. Here you are — a first-time father. The whole idea of becoming a dad can be daunting! And those first day-to-day experiences of understanding and responding to what that little person wants and needs from you can be challenging and rewarding...

Lucky for you, there's help. Some great websites can direct you to resources and programs in Edmonton: <https://abdads.ca/> and <http://www.dadcentral.ca/> and the manual www.newdadmanual.ca/, as well as www.raisingedmonton.com/edmonton-drop-programs-just-dads-kidsbaby/.

For more ideas, check out this list of books from Shannon Clarke, Community Librarian at Capilano Library: www.bit.ly/EPL_DADS

This year, November 20th marks the 30th



anniversary of National Child Day. Learn more at your Edmonton Public Library branch. www.bit.ly/EPL_NCD

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

Eco Station hours

The City's four Eco Stations will be open from 9am to 6:30pm seven days a week, from September 29 to November 9. These extended hours will help make it more convenient for Edmontonians to drop off yard waste, household hazardous waste, batteries and more, for free.

This is a great opportunity to divert more waste from the landfill! Many items, like batteries and other household hazardous waste, are recycled or disposed of properly to minimize risk to people and the environment. For locations, applicable fees and more information, visit edmonton.ca/ecostations.

Citizen Dashboard

City by the Numbers

How many potholes has the City filled so far? Are DATS buses arriving on time these days? How many rescued pets get returned to owners?

Answers to these and many other questions are featured in statistical detail on Edmonton's Citizen Dashboard. It gives Edmontonians access to the latest data on a wide range of municipal services. To access the Citizen Dashboard, please visit: <https://dashboard.edmonton.ca/>

Edmonton 2019 Municipal Census Results

Did you know that the 2019 Municipal Census results are now available online? Results can be viewed by ward, neighbourhood, or city-wide.

For municipal census information, please visit: https://www.edmonton.ca/city_government/facts_figures/municipal-census-results.aspx

Do You Have Some Computer Savvy & Want to Contribute To SECLA?

We are looking for someone to liaison between the various organizations and community leagues and the publisher of our South East Voice. This is a volunteer position which can be done anywhere you have internet access and a computer. This easy, straight-forward job requires a few hours

once a month as well as some content editing and graphics skills, with basic knowledge of Microsoft Word and Adobe Photoshop (or equivalent). If interested in taking on this role for SECLA, please email Tim Moores at: SEVliaison@secla.ca for all the details and empowering.

Garden Suite Workshop & Tour

YEGarden Suites, a local non-profit that promotes the development of Garden Suites in Edmonton, is hosting:

Workshop on November 16: community members will learn the process to build a and finance a suite, utility considerations & design considerations. They are also collaborating with the City of Edmonton, local builders, and suite owners to teach attendees about the rules/regulations, and provide advice for future suite owners.

Tour on November 23: will feature 5-6



different suites (inside and out), so it's a great opportunity to see different designs and get inspired.

Tickets: yegardensuites.com

Awesome Kids Activities this November at EPL

Evil Genius Club – Every Thursday after school at Capilano Library

Full STEAM ahead! From robot battles to music to photography, enjoy all things Science, Technology, Engineering, Art and Math. You're invited to hang out, bring friends, try things and create stuff at this drop-in club for maniacal makers. Starting in November, the Capilano branch of Edmonton Public Library will begin offering weekly after school fun for kids aged 6-12 with Evil Genius Club! Every Thursday from 3:30-4:30 pm.

School's Out – PD Day activities at Idyl-



wylde and Capilano Libraries

When school is out, the library is in. Complete challenges, play games, or learn something new! Discover all the fun activities waiting for you at EPL. Special activities for kids ages 6-12 on Wednesday, November 13th from 3-4:00pm at Idylwyld, and Friday, November 29th from 11-12:00 at Capilano.

November 20th is National Child Day



Come to the library to celebrate National Child Day! Join us for this fun event that promotes learning through play, imagination, and creativity. When a child sets their mind to it, the sky's the limit! No registration is required.

Activities will vary by branch but include materials for creating and building, as well as games. Activities for kids of all ages

run from 3-4:30pm at Idylwyld and from 3-5:00pm at Capilano on Wednesday, November 20th.

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

L'UniThéâtre is gearing up to present their second play of the season

MADAME CATHERINE PRÉPARE SA CLASSE DE TROISIÈME À L'IRRÉMÉDIABLE

by Elena Eli Belyea

Montreal, Columbine, Newtown, Orlando. Welcome to class 3B at Saint Joseph's Elementary School. Your teacher, Madame Catherine, knows the world is a dangerous place and her life-saving lesson is about to begin.

.....

Focused on uniting various communities through their programming, this professional francophone theatre company offers English surtitles for every performance.

During Saturday November 23rd's matinée performance, L'UniThéâtre, in partnership with L'Institut Guy-Lacombe de la famille, is offering *Le Jeu d'enfants* - organized activities for kids aged 3 to 10 while parents attend the 2-for-1 matinée. Registration is required ahead of time. \$5 per child, 20 participant limit.

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PERFORMANCE DATES:

November 20th - 7:30pm
November 21st - 7:30pm
November 22nd - 7:30pm
November 23rd - 1:30pm * *Le Jeu d'enfants*
November 23rd - 7:30pm

Tickets available online and at the box office
45 minutes before every performance.
www.lunithetre.ca/madame-catherine/en

Theatre of La Cité francophone
(8627 91 St NW)
780-469-8400



SURREAL
JAMES
JAMES



Strathcona Royal Canadian Legion
9020 51 Ave

Show Tickets \$30

- Chili/Bun Available for Order
- 50/50 Draw
- Doors 5:30pm/Show 7:00pm

Tickets Available at Strathcona Royal Canadian Legion
780-433-1908

November is Fall Prevention Month

If you haven't personally had a fall or fall-related injury, you likely know of at least one colleague, family member or friend who has.

It's fairly well known that as people get older, they are at an increased risk for falls, but did you know that middle-aged adults (aged 45 to 64) are also falling?

Here are a few surprising Alberta statistics:

Almost 40,000 middle-aged adults sought emergency treatment for a fall-related injury in 2018.

Of those, the most common reason for a fall injury was a slip or trip on the same level (14,436 injuries). Falls related to ice and snow came in second place (8,500 injuries).

From 2008 to 2018 there has been a 28.5 per cent increase in middle-aged fall-injuries that require urgent treatment, with fractures being the most common injury.

It's not just the older adults and young children who are at risk of falls. Middle-aged Albertans are also falling, second only to seniors.

Why, you might ask?

Physical deterioration, including a loss of muscle mass and balance, begins around age 45, particularly in women.

The good news is that we can take action sooner to prevent falls and reduce our risk of injury now, and as we age.

- What can we do about it?
- Be active
- Build strength
- Work on our balance
- Target lower limb muscle strength using resistance training and weight bearing activities

Maintain bone health through exercise and



a calcium-rich diet.

There are many great physical activities which support bone health and challenge balance and build strength. Some indoor/outdoor activities to consider this winter include: resistance training, Tai Chi, yoga, Nordic walking, swimming, pickle ball, exercise

classes, biking, snow shoeing, and cross-country skiing.

If you are concerned about falling or you are noticing changes in mobility, talk to your health provider about finding some strategies to help you build your strength and confidence so that you can stay active.

Opportunity for Rink Maintenance Person

Avonmore Community League is seeking an individual(s) to maintain our skating rinks (boarded rink and snowbank rink) from December to March (weather dependent). Duties include regular flooding, snow removal, and general rink boards maintenance. Rink maintenance equipment is supplied by the league. Initial ice creation may be made by another contractor. Compensation is \$20/hr up to a maximum of \$4,000 for the season. To qualify for this contract the applicant must have taken (within the last 2 years) or willing to take the free Ice Making Course offered by the City of Edmonton. It is offered the evening of November 12. If interested and/or for more information, contact Anita at president@avonmore.org.



Seniors Programs

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

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

Seniors Coffee: Next Senior's Morning Coffee is Wednesday, November 20th from 10:00 to noon. The mornings are a combination of information of interest to seniors and conversation. Come out and give it a try. For more information or if you need a ride contact Anita at president@avonmore.org.

LEGO Club

November 19, 3:30-5pm, everyone welcome!

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 to make arrangement for pick up or drop off.

Playschool

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

Avonmore Parent & Tot Program

This FREE drop-in program runs Thursdays 9:30am-11:30am, meeting at the Avonmore community hall for free play and planned activities. Children of all ages and their caregivers welcome! Coffee and tea provided. For more information check the facebook group "Avonmore Parent and Tot" or email Yaara at parentandtot@avonmore.org.

Avonmore Concert Series

Avonmore Concert Series will be hosting local country/folk trio "The Carolines" on Saturday, January 25th. ----- Tickets \$25. Doors open at 7pm. Show starts at 7:30pm. Cash bar.

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

Babysitting Registry

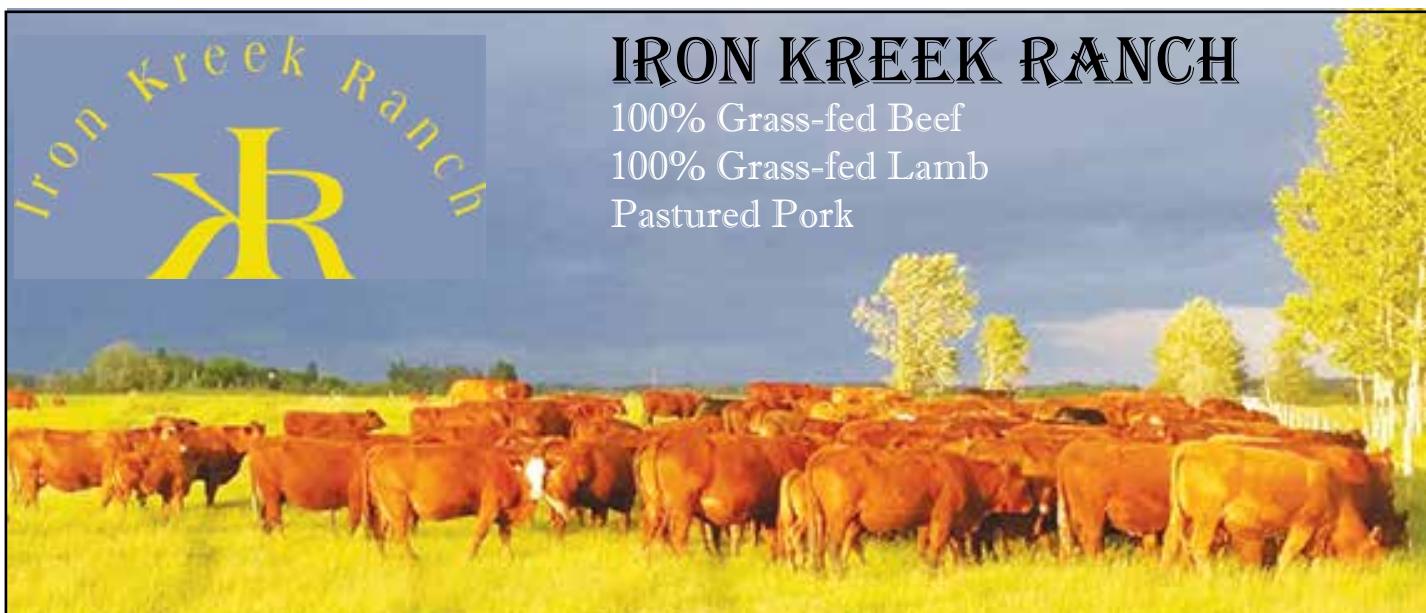
Avonmore Community League is pleased to offer Our Babysitter Registry to help match community members with qualified babysitters. For Parents Seeking Babysitters: email Cheryl at admin@avonmore.org and she can provide you with a list of teens seeking babysitting work.

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



IRON KREEK RANCH

100% Grass-fed Beef
100% Grass-fed Lamb
Pastured Pork



We raise certified 100% grass-fed beef and lamb and are now offering pastured pork. The animals are born on our ranch in our care (Ma and Pa operation) and slow raised for two years, managed on high quality grasses and legumes, without the use of antibiotics or hormones. We love our animals and our land and treat them both with the utmost respect! We truly believe it is among the best and healthiest meat in the world!

Our ranch is just west of Red Deer and has been family owned for three generations, since 1947.

The land has a beautiful spring fed creek going through it, so it is suited more for livestock and supports a healthy wildlife population. We do not spray our land.

We use alternative methods to control weeds like timing of seeding or grazing, cover crops, and insects. We have noticed when you work with nature and watch what the animals can teach you, mother nature will help you grow plants and control weeds and bugs. We nurture livestock from the soil up.

We sell sample boxes, quarters, sides and wholes for beef and sides and wholes for lamb.

Contact us either through Facebook, email or phone.

Iron Kreek Ranch
Kevin and Roxanne Ziola
K – 403.352.0662
R – 403.391.8502
Kev-rox@hotmail.com



Abundant Community Edmonton (ACE)

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

Avonmore Garden Club

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

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

For more information contact garden-club@avonmore.org

Yoga

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

Drop-ins Welcome - \$15/class

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

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

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

Winter Shinny hockey

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

Online Community

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

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

Twitter: @AvonmoreLeague

Instagram: avonmoreleague

Avonmore 4th Annual Gingerbread Workshop

Our Gingerbread Workshop event on Saturday, November 23rd is fast approaching! If you haven't attended this event in the past, it is a really great time! This is a fun filled afternoon of designing and building your own gingerbread house, while enjoying refreshments, live music and the company of your neighbours. 1-4 pm at Avonmore School. This year, we are going to have a visit from the Grinch between 2-3pm! Many people have made this event a holiday tradition, and I hope we you add it to your list of annual traditions too.

To purchase your \$25 kit, go to: gingerbreadworkshopavonmore.eventbrite.com

Workshop on Digital Citizenship for Youth and Parents

This runs Nov 23 from 6:30 to 8:30 p.m. at Avonmore Hall and is offered by YMCA Northern Alberta.

Learn what to share online, how to deal with cyberbullies, report bad behaviour, develop strong passwords and more. No pre-registration required, or more information contact president@avonmore.org.

Avonmore Book Club

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

Avonmore Hall Rental

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

Free Community Swim

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

Commonwealth Pool 11000 Stadium Road; Saturdays, 5:00 p.m. - 7:00 p.m.

Hardisty Pool 10535-65 Street; Sundays, 1:15 p.m. - 2:45 p.m.

Visit www.edmonton.ca for more info.

Neighbourhood Watch

The team has been hard at work getting signatures/sign ups from residents who support the program.

We are now eligible for 2 additional signs which will be going up at entrances to the neighbourhood.

Contact ENW@avonmore.org to learn more about our neighbourhood watch initiative and to get involved.

We need several volunteers (light commitment) to get signs for our neighbourhood!

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**conditions may apply

Avonmore Online History Project

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

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

Neighbourhood Renewal

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

Drop-in Music Class

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

Games Night

November 21 at 7:00 p.m. at the Community Hall

With the city in the throes of Autumn and winter lurking just around the corner, now is the time to get outside and enjoy the brisk fall air... on your way to Avonmore Hall for the inaugural Avonmore Community Board Game Night!

Come pit your wits against friends and neighbours on a variety of modern hobby board games, ranging from strategy to cooperative to party games.

There will be instruction and assistance on hand, as well as snacks and refreshments. So, whether you are a seasoned gamer, or looking to try something new, join us for a dice chuckin', card shufflin' good time!

Community Meeting

November 7 @ 7pm at the Hall

All community members welcome. Get an update on what's happening in our community. Special presentation by Edmonton Police Service on community safety and news from TransEd and the City of Edmonton. See you there.

Indoor Soccer Program

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

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	Katie	780 916-4579
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building and Grounds	Vacant	
Babysitting Registry	Becky	587-589-5848
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Michelle	780 490-7426
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook “Like Us”

Capilano Community League Sign Rental

Contact Patrick at: 780-995-8818 or patrick.ccl@shaw.ca

Do you have a message for the community, a birthday, anniversary, graduation or special event that you would like advertised? Advertise it on our new changeable sign located at the intersection of 65 St and 108 Ave.

Sign rental fees: Community League Members - \$10 (\$15 for non-members).



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

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

call as far in advance as possible to avoid disappointment!

Capilano Community League has a new website!

Thank you to Tanya Camp of Bucketduck Inc. for her work on giving us a fresh, new look! Also, thank you to the community members who provided photos of our vibrant community.

The Capilano Community League would also like to give a huge thank you to Andrew Benson, CCL community member and own-

er of Studio Hazel branding and identity studio, for creating our new community league logo and the branding for our new website! Andrew wonderfully captured the heart of our neighbourhood, the river valley, in his design.

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

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.

Wanted – Building and Grounds Director

The Building and Grounds Director is responsible for overseeing all maintenance and renovation activities for the buildings and grounds of Capilano Community League. This includes the Hall, the Rink Shack and Tennis Club as well as the parking lot. The rink is maintained by the Rink Manager. The Director is responsible for conducting a schedule of general and regular maintenance (e.g., heating systems, building security, plumbing repairs, snow removal). They are also responsible for identifying and proposing to the Community League Board renovation/repair needs such as system upgrades, roofing, flooring, or painting

and where approved, gathering quotes and overseeing contractors. The Director works in collaboration with the Hall and Facilities Managers who play a key role in and will assist with identifying maintenance and renovation needs. The time commitment for this role varies based on the needs at the time but in general is approximately 2 hours/week plus. This is a board position so the Building and Grounds Director is expected to attend regular board meetings (3rd Wednesday of Sept, Oct, Nov, Jan, Feb, March, April, May and June). If interested or have questions please contact Kris at K_cramer@telus.net or 780-720-9003.

Do you have your Capilano Community League Membership for 2019-2020?

There are numerous benefits to being a Community Member:

--A community group able to address the concerns of residents and whose main priority is the well-being of the community.

--Affiliation with the Neighborhood Watch

--Discounted membership at Hardisty Leisure Centre.

--Free indoor swimming at Hardisty and Bonnie Doon pools (at designated times)

--Free outdoor swimming at Millcreek and other pools.

--Free indoor skating at various arenas. (at designated times)

--Use of Capilano community outdoor skating facilities.

--Access to community programs and courses.

--Opportunity to enroll children in area sports and recreational programs (Membership is mandatory to join).

--Summer playground programs and playground supervision. (Green Shack Summer/Winter program)

--Capilano Tennis club eligibility.

--Capilano Hall rental discount.

--Capilano Community Big Bin Event access.

--Community League Wellness Program

Reduced rates to City of Edmonton recreational facilities through the Community League Wellness Program which offers the following discounts with a community league membership:

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

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

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

Did you know that many business in Edmonton offer discounts to community league members - go to the EFCL.org website and look under membership-benefits.

How much are Capilano Community League Memberships?

--Family \$20.00

--Senior \$10.00

--Single \$10.00

Where can you purchase a Capilano Community League 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).

--SEESA (South East Edmonton Seniors Association), 9350 – 82 St. (Cash only)

Thank you to “All Care Pharmacy” for their continued support of Capilano Community.

Thank you to SEESA for selling memberships.

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Avenue, Edmonton (Cash only). (Currently only the Family membership can be purchased and a \$5.00 admin fee as well).

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

Capilano Community's "Light December Nights"

Come Celebrate with Capilano Community Neighbours & Friends!

A Friday evening with horse sleigh rides, Christmas treats, crafts, a family skate and much more!

WHEN: Friday, December 6, 2019 from

6:30 – 9 p.m.

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

****FREE and ALL are WELCOME!****

Any questions and to RSVP, text Heather at 780-818-1456.

Capilano Playschool 7th Annual Splash & Slide Fundraiser November 17!

Date: Sunday November 17, 2019

Time: 9 – 11am (arrive before 10:30 a.m. and have the option of staying all day!)

Where: West Edmonton Mall Waterpark
Support your community Playschool and

enjoy a fun family splash at the waterpark at a great price! Tickets are only \$15 now, \$18 at the door! This event sells out every year!

For more information, or to purchase tickets, contact Janelle at 780-718-4528.

FREE Swim for Capilano Community Members

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

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

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

--Commonwealth Community Recreation

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

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

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

Share your Passion!

If you have a passion (sport, health, art, etc.-the possibilities are endless), and would like to share it with your fellow Capilano residents, Capilano Community League would love to hear from you.

Come to one of our monthly meetings, or reach out to a board member by phone to

see if something could be worked out with the Board's support (use of community facilities, possible funding for supplies, etc.). This could be an opportunity for you to be a lead volunteer for a one-time event in our community, or a longer term program. Come share your passion with others!

2nd Annual
Hardisty Snowflake Bazaar
Saturday, November 30
10am-3pm
Hardisty School 10534-62 St
Over 25 Unique, Handmade & Home Based Businesses
Chili Lunch- \$5 per person
Student Made Christmas Cards for Sale
Bake Sale
Pictures with Santa
Please Come Out & Support Hardisty School
NO ADMISSION FEE
Everyone Is Welcome!
All Proceeds Going to Hardisty School

Capilano Playschool - Registrations

Do you have a child who will be 3 or 4 this January 2020? Playschool is a great way for your child to socialize with other kids in the community and enjoy a Learn through Play program with our great teacher Mrs. Jo! We still have spots available in our Tuesday/

Thursday Christian class starting in January. Please visit our website for more info and registration forms at www.capilanoplayschool.com.

If you have any questions please contact Bethany 780-802-9307.

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.

Current session: Nov 5/7 – Dec. 17/19, although you can start at any time (fees will be prorated).

Costs: \$70 Tuesdays/\$70 Thursdays or \$140 both days for CCL members.

\$77 Tuesdays/\$77 Thursdays or \$154 both days for non-CCL members.

5 passes available. \$55 for CCL members.

\$60 for non-CCL members.

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

Bring a yoga mat and a water bottle!

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

Hardisty Gymnastics Club – Fall Classes

Sponsored by Capilano Community League

Check out these super fun gymnastics classes!

Offering gymnastics TUESDAY or THURSDAY evenings

Where: Hardisty School (10534-62 St.)

Tuesday Gymnastics Classes

(8 weeks): Oct 8, 15, 29, Nov 5, 19, 26, Dec 3, 10

Thursdays Gymnastics Classes (7 weeks): Oct 10, 17, 24, Nov 14, 21, 28, Dec 5

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

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

Preschool 3-5 yr old: 6:00 – 6:45 p.m.

(Tuesdays or Thursdays)

Preschool 3-5 yr old: 6:45 – 7:30 p.m.

(Tuesdays or Thursdays)

Elementary 6-12 yrs: 6:45 – 7:45 p.m.

(Tuesdays or Thursdays)

Elementary 6-12 yrs: 6:00 – 7:00 p.m.

(Thursdays or Thursdays)

New Program! Multi-sport physical literacy class for children 6-12 yrs old. This class combines ball skills for basketball, baseball, soccer, tennis and volleyball while incorporating the agility and strength skills learnt in gymnastics!

REGISTRATION: Register online by visiting Capilano Community League website (www.capilano.info) under the Hardisty Gymnastics Club link

Capilano
Artisan
Craft Sale
Saturday, November 30, 2019

10 am to 3 pm
Capilano Community Hall
10810 -54 Street NW

A Cozy Event
❖ Free Parking
❖ Snacks
❖ Local Shopping
❖ Browsers Welcome
❖ Celebrate the Festive Season!

Featuring: Reclaimed Jewellery * Crochet *
Fibre & Felt Art * Pottery * Quirky Bird Houses *
Indoor Plants * Baking & Even More!

Discover Artisans from the Greater Capilano Community.

Board Member Contact Sheet

President	Name: Dave Email: president@cloverdalecommunity.com
Past-President	Name: Reg Email: pastpresident@cloverdalecommunity.com
Vice-President	Name: Lisa Email: vicepresident@cloverdalecommunity.com
Secretary	Name: Sue 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: Sandra Email: communications@cloverdalecommunity.com
Social Director	Name: Bob Email: socialdirector@cloverdalecommunity.com
Program Director	Name: Desiree Email: programdirector@cloverdalecommunity.com
Membership	Name: Marilyn Email: membership@cloverdalecommunity.com
Committee Leads	
Casino Coordinators	Name: Bev Email: casino@cloverdalecommunity.com
Edmonton Ski Club Liaison	Name: Ellen Email: skiclub_chair@cloverdalecommunity.com
Flood Mitigation	Name: Eric Email: floodmitigation_chair@cloverdalecommunity.com
Community Garden (CCGC) Chair	Name: Marg & Germaine Email: communitygarden_chair@cloverdalecommunity.com
Seniors	Name: Marji Email: seniors@cloverdalecommunity.com
LRT Citizens Committee	Name: Paul Email: lrtcommittee_cochair@cloverdalecommunity.com
Gallagher Park Master Plan	Name: Paul Email: lrtcommittee_cochair@cloverdalecommunity.com
Abundant Community - Neighbourhood Connectors	Name: Marilyn Email: neighbourhoodconnector@cloverdalecommunity.com
Hall Manager	
Hall Rentals	Name: Janet E-mail: rentals@cloverdalecommunity.com

Great turn out to Cloverdale Halloween Party



On Sunday, October 28 the Cloverdale Community League hosted its annual Halloween Party. Over 100 residents attended. There was a haunted house and prizes awarded for the best childrens costume contest. A delicious partially catered potluck followed along with an amazing balloon artist and entertaining magician. It was a fun party organized my Bob, the Social Director, along with additional support from community volunteers.



Residents prove their love for community rink

On Sunday, October 6th, over 20 residents of Cloverdale came together to paint the interior of our community outdoor rink. We are fortunate to have a recreational rink in our neighborhood. It's a community hub during the winter, where families gather frequently to skate, and friends assemble to play shinny hockey. It was heartening to see so many neighbours and children come out to provide maintenance for the rink. Thank you to everyone who helped out. An extra special thank-you to Sandy and Wendy for organizing the event and for Janet and Wayne who brought the industrial paint spray gun. A wise person once said "Volunteers do not necessarily have the time; they just have the heart."



The Edmonton Ski Club will open for the snow season



The Edmonton Ski Club has been an Edmonton landmark since 1911 and has a goal to be the most accessible and affordable location for skiing in Edmonton.

The ESC has a brand-new Board of Directors and Management. ESC worked with City of Edmonton, Alberta Government, Edmonton Folk Music Festival and Cloverdale Community League to complete several key projects and is proud to announce they will be re-opening for the 2019-20 ski season!

A brand-new carpet lift has just been installed at the bunny hill, to make for a great experience for anyone learning to ski or snowboard. The T-Bar has been fully restored and the ESC slopes will feature a terrain park, built to be fun for both beginners & experts.

ESC will offer lessons for kids and adults, kids camps and school group programming. Dates and times for lessons and camps will be available online soon. Questions or booking requests can be sent to guestservices@edmontonskiclub.com.

Edmonton Ski Club will once again be the home of the ESC Alpine Club, which offers ski racing programs for children and youth. More information about ESC Alpine can be found at escalpine.com

The Edmonton Ski Club is scheduled to open in early December. ESC is offering the lowest cost season pass in the city, just \$539 for a family of 2 adults and up to 4 kids. ESC will also offer discounted passes for members of the Cloverdale Community League. More info is available at edmontonskiclub.com

Fall Programming at Cloverdale Community League Hall

Mondays: Barre Class
7 - 8 pm. Nov 18 to Dec 16
Tuesdays: Sportball
October 29 to Dec. 10
5:00 pm 2- 3 ½ year old
5:45 pm 3½ - 5 year old
6:45 pm 5 -7 years old
Tuesdays: Yoga
8 - 9 pm. Nov 12 - Dec 17
Thursdays: Barre Class
8 - 9 pm. Nov 7 - 10
Fridays: Yoga 9:45 am.
Nov 8 to Dec 20

Free for Cloverdale residents with membership card. Fees apply for non-members of Cloverdale:
\$119 for Sportball
\$10 drop in fee for other classes
Please ensure to register/sign up by emailing both the following addresses:
rentals@cloverdalecommunity.com
programdirector@cloverdalecommunity.com

Upcoming Social events at the Cloverdale Community League Hall

-Sunday, Dec 8, 2019 - Christmas Party
-Saturday, Feb 22, 2020 - Winter Wine Not

Check Cloverdale Community League on Facebook for more information: <https://www.facebook.com/cloverdalecommunity/>

13 Essential Spices for Your Kitchen



Even though spices are not as exotic, rare and expensive as they once were thousands of years ago, they are still a considerable investment and one most families would like to get the most from. They are best when at their freshest, and can enhance many of your favorite dishes.

The real question is what cuisines you enjoy. Choosing the most versatile spices will mean you can mix and match them, and enjoy deliciously seasoned recipes from around the world.

Here are some suggestions for a well-stocked kitchen, based on general need and particular cuisines.

The Basics

1. Sea salt – A little salt enhances the flavor of most savory dishes and is sometimes required to get the right rise and texture for baked goods.

2. Black and white pepper – These also enhance almost any dish. White pepper is milder and finer. It won't affect the appearance of a dish.

Italian Food

3. Oregano is the main seasoning, and is used in soups, stews, and sauces.

4. Basil is more aromatic, and can be used along with oregano. Use fresh basil with some olive oil and pine nuts. Place in a blender and process until smooth, then

add to your favorite pasta as a quick sauce, or use as a spread or the base for a salad dressing.

5. Fennel seeds give sweet Italian sausage its unique taste, so you can get the flavor in your red sauce even if you are vegetarian. Fresh fennel makes a delicious salad.

Mexican Food

Oregano is also used a good deal in Mexican recipes, especially those with tomatoes.

6. Coriander can be used in moderation either fresh or dried. It gives a savory taste with a hint of lemon.

7. Cumin is usually used with coriander. It has a deep, earthy taste that is a bit peppery.

Indian Food

Coriander and cumin are also used in Indian food, so they are a good addition to any spice rack. But there are many other wonderful spices to explore.

8. Cinnamon sticks and ground cinnamon are often used in savory dishes, especially in ones with tomato-based sauces. Cinnamon is of course also incredibly useful for your favorite baked goods.

9. Curry powder is a blend of a range of spices, and is an easy shortcut if you want to get an authentic taste of In-

dia without buying a lot of different items. You can also make your own blend.

10. Garam masala is also a standard Indian blend you can buy to take the guesswork out of your seasoning. It is a "finishing spice" that you add just before you serve, rather than cook it.

11. Turmeric is a root related to ginger root. It is bright yellow, with a mild flavor. It gives curry powder its color. It's useful as a natural dye for foods and will enhance any rice dish.

12. Ginger root is used in both sweet and savory dishes. It's also used for candy and tea. It is a bit pungent, but goes well with chicken. It can be used fresh or dried and powdered. It is a staple of Chinese cuisine as well.

Chinese Food

Ginger is found in many recipes, in both its fresh and dried forms. You will also find coriander, fennel and cinnamon in Chinese dishes.

13. Star anise is very popular. This dried flower with seeds is used whole, or ground into powder. It is one of the five spices in Chinese 5-spice powder, along with coriander, fennel, cloves, and Szechuan peppercorns.

With these spices in your kitchen, you will be able to enhance and vary the taste of all your favorite meals.

CHRISTMAS STOCKING STUFFER
FOR AGES 3-8

Children's Book
Have fun with your kids while they learn how to be a good person!

Shop at www.pippili.ca Support a local author!

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

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Fun Science Experiments to Do at Home

Homemade Volcano

You will need a 25-ounce plastic bottle with the top cut off wide enough to place the ingredients inside. Place the bottle on top of a flower pot and surround it with dirt so that it does not wobble. Gather the following ingredients:

- * 1 tablespoon liquid dish-washing soap
- * 3 drops red food coloring
- * 1 cup vinegar
- * 1 1/2 cups warm water
- * 2 tablespoons baking soda

Add the soap and food coloring to the bottle. Add the vinegar. Pour in the water and fill the bottle almost to the top. Place the baking soda in a small cup and add a little of the water to it to moisten. Pour it into the bottle and step back. The contents will start to flow like lava out of a volcano.

Homemade Slime

This fun, stretchy substance can occupy kids for hours. You will need:

- * 1/4 cup of water
- * 1/4 cup of white craft glue (like Elmer's glue)
- * 1/4 cup of liquid starch (used for clothes)
- * Green food coloring

In a mixing bowl, pour all the glue and add the water. Stir well. Add about 6 drops of food coloring. Stir in the starch. The mixture will soon bulge and you can start to stretch it and shape it. Store in a plastic bag when you are not playing with it so it does not dry out.

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

Board vacancies

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

We also need...

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

-Treasurer: Oversees the management and reporting of the community league's finances.

Writes and deposits cheques. Annual financial reporting to AGLC, the government of Alberta, and the City of Edmonton. The league hires a bookkeeper to prepare monthly financial statements.

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

Please contact president@forestterrace.org for more information or to express your interest.

Fitness programs

Check out the events calendar on our website, forestterrace.org, or visit our Facebook page for information about the latest round of Pilates, Yoga and High Fitness classes.

Halloween craft workshops



The kids in both workshops on Oct. 19 really enjoyed themselves.

With help from Emma of ArtVentures, they created collaborative Halloween monsters and their own unique collage monsters. Fun, giggles and art filled the hall all day.

Attendant needed for Terrace Heights rink

The community league is looking to contract a rink attendant from November to March. Hours of work will vary. Duties include:

Set up rink boards and lights, and begin flooding sometime in November.

Care for, maintain and secure rink and

shed. Report any damage immediately.

Scrape and clear ice before each flood. Flood as directed by rink director.

Act in a professional and responsible manner while performing duties for the community league.

To inquire, email rink@forestterrace.org.

Soothe a crying baby



All babies cry. It is how they tell you they need something. A crying baby may:

- Be hungry or gassy
- Have a wet or soiled diaper
- Be sick or in pain
- Be lonely.

Sometimes babies just need to cry and may cry for no apparent reason. Sometimes babies can't stop crying no matter what you do.

When this happens, feeling frustrated is normal. Never shake a baby for any reason.

Having a plan to cope with crying can help. Here are some ideas to try:

- Check with a healthcare provider to see if your baby is sick or in pain
- Check what your baby may need. Are they hungry, wet, bored?
- Feed your baby slowly and burp them often

- Change your baby's diaper
- Take your baby for a walk
- Play soothing music
- Run the vacuum
- Gently massage your baby's tummy or back

- Snuggle your baby against your chest
- Gently rock your baby
- Sing, read or talk softly
- Put your baby in a baby swing
- Give your baby a warm bath
- Encourage your baby to suck a soother
- Cut down the noise and light around your baby.

Source: myhealth.alberta.ca

Christmas Bazaar

FOREST TERRACE HEIGHTS COMMUNITY LEAGUE INVITES YOU TO THE HALL FOR THE

Make-a-Wish Bake Sale

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

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

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

All sales benefit Make-a-Wish Northern Alberta.

Children's Day Out Society, a parent-run playschool in Forest Heights, is hosting a two-day fundraising bazaar to help you with your Christmas shopping.

WHEN: Saturday, Nov. 30, 10 a.m. to 4 p.m. and Sunday, Dec. 1, Noon to 4 p.m.

WHERE: Forest Terrace Heights hall, 10150 80 St NW

Please come out and support this local small business. Any questions, email fundraising@childrensdayout.ca.

Get a membership!

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

Even more membership perks!

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

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

Once a month, Grower Direct donates a bouquet of fresh flowers for one lucky member. Please join us at one of our next board meetings, 7 p.m. Nov. 5 and Dec. 3, at the

hall, for your chance to win.

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

Members get a discount on rental of our community hall. A four-hour rental is \$110 for non-members and \$80 for members. A full day is \$230 for non-members and \$180 for members. For more information or to book, visit forestterrace.org.

Premier Painting offers a 10-per-cent dis-

count on all painting and staining services. Call 780-721-4771 or visit premierpaintinggyeg.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, go to the edmontontoollibrary.weebly.com to complete the membership application and review the release of liability waiver and borrowing policy.

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

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

Board Member Contact Sheet

President	Mike	president@fultonplace.org	7808867794
Vice President Civic Affairs	Gavin	vpcivicaaffairs@fultonplace.org	7805041896
Treasurer	Jeff	treasurer@fultonplace.org	
Facilities	Clayton	facilities@fultonplace.org	
Communications	Joshua	communications@fultonplace.org	
Hall Rental	Sherry-Lynn	hall@fultonplace.org	
Seniors Liaison	Miles	seniors@fultonplace.org	
Babysitting Reg- istry	Ruth	babysitter@fultonplace.org	
Director	Sherry	sherry@fultonplace.org	
Director	Krystina	krystina@fultonplace.org	
Fulton Place Garden		fpcgcontact@gmail.com	

FITNESS CLASSES

Join our community group for fun fitness classes! 6 week sessions available.
-Mondays at 6:45-7:45 pm:
Fitness kickboxing
-Wednesdays 9:00-10:00 am:
Strength & Cardio bootcamp
-Wednesdays 6:45-7:45 pm:
Strength & Cardio bootcamp
For questions and registration details contact Ann Lukey at ann@yourinertia.com

Community Swim

Fulton Place Community League Members enjoy free swimming on Sundays from 1:15-2:45, September 1 to June 22.
Hardisty Leisure Centre will be closed for Maintenance from January 6, 2020 until April 8, 2020.
Our alternative facility will be Commonwealth - Saturday 5pm-7pm - \$10 per session

Helping your child deal with aggression

Everyone gets angry sometimes, even small children. But some children and teens have so much trouble controlling their anger that they shove, hit, or make fun of other people. This causes them trouble at home and at school. They often have a hard time making friends. And their aggression makes parenting them a challenge.

Aggression is any behaviour that hurts other people. It can be physical—hitting or pushing—or verbal, such as name-calling.

How can you prevent aggression in your child?

Set rules and consequences

Make house rules for your family. Let your child know the consequences (such as loss of certain privileges) for not following the rules.

If you say you will take away a privilege, do it. It can be hard to follow through when your child says he or she is sorry. But your child needs to know you mean what you say.

Create a chart with rules and chores for younger children. Your child can earn stars or other stickers for completed chores or good behaviour. These stars can be turned in for privileges, such as more play time or a game night with the family.

Create empathy

Ask your child how he or she would feel if someone pushed him or her on the playground.

Read stories to young children about a child coping with a problem in a positive



way.

When reading with your child or watching a TV show, ask what was good about a character's behaviour, and what was not good. What could the character have done differently to make a better choice?

Model good behaviour

Teach toddlers not to hit or bite others. Gently pull your child away and say "no" firmly.

Use your own behaviour to show your child how to act. Try not to yell when correcting your child's behaviour.

Catch your child being good. Praise your child when he or she handles conflict in a positive way or shows empathy for others.

Involve your child in a sport. Or help your child find a hobby or social activity to share with other kids.

Encourage your child's friendships with nonaggressive peers. Even one friend who is a positive role model can help a child feel accepted and make good choices.

Source: Myhealth.alberta.ca

Babysitter Course information

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

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

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

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

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

Call for Volunteers for Outdoor Ice Arena

Fulton Place Outdoor skating rink 2019/2020 Volunteers needed

Rink shack supervisors needed for the 2019-2020 season. This is a volunteer position requiring no labour. All snow removal and ice maintenance is provided by contractors. Daily scraps generally done by players so no manual labour involved for the volunteers.

Duties for rink supervisors include:

- Open and close rink;
- Engage with community members;
- Keep an eye on the rinks and rink shack;
- Hang out and have fun.

Benefits of volunteering at the rink:

- Meet new people;
- Talk to neighbours;
- Use of TV, mini fridge, microwave,

Kureig and a fold out couch;

- Coffee, drinks and snacks provided free for the volunteers by the community league;
- Skate any time you want. Family can join you.

Requirements to volunteer:

- 18 years or older (16 w/ parental oversight);
 - Fulton Place community member.
- If you are interested in volunteering to help supervise the rink please contact, Shawn@ (780)278 5884 or outdooriceinc@gmail.com

Rink dates and hours are as follows:

Start Dec.01.2019- End March.01.2020

Monday to Friday 3pm-9pm

Saturday, Sunday 12pm-8pm

*Shifts are 3-4 hours long and dependant on volunteers.

Shinny Hockey



Sunday Night Shinny

Time: 9-10:30 pm

Start Date: Sunday October 20

End Date: Sunday March 22

(NO SHINNY DECEMBER 22 & 29)

Where: Michael Cameron Arena, 10404 - 56 Street NW

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

Payment plans can be arranged.

Subs MUST register in advance and are \$20 per game. If not registered ahead of time they will not be permitted on the ice.

Please email Jorgen Jespersen at jjespersen@younglife.ca to register and for any questions you may have.

Proceeds of the season will go towards sending teens to summer camp with Young

Call to Action/Annual General Meeting

Annual General Meeting November 18 7:00 p.m. Fulton Place Community League Hall

We are looking for volunteers to fill the roles of VP League Affairs, Secretary, Ways and Means Director, Membership Director, Social Director, and Program Director

And we will be electing members for the roles of President, VP Civic Affairs, Facilities Director

We meet one per month September through June with breaks during the Summer. We would love to have you on our Board.

Busy Elves Artisan Craft & Bake Sale November 23rd

5th Annual Busy Elves Artisan Craft & Bake Sale November 23rd 10am to 4pm Fulton Place Community League Hall 100% handmade local products including polymer clay, reclaimed wood, metalsmith, jewelry, crochet, Ukrainian gourmet, blankets, clothing, scarves, pottery, art, weaving, sewing, BOHO, vinyl, more. facebook.com/busyelves

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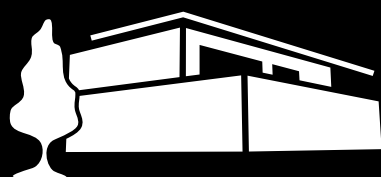
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Ask Charles

My real estate professional told me there is a standard rate of commission in Alberta, is that true?

It depends what they mean by “standard.” There is no legislative requirement or governing body that specifies the commission rate a licensed industry professional can or will charge.

The fact is, commission is something you can negotiate with your real estate professional. Some real estate professionals aren’t willing to negotiate their commission while others are. That’s their right. As a buyer or seller, you have the right to work with someone who charges a commission that you’re comfortable with.

Before choosing a real estate professional, you’ll likely want to compare the services and fees of a few different real estate professionals. These interviews can help you understand the range of commission rates available, and the services provided at the various rates. Typically, professionals calculate commissions by:

- a percentage of the sale price
- a flat fee or schedule of flat fees
- a fee for service
- a combination including any of these

Goods and Services Tax (GST) applies to real estate fees, because they are a “service.” When you’re signing an agreement to work with a real estate professional, make sure you understand the commission arrangements. The service agreement you sign is a legal document and it’s binding. If you don’t understand something in it or you don’t agree with something, don’t sign it. Seek legal advice or find a different real estate professional to work with.

While some businesses or companies may have specific commission structures, extensive changes within the Canadian real estate industry in recent years means there isn’t a standard commission rate.

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

Real Estate Council Alberta



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Alisha Sabourin, R.Psych

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

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Gold Bar Executive

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

Babysitting Registry

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

Home Alone Program for 10 – 12 year olds

Friday Dec 6

Where: Alberta Safety Council (aka Kiwanis Safety City) 4831 93 Ave

Time: 5:00 – 8:00 pm

Cost: \$50

Maximum of 15 spots. To register email Sharon Harker at gbhallfun@gmail.com

Key topics covered: establishing a routine, house key/code is your responsibility, strangers, telephones, emergencies, basic first aid and internet safety.

CHRISTMAS CRAFT SHOW



Please save the date for the annual Christmas craft show at Gold Bar Hall! It will be on Saturday, December 7 and there will be a large variety of homemade crafters! Free admission, free parking, tons of awesome homemade unique gifts, yummy concession!! Fun for everyone

BINGO!!!!



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

Fort Road Bingos:

Fort Road:

Sunday, Dec. 8, afternoon and evening

Parkway:

Friday, Oct 4, evening/late night

Sunday Oct. 27, afternoon

Tuesday Nov 26, evening/late night

Hatha Yoga at Gold Bar Community Hall

Tuesdays 9:45 – 11:00 am

Wednesdays 8:00 – 9:15 pm

Current Session:

November 5 – December 18

Instructor: Nancy Conlin

Certified yoga teacher with 20 years of teaching experience

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

Prepaid classes can be used for future sessions.

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

nancy_conlin@hotmail.com

Okinawan Karate Dojo

Monday and Thursday Evenings

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

Start Date: Sept 12

End Date: Dec 19

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

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

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

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

Fees: Sept - December

1 person \$120

2 people \$220

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

Never too late to register. Fees will be prorated.

Memberships Required

Any CL membership

\$60 annually / person for dojo related memberships

For more info or to register, email:

jamie.hanlon@shaw.ca

Mom and Me Fitness Class

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

Bring a yoga mat, water, and anything your kids need.

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

This session runs Sept 9/12- Oct 29/31,

the next session following directly after. Although you can join at any time

Contact Lisa to register or with any questions.

Mondays \$70 (no class Oct 14) , Thursdays \$80 (both days \$150), 5 pass \$55 or drop in \$12. Fees will be prorated for late registration. Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Family Christmas Party

Presented by Gold Bar Community League & CCA Edmonton Chapter

Date: Saturday, November 30, 2019

Time: 1:30-4:30pm

Location: Gold Bar Community Hall, 4620 105 Ave

What: Magic show 3pm, visit from Santa, crafts & games, glitter tattoos, GF snacks &

door prizes!

Who: Open & free to current members of the Gold Bar CL &/or Canadian Celiac Association Edmonton Chapter and their families (pre-registration required as well as proof of membership at the door.)

REGISTER AT: <https://gffamilychristmasparty2019.eventbrite.com>

Games Night

November 29 – 7:00 to 10:00 pm (snacks provided by the community league)

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

For more information contact:

gbhallfun@gmail.com



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.



Holyrood Community League Contacts

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

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

Check your HCL membership expiry date, as many memberships expired on August 31st! Purchase memberships at SEESA (9350-82 St), through efcl.org/membership/, at Servus Credit Union locations, or at most Holyrood Community League events.

Complimentary Memberships are available for newcomers to Holyrood. Contact our Membership Director at memberships@holyroodcommunity.org.

Holyrood Community Garden

The Holyrood Garden Committee would love your feedback on their Dotmocracy!

The Dotmocracy activity was intended to provide community members with more information about the Holyrood Community Garden and to encourage input into the planning and design phase of the project.

Please go to <https://forms.gle/H9WfJRtf-g9UeLk6> and fill out the questionnaire to

give your thoughts about the future Holyrood Community Garden. If you are unable to fill out the survey online, please feel free to print a copy and drop it off at SEESA. Interested in helping plan/build a Community Garden in Holyrood? For more details on how you can help please email garden@holyroodcommunity.org or attend the next meeting, Wednesday November 27, 5:30 – 6:30 at SEESA.

Where should the Holyrood Community Garden be built?

- ☐ SEESA
- ☐ Other:

What would you most like to see at the Holyrood Community Garden?

- ☐ In-Ground Garden Beds
- ☐ Raised Garden Beds
- ☐ Both raised and in-ground

Why are gardens so important?

- ☐ Promote local food and education
- ☐ Improve physical, mental and spiritual health

- ☐ Connect diverse populations in a community

- ☐ Broaden skills and knowledge of gardening

- ☐ Build lasting relationships

- ☐ All of the above

- ☐ Other:

What would you most like to see in the Holyrood Community Garden?

- ☐ Fruit trees
- ☐ Herb garden
- ☐ Butterfly garden
- ☐ Beehive apiary
- ☐ Bat houses
- ☐ Vegetables and edible flowers
- ☐ Flowering trees & shrubs
- ☐ Other:

What style of community garden do you prefer?

- ☐ Allotment
- ☐ Communal
- ☐ Blended
- ☐ Other:

Winter Green Shack

Holyrood is one of the communities picked to be involved in Winter Green Shack Program, as part of the Edmonton's winter city projects. Programs will run from Saturday, February 1 to Wednesday, February 26 on Monday/Wednesday 3:30 -6:00 pm and Saturday 1:00 - 5:00 pm. The winter

Green Shack is for children aged 6-12 (children under the age of 6 are welcome but must be supervised by a parent or guardian at all times) in cooperative games, outdoor cooking, sports, crafts, music, theatre, nature and imaginative play. The rink shack will be available for warm-up.

Babysitter's Registry & Safety Course

Spectrum Safety has been booked to do a babysitter's course Saturday November 30, 8:30 – 4:30, at First Church of God (9224 82 St NW). The cost is \$60 per registered participant, email programs@holyroodcommunity.org to register.

Holyrood is also starting a baby-sitter's registry in the community for evening and

weekend babysitting needs. Sitters must be certified in a babysitter's course, have proof of the course and have guardian permission to be added to the list. We are looking for a community member who is willing to take on the coordination of the babysitter's registry. Please email programs@holyroodcommunity.org if you are interested in volunteering.

Holyrood Holiday Cookie Exchange



Please join us to meet and socialize with neighbours, eat some treats and get organized for the busy holiday season! Mark your calendars for Sunday, December 1, from 1 – 4 pm at the Community League Hall. Please bring 3 dozen of your favou-

rite holiday treats (and the recipe) to share. We'll have refreshments and of course, lots and lots of holiday treats! RSVP your attendance and your recipe (also note any allergies) by November 17th to programs@holyroodcommunity.org

Holyrood Playgroup

Holyrood Playgroup is Thursdays from 9 am -11 am, for children 0-5 and their parents/

caregivers, at the First Church of God. Community League membership is required.

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6621 - 96 Street NW, Edmonton, AB;
or phone Diane **780-432-3222**

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Idylwylde Executive

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

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

Program Calendar 2019



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

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

Pilates Mat Class

Instructor: Kelly Bray

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

September 16 - December 9

(No class on October 14 and November 11)

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

Fall into Fitness Class

Instructor: Kelly Bray

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

September 18 - December 11

(No class on October 16)

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!

Chair Yoga

Instructor: Susan Lobkowicz

Tuesdays, 2 - 3 p.m.

September 24 - December 10

(Please note, classes on September 24, October 1, 8 & 15)

start at 2:00 p.m. No classes November 12 & 19)

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

Old-fashioned Sunday Funday

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

Idylwylde Park is OPEN

Hey, have you heard? The Idylwylde Park beside the hall is open! Bring the kids for a ride on the bike path, and then play on the playground. Play chess or checkers on some of the picnic table's built in game boards, or just hang around and enjoy the trees as the leaves change color. We love our new park and we think you will too!

Program Chair Needed

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

Community League Swim

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

Commonwealth Community Recreation Centre

(11000 Stadium Road)

Saturdays: 5:00pm - 7:00pm

Start Date: September 7, 2019

End Date: August 29, 2020

Hardisty Leisure Centre

(10535 65 Street)

Sundays: 1:15 pm - 2:45 pm

Starts Date: September 6, 2019

End Date: June 28, 2020

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

Hall Rentals

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

Dermott District Park is OPEN

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

Little Free Library

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

Social Chair Needed

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

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

Cheery Tomato Community Garden

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

Monthly Community Meetings

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

CONTACT US!

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

Hall Rental requests: rentals@kenilworthcommunity.co

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

General Meeting

Monday, November 4 @ 7 p.m.

Are you interested in developing relationships with your neighbours and community league? Your voice is an important piece of creating a thriving, engaging, and welcoming place to live. Meet your neighbours and the board of KCL. Please consider the value of sharing your ideas for initiatives, events, and energy at our General Meeting on Monday, November 4 @ 7 p.m. Hope to meet you all soon! Snacks & refreshments served after the meeting.

Southeast Voice Newsletter Deadlines

Submissions for the December issue is due Friday November 22, 2019. Send all announcements to publicity@kenilworthcommunity.com.

Annual Sleigh Ride and Chili Supper

Friday, November 29

Kenilworth Community Hall

7104 - 87 Avenue

5:30 - 7:30 P.M.

FREE Event with a Food Bank Donation

Enjoy Chili Supper, Hotdogs

Christmas music, Sleigh Rides

Christmas Crafts

Fun for the Whole Family

This event is attended by over 200 people and requires many volunteers. If you are able to help with set up, food prep, serving food, clean up, or supervising the craft room, please contact Alma at akessel@shaw.ca

Nextdoor App

Did you receive a generic envelope encouraging you to sign up using an App called "Nextdoor"? Perhaps it seemed mysterious. Fear not.

Nextdoor is a neighbourhood networking app that you can download to your smart phone or computer. It allows you to receive more focused information that is relevant to your community. There is an opt-in when you sign up that causes the app to mail out invitations to residences within a small radius of the postal code provided, so if you have received one of these invitations, it means someone in your neighborhood has signed up. If this is a way that you like to get your info, feel free to sign up.

Many Kenilworth residents have already done so. We are trying out both Nextdoor and Communibee apps as methods to engage with people. Please be patient with us as we sort all of this out!

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

- Weekend (Fri.pm - Sun.pm)

\$450.00 \$550.00

- Day Rate \$300.00 \$385.00

- Damage Deposit

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

\$450/weekend \$550/weekend

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

To book the hall, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

Rink Attendants Needed!

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

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

- providing assistance as needed to community members using rink,
- ensuring rink room and equipment is maintained and available for skaters,
- verifying skating tags, and providing membership sales to users without current skate tags, and
- light cleaning duties.

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

Temporary Buildings and Grounds Person Needed!



The Building and Grounds Director ensures the maintenance of the building and the surrounding grounds for the Community League. This position is of critical importance to the operation of the league. We need a person to step in temporarily to this position. Please contact president@kenilworthcommunity.com.

2019 Halloween Dance

Thanks to all who helped us with set up and attended.

Special thank you to Sheri for organizing this event we appreciate your efforts, hard work, and dedication.

Sheri is unable to organize the family dance next year. This event has been highly attended and very popular. If you would like to see the Halloween Family Dance continue at Kenilworth, consider volunteering to organize the event. It could be done by one person or two or a group of parent volunteers. Please let Sheri know if you are interested.

Kenilworth Family Ice Trail



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

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

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

There are a few ways you can help:

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

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

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

Off Leash Dog Park

Your feedback is important.

This year Kenilworth Community League Board of Directors voted to pilot an off leash dog park in the fenced rink for the month of September.

Our City of Edmonton Permit expired at the end of September to allow for skating rink preparation.

The off leash is now closed and we would like your feedback.

It would be great to consider the program in the Spring / Summer of 2020 and we can only do this if you let us know your thoughts. The link is on our facebook or you can get it at <https://www.surveymonkey.com/r/Dog-2019KCL>

Kenilworth Senior's Lunch - Scona Travelling Seniors

Lunch and Laugh

Enjoy an awesome lunch, fellowship with Kenilworth neighbours, share stories, play games, and have fun! At Kenilworth Community Hall 7104 87 Ave

-November 13, 2019, 12 NOON

\$5 lunch, dessert, and coffee

-December 11, 2019, 12 NOON

\$12 Special Christmas Dinner & Dance with live music

Confirm your attendance with Cathy at 780- 433-5377.

Adult Badminton



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

This is a social badminton club rather than an intensely competitive club. There are three courts at the school, so a maximum of twelve players can be playing at one time. We have a rotation system of play, so players do not pick and choose their team mates or opponents.

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

Contact the Kenilworth Badminton Club:

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

Liz Thomas 780-465-5188.

Toddler Time

Mondays 10:00 am - 11:30 am
Kenilworth Community League
7104 - 87 Ave.

Starts Sept. 9, 2019

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

A great place to make neighbourhood friends!

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

KENILWORTH PLAYSCHOOL

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

VOLUNTEER OPPORTUNITIES

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

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

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

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 membership yet? Memberships are \$20 and \$15 for individuals and seniors.

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

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

Need one RIGHT NOW! Go to www.efcl.org and purchase one online!

Community League Membership Wellness Benefit

By becoming a member of your community league, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to create an exciting new program.

The Community League Wellness Program provides current community league members with admission incentives to enjoy the City's world-class sports and recreation facilities.

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

How the Program Works

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

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

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

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

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

* Applies to new purchases only.


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.

Muttart Conservatory Update

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



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

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

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

Marlin Schmidt
MLA Edmonton-Gold Bar



Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

Board Members

Executive:

President – Corinne
Vice President – Colleen
Secretary – Sandra L

Treasurer - Eric

Board Members:

Bingo Director – Kyla

Casino – Colleen

Hall Manager- Tim

Grants – OPEN

Big Bin -

Building Projects - Lukas

History of Ottewell Committee

- (Looking for more members of this Committee)

Indoor & Outdoor Soccer

Director – OPEN

Summer Playground Director

– Colleen

Social Team –

Many OC Members

Playschool Rep - Tyler

Rink Chair –

Maintenance – Frank

Membership Director – Russ

Communications - Sandra C

Website – Tim

EFCL Rep – Corinne

All positions are volunteer positions.

Please send all inquiries via email to:

ottewell2212@gmail.com or call:

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

Ottewell Community League

5920 – 93a Ave. NW

Edmonton, AB T6B 0X2

OCL Board Meetings

Next Meeting is on Tuesday, November 19 - 6:30 PM sharp!

Please consider lending a hand in keeping Ottewell Community League VIBRANT and ALIVE!

OCL meetings of the Board, and its members, are held every 3rd Tuesday of the month, unless otherwise posted.

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

Community Park

Winter is coming very soon!

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

BTW - 4 legged friends are not allowed in the Ottewell Community Park! Please kindly respect the City's Dog Bylaw.

We're on Facebook

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

Nominate a Senior to Receive a Holiday Care Package



Holiday Care Package

Do you know a senior in the Ottewell community who would enjoy receiving a Holiday care package? Maybe someone who could use some extra cheer or something extra special? **Must be a resident of the Ottewell community and only available while supplies last.** Deadline for nominations is November 29th, 2019.

Simply fill out the form at Ottewell.org/care-package/, e-mail your nomination info to ottewellsocial@gmail.com or drop it off at the hall (5920 - 93A Avenue).

Ottewell Community News and Information Board

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

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

Ottewell Community League Playschool



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

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

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

UPCOMING EVENTS – SAVE THE DATE!

OCL Holiday Market is BACK - November 16/17

Saturday & Sunday - Nov 16th & 17th - 10:00 AM to 3:00 PM on both days, with over 20 local artisans on site showcasing their talents.

Entry Fee \$2 at the door, with proceeds going to the Edmonton Food Bank. First 100 guests receive a gift! Santa is taking time to be at Ottewell Holiday Market from 1pm to 3pm so come get your photo with him!

Pastry Cooking Class - November 19

POSTPONED until the NEW YEAR!

Special Guest Chef, Arno (from Arno's Fine French Pastry Shop) Chef Arno will share his passion for pastry with guidance and direction.

OCL Casino - November 29-30

We asked and you RESPONDED! Thank you for your overwhelming support this year for our Casino. Ottewell Community Appreciates all our Volunteers!

Women's Ornament Exchange -

November 29

Friday at 8 PM – Get your tickets NOW! Go to... <https://tinyurl.com/ocl-exchange>

Bring a \$10 ornament for exchange, a great evening spent with neighbours and friends.



Lots of laughs and cheer will be shared by all! Catered munchies, with signature bar beverage. Watch for sign-up on Event Brite.

OCL membership card holders \$10 and Non OCL members \$15

OCL Christmas Craft Night - Dec 5

For all you creative crafters, this is the night for you. We will gather to get creative in a great festive setting with the tree a glow to make Christmas Gnomes. Instruction and supplies by "Two Buds". Discounted rate for OCL membership card holders. Sign up on EventBrite. See Facebook and our website.

Seniors Tea - Spring of 2020

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

Abundant Community Edmonton - Ottewell



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

Block Social Challenge

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

Free Community Swim & Gym for League Members

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

Saturdays, 5-7 PM

at Commonwealth Fitness Centre.

Sundays, 1:15-2:45 PM

at Hardisty Fitness Centre

Rent The Ottewell Hall




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

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

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


See our availability calendar, fill out our rental form, or call: Tim at 780-908-5249.



Open year-round every Thursday from 4 - 7pm at the Waldorf School

www.Ottewell.org/farmersmarket

Come and visit the C.O.W. Classroom On Wheels

What is it?

- FREE drop-in program for parents and children 0 - 6 years
- Share, read and play
- Listen to stories and songs
- Borrow books for free
- Weekly draws for free books

Where:
Ottewell Community
 5920 - 93A Avenue NW
 (Community Hall Parking Lot)

Day: Fridays Starting Oct. 4
Time: 8:30 - 10:00 a.m.

For more information:
 Please call the Centre for Family Literacy
 780.421.7323 or www.familit.ca

Centre for Family Literacy
 Literacy Develops in Families First

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Board Members Names and Emails

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	Jenn	membership@strathearncl.org
Building & Grounds	Vacant	grounds@strathearncl.org
Social Director	Andrew	events@strathearncl.org
Communications	Angela	communications@strathearncl.org
Programs	Erin	programs@strathearncl.org
Hall Rental Coordinator(s)	Darrah & Ben	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org
Member at Large	James	
Member at Large	Andy	
Member at Large	Evan	
Member at Large	Annette	

In Our Community

Did you know that Home & Cottages, a furniture-décor store located in the heart of Strathearn / besides Juniper, is currently offering to the community of Strathearn art workshops?

November 9, 2018: "Bring Your Own Project".

This workshop goes from 10:00 am until 4 pm. Lunch will be provided as well as coffee tea and water. In this class you will learn to sand, prep and paint a wood piece as well as stain/oil/wax for a completely finished project. No prep work required, unless your piece is unstable.) Bring painting clothes and apron if you have. More information contact Kathryn Kern at: kathryn@homeandcottages.com or 587.520.6008

Price: \$157.50, this includes GST



Rock 'n Roll Bookclub

Thursday Nov. 28th at 8 pm.

We are reading *Hunger Makes Me a Modern Girl* by Carrie Brownstein. 18+, All Welcome

Strathearn Art Walk needs a Treasurer!



Art Walk is looking for someone skilled in numbers with a passion for the arts. If you or someone you know would like to give back in this manner, please get in contact with Strathearn Art Walk Executive Director Jenny at: jenny@jennymcalister.com

Skating Rink Opening



Our Skating Rink will be open as soon as it is cold enough for Rinkmaster Jeff and his team to build the ice base inside the rink. For information, skating schedules and ice times, visit <https://strathearncl.org/skating> and follow @SCLRinkRat on Twitter for current ice conditions and weather information.

Kompany Family Theatre & Strathearn Community League PRESENT

KOMPANYKIDZ

SUNDAY DRAMA CLASSES

Oct. 20 to Dec. 8, 2019
Strathearn Community Hall
(9511 90 Street Edmonton)

Drop in CIRCUS SCHOOL
2:00-3:00 p.m. Ages: 7 & up
\$5 per class, Strathearn members Free!

Registered SCENES & STUFF
3:00-4:30 p.m. Ages: 9-12 yrs
\$100 per 8 wk session, Strathearn members \$80

Drop in IMPROV CLASS
4:30-5:30 p.m. Ages: 7 & up
\$5 per class, Strathearn members Free!

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

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/>

We are grateful for the support of:

FOUNDATION OF THE ARTS, EDMONTON COMMUNITY, ARTS, and others.

FUN STORY TELLING THEATRE GAMES IMAGINATION IMPROV CIRCUS SCENES PERFORMING SKETCH

Strathearn AV Club presents

Sunday Morning Cinema, Sunday, Nov. 10th at 9:30 am. Join us for a free pancake breakfast and a showing of *The Adventures of Buckaroo Banzai Across the 8th Dimension*.

This classic 80's sci fi flick is part of our Films of Ellen Barkin series. All welcome.



95 Avenue Update

TransEd LRT VALLEY LINE

TransED LRT will re-open 95 avenue at the beginning of December and are hosting an event on November 30 along 95 avenue and at the Strathearn Community Hall. Details are coming soon: Visit strathearncl.org for information about this upcoming event.

New Features at the Hall



We are excited to announce the latest new feature for renters at Strathearn Community Hall: You can now wirelessly connect your Apple, Windows, Android or other device to our projector or music system and share your screen, or play music over our speakers.

Renting the hall for a meeting? Share up to 4 screens simultaneously. Birthday party? Invite out of town guests to say happy birthday by sharing a videoconference.

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

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

Kompany Family Theatre

Every Sunday, from October to December, starting at 2pm, the Strathearn Community League and Kompany Family Theatre are offering great introductory theatre classes for kids.

-Circus School drop-in kicks things off from 2pm until 3pm. Learn close up magic, juggling, a little music, some physical comedy.

-Scenes and Stuff starts at 3pm until 4:30. This is a registered series of theatre classes for kids interested in sharpening their performance skills.

-Kid Improv drop-in follows from 4:30 until 5:30 pm.

These classes are for ages 7+, all drop-in classes are \$5 or FREE with a Strathearn Community League Membership.

Table Tennis

First and Third Tuesdays of the month at 6pm.

This is a wonderful opportunity to meet your neighbours, enjoy your beautiful new community hall and work on some impressive new table tennis skills. All skill levels are welcome and we are happy to provide beginner lessons as well. For advanced players we will also have a ladder challenge – see if you can get to the top! Check the calendar at Strathearncl.org for updates

Jam Club

Thursday Nov. 14th at 8 pm.

Calling all amateur musicians to join in learning new songs in a relaxed atmosphere. The group can only accommodate 8 - 10 participants so please come on time if you want to join the circle. No shredders. 18+, all welcome

S.O.S - Strathearn Open Stage



Friday Nov. 29th at 7 pm.

Do you have a hidden talent? Are you looking for a chance to perform a new song you've written? How about a poem? Do you want to jam a couple of old favourite tunes with our house band? Maybe you want to try out a few new jokes? Come to the Strathearn Hall... is your chance to let your freak flag fly at our first ever S.O.S night! We have a great host lined up, a terrific house band to keep things swinging all night long and of course our terrific sound and light system for that professional performance ambience. Start sharpening your chops for your neighbours, friends and family. Contact events@strathearncl.org for more details.

Become a Part of your Community: Get Involved!

The Strathearn Community League Board is looking for an enthusiast, and committed neighbor who would like to volunteer in the area of:

-Buildings & Grounds.

Be a part of our community and help us shape our neighbourhood and our history. We need your voice and contribution!

Please reach out to us if you are interested in this position.

New Program and Needs Your Input!



There is an interest in our neighbourhood to create a kid's martial arts class. If you are an instructor of Martial Arts, you live in our neighbourhood and you have a heart to teach kids, we want to meet you!

Please contact us at programs@strathearncl.org

Get Your Annual Community League Membership



2019/2020 Strathearn Community League memberships are now up for sale. Memberships are valid from August through August.

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

Here's where to buy your membership:

Ralph's Convenience Store, 9508 87 St.

Massage Therapy Supply Outlet, 9206 95 Ave.

Juniper Café & Bistro, 9514 87 St.

Strathearn Heights Apartments, 8768 96 Ave.

Online at <https://strathearncl.org/purchase-membership/2018-scl-membership-erbca>

Why is amazing to have a Community League Membership?

Each month, community league members are entered into a draw for a \$20 gift certificate to Juniper Café and Bistro.

Access Free Family Swim Times: Where and when?

Commonwealth Community Rec Centre: Every Saturday from 5pm until 7pm.

Hardisty Leisure Center: Every Sunday from 1:15pm until 2:45pm.

Toonie Thursday: The first Thursday of the month is Community League Happy Hour at Juniper Café & Bistro (9514 87 St.). NEW: Enjoy a beer or glass of wine for a toonie from 4 p.m. to 7 p.m.

Decktober Success!

Big thanks to everyone who came out to enjoy our Autumnal Luau, on Sunday, October the 6th. The new Strathearn hall deck looks fantastic and made a great showcase for attendees that enjoyed spicy pork, grilled pineapple and Piña colada.

We are looking forward to many fun events on this final piece of the new hall construction.

Community Garden Harvest Potluck



A small but mighty crowd gathered on Oct. 26 to share a meal and plan next year's edition of the community garden. Thanks to all the volunteers who cooked, cleaned and served. Sharing a turkey dinner is a great way to connect with neighbours and friends new and old.

Same time, same place next year!

Community Safety



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

Citizens can report certain crimes online at the EPS website www.edmontonpolice.ca/reportacrimeonline

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

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

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MLS # E4176907



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



Sherwood Park: 1200 sq ft Bungalow, newer kitchen cabinets, oak hardwood floors, 3 bedrooms upstairs, 2 piece ensuite, freshened up basement, SUPER clean starter home !!!!



Summerside: 2 Story Landmark show home, hickory cabinets, granite countertops, main floor laundry, 5 piece ensuite, 9' ceilings, private yard, double garage.